Our Menu

Pret operates a bit like a restaurant. We build kitchens in (or very near) every shop and our ingredients get delivered early each morning.
You won't find 'sell-by' dates on our fresh sandwiches, salads or baguettes.









★ PRET A MANGER ★







Breakfast!

They say breakfast is the most important meal of the day, so we've created a delicious, varied menu for you to enjoy.

Egg & Bacon Brioche
Chicken Sausage & Egg Brioche
Pret's Soya Porridge (V)
Egg & Avocado Breakfast Bun (Y)
Smoked Salmon & Soft Cheese Breakfast Bun

Salad Wraps

Chicken Pesto Rocket
Chicken Caesar & Bacon
Hummus & Chipotle (V)
Halloumi (Y)



Granaries!

Just like our granary range, our baguettes are handmade and baked throughout the day. Made today, gone today — because fresher is always better.

Sandwiches

Chicken Avocado
Tuna Mayo
Mature Cheddar & Pickle (Y)
Cracking Egg Salad (Y)
Classic Super Club
Smoked Salmon
BLT
Veggie New Yorker (Y)
Turkey Ham Pickle & Cheese
Pret's Festive Lunch

Flatbreads

Chipotle Chicken & Avo
Mediterranean Halloumi & Zaatar
Mexican Avocado

Baguettes

Chicken Caesar & Bacon
Tuna Mayo & Cucumber
Posh Cheddar & Pickle (Y)
Chicken Salad
Smoked Salmon & Egg Mayo
Egg Mayo & Roasted Tomato (Y)
Spicy Tuna
★ Brie Cranberry

★ Soft Baguettes

Chipotle Chicken
Spicy Halloumi (Y)
Brie Cranberry
Chicken Caesar

Salads & Fruits!

Salads

Chef's Italian Chicken
Egg & Avo Protein Pot (Y)
Chicken Smashed Avocado
Chicken & Quinoa

Fruits (V)

Whole Fruit - Banana
Mango and Lime
Superfruit Salad

★ New (Y) Vegetarian (V) Vegan New Recipe Allergen Update

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Pret's Hot!

To keep our shelves stocked with oven-fresh, feel-good food, our Hot Chefs bake in small batches. Little and often. Straight from the oven. Hot off the shelves.



Hot Wraps

- Halloumi & Falafel (V)
- Chipotle Chicken
- Meatball Hot Wrap
- Chicken & Mushroom



Toasted Tortillas

Chipotle Chicken



Soups

(On rotation)

- Malaysian Chicken
- Carrot & Coriander (V)
- Tomato (Ve)
- Chicken Laksa
- Chickpeas & Barley Mixed Veg (Ve)
- Cauliflower, Cheddar, & Potato (V)
- Soup Bread

Hot Croissants

- Cheddar & Tomato (V)
- Zaatar & Halloumi (V)
- Turkey Ham & Cheese

Toasties

- Mozarella & Pesto (V)
- Classic Cheese (V)
- Tuna Melt Toastie
- Turkey Harissa Melt Toastie

Pastries! (V)

- Butter Croissant
- Almond Croissant
- ★ Chocolate Croissant
- Pain Au Raisin
- Zaatar Croissant
- Pastel De Nata
- Chocolate Cookie
- Oat Cookie
- ★ Mince Pie
- ★ Double Berry Muffin
- Mozzarella & Tomato - Savoury Croissant





Snacks & Treats!

Our menu of perfect in-between, just-before, just-after snacks. Ideal for sharing or enjoying on your own.

Yoghurt Bowls (V)

- Five Berry Yoghurt
- Berry Parfait
- Banana & Honey

Pret's Snacks

- Choc Bar (V)
- Love Bar (V)
- Chocolate Brownie Bar (V)
- Popcorn Bar (V)
- Pret Crisps
  - Sea Salt & Black Pepper (Ve)
  - Sea Salt & Cider Vinegar (Ve)
  - Cheese & Chives (Ve)



Desserts

- Lemon Cheesecake
- Chocolate Mousse

★ New (V) Vegetarian (Ve) Vegan New Recipe Allergen Update

Drinks!

Our coffee is 100% organic and always arabica. Our teas, milks and milk alternatives are all organic too.

Barista Prepared Drinks

available in 16oz

Organic Drinks



Americano Black
Americano White
Filter Black
Filter White
Matcha Latte
Spanish Latte
Latte
Espresso
Cappuccino
Mocha
Hot Chocolate
Macchiato
Flat White
White Chocolate Latte
★ Pumpkin Spice Latte
Milk (Rice Coconut Milk, Oat Milk, Soya Milk, Almond Milk)
Extra Shot
Cup of Milk

Hot Tea

Ceylon Breakfast
Earl Grey
Green
Peppermint
Hot Tea - Ginger & Lemon
Hot Tea - Chamomille
Hot Tea - Jasmine

Iced Drinks



Iced Latte
Iced Black Americano
Iced Black Filter
Iced Cappucciono
Iced Mocha
Iced Chocolate
Iced Matcha Latte
Iced Spanish Latte
Iced Strawberry Matcha Latte
Iced White Chocolate Latte
★ Iced Pumpkin Spice Latte

Iced Tea

Rasberry & Mint

Frappe

Classic
Salted Caramel
Matcha
Passion Fruit & Pineapple

Smoothies

Berries and Cherries
Tropical Mango
Mango & Ginger
Açaí & Berry



Syrups

Vanilla
Caramel
Hazelnut (nutfree)
Salted Caramel

Chilled Drinks

Cold Pressed Orange Juice
Cold Pressed Pomegranate Juice
Pineapple Powwow
Root Reboot
Essential Green
Sunny Dayz
Ginger Shot
Turmeric Shot
San Pellegrino 500ml
Aqua Panna Small
Aqua Panna Large
Coke
Coke Zero
Sprite
Coconut Water
Arwa 500ml
Prebiotic Soda Ginger Lemon
Prebiotic Soda Strawberry Vanilla
Prebiotic Soda Pomegranate Hibiscus
Prebiotic Soda Tangerine

★ New Vegetarian Vegan New Recipe Allergen Update

Pret Catering

Our platters are designed for sharing and are ideal for meetings or large gatherings.

Breakfast Platters

- Breakfast Brioche
- Breakfast Baguette Selection
- Yoghurt Selection
- Breakfast Bun Platter
- Mini Yoghurt Selection
- Breakfast Sandwich Platter

Salad Platters

- Chef's Italian Chicken
- Avocado & Mozzarella
- Chicken & Quinoa
- Hummus & Chickpea (source of protein)
- Salmon & Avocado
- Mozzarella & Quinoa

Kids Sandwich Platters

- Cheese Triangles
- Chicken Triangles
- Egg Triangles
- Mix Triangles

Arabic Platters

- Arabic Mezze Platter
- Arabic Snack Box

Sandwich Platters

- Chicken Supreme
- Veggie Lover Mixed
- Vegeterian Selection
- Baguette Selection
- Meat Baguette
- Best of Pret
- All Time Classic
- Wrap Selection
- Chicken Wrap Selection
- Veggie Salad Wrap Selection
- Pret's Festive Lunch
- ★ Soft Baguette Platter

Pastry Platters

- Mini Lattice Selection
- Mini Cherry Lattice
- Mini Apple Lattice
- Mini Strawberry Lattice
- Mini Mango Lattice
- Sweet Pastry Selection Box
- Large Cookie Platter
- Small Cookie Box
- ★ Mince Pie
- ★ Berry Muffin Box

Snacks & Sweets

- Pret Bar Platter
- Love Bar Bag
- Crisps Selection

Drinks

- Coffee Box
- Tea Box
- Prebiotic Soda Ginger Lemon Box
- Prebiotic Soda Strawberry Vanilla Box
- Prebiotic Soda Pomegranate Hibiscus Box
- Prebiotic Soda Tangerine Box
- Pret - Orange Juice
- Pret - Pomegranate Juice
- Pret - Pineapple Powwow
- Pret - Root Reboot
- Pret - Essential Green
- Pret - Sunny Dayz

Pret Hampers

- Picnic Basket (good for 2)
- Gifting Basket (good for sharing)



★ New Vegetarian Vegan New Recipe Allergen Update

Allergies?

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. Our Allergen Guide contains a list of all the products we sell in our shops.
You will also find the declarable allergens listed on the product shelf tickets in our shops. If you need to know more, please get in touch with our Customer Service team who will be happy to help.

Please refer to our "Allergen Guide" for allergen information & "Nutritional Guide" for nutritional information.

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