

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 and 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.

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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 Standards Agency 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

In addition we also declare Pine Nuts as an allergen

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.co.uk or contact our Customer Service Team on **0207 827 8801**.

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Baguettes & Sandwiches

Contents Key:
 ✓ (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			Lupin	Molluscs	Mustard	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																																				
Artichoke, Tapenade & Olive	Y	Y										✓																								
Avo, Olives & Toms	Y	Y										✓																						✓		
Brie, Tomato & Basil	Y																																			
Chicken Caesar & Bacon												✓										✓	✓													
Chicken Salad Baguette																						✓	✓													
Smoked Salmon, Egg Mayo & Avo												✓										✓	✓													
Italian Prosciutto												✓										✓														
Mexican Style Avo & Pepper	Y	Y										✓																								
Posh Cheddar & Pickle	Y											✓										✓													✓	
Free Range Egg Mayo & Smoked Salmon																						✓	✓												✓	
Spicy Tuna																						✓	✓													
Sticky Mushroom Bahn Mi	Y	Y										✓										✓	✓												✓	
Tuna Mayo & Cucumber																						✓	✓													
Tuna Nicoise												✓										✓	✓													
Wiltshire-Cured Ham & Greve																						✓														✓
Sandwiches																																				
BLT																						✓														
Chicken, Avocado & Basil																						✓														
Chicken Salad																						✓														
Classic Super Club																						✓														
Crayfish & Rocket																						✓														
Free-Range Egg Mayo	Y																					✓														✓
Ham & Cheese																																				
Humous & Veg	Y	Y										✓																								
Kids' Cheese Triangles	Y																																			
Kids' Chicken & Cucumber Triangles																						✓														
Kids' Ham Triangles																																				
Mature Cheddar & Pickle	Y																					✓														
Scottish Smoked Salmon																																				
Super Greens & Reds	Y	Y																																		
Tuna Mayo & Cucumber																						✓	✓													
The VLT	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 Breakfast Roll																		✓			✓																		
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																				✓																		
Breakfast Baguette Free-Range Egg Mayo & Bacon																					✓																		
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																				✓																		
Breakfast Baguette Salmon & Egg Mayo																					✓	✓																	
Butter Croissant	Y																				✓																		
Cheese Twist	Y																				✓																		
Chocolate Croissant	Y																				✓																		
Cinnamon Danish	Y																				✓																		
Ham, Cheese, Tomato & Bacon Croissant																					✓																		
Mozzarella & Tomato Croissant	Y																				✓																		
Pain aux Raisin	Y																				✓																		
Pastel de Nata	Y																				✓																		
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																																					
Porridge Topper - Cranberry & Seeds	Y	Y																																					
Porridge Topper - Seed & Fruit	Y	Y																																					
Porridge Topping - Five Berry Compote	Y	Y																																					
Porridge Topping - Honey	Y																																						
Pret's Bacon Breakfast Roll																																							
Pret's Proper Porridge	Y																																						
Pret's Protein-Packed Shakshuka	Y																				✓																		
Pret's Veggie Breakfast Roll	Y																				✓																		
Sausage & Egg Breakfast Roll																					✓																		
Very Berry Croissant	Y	Y																																					

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Fruit & Pots

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
Fruit																																				
Apple	Y	Y																																		
Banana	Y	Y																																		
Easy Peeler	Y	Y																																		
Fruit Salad	Y	Y																																		
Mango & Lime	Y	Y																																		
Melon & Blueberry	Y	Y																																		
Superfruit Salad	Y	Y																																		
Pots																																				
Acai & Almond Butter Bowl	Y	Y		✓											✓																					
Banana, Honey & Yogurt Pot	Y																																			
Bircher Muesli	Y														✓																					
Yogurt & Five Berry Pot	Y																																			
Five Berry Bowl	Y														✓																					
Kids' Mango & Banana Yogurt Pot	Y																																			
Mango & Banana Sunshine Bowl	Y	Y													✓																					
The Big Apple Bowl	Y														✓																					

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Contents Key: ✓ (Product Contains) Y (Suitable For)			<h1 style="margin: 0;">Pret's Hot</h1> <p style="margin: 5px 0 0 0; font-size: 0.8em; font-weight: normal;">We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.</p>																																			
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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep																	
Soup																																						
Butternut Masala Soup	Y	Y																																				
Chicken Laksa																																	✓	✓				
Lasagne Soup																																						
Red Thai Veg Soup	Y	Y																																				
Souper Greens	Y	Y																																				
Souper Tomato	Y	Y																																				
Spicy Lemongrass Chicken Broth																																						
Sunshine Dhal	Y	Y																																				
Soup White Baguette	Y	Y																																				
Barley & Rye Soup Roll	Y	Y																																				
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Salads

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
Chef's Italian Chicken Salad																				✓	✓	✓															
Chicken & Avo Protein Bowl											✓									✓														✓			
Egg & Spinach Protein Pot	Y																			✓																	
Humous & Falafel Mezze	Y	Y									✓																										
Kids' Humous & Cucumber Bowl	Y	Y									✓																										
Pesto, Pasta & Mozzarella	Y																							✓											✓	✓	
Petite Chicken & Bacon Cobb Salad																				✓	✓	✓															
Petite Crayfish & Avo Salad																		✓																			
Petite Tricolore Salad	Y																						✓														
Smoked Salmon Protein Bowl																				✓	✓														✓		
Smoked Salmon & Egg Protein Pot																				✓	✓																
Tuna Nicoise Salad																				✓	✓																
Dressing																																					
Chilli & Lime Dressing	Y	Y																																			
French Dressing	Y	Y																																			

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Barista Prepared Drinks

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep				
Coffee																																			
Americano Black	Y	Y																																	
Americano Semi Skimmed milk	Y																																		✓
Americano Skimmed milk	Y																																		✓
Americano Soya (instead of milk)	Y	Y																																	✓
Americano Coconut (instead of milk)	Y	Y																																	
Americano Oat (instead of milk)	Y	Y																																	✓
Cappuccino Semi Skimmed milk	Y																																		✓
Cappuccino Skimmed milk	Y																																		✓
Cappuccino Soya (instead of milk)	Y	Y																																	✓
Cappuccino Coconut (instead of milk)	Y	Y																																	
Cappuccino Oat (instead of milk)	Y	Y																																	✓
Espresso	Y	Y																																	
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																	
Flat White Semi Skimmed milk	Y																																		✓
Flat White Skimmed milk	Y																																		✓
Flat White Soya (instead of milk)	Y	Y																																	✓
Flat White Coconut (instead of milk)	Y	Y																																	
Flat White Oat (instead of milk)	Y	Y																																	✓
Latte Semi Skimmed milk	Y																																		✓
Latte Skimmed milk	Y																																		✓
Latte Soya (instead of milk)	Y	Y																																	✓
Latte Oat (instead of milk)	Y	Y																																	✓
Latte Coconut (instead of milk)	Y	Y																																	

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Veggie Pret's Allergen Guide



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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).

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Sesame	Cereals containing Gluten
Crustaceans	Celery & Celeriac
Egg	Fish
Lupin	Milk
Mustard	Mollusc
Soya	Sulphites

In addition we also declare Pine Nuts as an allergen

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.

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Baguettes, Rolls, Sandwiches & Wraps

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Product	Vegetarians	Vegan Friendly	Tree Nuts									Sesame	Cereals containing gluten					Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut			
			Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep		
Baguettes																																	
Artichoke, Olives & Tapenade	Y	Y										✓																					
Avo, Olives & Toms	Y	Y										✓																					✓
Brie, Tomato & Basil	Y																						✓										
Sticky Mushroom Bahn Mi	Y	Y										✓																				✓	
Cheddar, Mustard & Pickles	Y											✓										✓							✓				
Plant Ploughmans Baguette	Y	Y																															
Vegan Eggless Mayo & Cress	Y	Y																													✓	✓	
Rolls																																	
All Day Vegan Breakfast	Y	Y																✓														✓	✓
Avo Brunch Rye Roll	Y																						✓									✓	
Scandi Style Smoky Carrot Eggless Mayo Roll	Y	Y																✓													✓	✓	
Veggie Deli Rye Roll	Y																	✓						✓								✓	
Sandwiches																																	
Humous & Veg	Y	Y										✓	✓																				
Kids' Cheese Triangles	Y												✓										✓										
Sliced Egg & Cress	Y												✓										✓									✓	
Smoky Carrot and Falafel	Y	Y											✓																		✓		
Veggie Pret's VLT	Y	Y											✓																			✓	
Wraps																																	
Falafel, Avocado & Chipotle Wrap	Y	Y																														✓	
Vegan Hoisin Mushroom Wrap	Y	Y																														✓	
Humous & Chipotle Wrap	Y	Y										✓																				✓	
Pesto Bean & Herb Wrap	Y																							✓							✓	✓	
Tandoori Bhaji Salad Wrap	Y																						✓								✓	✓	
Vegan Chili Wrap	Y	Y																					✓								✓	✓	

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Cold Drinks

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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep													
Apple Juice	Y	Y																																				
Cranberry & Raspberry Pure 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 Smoothie	Y																																					
Mango, Passion Fruit & Lime Pret Still	Y	Y																																				
Orange Juice	Y																																					
Pret Apple Fizz	Y	Y																																				
Pret Cucumber & Mint Seltzer	Y	Y																																				
Pret Ginger Beer	Y	Y																																				
Pret Ginger Kombucha	Y	Y																																				
Pret Grape & Elderflower	Y	Y																																				
Pret Lime & Raspberry Seltzer	Y	Y																																				
Pret Rhubarb Lemonade	Y	Y																																				
Sparkling Spring Water	Y	Y																																				
Still Water 500ml	Y	Y																																				
Still Water 750ml	Y	Y																																				
Vitamin Volcano	Y	Y																																				

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Fruit

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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Apple	Y	Y																													
Banana	Y	Y																													
Easy Peeler	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Superfruit	Y	Y																													

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Sweet Treats

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			Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep				
Sweet Treats																																			
Almond Butter Bites	Y			✓																														✓	
Banana Fridge Cake	Y																																		
Blackforest Dessert Pot	Y																																		✓
Caramel Waffle	Y																																		✓
Carrot Cake	Y																																		
Choc Bar	Y																																		
Chocolate Brownie Bar	Y																																		
Chocolate Moose Dessert Pot	Y																																		
Chocolatey Coconut Bite	Y	Y																																	
Chocolate Chunk Cookie	Y																																		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓																															
Dark Chocolate Corn Cakes	Y																																		
Dark Chocolate with Sea Salt	Y																																		
Double Berry Muffin	Y																																		
Fruit & Seed Bite	Y	Y																																	
Fruit Oat & Spelt Cookie	Y																																		
Lemon Cake	Y			✓																															
Hazelnut Truffles	Y	Y																																	
Lemon & Raspberry Slice	Y																																		
Lemon Cheesecake Dessert Pot	Y																																		
Love Bar	Y			✓																															
Milk Chocolate Bar	Y																																		
Popcorn Bar	Y																																		
Pret Bar	Y																																		
Pret's Caramel Shortbread	Y																																		
Pret's Coffee Caramel Slice	Y																																		
Pret's Nut Bar	Y			✓																															
Pret's Gingerbread Biscuits (Annie & Godfrey)	Y																																		
Pret's Ultimate Vegan Brownie	Y	Y		✓																															
Raspberry & Almond Bakewell Tart	Y			✓																															
Raspberry Cheesecake Brownie	Y																																		
Salted Caramel Dessert Pot	Y																																		

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Contents Key:
 ✓ (Product Contains)
 Y (Suitable For)

Barista Prepared Drinks

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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	Pine Nuts						
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye					Spelt (Wheat)	Wheat	Cow							Goat	Sheep				
Coffee																																			
Americano Black	Y	Y																																	
Americano Semi Skimmed milk	Y																																		✓
Americano Skimmed milk	Y																																		✓
Americano Soya (instead of milk)	Y	Y																																	✓
Americano Coconut (instead of milk)	Y	Y																																	
Americano Oat (instead of milk)	Y	Y																																	✓
Cappuccino Semi Skimmed milk	Y																																		✓
Cappuccino Skimmed milk	Y																																		✓
Cappuccino Soya (instead of milk)	Y	Y																																	✓
Cappuccino Coconut (instead of milk)	Y	Y																																	
Cappuccino Oat (instead of milk)	Y	Y																																	✓
Espresso	Y	Y																																	
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																	
Flat White Semi Skimmed milk	Y																																		✓
Flat White Skimmed milk	Y																																		✓
Flat White Soya (instead of milk)	Y	Y																																	✓
Flat White Coconut (instead of milk)	Y	Y																																	
Flat White Oat (instead of milk)	Y	Y																																	✓
Latte Semi Skimmed milk	Y																																		✓
Latte Skimmed milk	Y																																		✓
Latte Soya (instead of milk)	Y	Y																																	✓
Latte Oat (instead of milk)	Y	Y																																	✓
Latte Coconut (instead of milk)	Y	Y																																	

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