

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](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.

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									
Buffalo Mozzarella & Pesto Baguette	✓		✗	✗	✗			WHEAT									
Chicken Caesar & Bacon			✗	✗	✗			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									
Pret's Korean Chicken Baguette					✗			WHEAT		✗							
Pret's Lobster Roll					✗			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	✓	✓					OAT						
Almond Butter & Berry Bircher	✓	✓					OAT									ALMOND PECAN
Almond Croissant	✓			✓	✓		WHEAT									ALMOND
Bacon & Egg Brioche				✓	✓		WHEAT									
Bircher Muesli	✓			✓			OAT									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	✓	✓					OAT									
Five Berry Bowl	✓			✓			OAT									
Five Berry Pot	✓			✓												
French Butter Croissant	✓			✓	✓		WHEAT									
Ham, Cheese, Tomato & Bacon Croissant				✓	✓		WHEAT									
Ham & Egg Brioche				✓	✓		WHEAT					✓				
Ham & Spinach Omelette				✓	✓											

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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
Honey Granola Pot	✓			✗			OAT									
Mango & Banana Sunshine Bowl	✓	✓					OAT									
Mozzarella & Tomato Croissant	✓			✗	✗		WHEAT									
Mushroom, Tomato & Cheddar Omelette	✓			✗	✗											
Pain aux Raisins	✓			✗	✗		WHEAT									
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	✓	✓					OAT									

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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
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	✓															

11th June 2019 v2

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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	✓	✓														
British Berries	✓	✓														
Mango & Lime	✓															
Melon & Blueberry	✓	✓														
Nectarine	✓	✓														
Nectarine & Raspberries	✓	✓														
Pret's Fruit Salad	✓	✓														
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									
Avocado & 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				✓					
Prosciutto & Mozzarella Toasted Baguette			✓	✓			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	Nuts
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

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
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	✓	✓	✗													
Feta Dressing	✓			✗	✗											
Green Dressing	✓	✓							✗							

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Salads

Suitable for

11th June 2019 v2

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

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## Sandwiches

Suitable for

11th June 2019 v2

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	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							✓		
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								✓	

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## Sandwiches

Suitable for

11th June 2019 v2

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Smashed Avo on Pret's Gluten Free Bread	✓	✓														
Super Greens & Reds	✓	✓					WHEAT, BARLEY									
Tuna & Cucumber				✓	✓		WHEAT, BARLEY								✓	
Veggie New Yorker on Rye	✓			✓	✓		RYE, WHEAT, BARLEY					✓				

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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
			Chocolatey 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																
Flat Bread	✓	✓					WHEAT									
Lightly Spiced Carrot & Coriander Soup	✓	✓							✓							
Miso Soup							WHEAT 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									
Vegetable Tagine 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	
Almond Butter Bites	✓	✓								✓							ALMOND
Banana Cake	✓			✓	✓		WHEAT										
Carrot Cake	✓			✓	✓		WHEAT										WALNUT
Choc Bar	✓			✓			WHEAT		✓								
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓								
Chocolate Chunk Cookie	✓			✓			WHEAT										
Chocolate Moose	✓			✓					✓								
Chocolate Praline Cookie	✓			✓			WHEAT										HAZELNUT
Dark Chocolate & Almond Butter Cookie	✓	✓					WHEAT										ALMOND
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

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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	
			Mango Chia Pot	✓	✓												
Milk Chocolate Bar	✓			✓					✓								ALL NUTS
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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			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		✓							
Chakalaka Wrap	✓	✓					WHEAT, RYE									
Chicken Pesto & Rocket Flat Bread				✓	✓		WHEAT									
Chipotle Chickpea & Mango Wrap	✓	✓					WHEAT, RYE									
Falafel, Avo & Chipotle Flat Bread	✓	✓					WHEAT					✓				
Green Greek Salad Flat Bread	✓		✓	✓			WHEAT									
Grilled Artichokes & Olive Tapenade Flat Bread	✓	✓	✓				WHEAT									
Hoisin Duck Salad Wrap					✓		WHEAT, RYE		✓			✓				
Humous & Chipotle Wrap	✓	✓	✓				WHEAT, RYE									
Italian Summer Flat Bread	✓	✓					WHEAT				✓					
Mexican Avocado Flat Bread	✓	✓					WHEAT									
Pesto, Butternut Squash & Roasted Tomato Flat Bread	✓			✓	✓		WHEAT									
Pret's Coronation Chicken Flat Bread					✓		WHEAT									
Salmon & Avo Flat Bread				✓	✓		WHEAT								✓	
Sesame Veggie Wrap	✓		✓		✓		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
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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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>Flavoured Latte</b>																
Matcha (Rice Coconut) Latte	✓	✓														
Turmeric (Rice Coconut) Latte	✓	✓														
Coconut Chai Latte	✓	✓														
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)	✓	✓														
Turmeric Iced Latte Rice Coconut	✓	✓														
<b>Cold Brew</b>																
Cold Brew (no milk)	✓	✓														
Cold Brew Semi Skimmed Milk	✓			✗												
Cold Brew Skimmed Milk	✓			✗												
Cold Brew Soya (instead of milk)	✓	✓							✗							
Cold Brew 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	Nuts
<b>Smoothies</b>																
Berry Blast	✓	✓														
Mango & Pineapple	✓	✓														
Strawberry & Banana	✓	✓														
<b>BMDM (Veggie Pret only)</b>																
Almond Berries	✓	✓														ALMOND
Almond Protein Power	✓	✓														ALMOND
Super Greens	✓	✓														
<b>Frappés</b>																
Classic Frappé Semi Skimmed milk	✓			✗												
Classic Frappé Skimmed milk	✓			✗												
Chocolate Frappé Semi Skimmed milk	✓			✗												
Chocolate Frappé Skimmed milk	✓			✗												
Frappé Mix	✓			✗												
<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 Powder	✓	✓														

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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>Syrups</b>																
Caramel Shot	✓	✓														
Hazelnut Shot	✓	✓														
Sugar Cane Syrup	✓	✓														
Vanilla Shot	✓	✓														
<b>Milk shot</b>																
Semi Skimmed	✓			∨												
Skimmed	✓			∨												
Soya (instead of milk)	✓	✓							∨							
Rice Coconut (instead of milk)	✓	✓														
<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

11th June 2019 v2

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	✓	✓														
Babyccino	✓			✗												

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