

# Pret's Allergen Guide

The title 'Pret's Allergen Guide' is rendered in a serif font. 'Pret's' is in a dark blue color, while 'Allergen' and 'Guide' are in a vibrant orange. To the left of 'Allergen' are four stars of varying sizes and colors (dark blue, orange, and light blue). To the right is a magnifying glass icon with a dark blue handle and frame, and a white star inside the lens, set against a dark blue background.

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](http://www.pret.ie)

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



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 ✓ (Product Contains)  
 Y (Suitable For)

# Baguettes, Rolls & Sandwiches

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	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									
<b>Baguettes</b>																																		
Avo, Olives & Toms	Y	Y									✓					✓																		
Brie, Tomato & Basil Baguette	Y															✓					✓													
Chicken Caesar & Bacon											✓					✓				✓	✓	✓												
Italian Prosciutto											✓					✓				✓	✓	✓												
Posh Cheddar & Pickle	Y										✓										✓	✓								✓				
Tuna Mayo & Cucumber																✓				✓	✓													
Ham & Emmental																✓				✓	✓	✓									✓			
<b>Rolls</b>																																		
Jambon Beurre																✓					✓													
<b>Sandwiches</b>																																		
Chicken, Avocado & Basil												✓				✓				✓	✓													
Classic Super Club												✓				✓				✓	✓													
Free-Range Egg Mayo	Y											✓				✓				✓											✓			
Ham & Cheese																✓					✓	✓												
Mature Cheddar & Pickle	Y															✓				✓	✓													
Smashed Avo Open Sandwich	Y	Y																																
Smoked Salmon												✓				✓					✓	✓												
Smoked Salmon & Soft Cheese Open Sandwich																					✓	✓												
Super Greens & Reds	Y	Y														✓					✓	✓												
Tuna Mayo & Cucumber																✓				✓	✓													

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# Wraps & Flatbreads

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
<b>Wraps &amp; Flatbreads</b>																																		
Avo & Herb Salad Wrap	Y															✓		✓			✓		✓											
Chicken & Caesar Wrap																✓		✓			✓	✓	✓											
Hoisin Duck Salad Wrap																✓		✓			✓												✓	

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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			✓											✓				✓																			
Acai & Almond Butter Bowl	Y	Y		✓																																		
Bacon & Egg Roll																				✓																		
Banana, Honey & Granola Pot	Y																																					
Bircher Muesli	Y																																					
Breakfast Free-Range Egg Mayo & Avocado	Y																																					
Breakfast Free-Range Egg Mayo & Bacon																																						
Breakfast Salmon & Egg Mayo																																						
Chocolate Croissant	Y																																					
Cinnamon Danish	Y																																					
Five Berry Bowl	Y																																					
Butter Croissant	Y																																					
Ham, Cheese, Tomato & Bacon Croissant																																						
Mozzarella & Tomato Croissant	Y																																					
Pain aux Raisin	Y																																					
Pastel de Nata	Y																																					
Pret's Bacon Roll																																						
Pret's Veggie Roll	Y																																					
Very Berry Croissant	Y	Y																																				

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# Cold Drinks

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Product	Vegetarians	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													
Apple Juice	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																																					
Lemon & Ginger Pret Still	Y	Y																																				
Mango, Passion Fruit & Lime Pret Still	Y	Y																																				
Orange Juice	Y	Y																																				
Orchard Blend	Y	Y																																				
Pret Apple Fliz	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																																				
Roots & Fruits Juice	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													
Apple	Y	Y																																				
Banana	Y	Y																																				
Classic Fruit Salad	Y	Y																																				
Mango & Lime	Y																																					

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# Pret's Hot

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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									
Chipolte Mozzarella Hot Baguette	Y										✓					✓						✓												
Falafel & Halloumi Hot Wrap	Y																					✓	✓	✓										
Meatball Hot Wrap																						✓												
Meatless Meatball Hot Wrap	Y	Y																																
Spicy Chicken Hot Wrap																																		
Prosciutto & Mozzarella Hot Baguette												✓											✓											
<b>Focaccia &amp; Toasties</b>																																		
Brie, Avocado & Tomato Toastie													✓		✓	✓		✓					✓											
Classic Cheese Toastie													✓		✓	✓		✓				✓									✓			
Ham, Cheese & Mustard Toastie													✓		✓	✓		✓				✓										✓		
Tuna Melt Toastie													✓		✓	✓		✓				✓	✓	✓										
<b>Soup</b>																																		
Red Thai Veg Soup	Y	Y																															✓	
Souper Tomato	Y	Y																																
Stone Baked Losange	Y	Y																																
Sunshine Dhal Soup	Y	Y																																

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# Pret At Home

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep								
Coffee - Classic Blend Ground	Y	Y																																				
Coffee - Espresso Beans	Y	Y																																				
Coffee - Single Origin Ground	Y	Y																																				

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 ✓ (Product Contains)  
 Y (Suitable For)

# Salad & Platters

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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	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep										
Chef's Italian Chicken Salad																					✓	✓	✓												
Egg & Spinach Protein Pot	Y																				✓	✓													
Smoked Salmon Protein Box																					✓	✓													
Smoked Salmon & Egg Protein Pot																					✓	✓													
Tuna Nicoise Salad																					✓	✓													
Tricolore Salad	Y																						✓												

**Dressing**

French Dressing	Y	Y																																		
-----------------	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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# Barista Prepared Drinks

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Product	Vegan friendly	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					
<b>Coffee</b>																																			
Americano Black (add milk or milk alternative if White Americano)	Y	Y																																	
Cappuccino Low Fat milk	Y																																		✓
Cappuccino Soya (instead of milk)	Y	Y																																	✓
Cappuccino Rice Coconut (instead of milk)	Y	Y																																	
Cappuccino Oat (instead of milk)	Y	Y																																	✓
Espresso	Y	Y																																	
Flat White Low Fat milk	Y																																		✓
Flat White Soya (instead of milk)	Y	Y																																	✓
Flat White Rice 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 Rice 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 Rice 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						
<b>Iced Drinks</b>																																				
Iced Latte Low Fat milk	Y																																		✓	
Iced Latte Soya (instead of milk)	Y	Y																																	✓	
Iced Latte Rice Coconut (instead of milk)	Y	Y																																		
Iced Latte Oat (instead of milk)	Y	Y																																	✓	
Iced Mocha Low Fat milk	Y																																		✓	
Iced Mocha Soya (instead of milk)	Y	Y																																	✓	
Iced Mocha Rice 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 Rice Coconut (instead of milk)	Y	Y																																		
Turmeric Iced Latte Rice Coconut	Y	Y																																		
<b>Hot Chocolate</b>																																				
Hot Chocolate Low Fat milk	Y																																		✓	
Hot Chocolate Soya (instead of milk)	Y	Y																																	✓	
Hot Chocolate Rice 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	Y	Y																																	✓	
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																																		
Hot Chocolate Hazelnut Oat	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						
<b>Smoothies</b>																																				
Berries and Cherries	Y	Y																																		
Sweet Greens	Y	Y																																		
Tropical Peach	Y	Y																																		
<b>Cold Brew</b>																																				
Cold Brew (no milk)	Y	Y																																		
Cold Brew Low Fat Milk	Y																																			
Cold Brew Soya (instead of milk)	Y	Y																																		
Cold Brew Oat (instead of milk)	Y	Y																																		
Cold Brew Rice Coconut (instead of milk)	Y	Y																																		
<b>Syrups &amp; Toppings</b>																																				
All Syrups	Y	Y																																		
Whipped Cream	Y																																			
<b>Milk shot</b>																																				
Low Fat	Y																																			
Soya (instead of milk)	Y	Y																																		
Rice Coconut (instead of milk)	Y	Y																																		
Oat (instead of milk)	Y	Y																																		
<b>Tea</b>																																				
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																																		
Earl Grey (add milk or milk alternative if White)	Y	Y																																		
Peppermint (add milk or milk alternative if White)	Y	Y																																		
Tropical Green (add milk or milk alternative if White)	Y	Y																																		

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