

Pret's Allergen Guide

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 or egg allergies

Baguettes		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓		
Ham & Greve Baguette				✓	✓		WHEAT	✓			✓					
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓	✓				
Prosciutto & Rocket Baguette			✓	✓			WHEAT	✓			✓					
Egg Salad and Cucumber	✓			✓	✓		WHEAT	✓			✓					

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Pots / bowls	Suitable for		Contains these allergens														
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			Banana & Honey Muesli	✓			✗										
Bircher Muesli	✓			✗													TREENUTS
Cranberry Yoghurt Bowl	✓			✗													
Coconut Chia Seed Bowl	✓	✓															TREENUTS
Five Berry Bowl	✓			✗													
Mango Yoghurt Bowl	✓			✗													
Guava Coconut Chia Seed Bowl	✓	✓															TREENUTS

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
All Day Breakfast Hot Wrap				✓	✓			WHEAT, RYE	✓			✓				
Chicken Chipotle Hot Wrap				✓				WHEAT, RYE	✓			✓				
Italian Style Chicken & Basil Hot Wrap				✓				WHEAT, RYE								
Spicy Mediterranean Hot Wrap	✓			✓				WHEAT, RYE	✓			✓				
Ham and Greve Hot Croissant				✓	✓			WHEAT								
Cheddar and Tomatoes Hot Croissant	✓			✓	✓			WHEAT								
Bacon, Cheese and Tomato Hot Croissant				✓	✓			WHEAT								
Bacon, Egg and Cheese Brioche Toast				✓	✓			WHEAT	✓			✓				
Teriyaki Chicken Brioche Toast				✓	✓			WHEAT, BARLEY	✓			✓				
All Day Breakfast Ciabatta				✓	✓			WHEAT	✓			✓				
Chipotle Mozzarella Ciabatta	✓			✓				WHEAT	✓			✓				
Grilled Teriyaki Chicken Ciabatta				✓				WHEAT	✓			✓	✓			

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Toasties		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			Brie, Avocado & Tomato Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY							
Brie, Caramelised Onion Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY										
Classic Cheese Toastie	✓			✓	✓		WHEAT, OAT, RYE, BARLEY	✓			✓						
Ham, Cheese & Mustard Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY	✓			✓						

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Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Chicken Avocado Granary				✓	✓		WHEAT, BARLEY	✓			✓		
Classic Super Club Granary					✓		WHEAT, BARLEY	✓			✓					
Cracking Egg Salad Granary (slim/whole portion)	✓				✓		WHEAT, BARLEY	✓			✓					
Ham & Cheese Granary (slim/whole portion)				✓			WHEAT, BARLEY									
Mature Cheddar Granary (slim/whole portion)	✓			✓	✓		WHEAT, BARLEY	✓			✓	✓				
Smoked Salmon & Soft Cheese Granary				✓			WHEAT, BARLEY								✓	
Ham & Cheddar Sandwich					✓		WHEAT, BARLEY	✓			✓					

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Salad wraps		Suitable for		Contains these allergens														
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts		
			Avocado & Herb Salad Wrap	✓			✓	✓		WHEAT, RYE	✓			✓				
Chicken & Rocket Salad Wrap				✓	✓		WHEAT, RYE	✓			✓							

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Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Egg & Spinach Protein Pot	✓				✓								
Smoked Salmon & Spinach Protein Pot					✓										✓	
Chicken Edamame Protein Pot				✓	✓		BARLEY	✓			✓	✓			✓	
Chef's Chicken Salad				✓	✓		WHEAT, BARLEY	✓			✓				✓	TREENUTS

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Fruits		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Apple	✓	✓											
Banana	✓	✓														
Dragon Fruit Salad	✓	✓														
Melon Trio	✓	✓														
Mango & Lime	✓	✓														
Super Fruit	✓	✓														

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Pastries		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Croissant Almond	✓			✓	✓		WHEAT						
Croissant Chocolate	✓			✓	✓		WHEAT	✓								
Plain Croissant	✓			✓	✓		WHEAT									
Very Berry Croissant	✓	✓					WHEAT									
Pain au Raisin	✓			✓	✓		WHEAT									
Cinnamon Filled Swirl	✓			✓	✓		WHEAT									
Chocolate Chunk Cookie	✓			✓			WHEAT									
Muffin Blueberry	✓			✓	✓		WHEAT									
Muffin Chocolate	✓			✓	✓		WHEAT	✓								TREENUTS
Mozzarella & Tomato Croissant	✓			✓	✓		WHEAT									
Mediterranean Veggie Basket	✓			✓	✓		WHEAT									

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Pret's snacks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Pret A Mango	✓	✓											
Choc Bar	✓			✓			WHEAT	✓								
Popcorn bar	✓			✓				✓								
Love Bar	✓			✓			OATS	✓								TREENUTS
Chocolate Brownie Bar	✓			✓	✓		WHEAT	✓								
Dark Chocolate Almonds Snack	✓	✓						✓								TREENUTS
Tyrrells Mature Cheddar & Chives Crisps	✓			✓												
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓															
Tyrrells Lightly Sea Salted Crisps	✓															
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY									

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Chilled Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Coconut Water	✓	✓											
Juice - Fresh Lemon & Mint	✓	✓														
Juice - Orange	✓	✓														
Juice - Radiance	✓	✓								✓						
Juice - Ultra Boost	✓	✓														
Still Water	✓	✓														
Vittel Water	✓	✓														
Perrier Sparkling Water	✓	✓														
Coke (All types)	✓	✓														
Tiger Beer	✓	✓					BARLEY									
Heineken Beer	✓	✓					BARLEY									
Chang Beer	✓	✓					BARLEY									

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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Coffee																
Americano Black	✓	✓														
Americano White Milk	✓			✓												
Americano White Rice Coconut	✓	✓														
Americano White Soya	✓	✓							✓							
Americano White Oat	✓	✓														
Americano White Almond	✓	✓														TREENUTS
Cappuccino Milk	✓			✓												
Cappuccino Rice Coconut	✓	✓														
Cappuccino Soya	✓	✓							✓							
Cappuccino Oat	✓	✓														
Cappuccino Almond	✓	✓														TREENUTS
Decaf Latte Milk	✓			✓												
Decaf Latte Rice Coconut	✓	✓														
Decaf Latte Soya	✓	✓							✓							
Decaf Latte Oat	✓	✓														
Decaf Latte Almond	✓	✓														TREENUTS
Espresso	✓	✓														
Filter - Black Coffee	✓	✓														
Filter - White Coffee Milk	✓			✓												
Filter - White Coffee Rice Coconut	✓	✓														
Filter - White Coffee Soya	✓	✓							✓							
Filter - White Coffee Oat	✓	✓														
Filter - White Coffee Almond	✓	✓														TREENUTS
Flat White Milk	✓			✓												
Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓							✓							
Flat White Oat	✓	✓														
Flat White Almond	✓	✓														TREENUTS
Latte Milk	✓			✓												
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓							✓							
Latte Oat	✓	✓														
Latte Almond	✓	✓														TREENUTS
Macchiato Milk	✓			✓												
Macchiato Rice Coconut	✓	✓														
Macchiato Soya	✓	✓							✓							
Macchiato Oat	✓	✓														
Macchiato Almond	✓	✓														TREENUTS
Mocha Milk	✓			✓												
Mocha Rice Coconut	✓	✓														
Mocha Soya	✓	✓							✓							
Mocha Oat	✓	✓														
Mocha Almond	✓	✓														TREENUTS

Barista Prepared Drinks		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
			Coffee														
Milk Cup																	
Babycino	✓			✓													
Milk Whole	✓			✓													
Milk Semi-Skimmed	✓			✓													
Rice Coconut	✓	✓															
Soya	✓	✓						✓									
Oat	✓	✓															
Almond	✓	✓															TREENUTS
Syrups																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓															TREENUTS
Syrup Shot - Vanilla	✓	✓															
Tea																	
English Breakfast Tea Milk	✓			✓													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓													✓		
English Breakfast Tea Oat	✓	✓															
English Breakfast Tea Almond	✓	✓															TREENUTS
Earl Grey Tea Milk	✓			✓													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓													✓		
Earl Grey Tea Oat	✓	✓															
Earl Grey Tea Almond	✓	✓															TREENUTS
Green Tea	✓	✓															
Peppermint Tea	✓	✓															

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Over Ice & Frappes																
Iced Americano Black	✓	✓														
Iced Americano White Milk	✓		✓													
Iced Americano White Rice Coconut	✓	✓														
Iced Americano White Soya	✓	✓						✓								
Iced Americano White Oat	✓	✓														
Iced Americano White Almond	✓	✓														TREENUTS
Iced Cappuccino Milk	✓		✓													
Iced Cappuccino Rice Coconut	✓	✓														
Iced Cappuccino Soya	✓	✓						✓								
Iced Cappuccino Oat	✓	✓														
Iced Caramel Latte Rice Coconut	✓	✓														
Iced Caramel Latte Soya	✓	✓						✓								
Iced Caramel Latte Oat	✓	✓														
Iced Caramel Latte Almond	✓	✓														TREENUTS
Iced Chocolate Milk	✓		✓													
Iced Chocolate Rice Coconut	✓	✓														
Iced Chocolate Soya	✓	✓						✓								
Iced Chocolate Oat	✓	✓														
Iced Chocolate Almond	✓	✓														TREENUTS
Iced Filter Coffee Black	✓	✓														
Iced Filter Coffee White Milk	✓		✓													
Iced Filter Coffee White Rice Coconut	✓	✓														
Iced Filter Coffee White Soya	✓	✓						✓								
Iced Filter Coffee White Oat	✓	✓														
Iced Filter Coffee White Almond	✓	✓														TREENUTS
Iced Hazelnut Latte Milk	✓		✓													TREENUTS
Iced Hazelnut Latte Rice Coconut	✓	✓														TREENUTS
Iced Hazelnut Latte Soya	✓	✓						✓								TREENUTS
Iced Hazelnut Latte Oat	✓	✓														TREENUTS
Iced Hazelnut Latte Almond	✓	✓														TREENUTS
Iced Latte Milk	✓		✓													
Iced Latte Rice Coconut	✓	✓														
Iced Latte Soya	✓	✓						✓								
Iced Latte Oat	✓	✓														
Iced Latte Almond	✓	✓														TREENUTS
Iced Mocha Milk	✓		✓													
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓						✓								
Iced Mocha Oat	✓	✓														
Iced Mocha Almond	✓	✓														TREENUTS
Iced Mango Matcha Latte	✓		✓													

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Barista Prepared Drinks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
			Flavoured Latte & chocolate													
Chai Latte Milk	✓			✗												
Chai Latte Rice Coconut	✓	✓														
Chai Latte Soya	✓	✓						✗								
Chai Latte Oat	✓	✓														
Chai Latte Almond	✓	✓														TREENUTS
Caramel Latte Milk	✓			✗												
Caramel Latte Rice Coconut	✓	✓														
Caramel Latte Soya	✓	✓						✗								
Caramel Latte Oat	✓	✓														
Caramel Latte Almond	✓	✓														TREENUTS
Hazelnut Latte Milk	✓			✗												TREENUTS
Hazelnut Latte Rice Coconut	✓	✓														TREENUTS
Hazelnut Latte Soya	✓	✓						✗								TREENUTS
Hazelnut Latte Oat	✓	✓														TREENUTS
Hazelnut Latte Almond	✓	✓														TREENUTS
Matcha Latte Milk	✓			✗												
Matcha Latte Rice Coconut	✓	✓														
Matcha Latte Soya	✓	✓						✗								
Matcha Latte Oat	✓	✓														
Matcha Latte Almond	✓	✓														TREENUTS
Vanilla Latte Milk	✓			✗												
Vanilla Latte Rice Coconut	✓	✓														
Vanilla Latte Soya	✓	✓						✗								
Vanilla Latte Oat	✓	✓														
Vanilla Latte Almond	✓	✓														TREENUTS
Hot Chocolate																
Hot Chocolate Milk	✓			✗												
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate Soya	✓	✓						✗								
Hot Chocolate Oat	✓	✓														
Hot Chocolate Almond	✓	✓														TREENUTS
Caramel Hot Chocolate Milk	✓			✗												
Caramel Hot Chocolate with Rice-Coconut	✓	✓														
Caramel Hot Chocolate Soya	✓	✓						✗								
Caramel Hot Chocolate Oat	✓	✓														
Caramel Hot Chocolate Almond	✓	✓														TREENUTS

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