

Pret Qatar Allergen guide

Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Hot breakfast																		
Egg & Mushroom Croissant	✓		✓		✓		Wheat		✓									✓
Mozzarella Pesto Croissant	✓				✓		Wheat		✓					Pine Nuts				
Halloumi Za'atar Croissant	✓				✓		Wheat		✓							✓		
Turkey & Cheese Croissant					✓		Wheat		✓				✓					✓
Savoury croissants																		
Mozzarella & Tomato	✓				✓		Wheat		✓									
Cheese Twist with Za'atar	✓				✓		Wheat		✓							✓		
Cheese & Jalapeno Hot Croissant	✓				✓		Wheat		✓				✓					✓
Porridge																		
Pret's Proper Porridge	✓	✓					Oats											✓
Pots																		
Five Berry Pot	✓						Oats		✓									
Bircher Muesli	✓						Oats		✓					Pistachio Nuts				
Mango & Banana Sunshine Bowl	✓	✓					Oats											
Honey Granola Pot	✓						Oats		✓									
Coconut Chia	✓	✓												Almond Nuts				
Blue Goodness	✓						Oats		✓									
Rose Goodness Pot	✓						Oats		✓					Almond Nuts				
Almond Butter & Honey Yoghurt Pot	✓						Oats		✓					Almond Nuts				
Blue Chia Pot	✓						Oats		✓									
Mango & Yoghurt Pot	✓								✓									

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									Cow	Goat	Sheep					
Granary Sandwiches																
Smoked Salmon						✓	Barley, Wheat		✓							
Classic Super Club					✓		Barley, Wheat					✓				
Free Range Egg Mayo & Tomato	✓				✓		Barley, Wheat					✓				
Mature Cheddar & Pickle	✓				✓		Barley, Wheat		✓			✓				
Turkey & Cream Cheese							Barley, Wheat		✓							
Chicken Avocado Basil					✓		Barley, Wheat					✓				

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									Cow	Goat	Sheep					
Baguettes																
Chicken Caesar & Bacon					✓	✓	Wheat		✓				✓			✓
Posh Cheddar & Pickle	✓				✓		Barley, Wheat		✓				✓			
Pesto Caprese (Slim)	✓				✓		Wheat		✓				✓	Pine Nuts		
Tuna Mayo & Cucumber (Slim)					✓	✓	Wheat						✓			
Tuna Mayo & Cucumber					✓	✓	Wheat						✓			
Brie & Tapenade Baguette (Slim)	✓						Wheat		✓							
Turkey & Cheese					✓		Wheat		✓				✓			✓
Egg & Avo (Slim)	✓				✓		Wheat						✓			
Avo, Olives & Toms (Slim)	✓	✓					Wheat							Pine Nuts		✓
Lemon Chicken					✓		Wheat		✓				✓			
Pret's Deli Baguette					✓	✓	Wheat		✓				✓			

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									Cow	Goat	Sheep					
Rye rolls																
Roast Beef Rye Roll					✓	✓	Wheat, Rye, Barley						✓			✓
Scandi Style Salmon Rye Roll					✓	✓	Wheat, Rye, Barley						✓			✓
Veggie Deli Rye Roll	✓				✓		Wheat, Rye, Barley		✓				✓			✓
Burrata & Balsamic Rye Roll	✓						Wheat, Rye, Barley		✓							✓

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									Cow	Goat	Sheep					
Kids																
Cream Cheese & Cucumber	✓						Barley, Wheat		✓							
Almond Butter & Berries Spread	✓	✓					Barley, Wheat							Almond Nuts		

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Soy	Sulphites
✓	
✓	
✓	✓
✓	
✓	

  

Soy	Sulphites
✓	
✓	✓
✓	
✓	
✓	

  

✓	
✓	

  

✓	
✓	

  

Soy	Sulphites
✓	
✓	
✓	
	✓

  

Soy	Sulphites

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									Cow	Goat	Sheep							
Protein wraps																		
Mediterranean Egg & Zaatar	✓				✓		Wheat, Barley	✓	✓						✓		✓	
Chipotle Egg & Turkey					✓	✓	Wheat, Barley	✓	✓				✓		✓		✓	
Labneh & Veggies	✓						Wheat, Barley	✓	✓					Walnuts		✓		✓
Cold wraps																		
Crunchy Chipotle Chicken & Avo Wrap					✓		Wheat		✓				✓				✓	
Chicken Caesar Wrap					✓	✓	Wheat		✓								✓	
Avocado & Herb Salad Wrap	✓				✓		Wheat		✓				✓	Pine Nuts			✓	
Chicken Pesto & Rocket Wrap					✓		Wheat		✓				✓	Pine Nuts			✓	
Salads																		
Tamari & Ginger Chicken Salad Bowl			✓				Wheat								✓		✓	
Chicken Caesar Salad					✓	✓	Wheat		✓								✓	
Mozzarella, Pesto & Avo Salad	✓				✓				✓					Pine Nuts				
Tuna Nicoise Salad					✓	✓	Barley		✓								✓	
Greek Salad with Vinaigrette	✓						Wheat			✓	✓		✓					✓
Chefs Italian Chicken Salad					✓	✓	Barley		✓				✓	Pistachio Nuts			✓	
Pesto Pasta & Chicken					✓	✓	Wheat		✓				✓	Pine Nuts			✓	

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Pasta bowls								Cow	Goat	Sheep									
Creamy Pesto Pasta	✓		✓				Wheat	✓										Pine Nuts	
Truffle & Rosemary Pasta			✓				Wheat	✓				✓							
Chicken Penne Pasta							Wheat	✓											
Product	Suitable for		Contains these allergens																
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Rice bowls								Cow	Goat	Sheep									
Butter chicken								✓										Cashew Nuts	
Thai Green curry								✓											
Product	Suitable for		Contains these allergens																
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Mac & Cheese								Cow	Goat	Sheep									
Kale & Cauli Macaroni Cheese	✓		✓				Wheat	✓											
Chicken & Mushroom Pasta Box			✓				Wheat	✓											✓
Product	Suitable for		Contains these allergens																
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites	
Soup								Cow	Goat	Sheep									
Souper Tomato	✓	✓	✓																
Lentil Soup	✓		✓					✓											
Chicken Orzo			✓				Wheat	✓											

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									Cow	Goat	Sheep							
Hot wraps																		
Chicken Mushroom Hot Wrap			✓		✓		Wheat		✓				✓					✓
Falafel & Halloumi Hot Wrap	✓				✓		Wheat, Barley		✓									
Italian Style Chicken & Basil Hot Wrap							Wheat, Barley		✓									
Hot baguettes																		
Pesto Chicken					✓		Wheat		✓					Pine Nuts				
Chipotle Mozzarella	✓						Wheat		✓							✓		
Toasties																		
Classic Cheese Toastie	✓				✓		Oats, Rye,Wheat		✓				✓					✓
Super Club Toastie					✓		Oats, Rye,Wheat		✓				✓					✓
Tuna Melt Toastie					✓	✓	Oats, Rye,Wheat		✓				✓					✓
BBQ Pulled Beef Toastie					✓	✓	Oats, Rye,Wheat		✓				✓					✓
Halloumi, Red Pepper & Basil Toastie	✓						Oat, Rye,Wheat,Barley		✓									
Turkey Melt Toastie					✓		Oats, Rye,Wheat		✓				✓					✓
Creamy Chipotle Beef Toastie					✓	✓	Oats, Rye,Wheat		✓				✓					✓

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<b>Desserts</b>																	
Chocolate Mousse					✓	✓	Wheat		✓								✓
Lemon Cheesecake					✓	✓	Wheat		✓					Almond Nuts			
Tiramisu					✓	✓	Wheat		✓								✓
Saffron Milk Cake	✓						Wheat		✓					Pistachio			✓
Carrot Cake	✓				✓		Wheat		✓					Walnut			
Drizzle Lemon Cake	✓				✓		Wheat		✓					Almond Nuts			
Marble Cake	✓				✓		Wheat		✓					Almond Nuts			✓
<b>Fruits</b>																	
Superfruit Salad	✓	✓															
Apple & Almond Butter Pot	✓	✓												Almond Nuts			
Mango & Lime Pot	✓	✓															
Watermelon & Lime Pot	✓	✓															
Melon & Blueberry	✓	✓															
Poms Pot	✓	✓															
<b>Sweet croissants</b>																	
French Butter Croissant	✓				✓		Wheat		✓								
Almond Croissant	✓				✓		Wheat		✓					Almond Nuts			
Chocolate Croissant	✓				✓		Wheat		✓								✓
Very Berry Croissant	✓	✓					Wheat										
Cinnamon Danish	✓				✓		Wheat		✓								
Cinnamon Bites	✓				✓		Wheat		✓					Pecan Nuts			
Cheese Twist	✓				✓		Wheat		✓								
<b>Cookies &amp; Muffins</b>																	
Choco Chunk Cookie	✓						Wheat		✓								
Pecan Cookie	✓						Wheat		✓					Pecan Nuts			
Fruit & Oat Cookie	✓						Wheat, Spelt, Oats		✓								
Dark Chocolate & Almond Cookie	✓	✓					Wheat							Almond Nuts			
Double Berry Muffin	✓				✓		Wheat		✓								
Cookie Bites - Choco Chunk Cookie	✓						Wheat		✓								
Cookie Bites - Dark Chocolate & Almond Cookie	✓	✓					Wheat							Almond Nuts			

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									Cow	Goat	Sheep							
<b>Platters</b>																		
Platter Baguette					✓	✓	Wheat		✓					Pine Nuts		✓	✓	✓
Platter Sandwich					✓		Wheat		✓							✓		✓
Mozzarella Tomato Croissant	✓				✓		Wheat		✓									
Bakery Box	✓				✓		Wheat		✓					Almond Nuts			✓	
Bar Sharing Box	✓				✓		Wheat, Oats.		✓					Pistachio Nuts, Almond Nuts			✓	
Platter Cookies	✓						Wheat, Oats, Spelt		✓					Almond Nuts				
Platter Sandwich Veg.	✓				✓		Wheat, Barley		✓				✓			✓		✓
Platter Baguette Veg.	✓				✓		Wheat, Barley		✓				✓	Pine Nuts		✓	✓	✓
Platter Rye Roll Selection					✓	✓	Wheat, Rye, Barley		✓				✓			✓	✓	
Platter Pret's Salad Wrap					✓	✓	Wheat		✓				✓	Pine Nuts			✓	
Platter Best Sellers Mix					✓	✓	Wheat, Barley		✓				✓			✓	✓	✓
<b>Bags</b>																		
Brownie Bar Bag	✓				✓		Wheat		✓								✓	
Choco Chunk Cookie Bag	✓						Wheat		✓									
Love Bar Bag	✓						Oats		✓					Pistachio Nuts, Almond Nuts			✓	

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Bars & Packs								Cow	Goat	Sheep								
Love Bar	✓					Oat		✓						Pistachio Nuts, Almond Nuts			✓	
Popcorn Bar	✓							✓									✓	
Choc Bar	✓					Wheat		✓									✓	
Chocolate Almonds	✓	✓												Almond Nuts			✓	
Cranberries In Coats	✓							✓										
Pret A Mango	✓	✓																
Chocolate Brownie Bar	✓				✓	Wheat		✓									✓	
Hazelnut Truffle	✓	✓												Hazelnuts				
Pret's Nut Bar	✓	✓												Almond Nuts			✓	
Crunchy Corn	✓	✓																
Nuts, Fruits & Chocolate	✓							✓						Almond Nuts			✓	

  

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Chips								Cow	Goat	Sheep								
Jalapeno	✓	✓																
A Touch of Sea Salt	✓	✓																
Sea Salt & Balsamic Vinegar	✓	✓																

  

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CPG Coffee								Cow	Goat	Sheep								
Classic Blend (200g Ground)	✓	✓																

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Juices & Smoothies	Vegetarians	Vegans							Cow	Goat	Sheep							
Orange Juice	✓	✓																
Roots & Fruits	✓	✓																
Apple Juice	✓	✓																
Daily Greens	✓	✓																
Berry Blast	✓	✓																
Mango Passion	✓	✓																
Ginger Shot	✓	✓																
Hot Shot	✓	✓																
Product	Suitable for		Contains these allergens															
Water	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Aqua Panna	✓	✓																
San Pellegrino Sparkling	✓	✓																
Product	Suitable for		Contains these allergens															
Carbonated drinks	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Coke Regular	✓	✓																
Coke Diet	✓	✓																

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									Cow	Goat	Sheep							
Coffee																		
Coffee - Latte : Milk	✓								✓									
Coffee - Spanish Latte : Milk	✓								✓								✓	
Coffee - White Mocha Latte : Milk	✓								✓								✓	
Coffee - Matcha Latte : Milk	✓								✓								✓	
Coffee - Cappuccino : Milk	✓								✓									
Coffee - Flat White : Milk	✓								✓									
Coffee - Hot Chocolate : Milk	✓								✓									
Coffee - Americano	✓	✓																
Coffee - Filter Coffee	✓	✓																
Coffee - Mocha : Milk	✓								✓									
Coffee - Macchiato (4oz)	✓								✓									
Coffee - Espresso (4oz)	✓	✓																
Product	Suitable for		Contains these allergens															
Hot tea	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Hot Tea - Breakfast	✓	✓																
Hot Tea - Earl Grey	✓	✓																
Hot Tea- Green	✓	✓																
Hot Tea- Peppermint	✓	✓																
Product	Suitable for		Contains these allergens															
Milks	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Organic Whole Milk	✓								✓									
Organic Skimmed Milk	✓								✓									
Organic Oat Milk	✓	✓				Oats												
Oatly Milk Barista Edition	✓	✓				Oats												
Organic Rice Coconut Milk	✓	✓																
Alpro Coconut Milk Barista Edition	✓	✓																✓
Organic Soya Milk	✓	✓																✓
Organic Almond Milk	✓	✓																Almond Nuts
Product	Suitable for		Contains these allergens															
Syrups	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
									Cow	Goat	Sheep							
Syrup - Caramel Syrup	✓	✓																
Syrup - Vanilla Syrup	✓	✓																
Syrup - Hazelnut Syrup	✓	✓																Hazelnuts
Syrup - Simple Syrup	✓	✓																

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