

Pret's Catering Guide



Nutrition

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

Allergies & Ingredients

Our food is freshly prepared in small kitchens that handle various ingredients and common allergens including sesame, wheat, peanuts, soy, tree nuts, milk, eggs, fish, and shellfish.

Our coffee counters and kitchens are busy places using shared equipment to prepare, store, and handle multiple ingredients. 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.

Our Catering Guide contains a list of all the products we offer for catering in our US shops, with full product lists and the 9 declarable allergen information listed for your reference.

Please remember to check our complete Nutrition & Allergen Guide regularly as recipes do change from time to time. Each individual product's nutritional information can also be found there.

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 any additional information, [visit www.pret.com](http://www.pret.com) to 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.



Croissant Selection Platter

Serving Size: 1064g/37.48oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Almond, Soy, Wheat

CONTAINS:

- 4 Plain Croissant
- 4 Almond Croissant
- 4 Chocolate Croissant

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4000	228	134	4	564	2720	404	36	132	132	80	0	348	16	1608

Bakery Box Platter

Serving Size: 1284g/45.24oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Almond, Soy, Wheat

CONTAINS:

- 3 Plain Croissant
- 3 Almond Croissant
- 3 Blueberry Muffin
- 3 Pain Au Raisin

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
4380	219	111	3	651	3510	531	27	216	207	81	0	540	15	1572

Yogurt Pot Platter

Serving Size: 2153g/75.94oz

Recipe is: Vegetarian and Vegan

Common Allergens: Milk, Almond

CONTAINS:

- 3 Little Cup of Goodness
- 3 Blueberry & Granola Pot
- 3 Bircher Muesli

THIS PLATTER FEEDS 9 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2840	95	36	0	260	830	330	27	211	31	165	0	1893	12	3358

King of Cookies Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut, Walnut, Pecan, Egg, Milk, Soy, Wheat

CONTAINS:

- 4 Chocolate Chunk Cookies
- 4 Harvest Cookies
- 4 Double Chocolate Pecan Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3720	192	96	0	500	3560	476	28	276	252	52	0	364	20	1504

Chocolate Chip Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Soy, Wheat

CONTAINS:

12 Chocolate Chunk Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3720	192	120	0	600	3360	504	24	312	312	48	0	336	24	1404

Harvest Cookie Platter

Serving Size: 852g/30oz

Recipe is: Vegetarian and Vegan

Common Allergens: Coconut, Walnut, Egg, Milk, Wheat, Soy

CONTAINS:

12 Harvest Cookies

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3360	144	72	0	420	3120	480	36	252	216	60	0	384	24	1752

Classic Sandwich Platter

Serving Size: 1173g/41.37oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Egg, Milk, Wheat

CONTAINS:

1 Pret's Chicken Salad & Avo Sandwich (cut into 4 pieces)

1 Pret's Egg Salad & Arugula Sandwich (cut into 4 pieces)

1 Ham and Cheese Sandwich (cut into 4 pieces)

1 Chicken & Bacon Sandwich (cut into 4 pieces)

1 Cheddar & Tomato Sandwich (cut into 4 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
2770	153	33	0	675	5220	225	8	30	7	119	3	995	14	2565

Baguette Platter

Serving Size: 1526g/53.81oz

Recipe is: Vegetarian and Vegan

Common Allergens: Tuna, Almond, Pine Nut, Egg, Milk, Wheat

CONTAINS:

2 Pret's Famous Ham & Cheese Baguette (cut into 4 pieces)

1 Pret's Tuna & Cucumber Baguette (cut into 4 pieces)

2 Pesto Caprese Baguette (cut into 4 pieces)

1 Romesco Chicken & Mozzarella Baguette (cut into 4 pieces)

THIS PLATTER FEEDS 6 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3860	171	45	0	340	8040	418	23	8	2	173	2	1380	28	2037

Salad Wrap Selection Platter

Serving Size: 1649g/58.16oz

Recipe is: Vegetarian and Vegan

Common Allergens: Almond, Pine Nut, Egg, Milk, Sesame, Soy, Wheat

CONTAINS:

1 x Bang Bang Chicken Wrap (cut into 2 pieces)

1 x Crunchy Chipotle Chicken & Avo Wrap (cut into 2 pieces)

1 x Falafel & Hummus Wrap (cut into 2 pieces)

1 x Green Goodness Chicken Wrap (cut into 2 pieces)

1 x Mozzarella & Red Peppers with Romesco Wrap (cut into 2 pieces)

THIS PLATTER FEEDS 5 PEOPLE.

NUTRITIONAL INFORMATION:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
3020	163	26	0	215	6430	308	18	37	15	126	0	1106	22	4006

Chicken Avocado Salad Platter

Serving Size: 1589g/56.05oz

Recipe is: Vegetarian and Vegan

Common Allergens: Walnut

Salad: Mesclun, Sliced Chicken (Chicken Breast, Sea Salt), Avocados, Grape Tomatoes, Dried Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Walnuts (Walnut Halves and Pieces), Lemon Juice

Pret's Simple Vinaigrette: Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1350	77	10	0	205	1220	91	28	50	41	79	0	214	8	3346

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	27	3	0	0	380	3	0	2	2	0	0	10	0	25

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	230	21	1	0	0	4	0	5	1	35

Chicken Caesar Salad Platter

Serving Size: 1664g/58.70oz

Recipe is: Vegetarian and Vegan

Common Allergens: Anchovy, Egg, Milk, Soy, Wheat

Salad: Romaine, Sliced Chicken (Chicken Breast, Sea Salt), Grape Tomatoes, Garlic Croutons (French Bread (Unbleached Flour, Water, Yeast, Sea salt) Certified Non-GMO Canola Oil, Garlic, Sea salt, Basil, Pepper, Parsley), Parmesan (Pasteurized Cultured Part-Skim Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose), Basil, Lemon

Caesar Dressing: Expeller Pressed Canola Oil, Filtered Water, Tapioca Syrup, Imported Pecorino Romano Cheese (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Garlic, Pasteurized Egg Yolk, Nonfat Dry Milk, Lactic Acid, Anchovies (Anchovies, Sunflower Oil, Salt), Soy Sauce (Water, Soybeans, Wheat, Salt, Alcohol), Worcestershire Sauce (Vinegar, Molasses, Raw Cane Sugar, Sea Salt, Spices, Garlic Powder), Sea Salt, Lemon Juice Concentrate, Black Pepper, Roasted Garlic, Mustard Flour

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1110	42	10	0	245	2580	89	49	12	0	104	0	946	8	2778

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
300	32	3	0	10	230	6	0	2	0	2	0	49	0	23

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	230	21	1	0	0	4	0	5	1	35

Mediterranean Mezze Salad Platter

Serving Size: 1842g/64.97oz

Recipe is: Vegetarian and Vegan

Common Allergens: Sesame

Salad: Cucumbers, Falafel (Garbanzo Beans, Onions, Chickpea Flour, Corn Oil, Garlic (Garlic, Water), Parsley, Cilantro, Mint, Olive Oil, Salt, Water, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate and Corn starch), Cumin, Lemon Juice Concentrate, Turmeric, Cayenne Pepper), Mesclun, Hummus (Garbanzo Beans, Water, Sesame Seeds, Lemon Juice, Spices (Cumin, Garlic), Olive Oil, Salt), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds)

Pret's Simple Vinaigrette: Water, Canola Oil, Olive Oil, Red Wine Vinegar, Shallot Puree, Sugar, Contains 2% Or Less: Distilled Vinegar, Sea Salt, Mustard, Lemon Juice Concentrate, Molasses, Garlic Puree (Garlic, Citric Acid), Parsley, Salt, White Wine, Garlic Powder, Onion Powder, Spices (Including Black Pepper), Xanthan Gum, Tartaric Acid, Citric Acid

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1390	59	1.5	0	0	3540	177	21	50	18	49	0	807	24	3114

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
250	27	3	0	0	380	3	0	2	2	0	0	10	0	25

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: Wheat

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	230	21	1	0	0	4	0	5	1	35

Greek Salad Platter

Serving Size: 1704g/60.1oz

Recipe is: Vegetarian and Vegan

Common Allergens: Egg, Milk, Wheat

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

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

THIS PLATTER FEEDS 5 PEOPLE. All platters are served with bread rolls

NUTRITIONAL INFORMATION FOR 1 PLATTER - WITHOUT DRESSING/ROLLS:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
1270	73	14	0	80	5600	114	40	24	0	55	1	799	5	1542

NUTRITIONAL INFORMATION FOR 1 DRESSING POT: Serving Size: 57g/2oz Recipe is: Vegetarian and Vegan

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
200	21	4	0	20	330	2	0	1	1	1	0	27	0	39

NUTRITIONAL INFORMATION FOR 1 BREAD ROLL: Serving Size: 40g/1.41oz Recipe is: Vegetarian and Vegan

Common Allergens: **Wheat**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
100	0	0	0	0	230	21	1	0	0	4	0	5	1	35

Coffee Box Organic Single Origin

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: **Milk**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	5	170	17	0	16	0	11	4	425	0	496

Coffee Box Organic Classic Blend

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: **Milk**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	5	170	17	0	16	0	11	4	425	0	496

Coffee Box Decaf

Serving Size: 2154g/ 120 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

(2) 12oz Cup Milk of Choice

NUTRITIONAL INFORMATION: Based on (1) 12 oz cup with SKIM MILK:

Common Allergens: **Milk**

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
130	0	0	0	5	170	17	0	16	0	11	4	425	0	496

Coffee Box Cold Brew

Serving Size: 1814g/ 96 fl oz

Recipe is: Vegetarian and Vegan

CONTAINS:

(1) 96oz Coffee Carafe

NUTRITIONAL INFORMATION: Based on (1) 16 oz cup:

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
15	0	0	0	0	0	3	0	0	0	0	0	30	0	300

