

Pret Qatar Allergen guide

Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Hot breakfast																		
Egg & Mushroom Croissant	✓		✓		✓		Wheat		✓								✓	
Mozzarella Pesto Croissant	✓				✓		Wheat		✓				Pine Nuts					
Halloumi Za'atar Croissant	✓				✓		Wheat		✓						✓			
Turkey & Cheese Croissant					✓		Wheat		✓				✓				✓	
Savoury croissants																		
Mozzarella & Tomato	✓				✓		Wheat		✓									
Cheese Twist with Za'atar	✓				✓		Wheat		✓						✓			
Cheese & Jalapeno Hot Croissant	✓				✓		Wheat		✓				✓				✓	
Porridge																		
Pret's Proper Porridge	✓	✓					Oats										✓	
Pots																		
Five Berry Pot	✓						Oats		✓									
Bircher Muesli	✓						Oats		✓				Pistachio Nuts					
Mango & Banana Sunshine Bowl	✓	✓					Oats											
Honey Granola Pot	✓						Oats		✓									
Coconut Chia	✓	✓											Almond Nuts					
Blue Goodness	✓						Oats		✓									
Rose Goodness Pot	✓						Oats		✓									
Almond Butter & Honey Yoghurt Pot	✓						Oats		✓				Almond Nuts					
Blue Chia Pot	✓						Oats		✓									
Mango & Yoghurt Pot	✓								✓									

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									Cow	Goat	Sheep							
Granary Sandwiches																		
Smoked Salmon						✓	Barley, Wheat		✓									
Classic Super Club					✓		Barley, Wheat					✓					✓	
Free Range Egg Mayo & Tomato	✓				✓		Barley, Wheat					✓					✓	
Mature Cheddar & Pickle	✓				✓		Barley, Wheat		✓			✓					✓	✓
Pret Holiday lunch					✓		Barley, Wheat		✓			✓					✓	
Brie & Cranberry	✓						Barley, Wheat		✓					Pistachio nuts				
Turkey & Cream Cheese							Barley, Wheat		✓								✓	
Chicken Avocado Basil					✓		Barley, Wheat					✓					✓	
Product	Suitable for		Contains these allergens															
Baguettes	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Chicken Caesar & Bacon					✓	✓	Wheat		✓				✓			✓	✓	
Posh Cheddar & Pickle	✓				✓		Barley, Wheat		✓				✓				✓	✓
Pesto Caprese (Slim)	✓				✓		Wheat		✓				✓	Pine Nuts			✓	
Tuna Mayo & Cucumber (Slim)					✓		Wheat						✓				✓	
Tuna Mayo & Cucumber					✓	✓	Wheat						✓				✓	
Brie & Tapenade Baguette (Slim)	✓						Wheat		✓									
Turkey & Cheese					✓		Wheat		✓				✓			✓	✓	
Egg & Avo (Slim)	✓				✓		Wheat						✓				✓	
Avo, Olives & Toms (Slim)	✓	✓					Wheat							Pine Nuts		✓		
Lemon Chicken					✓		Wheat		✓				✓				✓	
Pret's Deli Baguette					✓	✓	Wheat		✓				✓				✓	
Product	Suitable for		Contains these allergens															
Rye rolls	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Roast Beef Rye Roll					✓	✓	Wheat, Rye, Barley						✓			✓	✓	
Scandi Style Salmon Rye Roll					✓	✓	Wheat, Rye, Barley						✓			✓	✓	
Veggie Deli Rye Roll	✓				✓		Wheat, Rye, Barley		✓				✓			✓	✓	
Burrata & Balsamic Rye Roll	✓						Wheat, Rye, Barley		✓							✓		✓
Product	Suitable for		Contains these allergens															
Kids	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Cream Cheese & Cucumber	✓						Barley, Wheat		✓									
Almond Butter & Berries Spread	✓	✓					Barley, Wheat							Almond Nuts				

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									Cow	Goat	Sheep							
Protein wraps																		
Mediterranean Egg & Zaatar	✓				✓		Wheat, Barley	✓	✓						✓	✓		
Chipotle Egg & Turkey					✓	✓	Wheat, Barley	✓	✓				✓		✓	✓		
Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Cold wraps																		
Crunchy Chipotle Chicken & Avo Wrap					✓		Wheat		✓				✓				✓	
Chicken Caesar Wrap					✓	✓	Wheat		✓								✓	
Avocado & Herb Salad Wrap	✓				✓		Wheat		✓				✓	Pine Nuts			✓	
Chicken Pesto & Rocket Wrap					✓		Wheat		✓				✓	Pine Nuts			✓	
Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
									Cow	Goat	Sheep							
Salads																		
Tamari & Ginger Chicken Salad Bowl			✓				Wheat									✓	✓	
Chicken Caesar Salad					✓	✓	Wheat		✓								✓	
Mozzarella, Pesto & Avo Salad	✓				✓				✓					Pine Nuts				
Tuna Nicoise Salad					✓	✓	Barley		✓								✓	
Greek Salad with Vinaigrette	✓						Wheat			✓	✓		✓					✓
Chefs Italian Chicken Salad					✓	✓	Barley		✓				✓	Pistachio Nuts			✓	

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Pasta bowls								Cow	Goat	Sheep								
Creamy Pesto Pasta	✓		✓				Wheat	✓						Pine Nuts				
Truffle & Rosemary Pasta			✓				Wheat	✓			✓							
Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Rice bowls								Cow	Goat	Sheep								
Butter chicken								✓						Cashew Nuts				
Thai Green curry						✓		✓										
Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Mac & Cheese								Cow	Goat	Sheep								
Kale & Cauli Macaroni Cheese	✓		✓				Wheat	✓										
Chicken & Mushroom Pasta Box			✓				Wheat	✓									✓	
Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Soup								Cow	Goat	Sheep								
Souper Tomato	✓	✓	✓															
Lentil Soup	✓		✓					✓										
Chicken Orzo			✓				Wheat	✓										

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									Cow	Goat	Sheep							
Hot wraps																		
Chicken Mushroom Hot Wrap			✓		✓		Wheat		✓				✓					✓
Falafel & Halloumi Hot Wrap	✓				✓		Wheat, Barley		✓									
Italian Style Chicken & Basil Hot Wrap							Wheat, Barley		✓									
Hot baguettes																		
Pesto Chicken					✓		Wheat		✓					Pine Nuts				
Chipotle Mozzarella	✓						Wheat		✓							✓		
Toasties																		
Classic Cheese Toastie	✓				✓		Oats, Rye,Wheat		✓					✓				✓
Super Club Toastie					✓		Oats, Rye,Wheat		✓					✓				✓
Tuna Melt Toastie					✓	✓	Oats, Rye,Wheat		✓					✓				✓
BBQ Pulled Beef Toastie					✓	✓	Oats, Rye,Wheat		✓					✓				✓
Halloumi, Red Pepper & Basil Toastie	✓						Oat, Rye,Wheat,Barley		✓									
Turkey Melt Toastie					✓		Oats, Rye,Wheat		✓					✓				✓
Creamy Chipotle Beef Toastie					✓	✓	Oats, Rye,Wheat		✓					✓				✓

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Desserts									Cow	Goat	Sheep							
Chocolate Mousse					✓	✓	Wheat		✓								✓	
Lemon Cheesecake					✓	✓	Wheat		✓				Almond Nuts					
Tiramisu					✓	✓	Wheat		✓								✓	
Saffron Milk Cake	✓						Wheat		✓				Pistachio				✓	
Carrot Cake	✓				✓		Wheat		✓				Walnut					
Drizzle Lemon Cake	✓				✓		Wheat		✓				Almond Nuts					
Marble Cake	✓				✓		Wheat		✓				Almond Nuts				✓	
Sticky Dates Pudding in Toffee Sauce	✓				✓		Wheat		✓				Almond nuts, Pecan Nuts, Pistachio nuts					
Fruits																		
Superfruit Salad	✓	✓																
Apple & Almond Butter Pot	✓	✓											Almond Nuts					
Mango & Lime Pot	✓	✓																
Watermelon & Lime Pot	✓	✓																
Melon & Blueberry	✓	✓																
Poms Pot	✓	✓																
Sweet croissants																		
French Butter Croissant	✓				✓		Wheat		✓									
Almond Croissant	✓				✓		Wheat		✓				Almond Nuts					
Chocolate Croissant	✓				✓		Wheat		✓								✓	
Very Berry Croissant	✓	✓					Wheat											
Cinnamon Danish	✓				✓		Wheat		✓									
Cinnamon Bites	✓				✓		Wheat		✓				Pecan Nuts					
Cheese Twist	✓				✓		Wheat		✓									
Cookies & Muffins																		
Choco Chunk Cookie	✓						Wheat		✓									
Pecan Cookie	✓						Wheat		✓				Pecan Nuts					
Fruit & Oat Cookie	✓						Wheat, Spelt, Oats		✓									
Dark Chocolate & Almond Cookie	✓	✓					Wheat						Almond Nuts					
Double Berry Muffin	✓				✓		Wheat		✓									
Cookie Bites - Choco Chunk Cookie	✓						Wheat		✓									
Cookie Bites - Dark Chocolate & Almond Cookie	✓	✓					Wheat						Almond Nuts					
Ginger Bread Cookie	✓				✓		Wheat		✓				Almond Nuts				✓	

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Platters																			
Platter Baguette					✓	✓	Wheat		✓						Pine Nuts		✓	✓	✓
Platter Sandwich					✓		Wheat		✓								✓	✓	
Mozzarella Tomato Croissant	✓				✓		Wheat		✓										
Bakery Box	✓				✓		Wheat		✓						Almond Nuts			✓	
Bar Sharing Box	✓				✓		Wheat, Oats.		✓						Pistachio Nuts, Almond Nuts			✓	
Platter Cookies	✓						Wheat, Oats, Spelt		✓						Almond Nuts				
Platter Sandwich Veg.	✓				✓		Wheat, Barley		✓				✓				✓	✓	✓
Platter Baguette Veg.	✓				✓		Wheat, Barley		✓				✓		Pine Nuts		✓	✓	✓
Platter Rye Roll Selection					✓	✓	Wheat, Rye, Barley		✓				✓				✓	✓	
Platter Pret's Salad Wrap					✓	✓	Wheat		✓				✓		Pine Nuts			✓	
Platter Best Sellers Mix					✓	✓	Wheat, Barley		✓				✓				✓	✓	✓
Bags																			
Brownie Bar Bag	✓				✓		Wheat		✓									✓	
Choco Chunk Cookie Bag	✓						Wheat		✓										
Love Bar Bag	✓						Oats		✓						Pistachio Nuts, Almond Nuts			✓	

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Bars & Packs								Cow	Goat	Sheep								
Love Bar	✓					Oat		✓						Pistachio Nuts, Almond Nuts			✓	
Popcorn Bar	✓							✓									✓	
Choc Bar	✓					Wheat		✓									✓	
Chocolate Almonds	✓	✓												Almond Nuts			✓	
Cranberries In Coats	✓							✓										
Pret A Mango	✓	✓																
Chocolate Brownie Bar	✓				✓	Wheat		✓									✓	
Hazelnut Truffle	✓	✓												Hazelnuts				
Pret's Nut Bar	✓	✓												Almond Nuts			✓	
Crunchy Corn	✓	✓																
Nuts, Fruits & Chocolate	✓							✓						Almond Nuts			✓	
Product	Suitable for		Contains these allergens															
Chips	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Jalapeno	✓	✓																
A Touch of Sea Salt	✓	✓																
Sea Salt & Balsamic Vinegar	✓	✓																
Product	Suitable for		Contains these allergens															
CPG Coffee	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Classic Blend (200g Ground)	✓	✓																

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Juices & Smoothies	Vegetarian	Vegans							Cow	Goat	Sheep							
Orange Juice	✓	✓																
Roots & Fruits	✓	✓																
Apple Juice	✓	✓																
Daily Greens	✓	✓																
Berry Blast	✓	✓																
Mango Passion	✓	✓																
Ginger Shot	✓	✓																
Hot Shot	✓	✓																
Product	Suitable for		Contains these allergens															
Water	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Aqua Panna	✓	✓																
San Pellegrino Sparkling	✓	✓																
Product	Suitable for		Contains these allergens															
Carbonated drinks	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Coke Regular	✓	✓																
Coke Diet	✓	✓																

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Coffee	Vegetarian	Vegans							Cow	Goat	Sheep							
Coffee - Latte : Milk	✓								✓									
Coffee - Spanish Latte : Milk	✓								✓								✓	
Coffee - White Mocha Latte : Milk	✓								✓								✓	
Coffee - Matcha Latte : Milk	✓								✓								✓	
Coffee - Cappuccino : Milk	✓								✓									
Coffee - Flat White : Milk	✓								✓									
Coffee - Hot Chocolate : Milk	✓								✓									
Coffee - Americano	✓	✓																
Coffee - Filter Coffee	✓	✓																
Coffee - Mocha : Milk	✓								✓									
Coffee - Macchiato (4oz)	✓								✓									
Coffee - Espresso (4oz)	✓	✓																
Product	Suitable for		Contains these allergens															
Hot tea	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Hot Tea	Vegetarian	Vegans							Cow	Goat	Sheep							
Hot Tea - Breakfast	✓	✓																
Hot Tea - Earl Grey	✓	✓																
Hot Tea- Green	✓	✓																
Hot Tea- Peppermint	✓	✓																
Product	Suitable for		Contains these allergens															
Milks	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites
Milks	Vegetarian	Vegans							Cow	Goat	Sheep							
Organic Whole Milk	✓								✓									
Organic Skimmed Milk	✓								✓									
Organic Oat Milk	✓	✓					Oats											
Oatly Milk Barista Edition	✓	✓					Oats											
Organic Rice Coconut Milk	✓	✓																
Alpro Coconut Milk Barista Edition	✓	✓															✓	
Organic Soya Milk	✓	✓															✓	
Organic Almond Milk	✓	✓												Almond Nuts				
Product	Suitable for		Contains these allergens															
Syrups	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
Syrups	Vegetarian	Vegans							Cow	Goat	Sheep							
Syrup - Caramel Syrup	✓	✓																
Syrup - Vanilla Syrup	✓	✓																
Syrup - Hazelnut Syrup	✓	✓												Hazelnuts				
Syrup - Simple Syrup	✓	✓																

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Iced drinks								Cow	Goat	Sheep									
Iced Drinks - Latte : Milk	✓							✓											
Iced Drinks - Spanish Latte : Milk	✓							✓										✓	
Iced Drinks - White Mocha Latte : Milk	✓							✓										✓	
Iced Drinks - Americano	✓	✓																	
Iced Drinks - Mocha : Milk	✓							✓											
Iced Drinks - Cappuccino : Milk	✓							✓											
Iced Drinks - Chocolate : Milk	✓							✓											
Iced Drinks - Matcha Latte : Milk	✓							✓										✓	
Iced Drinks - Chocolate Chai Latte : Milk	✓							✓											
Iced Drinks - Chai Latte : Milk	✓							✓											
Iced Lemon Tea	✓	✓																	
Product	Suitable for		Contains these allergens																
Limeades	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites	
Orange & Hibiscus									Cow	Goat	Sheep								
Orange & Hibiscus	✓	✓																	
Lavendar & Butterfly Pea	✓	✓																	
Pineapple & Pitaya	✓	✓																	
Product	Suitable for		Contains these allergens																
Frappes	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soy	Sulphites	
Frappe - Classic									Cow	Goat	Sheep								
Frappe - Classic	✓								✓										
Frappe - Mocha	✓								✓										
Product	Suitable for		Contains these allergens																
Other hot drinks	Vegetarian	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites	
Hot Chocolate									Cow	Goat	Sheep								
Hot Chocolate	✓																		
Chai Latte : Milk	✓								✓										
Chocolate Chai Latte: Milk	✓								✓										
Matcha Latte : Milk	✓								✓										
Hot Lemon Tea	✓	✓																	

We cannot guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.