

Pret's Allergen Guide

Ireland & Northern Ireland Pret Shops

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 or egg allergies.

Introduction

Here you'll find a list of all Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

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, recipes can differ shop to shop.

Where a product contains "**Cereals containing Gluten**" or "**Nuts**", you will find a specific ingredient listed, for example "**Wheat**" or "**Cashews**".

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In line with recommendations from The Vegan Society, we are using the term "**Vegan-friendly**" to label products that are made to a vegan recipe, but may not be made in dedicated vegan sites. In these sites we have as many steps as possible to reduce the risk of cross-contact.

For delivery orders:

We cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Pret orders or orders from other businesses along with your Pret order.

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

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

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

If you have any trouble finding what you are looking for **please ask the Manager**, they will be more than happy to help.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at www.pret.ie or contact our Customer Service Team on **0207 827 8801**.

This allergen guide only covers food and drink sold in our Ireland & Northern Ireland Pret Shops.

Baguettes & Sandwiches

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

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Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites						
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
Baguettes																																				
Avo, Olives & Toms	Y	Y										✓																								
Avocado, Bacon & Tomato Baguette												✓								✓	✓	✓														
Bacon & Egg Mayo Baguette																				✓																
Beef & Horseradish Baguette												✓								✓		✓									✓		✓			
BLT Baguette												✓								✓																
Chicken Caesar & Bacon												✓								✓	✓	✓														
Chicken and Stuffing Baguette												✓								✓															✓	
Chipotle Chicken & Feta Baguette												✓																								
Ham & Emmental																				✓		✓											✓			
Italian Prosciutto Baguette												✓								✓		✓														
Pole & Line Caught Tuna Mayo & Cucumber Baguette												✓								✓	✓															
Posh Cheddar & Pickle Baguette	Y											✓								✓		✓														
Pret's Satay Chicken & Pickled Slaw Baguette													✓							✓															✓	
Smoked Salmon & Cream Cheese Baguette												✓									✓	✓														
Thai Style Chicken Baguette												✓										✓													✓	
The Med Chicken Baguette												✓								✓		✓	✓													
Sandwiches																																				
Beef & Horseradish													✓							✓		✓												✓	✓	
Chicken, Avocado & Basil													✓							✓		✓														
Chicken Salad													✓							✓		✓														
Classic Super Club													✓							✓																
Egg Florentine	Y												✓							✓		✓														
Ham & Cheese													✓									✓														
Humous & Veg	Y	Y										✓	✓																							

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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										
Wraps & Flatbreads																																			
Avo & Herb Salad Wrap	Y																																		
Avocado & Chipotle Chicken Flatbread																																			
Chicken Caesar & Roasted Pistachio Flatbread																																			
Chipotle Chicken & Feta Wrap																																			
Chicken Pesto & Rocket Wrap																																			
Hoisin Duck Salad Wrap																																			
Italian Style Pesto Chicken Flatbread																																			
Mediterranean Style Tuna Flatbread																																			
Mexican Style Falafel & Avo Flatbread	Y	Y																																	
Middle Eastern Style Chicken Flatbread																																			
Pre's Chicken Satay & Slaw Wrap																																			
Rolls																																			
Salt Beef Rye Roll																																			
Scandi Salmon Rye Roll																																			
Spicy Chicken Rye Roll																																			

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Pret's Hot

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep							
Chipotle Chicken, Mozzarella & Feta Hot Baguette										✓												✓	✓	✓													
Chipotle Mozzarella Hot Baguette	Y									✓													✓														
Falafel & Halloumi Hot Wrap	Y																						✓	✓	✓												
Feta & Red Pepper Frittata	Y																			✓			✓	✓	✓												
Italian Style Chicken Hot Wrap																							✓														
Pret's Meatball Hot Wrap																							✓														
Mozzarella, Pepper & Tomato Hot Baguette	Y									✓													✓														
Spicy Chicken Hot Wrap																							✓														
Prosciutto & Mozzarella Hot Baguette										✓													✓														
Toasties																																					
Classic Cheese Bloomer Toastie																							✓														
Ham, Cheddar & Mustard Bloomer Toastie																							✓														
Mediterranean Style Chicken Bloomer Toastie																							✓														
Mozzarella & Pesto Bloomer Toastie																							✓														
Tuna & Emmental Bloomer Toastie																							✓	✓	✓												
Soup																																					
Barley & Rye Roll Soup Bread	Y	Y																																			
Butternut Masala Soup	Y	Y																																			
Lentil & Bacon Soup																																					
Mushroom Risotto Soup	Y	Y																																			
Rich Garam Masala Lentil Soup	Y	Y																																			
Small Tomato Soup Cup	Y	Y																																			
Souper Tomato	Y	Y																																			
Soup Baguette	Y	Y																																			
Thai Chicken Curry Soup																																					

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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												
Chilli, Bean & Seed Tortilla Chips	Y	Y																																			
Cranberries in Coats	Y																																				
Dark Chocolate Salted Almonds	Y	Y		✓																																	
Mature Cheddar & Red Onion Crisps	Y																																				
Fruit, Nuts & Chocolate	Y			✓																																	
Pret A Mango	Y	Y																																			
Sea Salt Popcorn	Y	Y																																			
Sea Salt & Cider Vinegar Crisps	Y	Y																																			
Sea Salt Crisps	Y	Y																																			
Smoked Chipotle Crisps	Y	Y																																			
Sweet & Salt Popcorn	Y	Y																																			

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Barista Prepared Drinks

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Product	Vegetarian	Vegan Friendly	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites				
			Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep			
Coffee																																	
Americano Black	Y	Y																															
Americano Low Fat milk	Y																																
Americano Coconut (instead of milk)	Y	Y																															
Americano Oat (instead of milk)	Y	Y												✓																			
Americano Soya (instead of milk)	Y	Y																															
Cappuccino Low Fat milk	Y																																
Cappuccino Coconut (instead of milk)	Y	Y																															
Cappuccino Oat (instead of milk)	Y	Y												✓																			
Cappuccino Soya (instead of milk)	Y	Y																															
Espresso	Y	Y																															
Filter - Black Coffee (add milk or milk alternative if White Filter)	Y	Y																															
Flat White Low Fat milk	Y																																
Flat White Coconut (instead of milk)	Y	Y																															
Flat White Oat (instead of milk)	Y	Y												✓																			
Flat White Soya (instead of milk)	Y	Y																															
Latte Low Fat milk	Y																																
Latte Coconut (instead of milk)	Y	Y																															
Latte Oat (instead of milk)	Y	Y												✓																			
Latte Soya (instead of milk)	Y	Y																															
Macchiato Low Fat milk	Y																																
Macchiato Coconut (instead of milk)	Y	Y																															
Macchiato Oat (instead of milk)	Y	Y												✓																			
Macchiato Soya (instead of milk)	Y	Y																															

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