

Pret's Allergen Guide



Allergen Guide 12th June 2023 V1

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.

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.

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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 Standards Agency 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

In addition we also declare Pine Nuts as an allergen

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.co.uk** or contact our Customer Service Team on **0207 827 8801**.

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



Contents Key: ✓ (Product Contains) Y (Suitable For)			Baguettes & Sandwiches																												
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.																															
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Baguettes																															
Avo, Olives & Toms	Y	Y											✓						✓												✓
Brie, Tomato & Basil	Y												✓						✓			✓									
Chicken Caesar & Bacon													✓						✓		✓	✓									
Chicken Salad Baguette																			✓		✓	✓									
Chicken Stuffing Baguette																			✓											✓	
Italian Prosciutto													✓						✓			✓									
Plant Ploughmans Baguette	Y	Y																✓													
Posh Cheddar & Pickle (incl. Slim)	Y												✓						✓			✓									
Free Range Egg Mayo & Smoked Salmon																			✓		✓							✓			
Tuna Mayo & Cucumber (incl. Slim)																			✓		✓										
Wiltshire-Cured Ham & Greve																			✓			✓							✓		
Sandwiches																															
BLT														✓					✓			✓									
Chicken, Avocado & Basil														✓					✓			✓									
Chicken Salad														✓					✓			✓									
Classic Super Club														✓					✓												
Crayfish & Rocket														✓					✓	✓											
Free-Range Egg Mayo	Y													✓					✓												
Ham & Cheese														✓					✓			✓									
Ham Salad														✓					✓											✓	
Humous & Veg	Y	Y											✓						✓												
Kid's Cheese	Y													✓					✓				✓								
Kid's Ham														✓					✓				✓								
Mature Cheddar & Pickle	Y													✓					✓				✓								
Smashed Avo Open Sandwich	Y	Y																													
Scottish Smoked Salmon														✓								✓		✓							
Smoked Salmon & Soft Cheese Open Sandwich																						✓		✓							
Super Greens & Reds	Y	Y												✓					✓				✓								
Tuna Mayo & Cucumber														✓							✓		✓								
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Rolls & Wraps																														
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Rolls																																	
Avo Brunch Rye Roll	Y											✓	✓			✓		✓			✓								✓				
Chicken & Pesto												✓	✓			✓		✓			✓		✓									✓	
Jambon Buerre																✓					✓												
New Yorker												✓	✓			✓		✓			✓								✓				
Prosciutto & Pesto												✓	✓			✓		✓			✓		✓									✓	
Scandi Style Salmon												✓	✓			✓		✓			✓	✓							✓		✓		
Wraps																																	
Chicken Pesto Wrap																✓		✓			✓		✓									✓	
Curried Chickpea & Mango Wrap	Y	Y														✓		✓												✓			
Falafel , Avocado & Chipotle Salad Wrap	Y	Y														✓		✓												✓			
Hoisin Duck Salad Wrap																✓		✓			✓								✓				
Humous & Chipotle Wrap	Y	Y										✓				✓		✓															
Korean Style Chicken & Slaw Wrap																✓		✓			✓								✓				
Vegan Hoisin Mushroom Wrap	Y	Y														✓		✓											✓				
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Product	Vege bitains	Vegan friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriace	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Almond Croissant	Y			✓											✓			✓		✓		✓									
Bacon & Egg Roll														✓		✓			✓		✓										
Breakfast Free-Range Egg Mayo & Avocado	Y														✓			✓		✓											
Breakfast Free-Range Egg Mayo & Bacon															✓			✓		✓											
Breakfast Salmon & Egg Mayo																✓		✓	✓									✓			
Butter Croissant	Y														✓			✓		✓		✓									
Cheese & Roasted Tomato Croissant	Y														✓			✓		✓		✓									
Cheese Twist	Y														✓			✓		✓		✓									
Chocolate Croissant	Y														✓			✓		✓		✓								✓	
Cinnamon Danish	Y														✓			✓		✓		✓									
Coconut & Quinoa Porridge	Y	Y												✓																	
Ham & Greve Croissant																✓		✓		✓		✓									
Ham, Cheese, Tomato & Bacon Croissant																✓		✓		✓		✓									
Mozzarella & Tomato Croissant	Y														✓			✓		✓		✓									
Pain aux Raisin	Y														✓			✓		✓		✓									
Pastel de Nata	Y														✓			✓		✓		✓									
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																												✓	
Porridge Topper - Seed & Fruit	Y	Y																													
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Bacon Roll														✓		✓						✓									
Pret's Proper Porridge	Y													✓								✓									
Pret's Sausage Roll																✓		✓		✓		✓									
Pret's Veggie Roll	Y													✓		✓		✓		✓		✓									
Sausage & Egg Roll														✓		✓		✓		✓		✓									
Very Berry Croissant	Y	Y														✓															
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Cold Drinks

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Y (Suitable For)

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Product	Vegetarians	Vegan Friendly																																			
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts						
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
Apple Juice	Y	Y																																			
Breakfast Smoothie	Y																																				
Coke (all types)	Y	Y																																			
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																																			
Daily Greens	Y	Y																																			
Easy Greens	Y	Y																																			
Ginger Shot	Y	Y																																			
Green Tea & Peach Pret Still	Y	Y																																			
Hot Shot	Y																																				
Lemon & Ginger Pret Still	Y	Y																																			
Mango Smoothie	Y																																				
Mango, Passion Fruit & Lime Pret Still	Y	Y																																			
Orange Juice (both sizes)	Y																																				
Pret Apple Fizz	Y	Y																																			
Pret Cucumber & Mint Seltzer	Y	Y																																			
Pret Ginger Beer	Y	Y																																			
Pret Ginger Kombucha	Y	Y																																			
Pret Grape & Elderflower	Y	Y																																			
Pret Lime & Raspberry Seltzer	Y	Y																																			
Pret Rhubarb Lemonade	Y	Y																																			
Ready to Drink Black Coffee	Y	Y																																			
Ready to Drink Latte	Y																																				
Ready to Drink Mocha	Y																																				
Red Bull	Y	Y																																			
Roots & Fruits Juice	Y	Y																																			
Sparkling Spring Water	Y	Y																																			
Still Water 500ml	Y	Y																																			
Still Water 750ml	Y	Y																																			
Vitamin Volcano	Y																																				

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit & Pots																												
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Fruit																															
Apple	Y	Y																													
Banana	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Superfruit Salad	Y	Y																													
Pots																															
Acai & Almond Butter Bowl	Y	Y		✓										✓												✓					
Bircher Muesli	Y									✓				✓											✓						
Five Berry Bowl	Y													✓											✓						
Mango & Banana Sunshine Bowl	Y	Y												✓																	
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Pret's Hot

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Y (Suitable For)

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Falafel & Halloumi Hot Wrap	Y															✓		✓					✓	✓	✓						
Feta & Red Pepper Omelette	Y																				✓			✓	✓						
Garlic & Herb Swirl	Y																	✓			✓		✓								
Kale and Red Pesto Macaroni Cheese	Y																	✓				✓									
Macaroni Cheese Prosciutto																		✓				✓									
Meatless Meatball Hot Wrap	Y	Y														✓		✓				✓									
Pesto, Pepper & Greve Hot Baguette	Y											✓						✓				✓									✓
Prosciutto & Mozzarella Hot Baguette												✓						✓				✓									
Spicy Chicken Enchilada Bake																✓		✓		✓		✓							✓		
Spicy Chicken Hot Wrap																✓		✓				✓									
Swedish Meatball Hot Wrap																✓		✓				✓									
Focaccia & Toasties																															
Ham & Cheese Toastie													✓		✓	✓		✓		✓		✓						✓			
Mozzarella, Pesto & Roasted Tomato Focaccia																		✓				✓									✓
Tuna Melt Toastie													✓		✓	✓		✓		✓	✓	✓									
Soup																															
Black Bean Taco	Y	Y																											✓		
Chicken and Mushroom Orzotto																		✓				✓									
Chicken, Broccoli & Brown Rice																															
Red Thai Veg Soup	Y	Y																											✓		
Souper Tomato	Y	Y																													
Spicy Lemongrass Chicken Broth																						✓							✓		
Spicy Chorizo & Butterbean																															
Sunshine Dhal	Y	Y																													
Barley & Rye Soup Roll	Y	Y										✓	✓			✓		✓													

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Pret At Home

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✓ (Product Contains)
Y (Suitable For)

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y											✓																✓		
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓									✓															✓			
Pret at Home Classic Granola	Y	Y											✓																		
Pret at Home Chipotle Ketchup	Y	Y																													
Pret at Home Korean Style Ketchup	Y	Y										✓					✓												✓		
Pret at Home Oat & Coconut Crunch Granola	Y	Y											✓																		
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Salads																												
			<div>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.</div>																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				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 & Avo Protein Bowl										✓										✓									✓		
Egg & Spinach Protein Pot	Y																			✓											
Humous and Falafel Mezze	Y	Y									✓																				
Korean Chilli Chicken Salad											✓									✓									✓		
Mexican Style Chipotle Chickpea Salad Bowl	Y																					✓								✓	
Petite Crayfish & Avo Salad																	✓														
Petite Greek Salad	Y																					✓									
Smoked Salmon Protein Bowl																				✓	✓								✓		
Smoked Salmon & Egg Protein Pot																				✓	✓										
Tuna Nicoise Salad																				✓	✓										
Vietnamese Style Prawn Salad Bowl																	✓														
Dressing																															
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													
Green Dressing	Y	Y																											✓		
<div>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.</div>																															

Contents Key: ✓ (Product Contains) Y (Suitable For)			<h1>Snacks</h1> <p>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.</p>																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Product	Vegetarians	Vegan Friendly																													
Almond Butter Protein Ball	Y	Y		✓																										✓	
BBQ Popped Chickpea Chips	Y	Y																													
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Cranberries in Coats	Y																						✓								
Dark Chocolate Salted Almonds	Y	Y		✓																										✓	
Easy Peasy Almond Squeezy	Y	Y		✓																											
Fruit & Seed Bite	Y	Y																													
Fruit, Nuts & Chocolate	Y			✓																				✓						✓	
Mature Cheddar & Red Onion Crisps	Y																							✓							
Milk Chocolate Bar	Y																							✓						✓	
Millways Peppermint Chewing Gum	Y	Y																													
Pret A Mango	Y	Y																													
Salted Crunchy Corn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Sea Salt Popcorn	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																													
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			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten							Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep											
Almond Butter Bite	Y			✓																										✓		
Blackforest Dessert Pot	Y																	✓							✓					✓		
Blonde Chocolate, Sea Salt & Pecan Cookie	Y									✓								✓							✓							
Caramel Waffle	Y																	✓							✓					✓		
Choc Bar	Y																	✓							✓					✓		
Chocolate Brownie Bar	Y																	✓			✓			✓						✓		
Chocolate Chunk Cookie	Y																	✓							✓							
Chocolate Moose	Y																								✓					✓		
Chocolate Praline Cookie	Y						✓												✓						✓							
Chocolate & Orange Loaf Cake	Y																		✓			✓			✓						✓	
Coconut Bite	Y	Y																													✓	
Dark Chocolate & Almond Butter Cookie	Y	Y		✓															✓													
Dark Chocolate Corn Cakes	Y																														✓	
Dark Chocolate with Sea Salt	Y																														✓	
Double Berry Muffin	Y																		✓			✓			✓							
Espresso Mini Loaf Cake	Y																		✓					✓							✓	
Fruit, Oat & Spelt Cookie	Y														✓		✓		✓						✓							
Hazelnut Truffles	Y	Y					✓																									
Lemon Cheesecake	Y																		✓			✓			✓							
Love Bar	Y			✓							✓				✓									✓							✓	
Nut Bar	Y	Y		✓																											✓	
Nutty Salted Caramel Brownie	Y			✓								✓							✓			✓			✓						✓	
Popcorn bar	Y																								✓						✓	
Pret's Gingerbread Biscuit (Annie & Godfrey)	Y																		✓			✓										
Pret Bar	Y														✓				✓					✓								
Pret's Shortbread	Y																		✓						✓							
Raspberry & Almond Bakewell Tart	Y			✓															✓			✓			✓							
Salted Caramel Dessert Pot	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							
Coffee																																
Americano Black (add milk or milk alternative if White Americano)	Y	Y																														
Cappuccino Semi Skimmed milk	Y																							✔								
Cappuccino Skimmed milk	Y																							✔								
Cappuccino Soya (instead of milk)	Y	Y																												✔		
Cappuccino Rice 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 Semi Skimmed milk	Y																							✔								
Flat White Skimmed milk	Y																							✔								
Flat White Soya (instead of milk)	Y	Y																												✔		
Flat White Rice Coconut (instead of milk)	Y	Y																														
Flat White Oat (instead of milk)	Y	Y												✔																		
Latte Semi Skimmed milk	Y																							✔								
Latte Skimmed milk	Y																							✔								
Latte Soya (instead of milk)	Y	Y																												✔		
Latte Oat (instead of milk)	Y	Y												✔																		
Latte Rice Coconut (instead of milk)	Y	Y																														
Macchiato Semi Skimmed milk	Y																							✔								
Macchiato Skimmed milk	Y																							✔								
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Barista Prepared Drinks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Macchiato Soya (instead of milk)	Y	Y																											✓		
Macchiato Oat (instead of milk)	Y	Y												✓																	
Macchiato Rice Coconut (instead of milk)	Y	Y												✓																	
Mocha Semi Skimmed milk	Y																							✓							
Mocha Skimmed milk	Y																							✓							
Mocha Soya (instead of milk)	Y	Y																											✓		
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✓																	
Chai Latte Semi Skimmed Milk	Y																							✓							
Chai Latte Skimmed Milk	Y																							✓							
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Chai Latte Rice Soya (instead of Milk)	Y	Y																											✓		
Chai Latte Oat (instead of Milk)	Y	Y												✓																	
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													

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Frappés																																
Classic Frappé Semi Skimmed milk	Y																						✓									
Classic Frappé Skimmed milk	Y																						✓									
Chocolate Frappé Semi Skimmed milk	Y																						✓									
Chocolate Frappé Skimmed milk	Y																						✓									
Mocha Frappé Semi Skimmed milk	Y																						✓									
Mocha Frappé Skimmed milk	Y																						✓									
Decaf Mocha Frappé Semi Skimmed milk	Y																						✓									
Decaf Mocha Frappé Skimmed milk	Y																						✓									
Caramel Shake Semi Skimmed milk	Y																						✓									
Caramel Shake Skimmed milk	Y																						✓									
Hazelnut Shake Semi Skimmed milk	Y																						✓									
Hazelnut Shake Skimmed milk	Y																						✓									
Vanilla Shake Semi Skimmed milk	Y																						✓									
Vanilla Shake Skimmed milk	Y																						✓									
Frappé Mix	Y																						✓									
Iced Drinks																																
Iced Latte Semi Skimmed Milk	Y																						✓									
Iced Latte Skimmed Milk	Y																						✓									
Iced Latte Soya (instead of milk)	Y	Y																											✓			
Iced Latte Rice Coconut (instead of milk)	Y	Y																														
Iced Latte Oat (instead of milk)	Y	Y												✓																		
Iced Chai Latte Semi Skimmed Milk	Y																						✓									
Iced Chai Latte Skimmed Milk	Y																						✓									
Iced Chai Latte Rice Coconut (instead of Milk)	Y	Y																														
Iced Chai Latte Rice Soya (instead of Milk)	Y	Y																											✓			
Iced Chai Latte Oat (instead of Milk)	Y	Y												✓																		
Iced Mocha Semi Skimmed Milk	Y																						✓									
Iced Mocha Skimmed Milk	Y																						✓									
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Iced Mocha Soya (instead of milk)	Y	Y																											✓		
Iced Mocha Rice Coconut (instead of milk)	Y	Y																													
Iced Mocha Oat (instead of milk)	Y	Y											✓																		
Applejito Cooler	Y	Y																													
Berry Bliss Cooler	Y	Y																													
Feelin' Peachy Cooler	Y	Y																													
Rhuberry Breeze Cooler	Y	Y																													
Iced White Americano Semi Skimmed Milk	Y																						✓								
Iced White Americano Skimmed Milk	Y																						✓								
Iced White Americano Oat (instead of milk)	Y	Y											✓																		
Iced White Americano Soya (instead of milk)	Y	Y																											✓		
Iced White Americano Rice Coconut (instead of milk)	Y	Y																													
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Y																						✓								
Hot Chocolate Skimmed Milk	Y																						✓								
Hot Chocolate Soya (instead of milk)	Y	Y																											✓		
Hot Chocolate Rice 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 Skimmed	Y																						✓								
Hot Chocolate Hazelnut Soya	Y	Y																											✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																													
Hot Chocolate Hazelnut Oat	Y	Y											✓																		
Smoothies																															
Berries and Cherries	Y	Y																													
Sweet Greens	Y	Y																													
Tropical Peach	Y	Y																													
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	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat								Cow	Goat	Sheep							
Syrups & Toppings																																			
All Syrups	Y	Y																																	
Caramel Sauce	Y	Y																																	
Whipped Cream	Y																								✓										
Milk shot																																			
Semi Skimmed	Y																								✓										
Skimmed	Y																								✓										
Soya (instead of milk)	Y	Y																															✓		
Rice 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																																			
Semi Skimmed milk cup	Y																								✓										
Skimmed milk cup	Y																								✓										
Soya (instead of milk) cup	Y	Y																															✓		
Rice Coconut (instead of milk) cup	Y	Y																																	
Oat (instead of milk) cup	Y	Y													✓																				
Babyccino	Y																								✓										
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Veggie Pret's Allergen Guide

The title 'Veggie Pret's Allergen Guide' is displayed in a mix of green and pink colors. To the right of 'Veggie Pret's' is a green icon of a person with a pink magnifying glass over their head, focusing on a white star. To the left of 'Allergen' are three stars: two green and one pink. A small green star is positioned above the 'i' in 'Guide'.

VP Allergen Guide 12th June 2023 V1

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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.

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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 Standards Agency 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

In addition we also declare Pine Nuts as an allergen

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.co.uk or contact our Customer Service Team on **0207 827 8801**.

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



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Baguettes, Rolls, Sandwiches & Wraps</div> <div>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.</div>																														
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Baguettes																																	
Artichoke, Olives & Tapenade	Y	Y										✓						✓															
Avo, Olives & Toms	Y	Y										✓						✓															✓
Brie, Tomato & Basil	Y																	✓				✓											
Cheddar, Mustard & Pickles	Y											✓						✓			✓									✓			
Plant Ploughmans Baguette	Y	Y																✓															
Vegan Eggless Mayo & Cress	Y	Y																✓												✓	✓		
Rolls																																	
All Day Vegan Breakfast	Y	Y										✓	✓			✓		✓												✓	✓		
Avo Brunch Rye Roll	Y											✓	✓			✓		✓			✓									✓			
Pesto & Mozzarella Losange	Y																	✓			✓												✓
Scandi Style Smoked Carrot and Eggless Tofu Mayo	Y	Y										✓	✓			✓		✓													✓	✓	
Scandi Style Smoky Carrot Eggless Mayo Roll	Y	Y										✓	✓			✓		✓													✓	✓	
Sandwiches																																	
Festive Falafel & Squash	Y	Y											✓					✓															✓
Kid's Cheese Sandwich	Y												✓					✓				✓											
Humous & Roasted Peppers Open Sandwich	Y											✓			✓									✓	✓								✓
Humous & Veg	Y	Y										✓	✓					✓															
Sliced Egg & Cress	Y												✓					✓			✓									✓			
Smashed Avocado Open Sandwich	Y	Y													✓																		
Smoky Carrot and Falafel	Y	Y											✓					✓												✓			
The VLT	Y	Y											✓					✓															
Wraps & Flatbreads																																	
Curried Chickpea & Mango Wrap	Y	Y													✓			✓														✓	
Dukkah Spiced Squash & Feta Flatbread	Y																	✓				✓	✓	✓									
Falafel, Avocado & Chipotle Wrap	Y	Y													✓			✓														✓	
Vegan Hoisin Mushroom Wrap	Y	Y													✓			✓													✓		
Humous & Chipotle Wrap	Y	Y										✓				✓		✓															
Korean Style Mushroom & Avo Wrap	Y	Y													✓			✓													✓		
Mexican Avocado Flatbread	Y	Y																✓															
Pesto Bean & Herb Wrap	Y														✓			✓					✓									✓	✓
Sunshine 'N'Spice Wrap	Y	Y													✓			✓															
Vegan Chili Wrap	Y	Y													✓			✓		✓											✓	✓	
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Acai & Almond Butter Bowl	Y	Y		✓										✓																		
Avo & Mushroom Breakfast Baguette	Y	Y															✓															
Bircher Muesli	Y										✓			✓									✓									
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y															✓													✓		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Y	Y															✓													✓		
Cashew and Cocoa Pot	Y	Y				✓					✓			✓																		
Cheese Twist	Y																✓			✓		✓		✓								
Cinnamon Danish	Y																✓			✓		✓		✓								
Coconut & Quinoa Porridge	Y	Y												✓																		
Coconut Porridge	Y	Y												✓																		
Five Berry Bowl	Y													✓										✓								
Five Berry Pot	Y																							✓								
Halloumi & Egg Breakfast Bean Box	Y																			✓			✓	✓	✓							
Mozzarella & Tomato Croissant	Y																✓			✓		✓										
Pain aux Raisin	Y																✓			✓		✓										
Pastel de Nata	Y																✓			✓		✓		✓								
Poached Egg & Beans Power Pot	Y																			✓												
Pomegranate & Honey Granola Bowl	Y													✓										✓								
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																													✓	
Porridge Topper - Seed & Fruit	Y	Y																														
Porridge Topping - Berry Compote	Y	Y																														
Porridge Topping - Honey	Y																															
Pret's Proper Porridge	Y														✓									✓								
Pret's Veggie Roll	Y															✓		✓			✓		✓									
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Y	Y									✓			✓																	✓	
Smoothie Bowl - Cocoa, Nuts & Berries	Y	Y		✓		✓				✓				✓																		
Smoothie Bowl - Mango & Banana Sunshine	Y	Y												✓																		
Spicy Egg Roll	Y															✓		✓		✓		✓										
Vegan Almond Croissant	Y	Y		✓													✓															
Vegan Chocolate Croissant	Y	Y															✓														✓	
Vegan Plain Croissant	Y	Y															✓															
Very Berry Croissant	Y	Y															✓															
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.																																

Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold 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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Apple Juice	Y	Y																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Y	Y		✓										✓																	
Breakfast Smoothie	Y													✓									✓								
Coke (all types)	Y	Y																													
Cranberry & Raspberry Pure Pret Still	Y	Y																													
Daily Greens	Y	Y																													
Easy Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pret Still	Y	Y																													
Pure Pret Green Tea Yoga Bunny	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																														
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice (both sizes)	Y																														
Pret Apple Fizz	Y	Y																													
Pret Cucumber & Mint Seltzer	Y	Y																													
Pret Ginger Beer	Y	Y																													
Pret Ginger Kombucha	Y	Y																													
Pret Grape & Elderflower	Y	Y																													
Pret Lime & Raspberry Seltzer	Y	Y																													
Pret Rhubarb Lemonade	Y	Y																													
Ready to Drink Black Coffee	Y	Y																													
Ready to Drink Latte	Y																							✓							
Ready to Drink Mocha	Y																							✓							
Roots & Fruits Juice	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																														
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.																															

Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit																														
			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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut			
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat							Cow	Goat	Sheep						
Apple	Y	Y																															
Banana	Y	Y																															
Fruit Salad	Y	Y																															
Mango & Lime	Y	Y																															
Melon & Blueberry	Y	Y																															
Superfruit	Y	Y																															
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.																																	

Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																														
			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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut		
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat							Cow	Goat	Sheep						
Coconut Curry Hot Box	Y	Y																															
Chilli Enchilada	Y	Y														✓		✓				✓								✓			
Falafel & Halloumi Hot Wrap	Y															✓		✓						✓	✓	✓							
Feta & Red Pepper Omelette	Y																					✓			✓	✓							
Garlic & Herb Swirl	Y																	✓				✓			✓	✓							
Meatless Meatball & Feta Hot Rice Bowl	Y																								✓	✓							
Meatless Meatball Hot Wrap	Y	Y														✓		✓								✓	✓						
Meatless Meatball Protein Pot	Y	Y																															
Vegan Mac n Greens	Y	Y																✓												✓			
Vegan Ragu & Red Pepper Hot Wrap	Y	Y														✓		✓			✓												
Spicy No'Duja & Tomato Macaroni	Y	Y																✓															
Falafel , Halloumi & Pickles Roll	Y															✓		✓						✓	✓	✓				✓			
Soup																																	
Red Thai Veg	Y	Y																													✓		
Souper Tomato	Y	Y																															
Black Bean Taco	Y	Y																													✓		
Barley & Rye Soup Roll	Y	Y										✓	✓			✓		✓															
Sunshine Dhal	Y	Y																															
Toasties & Focaccia																																	
Classic Cheese Toastie	Y												✓		✓	✓		✓			✓			✓						✓			
Mozzarella, Pesto & Roasted Tomatoes Focaccia	Y																	✓						✓								✓	
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.																																	

Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret At Home																												
			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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y													✓															✓	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓											✓														✓		
Pret at Home Classic Granola	Y	Y													✓																
Pret at Home Oat & Coconut Crunch Granola	Y	Y													✓																
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad																													
			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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Egg & Spinach Pot	Y																				✓											
Chickpea, Avo & Egg Bowl	Y										✓										✓											
Pette Grek Salad	Y																						✓									
Humous and Falafel Mezze	Y	Y									✓																					
Miso Aubergine Salad Bowl	Y										✓						✓				✓									✓		
Marinated Tofu Poke Bowl	Y	Y									✓																			✓		
Mexican Style Chipotle Chickpea Salad Bowl	Y																							✓							✓	
Pesto Pasta and Mozzarella Salad	Y																✓							✓							✓	✓
Sticky Korean Style Mushroom Salad	Y										✓										✓									✓		
Sticky Mushroom Salad Bowl	Y	Y															✓													✓		
Sweet Potato Falafel Mezze Salad	Y	Y									✓	✓																				
Dressings																																
Chilli & Lime Dressing	Y	Y																														
French Dressing	Y	Y																														
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.																																

Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																												
			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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Snacks																															
Almond Butter Protein Ball	Y	Y		✓																									✓		
Easy Peasy Almond Squeezy	Y	Y		✓																											
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Almond Butter Bites	Y			✓																									✓		
Cranberries in Coats	Y																						✓								
Salted Crunchy Corn	Y	Y																													
Dark Chocolate Salted Almonds	Y	Y		✓																									✓		
Mature Cheddar & Red Onion Crisps	Y																						✓								
Milliways Peppermint Chewing Gum	Y	Y																													
Fruit, Nuts & Chocolate	Y			✓																			✓						✓		
Pret A Mango	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Sea Salt Popcorn	Y	Y																													
Smoky Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
BBQ Popped Chickpea Chips	Y	Y																													
Fruit & Seed Bite	Y	Y																													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																													
			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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Sweet Treats																																
Almond Butter Bites	Y			✓												✓				✓			✓						✓			
Banana Cake	Y															✓				✓		✓							✓			
Blackforest Dessert Pot	Y															✓						✓							✓			
Caramel Waffle	Y															✓						✓							✓			
Carrot Cake	Y										✓					✓				✓		✓							✓			
Choc Bar	Y															✓						✓							✓			
Chocolate Orange Loaf Cake	Y															✓				✓		✓							✓			
Chocolate Brownie Bar	Y															✓					✓		✓						✓			
Chocolate Moose	Y																						✓						✓			
Chocolatey Coconut Bite	Y	Y																						✓					✓			
Dark Chocolate & Almond Butter Cookie	Y	Y		✓												✓																
Dark Chocolate Corn Cakes	Y																												✓			
Dark Chocolate with Sea Salt	Y																												✓			
Double Berry Muffin	Y															✓				✓		✓										
Espresso Mini Loaf Cake	Y															✓				✓		✓							✓			
Fruit Oat & Spelt Cookie	Y															✓		✓		✓			✓									
Hazelnut Truffles	Y	Y					✓																									
Lemon Cheesecake	Y															✓					✓		✓									
Love Bar	Y			✓							✓				✓								✓							✓		
Milk Chocolate Bar	Y																						✓							✓		
Popcorn Bar	Y																						✓							✓		
Pret Bar	Y														✓			✓					✓									
Pret's Nut Bar	Y			✓																										✓		
Pret's Gingerbread Biscuits (Annie & Godfrey)	Y															✓					✓											
Pret's Ultimate Vegan Brownie	Y	Y		✓												✓														✓		
Raspberry & Almond Bakewell Tart	Y			✓												✓				✓		✓										
Salted Caramel Dessert Pot	Y															✓						✓										
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Barista Prepared Drinks</div> <div>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.</div>																													
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya
Almond	Brazil Nut	Cashew					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep											
Coffee																																
Americano Black (add milk or milk alternative if White Americano)	Y	Y																														
Cappuccino Semi Skimmed milk	Y																						✓									
Cappuccino Skimmed milk	Y																						✓									
Cappuccino Soya (instead of milk)	Y	Y																												✓		
Cappuccino Rice 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 Semi Skimmed milk	Y																						✓									
Flat White Skimmed milk	Y																						✓									
Flat White Soya (instead of milk)	Y	Y																												✓		
Flat White Rice Coconut (instead of milk)	Y	Y																														
Flat White Oat (instead of milk)	Y	Y													✓																	
Latte Semi Skimmed milk	Y																						✓									
Latte Skimmed milk	Y																						✓									
Latte Soya (instead of milk)	Y	Y																												✓		
Latte Oat (instead of milk)	Y	Y													✓																	
Latte Rice 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							
Macchiato Semi Skimmed milk	Y																							✓										
Macchiato Skimmed milk	Y																							✓										
Macchiato Soya (instead of milk)	Y	Y																													✓			
Macchiato Oat (instead of milk)	Y	Y													✓																			
Macchiato Rice Coconut (instead of milk)	Y	Y																																
Mocha Semi Skimmed milk	Y																							✓										
Mocha Skimmed milk	Y																							✓										
Mocha Soya (instead of milk)	Y	Y																												✓				
Mocha Rice Coconut (instead of milk)	Y	Y																																
Mocha Oat (instead of milk)	Y	Y													✓																			
Chai Latte Semi Skimmed Milk	Y																							✓										
Chai Latte Skimmed Milk	Y																							✓										
Chai Latte Rice Coconut (instead of Milk)	Y	Y																																
Chai Latte Oat (instead of Milk)	Y	Y													✓																			
Chai Latte Soya (instead of Milk)	Y	Y																													✓			
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																																
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.																																		

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

Barista Prepared Drinks

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Frappés & Shakes																															
Classic Frappé Semi Skimmed milk	Y																							✓							
Classic Frappé Skimmed milk	Y																							✓							
Chocolate Frappé Semi Skimmed milk	Y																							✓							
Chocolate Frappé Skimmed milk	Y																							✓							
Mocha Frappé Semi Skimmed milk	Y																							✓							
Mocha Frappé Skimmed milk	Y																							✓							
Decaf Mocha Frappé Semi Skimmed milk	Y																							✓							
Decaf Mocha Frappé Skimmed milk	Y																							✓							
Caramel Shake Semi Skimmed milk	Y																							✓							
Caramel Shake Skimmed milk	Y																							✓							
Hazelnut Shake Semi Skimmed milk	Y																							✓							
Hazelnut Shake Skimmed milk	Y																							✓							
Vanilla Shake Semi Skimmed milk	Y																							✓							
Vanilla Shake Skimmed milk	Y																							✓							
Frappé Mix	Y																							✓							

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			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya
Almond	Brazil Nut	Cashew					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep											
Iced Drinks																																
Iced Latte Semi Skimmed Milk	Y																								✓							
Iced Latte Skimmed Milk	Y																								✓							
Iced Latte Soya (instead of milk)	Y	Y																												✓		
Iced Latte Rice Coconut (instead of milk)	Y	Y																														
Iced Latte Oat (instead of milk)	Y	Y													✓																	
Iced Chai Latte Semi Skimmed Milk	Y																								✓							
Iced Chai Latte Skimmed Milk	Y																								✓							
Iced Chai Latte Rice Coconut (instead of Milk)	Y	Y																														
Iced Chai Latte Oat (instead of Milk)	Y	Y													✓																	
Iced Chai Latte Soya (instead of Milk)	Y	Y																												✓		
Iced Mocha Semi Skimmed Milk	Y																								✓							
Iced Mocha Skimmed Milk	Y																								✓							
Iced Mocha Soya (instead of milk)	Y	Y																												✓		
Iced Mocha Rice Coconut (instead of milk)	Y	Y																														
Iced Mocha Oat (instead of milk)	Y	Y													✓																	
Iced White Americano Semi Skimmed Milk	Y																								✓							
Iced White Americano Skimmed Milk	Y																								✓							
Iced White Americano Oat (instead of milk)	Y	Y													✓																	
Iced White Americano Soya (instead of milk)	Y	Y																												✓		
Iced White Americano Rice Coconut (instead of milk)	Y	Y																														
Feelin' Peachy Cooler	Y	Y																														
Berry Bliss Cooler	Y	Y																														
Applejito Cooler	Y	Y																														
Rhuberry Breeze Cooler	Y	Y																														
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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			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat							Cow	Goat	Sheep						
Hot Chocolate																																	
Hot Chocolate Semi Skimmed Milk	Y																							✓									
Hot Chocolate Skimmed Milk	Y																							✓									
Hot Chocolate Soya (instead of milk)	Y	Y																													✓		
Hot Chocolate Rice 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 Skimmed	Y																							✓									
Hot Chocolate Hazelnut Soya	Y	Y																													✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																															
Hot Chocolate Hazelnut Oat	Y	Y													✓																		
Smoothies																																	
Berries and Cherries	Y	Y																															
Sweet Greens	Y	Y																															
Tropical Peach	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						
Syrups & Toppings																																	
All Syrups	Y	Y																															
Caramel Sauce	Y	Y																															
Whipped Cream	Y																							✓									
Milk shot																																	
Semi Skimmed	Y																							✓									
Skimmed	Y																							✓									
Soya (instead of milk)	Y	Y																												✓			
Rice 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																																	
Semi Skimmed milk cup	Y																							✓									
Skimmed milk cup	Y																							✓									
Soya (instead of milk) cup	Y	Y																												✓			
Rice Coconut (instead of milk) cup	Y	Y																															
Oat (instead of milk) cup	Y	Y													✓																		
Babyccino	Y																							✓									
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