

Baguettes		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
			Baguette - Avo, Olives & Roasted Tomatoes	✓	✓	✗				Wheat, Rye, Oats, Barley						
Artichoke, Olives & Red Tapenade Baguette	✓	✓	✗				Wheat, Rye, Oats, Barley									
Brie, Tomato & Basil	✓		✗	✗			WHEAT									
Chicken Caesar & Bacon			✗	✗	✗		Wheat, Rye, Oats, Barley								✗	
Baguette - Ham & Greve			✗	✗	✗		WHEAT					✗	✗			
Pole & Line Caught Tuna Mayo & Cucumber			✗		✗		WHEAT								✗	
Cheddar & Onion Chutney Baguette	✓		✗	✗	✗		Wheat, Rye, Oats, Barley									
Losange - Ham & Cheese			✗				WHEAT					✗	✗			
Losange - Smoked Salmon & Soft Cheese			✗				WHEAT								✗	

Freshly prepared in a small, busy kitchen so we really can't guarantee any of our food or drink is allergen-free. Please take care.

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, NUTS
Banana & Honey Bowl	✓			✓			OAT										
Bircher Muesli	✓			✓			OAT										PISTACHIO
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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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
Honey Granola Pot	✓			✓			OAT									
Coconut & Blueberry Bowl	✓	✓					OAT									
Yogurt Apricot Peach Crumble	✓			✓			WHEAT, OAT									
Sunshine Bowl	✓	✓					OAT									
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT									
Pain aux Raisins	✓			✓	✓		WHEAT									
Pret's Bacon Brioche				✓	✓		WHEAT									
Pret's Veggie Brioche	✓			✓	✓		WHEAT									
Sausage & Egg Brioche				✓	✓		WHEAT									

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Cold Drinks	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 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		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
PP Ginger Beer	✓															
PP Rubarb Lemonade	✓															
Cucumber & Mint Seltzer	✓	✓														
Lime & Raspberry Seltzer	✓	✓														
Cold Brew Balck	✓															
Cold Brew Latte	✓				⚡											
Cold Brew Mocha	✓				⚡											
Henniez Sparkling Spring Water	✓	✓														
Henniez Still Water 500ml	✓	✓														
Still Water 750ml	✓	✓														
Vitamin Volcano	✓															
Wine - Proccessco	✓												⚡			
Wine - Red	✓												⚡			
Green Power	✓	✓														
Tropical Fruit Blast	✓	✓														
Carrot and Ginger Boost	✓	✓														
Wine - White	✓												⚡			

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**Fruit**

Suitable for

30th June 2022

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	✓	✓														
Banana	✓	✓														
Mango & Lime	✓															
Pineapple & Lime	✓															
SuperFruit Salad	✓	✓														
Watermelon & Lime	✓															

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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
Falafels, Halloumi & Red Peppers Hot Wrap	✓			✓			WHEAT, RYE								
Toastie Classic Cheese	✓			✓	✓		OAT, RYE, WHEAT, BARLEY					✓			
Toastie, Pesto & Mozzarella	✓			✓			OAT, RYE, WHEAT, BARLEY								
Ham, Cheese & Mustard Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY					✓			
Spicy Chicken Hot Wrap				✓			WHEAT, RYE								
Vegetable Quiche	✓			✓	✓		WHEAT		✓			✓			NUTS

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# Salads

Suitable for

30th June 2022

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
Crayfish & Avocado No Bread												✓		✓		
French Dressing	✓	✓										✓				
Black rice, crayfish, edamame														✓		
Egg & Spinach Protein Pot	✓				✓											
Smoked Salmon Protein Box					✓				✓						✓	
Salad with Avocado, Mozzarella & Roasted Peppers	✓															
Pita Bowl Vegan Hummus	✓	✓	✓				WHEAT					✓	✓			
Humous & Feta Salad	✓		✓	✓												
Lentil & Poached Eggs Bowl	✓				✓						✓	✓	✓			
Roasted Salmon, Black Rice & Sesame Bowl			✓				WHEAT		✓						✓	
Asian Chicken Bowl																
Falafel mezze bowl	✓		✓				WHEAT		✓			✓	✓			

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Sandwiches		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
			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								✓	
Avocado Crumble on toast	✓						WHEAT, BARLEY									
Cherry Tomato & Mozzarella Toast with Persto spread	✓			✓			WHEAT, BARLEY									
BLT Sandwich					✓		WHEAT, BARLEY									

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# Wraps

Suitable for

30th June 2022

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									
Falafel Flatbread	✓	✓		✓	✓		WHEAT		✓				✓			
Chicken Lebanese & Flatbread				✓			WHEAT, RYE		✓							
Cold Wrap - Chicken Caesar				✓	✓		WHEAT, RYE								✓	
Cold Wrap - Tamari Chicken							WHEAT, RYE		✓							

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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
Mature Cheddar & Red Onion Crisps	✓			✓												
Nuts, Fruit & Chocolate	✓			✓						✓						<b>ALMOND, NUTS</b>
Pret A Mango	✓	✓														
Sea Salt & Cider Vinegar Crisps	✓	✓														
Sea Salt Crisps	✓	✓														

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# Soups

Suitable for

30th June 2022

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	✓	✓							✗							
Souper Tomato	✓	✓														
Mushroom Risotto Soup	✓								✗		✗					
Gazpacho	✓															
Soup Losange Bread	✓	✓	✗				WHEAT									✗
Tomato 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
Choc Bar	✓			✓			WHEAT		✓						ALL NUTS	
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓						ALL NUTS	
Chocolate Chunk Cookie	✓			✓	✓		WHEAT		✓						ALL NUTS	
Chocolate Moose	✓			✓					✓							
Chocolate Praline Cookie	✓			✓	✓		WHEAT		✓						HAZELNUT, ALL NUTS	
Dark Chocolate and Almond Butter Cookie	✓						WHEAT								ALMONDS	
Dark Chocolate Corn Cakes	✓			✓					✓							
Dark Chocolate with Sea Salt	✓			✓					✓						ALL NUTS	
Lemon Cheesecake	✓			✓	✓		WHEAT									
Love Bar	✓			✓			OAT		✓						ALL NUTS, 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	✓			✓						✓							<b>ALL NUTS</b>
Brownie Bar	✓			✓	✓			WHEAT		✓							<b>ALL NUTS</b>
Pret Bar	✓			✓				WHEAT, OATS									
Salted Caramel & Pecan Cookie	✓			✓				WHEAT, OATS									
Chocolate Fondant	✓			✓				WHEAT, OATS									
Apple Pie	✓			✓	✓			WHEAT		✓							<b>ALL NUTS</b>
Double Chocolate Cookie	✓			✓				WHEAT, OATS									

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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
<b>Coffee</b>																
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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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chai Latte	✓			✓												
<b>Iced Drinks</b>																
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)	✓	✓														
Iced Chocolate Semi Skimmed Milk	✓			✓												
Iced Chocolate Skimmed Milk	✓			✓												
Iced Chocolate Soya (instead of milk)	✓	✓														
Iced Chocolta Rice Coconut (instead of milk)	✓	✓														
Iced Matcha Semi Skimmed Milk	✓															
Iced Matcha Skimmed Milk	✓															
Iced Matcha Soya (instead of milk)	✓	✓														
Iced Chocolta Rice Coconut (instead of milk)	✓	✓														
Iced Green Tea - Raspberry & Lime	✓															
Iced Green Tea - Passionfruit & Basil	✓															
Turmeric Iced Latte Rice Coconut	✓	✓														
<b>Hot Chocolate</b>																
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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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
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)	✓	✓							✓							
<b>Syrups</b>																
Caramel Shot	✓	✓														
Crème Brûlée Syrup	✓	✓														
Mint Syrup shot	✓	✓														
Hazelnut Shot	✓	✓														
Sugar Cane Syrup	✓	✓														
Vanilla Shot	✓	✓														
<b>Milk shot</b>																
Semi Skimmed	✓			✓												
Skimmed	✓			✓												
Soya (instead of milk)	✓	✓							✓							
Rice Coconut (instead of milk)	✓	✓														
Oat (instead of milk)	✓	✓					OAT									
<b>Tea</b>																
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

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
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

Product	Vegetarians	Vegans	Contains these allergens													
			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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Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Kind Bar - Caramel, Almond & Sea Salt	✓			✗						✗							<b>ALMOND</b>
Kind Bar - Dark Chocolate, Nuts & Sea Salt	✓									✗	✗						<b>ALMOND</b>
Kind Bar - Maple Glazed Pecan & Sea Salt	✓									✗	✗						<b>ALMOND, PECAN</b>
Kind Bar - Peanut Butter & Dark Chocolate	✓									✗	✗						<b>ALMOND</b>

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