

# 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 or egg allergies

Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓			
Ham & Greve Baguette				✓	✓		WHEAT	✓			✓						
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓	✓					
Prosciutto & Rocket Baguette			✓	✓			WHEAT	✓			✓						
Posh Prosciutto Hot Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY										
Teriyaki Chicken Hot Baguette				✓			WHEAT, BARLEY	✓									
Smoked Salmon, Soft Cheese & Dill Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY									✓	
Smoked Salmon & Egg Mayo					✓		WHEAT	✓			✓					✓	
Prosciutto Baguette			✓	✓	✓		WHEAT, RYE, OAT	✓			✓						
Egg Salad and Cucumber	✓			✓	✓		WHEAT	✓			✓						
Grilled Teriyaki Chicken Ciabatta				✓			WHEAT	✓			✓	✓					
Ham & Cheese Panini				✓			WHEAT										

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Pots / bowls	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			Banana & Honey Muesli	✓			✗										
Bircher Muesli	✓			✗													PISTACHIO
Cranberry Yoghurt Bowl	✓			✗													
Coconut Chia Seed Bowl	✓	✓															ALMOND
Five Berry Bowl	✓			✗													
Mango Yoghurt Bowl	✓			✗													
Mango & Banana Sunshine Bowl	✓	✓															ALMOND
Orange Creamsicle Chia Seed Bowl	✓			✗													ALMOND
Red Dragon Fruit Sunshine Breakfast Bowl	✓	✓															ALMOND
Blue Goodness	✓			✗													
Mango Coconut Chia Seed Bowl	✓	✓															ALMOND
Guava Coconut Chia Seed Bowl	✓	✓															ALMOND

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Pret's Hot		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			All Day Breakfast Hot Wrap				✓	✓		WHEAT, RYE	✓			✓		
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE	✓			✓					
Italian Style Chicken & Basil Hot Wrap				✓			WHEAT, RYE									
Spicy Mediterranean Hot Wrap	✓			✓			WHEAT, RYE	✓			✓					
Ham and Greve Hot Croissant				✓	✓		WHEAT									
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT									
Bacon, Cheese and Tomato Hot Croissant				✓	✓		WHEAT									
Bacon, Egg and Cheese Brioche Toast				✓	✓		WHEAT	✓			✓					
Teriyaki Chicken Brioche Toast				✓	✓		WHEAT, BARLEY	✓			✓					
All Day Breakfast Ciabatta				✓	✓		WHEAT	✓			✓					
Chipotle Mozzarella Ciabatta	✓			✓			WHEAT	✓			✓					

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Toasties		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Brie, Avocado & Tomato Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY						
Brie, Caramelised Onion Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY									
Classic Cheese Toastie	✓			✓	✓		WHEAT, OAT, RYE, BARLEY	✓			✓					
Ham, Cheese & Mustard Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY	✓			✓					

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Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Chicken Avocado Granary				✓	✓		WHEAT, BARLEY	✓			✓		
Classic Super Club Granary					✓		WHEAT, BARLEY	✓			✓					
Cracking Egg Salad Granary (slim/whole portion)	✓				✓		WHEAT, BARLEY	✓			✓					
Ham & Cheese Granary (slim/whole portion)				✓			WHEAT, BARLEY									
Mature Cheddar Granary (slim/whole portion)	✓			✓	✓		WHEAT, BARLEY	✓			✓	✓				
Smoked Trout & Soft Cheese Granary				✓			WHEAT, BARLEY								✓	
Ham & Cheddar Granary					✓		WHEAT, BARLEY	✓			✓					
Duo Delight Meaty Sandwich				✓	✓		WHEAT, BARLEY				✓					
Duo Delight Veggie Sandwich				✓	✓		WHEAT, BARLEY	✓			✓					
Chicken Salad					✓		WHEAT, BARLEY	✓			✓					

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Salad wraps		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			Avocado & Herb Salad Wrap	✓			✘	✘		<b>WHEAT, RYE</b>	✘			✘			
Chicken & Rocket Salad Wrap				✘	✘		<b>WHEAT, RYE</b>	✘			✘						

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Salads		Suitable for		Contains these allergens												
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			Egg & Spinach Protein Pot	✓				✓								
Smoked Trout & Spinach Protein Pot					✓										✓	
Chicken Edamame Protein Pot				✓	✓		BARLEY	✓			✓	✓			✓	
Chef's Chicken Salad				✓	✓		WHEAT, BARLEY	✓			✓				✓	PISTACHIO

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Fruits		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Super Fruit	✔	✔											

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Pastries		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Croissant Almond	✓			✓	✓		WHEAT						
Croissant Chocolate	✓			✓	✓		WHEAT	✓								
Plain Croissant	✓			✓	✓		WHEAT									
Very Berry Croissant	✓	✓					WHEAT									
Pain au Raisin	✓			✓	✓		WHEAT									
Cinnamon Filled Swirl	✓			✓	✓		WHEAT									
Chocolate Chunk Cookie	✓			✓			WHEAT									
Muffin Blueberry	✓			✓	✓		WHEAT									
Muffin Chocolate	✓			✓	✓		WHEAT	✓								HAZELNUT
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT									
Mediterranean Veggie Basket	✓			✓	✓		WHEAT									

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Pret's snacks	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Pret A Mango	✓	✓														
Choc Bar	✓			✗			WHEAT	✓								
Popcorn bar	✓			✗				✓								
Love Bar	✓			✗			OATS	✓								PISTACHIO, ALMONDS
Chocolate Brownie Bar	✓			✗	✗		WHEAT	✓								
Dark Chocolate Almonds Snack	✓	✓						✓								ALMONDS
Tyrrells Mature Cheddar & Chives Crisps	✓			✗												
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓															
Tyrrells Lightly Sea Salted Crisps	✓															
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY									

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Chilled Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Coconut Water	✓	✓											
Juice - Fresh Lemon & Mint	✓	✓														
Juice - Orange	✓	✓														
Juice - Radiance	✓	✓								✓						
Juice - Ultra Boost	✓	✓														
Still Water	✓	✓														
Vittel Water	✓	✓														
Perrier Sparkling Water	✓	✓														
Coke (All types)	✓	✓														
Tiger Beer	✓	✓					BARLEY									
Heineken Beer	✓	✓					BARLEY									
Chang Beer	✓	✓					BARLEY									
Blueberry Lemonade Cooler	✓	✓														

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Barista Prepared Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			<b>Coffee</b>													
Americano Black	✓	✓														
Americano White Milk	✓			▼												
Americano White Rice Coconut	✓	✓														
Americano White Soya	✓	✓						▼								
Americano White Oat	✓	✓														
Americano White Almond	✓	✓														ALMOND
Cappuccino Milk	✓			▼												
Cappuccino Rice Coconut	✓	✓														
Cappuccino Soya	✓	✓						▼								
Cappuccino Oat	✓	✓														
Cappuccino Almond	✓	✓														ALMOND
Decaf Latte Milk	✓			▼												
Decaf Latte Rice Coconut	✓	✓														
Decaf Latte Soya	✓	✓						▼								
Decaf Latte Oat	✓	✓														
Decaf Latte Almond	✓	✓														ALMOND
Espresso	✓	✓														
Filter - Black Coffee	✓	✓														
Filter - White Coffee Milk	✓			▼												
Filter - White Coffee Rice Coconut	✓	✓														
Filter - White Coffee Soya	✓	✓						▼								
Filter - White Coffee Oat	✓	✓														
Filter - White Coffee Almond	✓	✓														ALMOND
Flat White Milk	✓			▼												
Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓						▼								
Flat White Oat	✓	✓														
Flat White Almond	✓	✓														ALMOND
Latte Milk	✓			▼												
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓						▼								
Latte Oat	✓	✓														
Latte Almond	✓	✓														ALMOND
Macchiato Milk	✓			▼												
Macchiato Rice Coconut	✓	✓														
Macchiato Soya	✓	✓						▼								
Macchiato Oat	✓	✓														
Macchiato Almond	✓	✓														ALMOND
Mocha Milk	✓			▼												
Mocha Rice Coconut	✓	✓														
Mocha Soya	✓	✓						▼								

Barista Prepared Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			<b>Coffee</b>													
Mocha Oat	✓	✓														
Mocha Almond	✓	✓														ALMOND
<b>Milk Cup</b>																
Babyccino	✓			✓												
Milk Whole	✓			✓												
Milk Semi-Skimmed	✓			✓												
Rice Coconut	✓	✓														
Soya	✓	✓						✓								
Oat	✓	✓														
Almond	✓	✓														ALMOND
<b>Syrups</b>																
Syrup Shot - Caramel	✓	✓														
Syrup Shot - Hazelnut	✓	✓														HAZELNUT
Syrup Shot - Vanilla	✓	✓														
<b>Tea</b>																
English Breakfast Tea Milk	✓			✓												
English Breakfast Tea Rice-Coconut	✓	✓														
English Breakfast Tea Soya	✓	✓												✓		
English Breakfast Tea Oat	✓	✓														
English Breakfast Tea Almond	✓	✓														ALMOND
Earl Grey Tea Milk	✓			✓												
Earl Grey Tea Rice-Coconut	✓	✓														
Earl Grey Tea Soya	✓	✓												✓		
Earl Grey Tea Oat	✓	✓														
Earl Grey Tea Almond	✓	✓														ALMOND
Green Tea	✓	✓														
Peppermint Tea	✓	✓														

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Barista Prepared Drinks		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			<b>Over Ice &amp; Frappes</b>														
Iced Americano Black	✓	✓															
Iced Americano White Milk	✓			▼													
Iced Americano White Rice Coconut	✓	✓															
Iced Americano White Soya	✓	✓						▼									
Iced Americano White Oat	✓	✓															
Iced Americano White Almond	✓	✓														ALMOND	
Iced Cappuccino Milk	✓			▼													
Iced Cappuccino Rice Coconut	✓	✓															
Iced Cappuccino Soya	✓	✓						▼									
Iced Cappuccino Oat	✓	✓															
Iced Caramel Latte Rice Coconut	✓	✓															
Iced Caramel Latte Soya	✓	✓						▼									
Iced Caramel Latte Oat	✓	✓															
Iced Caramel Latte Almond	✓	✓														ALMOND	
Iced Chocolate Milk	✓			▼													
Iced Chocolate Rice Coconut	✓	✓															
Iced Chocolate Soya	✓	✓						▼									
Iced Chocolate Oat	✓	✓															
Iced Chocolate Almond	✓	✓														ALMOND	
Iced Filter Coffee Black	✓	✓															
Iced Filter Coffee White Milk	✓			▼													
Iced Filter Coffee White Rice Coconut	✓	✓															
Iced Filter Coffee White Soya	✓	✓						▼									
Iced Filter Coffee White Oat	✓	✓															
Iced Filter Coffee White Almond	✓	✓														ALMOND	
Iced Hazelnut Latte Milk	✓			▼												HAZELNUT	
Iced Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT	
Iced Hazelnut Latte Soya	✓	✓						▼								HAZELNUT	
Iced Hazelnut Latte Oat	✓	✓														HAZELNUT	
Iced Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND	
Iced Latte Milk	✓			▼													
Iced Latte Rice Coconut	✓	✓															
Iced Latte Soya	✓	✓						▼									
Iced Latte Oat	✓	✓															
Iced Latte Almond	✓	✓														ALMOND	
Iced Mocha Milk	✓			▼													
Iced Mocha Rice Coconut	✓	✓															
Iced Mocha Soya	✓	✓						▼									
Iced Mocha Oat	✓	✓															
Iced Mocha Almond	✓	✓														ALMOND	
Iced Mango Matcha Latte	✓			▼													

\*BPD-overice & frappes

Barista Prepared Drinks		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts

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			<b>Flavoured Latte &amp; chocolate</b>													
Chai Latte Milk	✓			✗												
Chai Latte Rice Coconut	✓	✓														
Chai Latte Soya	✓	✓						✗								
Chai Latte Oat	✓	✓														
Chai Latte Almond	✓	✓														ALMOND
Caramel Latte Milk	✓			✗												
Caramel Latte Rice Coconut	✓	✓														
Caramel Latte Soya	✓	✓						✗								
Caramel Latte Oat	✓	✓														
Caramel Latte Almond	✓	✓														ALMOND
Hazelnut Latte Milk	✓			✗												HAZELNUT
Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Hazelnut Latte Soya	✓	✓						✗								HAZELNUT
Hazelnut Latte Oat	✓	✓														HAZELNUT
Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND
Matcha Latte Milk	✓			✗												
Matcha Latte Rice Coconut	✓	✓														
Matcha Latte Soya	✓	✓						✗								
Matcha Latte Oat	✓	✓														
Matcha Latte Almond	✓	✓														ALMOND
Vanilla Latte Milk	✓			✗												
Vanilla Latte Rice Coconut	✓	✓														
Vanilla Latte Soya	✓	✓						✗								
Vanilla Latte Oat	✓	✓														
Vanilla Latte Almond	✓	✓														ALMOND
<b>Hot Chocolate</b>																
Hot Chocolate Milk	✓			✗												
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate Soya	✓	✓						✗								
Hot Chocolate Oat	✓	✓														
Hot Chocolate Almond	✓	✓														ALMOND
Caramel Hot Chocolate Milk	✓			✗												
Caramel Hot Chocolate with Rice-Coconut	✓	✓														
Caramel Hot Chocolate Soya	✓	✓						✗								
Caramel Hot Chocolate Oat	✓	✓														
Caramel Hot Chocolate Almond	✓	✓														ALMOND

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