

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
			Avo, Olives & Toms	✓	✓	✗				WHEAT						
Brie, Tomato & Basil	✓			✗			WHEAT									
Chicken Caesar & Bacon			✗	✗	✗		WHEAT					✗			✗	
Chicken Salad Baguette				✗	✗		WHEAT									
Ham & Greve Cheese				✗	✗		WHEAT					✗				
Italian Prosciutto			✗	✗	✗		WHEAT									
Stone Baked Losange Soup	✓			✗			WHEAT									
Posh Cheddar & Pickle	✓		✗	✗	✗		WHEAT									
Smoked Salmon, Soft Cheese & Dill			✗	✗			WHEAT								✗	
Pole Line Caught Tuna Mayo & Cucumber					✗		WHEAT					✗			✗	
Jambon-Beurre				✗			WHEAT					✗				
Brie & Cranberry Baguette	✓		✗	✗	✗		WHEAT									PISTACHIO
Pret's Christmas Lunch Baguette			✗	✗	✗		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	✓	✓												
Pret's Bacon Brioche				✓	✓		WHEAT										
Banana & Honey Breakfast Bowl	✓			✓													
Porridge Topping - Berry Compote	✓	✓															
Bircher Muesli	✓			✓													PISTACHIO
Cinnamon Swirl	✓			✓	✓		WHEAT										
Porridge Topping - Cranberry & Seeds	✓																
Almond Croissant	✓			✓	✓		WHEAT										ALMOND
Chocolate & Hazelnut Croissant	✓			✓	✓		WHEAT		✓								HAZELNUT
Bacon & Egg Brioche				✓	✓		WHEAT										
Sausage & Egg Brioche				✓	✓		WHEAT										
Breakfast Egg & Avocado	✓				✓		WHEAT					✓					
Breakfast Egg & Bacon					✓		WHEAT					✓					
Breakfast Egg & Tomatoes	✓				✓		WHEAT					✓					
Breakfast Salmon & Egg					✓		WHEAT					✓			✓		
Five Berry Breakfast Bowl	✓			✓													
Five Berry Pret Pot	✓			✓													
Ham, Cheese, Tomato & Bacon Croissant				✓	✓		WHEAT				✓	✓					
Honey & Yoghurt Pret Pot	✓			✓													

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Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Porridge Topping - Honey	✓													
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT				✓						
Double Berry Muffin	✓			✓	✓		WHEAT										
Breakfast Muffin	✓			✓	✓		WHEAT										
Pain au Raisin	✓			✓	✓		WHEAT										
French Butter Croissant	✓			✓	✓		WHEAT										
Pret's Proper Porridge	✓			✓			OAT										
Pret's Coconut Porridge	✓	✓															
Pret's Veggie 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
			Cola	✓	✓											
Cola Light	✓	✓														
Cola Zero	✓	✓														
Apple Juice	✓	✓														
Daily Greens	✓	✓									✓					
Mango Smoothie	✓															
Orange Juice Cup	✓	✓														
Vitamin Volcano	✓	✓														
Orange & Strawberry Juice	✓	✓														
Cranberry & Raspberry Pure Pret Still	✓	✓														
Green Tea & Peach Pure Pret Still	✓	✓														
Lemon & Ginger Pure Pret Still	✓	✓														
Orange & Passion Fruit Pure Pret Still	✓	✓														
Ginger Shot	✓	✓														
Ginger Beets	✓	✓														
Hot Shot	✓	✓														
Berry Blast Smoothie	✓	✓														
Mango & Passion Fruit Smoothie	✓	✓														

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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	
Strawberry & Banana Smoothie	✓	✓															
Sparkling Spring Water	✓	✓															
Still Water 500ml	✓	✓															
Still Water 750ml	✓	✓															
Pure Pret Sparkling Apple	✓	✓															
Pure Pret Sparkling Grape & Elderflower	✓	✓															
Sparkling Lemonade	✓	✓															
Pure Pret Sparkling Ginger Beer	✓	✓															
Red Wine - Primitivo	✓	✓												✓			
White Wine - Pino Grigio	✓	✓												✓			
Tuborg Rå Beer	✓							WHEAT, BARLEY									

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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	✓	✓														
Grapes	✓	✓														
Melon Trio	✓	✓														
Pineapple & Lime	✓	✓														

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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
Brie, Avocado & Tomato Toastie	✓			✓			OAT, RYE, WHEAT, BARLEY									
Chipotle Chicken Toastie				✓			OAT, RYE, WHEAT, BARLEY					✓				
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT					✓				
Falafel & Halloumi Hot Wrap	✓			✓			WHEAT, RYE									
Ham, Cheese & Mustard Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Swedish Meatballs Hot Wrap				✓			WHEAT, RYE					✓				
Macaroni Cheese Prosciutto				✓			WHEAT									
Macaroni Cheese Spinach & Cauli	✓			✓			WHEAT									
Posh Prosciutto Baguette			✓	✓			WHEAT									
Spicy Chicken Hot Wrap				✓			WHEAT, RYE					✓				
Swedish Meatball Hot Wrap				✓			WHEAT, RYE					✓				
Tuna Melt Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY								✓	

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Salads		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
			Avocado, Mozzarella & Roasted Peppers	✓			✓								✓	✓
Chef's Italian Chicken Salad Large				✓	✓							✓	✓		✓	PISTACHIO
Chicken, Prosciutto & Avocado				✓								✓	✓			
Mezze Salad	✓			✓								✓	✓			
Wild Crayfish & Avocado												✓	✓	✓		
Egg & Avocado Protein Pot	✓				✓											
Egg & Spinach Protein Pot	✓				✓											
Smoked Salmon & Egg Protein Pot					✓										✓	
Tuna Nicoise Salad Large					✓							✓	✓		✓	

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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				✓	✓		WHEAT, BARLEY						
Classic Super Club					✓		WHEAT, BARLEY									
Cracking Egg Salad	✓				✓		WHEAT, BARLEY					✓				
Ham & Cheese				✓			WHEAT, BARLEY									
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY									
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Tuna & Cucumber				✓	✓		WHEAT, BARLEY					✓			✓	
Wild Crayfish & Rocket					✓		WHEAT, BARLEY							✓		
Kids' Cheese Sandwich	✓			✓			WHEAT, BARLEY									
Kids' Ham Sandwich				✓			WHEAT, BARLEY									
Pret's Christmas Lunch				✓	✓		WHEAT, BARLEY						✓			

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Pret Snacks

Suitable for

27th November 2018

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Cranberries in Coats	✓			✗												
Matured Cheddar & Red Onion Crisps	✓			✗												
Sea Salt & Organic Cider Vinegar Crisps	✓	✓														
Sea Salt Crisps	✓	✓														
Smoked Chipotle Crisps	✓	✓														
Vegetable Crisps	✓	✓														
Naked Nuts	✓	✓														ALMOND, WALNUT, HAZELNUT, CASHEW
Nuts, Fruit & Chocolate	✓			✗						✗						ALMOND
Rock Salt Popcorn	✓	✓														
Sweet & Salt Popcorn	✓	✓														
Pret A Mango	✓	✓														
Tamari Pumpkin Seeds	✓	✓								✗						

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Soups		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	
			Miso Soup						BARLEY		✓						
"No Cream" Cream of Chicken Side Soup											✓						
"No Cream" Cream of Chicken Soup											✓						
Chicken, Broccoli & Brown Rice Side Soup											✓						
Chicken, Broccoli & Brown Rice Soup											✓						
Lightly Spiced Carrot & Coriander Side Soup	✓	✓							✓								
Lightly Spiced Carrot & Coriander Soup	✓	✓							✓								
Red Thai Chicken & Veg Side Soup									✓								
Red Thai Chicken & Veg Soup									✓								
Smoky Chorizo Chicken Side Soup											✓						
Smoky Chorizo Chicken Soup											✓						
Souper Tomato	✓	✓									✓						
Souper Tomato Side Soup	✓	✓									✓						
Vegetable Tagine Side Soup	✓	✓									✓						
Vegetable Tagine Soup	✓	✓									✓						
Veggie Chilli Side Soup	✓	✓							✓								
Veggie Chilli Soup	✓	✓							✓								

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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
			Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓				
Banana Cake	✓			✓	✓		WHEAT									
Carrot Cake	✓			✓	✓		WHEAT									WALNUT
Gluten-Free Lemon Drizzle Cake	✓			✓	✓				✓							ALMOND
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Chocolate Moose	✓			✓					✓							
Chocolate Praline Cookie	✓			✓			WHEAT									HAZELNUT
Dark Chocolate & Almond Butter Cookie	✓	✓					WHEAT									ALMOND
Dark Chocolate Corn Cakes	✓			✓					✓							
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OATS, SPELT									
Lemon Cheesecake	✓			✓	✓		WHEAT									
Love Bar	✓			✓			OAT		✓							PISTACHIO, ALMOND
Popcorn bar	✓			✓					✓							
Pret Bar	✓			✓			WHEAT, OATS									
Dark Chocolate with Sea Salt	✓			✓					✓							
Pret's Shortbread	✓			✓			WHEAT									
Mince Pie Cookie	✓			✓			WHEAT									

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Wraps		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
			Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE						
Chicken Lebanese Flatbread				✓			WHEAT									
Chicken Pesto & Rocket Flatbread				✓	✓		WHEAT									
Falafel & Avocado Flatbread	✓			✓	✓		WHEAT									
Tuna Nicoise Salad Wrap				✓	✓		WHEAT, RYE								✓	
Chicken Caesar Salad Wrap				✓	✓		WHEAT, RYE					✓			✓	

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Barista Prepared Drinks

Suitable for

27th November 2018

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee																
White Filter	✓			✗												
Black Filter Coffee	✓	✓														
Black Americano	✓	✓														
Cappuccino	✓			✗												
Coconut Latte	✓	✓														
Coconut Mocha	✓	✓														
Latte	✓			✗												
Mocha	✓			✗												
White Americano	✓			✗												
Espresso	✓	✓														
Macchiato	✓			✗												
Coconut Flat White	✓	✓														
Flat White	✓			✗												
Flavoured Latte																
Organic Chai Latte	✓			✗												
Crème Brûlée Latte	✓			✗												
Gingerbread Latte	✓			✗												

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Suitable for

27th November 2018

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
Hot Chocolate																
Hot Chocolate	✓			✗												
Coconut Hot Chocolate	✓	✓														
Orange Hot Chocolate	✓			✗												
Mint Hot Chocolate	✓			✗												
Tea																
Ceylon Breakfast Tea	✓			✗												
Earl Grey Tea	✓			✗												
Fennel & Mint Tea	✓	✓														
Green Matcha Tea	✓	✓														
Green Tea	✓	✓														
Peppermint Peace	✓	✓														
Rooibos Cacao	✓	✓														
Turmeric Tonic	✓	✓														
Iced Drinks																
Iced Coconut Latte	✓	✓														
Iced Black Americano	✓	✓														
Iced Black Tea	✓	✓														
Iced Chai Latte	✓			✗												
Iced Green Tea	✓	✓														

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27th November 2018

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Iced Latte	✓			✓												
Iced White Americano	✓			✓												
Frappés																
Chocolate Frappe Rice Coconut (instead of milk)	✓			✓												
Chocolate Frappe	✓			✓												
Classic Frappe Rice Coconut (instead of milk)	✓			✓												
Classic Frappe	✓			✓												
Syrups																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														HAZELNUT
Syrup Shot - Vanilla	✓	✓														
Crème Brûlée Syrup Shot	✓	✓														
Spiced Ginger Syrup Shot	✓	✓														
Mint Syrup Shot	✓	✓														
Orange Triple Sec Syrup Shot	✓	✓														
Milk shot																
Babyccino	✓			✓												

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