

## Baguettes

Suitable for

21 January 2020 version 1

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							✗	
Ham & Greve Cheese				✗	✗			WHEAT				✗				
Italian Prosciutto			✗	✗	✗			WHEAT								
Posh Cheddar & Pickle	✓		✗	✗	✗			WHEAT								
Smoked Salmon, Soft Cheese & Dill			✗	✗				WHEAT							✗	
Pole Line Caught Tuna Mayo & Cucumber					✗			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	✓	✓													
Banana & Honey Breakfast Bowl	✓			✓														
Bircher Muesli	✓			✓														PISTACHIO
Breakfast Egg & Avocado	✓		a		✓		WHEAT											
Breakfast Egg & Bacon					✓		WHEAT											
Breakfast Salmon & Egg					✓		WHEAT								✓			
Chocolate Croissant	✓			✓	✓		WHEAT		✓									
Cinnamon Swirl	✓			✓	✓		WHEAT											
Five Berry Breakfast Bowl	✓			✓														
Five Berry Pret Pot	✓			✓														
French Butter Croissant	✓			✓	✓		WHEAT											
Honey & Granola Pot	✓			✓														
Pain au Raisin	✓			✓	✓		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.







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.

21 January 2020 version 1

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
			Still Water 750ml	✓	✓											
Pure Pret Sparkling Apple	✓	✓														
Pure Pret Sparkling Grape & Elderflower	✓	✓														
Sparkling Lemonade	✓	✓														
Pure Pret Sparkling Ginger Beer	✓	✓														
Red Wine - Primitivo	✓	✓											⚡			
Vitamin Well Antioxidant	✓	✓														
Vitamin Well Defense	✓	✓														
Vitamin Well Hydrate	✓	✓														
Vitamin Well Reload	✓	✓														
White Wine - Pino Grigio	✓	✓											⚡			
Tuborg Rå Beer	✓						WHEAT,BA RLEY									

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.

**Fruit**

Suitable for

21 January 2020 version 1

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

**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.**

Product	Vegetarians	Vegans	Contains these allergens													
			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									
Chicken & Bacon Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY									
Chipotle Chicken Toastie				✓			OAT, RYE, WHEAT, BARLEY					✓				
Classic Cheese Toastie	✓			✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Halloumi, Red Pepper & Basil Toastie	✓			✓			OAT, RYE, WHEAT, BARLEY									
Ham, Cheese & Mustard Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Miso Soup							WHEAT, BARLEY		✓						✓	
Tuna Melt Toastie				✓	✓		OAT, RYE, WHEAT, BARLEY								✓	

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.



## Sandwiches

Suitable for

21 January 2020 version 1

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

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.

**Pret Snacks**

Suitable for

21 January 2020 version 1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Matured Cheddar & Red Onion Crisps	✓			✗												
Sea Salt & Organic Cider Vinegar Crisps	✓	✓														
Sea Salt Crisps	✓	✓														
Vegetable Crisps	✓	✓														
Nuts, Fruit & Chocolate	✓			✗					✗							ALMOND
Pret A Mango	✓	✓														

**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.**

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	
			Chef's Italian Chicken Salad Large				✓	✓		BARLEY					✓		
Egg & Avocado Protein Pot	✓				✓												
Mezze Salad	✓			✓	✓		BARLEY					✓					
Pret's Greek Salad	✓			✓	✓		BARLEY					✓					
Pret's Protein Box (Bang Bang Chicken)			✓		✓				✓								
Smoked Salmon & Egg Protein Pot					✓										✓		
Smoked Salmon Protein Box					✓		BARLEY		✓			✓			✓		
Tuna Nicoise Salad Large					✓		BARLEY					✓			✓		
Wild Crayfish & Avocado					✓		BARLEY					✓		✓			

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.



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
Ginger Snap Biscuit	✓			✗				WHEAT								
Lemon Cheesecake	✓			✗	✗			WHEAT								
Love Bar	✓			✗				OAT		✗						PISTACHIO , ALMOND
Popcorn bar	✓			✗						✗						
Pret Bar	✓			✗				WHEAT, OATS								
Pret's Pecan and Caramel Cookie	✓			✗				WHEAT		✗						PECAN
Pret's Shortbread	✓			✗				WHEAT								
Dark Chocolate with Sea Salt	✓			✗						✗						

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.

## Wraps

Suitable for

21 January 2020 version 1

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegetans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avocado & Pine Nuts Wrap	✓			✓	✓		WHEAT, RYE									
Bang Bang Chicken Wrap			✓		✓		WHEAT, RYE		✓							
Chicken Caesar Salad wrap				✓	✓		WHEAT, RYE								✓	
Chicken Lebanese Flatbread				✓			WHEAT									
Falafel, Chipotle & Avocado Flatbread	✓	✓					WHEAT					✓				
Mediterranean Tuna Flatbread					✓		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.

Barista Prepared Drinks

Suitable for

21 January 2020 version 1

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
White Filter	✓			✗												
Black Americano	✓	✓														
Cappuccino	✓			✗												
Coconut Latte	✓	✓														
Coconut Mocha	✓	✓														
Latte	✓			✗												
Mocha	✓			✗												
White Americano	✓			✗												
Espresso	✓	✓														
Macchiato	✓			✗												
Coconut Flat White	✓	✓														
Flat White	✓			✗												
Flavoured Latte																
Chai Latte (with Rice-Coconut)	✓	✓														
Matcha Latte (with Rice-Coconut)	✓	✓														
Organic Chai Latte	✓			✗												
Organic Chai Latte (Soy)	✓								✗							

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.

**Barista Prepared Drinks**

Suitable for

21 January 2020 version 1

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
Chai Latte (with Rice-Coconut)	✓	✓														
Turmeric Latte (with Rice-Coconut)	✓	✓														
<b>Hot Chocolate</b>																
Hot Chocolate	✓			✓												
Hazelnut Hot Chocolate	✓			✓												
Coconut Hot Chocolate	✓	✓														
Coconut Hazelnut Hot Chocolate	✓	✓														
Soya Hot Chocolate	✓	✓						✓								
Soya Hazelnut Hot Chocolate	✓	✓						✓								
<b>Tea</b>																
Ceylon Breakfast Tea	✓			✓												
Earl Grey Tea	✓			✓												
Green Tea	✓	✓														
Peppermint Peace	✓	✓														
<b>Iced Drinks</b>																
Iced Coconut Latte	✓	✓														
Iced Black Americano	✓	✓														
Iced Black Tea	✓	✓														

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.



Barista Prepared Drinks

Suitable for

21 January 2020 version 1

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
Iced Chai Latte	✓			✓												
Iced Green Tea	✓	✓														
Iced Latte	✓			✓												
Iced White Americano	✓			✓												
<b>Frappés</b>																
Chocolate Frappe Rice Coconut (instead of milk)	✓			✓												
Chocolate Frappe	✓			✓												
Classic Frappe Rice Coconut (instead of milk)	✓			✓												
Classic Frappe	✓			✓												
<b>Syrups</b>																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														
Syrup Shot - Vanilla	✓	✓														
<b>Powder</b>																
Cinnamon	✓	✓														
<b>Milk shot</b>																
Babyccino	✓			✓												

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.