

Pret A Manger

Ingredient Substitution Guide

Nutrition

Since almost all Pret products are made fresh each day, our nutritional values are averages based on standardized recipes. Our values are based on information provided by our suppliers, and analysis using industry standard software, published resources, and/or testing. Values for individual products may vary due to variations in serving size, preparation techniques, and changes with food suppliers. Nutritional information may also vary from market to market. Because of this, we cannot guarantee complete accuracy of our nutrition information.

Allergies & Ingredients

Our food is freshly prepared in small kitchens that handle various ingredients and common allergens including sesame, wheat, peanuts, soy, tree nuts, milk, eggs, fish, and shellfish. While we take precautions, there is always a possibility that different food products will come into contact. We always indicate when a product does contain an allergen, but we cannot guarantee any of our recipes or drinks are allergen-free.

Please remember to check our Nutrition & Allergen Guide regularly as recipes do change from time to time.

If you need any additional information, visit www.pret.com get in touch with our Customer Service team at 646-728-0505 who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products.



Whipped Cream-Classic

Recipe is: Vegetarian and Vegan

Common Allergens: Milk

INGREDIENTS:

Organic Cream, Organic Non-Fat Milk, Organic Cane Sugar, Organic Vanilla Flavouring, Sorbitan Monostearate, Carrageenan, Dextrose and nitrous oxide as whipping propellant

NUTRITIONAL INFORMATION: Serving Size: 2 Tbsp

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
20	1.5	1.0	0.0	5	0	1	0	1	1	0	0	8	0	11

Pret's Greek Side Salad with Herb Yogurt Dressing

Serving Size: 208g/7.33oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Salad: Cucumbers, Romaine, Mesclun, Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Garlic Crouton French Bread (Unbleached, Enriched, Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley, Greek Olive Medley (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar), Red Onion

Herb Yogurt Dressing: Soybean Oil, Water, Yogurt (Pasteurized Cow's And Goat's Milk, Cream, Milk Protein, Active Bacterial Culture), Cultured Buttermilk, Vinegar, Contains 2% Or Less: Egg Yolks, Salt, Sugar, Parsley, Garlic Puree (Garlic, Citric Acid), Chives, Onion Powder, Garlic Powder, Lemon Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Black Pepper, Dill Weed

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
380	31	6	0	30	1080	20	7	5	1	9	0	129	1	222

Strawberry Rhubarb Rice Pudding

Serving Size: 127g/4.47oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Soy, Wheat

INGREDIENTS:

Rice Pudding (Whole Milk, Heavy Cream, Rice, Cane Sugar, Vanilla Extract, Sea Salt, Vanilla Bean Seeds), Strawberry Compote (Strawberries, Sugar, Water, Fruit Pectin, Concentrated Lemon Juice, Locust Bean Gum, Concentrated Acerola Cherry Juice, Calcium Citrates), Rhubarb Compote (Rhubarb, Sugar, Water, Locust Bean Gum, Concentrated Acerola Cherry Juice), Speculoos Cookie Crumbles (wheat flour, candy sugar, blend of vegetable oils and fats (palm and canola oil), water, emulsifier (mono- and di- glyceride of fatty acids), citric acid, lemon juice, raw cane sugar, soy flour, invert sugar, raising agent (sodium hydrogen carbonate), cinnamon, nutmeg)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
210	9	5	0	30	70	25	0	16	11	3	1	85	0	132

Spinach & Tomato Mac and Cheese

Serving Size: 493g/17.39oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Light Cream (milk, cream), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Butter (sweet cream, salt), Wheat Flour, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Spinach, Grape Tomatoes, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
920	56	35	2	175	1490	69	1	8	0	32	2	708	2	328

Classic Mac and Cheese

Serving Size: 459g/16.19oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

INGREDIENTS:

Mac and Cheese Mix (Water, Enriched Cavatappi Pasta (semolina, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Light Cream (milk, cream), Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Butter (sweet cream, salt), Wheat Flour, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Sea Salt, Black Pepper, Cayenne Pepper, Nutmeg), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
910	56	35	2	175	1480	67	0	7	0	31	2	687	2	183

Meatless Meatball Wrap

Serving Size: 299g/10.54oz

Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Meatless Meatballs (Water, Pea Protein, Vegetable Oils (Canola, Shea, Coconut, Sunflower), Less than 2% of: Herbs, Roasted Onions, Garlic, Methyl Cellulose (Thickener) Dried Vegetables (Onion, Potato, Leek), Vegetable Fibers (Pea, Potato), Natural Flavor, Potato Starch, Yeast Extract, Vegetable Concentrates (Caramelised Carrot, Carrot, Beetroot), Salt, Black Pepper, Ascorbic Acid, Sugar, Lemon Juice Concentrate, Sage Oil), Marinara Sauce (Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid), Red Peppers, Red Onion, Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	21	4	0	0	1300	66	2	6	0	24	0	124	3	559

Pret's Chicken Parm Wrap

Serving Size: 301g/10.61oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat

INGREDIENTS:

Seven Grain Tortilla Wrap (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Whole Wheat Flour, Palm Oil, Organic Unbleached Wheat Flour (Hard Red Spring Wheat), Organic Hard Red Spring Wheat, Organic Rye, Organic Yellow Corn, Organic Brown Rice, Organic Steel Cut Oats, Organic Millet, Organic Barley, Cultured Wheat, Wheat Gluten, Salt, Sugar, Sodium Bicarbonate, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Fumaric Acid, Yeast, Guar Gum, Xanthan Gum, Cellulose Gum, Enzymes), Marinara Sauce (Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid), Sliced Chicken (Chicken Breast, Sea Salt), Red Peppers, Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Provolone (Pasteurized Milk, Salt, Enzymes), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Seasoning (Salt, Black Pepper)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
500	19	6	0	70	1480	55	2	6	0	34	0	420	3	843

Pret's Shakshuka Frittata

Serving Size: 362g/12.76oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk

INGREDIENTS:

Liquid Egg White (Cage-Free Egg White), Whole Milk (Pasteurized Whole Milk, Vitamin D), Marinara Sauce (Vine-Ripened Fresh Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Black Pepper, Basil, Oregano, Parsley, And Naturally Derived Citric Acid), Feta (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Spicy Chipotle Sauce (Red Bell Pepper Puree, Water, Diced Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Onion, Canola Oil, Red Wine Vinegar, Sugar, Tomato Paste, Sea Salt, Garlic Puree (Garlic, Citric Acid), Chipotle Pepper, Distilled Vinegar, Spices, Xanthan Gum, Garlic Powder, Mustard Seed, Onion Powder, Salt, Natural Smoke Flavor, White Wine, Citric Acid, Tartaric Acid), Roasted Tomatoes (Cherry Tomatoes, Rapeseed Oil, Salt, Dried Garlic, Oregano, Lemon Juice Concentrate), Spinach, Chili Salt (Paprika, Sea Salt, Chili Flakes)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
290	11	4.5	0	25	1120	13	2	7	1	30	1	244	0	692

Chocolate Croissant

Serving Size: 86g/3.03oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

INGREDIENTS:

Flour, Butter, Chocolate Filling (Sugar, Chocolate (Fat Reduced Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Sunflower Lecithin (Emulsifier), Natural Vanilla Flavoring), Sunflower or Rapeseed Oil, Palm Oil, Palm Fat, Corn Starch), Water, Sugar, Dark Chocolate Decoration (Sugar, Cocoa Mass, Cocoa Butter, Soy Lecithin (Emulsifier)), Yeast, Wheat Gluten, Free-Range Egg, Salt, Ascorbic Acid (Flour Treatment Agent)

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	20	11.5	0.5	50	160	33	4	16	16	6	0	20	2	149

Caramel Apple Crisp Latte

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat, Soy

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Butter Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), espresso, Brown Sugar Whipped Cream (Cream, Non-fat Milk Powder, Cane Sugar, Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and Nitrous Oxide (Propellant)), Speculoos Cookie Crumbles (wheat flour, candy sugar, blend of vegetable oils and fats (palm and canola oil), water, emulsifier (mono- and di- glyceride of fatty acids), citric acid, lemon juice, raw cane sugar, soy flour, invert sugar, raising agent (sodium hydrogen carbonate), cinnamon, nutmeg)

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
270	3.5	2	0	20	190	45	0	43	28	11	3	423	0	495

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
330	3.5	2	0	20	220	56	0	54	37	13	4	485	0	568

Caramel Apple Crisp Hot Chocolate

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Wheat, Soy

INGREDIENTS:

Skim Milk (Organic Pasteurized Fat Free Milk, Vitamin A, Vitamin D), Caramel Apple Butter Syrup (Pure Cane Sugar, Water, Natural Flavors, Sea Salt, Organic Cinnamon), Chocolate Powder (Cane Sugar, Cocoa Powder – Processed with Alkali, Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Powder)), Brown Sugar Whipped Cream (Cream, Non-fat Milk Powder, Cane Sugar, Vanilla Flavoring, Natural Brown Sugar Flavoring, Sorbitan Monostearate, Carrageenan, Dextrose and Nitrous Oxide (Propellant)), Speculoos Cookie Crumbles (wheat flour, candy sugar, blend of vegetable oils and fats (palm and canola oil), water, emulsifier (mono- and di- glyceride of fatty acids), citric acid, lemon juice, raw cane sugar, soy flour, invert sugar, raising agent (sodium hydrogen carbonate), cinnamon, nutmeg)

NUTRITIONAL INFORMATION: Serving Size: 16 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
510	7	4	0	20	190	86	0	79	65	16	3	440	7	1520

NUTRITIONAL INFORMATION: Serving Size: 20 fl oz

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
660	8	5	0	20	220	116	0	108	91	19	4	502	9	1927