

Pret's Allergen Guide



We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens, we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Breakfast Baguettes		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Egg Mayo & Roasted Tomato Breakfast Baguette	✓		BARLEY, WHEAT		✓					
Smoked Trout & Egg Mayo Breakfast Baguette			BARLEY, WHEAT		✓	✓				
<p style="text-align: center;">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. Please take care.</p>										

Hot Breakfast – Egg Dishes		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Shakshuka Frittata	✓		WHEAT	✓	✓					
Boerie Breakfast Box			WHEAT	✓	✓					
<p style="text-align: center;">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. Please take care.</p>										

Hot breakfast - Oats		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Chia Seed Oats	✓		OATS	✓						
Red Quinoa Oats	✓		OATS	✓						
Oats Topper Mixed Berry Compote										
Oats Topper Seeds and Nuts Mix	✓									✓
Oats Topper Apple Cinnamon Compote										
Oats Topper Banana, Coconut & Chocolate Chips	✓			✓					✓	

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. Please take care.

Pots/Bowls		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Red Berry & Yogurt Granola Bowl			OATS	✓						✓
Bircher Muesli Breakfast Bowl	✓		OATS	✓						✓
Cinnamon Granola Breakfast Bowl	✓		OATS	✓						✓
Blueberry Yoghurt Pot				✓						
Banana & Honey Yoghurt Pot	✓			✓						

Pots/Bowls		Suitable for									
Product	Vegetarians	Vegans	Contains these allergens								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts	
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. Please take care.											

Baguettes		Suitable for									
Product	Vegetarians	Vegans	Contains these allergens								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts	
Chicken Sriracha Mayo Baguette			BARLEY, WHEAT	✓	✓						
Posh Cheddar & Pickle Baguette	✓		BARLEY, WHEAT	✓	✓						
Smoked Trout, Cream Cheese & Dill Baguette			BARLEY, WHEAT	✓		✓					
Spicy Tuna Baguette			BARLEY, WHEAT		✓	✓					
Olive, Avo & Tomato Soft Grain Baguette	✓		WHEAT						✓	✓	
Firecracker Chicken Soft Grain Baguette			WHEAT	✓	✓				✓		
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. Please take care.											

Flat Bread		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Hummus & Vegetable Flat Bread	✓		WHEAT	✘						
Chicken Tikka & Pilau Rice Flat Bread			WHEAT	✘	✘					
Falafel, Avo & Chipotle Flat Bread	✓		WHEAT	✘						

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. Please take care.

Granary Sandwiches		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Chicken Avocado Sandwich			BARLEY, OATS, RYE, WHEAT		✓				✓	
Soutvleis Sandwich			BARLEY, OATS, RYE, WHEAT	✓	✓				✓	
Mediterranean Tuna			BARLEY, OATS, RYE, WHEAT		✓	✓			✓	
Classic Super Club Sandwich			BARLEY, OATS, RYE, WHEAT		✓				✓	
Falafel & Red Tapenade Sandwich	✓		BARLEY, OATS, RYE, WHEAT	✓					✓	
Mature Cheddar & Pickle Sandwich	✓		BARLEY, OATS, RYE, WHEAT	✓	✓				✓	
Egg Mayo & Rocket	✓		BARLEY, OATS, RYE, WHEAT	✓	✓				✓	
Smoked Trout Sandwich			BARLEY, OATS, RYE, WHEAT	✓			✓		✓	

**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. Please take care.**

Salads		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Textures of Cauliflower Salad	✓		WHEAT						✓	✓
Falafel Sunshine Salad	✓	✓								✓
Chef's Italian Chicken Salad				✓						✓
Egg and Spinach Protein Pot	✓				✓					
Ancient Grain Tuna Salad							✓		✓	

**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. Please take care.**

Salad Wraps		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Korean Chicken Salad Wrap			WHEAT						✓	
Avocado & Herb Salad Wrap	✓		WHEAT	✓	✓					✓

**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. Please take care.**

Hot Croissant		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Jalapeno Chicken & Cheese Hot Croissant			WHEAT	✓	✓					
Pastrami, Egg & Cheese Hot Croissant			WHEAT	✓	✓					

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. Please take care.

Hot Rolls		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Boerie Hot Roll			WHEAT	✓	✓				✓	
Chicken Sausage Hot Roll			WHEAT	✓	✓				✓	
Vegetarian Omelette Hot Roll	✓		WHEAT	✓	✓				✓	

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. Please take care.

Rye Rolls		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Mediterranean Sundried Tomato & Feta			BARLEY, RYE, WHEAT	✓	✓				✓	
New Yorker Rye Roll			BARLEY, RYE, WHEAT		✓				✓	
Smoked Trout Rye Roll			BARLEY, RYE, WHEAT		✓	✓			✓	

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. Please take care.

Hot Baguettes		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Cubano Hot Baguette			BARLEY, WHEAT	✓	✓					
Chipotle Cheese & Red Pepper Hot Baguette	✓		BARLEY, WHEAT	✓						
Chipotle Chicken Baguette			BARLEY, WHEAT	✓						

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. Please take care.

Hot Wraps		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Halloumi & Falafel Hot Wrap	✓		WHEAT	✓						
Chakalaka Chicken Hot Wrap			WHEAT							
Jalapeno Chicken & Cheese Hot Wrap			WHEAT	✓	✓					
Tikka Spiced Chicken Hot Wrap			WHEAT	✓						

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. Please take care.

Toasties		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Braaibroodjie Toastie			BARLEY, OATS, RYE, WHEAT	✓						
Pastrami New Yorker Toastie			BARLEY, OATS, RYE, WHEAT	✓	✓					
Chicken Mayo Toastie			BARLEY, OATS, RYE, WHEAT	✓	✓					
Classic Cheese Toastie			BARLEY, OATS, RYE, WHEAT	✓	✓					
Pulled Beef and Cheese Toastie			BARLEY, OATS, RYE, WHEAT	✓	✓				✓	

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. Please take care.

Hot Boxes		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Butter Chicken Rice Box				✓						✓
Harissa Cauliflower Mac & Cheese	✓		WHEAT	✓						

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. Please take care.

Soups		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Souper Tomato Soup	✓			✓						
Roasted Butternut Soup	✓			✓						
Soup Baguette	✓		BARLEY, WHEAT							
Chicken & Broccoli Chowder			WHEAT	✓						
Orzo Minestrone Soup	✓		WHEAT							

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. Please take care.

Fruits	Suitable for		Contains these allergens							
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Banana Whole	✓	✓								
Apple (Top red)	✓	✓								
Apple (Granny Smith)	✓	✓								
Berries Fruit Cup	✓	✓								
Citrus Fruit Cup	✓	✓								

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. Please take care.

Dessert Pots	Suitable for		Contains these allergens							
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Chia Yoghurt Delight Pot				✓						
Dark Chocolate Indulgence Pot	✓			✓	✓				✓	
Peppermint Crisp Pot			WHEAT	✓					✓	
Pret's Milk Tart Temptation Pot	✓		WHEAT	✓	✓					
Saffron Milk Cake Dessert Pot	✓		WHEAT	✓	✓				✓	

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. Please take care.

Snacks		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Pret A Mango	✓	✓								
Love Bar			OATS	✓					✓	✓
Brownie Bar			WHEAT	✓	✓				✓	
Kettle Cheese & Chives Potato Chips	✓			✓						
Kettle Sea Salt & Apple Cider Potato Chips	✓		WHEAT							
Kettle Sea Salt & Black Pepper Potato Chips	✓									

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. Please take care.

Sweet Croissants		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Plain Croissant	✓		WHEAT	✓	✓					
Almond Croissant	✓		WHEAT	✓	✓					✓
Pain Au Chocolate	✓		WHEAT	✓	✓				✓	

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. Please take care.

Cookies and Muffins		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Pret Oats Cookie	✓		OATS, WHEAT	✓	✓					
Chocolate Fudge Cookie	✓		WHEAT	✓	✓				✓	
Banana Pecan Muffin	✓		WHEAT		✓				✓	✓
Chocolate Muffin	✓		WHEAT		✓				✓	

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. Please take care.

Water, Juices & Smoothies		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Blueberry Vitamin Bomb (250 ml)	✓	✓								
Strawberry Field (250 ml)	✓	✓								
Daily Greens (250 ml)	✓	✓								
Citrus Bomb Shot (100 ml)	✓	✓								
Kickstart Shot (100 ml)	✓	✓								
Orange Juice (in Pret cup)	✓	✓								
Coke	✓	✓								
Coke Zero	✓	✓								
Pret Sparkling Water	✓	✓								
Pret Still Water	✓	✓								

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. Please take care.

Coffee (hot)		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Espresso	✓	✓								
Latte	✓			✓						
Latte with oats milk	✓	✓	OATS							
Latte with almond milk	✓	✓								✓
Latte with soya milk	✓	✓							✓	
Cappuccino	✓			✓						
Cappuccino with oats milk	✓	✓	OATS							
Cappuccino with almond milk	✓	✓								✓
Cappuccino with soya milk	✓	✓							✓	
Americano	✓	✓								
White Americano	✓			✓						
White Americano with oats milk	✓	✓	OATS							
White Americano with almond milk	✓	✓								✓
White Americano with soya milk	✓	✓							✓	
Flat White	✓			✓						
Flat White with oats milk	✓	✓	OATS							
Flat White with almond milk	✓	✓								✓
Flat White with soya milk	✓	✓							✓	

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. Please take care.

Coffee (hot)		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Mocha	✓			✓						
Mocha with oats milk	✓	✓	OATS							
Mocha with almond milk	✓	✓								✓
Mocha with soya milk	✓	✓							✓	
Spanish Latte	✓			✓						
Love Bar Latte	✓			✓						
Honey Ginger Latte	✓			✓						
Honey Ginger Latte with oats milk	✓		OATS							
Honey Ginger Latte with almond milk	✓									✓
Honey Ginger Latte with soya milk	✓								✓	
Pumpkin Spiced Latte	✓			✓						
Pumpkin Spiced Latte with oats milk	✓		OATS							
Pumpkin Spiced Latte with almond milk	✓									✓
Pumpkin Spiced Latte with soya milk	✓								✓	
Caramel Macchiato	✓			✓						
Caramel Macchiato with oats milk	✓	✓	OATS							
Caramel Macchiato with almond milk	✓	✓								✓
Caramel Macchiato with soya milk	✓	✓							✓	

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. Please take care.

Hot Teas		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Hot Tea- Breakfast	✓	✓								
Hot Tea- Earl Grey	✓	✓								
Hot Tea- Green	✓	✓								
Hot Tea- Peppermint	✓	✓								

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. Please take care.

Other Hot Drinks		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Chocolate	✓			✓						
Chocolate with oats milk	✓	✓	OATS							
Chocolate with almond milk	✓	✓								✓
Chocolate with soya milk	✓	✓							✓	
Matcha Latte	✓			✓						
Matcha Latte with oats milk	✓	✓	OATS							
Matcha Latte with almond milk	✓	✓								✓
Matcha Latte with soya milk	✓	✓							✓	
Karak Tea	✓	✓		✓						

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. Please take care.

Syrups		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Vanilla	✓	✓								
Caramel	✓	✓								
Chocolate Cookies	✓	✓								
Caramel Drizzle sauce	✓			✓						
Ginger	✓	✓								
Pumpkin Spiced	✓									

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. Please take care.

Milk/alternative milk		Suitable for								
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Fresh Whole-fat milk	✓			✓						
Fresh Low-fat milk	✓			✓						
OATS milk	✓	✓	OATS							
Almond milk	✓	✓								✓
Soya milk	✓	✓							✓	

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. Please take care.

Ice Coffees		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Iced Latte	✓			✓						
Iced Latte with oats milk	✓	✓	OATS							
Iced Latte with almond milk	✓	✓								✓
Iced Latta with soya milk	✓	✓							✓	
Iced Cappuccino	✓			✓						
Iced Cappuccino with oats milk	✓	✓	OATS							
Iced Cappuccino with almond milk	✓	✓								✓
Iced Cappuccino with soya milk	✓	✓							✓	
Iced Americano	✓	✓								
Iced White Americano	✓			✓						
Iced White Americano with oats milk	✓	✓	OATS							
Iced White Americano with almond milk	✓	✓								✓
Iced White Americano with soya milk	✓	✓							✓	
Iced Mocha	✓			✓						
Iced Mocha with oats milk	✓	✓	OATS							
Iced Mocha with almond milk	✓	✓								✓
Iced Mocha with soya milk	✓	✓							✓	
Iced Spanish Latte	✓			✓						
Iced Love Bar Latte	✓			✓						

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. Please take care.

Ice Coffees	Suitable for		Contains these allergens							
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Iced Honey Ginger Latte	✓			✓						
Iced Honey Ginger Latte with oats milk	✓		OATS							
Iced Honey Ginger Latte with almond milk	✓									✓
Iced Honey Ginger Latte with soya milk	✓								✓	
Iced Pumpkin Spiced Latte	✓			✓						
Iced Pumpkin Spiced Latte with oats milk	✓		OATS							
Iced Pumpkin Spiced Latte with almond milk	✓									✓
Iced Pumpkin Spiced Latte with soya milk	✓								✓	
Iced Caramel Macchiato	✓			✓						
Iced Caramel Macchiato with oats milk	✓	✓	OATS							
Iced Caramel Macchiato with almond milk	✓	✓								✓
Iced Caramel Macchiato with soya milk	✓	✓							✓	

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. Please take care.

Other Cold Drinks		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Iced Chocolate	✓			✓						
Iced Chocolate with oats milk	✓	✓	OATS							
Iced Chocolate with almond milk	✓	✓								✓
Iced Chocolate with soya milk	✓	✓							✓	
Iced Matcha Latte	✓			✓						
Iced Matcha Latte with oats milk	✓	✓	OATS							
Iced Matcha Latte with almond milk	✓	✓								✓
Iced Matcha Latte with soya milk	✓	✓							✓	

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. Please take care.

Iced Blended Drinks	Suitable for		Contains these allergens							
Product	Vegetarians	Vegans								
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Vanilla Frappe	✓			✓						
Vanilla Frappe with oats milk	✓	✓	OATS							
Vanilla Frappe with almond milk	✓	✓								✓
Vanilla Frappe with soya milk	✓	✓							✓	
Coffee Frappe	✓			✓						
Coffee Frappe with oats milk	✓	✓	OATS							
Coffee Frappe with almond milk	✓	✓								✓
Coffee Frappe with soya milk	✓	✓							✓	
Chocolate Frappe	✓			✓						
Chocolate Frappe with oats milk	✓	✓	OATS							
Chocolate Frappe with almond milk	✓	✓								✓
Chocolate Frappe with soya milk	✓	✓							✓	
Mango Smoothie	✓	✓								
Berry Smoothie	✓	✓								
Espresso Mocha Smoothie	✓			✓						
Beets & Berry Smoothie	✓			✓						✓

**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. Please take care.**

Iced Coolers		Suitable for		Contains these allergens						
Product	Vegetarians	Vegans	Contains these allergens							
			Cereals containing gluten	Cows' Milk	Egg	Fish	Peanut	Shellfish	Soya	Tree nuts
Yuzu Matcha Cooler	✓									
Lychee Butterfly Pea Cooler	✓									

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. Please take care.