

# Pret's Allergen Guide



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

# 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](http://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



# Baguettes & Sandwiches

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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									
<b>Baguettes</b>																																		
Artichoke Antipasti Baguette	Y	Y									✓					✓																		
Artichoke, Tapenade & Olive	Y	Y									✓					✓																		
Herby Avo & Red Pepper Baguette	Y	Y									✓					✓																		
Avo, Olives & Toms	Y	Y									✓					✓																	✓	
Brie, Tomato & Basil	Y															✓							✓											
Chicken Caesar & Bacon											✓					✓				✓	✓	✓												
Chicken Salad Baguette											✓					✓				✓	✓	✓												
Smoked Salmon, Egg Mayo & Avo											✓					✓				✓	✓	✓												
Italian Prosciutto											✓					✓				✓	✓	✓												
Mexican Style Avo & Pepper	Y	Y									✓					✓																		
Posh Cheddar & Pickle	Y										✓					✓				✓	✓	✓												
Free Range Egg Mayo & Smoked Salmon											✓					✓				✓	✓	✓												
Mozzarella, Roasted Pepper & Pesto Baguette	Y										✓					✓				✓	✓	✓												✓
Spicy Tuna																✓				✓	✓	✓												
Sweet Chilli Chicken Baguette											✓					✓				✓	✓	✓												
Tuna Mayo & Cucumber																✓				✓	✓	✓												
Tuna Nicoise											✓					✓				✓	✓	✓												
Wiltshire-Cured Ham & Greve																✓				✓	✓	✓												
<b>Sandwiches</b>																																		
BLT																✓				✓	✓	✓												
Chicken, Avocado & Basil																✓				✓	✓	✓												
Chicken & Pork Stuffing																✓				✓	✓	✓												✓
Chicken Salad																✓				✓	✓	✓												
Classic Super Club																✓				✓	✓	✓												
Crayfish & Rocket																✓				✓	✓	✓												
Free-Range Egg Mayo	Y															✓				✓	✓	✓												
Ham & Cheese																✓				✓	✓	✓												
Humous & Veg	Y	Y									✓					✓				✓	✓	✓												
Kids' Cheese Triangles	Y															✓				✓	✓	✓												
Kids' Chicken & Cucumber Triangles																✓				✓	✓	✓												
Kids' Ham Triangles																✓				✓	✓	✓												
Mature Cheddar & Pickle	Y															✓				✓	✓	✓												
Scottish Smoked Salmon																✓				✓	✓	✓												
Super Greens & Reds	Y	Y														✓				✓	✓	✓												
Tuna Mayo & Cucumber																✓				✓	✓	✓												

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# Rolls & Wraps

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep										
<b>Rolls</b>																																			
Egg, Mustard & Tomato Rye Roll	Y											✓			✓		✓			✓															
Jambon Buerre																	✓						✓												
Mediterranean Style Tuna Rye Roll												✓			✓		✓																		
New Yorker Rye Roll												✓			✓		✓										✓								
Scandi Style Salmon												✓			✓		✓			✓	✓						✓					✓			
Veggie Deli Rye Roll	Y											✓			✓		✓			✓								✓							
<b>Wraps</b>																																			
Avo & Herb Wrap	Y														✓		✓			✓		✓												✓	
Chicken Pesto Wrap															✓		✓			✓		✓													✓
Chicken Satay Wrap															✓		✓			✓															
Falafel, Avocado & Chipotle Salad Wrap	Y	Y													✓		✓																		✓
Hoisin Duck Salad Wrap															✓		✓			✓															
Humous & Chipotle Wrap	Y	Y										✓			✓		✓																		
<b>Flatbreads</b>																																			
Chicken Shawarma Flatbread												✓					✓																		
Falafel, Avo & Chipotle Flatbread	Y	Y															✓																		✓
Mediterranean Tuna Flatbread																	✓			✓	✓														

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# Breakfast

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				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 Breakfast Roll																			✓		✓																			
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																			✓																				
Breakfast Baguette Free-Range Egg Mayo & Bacon																					✓																			
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																				✓																			
Breakfast Baguette Salmon & Egg Mayo																					✓	✓																		
Butter Croissant	Y																				✓																			
Cheese Twist	Y																				✓																			
Chocolate Croissant	Y																				✓																			
Cinnamon Danish	Y																				✓																			
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 - Cranberry & Seeds	Y	Y																																						
Porridge Topper - Seed & Fruit	Y	Y																																						
Porridge Topping - Five Berry Compote	Y	Y																																						
Porridge Topping - Honey	Y																																							
Pret's Bacon Breakfast Roll																																								
Pret's Proper Porridge	Y																																							
Pret's Veggie Breakfast Roll	Y																				✓																			
Sausage & Egg Breakfast Roll																					✓																			
Very Berry Croissant	Y	Y																																						

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# Cold 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														
				Apple Juice	Y	Y																																	
Coke (all types)	Y	Y																																					
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																																					
Easy Greens	Y	Y																																					
Ginger Shot	Y	Y																																					
Green Tea & Peach Pret Still	Y	Y																																					
Hot Shot	Y	Y																																					
Lemon & Ginger Pret Still	Y	Y																																					
Mango Smoothie	Y																																						
Mango, Passion Fruit & Lime Pret Still	Y	Y																																					
Orange Juice	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																																					
Raspberry, Dragonfruit & Yuzu Juice	Y	Y																																					
Reusable Aluminium Water Bottle	Y	Y																																					
Sparkling Spring Water	Y	Y																																					
Still Water 500ml	Y	Y																																					
Still Water 750ml	Y	Y																																					
Vitamin Volcano	Y	Y																																					

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# Fruit & Pots

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
<b>Fruit</b>																																					
Apple	Y	Y																																			
Banana	Y	Y																																			
Easy Peeler	Y	Y																																			
Fruit Salad	Y	Y																																			
Mango & Lime	Y	Y																																			
Melon & Blueberry	Y	Y																																			
Seasons Sweetest Pineapple	Y	Y																																			
Superfruit Salad	Y	Y																																			
Watermelon & Lime	Y	Y																																			
<b>Pots</b>																																					
Acai & Almond Butter Bowl	Y	Y		✓										✓																							
Banana, Honey & Yogurt Pot	Y																																				
Bircher Muesli	Y													✓																							
Yogurt & Five Berry Pot	Y													✓																							
Five Berry Bowl	Y													✓																							
Kids' Mango & Banana Yogurt Pot	Y																																				
Mango & Banana Sunshine Bowl	Y	Y												✓																							
Pret's Rice Pudding	Y																																				
The Big Apple Bowl	Y													✓																							

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<b>Contents Key:</b> ✓ (Product Contains) Y (Suitable For)	<h1 style="margin: 0;">Pret's Hot</h1> <p style="margin: 10px 0 0 0;">We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.</p>
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
Chicken & Pork Stuffing Hot Baguette											✓						✓			✓			✓											✓		
Chipotle Chicken Mozzarella & Feta Hot Baguette											✓						✓								✓		✓									
Falafel & Halloumi Hot Wrap	Y														✓		✓						✓		✓		✓									
Garlic & Herb Swirl	Y																✓						✓													
Italian Style Chicken & Basil Hot Wrap																✓		✓								✓										
Kale Macaroni Cheese	Y																✓								✓											
Macaroni Cheese Prosciutto																	✓								✓											
Meatless Meatball Hot Wrap	Y	Y														✓		✓																		
Prosciutto & Mozzarella Hot Baguette												✓					✓								✓											
Pret's Sausage Roll																	✓						✓			✓										
Swedish Meatball Hot Wrap																✓		✓								✓										
Tomato, Red Pepper & Mozzarella Hot Baguette	Y											✓					✓								✓											
Tuna Melt Hot Baguette												✓					✓						✓		✓		✓									
Toasties																																				
Chicken & Prosciutto Toastie																✓									✓											
Classic Cheese Toastie																✓								✓												
Creamy Mushroom Toastie																✓									✓											
Halloumi, Red Pepper & Basil Toastie																✓									✓		✓		✓							
Ham & Cheese Toastie																✓								✓			✓									
Kid's Pizza Toastie																	✓								✓											
Tuna Melt Toastie																✓								✓		✓		✓								

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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep															
<b>Soup</b>																																				
Buttermut Masala Soup	Y	Y																																		
Chicken Laksa																																				
Lasagne Soup																																				
Souper Tomato	Y	Y																																		
Spicy Lemongrass Chicken Broth																																				
Sunshine Dhal	Y	Y																																		
Soup Baguette with Butter	Y																																			
Soup Roll with Butter	Y																																			
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# Salads

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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																					✓	✓	✓												
Chargrilled Pepper & Feta Pasta Salad	Y																																	✓	
Chicken & Avo Protein Bowl																						✓												✓	
Chicken Satay Salad																																		✓	
Egg & Spinach Protein Pot	Y																					✓													
Humous & Falafel Mezze	Y	Y																																	
Kids' Humous & Cucumber Bowl	Y	Y																																	
Pesto, Pasta & Mozzarella	Y																																	✓	✓
Petite Super Club Salad																						✓	✓	✓										✓	✓
Petite Crayfish & Avo Salad																																			
Petite Green Goddess Salad	Y																																	✓	
Salmon & Mango Salad																																		✓	✓
Smoked Salmon Protein Bowl																						✓	✓											✓	
Smoked Salmon & Egg Protein Pot																						✓	✓												
Tuna Nicoise Salad																						✓	✓												
<b>Dressing</b>																																			
Green Dressing	Y	Y																																✓	
Balsamic Dressing	Y	Y																																	✓
Chilli & Lime Dressing	Y	Y																																	
French Dressing	Y	Y																																	

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# Snacks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep															
				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		✓																																		✓		
Fruit & Seed Bite	Y	Y																																						
Fruit, Nuts & Chocolate	Y			✓																		✓																✓		
Mature Cheddar & Red Onion Crisps	Y																					✓																		
Milk Chocolate Bar	Y																					✓																✓		
Salted Caramel Dessert Pot	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																																						
Smoky Sweet Crunch Mix	Y					✓																																	✓	

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# 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	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 Butter Bite	Y			✓																																			✓					
Banana Fridge cake	Y																																									✓		
Caramel Waffle	Y																																									✓		
Carrot Cake	Y																																									✓		
Choc Bar	Y																																									✓		
Chocolate Brownie Bar	Y																																									✓		
Chocolate Chunk Cookie	Y																																									✓		
Chocolate Moose Dessert Pot	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																																										✓	
Fruit, Oat & Spelt Cookie	Y																																									✓		
Hazelnut Truffles	Y	Y					✓																																					✓
Lemon Cake	Y			✓																																								✓
Lemon Cheesecake	Y																																											✓
Love Bar	Y			✓																																								✓
Nut Bar	Y	Y		✓																																								✓
Peach & Almond Bakewell	Y			✓																																								✓
Popcorn Bar	Y																																											✓
Pret's Caramel Shortbread	Y																																											✓
Pret's Gingerbread Biscuit (Annie & Godfrey)	Y																																											✓
Pret Bar	Y																																											✓
Pret's Coffee Caramel Slice	Y																																											✓
Raspberry & White Chocolate Cookie	Y																																											✓
Raspberry Cheesecake Brownie	Y																																											✓
Scone with Jam, Butter & Clotted Cream	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	Y	Y																																	
Americano Semi Skimmed milk	Y																																		✓
Americano Skimmed milk	Y																																		✓
Americano Soya (instead of milk)	Y	Y																																	✓
Americano Coconut (instead of milk)	Y	Y																																	
Americano Oat (instead of milk)	Y	Y																																	✓
Cappuccino Semi Skimmed milk	Y																																		✓
Cappuccino Skimmed 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 Semi Skimmed milk	Y																																		✓
Flat White Skimmed 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 Semi Skimmed milk	Y																																		✓
Latte Skimmed milk	Y																																		✓
Latte Soya (instead of milk)	Y	Y																																	✓
Latte Oat (instead of milk)	Y	Y																																	✓
Latte 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 Mocha Semi Skimmed Milk	Y																					✓																
Iced Mocha Skimmed 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 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 Coconut (instead of milk)	Y	Y																																				
Pret Coolers																																						
Applejito	Y	Y																																				
Feelin' Peachy	Y	Y																																				
Mango Sunrise	Y	Y																																				
Raspberry Lemonade	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 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 (instead of milk)	Y	Y																																				
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																																				

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				Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y																✓																	
Syrups & Toppings																																							
All Syrups	Y	Y																																					
Whipped Cream	Y																																						
Milk shot																																							
Semi Skimmed	Y																																						
Skimmed	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																																							
Semi Skimmed milk cup	Y																																						
Skimmed 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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