

# Pret's Allergen Guide



We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

# INTRODUCTION

Here 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 will find specific ingredients listed (e.g., wheat, rye, oats).

**Please remember to check our guide and the ingredient label 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're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

In line with the Vegan Society recommendations we at Pret are using the term '*vegan-friendly*' to label products that may not be made in dedicated vegan sites.

**The Food Safety Authority of Ireland regards the following ingredients and their derivatives as allergens:**

Peanuts	Tree Nuts
Sesame	Cereals containing Gluten
Crustaceans	Celery & Celeriac
Egg	Fish
Lupin	Milk
Mustard	Mollusc
Soya	Sulphites

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, **just ask the Manager - they'll be more than happy to help.**

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.ie](http://www.pret.ie)

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





**Contents Key:**  
 ✓ (Product Contains)  
 Y (Suitable For)

# Baguettes, Rolls & Sandwiches

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Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites						
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
<b>Baguettes</b>																																				
Avo, Olives & Toms	Y	Y										✓																								
Brie, Tomato & Basil Baguette	Y																																			
Chicken Caesar & Bacon												✓											✓	✓	✓											
Chicken and Stuffing Baguette																							✓											✓		
Italian Prosciutto												✓											✓		✓											
Posh Cheddar & Pickle	Y											✓											✓		✓									✓		
Tuna Mayo & Cucumber																							✓	✓												
Ham & Emmental																							✓		✓										✓	
<b>Sandwiches</b>																																				
Beef & Horseradish													✓										✓		✓										✓	
Chicken, Avocado & Basil													✓										✓		✓											
Classic Super Club													✓										✓													
Grayfish & Rocket Bloomer																							✓		✓											
Free-Range Egg Mayo	Y												✓										✓												✓	
Ham & Cheese													✓												✓											
Ham & Eggs Bloomer																							✓			✓										
Humous and Veg	Y	Y										✓	✓										✓													
Mature Cheddar & Pickle	Y												✓										✓		✓											
Pulled Ham and Pickle													✓										✓													
Smashed Avo Open Sandwich	Y	Y																																		
Smoked Salmon													✓											✓		✓										
Smoked Salmon & Soft Cheese Open Sandwich																								✓		✓										
Super Greens & Reds	Y	Y											✓																							
Tuna Mayo & Cucumber																							✓	✓												
Veggie New Yorker Bloomer	Y												✓										✓		✓											✓

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# Breakfast

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Product	Vegetarian	Vegan Friendly	Tree Nuts										Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites								
			Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep														
Almond Croissant	Y			✓											✓			✓																					
Acai & Almond Butter Bowl	Y	Y		✓									✓																										
Bacon & Egg Roll														✓		✓			✓																				
Banana, Honey & Granola Pot	Y												✓																										
Bircher Muesli	Y												✓																										
Breakfast Free-Range Egg Mayo & Avocado	Y															✓			✓																				
Breakfast Free-Range Egg Mayo & Bacon																✓			✓																				
Breakfast Free-Range Egg Mayo & Tomato	Y															✓			✓																				
Breakfast Salmon & Egg Mayo																✓			✓		✓																		
Cheese Twist	Y															✓			✓																				
Chocolate Croissant	Y															✓			✓																				
Cinnamon Danish	Y															✓			✓																				
Five Berry Bowl	Y												✓																										
Butter Croissant	Y															✓			✓																				
Ham, Cheese, Tomato & Bacon Croissant																✓			✓																				
Mango & Banana Sunshine bowl	Y	Y											✓																										
Mozzarella & Tomato Croissant	Y															✓			✓																				
Pain aux Raisin	Y															✓			✓																				
Pastel de Nata	Y															✓			✓																				
Pret's Bacon Roll																				✓																			
Pret's Veggie Roll	Y																			✓																			
Sausage & Egg Breakfast Roll																					✓																		
Very Berry Croissant	Y	Y														✓																							

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# Salad & Platters

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep										
Chef's Italian Chicken Salad																				✓	✓														
Chicken & Avocado Protein Salad																				✓												✓			
Egg & Spinach Protein Pot	Y																			✓															
Greek Salad	Y																								✓	✓									
Humous & Falafel Salad	Y	Y										✓	✓			✓																			
Smoked Salmon Protein Box																				✓	✓												✓		
Smoked Salmon & Egg Protein Pot																				✓	✓														
Smoked Salmon, Egg & Avocado Salad																				✓	✓														
Tuna Nicoise Salad																				✓	✓														
Tricolore Salad	Y																																	✓	
Dressing																																			
French Dressing	Y	Y																																	

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# Sweet Treats

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
Black Forest Dessert pot	Y															✓						✓										✓					
Berry Muffin	Y															✓			✓			✓															
Caramel Waffle	Y															✓						✓											✓				
Caramel Shortbread	Y															✓						✓											✓				
Choc Bar	Y															✓						✓											✓				
Chocolate Brownie Bar	Y															✓			✓			✓											✓				
Chocolate Chunk Cookie	Y															✓						✓												✓			
Chocolate Espresso Mini Loaf Cake	Y															✓					✓													✓			
Chocolate Moose	Y															✓						✓												✓			
Chocolate Orange Mini Loaf Cake	Y															✓					✓														✓		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓												✓																					
Dark Chocolate Corn Cakes	Y																																		✓		
Festive Florentine Slice	Y			✓												✓				✓		✓															
Fruit, Oat & Spelt Cookie	Y													✓		✓					✓																
Lemon Cheesecake	Y															✓					✓																
Lemon Meringue Cookie	Y															✓					✓														✓		
Lemon Raspberry Slice	Y															✓						✓													✓		
Love Bar	Y			✓											✓							✓													✓		
Nutty Salted Caramel Brownie	Y			✓												✓					✓														✓		
Popcorn bar	Y																																			✓	
Pret Bar	Y													✓		✓						✓														✓	
Raspberry Cheesecake Brownie	Y															✓					✓															✓	
Raspberry & Almond Bakewell Tart	Y			✓												✓					✓															✓	
Salted Caramel Dessert Pot	Y															✓						✓														✓	

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# Barista Prepared Drinks

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.

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep													
Coffee																																						
Americano Black	Y	Y																																				
Americano Low Fat milk	Y																																					
Americano Soya (instead of milk)	Y	Y																																				
Americano Coconut (instead of milk)	Y	Y																																				
Americano Oat (instead of milk)	Y	Y																																				
Cappuccino Low Fat milk	Y																																					
Cappuccino Soya (instead of milk)	Y	Y																																				
Cappuccino Coconut (instead of milk)	Y	Y																																				
Cappuccino Oat (instead of milk)	Y	Y																																				
Espresso	Y	Y																																				
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																				
Flat White Low Fat milk	Y																																					
Flat White Soya (instead of milk)	Y	Y																																				
Flat White Coconut (instead of milk)	Y	Y																																				
Flat White Oat (instead of milk)	Y	Y																																				
Latte Low Fat milk	Y																																					
Latte Soya (instead of milk)	Y	Y																																				
Latte Oat (instead of milk)	Y	Y																																				
Latte Coconut (instead of milk)	Y	Y																																				
Macchiato Low Fat milk	Y																																					
Macchiato Soya (instead of milk)	Y	Y																																				
Macchiato Oat (instead of milk)	Y	Y																																				
Macchiato Coconut (instead of milk)	Y	Y																																				
Mocha Low Fat milk	Y																																					
Mocha Soya (instead of milk)	Y	Y																																				
Mocha Coconut (instead of milk)	Y	Y																																				

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep																
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y												✓																											
Iced Matcha Latte Low Fat Milk	Y																							✓																	
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																																							
Iced Matcha Latte Soya (instead of Milk)	Y	Y																																							
Iced Matcha Latte Oat (instead of Milk)	Y	Y																																							
Iced Mocha Low Fat Milk	Y																							✓																	
Iced Mocha Soya (instead of milk)	Y	Y																																							
Iced Mocha Coconut (instead of milk)	Y	Y																																							
Iced Mocha Oat (instead of milk)	Y	Y																																							
Iced White Americano Low Fat Milk	Y																							✓																	
Iced White Americano Oat (instead of milk)	Y	Y																																							
Iced White Americano Soya (instead of milk)	Y	Y																																							
Iced White Americano Coconut (instead of milk)	Y	Y																																							
Pret Coolers																																									
Applejito	Y	Y																																							
Berry Bliss	Y	Y																																							
Feelin' Peachy	Y	Y																																							
Rhuberry Breeze	Y	Y																																							
Hot Chocolate																																									
Hot Chocolate Low Fat Milk	Y																							✓																	
Hot Chocolate Soya (instead of milk)	Y	Y																																							
Hot Chocolate Coconut (instead of milk)	Y	Y																																							
Hot Chocolate Oat (instead of milk)	Y	Y																																							
Hot Chocolate Powder	Y	Y																																							
Hot Chocolate Hazelnut	Y																							✓																	
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																																							
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																																							

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y																															
Syrups & Toppings																																	
All Syrups	Y	Y																															
Whipped Cream	Y																																
Milk shot																																	
Low Fat	Y																																
Soya (instead of milk)	Y	Y																															
Coconut (instead of milk)	Y	Y																															
Oat (instead of milk)	Y	Y																															
Tea																																	
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																															
Earl Grey (add milk or milk alternative if White)	Y	Y																															
Peppermint (add milk or milk alternative if White)	Y	Y																															
Tropical Green (add milk or milk alternative if White)	Y	Y																															
Milk / instead of milk cup																																	
Low Fat milk cup	Y																																
Soya (instead of milk) cup	Y	Y																															
Coconut (instead of milk) cup	Y	Y																															
Oat (instead of milk) cup	Y	Y																															
Babyccino	Y																																

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