

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.



# PRET'S



# ALLERGEN

# GUIDE



# 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.

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

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.

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Baguettes, Rolls & Sandwiches																														
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Baguettes																																	
Aubergine Banh Mi	Y	Y															✓													✓			
Avo, Olives & Toms	Y	Y											✓					✓															✓
Brie, Tomato & Basil	Y																	✓				✓											
Chicken Caesar & Bacon													✓					✓			✓	✓	✓										
Chicken Salad Baguette																		✓			✓		✓										
Italian Prosciutto													✓					✓			✓		✓										
Jambon Buerre																		✓				✓											
Naked Chicken Katsu														✓				✓			✓									✓	✓		
Posh Cheddar & Pickle (incl. Slim)	Y												✓					✓			✓		✓						✓				
Free Range Egg Mayo & Smoked Salmon																		✓			✓	✓							✓				
Tuna Mayo & Cucumber (incl. Slim)																		✓			✓	✓											
Tuna Nicoise													✓					✓			✓	✓	✓										
Wiltshire-Cured Ham & Greve																		✓			✓		✓						✓				
Barley & Rye Rolls																																	
Aubergine Parmagiana	Y												✓	✓			✓				✓												
New Yorker													✓	✓			✓			✓									✓				
Prosciutto & Pesto													✓	✓			✓			✓		✓										✓	
Scandi Style Salmon													✓	✓			✓			✓	✓								✓		✓		
Sandwiches																																	
Best Ever BLT													✓					✓			✓												
Chicken, Avocado & Basil													✓					✓			✓		✓										
Classic Super Club													✓					✓			✓												
Free-Range Egg Mayo	Y												✓					✓			✓									✓			
Ham & Cheese													✓					✓					✓										
Kid's Cheese	Y												✓					✓					✓										
Kid's Ham													✓					✓					✓										
Mature Cheddar & Pickle	Y												✓					✓			✓		✓										
Smashed Avo Open Sandwich	Y	Y														✓																	
Scottish Smoked Salmon														✓				✓					✓	✓									
Smoked Salmon & Soft Cheese Open Sandwich																✓						✓	✓										
Smoky Carrot and Falafel	Y	Y												✓				✓												✓			
Super Greens & Reds	Y	Y												✓				✓															
Tuna Mayo & Cucumber														✓				✓			✓	✓											
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Wraps & Flatbreads																													
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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	
Wraps & Flatbreads																																
Avo & Herb Salad Wrap	Y													✓		✓			✓		✓		✓									✓
Chicken, Pesto & Rocket Salad Wrap														✓		✓			✓		✓											✓
Falafel , Avocado & Chipotle Salad Wrap	Y	Y												✓		✓															✓	
Hoisin Duck Salad Wrap														✓		✓			✓											✓		
Humous & Chipotle Wrap	Y	Y									✓			✓		✓																
Sriracha Chicken Salad Wrap														✓		✓			✓											✓		
Vegan Chili Wrap	Y	Y												✓		✓			✓											✓	✓	
Vegan Hoisin Mushroom Wrap	Y	Y												✓		✓														✓		
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Breakfast																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
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 Croissant	Y			✓											✓				✓			✓		✓							
Acai & Almond Butter Bowl	Y	Y		✓											✓																
Bacon & Egg Roll																✓					✓		✓								
Bircher Muesli	Y									✓					✓								✓								
Breakfast Free-Range Egg Mayo & Avocado	Y																		✓			✓									
Breakfast Free-Range Egg Mayo & Bacon																			✓			✓									
Breakfast Salmon & Egg Mayo																			✓			✓	✓						✓		
Breakfast Vegan Baguette	Y	Y																	✓											✓	
Coconut Porridge	Y	Y													Y																
Chocolate Croissant	Y																		✓			✓		✓						✓	
Cinnamon Danish	Y																		✓			✓		✓							
Five Berry Bowl	Y														✓									✓							
French Butter Croissant	Y																		✓			✓		✓							
Fresh Fruit, Yoghurt & Granola Bowl	Y														✓									✓							
Ham, Cheese, Tomato & Bacon Croissant																			✓			✓		✓							
Ham & Egg Breakfast Roll																	✓		✓			✓		✓					✓		
Honey & Granola Pot	Y														✓									✓							
Mango & Banana Sunshine Bowl	Y	Y													✓																
Mozzarella & Tomato Croissant	Y																		✓			✓		✓							
Pain aux Raisin	Y																		✓			✓		✓							
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Cranberry & Seeds	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Bacon Roll																✓		✓						✓							
Pret's Proper Porridge	Y														✓									✓							
Pret's Sausage Roll																			✓			✓		✓							
Pret's Veggie Roll	Y															✓		✓			✓		✓		✓						
Pret's Veggie Brioche	Y																	✓			✓		✓		✓						
Sausage & Egg Roll																✓		✓			✓		✓		✓						
Very Berry Croissant	Y	Y																✓													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
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
Apple Juice	Y	Y																													
Breakfast Smoothie	Y												✓										✓								
Coke (all types)	Y	Y																													
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																													
Daily Greens	Y	Y																													
Easy Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pret Still	Y	Y																													
Pure Pret Green Tea Yoga Bunny	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																														
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice (both sizes)	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																													
Ready to Drink Black Coffee	Y	Y																													
Ready to Drink Latte	Y																							✓							
Ready to Drink Mocha	Y																							✓							
Roots & Fruits Juice	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																														
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
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						
Apple	Y	Y																													
Banana	Y	Y																													
Classic Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Seasonal Fruits	Y	Y																													
Tropical Fruit Salad	Y	Y																													
Watermelon & Lime	Y	Y																													
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret's Hot</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																													
			Product	Vegetarians	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							
Chipotle, Mozzarella Hot Baguette	Y										✓					✓								✓								
Chicken & Chili Burrito															✓		✓		✓					✓						✓		
Falafel & Halloumi Hot Wrap	Y														✓									✓	✓	✓						
Feta & Red Pepper Omelette	Y																				✓					✓	✓					
Macaroni Cheese Kale & Cauli	Y															✓					✓					✓						
Macaroni Cheese Prosciutto																✓								✓								
Meatless Meatball Hot Wrap	Y	Y													✓		✓							✓								
Posh Prosciutto Hot Baguette											✓					✓								✓								
Spicy Chicken Enchilada Bake															✓			✓						✓						✓		
Spicy Chicken Hot Wrap															✓		✓							✓								
Swedish Meatball Hot Wrap															✓		✓							✓								
Focaccia & Toasties																																
Brie & Bacon Toasted Focaccia																	✓							✓							✓	
Mozzarella, Pesto & Roasted Tomato Focaccia																	✓							✓								✓
Classic Cheese Toastie													✓		✓	✓		✓			✓			✓				✓				
Ham, Cheese & Mustard Toastie													✓		✓	✓		✓			✓			✓				✓				
Tuna Melt Toastie													✓		✓	✓		✓			✓	✓		✓								
Soup																																
Chicken, Broccoli & Brown Rice																																
Pret's Chicken Katsu Curry Soup																														✓		
Chicken Laksa Soup																													✓	✓		
Creamy Chicken & Veg Soup																			✓					✓								
Pea & Mint Soup	Y	Y																														
Pret's Mushroom Risotto Soup	Y	Y																		✓										✓		
Red Thai Veg Soup	Y	Y																												✓		
Souper Tomato	Y	Y																												✓		
Pot Pie Top	Y																✓				✓			✓								
Stone Baked Losange	Y	Y															✓															
Pizza																																
Mozzarella & Prosciutto Pizza																								✓								
Tomato, Mozzarella & Pesto	Y																							✓								✓
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																



# Pret At Home

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

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.

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						
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y													✓															✓	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓											✓														✓		
Pret at Home Classic Granola	Y	Y													✓																
Pret at Home Chipotle Ketchup	Y	Y																													
Pret at Home Korean Style Ketchup	Y	Y												✓				✓											✓		
Pret at Home Oat & Coconut Crunch Granola	Y	Y													✓																
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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# Salad & Platters

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

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.

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										
Chef's Italian Chicken Salad										✓										✓	✓	✓							✓						
Egg & Spinach Protein Pot	Y																			✓															
Humous and Falafel Mezze	Y	Y									✓																			✓					
Miso Chicken and Greens Salad Bowl											✓					✓				✓											✓				
Pesto Pasta Salad	Y															✓						✓								✓		✓			
Salmon & Mango Salad Bowl																					✓									✓		✓			
Smoked Salmon Protein Box																				✓	✓									✓	✓				
Smoked Salmon & Egg Protein Pot																				✓	✓														
Tamari and Ginger Aubergine Salad Bowl	Y	Y									✓					✓															✓				
Tuna Nicoise Salad																				✓	✓									✓					
Veggie Shawarma Salad Bowl	Y										✓					✓									✓	✓									
Dressing																																			
Ceviche Dressing	Y	Y																																	
French Dressing	Y	Y																												✓					
Green Dressing	Y	Y																														✓			
Tamari & Ginger	Y	Y																														✓			
Picnic Platters																																			
Humous & Crudité's Platter	Y	Y									✓																								
Ploughman's Platter																				✓			✓												
Smoked Salmon & Avo Platter																					✓		✓												

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Contents Key: ✔ (Product Contains) Y (Suitable For)			Snacks																													
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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 Protein Ball	Y	Y		✔																									✔			
Easy Peasy Almond Squeezy	Y	Y		✔																												
Chilli, Bean & Seed Tortilla Chips	Y	Y																														
Cranberries in Coats	Y																							✔								
Salted Crunchy Corn	Y	Y																														
Dark Chocolate Salted Almonds	Y	Y		✔																										✔		
Mature Cheddar & Red Onion Crisps	Y																								✔							
Milk Chocolate Bar	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																														
Vegetable Crisps	Y	Y																														
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																													
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																													
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 Cake	Y																		✓				✓			✓				✓		
Caramel Waffle	Y																			✓						✓					✓	
Carrot Cake	Y											✓								✓			✓			✓					✓	
Choc Bar	Y																			✓						✓					✓	
Chocolate Brownie Bar	Y																			✓			✓			✓					✓	
Chocolate Chunk Cookie	Y																			✓						✓						
Chocolate Moose	Y																								✓						✓	
Chocolate Praline Cookie	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														✓			✓	✓						✓							
Ginger Snap Biscuit	Y																			✓						✓						
Hazelnut Truffles	Y	Y					✓																									
Lemon Cheesecake	Y																			✓			✓			✓						
Love Bar	Y			✓								✓			✓										✓						✓	
Nut Bar	Y			✓																											✓	
Nutty Salted Caramel Brownie	Y			✓								✓								✓			✓			✓					✓	
Popcorn bar	Y																								✓						✓	
Pret's Gingerbread Melvin	Y																			✓			✓									
Pret's Pecan & Caramel Cookie	Y									✓										✓					✓						✓	
Pret Bar	Y														✓										✓							
Pret's Shortbread	Y																			✓					✓							
Raspberry & Almond Bakewell Tart	Y			✓																✓			✓			✓						
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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		
Coffee																																	
Americano Black (add milk or milk alternative if White Americano)	Y	Y																															
Cappuccino Semi Skimmed milk	Y																							✓									
Cappuccino Skimmed milk	Y																							✓									
Cappuccino Soya (instead of milk)	Y	Y																													✓		
Cappuccino Rice 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 Rice 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 Rice Coconut (instead of milk)	Y	Y																															
Macchiato Semi Skimmed milk	Y																							✓									
Macchiato Skimmed milk	Y																							✓									
Macchiato Soya (instead of milk)	Y	Y																													✓		
Macchiato Oat (instead of milk)	Y	Y												✓																			
Macchiato Rice Coconut (instead of milk)	Y	Y																															
Mocha Semi Skimmed milk	Y																							✓									
Mocha Skimmed milk	Y																							✓									
Mocha Soya (instead of milk)	Y	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						
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✓																	
Chai Latte	Y																						✓								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													
Pumpkin Spice Latte Semi Skimmed	Y																						✓								
Pumpkin Spice Latte Skimmed	Y																						✓								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Y	Y																													
Pumpkin Spice Latte Oat (instead of milk)	Y	Y												✓																	
Pumpkin Spice Latte Soya (instead of milk)	Y	Y																											✓		
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																													
Frappés																															
Classic Frappé Semi Skimmed milk	Y																						✓								
Classic Frappé Skimmed milk	Y																						✓								
Chocolate Frappé Semi Skimmed milk	Y																						✓								
Chocolate Frappé Skimmed milk	Y																						✓								
Mocha Frappé Semi Skimmed milk	Y																						✓								
Mocha Frappé Skimmed milk	Y																						✓								
Decaf Mocha Frappé Semi Skimmed milk	Y																						✓								
Decaf Mocha Frappé Skimmed milk	Y																						✓								
Caramel Shake Semi Skimmed milk	Y																						✓								
Caramel Shake Skimmed milk	Y																						✓								
Hazelnut Shake Semi Skimmed milk	Y																						✓								
Hazelnut Shake Skimmed milk	Y																						✓								
Vanilla Shake Semi Skimmed milk	Y																						✓								
Vanilla Shake Skimmed milk	Y																						✓								
Frappé Mix	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
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																						✓								
Iced Latte Skimmed Milk	Y																						✓								
Iced Latte Soya (instead of milk)	Y	Y																											✓		
Iced Latte Rice Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y												✓																	
Iced Mocha Semi Skimmed Milk	Y																						✓								
Iced Mocha Skimmed Milk	Y																						✓								
Iced Mocha Soya (instead of milk)	Y	Y																											✓		
Iced Mocha Rice 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 Rice Coconut (instead of milk)	Y	Y																													
Turmeric Iced Latte Rice Coconut	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 Rice 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	Y	Y																											✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																													
Hot Chocolate Hazelnut Oat	Y	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						
Smoothies																															
Berries and Cherries	Y	Y																													
Sweet Greens	Y	Y																													
Tropical Peach	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Semi Skimmed Milk	Y																							✓							
Cold Brew Skimmed Milk	Y																							✓							
Cold Brew Soya (instead of milk)	Y	Y																											✓		
Cold Brew Oat (instead of milk)	Y	Y												✓																	
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
Syrups & Toppings																															
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																							✓							
Milk shot																															
Semi Skimmed	Y																							✓							
Skimmed	Y																							✓							
Soya (instead of milk)	Y	Y																											✓		
Rice 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																													

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<b>Contents Key:</b> ✓ (Product Contains) Y (Suitable For)			<h1>Barista Prepared Drinks</h1> <p>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</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
Milk / instead of milk cup																															
Semi Skimmed milk cup	Y																						✓								
Skimmed milk cup	Y																						✓								
Soya (instead of milk) cup	Y	Y																											✓		
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y												✓																	
Babyccino	Y																							✓							
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# VEGGIE PRET'S



# ALLERGEN GUIDE



# 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.

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies.

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.

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Baguettes, Rolls, Sandwiches &amp; Wraps</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Baguettes																															
Artichoke, Olives & Tapenade	Y	Y									✓						✓														
Aubergine Banh Mi	Y	Y															✓												✓		
Avo, Olives & Toms	Y	Y									✓						✓														✓
Brie, Tomato & Basil	Y																✓				✓										
Cheddar, Mustard & Pickles	Y										✓						✓			✓		✓					✓				
Vegan Chuna Mayo & Cucumber	Y	Y															✓										✓		✓		
Vegan Eggless Mayo & Cress	Y	Y															✓										✓	✓			
Rye Rolls																															
All Day Vegan Breakfast	Y	Y									✓	✓			✓		✓											✓	✓		
Aubergine Parmagiana	Y										✓	✓			✓		✓				✓										
Scandi Style Smoked Carrot and Eggless Tofu Mayo	Y	Y									✓	✓			✓		✓												✓	✓	
Sandwiches																															
Kid's Cheese Sandwich	Y											✓									✓										
Humous & Roasted Peppers Open Sandwich	Y										✓			✓								✓	✓								✓
Sliced Egg & Cress	Y											✓				✓			✓							✓					
Smashed Avocado Open Sandwich	Y	Y												✓																	
Smoky Carrot and Falafel	Y	Y										✓					✓										✓				
The VLT	Y	Y										✓					✓											✓			
Wraps & Flatbreads																															
Avo & Chickpeas Caesar Wrap	Y	Y												✓		✓											✓	✓			
Dukkah Spiced Squash & Feta Flatbread	Y															✓					✓	✓	✓								
Falafel, Avocado & Chipotle Wrap	Y	Y												✓		✓														✓	
Hoisin Mushroom Wrap	Y	Y												✓		✓												✓			
Humous & Chipotle Wrap	Y	Y								✓				✓		✓															
Mexican Avocado Flatbread	Y	Y														✓															
Sunshine N'Spice Wrap	Y	Y												✓		✓															
Vegan Chilli Wrap	Y	Y												✓		✓		✓											✓	✓	

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Breakfast																																
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat																	
Acai & Almond Butter Bowl	Y	Y		✓											✓																				
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y																✓														✓			
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Y	Y																✓														✓			
Pret's Veggie Brioche	Y																	✓						✓											
Pret's Veggie Roll	Y															✓		✓						✓											
Spicy Egg Brioche	Y																	✓						✓											
Bircher Muesli	Y									✓					✓										✓										
Coconut Porridge	Y	Y													✓																				
Five Berry Bowl	Y														✓											✓									
Five Berry Pot	Y																									✓									
Mozzarella & Tomato Croissant	Y																	✓						✓		✓									
Poached Egg & Beans Power Pot	Y																							✓											
Porridge Topping - Berry Compote	Y	Y																																	
Porridge Topping - Cranberry & Seeds	Y	Y																																	
Porridge Topping - Honey	Y																																		
Pret's Proper Porridge	Y														✓											✓									
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Y	Y								✓					✓																		✓		
Smoothie Bowl - Cocoa, Nuts & Berries	Y	Y		✓		✓			✓						✓																				
Smoothie Bowl - Mango & Banana Sunshine	Y	Y													✓																				
Vegan Almond Croissant	Y	Y		✓														✓																	
Vegan Breakfast baguette	Y	Y																✓														✓			
Vegan Chocolate Croissant	Y	Y																✓														✓			
Vegan Plain Croissant	Y	Y																✓																	
Very Berry Croissant	Y	Y																✓																	
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Contents Key: ✔ (Product Contains) Y (Suitable For)			Cold Drinks																													
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																													
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Apple Juice	Y	Y																														
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Y	Y		✔											✔																	
Breakfast Smoothie	Y														✔								✔									
Coke (all types)	Y	Y																														
Cranberry & Raspberry Pure Pret Still	Y	Y																														
Daily Greens	Y	Y																														
Easy Greens	Y	Y																														
Ginger Shot	Y	Y																														
Green Tea & Peach Pret Still	Y	Y																														
Pure Pret Green Tea Yoga Bunny	Y	Y																														
Hot Shot	Y																															
Lemon & Ginger Pret Still	Y	Y																														
Mango Smoothie	Y																															
Mango, Passion Fruit & Lime Pret Still	Y	Y																														
Orange Juice (both sizes)	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																														
Ready to Drink Black Coffee	Y	Y																														
Ready to Drink Latte	Y																							✔								
Ready to Drink Mocha	Y																							✔								
Roots & Fruits Juice	Y	Y																														
Sparkling Spring Water	Y	Y																														
Still Water 500ml	Y	Y																														
Still Water 750ml	Y	Y																														
Vitamin Volcano	Y																															
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret's Hot</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																													
			Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites
Almond	Brazil Nut	Cashew					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep							
Falafel & Halloumi Hot Wrap	Y													✓		✓							✓	✓	✓							
Feta & Red Pepper Omelette	Y																					✓			✓	✓						
Meatless Meatball & Feta Hot Rice Bowl	Y																							✓	✓							
Meatless Meatball Hot Wrap	Y	Y													✓		✓															
Meatless Meatball Protein Pot	Y	Y																														
Vegan Mac n Greens	Y	Y															✓													✓		
Vegan Ragu & Red Pepper Hot Wrap	Y	Y															✓		✓		✓											
Vegan Chilli Enchilada	Y	Y													✓		✓		✓											✓		
Falafel , Halloumi & Pickles Brioche	Y																✓			✓			✓	✓	✓				✓			
Soup																																
Pea & Mint	Y	Y																														
Pret's Mushroom Risotto	Y	Y																			✓									✓		
Red Thai Veg	Y	Y																												✓		
Souper Tomato	Y	Y																														
Pret's Multigrain Bread	Y	Y													✓																	
Stone Baked Losange	Y	Y															✓															
Toasties & Focaccia																																
Classic Cheese Toastie	Y													✓		✓	✓		✓			✓		✓					✓			
Halloumi, Red Pepper & Basil Toastie	Y													✓		✓	✓		✓				✓	✓	✓							
Mozzarella, Pesto & Roasted Tomatoes Focaccia	Y																✓						✓									✓
Creamy Mushroom Focaccia	Y																✓						✓							✓		
<div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																																



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret At Home</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																												
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Almond	Brazil Nut	Cashew					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep										
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y												✓																✓	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓										✓															✓		
Pret at Home Classic Granola	Y	Y												✓																	
Pret at Home Oat & Coconut Crunch Granola	Y	Y												✓																	
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad																													
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Egg & Spinach Pot	Y																			✓												
Mexican Inspired Salad Bowl	Y																								✓	✓					✓	
Miso Aubergine Salad Bowl	Y												✓					✓												✓		
Marinated Tofu Poke Bowl	Y	Y											✓																	✓		
Pesto Pasta and Mozzarella Salad	Y																	✓						✓					✓		✓	
Sticky Mushroom Salad Bowl	Y	Y																✓												✓		
Sweet Potato Falafel Mezze Salad	Y	Y											✓	✓															✓			
Tamari & Ginger Mushroom Poke Bowl	Y	Y																												✓	✓	
Dressings																																
Caesar Dressing	Y	Y																												✓	✓	
French Dressing	Y	Y																											✓			
Tamari & Ginger Dressing	Y	Y																												✓		
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Contents Key: ✔ (Product Contains) Y (Suitable For)			Snacks																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Snacks																															
Almond Butter Protein Ball	Y	Y		✔																									✔		
Easy Peasy Almond Squeezy	Y	Y		✔																											
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Almond Butter Bites	Y			✔																									✔		
Cranberries in Coats	Y																						✔								
Salted Crunchy Corn	Y	Y																													
Dark Chocolate Salted Almonds	Y	Y		✔																									✔		
Mature Cheddar & Red Onion Crisps	Y																						✔								
Fruit, Nuts & Chocolate	Y			✔																			✔							✔	
Pret A Mango	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Sea Salt Popcorn	Y	Y																													
Smoky Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
Vegetable Crisps	Y	Y																													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																														
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																														
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Sweet Treats																																	
Almond Butter Bites	Y			✓																										✓			
Banana Cake	Y																		✓			✓								✓			
Caramel Waffle	Y																		✓			✓								✓			
Carrot Cake	Y											✓							✓			✓								✓			
Choc Bar	Y																		✓			✓								✓			
Chocolate Brownie Bar	Y																		✓			✓								✓			
Chocolate Moose	Y																							✓						✓			
Chocolatey Coconut Bite	Y	Y																												✓			
Dark Chocolate & Almond Butter Cookie	Y	Y		✓															✓														
Dark Chocolate Corn Cakes	Y																							✓						✓			
Dark Chocolate with Sea Salt	Y																													✓			
Hazelnut Truffles	Y	Y					✓																								✓		
Lemon Cheesecake	Y																		✓			✓			✓								
Love Bar	Y			✓								✓													✓						✓		
Milk Chocolate Bar	Y																								✓						✓		
Popcorn Bar	Y																								✓						✓		
Pret Bar	Y												✓					✓							✓								
Pret's Nut Bar	Y			✓																											✓		
Pret's Gingerbread Biscuits	Y																		✓			✓											
Pret's Vegan Raspberry & Coconut Muffin	Y	Y		✓															✓												✓		
Pret's Ultimate Vegan Brownie	Y	Y		✓															✓												✓		
Raspberry & Almond Bakewell Tart	Y			✓															✓			✓											
Vegan Banana & Walnut Muffin	Y	Y										✓							✓												✓		
Vegan Hazelnut & Caramel Brownie	Y	Y		✓			✓												✓												✓		
Vegan Choca Mocha Muffin	Y	Y											✓						✓												✓		
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Almond	Brazil Nut	Cashew					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep											
Coffee																																
Americano Black (add milk or milk alternative if White Americano)	Y	Y																														
Cappuccino Semi Skimmed milk	Y																							✓								
Cappuccino Skimmed milk	Y																							✓								
Cappuccino Soya (instead of milk)	Y	Y																												✓		
Cappuccino Rice 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 Rice 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 Rice Coconut (instead of milk)	Y	Y																														
Macchiato Semi Skimmed milk	Y																							✓								
Macchiato Skimmed milk	Y																							✓								
Macchiato Soya (instead of milk)	Y	Y																												✓		
Macchiato Oat (instead of milk)	Y	Y													✓																	
Macchiato Rice Coconut (instead of milk)	Y	Y																														
Mocha Semi Skimmed milk	Y																							✓								
Mocha Skimmed milk	Y																							✓								
Mocha Soya (instead of milk)	Y	Y																												✓		
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						
Mocha Rice Coconut (instead of milk)	Y	Y																												
Mocha Oat (instead of milk)	Y	Y											✓																	
Chai Latte	Y																						✓							
Chai Latte Rice Coconut (instead of Milk)	Y	Y																												
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																												
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																												
Pumpkin Spice Latte Semi Skimmed	Y																							✓						
Pumpkin Spice Latte Skimmed	Y																							✓						
Pumpkin Spice Latte Rice Coconut (instead of milk)	Y	Y																												
Pumpkin Spice Latte Oat (instead of milk)	Y	Y												✓																
Pumpkin Spice Latte Soya (instead of milk)	Y	Y																											✓	
Frappés & Shakes																														
Classic Frappé Semi Skimmed milk	Y																							✓						
Classic Frappé Skimmed milk	Y																							✓						
Chocolate Frappé Semi Skimmed milk	Y																							✓						
Chocolate Frappé Skimmed milk	Y																							✓						
Mocha Frappé Semi Skimmed milk	Y																							✓						
Mocha Frappé Skimmed milk	Y																							✓						
Decaf Mocha Frappé Semi Skimmed milk	Y																							✓						
Decaf Mocha Frappé Skimmed milk	Y																							✓						
Caramel Shake Semi Skimmed milk	Y																							✓						
Caramel Shake Skimmed milk	Y																							✓						
Hazelnut Shake Semi Skimmed milk	Y																							✓						
Hazelnut Shake Skimmed milk	Y																							✓						
Vanilla Shake Semi Skimmed milk	Y																							✓						
Vanilla Shake Skimmed milk	Y																							✓						
Frappé Mix	Y																							✓						
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																						✓								
Iced Latte Skimmed Milk	Y																						✓								
Iced Latte Soya (instead of milk)	Y	Y																											✓		
Iced Latte Rice Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y												✓																	
Iced Mocha Semi Skimmed Milk	Y																							✓							
Iced Mocha Skimmed Milk	Y																							✓							
Iced Mocha Soya (instead of milk)	Y	Y																											✓		
Iced Mocha Rice 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 Rice Coconut (instead of milk)	Y	Y																													
Turmeric Iced Latte Rice Coconut	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Semi Skimmed Milk	Y																							✓							
Cold Brew Skimmed Milk	Y																							✓							
Cold Brew Soya (instead of milk)	Y	Y																											✓		
Cold Brew Oat (instead of milk)	Y	Y												✓																	
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
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Hot Chocolate																																		
Hot Chocolate Semi Skimmed Milk	Y																								✓									
Hot Chocolate Skimmed Milk	Y																								✓									
Hot Chocolate Soya (instead of milk)	Y	Y																													✓			
Hot Chocolate Rice 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	Y	Y																													✓			
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																																
Hot Chocolate Hazelnut Oat	Y	Y													✓																			
Smoothies																																		
Berries and Cherries	Y	Y																																
Sweet Greens	Y	Y																																
Tropical Peach	Y	Y																																
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Syrups & Toppings																															
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																						✓								
Milk shot																															
Semi Skimmed	Y																						✓								
Skimmed	Y																						✓								
Soya (instead of milk)	Y	Y																											✓		
Rice 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																												✓	
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y																													
Babycino	Y																							✓							
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															