## 3 <br> Pret's

Allergen Guide

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

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.

Qhease 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 welsite at www.pret.com or contact our Customer Service Team on 03454500222
$\star$
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.

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


## Baguettes, Sandwiches \& Wraps

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 or egg allergies. Please take care.

| $\begin{aligned} & \text { Contents Key: } \\ & \text { ~ (Product Contains) } \\ & \text { Y (Suitable For) } \end{aligned}$ |  |  | Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
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| Product | 哭 |  | Peanut |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Mik |  |  |  |  |  | Mustard | Lupin | Moluscs | Sova | Suphites | Pine Nuts |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\begin{gathered} \text { and } \\ \text { celeriac } \end{gathered}$ | Eg9 | Fish | cow | Goat | Sheep |  |  |  |  |  |  |
| Almond Croissant | Y |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Bacon 8 Egg Roll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Bircher Muesi | Y |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Breaktast Free Range Egg Mayo \& Avocado | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Breakrast Free Range Egg Mayo \& Bacon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Breaktast Free Range Egg Mayo \& Rosasted Tomatoes | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Breaktast Salmon 8 Egg Mayo |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |
| Chocolate Croissant | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Cinnamon Daish | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Coconut \& Mango Bowl | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Five Bery Bowl | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Frenon Buter Croissant | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Fresh Fruit, Yoguut \& Granola Bowl | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Ham, Chees, Tomato \& Bacon Criossant |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Ham \& Egg Breaktast Roll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |
| Mango \& Banana Sunshine Bowl | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mozzarella \& Tomato Croissant | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Pain au Raisin | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Poached Eg9 \& Beans Power Pot | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Poricige Topping - Berry Compote | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Porrige Topping - Cranberry \& Seeds | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Porridge Topping - Honey | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prets Bacon Roll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Prets Proper Poridge | Y |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Prets Sausage Roll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Prets Veggie Roll | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Sausage \& Egg Roll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Very Bery Croissant | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Product | 言 |  | Pea | Tree Nuts |  |  |  |  |  |  |  |  | Cereas sonalining gluen |  |  |  |  |  | Crustacean | $\begin{array}{\|c\|c\|c\|c\|c\|c\|c\|c\|c\|c\|c\|} \substack{\text { cefac }} \\ \hline \end{array}$ | E99 | Fish | Mik |  |  | Mssarad | Lupin | Molusss | Soya | Suphites | Pine Nuts |
|  |  |  |  | Amond | Brazil Nus | Cashews | Hazenut | Mecadama | Pean | Pistachio | Wanut |  | Barey | $\begin{aligned} & \text { Kamult } \\ & \text { (Wheat) } \end{aligned}$ | oas | Rye | $\underset{\substack{\text { Spet } \\ \text { (Whay) }}}{ }$ | Wheat |  |  |  |  | cow | Goat | Sheep |  |  |  |  |  |  |
| Apple Juice | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Core alal ypes) | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cranbery \& Raspoery Pure Pret siil | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dali Greens | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ginges Shot | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Tea P Peach Pure Pelt Sill | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot Shot | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lemon Q inger Pure Petes Sill | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango Smootie | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Orange \& Passion F Fuit Pure Pret Sill | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Orange Juice (lodin sizes) | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pure Pret Apple Fizz | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pure Pret Ginger Beer | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pure Pret İinger Kombucha | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pure Pret Grape 8 Eldeflower | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pure Pel Green Tea Yoga Buny | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pue Pref Rnuarat Lemonade | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sparkling Spring Water | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ssill Waee 500m! | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sill Water 750 ml | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Viamin Volano | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



| Contents Key: <br> $\checkmark$ (Product Contains) <br> Y (Suitable For) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $3$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Product |  |  | Peanut | Tree Nuts |  |  |  |  |  |  |  | Sesan | Cereals containing gluten |  |  |  |  |  | Crustacan | $\left\|\begin{array}{c} \text { Celery } \\ \text { cand } \\ \text { celeriac } \end{array}\right\|$ | Egg | Fish | Mik |  |  | Mustard | Lupin | Moluscs | Soya | Suphites | Pine Nuts |
|  |  |  |  | Almond | Brazil <br> Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Wanut |  | Barley | $\begin{aligned} & \text { Kamutt } \\ & \text { (Wheat) } \end{aligned}$ | Oats | Rye | $\begin{gathered} \text { Spett } \\ \text { (Wheat) } \end{gathered}$ | Wheat |  |  |  |  | Cow | Goat | Sheep |  |  |  |  |  |  |
| Buternut \& Cauil Gratin | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Chicken Burrito Rice Salad Bowl |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Chocolate Shake | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Choc Chunk Cookie Shake | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Five Berry Shake | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Prets Lasagne Macaroni Cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Prosciutto \& Mozzarella Fancy Focaccia <br> Pizza |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Rocket \& Italian Mature Cheese Side Salad | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Salmon \& Pickles Rice Bowl |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |
| Spicy Slaw | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Sticky Aubergine Hot Rice Bowl | Y | Y |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Sweet Potato C Cilil Hot Rice Bowl | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Thai Red Chicken Curry Hot Rice Bowl |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Tomato, Mozzarella \& Pesto Fancy } \\ & \text { Focaccia Pizza } \end{aligned}$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |

## Contents Key:

$\checkmark$ (Product Contains)
Y (Suitable For)

## Fruit

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| Product |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Crustacean | $\begin{gathered} \text { and } \\ \text { celeriac } \end{gathered}$ | Egg | Fish | Cow |  |
| Apple | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Banana | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango 8 Lime | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Melon \& B Buebery | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prets Fruit Salad | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Supertrit Salad | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Product | 哀 |  | Peanut | Tree Nuts |  |  |  |  |  |  |  | Sesame | Cereals containing gluten |  |  |  |  |  | Crustacan | $\begin{gathered} \text { Celery } \\ \text { and } \\ \text { celeriac } \end{gathered}$ | Eg9 | Fish | Mik |  |  | Mustard | Lupin | Moluscs | Soya | Suphites | Pine Nuts |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Almond | Brazi Nuts | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Wanut |  | Barey | $\begin{aligned} & \text { Kamul } \\ & \text { (What } \end{aligned}$ | Oats | Rye | $\left.\left\lvert\, \begin{array}{c} \text { Spelt } \\ \text { (Wheat) } \end{array}\right.\right)$ | Wheat |  |  |  |  | cow | Goat | Sheep |  |  |  |  |  |  |
| Falafel \& Halloumi Hot Wrap | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Chipotie, Mozzarella Hot Baguete | Y |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Macaroni Cheese Kale \& Cauli | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Macaroni Chese Prosciutto |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Pigs in Blankets Hot Roll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Pigs in Blankets Pot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Posh Proscuitto Hot Baguette |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Spicy Chicken Hot Wrap |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Swedish Meatbal Hot Wrap |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Fioaccia \& Toasties |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brie \& Bacon Toasted Focaccia |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |
| Firecracker Chicken Toasted Focaccia |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Mozzarela, Pesto \& Roasted Tomato Focaccia |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |
| Classic Cheese Toastie |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |
| Ham, Cheese \& Mustard Toastie |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |
| Tuna Met T Toastie |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |
| Soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken, Broccoli \& Brown Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Laksa Soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |
| EAT.'s Chicken Pot Pie (excludes pot pie top)) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Pea \& Mint Soup | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prets Mushroom Risoto Soup | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Red Thai Veg Soup | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Souper Tomato | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pot Pie Top | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Stone Baked Losange | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |

 egg allergies. Please take care.


Contents Key:

Snacks \& Sweet Treats
We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care.

| Product |  |  | Peanut | Tree Nuts |  |  |  |  |  |  |  | Sesame | Cereals containing gluten |  |  |  |  |  | Crustacean | $\begin{gathered} \text { Celery } \\ \text { and } \\ \text { celeriac } \end{gathered}$ | Egg | Fish | mik |  |  | Mustard | Lupin | Molluscs | Soya | Suphites | Pine Nuts |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Almond | $\begin{gathered} \text { Brazili } \\ \text { Nuts } \end{gathered}$ | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Wanut |  | Barey | Kamult (Wheat) | Oats | Rye | $\begin{gathered} \text { Spetit } \\ \text { (Wheat) } \end{gathered}$ | Wheat |  |  |  |  | Cow | Goat | Sheep |  |  |  |  |  |  |
| Smeds |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Easy Peasy Almond Squeezy | Y | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cranberies in Coats | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Dark Chocolate Sated Almonds | $Y$ | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Mature Cheddar \& Red Onion Crisps | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Mik Chocolate Bar | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Nuts, Fruit \& Chocolate | $Y$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Pret A Mango | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sea Salt Poporn | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sea Salt \& Cider Vinegar Crisps | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sea Salt Cisps | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Smoked Chipote Crisps | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet \& Satt Popocom | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Crisps | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Treats |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Choc Bar | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Chocolate Brownie Bar | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Choolate Chunk Cookie | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Chocolate Moose | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Chocolate Praline Cookie | $Y$ |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Christmas Titifin | $Y$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Dark Chocolate \& Almond Butter Cookie | $Y$ | Y |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dark Chocolate Corm Cakes | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Dark Chocolate with Sea Salt | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Double Bery Muffin | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Fruit, Oat \& Spelt Cookie | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Ginger Snap Biscuit | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Lemon Cheesecake | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Love Bar | $Y$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Mince Pie | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prets G Gingerread Biscuits | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Prets Pecan \& Caramel Cookie | $Y$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Pret Bar | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Prets Shortbread | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Vegan Hazlent \& Caramel Brownie | $Y$ | Y |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |

 milk or egg allergies. Please take care.

Contents Key:
$\checkmark$ (Product Contains)
Y (Suitable For)

## Barista Prepared Drinks

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care.

| Product |  |  | Peanut | Tree Nuts |  |  |  |  |  |  |  | Sesame | Cereals containing gluten |  |  |  |  |  | Crustacean | $\left\lvert\, \begin{gathered} \text { Celery } \\ \text { and } \\ \text { celeriac } \end{gathered}\right.$ | Egg | Fish | Milk |  |  | Mustard | Lupin | Molluss | Soya | Suphites | Pine Nuts |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Almond | $\begin{gathered} \text { Brazili } \\ \text { Nutu } \end{gathered}$ | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Wanut |  | Barley | $\begin{aligned} & \text { Kamut } \\ & \text { (Wheat) } \end{aligned}$ | Oats | Rye | $\begin{gathered} \text { Spent } \\ \text { (Wheat) } \end{gathered}$ | Wheat |  |  |  |  | Cow | Goat | Sheep |  |  |  |  |  |  |
| Cofice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Americano Black (add milk or milk alernative if White Americano) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cappuccino Semi Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Cappuccino Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Cappucino Soya (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Cappucino Rice Coconut (instead of mik) | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cappuccino Oat (instead of mik) | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Espresso | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Filter - Black Coffee (add milk or milk <br> alernative if White Americano) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flat White Semi Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Flat White Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Flat White Soya (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Flat White Rice Coconut (instead of mik) | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flat White Oat (instead of mik) | Y | $\boldsymbol{Y}$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Late Semi Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Latte Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Latte Soya (instead of mik) | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Lateo Oat (instead of mik) | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Latte Rice Coconut (instead of mik) | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Macchiato Semi Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Macchiato Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Macchiato Soya (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Macchiato Oat (instead of mik) | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Macchiato Rice Coconut (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mocha Semi Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Mocha Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Mocha Soya (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
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$\checkmark$ (Product Contains)
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## Barista Prepared Drinks

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| Product |  |  | Peanut | Tree Nuts |  |  |  |  |  |  |  | Sesame | Cereals containing gluen |  |  |  |  |  | Crustacan | $\left\lvert\, \begin{gathered} \text { Celery } \\ \text { and } \\ \text { celefiac } \end{gathered}\right.$ | Eg9 | Fish | Mik |  |  | Mustard | Lupin | Moluscs | Soya | Suphites | Pine Nuts |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Almond | Brazil <br> Nuts | Cashews | Hazenut | Macadamia | Pecan | Pistachio | Wanut |  | Barley | $\begin{array}{\|l\|l\|} \hline \begin{array}{l} \text { Kamult } \\ \text { (Wheat) } \end{array} \end{array}$ | Oats | Rye | $\begin{aligned} & \text { Spelt } \\ & \text { (Weat) } \end{aligned}$ | Wheat |  |  |  |  | Cow | Goat | Sheep |  |  |  |  |  |  |
| Mocha Rice Coconut (instead of mik) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mocha Oat (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chai Latte | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Chai Late Rice Coconut (instead of Mik) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Matcha Latte Rice Coconut (instead of <br> Milk) | $\boldsymbol{Y}$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Turmeric Latte Rice Coconut (instead of | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Smoonics |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Berry Blast | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mango \& Pineapple | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberry \& Banana | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fappes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Classic Frappé Semi Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Classii Frappé Skimmed mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Chocolate Frappe Semi Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Chocolate Frappé Skimmed mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Frappé Mix | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Lece Drinks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Iced Latte Semi Skimmed Mik | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Iced Late Skimmed Milk | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Iced Latte Soya (instead of mik) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Iced Late Rice Coconut (instead of mik) | $Y$ | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Iced Latte Oat (instead of milk) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Iced White Americano Semi Skimmed Mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Iced White Americano Skimmed Mik | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Iced White Americano Oat (instead of milk) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Iced White Americano Soya (instead of milk) | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |

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| Product |  |  | Peanut | Tree Nuts |  |  |  |  |  |  |  | Sesame | Cereals containing gluten |  |  |  |  |  | Crustacean | Celery <br> and <br> celeriac | Eg9 | Fish | Mik |  |  | Mustard | Lupin | Moluscs | Soya | Suphites | Pine Nuts |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Almond | $\begin{gathered} \text { Brazil } \\ \text { Nutis } \end{gathered}$ | Cashews | Hazelnut | Macadamia | Pecan | Pistachio | Wanut |  | Barley | Kamult (Wheat) | Oats | Rye | $\left.\begin{gathered} \text { Spelt } \\ \text { (Wheat) } \end{gathered} \right\rvert\,$ | Wheat |  |  |  |  | cow | Goat | Sheep |  |  |  |  |  |  |
| Syyps \& Toppins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| All Syrups | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caramel Sauce | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Whiped Cream | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Mevin's's Head |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Chocolate Curs | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |
| Milis stot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Semi Skimmed | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Skimmed | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Soya (instead of mik) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Rice Coconut (instead of milk) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oat (instead of milk) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tea |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Ceylon Breakfast (add milk or milk } \\ & \text { alernative if White) } \end{aligned}$ | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \begin{array}{l} \text { Earr Grey (add miko or milk alernative if } \\ \text { White) } \end{array} \\ & \hline \end{aligned}$ | Y | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peppermint (add mik or mik alernative if White | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tropical Green (add milk or milk alernative if White) | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miso Soup |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miik/ instead of milk cup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Semi Skimmed mik cup | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Skimmed mikc cup | $Y$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Soya (instead of milk) cup | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Rice Coconut (instead of milk) uup | Y | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oat (instead of milk) cup | $Y$ | Y |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |
| Babycino | Y |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |

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