

Baguettes

Suitable for

24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avo, Olives & Toms	✓	✓	✗					WHEAT								
Brie, Tomato & Basil	✓			✗				WHEAT								
Chicken Caesar & Bacon			✗	✗	✗			WHEAT							✗	
Chicken Salad				✗	✗			WHEAT								
Chipotle Mozzarella Hot Baguette	✓		✗	✗				WHEAT								
Italian Prosciutto			✗	✗	✗			WHEAT								
Pole & Line Caught Tuna Mayo & Cucumber					✗			WHEAT							✗	
Posh Cheddar & Pickle	✓		✗	✗	✗			WHEAT				✗				
Posh Prosciutto Hot Baguette			✗	✗				WHEAT								
Smoked Salmon Soft Cheese & Dill			✗	✗				WHEAT							✗	
Wiltshire-Cured Ham & Greve				✗	✗			WHEAT				✗				

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Breakfast		Suitable for		Contains these allergens														
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
			Acai & Almond Butter Bowl	✓	✓					OAT								
Almond Croissant	✓			✗	✗		WHEAT											ALMOND
Bacon & Egg Brioche				✗	✗		WHEAT											
Banana & Honey Bowl	✓			✗			OAT											
Bircher Muesli	✓			✗			OAT											PISTACHIO
Breakfast Free-Range Egg Mayo & Avocado	✓				✗		WHEAT											
Breakfast Free-Range Egg Mayo & Bacon					✗		WHEAT											
Breakfast Free-Range Egg Mayo & Roasted Tomatoes	✓				✗		WHEAT											
Breakfast Free-Range Egg Mayo & Smoked Salmon					✗		WHEAT					✗				✗		
Chocolate & Hazelnut Croissant	✓			✗	✗		WHEAT		✗									HAZELNUT
Cinnamon Danish	✓			✗	✗		WHEAT											
Five Berry Bowl	✓			✗			OAT											
Five Berry Pot	✓			✗														
French Butter Croissant	✓			✗	✗		WHEAT											
Ham, Cheese, Tomato & Bacon Croissant				✗	✗		WHEAT											

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Honey Granola Pot	✓			✓			OAT									
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT									
Pain aux Raisins	✓			✓	✓		WHEAT									
Porridge Topping - Compote	✓	✓														
Porridge Topping - Cranberry & Seeds	✓	✓														
Porridge Topping - Honey	✓															
Pret's Bacon Brioche				✓	✓		WHEAT									
Pret's Coconut Porridge	✓	✓														
Pret's Proper Porridge	✓			✓			OAT									
Pret's Veggie Brioche	✓			✓	✓		WHEAT									
Sausage & Egg Brioche				✓	✓		WHEAT									

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Cold Drinks

Suitable for

24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple Juice	✓	✓														
Coke	✓	✓														
Cranberry & Raspberry Pure Pret Still	✓	✓														
Daily Greens	✓	✓														
Ginger Beets	✓	✓														
Ginger Shot	✓	✓														
Green Tea & Peach Pure Pret Still	✓	✓														
Hot Shot	✓															
Orange Juice Cup	✓															
Lemon & Ginger Pure Pret Still	✓	✓														
Mango Smoothie Juice	✓															
Orange & Passion Fruit Pure Pret Still	✓	✓														
PP Apple Fizz	✓															

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

Cold Drinks

Suitable for

24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
PP Ginger Beer	✓															
PP Grape & Elderflower	✓															
PP Tea Yoga Bunny	✓															
PP Rubarb Lemonade	✓															
Henniez Sparkling Spring Water	✓	✓														
Henniez Still Water 500ml	✓	✓														
Still Water 750ml	✓	✓														
Vitamin Volcano	✓															
Wine - Processco	✓															
Wine - Red	✓															
Green Power	✓	✓														
Tropical Fruit Blast	✓	✓														
Carrot and Ginger Boost	✓	✓														
Wine - White	✓															

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Fruit	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Apple	✓	✓														
Banana	✓	✓														
Mango & Lime	✓															
Pineapple & Lime	✓															
SuperFruit Salad	✓	✓														
Watermelon & Lime	✓															

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Brie, Avocado & Tomato Toastie			✓	✓			OAT, RYE, WHEAT, BARLEY									
Falafel & Halloumi Hot Wrap	✓			✓			WHEAT, RYE									
Ham, Cheese & Mustard Toastie			✓	✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Macaroni Cheese, Spinach & Cauli	✓			✓			WHEAT									
Macaroni Cheese Prosciutto				✓			WHEAT									
Spicy Chicken Hot Wrap				✓			WHEAT, RYE									
Swedish Meatball Hot Wrap				✓			WHEAT, RYE									
Tuna Melt Toastie			✓	✓	✓		OAT, RYE, WHEAT, BARLEY								✓	
Vegetable Quiche	✓			✓	✓		WHEAT		✓			✓				NUTS

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Salads

Suitable for

24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chef's Italian Chicken Salad				✓	✓							✓			✓	PISTACHIO
Crayfish & Avocado No Bread												✓		✓		
Dijon French Dressing	✓	✓										✓				
Egg & Avocado Protein Pot	✓				✓											
Egg & Spinach Protein Pot	✓				✓											
Pret's Greek Salad	✓			✓	✓								✓			
Pret's Protein Box (Bang Bang Chicken)			✓		✓					✓						
Smoked Salmon & Egg Protein Pot					✓										✓	
Smoked Salmon Protein Box					✓					✓					✓	
Mezze Salad	✓	✓	✓									✓				
Tuna Nicoise Salad					✓							✓			✓	

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Sandwiches

Suitable for

24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken, Avocado & Basil				✓	✓		WHEAT, BARLEY									
Classic Super Club					✓		WHEAT, BARLEY									
Cracking Egg Salad	✓				✓		WHEAT, BARLEY									
Crayfish & Rocket				✓	✓		WHEAT, BARLEY							✓		
Ham & Cheese				✓			WHEAT, BARLEY									
Kids' Cheese Sandwich	✓			✓			WHEAT, BARLEY									
Kids' Ham Sandwich				✓			WHEAT, BARLEY									
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY									
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Super Greens & Reds	✓	✓					WHEAT, BARLEY									
Tuna & Cucumber				✓	✓		WHEAT, BARLEY								✓	

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Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cranberries in Coats	✓			✓												
Mature Cheddar & Red Onion Crisps	✓			✓												
Nuts, Fruit & Chocolate	✓			✓					✓							ALMOND
Pret A Mango	✓	✓														
Rock Salt Popcorn	✓	✓														
Sea Salt & Cider Vinegar Crisps	✓	✓														
Sea Salt Crisps	✓	✓														
Sweet & Salt Popcorn	✓	✓														
Vegetable Crisps	✓	✓														

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Soups

Suitable for

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Butter Portion	✓			✗												
Chicken, Broccoli & Brown Rice Soup																
Lightly Spiced Carrot & Coriander Soup	✓	✓							✓							
Miso Soup							WHEAT BARLEY		✓						✓	
Chicken Katsu Curry Soup									✓							
Souper Tomato	✓	✓														
Soup White Baguette	✓	✓					WHEAT									
Tomato Soup	✓	✓														NUTMEG
Spiced Carrot & Edamame Soup	✓	✓														NUTMEG
Chicken, Broccoli & Carrot Soup																NUTMEG

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Sweet Treats	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana Cake	✓			✓	✓		WHEAT									
Carrot Cake	✓			✓	✓		WHEAT									WALNUT
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Chocolate Moose	✓			✓					✓							
Chocolate Praline Cookie	✓			✓			WHEAT									HAZELNUT
Dark Chocolate and Almond Butter Cookie	✓						WHEAT									ALMONDS
Dark Chocolate Corn Cakes	✓			✓					✓							
Dark Chocolate with Sea Salt	✓			✓					✓							ALL NUTS
Double Berry Muffin	✓			✓	✓		WHEAT									
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT, SPELT									
Gluten Free Lemon Drizzle Cake	✓			✓	✓				✓							ALMOND
Lemon Cheesecake	✓			✓	✓		WHEAT									
Love Bar	✓			✓			OAT		✓							ALMOND, PISTACHIO

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Sweet Treats		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Milk Chocolate Bar	✓			✓					✓				
Popcorn Bar	✓			✓					✓							
Pret Bar	✓			✓			WHEAT, OATS									
Pret's Shortbread	✓			✓			WHEAT									

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Wraps

Suitable for

24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE									
Bang Bang Chicken Salad Wrap			✓		✓		WHEAT, RYE		✓							
Mediterranean Tuna Flatbread					✓		WHEAT		✓						✓	
Falafe, Avo & Chipotle Flatbread	✓	✓					WHEAT		✓				✓			
Chicken Lebanese & Flatbread				✓			WHEAT, RYE		✓							
Humous & Chipotle Wrap	✓	✓	✓				WHEAT, RYE									

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee																
Americano Black (add shot if White Americano)	✓	✓														
Cappuccino Semi Skimmed milk	✓			✓												
Cappuccino Skimmed milk	✓			✓												
Cappuccino Soya (instead of milk)	✓	✓							✓							
Cappuccino Rice Coconut (instead of milk)	✓	✓														
Cappuccino Oat (instead of milk)	✓	✓					OAT									
Espresso	✓	✓														
Filter - Black Coffee (add a shot if white)	✓	✓														
Flat White Semi Skimmed milk	✓			✓												
Flat White Skimmed milk	✓			✓												
Flat White Soya (instead of milk)	✓	✓							✓							
Flat White Rice Coconut (instead of milk)	✓	✓														
Flat White Oat (instead of milk)	✓	✓					OAT									
Latte Semi Skimmed milk	✓			✓												
Latte Skimmed milk	✓			✓												
Latte Soya (instead of milk)	✓	✓							✓							
Latte Rice Coconut (instead of milk)	✓	✓														
Latte Oat (instead of milk)	✓	✓					OAT									
Macchiato Semi Skimmed milk	✓			✓												
Macchiato Skimmed milk	✓			✓												
Macchiato Soya (instead of milk)	✓	✓							✓							
Macchiato Rice Coconut (instead of milk)	✓	✓														
Macchiato Oat (instead of milk)	✓	✓					OAT									
Mocha Semi Skimmed milk	✓			✓												
Mocha Skimmed milk	✓			✓												
Mocha Soya (instead of milk)	✓	✓							✓							
Mocha Rice Coconut (instead of milk)	✓	✓														
Mocha Oat (instead of milk)	✓	✓					OAT									

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chai Latte	✓			✓												
Iced Drinks																
Iced Latte Semi Skimmed Milk	✓			✓												
Iced Latte Skimmed Milk	✓			✓												
Iced Latte Soya (instead of milk)	✓	✓							✓							
Iced Latte Rice Coconut (instead of milk)	✓	✓														
Iced White Americano Semi Skimmed Milk	✓			✓												
Iced White Americano Skimmed Milk	✓			✓												
Iced White Americano Soya (instead of milk)	✓	✓							✓							
Iced White Americano Rice Coconut (instead of milk)	✓	✓														
Turmeric Iced Latte Rice Coconut	✓	✓														
Hot Chocolate																
Hot Chocolate Semi Skimmed Milk	✓			✓												
Hot Chocolate Skimmed Milk	✓			✓												
Hot Chocolate Soya (instead of milk)	✓	✓							✓							
Hot Chocolate Rice Coconut (instead of milk)	✓	✓														
Hot Chocolate Oat (instead of milk)	✓	✓					OAT									
Hot Chocolate Powder	✓	✓														

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Hazelnut Hot Chocolate	✓			✓												
Hazelnut Hot Chocolate with Rice-coconut	✓	✓														
Hazelnut Hot Chocolate (Soya)	✓	✓							✓							
Mint Hot Chocolate	✓			✓												
Mint Hot Chocolate with Rice-Coconut	✓	✓														
Mint Hot Chocolate (Soya)	✓	✓							✓							
Syrups																
Caramel Shot	✓	✓														
Crème Brûlée Syrup	✓	✓														
Mint Syrup shot	✓	✓														
Hazelnut Shot	✓	✓														
Sugar Cane Syrup	✓	✓														
Vanilla Shot	✓	✓														
Milk shot																
Semi Skimmed	✓			✓												
Skimmed	✓			✓												
Soya (instead of milk)	✓	✓							✓							
Rice Coconut (instead of milk)	✓	✓														
Oat (instead of milk)	✓	✓					OAT									
Tea																
Ceylon Breakfast Semi Skimmed Milk	✓			✓												
Ceylon Breakfast Skimmed Milk	✓			✓												
Ceylon Breakfast Soya	✓	✓							✓							
Ceylon Breakfast Rice Coconut	✓	✓														
Earl Grey Semi Skimmed Milk	✓			✓												
Earl Grey Skimmed Milk	✓			✓												
Earl Grey Soya	✓	✓							✓							
Earl Grey Rice Coconut	✓	✓														
Peppermint Peace Semi Skimmed Milk	✓			✓												
Peppermint Skimmed Milk	✓			✓												
Peppermint Soya	✓	✓							✓							

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Barista Prepared Drinks

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24th December 2020

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Peppermint Rice Coconut	✓	✓														
Tropical Green Semi Skimmed Milk	✓			✓												
Tropical Green Skimmed Milk	✓			✓												
Tropical Green Soya	✓	✓							✓							
Tropical Green Rice Coconut	✓	✓														
Milk / instead of milk cup																
Semi Skimmed milk cup	✓			✓												
Skimmed milk cup	✓			✓												
Soya (instead of milk) cup	✓	✓							✓							
Rice Coconut (instead of milk) cup	✓	✓														
Oat (instead of milk) cup	✓	✓					OAT									
Babyccino	✓			✓												

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Local BTS Products

Suitable for

24th December 2020

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Booster Juice	✓															
Exotic Smoothie	✓															
Green Power	✓															
Charitea - Green	✓															
Chairtea - Black	✓															
Charitea - Red	✓															
Charitea - Mate	✓															
San Pellegrino - Lemon	✓															
San Pellegrino - Blood Orange	✓															
San Pellegrino - Grapefruit	✓															
Shot - Lemon & Honey	✓															
Shot - Carrot & Ginger	✓															
Shot - Tumeric	✓															

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Kind Bar - Caramel, Almond & Sea Salt	✓			✗						✗							ALMOND
Kind Bar - Dark Chocolate, Nuts & Sea Salt	✓									✗	✗						ALMOND
Kind Bar - Maple Glazed Pecan & Sea Salt	✓									✗	✗						ALMOND, PECAN
Kind Bar - Peanut Butter & Dark Chocolate	✓									✗	✗						ALMOND

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