

# 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 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](http://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.



## Egg & Bacon Baguette

Serving Size: 196g/6.91oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

French Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
490	21	9	0	300	1090	39	0	1	0	29	0	163	4	357

## Egg & Cheddar Baguette

Serving Size: 166g/5.85oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

French Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
350	11	4.5	0	270	590	39	0	1	0	19	0	159	4	207

## Blackened Salmon, Avo & Quinoa Salad with Creamy Herb Lime Dressing

Serving Size: 404g/14.25oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, Milk

### INGREDIENTS:

**Salad:** Atlantic Salmon (Atlantic Salmon, Salt, Spices (Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Mesclun, Roasted Corn (Corn), Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Grape Tomatoes, Avocados, Lemon Juice, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

**Creamy Herb Lime Dressing:** Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric

### 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
640	46	4.5	0	45	1010	28	4	7	1	30	2	63	6	984

# Morning Glory Banana Muffin

Serving Size: 128g/4.51oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Sesame, Wheat

## INGREDIENTS:

Bananas, Brown Sugar, Wheat Flour, Canola Oil, Water, Apples, Carrots, Pumpkin Seeds, Maple Syrup, Ground Flaxseed, Leavener (sodium acid pyrophosphate, cornstarch, sodium bicarbonate, monocalcium phosphate), Spices, Natural Flavors, Sunflower Seeds, Citrus Fiber, Vegan Margarine [Oil Blend (canola, palm fruit and olive oils), water, salt, contains less than 2% of natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract (color)], Flaxseed, Rolled Oats, Sesame Seeds, 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)	VitaminD (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
390	16	1.5	0	0	520	57	5	31	25	6	0	63	2	340