



Pret's



*Allergen*

Guide



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.

Our kitchens are very busy places and that means we can't guarantee our food is suitable for those with allergies. To make things easier, we've put together this *handy guide* with information about any and all allergens★ present in Pret's food and drinks.

Inside you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box. Where a product contains 'Cereals Containing Gluten' and 'Nuts', you'll find specific ingredients listed (e.g., wheat, rye, oats). If you have any trouble finding what you're looking for, just *ask the Manager* – they'll be more than happy to help.

*Please remember* to check our guide regularly as recipes do change from time to time – the last thing we want is for anyone being caught out by a new take on an old favourite.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do *visit our website* at [www.pret.com](http://www.pret.com) or contact our Customer Service Team on **0345 450 0222**.



**In this guide, we are able to advise you on the presence of the following allergens in our food:**

Eggs, Milk, Fish, Crustaceans (like crayfish), Molluscs (like mussels, oysters & squid), Tree Nuts, Sesame, Cereals Containing Gluten (these are wheat, rye and barley), Soya, Celery & Celeriac, Mustard, Sulphur Dioxide and Sulphites.

We do not have Peanuts and we do not have Lupin in our kitchen.



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
			Artichoke, Olives & Tapenade	✓	✓	✗				WHEAT						
Avo, Olives & Toms	✓	✓	✗				WHEAT				✗	✗				
Brie, Pistachio & Cranberry Baguette	✓		✗	✗	✗		WHEAT				✗	✗				PISTACHIO
Brie, Tomato & Basil	✓			✗			WHEAT									
Chicken Caesar & Bacon			✗	✗	✗		WHEAT				✗	✗			✗	
Chicken Salad Baguette				✗	✗		WHEAT				✗	✗				
Chipotle Mozzarella Hot Baguette	✓		✗	✗			WHEAT					✗				
Italian Prosciutto			✗	✗	✗		WHEAT									
Italian Veggie Baguette	✓		✗	✗	✗		WHEAT				✗					
Jambon-Beurre				✗			WHEAT					✗				
Pole & Line Caught Tuna Mayo & Cucumber					✗		WHEAT					✗			✗	
Posh Cheddar & Pickle	✓		✗	✗	✗		WHEAT				✗	✗				
Posh Prosciutto Hot Baguette			✗	✗			WHEAT									
Pret's Christmas Lunch Baguette			✗	✗	✗		WHEAT				✗	✗	✗			
Smashed Beets, Pistachios & Feta	✓		✗	✗	✗		WHEAT				✗	✗				PISTACHIO
Wiltshire-Cured Ham & Greve				✗	✗		WHEAT					✗				
Witshire-Cured Ham & Wensleydale			✗	✗			WHEAT						✗			PECAN
Smoked Salmon Soft Cheese & Dill			✗	✗			WHEAT				✗	✗			✗	
Italian Pesto & Mozzarella	✓		✗	✗	✗		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	✓	✓												
Coconut & Mango Bowl	✓	✓															
Mango & Banana Sunshine Bowl	✓	✓															
Bircher Muesli	✓			∨													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				∨	∨			∨		
Ham & Egg Brioche				∨	∨		WHEAT				∨	∨					
Pret's Bacon Brioche				∨	∨		WHEAT										
Bacon & Egg Brioche				∨	∨		WHEAT				∨	∨					
Pret's Veggie Brioche	✓			∨	∨		WHEAT										
Sausage & Egg Brioche				∨	∨		WHEAT				∨	∨					
Ham & Spinach Omelette				∨	∨						∨	∨					
Pret's Egg White Omelette	✓			∨	∨						∨	∨					
Mushroom, Tomato & Cheddar Omelette	✓			∨	∨						∨	∨					
Cinnamon Danish	✓			∨	∨		WHEAT										
Porridge Topping - Compote	✓	✓															
Porridge Topping - Cranberry & Seeds	✓																

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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
Almond Croissant	✓			✓	✓		WHEAT									ALMOND
Chocolate & Hazelnut Croissant	✓			✓	✓		WHEAT		✓							HAZELNUT
French Butter Croissant	✓			✓	✓		WHEAT									
Pret's Jam Croissant	✓			✓	✓		WHEAT									
Five Berry Bowl	✓			✓												
Five Berry Pot	✓			✓												
Honey Granola Pot	✓			✓												
Porridge Topping - Honey	✓															
Breakfast Muffin	✓			✓	✓		WHEAT/ OATS									
Pain aux Raisins	✓			✓	✓		WHEAT									
Pret's Proper Porridge	✓			✓			OAT									
Pret's Coconut Porridge	✓	✓														
Poached Egg, Mushroom & Beans Power Pot	✓				✓											
Poached Egg, Sausage & Beans Power Pot					✓											
Ham, Cheese, Tomato & Bacon Croissant				✓	✓		WHEAT				✓	✓				
Mozzarella & Tomato Croissant	✓			✓	✓		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
			Coconut Water	✓	✓											
Coke Bottle Zero	✓	✓														
Apple Juice	✓	✓														
Avo Smoothie	✓	✓														
Daily Greens	✓	✓									✓					
Large Orange Juice	✓															
Orange Juice	✓															
Mango Smoothie Juice	✓															
Sparkling Lemonade	✓	✓														
Pure Pret Sparkling Apple	✓	✓														
Pure Pret Sparkling Ginger Beer	✓	✓														
Pure Pret Sparkling Grape & Elderflower	✓	✓														
Pure Pret Sparkling Yoga Bunny	✓	✓														
Cranberry & Raspberry Pure Pret Still	✓	✓														
Green Tea & Peach Pure Pret Still	✓	✓														
Lemon & Ginger Pure Pret Still	✓	✓														
Orange & Passion Fruit Pure Pret Still	✓	✓														
Charcoal Shot	✓	✓														
Ginger Shot	✓	✓														

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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	
Ginger Beets	✓	✓															
Hot Shot	✓																
Vitamin Volcano	✓																
Still Water 500ml	✓	✓															
Still Water 750ml	✓	✓															
Sparkling Spring Water	✓	✓															
Carrot Juice	✓	✓															

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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	✓	✓															
Clementine	✓																
Pret's Fruit Salad	✓	✓															
Mango & Lime	✓																
Melon & Blueberry	✓	✓															
SuperFruit Salad	✓	✓															

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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
Falafel & Halloumi Hot Wrap	✓			✓			WHEAT, RYE				✓	✓				
Swedish Meatball Hot Wrap				✓			WHEAT, RYE				✓	✓				
Spicy Chicken Hot Wrap				✓			WHEAT, RYE				✓	✓				
Macaroni Cheese Kale & Cauli	✓			✓			WHEAT									
Macaroni Cheese Prosciutto				✓			WHEAT				✓	✓				
Brie, Avocado & Tomato Toastie			✓	✓			OAT, RYE, WHEAT, BARLEY				✓	✓				
Chicken, Basil & Red Pepper Toastie			✓	✓			OAT, RYE, WHEAT, BARLEY				✓	✓				
Ham, Cheese & Mustard Toastie			✓	✓	✓		OAT, RYE, WHEAT, BARLEY				✓	✓				
Tuna Melt Toastie			✓	✓	✓		OAT, RYE, WHEAT, BARLEY				✓	✓			✓	

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret's Vegan Mac & Greens	✓	✓					WHEAT		✓			✓				
Butternut & Cauli Gratin	✓			✓			WHEAT				✓	✓				
Pret's Lasagne Macaroni Cheese				✓			WHEAT				✓	✓				
Halloumi, Red Pepper & Basil Toastie	✓		✓	✓			WHEAT, OAT, RYE, BARLEY									
Falafel, Halloumi & Pickles Brioche	✓			✓	✓		WHEAT					✓				
Avo & Chipotle Chickpeas Hot Wrap	✓			✓	✓		WHEAT, RYE					✓				
Vegan Ragu & Red Pepper Hot Wrap	✓	✓					WHEAT, RYE				✓					
Artichoke & Mozzarella Toasted Baguette			✓	✓			WHEAT									
Brie & Christmas Pesto Toasted Baguette	✓		✓	✓			WHEAT						✓			
Prosciutto & Mozzarella Toasted Baguette			✓	✓			WHEAT									
Salt Beef & Pickles Toasted Baguette			✓	✓	✓		WHEAT					✓				
Spicy Halloumi & Chargrilled Peppers Toasted Baguette			✓	✓			WHEAT					✓				
Spicy Chicken Toasted Baguette			✓	✓			WHEAT					✓				

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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
			Green Dressing	✓	✓							✓				
Dijon French Dressing	✓	✓										✓	✓			
Ancho Dressing	✓	✓														
Crayfish & Avocado No Bread											✓	✓	✓	✓		
Egg & Avocado Protein Pot	✓				✓											
Egg & Spinach Protein Pot	✓				✓											
Smoked Salmon & Egg Protein Pot					✓						✓	✓			✓	
Chef's Italian Chicken Salad				✓	✓						✓	✓	✓		✓	PISTACHIO
Chicken, Pesto & Buffalo Mozzarella				✓								✓	✓			
Tuna Nicoise Salad					✓						✓	✓	✓		✓	
Falafel Mezze Salad	✓	✓	✓													
Avo & Super-Greens Veggie Pot	✓	✓	✓						✓							
Smashed Beets & Feta Veggie Pot	✓		✓	✓												
Pret's Protein Box					✓											
Chicken Prosciutto & Avocado Salad					✓						✓	✓	✓			
Sesame Salmon & Black Rice Salad			✓						✓						✓	
Roast Beets, Squash & Feta	✓			✓							✓	✓	✓			
Sweet Potato Falafel & Smashed Beets Veggie Box	✓	✓	✓						✓		✓	✓				
Pret's Festive Winter Salad	✓			✓								✓	✓			PECAN

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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
Buffalo Mozzarella & Pesto	✓			✗								✗	✗			
Avo, Broccoli & Black Rice	✓		✗		✗				✗							

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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
			Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY				✓	✓	
Chicken Avocado				✓	✓		WHEAT, BARLEY				✓	✓				
Cracking Egg Salad	✓				✓		WHEAT, BARLEY				✓	✓				
Crayfish & Avocado				✓	✓		WHEAT, BARLEY				✓	✓		✓		
Free-Range Egg Mayo	✓				✓		WHEAT, BARLEY				✓	✓				
Ham & Cheese				✓			WHEAT, BARLEY				✓	✓				
Kids' Cheese Sandwich	✓			✓			WHEAT, BARLEY									
Kids' Ham Sandwich				✓			WHEAT, BARLEY									
Scottish Smoked Salmon				✓			WHEAT, BARLEY				✓	✓			✓	
Classic Super Club					✓		WHEAT, BARLEY				✓	✓				
Butternut Squash, Wensleydale & Cranberry	✓			✓	✓		WHEAT, BARLEY				✓	✓				PISTACHIO
Pret's Christmas Lunch				✓	✓		WHEAT, BARLEY				✓	✓	✓			
Pret's Veggie Christmas Lunch	✓		✓	✓	✓		WHEAT, BARLEY				✓	✓				PECAN
Very Merry Christmas Lunch	✓	✓					WHEAT, BARLEY						✓			PECAN

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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
			Tuna & Cucumber				✓	✓		<b>WHEAT, BARLEY</b>				✓	✓	
Free-Range Egg & Tomato on Rye	✓				✓		<b>RYE, WHEAT, BARLEY</b>				✓	✓				
Veggie New Yorker on Rye	✓			✓	✓		<b>RYE, WHEAT, BARLEY</b>					✓				

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Pret Snacks	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 & Almond Butter Bowl	✓	✓												
Chocolatey Coconut Bite	✓	✓							✗								
Cranberries in Coats	✓			✗													
Dark Chocolate Salted Almonds	✓	✓							✗								ALMOND
Mature Cheddar & Red Onion Crisps	✓			✗													
Sea Salt & Cider Vinegar Crisps	✓	✓															
Crisped Kale	✓	✓															
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	✓	✓															
Roasted Coconut Chips	✓	✓															

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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						<b>BARLEY</b>		✓						
Veggie Miso Soup (Veggie Pret only)	✓	✓					<b>WHEAT</b>		✓								
"No Cream" Cream of Chicken Soup											✓						
Chicken, Broccoli & Brown Rice Soup											✓						
Chikken, Edamame & Ginger Soup									✓								
Coconut Chicken Curry Soup												✓					
Lightly Spiced Carrot & Coriander Soup	✓	✓							✓								
Pea & Mint Soup	✓	✓															
Red Thai Chicken & Veg Soup									✓								
Smoky Chorizo Chicken Soup											✓						
Souper Tomato	✓	✓									✓						
Tuscan Bean Soup	✓	✓									✓						
Vegetable Tagine Soup	✓	✓									✓						
Veggie Chilli Soup	✓	✓							✓								
Stone Baked Losange Soup Baguette	✓			✓			<b>WHEAT</b>										
Flat Bread	✓	✓					<b>WHEAT</b>										

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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
Pret's Bakewell Slice	✓			✓	✓		WHEAT									ALMOND
Almond Butter Bites	✓	✓								✓						ALMOND
Banana Cake	✓			✓	✓		WHEAT									
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							
Carrot Cake	✓			✓	✓		WHEAT									WALNUT
Choc Bar	✓			✓			WHEAT		✓							
Christmas Tiffin	✓			✓			WHEAT		✓							PISTACHIO
Chocolate Moose	✓			✓					✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Chocolate Praline Cookie	✓			✓			WHEAT									HAZELNUT
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OATS, SPELT									
Mince Pie Cookie	✓			✓			WHEAT									
GF Almond Butter & Jam Brownie	✓			✓	✓					✓						ALMOND
Pret's Shortbread	✓			✓			WHEAT									
Pret Mince Pie	✓			✓	✓		WHEAT									
Chocolate Chia Pot	✓	✓								✓						
Dark Chocolate Corn Cakes	✓			✓						✓						
Dark Chocolate with Sea Salt	✓			✓						✓						

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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	
			Gingerbread	✓				✓		WHEAT							
Melvin, Pret's Melting Gingerbread Snowman					✓		WHEAT										
Lemon Cheesecake	✓			✓	✓		WHEAT										
Love Bar	✓			✓			OATS		✓								ALMOND, PISTACHIO
Mango Chia Pot	✓	✓															
Double Berry Muffin	✓			✓	✓		WHEAT										
Pecan Slice	✓			✓	✓		WHEAT										PECAN
Popcorn Bar	✓			✓					✓								
Pret Bar	✓			✓			WHEAT, OATS										
Victoria Sponge	✓			✓	✓		WHEAT										ALMOND
Dark Chocolate & Almond Butter Cookie	✓	✓					WHEAT										ALMOND
Dark Chocolate & Toasted Coconut	✓	✓							✓								
Gluten Free Lemon Drizzle Cake	✓			✓	✓				✓								ALMOND

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# Wraps

Suitable for

6th 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
Falafel, Avo & Chipotle Flat Bread	✓	✓					WHEAT					✓	✓			
Chicken Pesto & Rocket Flat Bread				✓	✓		WHEAT									
Mediterranean Tuna Flat Bread					✓		WHEAT					✓			✓	
Zhug, Egg & Avo Flat Bread	✓			✓	✓		WHEAT					✓				
Avocado & Falafel Flat Bread	✓			✓	✓		WHEAT				✓	✓				
Grilled Artichokes & Olive Tapenade Flat Bread	✓	✓	✓				WHEAT									
Mexican Avocado Flat Bread	✓	✓					WHEAT									
Green Greek Salad Flat Bread	✓		✓	✓			WHEAT									
Pesto, Butternut Squash & Roasted Tomato Flatbread	✓			✓	✓		WHEAT									
Chakalaka Wrap	✓	✓					WHEAT, RYE									
Avocado & Chipotle Chickpeas Salad Wrap	✓	✓					WHEAT, RYE				✓	✓				
Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE				✓	✓				
Hoisin Duck Salad Wrap					✓		WHEAT, RYE		✓				✓			
Humous & Crunchy Veg Salad Wrap	✓	✓	✓				WHEAT, RYE					✓	✓			
Italian Summer Flat Bread	✓	✓					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
			Bang Bang Chicken Salad Wrap			✓		✓		<b>WHEAT, RYE</b>		✓				

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## Barista Prepared Drinks

Suitable for

6th 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																
Latte Semi Skimmed milk	✓			✗												
Latte Skimmed milk	✓			✗												
Latte Soya (instead of milk)	✓	✓							✗							
Latte Rice Coconut (instead of milk)	✓	✓														
Cappuccino Semi Skimmed milk	✓			✗												
Cappuccino Skimmed milk	✓			✗												
Cappuccino Soya (instead of milk)	✓	✓							✗							
Cappuccino Rice Coconut (instead of milk)	✓	✓														
Americano Black (add shot if White Americano)	✓	✓														
Flat White Semi Skimmed milk	✓			✗												
Flat White Skimmed milk	✓			✗												
Flat White Soya (instead of milk)	✓	✓							✗							
Flat White Rice Coconut (instead of milk)	✓	✓														
Espresso	✓	✓														
Macchiato Semi Skimmed milk	✓			✗												
Macchiato Skimmed milk	✓			✗												
Macchiato Soya (instead of milk)	✓	✓							✗							
Macchiato Rice Coconut (instead of milk)	✓	✓														

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## Barista Prepared Drinks

Suitable for

6th 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
Mocha Semi Skimmed milk	✓			✓												
Mocha Skimmed milk	✓			✓												
Mocha Soya (instead of milk)	✓	✓							✓							
Mocha Rice Coconut (instead of milk)	✓	✓														
Filter - Black Coffee (add a shot if white)	✓	✓														
<b>Iced Drinks</b>																
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 Latte Semi Skimmed Milk	✓			✓												
Iced Latte Skimmed Milk	✓			✓												
Iced Latte Soya (instead of milk)	✓	✓							✓							
Iced Latte Rice Coconut (instead of milk)	✓	✓														
Turmeric Iced Latte Rice Coconut	✓	✓														
<b>Smoothies</b>																
Mango & Pineapple	✓	✓														
Strawberry & Banana	✓	✓														
Berry Blast	✓	✓														

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Suitable for

6th 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
<b>Frappés</b>																
Frappé Mix	✓			✓												
Classic Frappé Semi Skimmed milk	✓			✓												
Classic Frappé Skimmed milk	✓			✓												
Classic Frappé Soya (instead of milk)	✓			✓					✓							
Classic Frappé Rice Coconut (instead of milk)	✓			✓												
Chocolate Frappé Semi Skimmed milk	✓			✓												
Chocolate Frappé Skimmed milk	✓			✓												
Chocolate Frappé Soya (instead of milk)	✓			✓					✓							
Chocolate Frappé Rice Coconut (instead of milk)	✓			✓												
<b>Hot Chocolate</b>																
Hot Chocolate Powder	✓	✓														
Hot Chocolate Semi Skimmed Milk	✓			✓												
Hot Chocolate Skimmed Milk	✓			✓												
Hot Chocolate Soya (instead of milk)	✓	✓							✓							
Hot Chocolate Rice Coconut (instead of milk)	✓	✓														
Mint Hot Chocolate Semi Skimmed Milk	✓			✓												
Mint Hot Chocolate Skimmed Milk	✓			✓												
Mint Hot Chocolate Soya (instead of milk)	✓	✓							✓							
Mint Hot Chocolate Rice Coconut (instead of milk)	✓	✓														

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Suitable for

6th 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
Orange Hot Chocolate Semi Skimmed Milk	✓			✓												
Orange Hot Chocolate Skimmed Milk	✓			✓												
Orange Hot Chocolate Soya (instead of milk)	✓	✓							✓							
Orange Hot Chocolate Rice Coconut (instead of milk)	✓	✓														
<b>Flavoured Latte</b>																
Matcha (Rice Coconut) Latte	✓	✓														
Turmeric (Rice Coconut) Latte	✓	✓														
Coconut Chai Latte	✓	✓														
Chai Latte	✓			✓												
Crème Brulee Latte	✓			✓												
Crème Brulee Skimmed Milk Latte	✓			✓												
Crème Brulee Soya (instead of milk) Latte	✓	✓							✓							
Crème Brulee Coconut Rice (instead of milk) Latte	✓	✓														
Gingerbread Latte	✓			✓												
Gingerbread Skimmed Milk Latte	✓			✓												
Gingerbread Soya (instead of milk) Latte	✓	✓							✓							
Gingerbread Coconut Rice (instead of milk) Latte	✓	✓														
Coconut Pumpkin Spice Latte	✓	✓														
Pumpkin Spice Latte	✓			✓												

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Suitable for

6th 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
<b>Milk / instead of milk cup</b>																
Semi Skimmed milk cup	✓			✓												
Skimmed milk cup	✓			✓												
Soya (instead of milk) cup	✓	✓							✓							
Rice Coconut (instead of milk) cup	✓	✓														
Babyccino	✓			✓												
<b>Syrups</b>																
Caramel Shot	✓	✓														
Crème Brulee Shot	✓	✓														
Ginger Shot	✓	✓														
Hazelnut Shot	✓	✓														HAZELNUT
Mint Shot	✓	✓														
Orange Shot	✓	✓														
Vanilla Shot	✓	✓														
Pumpkin Shot	✓	✓														
<b>Milk shot</b>																
Semi Skimmed	✓			✓												
Skimmed	✓			✓												
Soya (instead of milk)	✓	✓							✓							
Rice Coconut (instead of milk)	✓	✓														

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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
<b>BMDM (Veggie Pret only)</b>															
Almond Protein Power	✓	✓													ALMOND
Almond Berries	✓	✓													ALMOND
Super Greens	✓	✓													
<b>Tea</b>															
Peppermint Peace Semi Skimmed Milk	✓			✗											
Peppermint Skimmed Milk	✓			✗											
Peppermint Soya	✓	✓							✗						
Peppermint Rice Coconut	✓	✓													
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	✓	✓													
Tropical Green Semi Skimmed Milk	✓			✗											
Tropical Green Skimmed Milk	✓			✗											
Tropical Green Soya	✓	✓							✗						
Tropical Green Rice Coconut	✓	✓													

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