

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.



Pret's



Allergen

Guide



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Inside 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'll find specific ingredients listed (e.g., wheat, rye, oats). If you have any trouble finding what you're looking for, just *ask the Manager* – they'll be more than happy to help.

Please remember to check our guide 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 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.com or contact our Customer Service Team on **0345 450 0222**.



In this guide, we are able to advise you on the presence of the following allergens in our food:

Eggs, Milk, Fish, Crustaceans (like crayfish), Molluscs (like mussels, oysters & squid), Tree Nuts, Sesame, Cereals Containing Gluten (these are wheat, rye and barley), Soya, Celery & Celeriac, Mustard, Sulphur Dioxide and Sulphites.

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



Baguettes, Sandwiches & Wraps

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 ✓ (Product Contains)
 Y (Suitable For)

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts					
				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										✓						✓																✓		
Brie, Pistachio & Cranberry Baguette	Y											✓							✓			✓														
Brie, Tomato & Basil	Y																		✓			✓														
Chicken Caesar & Bacon												✓							✓		✓	✓														
Chipotle Chicken Baguette												✓							✓						✓	✓										
Christmas Lunch Baguette																			✓			✓												✓		
Italian Prosciutto												✓							✓			✓														
Jambon Buerre																			✓			✓														
Pole & Line Caught Tuna Mayo & Cucumber																			✓		✓															
Posh Cheddar & Pickle	Y											✓							✓			✓														
Salmon, Soft Cheese & Dill Baguette												✓							✓		✓	✓														
Wiltshire-Cured Ham & Greve																			✓			✓														
Sandwiches																																				
Chicken, Avocado & Basil																			✓			✓														
Christmas Lunch																			✓			✓													✓	
Christmas Nut Roast	Y	Y																	✓			✓													✓	
Classic Super Club																			✓			✓														
Free-Range Egg Mayo	Y																		✓			✓														
Ham & Cheese																			✓																	
Kid's Cheese	Y																		✓			✓														
Kid's Free-Range Egg Mayo	Y																		✓			✓														
Kid's Ham																			✓			✓														
Mature Cheddar & Pickle	Y																		✓			✓														
Scottish Smoked Salmon																			✓			✓														
Smashed Avo Open Sandwich	Y	Y																				✓														
Smoked Salmon & Soft Cheese Open Sandwich																						✓														
Tuna Mayo & Cucumber																			✓			✓														
Wraps																																				
Avo & Herb Salad Wrap	Y																		✓			✓														✓
Hoisin Duck Salad Wrap																			✓			✓														
Humous & Chipotle Wrap	Y	Y										✓							✓			✓														
Vegan Chili Wrap	Y	Y																				✓														✓

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Breakfast

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
Almond Croissant	Y			✓												✓			✓																		
Bacon & Egg Roll																			✓			✓															
Bircher Muesli	Y															✓						✓															
Breakfast Free-Range Egg Mayo & Avocado	Y																				✓																
Breakfast Free-Range Egg Mayo & Bacon																					✓																
Breakfast Free-Range Egg Mayo & Roasted Tomatoes	Y																				✓																
Breakfast Salmon & Egg Mayo																					✓		✓														✓
Chocolate Croissant	Y																				✓				✓												✓
Cinnamon Danish	Y																				✓				✓												
Coconut & Mango Bowl	Y	Y																			✓																
Five Berry Bowl	Y																				✓					✓											
French Butter Croissant	Y																				✓				✓												
Fresh Fruit, Yoghurt & Granola Bowl	Y																				✓					✓											
Ham, Cheese, Tomato & Bacon Croissant																					✓				✓												
Ham & Egg Breakfast Roll																					✓				✓												✓
Mango & Banana Sunshine Bowl	Y	Y																			✓																
Mozzarella & Tomato Croissant	Y																				✓				✓												
Pain au Raisin	Y																				✓				✓												
Poached Egg & Beans Power Pot	Y																				✓																
Porridge Topping - Berry Compote	Y	Y																																			
Porridge Topping - Cranberry & Seeds	Y	Y																																			
Porridge Topping - Honey	Y																																				
Pret's Bacon Roll																						✓				✓											
Pret's Proper Porridge	Y																				✓					✓											
Pret's Sausage Roll																						✓				✓											
Pret's Veggie Roll	Y																				✓				✓												
Sausage & Egg Roll																						✓				✓											
Very Berry Croissant	Y	Y																																			

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Contents Key: ✓ (Product Contains) Y (Suitable For)			<h1>Snacks & Sweet Treats</h1>																																		
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
Snacks																																					
Easy Peasy Almond Squeezy	Y	Y		✓																																	
Cranberries in Coats	Y																																				
Dark Chocolate Salted Almonds	Y	Y		✓																																	
Mature Cheddar & Red Onion Crisps	Y																																				
Milk Chocolate Bar	Y																																				
Nuts, Fruit & 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																																			
Vegetable Crisps	Y	Y																																			
Sweet Treats																																					
Choc Bar	Y																																				
Chocolate Brownie Bar	Y																																				
Chocolate Chunk Cookie	Y																																				
Chocolate Moose	Y																																				
Chocolate Praline Cookie	Y						✓																														
Christmas Tiffin	Y																																				
Dark Chocolate & Almond Butter Cookie	Y	Y		✓																																	
Dark Chocolate Corn Cakes	Y																																				
Dark Chocolate with Sea Salt	Y																																				
Double Berry Muffin	Y																																				
Fruit, Oat & Spelt Cookie	Y																																				
Ginger Snap Biscuit	Y																																				
Lemon Cheesecake	Y																																				
Love Bar	Y			✓																																	
Mince Pie	Y	Y																																			
Pret's Gingerbread Biscuits	Y																																				
Pret's Pecan & Caramel Cookie	Y																																				
Pret Bar	Y																																				
Pret's Shortbread	Y																																				
Vegan Hazelnut & Caramel Brownie	Y	Y		✓			✓																														

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