

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



Pret's



Allergen

Guide



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 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.

This Allergen Guide only covers food and drink sold in our UK shops.



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, Tomato & Basil	✓			✗				WHEAT										
Chicken Caesar & Bacon			✗	✗	✗			WHEAT					✗			✗		
Chicken & Pea Crush Baguette			✗	✗	✗			WHEAT										
Chipotle Mozzarella Hot Baguette	✓		✗	✗				WHEAT										
Italian Mozzarella & Pesto	✓		✗	✗	✗			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										
Smashed Beets, Pistachios & Feta	✓		✗	✗	✗			WHEAT										PISTACHIO
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	✓	✓													
Almond Butter & Berry Bircher	✓	✓																ALMOND PECAN
Almond Croissant	✓			✓	✓		WHEAT											ALMOND
Bacon & Egg Brioche				✓	✓		WHEAT											
Bircher Muesli	✓			✓														PISTACHIO
Breakfast Avo & Bacon					✓		WHEAT											
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					✓			✓			
Breakfast Muffin	✓			✓	✓		WHEAT/ OATS											
Chocolate & Hazelnut Croissant	✓			✓	✓		WHEAT		✓									HAZELNUT
Cinnamon Danish	✓			✓	✓		WHEAT											
Coconut & Mango Bowl	✓	✓																
Five Berry Bowl	✓			✓														
Five Berry Pot	✓			✓														
French Butter Croissant	✓			✓	✓		WHEAT											
Ham, Cheese, Tomato & Bacon Croissant				✓	✓		WHEAT											
Ham & Egg Brioche				✓	✓		WHEAT					✓						
Ham & Spinach Omelette				✓	✓													
Honey Granola Pot	✓			✓														

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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
Mango & Banana Sunshine Bowl	✓	✓														
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT									
Mushroom, Tomato & Cheddar Omelette	✓			✓	✓											
Pain aux Raisins	✓			✓	✓		WHEAT									
Poached Egg, Mushroom & Beans Power Pot	✓				✓											
Poached Egg, Sausage & Beans Power Pot					✓											
Porridge Topping - Compote	✓	✓														
Porridge Topping - Cranberry & Seeds	✓															
Porridge Topping - Honey	✓															
Pret's Bacon Brioche				✓	✓		WHEAT									
Pret's Coconut Porridge	✓	✓														
Pret's Egg White Omelette	✓			✓	✓											
Pret's Jam Croissant	✓			✓	✓		WHEAT									
Pret's Proper Porridge	✓			✓			OAT									
Pret's Veggie Brioche	✓			✓	✓		WHEAT									
Sausage & Egg Brioche				✓	✓		WHEAT									
Tropical Bircher	✓	✓														

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Cold Drinks

Suitable for

9th April 2019

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
Apple Juice	✓	✓														
Avo Smoothie	✓	✓														
Carrot Juice	✓	✓														
Coco-Berry Bircher Smoothie	✓	✓														
Coke	✓	✓														
Cranberry & Raspberry Pure Pret Still	✓	✓														
Daily Greens	✓	✓														
Ginger Beets	✓	✓														
Ginger Shot	✓	✓														
Green Tea & Peach Pure Pret Still	✓	✓														
Hot Shot	✓															
Large Orange Juice	✓															
Lemon & Ginger Pure Pret Still	✓	✓														
Mango Smoothie Juice	✓															
Orange & Passion Fruit Pure Pret Still	✓	✓														
Orange Juice	✓															

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Suitable for

9th April 2019

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
Pure Pret Sparkling Apple	✓	✓														
Pure Pret Sparkling Ginger Beer	✓	✓														
Pure Pret Sparkling Grape & Elderflower	✓	✓														
Pure Pret Sparkling Yoga Bunny	✓	✓														
Sparkling Lemonade	✓	✓														
Sparkling Spring Water	✓	✓														
Still Water 500ml	✓	✓														
Still Water 750ml	✓	✓														
Vitamin Volcano	✓															

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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	✓															
Melon & Blueberry	✓	✓														
9th April 2019	✓	✓														
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	Nuts
Artichoke & Mozzarella Toasted Baguette			✓	✓			WHEAT									
Avo & Chipotle Chickpeas Hot Wrap	✓			✓	✓		WHEAT, RYE									
Brie, Avocado & Tomato Toastie			✓	✓			OAT, RYE, WHEAT, BARLEY									
Butternut & Cauli Gratin	✓			✓			WHEAT									
Falafel, Halloumi & Pickles Brioche	✓			✓	✓		WHEAT					✓				
Falafel & Halloumi Hot Wrap	✓			✓			WHEAT, RYE									
Halloumi, Red Pepper & Basil Toastie	✓		✓	✓			WHEAT, OAT, RYE, BARLEY									
Ham, Cheese & Mustard Toastie			✓	✓	✓		OAT, RYE, WHEAT, BARLEY					✓				
Macaroni Cheese Kale & Cauli	✓			✓			WHEAT									
Macaroni Cheese Prosciutto				✓			WHEAT									
Pret's Lasagne Macaroni Cheese				✓			WHEAT				✓					
Pret's Vegan Mac & Greens	✓	✓					WHEAT		✓			✓				

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Prosciutto & Mozzarella Toasted Baguette			✓	✓			WHEAT									
Spicy Chicken Hot Wrap				✓			WHEAT, RYE									
Spicy Halloumi & Chargrilled Peppers Toasted Baguette			✓	✓			WHEAT									
Swedish Meatball Hot Wrap				✓			WHEAT, RYE									
Tuna Melt Toastie			✓	✓	✓		OAT, RYE, WHEAT, BARLEY								✓	
Vegan Ragu & Red Pepper Hot Wrap	✓	✓					WHEAT, RYE				✓					

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Salads

Suitable for

9th April 2019

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Ancho Dressing	✓	✓														
Asian-Style Veggie Box	✓	✓	✗							✗						
Bang Bang Broccoli Salad	✓		✗		✗					✗						
Bang Bang Chicken Salad			✗		✗					✗						
Buffalo Mozzarella & Pesto	✓			✗								✗				
Cali-Style Salmon Salad										✗					✗	
Chef's Italian Chicken Salad				✗	✗							✗			✗	PISTACHIO
Chicken & Smashed Beets Protein Pot				✗	✗					✗						
Crayfish & Avocado No Bread												✗		✗		
Dijon French Dressing	✓	✓										✗				
Egg & Avocado Protein Pot	✓				✗											
Egg & Smashed Avo Protein Pot	✓			✗	✗					✗						
Egg & Spinach Protein Pot	✓				✗											
Falafel Mezze Salad	✓	✓	✗													
Green Dressing	✓	✓								✗						
Ham, Egg & Beets Salad				✗	✗							✗				
Pret's Greek Salad	✓			✗	✗								✗			
Pret's Protein Box					✗											
Roast Beets, Squash & Feta	✓			✗								✗				
Roast Mushroom & Smashed Avo Protein Pot	✓	✓	✗							✗						
Salmon & Smashed Avo Protein Pot			✗							✗					✗	
Smoked Salmon & Egg Protein Pot					✗										✗	

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Salads

Suitable for

9th April 2019

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Smoked Salmon Protein Box					✓				✓						✓	
Sweet Potato Falafel & Smashed Beets Veggie Box	✓	✓							✓							
Tuna Nicoise Salad					✓							✓			✓	

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Sandwiches

Suitable for

9th April 2019

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
Best Ever BLT					✓		WHEAT, BARLEY									
Chicken, Avocado & Basil				✓	✓		WHEAT, BARLEY									
Chicken Caesar & Smashed Avo on Pret's Gluten Free Bread				✓	✓						✓				✓	
Classic Super Club					✓		WHEAT, BARLEY									
Cracking Egg Salad	✓				✓		WHEAT, BARLEY									
Crayfish & Avocado				✓	✓		WHEAT, BARLEY							✓		
Coconut Berries on Pret's Gluten Free Bread	✓	✓														
Free-Range Egg & Tomato on Rye	✓				✓		RYE, WHEAT, BARLEY									
Free-Range Egg Mayo	✓				✓		WHEAT, BARLEY				✓					
Ham & Cheese				✓			WHEAT, BARLEY									
Humous & Roasted Peppers on Pret's Gluten Free Bread	✓		✓	✓												
Kids' Cheese Sandwich	✓			✓			WHEAT, BARLEY									
Kids' Ham Sandwich				✓			WHEAT, BARLEY									
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY									
Scottish Smoked Salmon				✓			WHEAT, BARLEY								✓	
Smashed Avo on Pret's Gluten Free Bread	✓	✓														

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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
Super Greens & Reds	✓	✓					WHEAT, BARLEY									
Tuna & Cucumber				✗	✗		WHEAT, BARLEY									✗
Veggie New Yorker on Rye	✓			✗	✗		RYE, 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
Chocolately Coconut Bite	✓	✓							✓							
Cranberries in Coats	✓			✓												
Dark Chocolate Salted Almonds	✓	✓							✓							ALMOND
Mature Cheddar & Red Onion Crisps	✓			✓												
Naked Nuts	✓	✓														ALMOND, WALNUT, HAZELNUT, CASHEW
Nuts, Fruit & Chocolate	✓			✓					✓							ALMOND
Pret A Mango	✓	✓														
Rock Salt Popcorn	✓	✓														
Sea Salt & Cider Vinegar Crisps	✓	✓														
Sea Salt Crisps	✓	✓														
Smoked Chipotle Crisps	✓	✓														
Sweet & Salt Popcorn	✓	✓														
Vegetable Crisps	✓	✓														

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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
Butter Portion	✓			✗												
Chicken, Broccoli & Brown Rice Soup												✗				
Chickcen, Edamame & Ginger Soup										✗						
Coconut Chicken Curry Soup												✗				
Flat Bread	✓	✓						WHEAT								
Lightly Spiced Carrot & Coriander Soup	✓	✓								✗						
Miso Soup								BARLEY		✗						✗
"No Cream" Cream of Chicken Soup												✗				
Pea & Mint Soup	✓	✓														
Red Thai Chicken & Veg Soup										✗						
Smoky Chorizo Chicken Soup												✗				
Souper Tomato	✓	✓										✗				
Stone Baked Losange Soup Baguette	✓	✓						WHEAT								
Tuscan Bean Soup	✓	✓										✗				
Vegetable Tagine Soup	✓	✓										✗				
Veggie Chilli Soup	✓	✓								✗						

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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
Almond Butter Bites	✓	✓								✓						ALMOND
Banana Cake	✓			✓	✓		WHEAT									
Carrot Cake	✓			✓	✓		WHEAT									WALNUT
Choc Bar	✓			✓			WHEAT		✓							
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Chocolate Praline Cookie	✓			✓			WHEAT									HAZELNUT
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 & Blueberry Cheesecake	✓			✓	✓											TREE NUTS
Love Bar	✓			✓			OAT		✓							ALMOND, PISTACHIO
Mango Chia Pot	✓	✓														

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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
Milk Chocolate Bar	✓			✓						✓						ALL NUTS
Mocha Pot	✓			✓						✓						ALMOND PECAN
Pecan Slice	✓			✓	✓			WHEAT								PECAN
Popcorn Bar	✓			✓						✓						
Pret's Bakewell Slice	✓			✓	✓			WHEAT								ALMOND
Pret Bar	✓			✓				WHEAT, OATS								
Pret's Gingerbread	✓				✓			WHEAT								
Pret's Nut Bar	✓									✓						ALMOND
Pret's Shortbread	✓			✓				WHEAT								
Victoria Sponge	✓			✓	✓			WHEAT								ALMOND

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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 & Chipotle Chickpeas Salad Wrap	✓	✓					WHEAT, RYE									
Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE									
Bang Bang Chicken Salad Wrap			✓		✓		WHEAT, RYE		✓							
Bang Bang Veggie Wrap	✓		✓		✓		WHEAT, RYE		✓							
Chakalaka Wrap	✓	✓					WHEAT, RYE									
Chicken Pesto & Rocket Flat Bread				✓	✓		WHEAT									
Falafel, Avo & Chipotle Flat Bread	✓	✓					WHEAT						✓			
Green Greek Salad Flat Bread	✓		✓	✓			WHEAT									
Grilled Artichokes & Olive Tapenade Flat Bread	✓	✓	✓				WHEAT									
Hoisin Duck Salad Wrap					✓		WHEAT, BARLEY RYE		✓				✓			
Humous & Chipotle Wrap	✓	✓	✓				WHEAT, RYE									
Italian Summer Flat Bread	✓	✓					WHEAT					✓				
Mediterranean Tuna Flat Bread					✓		WHEAT								✓	
Mexican Avocado Flat Bread	✓	✓					WHEAT									
Pesto, Butternut Squash & Roasted Tomato Flatbread	✓			✓	✓		WHEAT									

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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
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)	✓	✓													
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)	✓	✓													
Latte Semi Skimmed milk	✓			✗											
Latte Skimmed milk	✓			✗											
Latte Soya (instead of milk)	✓	✓						✗							
Latte Rice Coconut (instead of milk)	✓	✓													
Macchiato Semi Skimmed milk	✓			✗											
Macchiato Skimmed milk	✓			✗											
Macchiato Soya (instead of milk)	✓	✓						✗							
Macchiato Rice Coconut (instead of milk)	✓	✓													
Mocha Semi Skimmed milk	✓			✗											
Mocha Skimmed milk	✓			✗											
Mocha Soya (instead of milk)	✓	✓						✗							
Mocha Rice Coconut (instead of milk)	✓	✓													

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Barista Prepared Drinks

Suitable for

9th April 2019

Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Flavoured Latte															
Matcha (Rice Coconut) Latte	✓	✓													
Turmeric (Rice Coconut) Latte	✓	✓													
Coconut Chai Latte	✓	✓													
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	✓	✓													
Smoothies															
Berry Blast	✓	✓													
Mango & Pineapple	✓	✓													
Strawberry & Banana	✓	✓													
BMDM (Veggie Pret only)															
Almond Berries	✓	✓													ALMOND
Almond Protein Power	✓	✓													ALMOND
Super Greens	✓	✓													

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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
Frappés															
Classic Frappé Semi Skimmed milk	✓			✓											
Classic Frappé Skimmed milk	✓			✓											
Classic Frappé Soya (instead of milk)	✓			✓				✓							
Chocolate Frappé Semi Skimmed milk	✓			✓											
Chocolate Frappé Skimmed milk	✓			✓											
Chocolate Frappé Soya (instead of milk)	✓			✓				✓							
Frappé Mix	✓			✓											
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 Powder	✓	✓													
Syrups															
Caramel Shot	✓	✓													
Hazelnut Shot	✓	✓													
Sugar Cane Syrup	✓	✓													
Vanilla Shot	✓	✓													
Milk shot															
Semi Skimmed	✓			✓											
Skimmed	✓			✓											
Soya (instead of milk)	✓	✓						✓							
Rice Coconut (instead of milk)	✓	✓													

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Barista Prepared Drinks

Suitable for

9th April 2019

Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
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	✓	✓							✓						
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	✓	✓													
Babyccino	✓			✓											

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