

Pret's Allergen Guide



Ireland Allergen Guide 15th January 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

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	Vegetarian	Vegan Friendly	Tree Nuts										Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites							
			Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley		Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep													
Acai, Banana & Almond Butter Bowl	Y	Y		✓																																		
Almond Croissant	Y			✓																																		
Banana, Honey & Granola Pot	Y																																					
Blueberry & Coconut Balance Bowl	Y																																					
Bircher Muesli	Y																																					
Cheese Twist	Y																																					
Chocolate Croissant	Y																																					
Cinnamon Danish	Y																																					
Cranberry and Seed Bircher Muesli	Y																																					
Five Berry Bowl	Y																																					
Five Berry Yoghurt Pot	Y																																					
Butter Croissant	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																																					
Banana & Honey Yoghurt Pot	Y																																					
Triple Bacon Ciabatta																																						
Triple Sausage Ciabatta																																						
Ultimate Breakfast Ciabatta																																						
Very Berry Croissant	Y	Y																																				

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Baguettes & Sandwiches

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				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												✓								✓		✓									✓		✓			
Brie, Tomato & Basil Baguette	Y																					✓														
Chicken Caesar & Bacon												✓								✓	✓	✓														
Chicken and Stuffing Baguette																				✓														✓		
Chicken, Stuffing & Cranberry Hot Baguette												✓								✓		✓												✓		
Chipotle Chicken & Feta Baguette												✓								✓																
Ham & Emmental																				✓			✓												✓	
Italian Prosciutto												✓								✓			✓													
Posh Cheddar & Pickle	Y											✓								✓		✓													✓	
Tuna Mayo & Cucumber																				✓		✓														
Sandwiches																																				
Beef & Horseradish																				✓		✓		✓										✓	✓	
Chicken, Avocado & Basil																				✓		✓		✓												
Classic Super Club																				✓		✓		✓												
Egg Florentine	Y																			✓		✓		✓												
Free-Range Egg Mayo	Y																			✓																✓
Ham & Cheese																				✓			✓													
Kids' Chicken & Cucumber Triangles																				✓			✓													
Mature Cheddar & Pickle	Y																			✓		✓		✓												
Pulled Ham and Pickle																				✓			✓													
Smoked Salmon																				✓			✓													
Tuna Mayo & Cucumber																				✓		✓														

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Rolls & Wraps

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				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															✓		✓			✓		✓														
Mexican Style Falafel & Avo Flatbread	Y	Y															✓				✓															
Greek Style Chicken Salad Flatbread													✓				✓			✓		✓	✓	✓												
Hoisin Duck Salad Wrap															✓		✓			✓															✓	
Mediterranean Style Tuna Flatbread																	✓			✓	✓															
Middle Eastern Style Chicken Flatbread												✓	✓				✓																			
Pret's Chicken Satay Wrap													✓				✓																		✓	

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Cold 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													
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	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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Fruit

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
Fruit Salad Pot	Y	Y																																		
Mango and Lime Pot	Y																																			

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Pret's Hot

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep					
Chipotle Chicken, Mozzarella & Feta Hot Baguette										✓												✓	✓	✓											
Chipotle 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																																			
Lentil & Bacon Soup																						✓		✓									✓		
Mushroom Risotto Soup	Y	Y																																✓	
Butternut Masala Soup	Y	Y																																	
Souper Tomato	Y	Y																																	
Soup Baguette	Y	Y																																	
Thai Chicken Curry Soup																						✓		✓											

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Contents Key: ✓ (Product Contains) Y (Suitable For)		<h1 style="text-align: center;">Salad</h1> <p style="text-align: center;">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>																																		
		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, Pesto & Mozzarella Salad																							✓													
Egg & Spinach Protein Pot		Y																			✓															
Humous & Falafel Salad		Y	Y																																	
Pret's Chicken Satay & Slaw Salad																						✓														✓
Smoked Salmon & Egg Protein Pot																						✓	✓													
Smoked Salmon, Egg & Avocado Salad																						✓	✓													
Tuna Nicoise Salad																						✓	✓													
Dressing																																				
French Dressing		Y	Y																																	
<p style="text-align: center;">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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Snacks

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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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Sweet Treats

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				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																																			

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Barista Prepared Drinks

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk and 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	Kamut (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																																				

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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 Coconut (instead of milk)	Y	Y																																								
Mocha Oat (instead of milk)	Y	Y																																								
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 Soya (instead of milk)	Y	Y																																								
Iced Latte Coconut (instead of milk)	Y	Y																																								

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Barista Prepared Drinks

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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	Kamuit (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep														
Iced Latte Oat (instead of milk)	Y	Y												✓																									
Iced Chai Latte Low Fat Milk	Y																									✓													
Iced Chai Latte Coconut (instead of Milk)	Y	Y																																					
Iced Chai Latte Soya (instead of Milk)	Y	Y																																				✓	
Iced Chai Latte Oat (instead of Milk)	Y	Y												✓																									
Iced Dirty Chai Latte Low Fat Milk	Y																									✓													
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																																					
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																																				✓	
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y												✓																									
Iced Matcha Latte Low Fat Milk	Y																									✓													
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																																					
Iced Matcha Latte Soya (instead of Milk)	Y	Y																																				✓	
Iced Matcha Latte Oat (instead of Milk)	Y	Y												✓																									
Iced Mocha Low Fat Milk	Y																									✓													
Iced Mocha Soya (instead of milk)	Y	Y																																				✓	
Iced Mocha Coconut (instead of milk)	Y	Y																																					
Iced Mocha Oat (instead of milk)	Y	Y												✓																									
Iced White Americano Low Fat Milk	Y																									✓													
Iced White Americano Oat (instead of milk)	Y	Y												✓																									
Iced White Americano Soya (instead of milk)	Y	Y																																				✓	
Iced White Americano Coconut (instead of milk)	Y	Y																																					
Pret Coolers																																							
Applejito	Y	Y																																					
Berry Bliss	Y	Y																																					
Feelin' Peachy	Y	Y																																					
Mango Sunrise	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						
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																																		
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																																		

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep														
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																																					✓	
Pumpkin Spice Latte Coconut (instead of milk)	Y	Y																																					
Pumpkin Spice Latte Oat (instead of milk)	Y	Y																																				✓	
Pumpkin Spice Latte Soya (instead of milk)	Y	Y																																				✓	
Salted Caramel Latte Low Fat Milk	Y																																						✓
Salted Caramel Latte Coconut (instead of milk)	Y	Y																																					
Salted Caramel Latte Oat (instead of milk)	Y	Y																																				✓	
Salted Caramel Latte Soya (instead of milk)	Y	Y																																					✓
Iced Pumpkin Spice Latte Low Fat Milk	Y																																						✓
Iced Pumpkin Spice Latte Coconut (instead of milk)	Y	Y																																					
Iced Pumpkin Spice Latte Soya (instead of milk)	Y	Y																																					✓
Iced Pumpkin Spice Latte Oat (instead of milk)	Y	Y																																				✓	
Iced Salted Caramel Latte Low Fat Milk	Y																																						✓
Iced Salted Caramel Latte Coconut (instead of milk)	Y	Y																																					
Iced Salted Caramel Latte Soya (instead of milk)	Y	Y																																					✓
Iced Salted Caramel Latte Oat (instead of milk)	Y	Y																																					✓

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