

# Pret's Allergen Guide

The title 'Pret's Allergen Guide' is centered on the page. 'Pret's' is in a dark blue serif font, while 'Allergen' and 'Guide' are in a larger, bold, orange sans-serif font. To the left of 'Allergen' are three stars of varying sizes in dark blue and orange. To the right is a magnifying glass icon with an orange handle and frame, and a dark blue star inside the lens.

Ireland Allergen Guide 30th April 2025 V1

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.

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

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

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

If you have any trouble finding what you'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.ie](http://www.pret.ie)

This Allergen Guide only covers food and drink sold in our Irish shops.



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	Vegan	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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Acid, Banana & Almond Butter Bowl	Y	Y		✓										✓																			
Almond Croissant	Y			✓																			✓										
Avo & Egg Mayo Baguette	Y														✓								✓										
Bacon & Egg Mayo Baguette																							✓										
Banana, Honey & Granola Pot	Y														✓											✓							
Banana & Honey Yoghurt Pot	Y																									✓							
Blueberry & Coconut Balance Bowl	Y														✓											✓							
Bircher Muesli	Y											✓			✓											✓							
Butter Croissant	Y																							✓		✓							
Cheese Twist	Y																								✓		✓						
Chocolate Croissant	Y																								✓		✓						
Cinnamon Danish	Y																								✓		✓						
Cranberry and Seed Bircher Muesli	Y												✓		✓											✓							
Breakfast Egg & Tomato Baguette	Y																								✓								
Five Berry Bowl	Y														✓												✓						
Five Berry Yoghurt Pot	Y																									✓							
Ham, Cheese, Tomato & Bacon Croissant																									✓		✓						
Mindful Matcha & Banana Bowl	Y														✓											✓							
Mozzarella & Tomato Croissant	Y																									✓							
Pain aux Raisin	Y																									✓							
Pastel de Nata	Y																									✓							
Porridge	Y													✓													✓						
Roasted Tomatoes & Egg Mayo Baguette	Y																								✓								
Triple Bacon Ciabatta																✓											✓						
Triple Sausage Ciabatta																✓											✓						
Ultimate Breakfast Ciabatta																✓											✓						
Very Berry Croissant	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)			Baguettes & 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	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Baguettes																															
Avo, Olives & Toms	Y	Y										✓						✓													
Avocado, Bacon & Tomato Baguette												✓						✓		✓	✓	✓									
Beef & Horseradish Baguette												✓						✓		✓		✓							✓		✓
BLT Baguette																		✓		✓											
Brie, Tomato & Basil Baguette	Y																	✓				✓									
Chicken Caesar & Bacon												✓						✓		✓	✓	✓									
Chicken and Stuffing Baguette																		✓		✓											✓
Chipotle Chicken & Feta Baguette												✓						✓						✓	✓						
Ham & Emmental																		✓				✓							✓		
Italian Prosciutto												✓						✓		✓		✓									
Posh Cheddar & Pickle	Y											✓						✓		✓		✓							✓		
Pret's Satay Chicken & Pickled Slaw Baguette													✓					✓		✓										✓	
Romesco Style Red Pepper Baguette	Y	Y										✓						✓												✓	
Smoked Salmon & Cream Cheese Baguette												✓						✓			✓	✓									
Tuna Mayo & Cucumber																		✓		✓	✓										
Sandwiches																															
Beef & Horseradish													✓					✓		✓		✓							✓		✓
Chicken, Avocado & Basil													✓					✓		✓		✓									
Chicken Salad													✓					✓		✓		✓									
Classic Super Club													✓					✓		✓											
Egg Florentine	Y												✓					✓		✓		✓									
Free Range Egg Mayo	Y												✓					✓		✓									✓		
Ham & Cheese													✓					✓				✓									
Humous & Veg	Y	Y											✓					✓				✓									
Kids' Cheese & Tomato Triangles	Y												✓					✓				✓									
Kids' Chicken & Cucumber Triangles													✓					✓		✓											
Kids' Ham Triangles													✓					✓				✓									
Mature Cheddar & Pickle	Y												✓					✓		✓		✓									
Pulled Ham and Pickle													✓					✓		✓											
Smoked Salmon													✓					✓			✓	✓	✓								
Tuna Mayo & Cucumber													✓					✓		✓	✓										
Veggie New Yorker	Y												✓					✓		✓		✓							✓		
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Rolls & Wraps																											
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
				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 & Caesar Wrap														✓		✓				✓	✓	✓								
Chipotle Chicken & Feta Wrap														✓		✓							✓	✓						
Chicken Pesto & Rocket Wrap														✓		✓				✓		✓								
Avocado & Chipotle Chicken Flatbread																✓						✓								
Chicken Caesar & Roasted Pistachio Flatbread																✓				✓	✓	✓								
Italian Style Pesto Chicken Flatbread																✓				✓		✓								
Mexican Style Falafel & Avo Flatbread	Y	Y														✓														
Greek Style Chicken Salad Flatbread													✓			✓				✓		✓	✓	✓						
Hoisin Duck Salad Wrap														✓		✓				✓										✓
Humous & Chipotle Wrap	Y	Y										✓	✓			✓														
Mediterranean Style Tuna Flatbread																✓				✓	✓									
Middle Eastern Style Chicken Flatbread												✓	✓			✓														
Pret's Chicken Satay Wrap													✓			✓													✓	
Rolls																														
Salt Beef Rye Roll													✓			✓		✓			✓								✓	
Scandi Salmon Rye Roll													✓			✓				✓	✓								✓	
Spicy Chicken Rye Roll													✓			✓				✓										
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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	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Apple Juice	Y	Y																													
Coconut Shot	Y	Y																													
Coke (all types)	Y	Y																													
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																													
Easy Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pret Still	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pret Still	Y	Y																													
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice	Y	Y																													
Orchard Blend	Y	Y																													
Pret Apple Fizz	Y	Y																													
Pret Cucumber & Mint Seltzer	Y	Y																													
Pret Ginger Beer	Y	Y																													
Pret Grape & Elderflower	Y	Y																													
Pret Lime & Raspberry Seltzer	Y	Y																													
Pret Rhubarb Lemonade	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Tropical Zest	Y	Y																													
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			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	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye					Spelt (Wheat)	Wheat	Cow						Goat
Fruit Salad Pot	Y	Y																											
Mango and Lime Pot	Y																												
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																													
			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			
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep		
Chicken, Stuffing & Cranberry Hot Baguette											✓						✓				✓			✓								✓
Chipotle Chicken, Mozzarella & Feta Hot Baguette											✓						✓				✓			✓	✓	✓						
Chipolte Mozzarella Hot Baguette	Y										✓						✓				✓			✓								
Falafel & Halloumi Hot Wrap	Y																✓				✓			✓	✓	✓						
Italian Style Chicken Hot Wrap																	✓				✓			✓								
Pret's Meatball Hot Wrap																	✓				✓			✓								
Mozzarella, Pepper & Tomato Hot Baguette	Y										✓						✓				✓			✓								
Spicy Chicken Hot Wrap																	✓				✓			✓								
Prosciutto & Mozzarella Hot Baguette											✓						✓				✓			✓								
Toasties																																
All Day Breakfast Toastie													✓			✓	✓			✓			✓									
Chipotle Chicken & Feta Toastie													✓			✓	✓			✓					✓	✓						
Halloumi, Red Pepper & Basil Toastie													✓			✓	✓			✓			✓		✓	✓						
Ham, Cheese & Mustard Toastie													✓			✓	✓			✓			✓							✓		
Tuna Melt Toastie													✓			✓	✓			✓			✓	✓	✓							
Reuben Toastie													✓			✓	✓			✓			✓							✓		
Soup																																
Barley & Rye Roll Soup Bread	Y	Y											✓			✓			✓													
Butternut Masala Soup	Y	Y																														
Lentil & Bacon Soup																				✓			✓						✓			
Mushroom Risotto Soup	Y	Y																														✓
Souper Tomato	Y	Y																														
Soup Baguette	Y	Y																	✓													
Thai Chicken Curry Soup																				✓			✓									
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>Platters</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>																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacea n	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													
Product	Vegetarians	Vegan Friendly									✓						✓				✓	✓	✓					✓			
Baguette Selection Platter												✓					✓				✓	✓	✓						✓		
Best of Pret Platter													✓					✓			✓	✓	✓						✓		
Breakfast Bowl Selection Platter	Y			✓						✓				✓									✓								
Brownie Bar Bag	Y																✓				✓		✓							✓	
Five Berry & Bircher Bowl Platter	Y									✓				✓									✓								
Love Bar Bag	Y			✓						✓				✓									✓							✓	
Pret Bar Platter	Y													✓									✓								
Sweet Pastry Selection Platter	Y			✓													✓				✓		✓							✓	
Vegan Cookie Bag	Y	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>																															

Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad																													
			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		
				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										✓										✓	✓	✓										
Chicken & Avocado Salad																				✓										✓		
Chicken, Pesto & Mozzarella Salad																						✓										
Egg & Spinach Protein Pot	Y																			✓												
Humous & Falafel Salad	Y	Y									✓	✓			✓		✓															
Kids' Humous & Cucumber Bowl	Y	Y									✓																					
Middle Eastern Style Chicken Salad										✓		✓														✓	✓					
Pret's Chicken Satay & Slaw Salad																				✓										✓		
Prosciutto, Chicken & Avo Salad																				✓												
Romesco Style Butter Bean & Feta Salad	Y																								✓	✓				✓		
Smoked Salmon & Egg Protein Pot																				✓	✓											
Smoked Salmon, Egg & Avocado Salad																				✓	✓											
Tuna Nicoise Salad																				✓	✓											
Dressing																																
French Dressing	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)			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.																													
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites			
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep		
Chilli, Bean & Seed Tortilla Chips	Y	Y																														
Cranberries in Coats	Y																															
Dark Chocolate Salted Almonds	Y	Y		✓																												
Mature Cheddar & Red Onion Crisps	Y																															
Fruit, Nuts & Chocolate	Y			✓																												
Pret A Mango	Y	Y																														
Sea Salt Popcorn	Y	Y																														
Sea Salt & Cider Vinegar Crisps	Y	Y																														
Sea Salt Crisps	Y	Y																														
Smoked Chipotle Crisps	Y	Y																														
Sweet & Salt Popcorn	Y	Y																														
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			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		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Berry Muffin	Y																✓				✓			✓								
Choc Bar	Y																✓							✓							✓	
Chocolate Brownie Bar	Y																✓				✓			✓							✓	
Chocolate Chunk Cookie	Y																✓							✓								
Chocolate Moose	Y																							✓							✓	
Dark Chocolate	Y																														✓	
Dark Chocolate & Almond Butter Cookie	Y	Y		✓													✓															
Dark Chocolate Corn Cakes	Y																														✓	
Fruit, Oat & Spelt Cookie	Y														✓			✓		✓					✓							
Lemon Cheesecake	Y																				✓				✓							
Love Bar	Y			✓											✓									✓							✓	
Milk Chocolate	Y																							✓							✓	
Peach & Almond Bakewell	Y			✓														✓			✓			✓								
Popcorn bar	Y																							✓							✓	
Pret Bar	Y														✓					✓				✓								
Pret's Chocolate Brownie Swirl	Y																				✓			✓								
Pret's Perfect Scone	Y																				✓			✓								
White Chocolate & Raspberry Cookie	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)			Barista Prepared Drinks																													
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Coffee																																
Americano Black	Y	Y																														
Americano Low Fat milk	Y																							✓								
Americano Soya (instead of milk)	Y	Y																												✓		
Americano Coconut (instead of milk)	Y	Y																														
Americano Oat (instead of milk)	Y	Y													✓																	
Cappuccino Low Fat milk	Y																								✓							
Cappuccino Soya (instead of milk)	Y	Y																												✓		
Cappuccino 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 Low Fat milk	Y																								✓							
Flat White Soya (instead of milk)	Y	Y																												✓		
Flat White Coconut (instead of milk)	Y	Y																														
Flat White Oat (instead of milk)	Y	Y													✓																	
Latte Low Fat milk	Y																								✓							
Latte Soya (instead of milk)	Y	Y																												✓		
Latte Oat (instead of milk)	Y	Y													✓																	
Latte Coconut (instead of milk)	Y	Y																														
Macchiato Low Fat milk	Y																								✓							
Macchiato Soya (instead of milk)	Y	Y																												✓		
Macchiato Oat (instead of milk)	Y	Y													✓																	
Macchiato Coconut (instead of milk)	Y	Y																														
Mocha Low Fat milk	Y																								✓							
Mocha Soya (instead of milk)	Y	Y																												✓		
Mocha Coconut (instead of milk)	Y	Y																														
Mocha Oat (instead of milk)	Y	Y													✓																	
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Other Hot Drinks																															
Caramelised Almond Latte (low fat Milk)	Y																							✓							
Caramelised Almond Latte Coconut (instead of milk)	Y	Y																													
Caramelised Almond Latte Oat (instead of milk)	Y	Y												✓																	
Caramelised Almond Latte Soya (instead of milk)	Y	Y																												✓	
Chai Latte Low Fat Milk	Y																							✓							
Chai Latte Coconut (instead of Milk)	Y	Y																													
Chai Latte Soya (instead of Milk)	Y	Y																												✓	
Chai Latte Oat (instead of Milk)	Y	Y												✓																	
Dirty Chai Latte Low Fat Milk	Y																							✓							
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Dirty Chai Latte Soya (instead of Milk)	Y	Y																												✓	
Dirty Chai Latte Oat (instead of Milk)	Y	Y												✓																	
Maple Pecan Latte (Low fat Milk)	Y																							✓							
Maple Pecan Latte Coconut (instead of milk)	Y	Y																													
Maple Pecan Latte Oat (instead of milk)	Y	Y												✓																	
Maple Pecan Latte Soya (instead of milk)	Y	Y																												✓	
Matcha Latte Low Fat Milk	Y																							✓							
Matcha Latte Coconut (instead of Milk)	Y	Y																													
Matcha Latte Soya (instead of Milk)	Y	Y																												✓	
Matcha Latte Oat (instead of Milk)	Y	Y												✓																	
Iced Drinks																															
Iced Latte Low Fat Milk	Y																														
Iced Latte Coconut (instead of milk)	Y	Y																													
Iced Latte Soya (instead of milk)	Y	Y																												✓	
Iced Latte Oat (instead of milk)	Y	Y												✓																	
Iced Chai Latte Low Fat Milk	Y																							✓							
Iced Chai Latte Coconut (instead of Milk)	Y	Y																													
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[illegible]

Ireland Allergen Guide 30th April 2025 V1

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Ube Brûlée Iced Latte - Oat (instead of milk)	Y	Y													✓																	
Pret Coolers																																
Applejito	Y	Y																														
Berry Bliss	Y	Y																														
Feelin' Peachy	Y	Y																														
Mango Sunrise	Y	Y																														
Raspberry Lemonade	Y	Y																														
Rhuberry Breeze	Y	Y																														
Hot Chocolate																																
Hot Chocolate Low Fat Milk	Y																							✓								
Hot Chocolate Soya (instead of milk)	Y	Y																												✓		
Hot Chocolate 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 Soya (instead of milk)	Y	Y																													✓	
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																														
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y													✓																	
Festive Orange Hot Chocolate (Low Fat Milk)	Y																							✓								
Festive Orange Hot Chocolate Coconut (instead of milk)	Y	Y																														
Festive Orange Hot Chocolate Oat (instead of milk)	Y	Y													✓																	
Festive Orange Hot Chocolate Soya (instead of milk)	Y	Y																													✓	
Syrups & Toppings																																
All Syrups	Y	Y																														
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Whipped Cream	Y																						✓										
Milk shot																																	
Low Fat	Y																						✓										
Soya (instead of milk)	Y	Y																													✓		
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																																	
Low Fat milk cup	Y																							✓									
Soya (instead of milk) cup	Y	Y																													✓		
Coconut (instead of milk) cup	Y	Y																															
Oat (instead of milk) cup	Y	Y													✓																		
Babyccino	Y																							✓									
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