



Pret's Allergen Guide

US Pret Shops

We prepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment. While we do our best to manage allergens, we cannot guarantee that any of our food or drinks are free from any of the FDA 9 major declarable allergens or suitable for those with allergies due to the risk of cross-contact.

Introduction

Here you'll find a list of all Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

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 favorite, recipes can differ shop to shop.

Where a product contains **"Tree Nuts"** or **"Fish"**, you will find a specific ingredient listed, for example **"Almond"** or **"Tuna"**.

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For delivery orders:

We cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Pret orders or orders from other businesses along with your Pret order.

The FDA requires the declaration of the following ingredients and their derivatives as allergens:

Peanuts
Fish
Egg
Soy
Sesame

Tree Nuts
Crustaceans
Milk
Wheat

If you are interested in an ingredient outside the 9 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 are looking for **please ask the Manager**, they will 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 <https://www.pret.com> or contact our Customer Service Team at **646-728-0505**.

This allergen guide only covers food and drink sold in our US Pret Shops.

Contents Key: ✓ (Product Contains) Y (Suitable For)			Rolls & Wraps																				
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts									Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame	
				Almond	Pine Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Rolls																							
Avocado Veggie Sandwich	Y																		✓	✓		✓	
Pret's Italian Turkey Club Sandwich																			✓	✓		✓	
Hot Melts																							
BBQ Pulled Pork Melt																				✓		✓	
Buffalo Chicken Melt																			✓	✓		✓	
Roasted Mushroom & Swiss Melt	Y																		✓	✓		✓	
Wraps																							
Bang Bang Chicken Wrap																			✓		✓	✓	✓
Crunchy Chipotle Chicken & Avo Wrap																			✓	✓		✓	
Crunchy Miso Mushroom Wrap	Y	Y																			✓	✓	✓
Falafel & Hummus Wrap	Y	Y																				✓	✓
Spicy Chicken Caesar Wrap																	✓		✓	✓	✓	✓	
Hot Wraps																							
Pret's Chicken Parm Wrap																				✓		✓	
Pret's Pulled Pork Burrito																				✓		✓	
Spiced Lentil & Chickpea Hot Wrap	Y	Y																				✓	
Chicken Burrito Wrap																				✓		✓	
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Hot Food																			
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts								Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame	
				Almond	Pine Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy							Other
Hot Food																						
Ham & Cheddar Croissant																	✓	✓		✓		
Turkey & Swiss Croissant																	✓	✓		✓		
Pret's Chicken Parm Wrap																		✓		✓		
Pret's Pulled Pork Burrito																		✓		✓		
Spiced Lentil & Chickpea Hot Wrap	Y	Y																		✓		
Broccoli Cheddar & Chive Quiche	Y																✓	✓		✓		
Spinach & Fontina Quiche	Y																✓	✓		✓		
Bread Roll	Y	Y															✓	✓		✓		
Soup																						
Chili Yogurt & Herbs Soup Topper	Y																	✓		✓		
Croutons, Lemon & Herbs Soup Topper	Y	Y																		✓		
Moroccan Lentil Soup	Y	Y																				
Roasted Veggie Harvest Soup	Y	Y																				
Super Greens Soup	Y	Y																				
Tomato & Feta Soup	Y																	✓				
Turmeric Chicken & Farro Soup																				✓		
White Chicken Chili																		✓				
Classic Mac and Cheese	Y																✓	✓		✓		
Spinach & Tomato Mac and Cheese	Y																✓	✓		✓		
Pumpkin Bisque	Y																	✓				
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Breakfast																				
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts									Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame	
				Almond	Pine Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Sandwiches, Rolls and Wraps																							
Egg Salad & Avocado Breakfast Baguette	Y																		✓			✓	
Bacon, Egg & Cheddar Roll																			✓	✓		✓	
Egg & Cheddar Roll	Y																		✓	✓		✓	
Southwestern Breakfast Wrap	Y																		✓	✓		✓	
Southwestern Breakfast Wrap with bacon																			✓	✓		✓	
Porridge																							
Apple Cranberry Crunch Porridge Topper	Y	Y																					
Coconut Banana Blueberry Porridge Topper	Y	Y																					
Oatm*lk Porridge	Y	Y																					
Hot Food																							
Egg White Greek Frittata	Y																		✓	✓			
Power Breakfast Frittata																			✓	✓			
Ham & Cheddar Croissant																			✓	✓		✓	
Turkey & Swiss Croissant																			✓	✓		✓	
Trial Items- WTC, 179 Broadway, USQ, Fulton, Broadway and Thomas																							
Dragon Fruit Yogurt Protein Pot	Y																			✓			
Sunset Smoothie Pot	Y																						
Egg Salad & Bacon Sourdough Breakfast Baguette																			✓	✓		✓	
Bacon, Egg & Cheddar Sourdough Breakfast Half Baguette																			✓	✓		✓	
Egg & Cheddar Sourdough Breakfast Half Baguette	Y																		✓	✓		✓	
Roasted Tomato & Mozzarella Croissant	Y																		✓	✓		✓	
Apple Cinnamon Oatm*lk Porridge	Y																		✓	✓		✓	
Brown Sugar & Banana Oatm*lk Porridge	Y																		✓	✓		✓	
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit & Pots																				
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts										Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame
				Almond	Pine Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Fruit																							
Banana	Y	Y																					
Cantaloupe & Blueberry Pot	Y	Y																					
Pineapple & Lime Pot	Y	Y																					
Strawberry & Blueberry Pot	Y	Y																					
Pots																							
Banana & Honey Yogurt Pot (LAX Only)	Y			✓															✓				
Berry Yogurt Parfait Pot (LAX ONLY)	Y																		✓				
Bircher Muesli	Y			✓															✓				
Blueberry & Granola Pot	Y																		✓				
Blueberry Yogurt Pot	Y																		✓				
Dragon Fruit Coconut Chia Bowl	Y	Y		✓																			
Egg & Spinach Pot	Y																	✓					
Guava Coconut Chia Pot	Y	Y		✓																			
Hummus Pot	Y	Y																				✓	
Little Cup of Goodness	Y																		✓				
Strawberry Yogurt Pot	Y																		✓				
Chobani Strawberry Yogurt Protein Pot	Y																		✓				
Sunshine Bowl	Y	Y																					
Kid's Honey Banana Yogurt Pot (NYC Only)	Y																		✓				
Pumpkin Spice Yogurt Pot	Y																		✓				
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Croissanterie & Sweet Treats																			
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts									Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame
				Almond	Pine Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other						
Croissanterie																						
Almond Croissant	Y			✓															✓	✓		✓
Chocolate Croissant	Y																		✓	✓		✓
Plain Croissant	Y																		✓	✓		✓
Blueberry Muffin	Y																		✓	✓		✓
Cinnamon Kouign Amann ("queen a-mahn")	Y																		✓	✓		✓
Everything Cream Cheese Swirl	Y																		✓	✓		✓
Chocolate Chunk Cookie	Y																		✓	✓	✓	✓
Chocolate Brownie Cookie	Y																		✓	✓	✓	✓
Double Chocolate Pecan Cookie	Y									✓									✓	✓	✓	✓
Harvest Cookie	Y											✓							✓	✓	✓	✓
Pumpkin Cheese Danish	Y																		✓	✓	✓	✓
Sweet Treats																						
Brownie Bite	Y																		✓	✓	✓	✓
Key Lime Cheesecake	Y																		✓	✓		✓
Raspberry Cheesecake	Y																		✓	✓		✓
Tiramisu Cheesecake	Y																		✓	✓	✓	✓
Chocolate Covered Almonds	Y	Y		✓																		
Omega-3 Mix	Y	Y		✓						✓	✓	✓										
Raw Almonds	Y	Y		✓																		
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Barista Prepared Drinks																		
Product	Vegetarian	Vegan-Friendly	Peanut	Tree Nuts								Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame
				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy						
Coffee																					
Americano Black	Y	Y																			
Cappuccino (Almond Milk)	Y	Y		✓																	
Cappuccino (Oat Milk)	Y	Y																			
Cappuccino (Half and Half)	Y																	✓			
Cappuccino (Skim Milk)	Y																	✓			
Cappuccino (Whole Milk)	Y																	✓			
Espresso	Y	Y																			
Macchiato (Almond Milk)	Y	Y		✓																	
Macchiato (Oat Milk)	Y	Y																			
Macchiato (Half and Half)	Y																	✓			
Macchiato (Skim Milk)	Y																	✓			
Macchiato (Whole Milk)	Y																	✓			
Flat White (Almond Milk)	Y	Y		✓																	
Flat White (Oat Milk)	Y	Y																			
Flat White (Half and Half)	Y																	✓			
Flat White (Skim Milk)	Y																	✓			
Flat White (Whole Milk)	Y																	✓			
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				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy							Other
Coffee (Cont.)																						
Mocha (Almond Milk)	Y	Y		✓																		
Mocha (Oat Milk)	Y	Y																				
Mocha (Half & Half)	Y																	✓				
Mocha (Skim Milk)	Y																	✓				
Mocha (Whole Milk)	Y																	✓				
Latte (Almond Milk)	Y	Y		✓																		
Latte (Oat Milk)	Y	Y																				
Latte (Half & Half)	Y																	✓				
Latte (Skim Milk)	Y																	✓				
Latte (Whole Milk)	Y																	✓				
Pret's Organic Single Origin Coffee Black	Y	Y																				
Pret's Organic Classic Blend Coffee Black	Y	Y																				
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				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other								
Other Hot Drinks																								
Chai Latte (Almond Milk)	Y	Y		✓																				
Chai Latte (Oat Milk)	Y	Y																						
Chai Latte (Half & Half)	Y																		✓					
Chai Latte (Skim Milk)	Y																		✓					
Chai Latte (Whole Milk)	Y																		✓					
Matcha Chai Latte (Almond Milk)	Y	Y		✓																				
Matcha Chai Latte (Oat Milk)	Y	Y																						
Matcha Chai Latte (Half & Half Milk)	Y																		✓					
Matcha Chai Latte (Skim Milk)	Y																		✓					
Matcha Chai Latte (Whole Milk)	Y																		✓					
Matcha Latte (Almond milk)	Y	Y		✓																				
Matcha Latte (Oat milk)	Y	Y																						
Matcha Latte (Half & Half)	Y																		✓					
Matcha Latte (Skim Milk)	Y																		✓					
Matcha Latte (Whole Milk)	Y																		✓					
Hot Chocolate (Almond Milk)	Y	Y		✓																				
Hot Chocolate (Oat Milk)	Y	Y																						
Hot Chocolate (Half & Half)	Y																		✓					
Hot Chocolate (Skim Milk)	Y																		✓					
Hot Chocolate (Whole Milk)	Y																		✓					
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				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Iced Coffee																							
Cold Brew (Black)	Y	Y																					
Iced Americano (Black)	Y	Y																					
Iced Coffee (Black)	Y	Y																					
Iced Espresso (Black)	Y	Y																					
Iced Mocha (Almond Milk)	Y	Y		✓																			
Iced Mocha (Oat Milk)	Y	Y																					
Iced Mocha (Half & Half)	Y																	✓					
Iced Mocha (Skim Milk)	Y																	✓					
Iced Mocha (Whole Milk)	Y																	✓					
Iced Latte (Almond Milk)	Y	Y		✓																			
Iced Latte (Oat Milk)	Y	Y																					
Iced Latte (Half & Half)	Y																	✓					
Iced Latte (Skim Milk)	Y																	✓					
Iced Latte (Whole Milk)	Y																	✓					
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Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts									Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame	
				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Other Iced Drinks																							
Iced Chai Latte (Almond Milk)	Y	Y		✓																			
Iced Chai Latte (Oat Milk)	Y	Y																					
Iced Chai Latte (Half & Half)	Y																		✓				
Iced Chai Latte (Skim Milk)	Y																		✓				
Iced Chai Latte (Whole Milk)	Y																		✓				
Iced Chocolate (Almond Milk)	Y	Y		✓																			
Iced Chocolate (Oat Milk)	Y	Y																					
Iced Chocolate (Half & Half)	Y																		✓				
Iced Chocolate (Skim Milk)	Y																		✓				
Iced Chocolate (Whole Milk)	Y																		✓				
Iced Matcha (Almond Milk)	Y	Y		✓																			
Iced Matcha (Oat Milk)	Y	Y																					
Iced Matcha (Half & Half)	Y																		✓				
Iced Matcha (Skim Milk)	Y																		✓				
Iced Matcha (Whole Milk)	Y																		✓				
Pink Guava Matcha Iced Latte (Almond Milk)	Y	Y		✓																			
Pink Guava Matcha Iced Latte (Oat Milk)	Y	Y																					
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				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Other Iced Drinks (Cont.)																							
Pink Guava Matcha Iced Latte (Half & Half)	Y																	✓					
Pink Guava Matcha Iced Latte (Skim Milk)	Y																	✓					
Pink Guava Matcha Iced Latte (Whole Milk)	Y																	✓					
Iced Teas, Lemonade and Refreshers																							
Iced Black Tea	Y	Y																					
Iced Green Tea	Y	Y																					
Sunshine Black Tea	Y	Y																					
Sunshine Green Tea	Y	Y																					
Pink Guava Lemonade	Y	Y																					
Pink Guava Sunshine Black Tea	Y	Y																					
Pink Guava Sunshine Green Tea	Y	Y																					
Pink Guava Black Tea	Y	Y																					
Pink Guava Green Tea	Y	Y																					
Dragon Fruit Mango Black Tea	Y	Y																					
Dragon Fruit Mango Green Tea	Y	Y																					
Dragon Fruit Mango Lemonade	Y	Y																					
Dragon Fruit Mango Sunshine Black Tea	Y	Y																					
Dragon Fruit Mango Sunshine Green Tea	Y	Y																					
Lemonade	Y	Y																					
Matcha Lemonade	Y	Y																					
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				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy							Other	
Syrups & Toppings																							
Cane Syrup	Y																						
Caramel Syrup	Y																						
Hazelnut Syrup	Y																						
Vanilla Syrup	Y																						
Classic Whipped Cream	Y																	✓					
Milk																							
Almond Milk	Y	Y		✓																			
Oat Milk	Y	Y																					
Half & Half	Y																	✓					
Skim Milk	Y																	✓					
Whole Milk	Y																	✓					
Tea																							
Breakfast Tea	Y	Y						Y															
Earl Grey Tea	Y	Y																					
Peppermint Tea	Y	Y																					
Tropical Green Tea	Y	Y																					
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				Almond	Pine Nut	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other						
Seasonal Drinks																						
Spiced Pumpkin Latte (Skim Milk)	Y																	✓				
Spiced Pumpkin Latte (Whole Milk)	Y																	✓				
Spiced Pumpkin Latte (Almond Milk)	Y			✓														✓				
Spiced Pumpkin Latte (Oat Milk)	Y																	✓				
Spiced Pumpkin Latte (Half & Half)	Y																	✓				
Spiced Pumpkin Matcha Latte (Skim Milk)	Y																	✓				
Iced Spiced Pumpkin Latte (Skim Milk)	Y																	✓				
Iced Spiced Pumpkin Latte (Whole Milk)	Y																	✓				
Iced Spiced Pumpkin Latte (Almond Milk)	Y			✓														✓				
Iced Spiced Pumpkin Latte (Oat Milk)	Y																	✓				
Iced Spiced Pumpkin Latte (Half & Half)	Y																	✓				
Iced Spiced Pumpkin Matcha Latte (Skim Milk)	Y																	✓				
Ice Spiced Pumpkin Matcha Latte (Whole Milk)	Y																	✓				
Iced Spiced Pumpkin Matcha Latte (Almond Milk)	Y			✓														✓				
Iced Spiced Pumpkin Matcha Latte (Oat Milk)	Y																	✓				
Ice Spiced Pumpkin Matcha Latte (Half & Half)	Y																	✓				
Spiced Pumpkin Matcha Latte (Whole Milk)	Y																	✓				
Spiced Pumpkin Matcha Latte (Almond Milk)	Y			✓														✓				
Spiced Pumpkin Matcha Latte (Oat Milk)	Y																	✓				
Pumpkin Spice Sauce	Y																	✓				
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																				
Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts									Fish				Crustacean	Egg	Milk	Soy	Wheat	Sesame	
				Almond	Pine Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Other	Tuna	Salmon	Anchovy	Other							
Daily Greens Cold Pressed Juice	Y	Y																					
Super Reds Cold Pressed Juice	Y	Y																					
Pink Grapefruit Juice	Y	Y																					
Orange Juice	Y	Y																					
Classic Lemonade	Y	Y																					
Strawberry Lemonade	Y	Y																					
Chobani Yogurt Drinks	Y																		Y				
We prepare our freshly made food and Barista-made drinks in our shops everyday. We use many ingredients and shared equipment. While we do our best to manage allergens, we cannot guarantee that any of our food or drinks are free from any of the FDA 9 major declarable allergens or suitable for those with allergies due to the risk of cross-contact.																							