

Combined Allergen Guide 9th January 2024 V1

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 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 Baristamade 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 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 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
Mustard	Mollusc

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**.

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



Contents Key: ✔ (Product Contains	5)						_												and												
Y (Suitable For)														itable	for tho	se wit	h aller	gies dı	ingredien ue to the gg allergio	risk of											
		<		1			Tre	e Nuts					1		ereals cont									Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes Artichoke, Tapenade & Olive	v	Y	1	1	1	1	1	1	1		1		1	1	- 1		1		Γ	<u>г г</u>			[[1	1	1	1 1	1		1
Avo. Olives & Toms	v	v																													~
Brie, Tomato & Basil	Ŷ											•						v v					>								•
Chicken Caesar & Bacon												`						, in the second			~	V	Ý								
Chicken Salad Baguette																		~			~		, ,								
Smoked Salmon, Egg Mayo & Avo												~									~	~									
Italian Prosciutto												~						~			~		~								
Mexican Style Avo & Pepper	Y	Y										v						~					· ·								
Posh Cheddar & Pickle	Ŷ		1			1	1		1			~	1					~			٢		>					~			
Free Range Egg Mayo & Smoked Salmon																		~			v	•						~			
Spicy Tuna			1				1											~			~	<	>								
Sticky Mushroom Bahn Mi	Y	Y										~						~											~		
Tuna Mayo & Cucumber																		~			<	<									
Tuna Nicoise												~						~			v	<	~								
Wiltshire-Cured Ham & Greve																		~			<		>					~			
Sandwiches																											-				
BLT													v					~			~										
Chicken, Avocado & Basil													~					~			<		>								
Chicken Salad													~					~			<		•								
Classic Super Club													~					~			<										
Crayfish & Rocket													~					~	v		<										
Free-Range Egg Mayo	Y												~					~			<							~			
Ham & Cheese													•					<					<								
Humous & Veg	Y	Y										~	<					<													
Kids' Cheese Triangles	Y												•					<					<								
Kids' Chicken & Cucumber Triangles													<					<			٢										
Kids' Ham Triangles													~					~					>								
Mature Cheddar & Pickle	Y												~					~			<		>								
Scottish Smoked Salmon													•					~				>	>								
Super Greens & Reds	Y	Y											>					~													
Tuna Mayo & Cucumber													>					>			<	 Image: A state 									
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Contents Key: ✔ (Product Contain: Y (Suitable For)	;)											l rinks i	in our	shops (iitable :	every o for tho	lay. W ose wit	/e use i h aller;	many i gies du	W1 ingredien ue to the gg allergi	ts and risk of	shared	l equij									
	<	Ve					Tre	e Nuts						С	ereals cont	aining glute	n							Milk							
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Rolls		1	1		1		1			1	1		1							1			1	1	1						
Egg, Mustard & Tomato Rye Roll	Y												~			~		~			~							~			
Jambon Buerre																		>					~								
Mediterranean Style Tuna Rye Roll													>			>		>			•	>									
New Yorker Rye Roll													>			>		~			۲							<			
Scandi Style Salmon													>			<		•			۲	•						<		۲	
Veggie Deli Rye Roll	Y												>			~		~			٢		<					 Image: A mathematical state of the state of			
Wraps																															
Avo & Herb Wrap	Y															~		~			٢		<								<
Chicken Pesto Wrap																>		~			v		v								~
Fajita Chicken & Avo Wrap																>		~													
Falafel, Avocado & Chipotle Salad Wrap	Y	Y														>		>												<	
Hoisin Duck Salad Wrap																>		>			•								>		
Humous & Chipotle Wrap	Y	Y										~				>		~													
Tandoori Bhaji Salad Wrap	Y															>		>			>		~							•	

Contents Key: ✔ (Product Contains)]	Bı	re	al	kf	as	t											
Y (Suitable For)															with a	llergie	es due	to the	edients ar risk of cr ergies.												
	<	Veç					Tr	ee Nuts							Cereals con	aining glute	n							Milk							
Product	egetarians	jan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Croissant	Y			~														~			~		~								
Bacon & Egg Breakfast Roll																>		v			v		~								
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																	~			~										
Breakfast Baguette Free-Range Egg Mayo & Bacon																		v			v										
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																	~			v										
Breakfast Baguette Salmon & Egg Mayo																		~			¥	~						~			
Butter Croissant	Y																	v			v		~								
Cheese Twist	Y																	~			¥		•								
Chocolate Croissant	Y																	~			~		~						~		
Cinnamon Danish	Y																	v			¥		~								
Ham, Cheese, Tomato & Bacon Croissant																		~			v		~								
Mozzarella & Tomato Croissant	Y																	~			~		~								
Pain aux Raisin	Y																	v			v		~								
Pastel de Nata	Y																	~			v		~								
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																~									1				

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

Cold Drinks

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.

				1			Troc	Nuts				1			Cereals cont	aining gluton			I	1	1		1	Milk			1				
	Ve	Veg			1	1	THE	INUIS				-			Cerears cont	aining gluten		1	-					IVIIIK							
Product	igetarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
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 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																													
Reusable Aluminium Water Bottle	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y	Y																													

Contents Key: ✔ (Product Contains) Y (Suitable For)													n our s	shops e r suita	very d ble for	ay. W those	e use n with a	nany ir Illergie		its and the ris	shareo sk of cr						our best made to				
		<					Tree	e Nuts						(Cereals cont	taining glut	en							Milk							1
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Fruit																															
Apple	Y	Y																													
Banana	Y	Y																													Í
Easy Peeler	Y	Y																													
Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													1
Melon & Blueberry	Y	Y																													
Superfruit Salad	Y	Y																													1
Pots																															
Acai & Almond Butter Bowl	Y	Y		~											~																
Banana, Honey & Yogurt Pot	Y																						>								
Bircher Muesli	Y									v					~								>								
Yogurt & Five Berry Pot	Y																						>								
Five Berry Bowl	Y														~								>								
Kids' Mango & Banana Yogurt Pot	Y																						>								1
Mango & Banana Sunshine Bowl	Y	Y													~																
The Big Apple Bowl	Y														~								>								

Contents Key: ✔ (Product Contains) Y (Suitable For)								e food a						hops e	very d	ay. W	e use m	nany ir		ts and											
		<		T			Tr	ee Nuts				T			ole for			ilk and	l egg alle	ergies.			1	Milk		1		1	1		
Product	√egetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	s Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chipotle Chicken & Feta Hot Ciabatta		-														~		~			~		~	~	~						
Chipotle Chicken Mozzarella & Feta Hot Baguette												~						•						~	v						
Falafel & Halloumi Hot Wrap	Y															~		~					~	~	~						
Garlic & Herb Swirl	Y																	~			>		~								
Italian Style Chicken & Basil Hot Wrap																~		~					~								
Kale Macaroni Cheese	Y																	~					~								
Macaroni Cheese Prosciutto																		~					~								
Meatball & Mozarella Risotto Bake																							v								
Meatless Meatball Marinara Hot Ciabatta	Y															~		~			~		v								
Prosciutto & Mozzarella Hot Baguette												~						~					~								
Pret's Sausage Roll																		K			•		<								
Swedish Meatball Hot Wrap																<		<					<								
Tomato, Red Pepper & Mozzorella Hot Baguette	Y											~						<					K								
Tuna Melt Hot Baguette												v						~			>	v	v								
Focaccia & Toasties																														[
All Day Breakfast Toastie													~		~	<		<			•		<								
Classic Cheese Toastie													~		~	<		K			•		<					>			
Creamy Mushroom Toastie													>		~	~		~					v								
Halloumi, Red Pepper & Basil Toastie								1					>		~	~		~	1				•	~	~						
Ham & Cheese Toastie													>		~	~		~			~		v					v			
Kid's Pizza Toastie													>					~					~								
Onion Bhaji Melt Toastie													>		>	v		>			>		v								
Tuna Melt Toastie													~		~	<		<			~	<	<								

Contents Key: ✔ (Product Contains) Y (Suitable For)							t any o	le food ai of our foo						hops e r suital suitab	very da ble for ble for	ay. We those those v	e use m with al with m	any in lergie		ts and the ris	k of cr										
	<	√e				1	Tr	ee Nuts			r	_		(Cereals cont	aining glut	en							Milk		_					
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nu
Soup																															
Butternut Masala Soup	Y	Y																													
Chicken Laksa																												~	<		
Lasagne Soup																		>									1				
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																~								1					
Barley & Rye Soup Roll	Y	Y											~			~		>													

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



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.

				1			Tr	ee Nuts				1		(Cereals cont	aining glute	en		l .					Milk							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews		t Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										~											>	~	~								
Chicken & Avo Protein Bowl												v									>								~		
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																					~	v							v		
Smoked Salmon & Egg Protein Pot																					v	v								L	
Tuna Nicoise Salad																					v	v									
Dressing							-			-																					
Chilli & Lime Dressing	Y	Y																												L	
French Dressing	Y	Y																													

Contents Key: ✓ (Product Contains) Y (Suitable For)								de food a ur food o						itable	every for the	day. W ose wit	'e use i h aller	many i gies dı		risk of											
	Veg	Ξ.					Tr	ee Nuts							Cereals cor	ntaining glu	en			Celery				Milk							
Product	jetarians	Vegan ⁻ riendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Protein Ball	Y	Y		~																									>		
BBQ Popped Chickpea Chips	Y	Y																													
Chilli, Bean & Seed Tortilla Chips	Y	Y																													
Cranberries in Coats	Y																						~								
Dark Chocolate Salted Almonds	Y	Y		•																									>		
Fruit & Seed Bite	Y	Y																													
Fruit, Nuts & Chocolate	Y			~																			~						>		
Mature Cheddar & Red Onion Crisps	Y																						~								
Milk Chocolate Bar	Y																						~						~		
Milliways Peppermint Chewing Gum	Y	Y																													
Pret A Mango	Y	Y																													
Salted Crunchy Corn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y											1	1																	
Sea Salt Popcorn	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																	1												
Smoky Sweet Crunch Mix	Y					v																							V		

Contents Key: ✓ (Product Contains)														Sv	V(ee	t	Τ	re	at	S										
Y (Suitable For)													ur sho	ps ever	ry day. e with :	We u allergi	se man es due	y ingr to the	edients a risk of ci ergies.	nd sha	red eq										
	Veg	Fr					Tr	ree Nuts	-		-			C	Cereals con	taining glute	en			Celery				Milk	-						
Product	etarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Almond Butter Bite	Y			v															1										~		
Banana Fridge cake	Y																	~	1		~		~								
Caramel Waffle	Y																	~					~						>		
Carrot Cake	Y										~							~	1		~		~								
Choc Bar	Y																	~					¥						~		
Chocolate Brownie Bar	Y																	~			~		v						~		
Chocolate Chunk Cookie	Y																	~					v								
Chocolate Moose Dessert Pot	Y																		1				~						~		
Coconut Bite	Y	Y																											~		
Dark Chocolate & Almond Butter Cookie	Y	Y		~														~	1												
Dark Chocolate Corn Cakes	Y																												>		
Dark Chocolate with Sea Salt	Y																		1										~		
Double Berry Muffin	Y																	~			~		v								
Fruit, Oat & Spelt Cookie	Y														~		~	~	1				~								
Hazelnut Truffles	Y	Y					~																								
Lemon Cake	Y			~																	~		~								
Lemon Cheesecake	Y																	v			~		~								
Love Bar	Y			~						~					~								~						~		
Nut Bar	Y	Y		v																									>		
Popcorn Bar	Y																		1				~						~		
Pret's Caramel Shortbread	Y																	>					v						>		
Pret's Gingerbread Biscuit (Annie & Godfrey)	Y																	•			•										
Pret Bar	Y														~			~					~								
Pret's Coffee Caramel Slice	Y																	~					~						~		
Raspberry Cheesecake Brownie	Y																	~			~		~						~		
Scone with Jam & Clotted Cream	Y																	~			~		~								

Contents Key: ✔ (Product Contains) Y (Suitable For)								food and	Barist	a-mac	le drin	ks in o	ur sho	ps eve	ry day.	. We u	se man	ıy ingr		and sha	ared eo	quipme	ent, an	d whils	st we d						
			guar	antee t	nat an	IY 01 01	1r 100a	or drink	s are a	nerge	n-tree	or suit	able Io	or those					risk of d lergies.	ross-co	ontact.	Our v	egan 1	000 1 5 1	made	to a ve	gan reci	pe but	not su	itable fo	or those
	<	Veç					Tr	ee Nuts						(Cereals cont			-88						Milk							
Product	egetarians	yan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
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																						K								
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 alernative 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																											۲		
Latte Oat (instead of milk)	Y	Y													~																
Latte Coconut (instead of milk)	Y	Y																													

Contents Key: ✓ (Product Contains)										В	a	ri	st	a	P	re	p	a 1	ree	1	D	ri	n^{1}	ks	5						
Y (Suitable For)								food and or drink							e with :	allergi	es due	to the													
	Veç	Vega					Tr	ree Nuts	1		1	_		(Cereals cont	taining glute	en	1		Celery				Milk	1						
Product	getarians	ın Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Macchiato Semi Skimmed milk	Y																						>								
Macchiato Skimmed milk	Y																						>								
Macchiato Soya (instead of milk)	Y	Y																											~		
Macchiato Oat (instead of milk)	Y	Y													~																
Macchiato Coconut (instead of milk)	Y	Y																													
Mocha Semi Skimmed milk	Y																						~								
Mocha Skimmed milk	Y																						~								
Mocha Soya (instead of milk)	Y	Y																											¥		
Mocha Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y													~																
Other Hot Drinks																															
Chai Latte Semi Skimmed Milk	Y																						>								
Chai Latte Skimmed Milk	Y																						V								
Chai Latte Coconut (instead of Milk)	Y	Y																												L	
Chai Latte Soya (instead of Milk)	Y	Y																											v		
Chai Latte Oat (instead of Milk)	Y	Y													~																
Dirty Chai Latte Semi Skimmed Milk	Y																						~								
Dirty Chai Latte Skimmed Milk	Y																						•							l	
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Dirty Chai Latte Soya (instead of Milk)	Y	Y																											•		
Dirty Chai Latte Oat (instead of Milk)	Y	Y													>																
Matcha Latte Semi Skimmed Milk	Y																						>								
Matcha Latte Skimmed Milk	Y																						•								
Matcha Latte Coconut (instead of Milk)	Y	Y																													
We prepare our fresh	hy may	la faar	land	Dovisto	mode	را بیان از	. :.	n shons o		or W			andia	nte on	d ah an	ad agu	:	4		o do o	un bost	to mo		llongor		annat		oo that		f ann fa	od on

Contents Key: ✓ (Product Contains)										В	a	ri	st	a	P	re	p	a1	ree	1	D	ri	n	ks	5						
Y (Suitable For)								food and or drink							e with	allergi	es due	to the													
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Matcha Latte Soya (instead of Milk)	Y	Y																											✓		
Matcha Latte Oat (instead of Milk)	Y	Y													~																
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																						V								
Iced Latte Skimmed Milk	Y																						K								
Iced Latte Soya (instead of milk)	Y	Y																											V		
Iced Latte Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y													~																
Iced Chai Latte Semi Skimmed Milk	Y																						<								ĺ
Iced Chai Latte Skimmed Milk	Y																						K								
Iced Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Soya (instead of Milk)	Y	Y																											✓		
Iced Chai Latte Oat (instead of Milk)	Y	Y													~																
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Iced Dirty Chai Latte Skimmed Milk	Y																						~								
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																											v		
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y													~																
Iced Matcha Latte Semi Skimmed Milk	Y					1																	~								
Iced Matcha Latte Skimmed Milk	Y																						>								
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																													
Iced Matcha Latte Soya (instead of Milk)	Y	Y																											•		
Iced Matcha Latte Oat (instead of Milk)	Y	Y													•																

Contents Key: ✓ (Product Contains) Y (Suitable For)								food and or drink	Barist	ta-mad	le drin	ks in o	ur shoj	ps ever	y day. with a	We us allergio	se man es due	y ingr to the		and sh	ared eo	quipm	ent, an	d whil	st we o						
Product	Veget s	Vegan Friendly	Peanut	-		T	T	ree Nuts	1	1	1	Sesame			ereals cont	aining glute		1	Crustacean	Celery and	Egg	Fish		Milk	1	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
Tioddet	arian	lan Idly		Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat		celeriac	-35		Cow	Goat	Sheep)-		
Iced Mocha Semi Skimmed Milk	Y																						✓								
Iced Mocha Skimmed Milk	Y																						v								
Iced Mocha Soya (instead of milk)	Y	Y																											>		
Iced Mocha Coconut (instead of milk)	Y	Y																											_		
Iced Mocha Oat (instead of milk)	Y	Y													✓																
Iced White Americano Semi Skimmed Milk	Y																						•								
Iced White Americano Skimmed Milk	Y																						>								
Iced White Americano Oat (instead of milk)	Y	Y													V																
Iced White Americano Soya (instead of milk)	Y	Y																											>		
Iced White Americano Coconut (instead of milk)	v	Y				1																				1					<u> </u>
Pret Coolers			I.	I.					l	l	l	Į	l						l.	Į.		Į	Į	Į	Į	<u> </u>	Į.				
Applejito	v	v																													
	Y	Y																													
Berry Bliss	Y	Y																													
Feelin' Peachy	Y	Y																													
Rhuberry Breeze	Y	Y																													
Pret Shakers							1	1																		1					
Chocolate Chill	Y																						•								
Caramel Blondie	Y																						•								
Ruby Cocoa	Y																						v								
Hot Chocolate							-						-						ī										-	-	
Hot Chocolate Semi Skimmed Milk	Y																						¥								
Hot Chocolate Skimmed Milk	Y																						•								
Hot Chocolate Soya (instead of milk)	Y	Y																											¥		
Hot Chocolate Coconut (instead of milk)	Y	Y																													-
Hot Chocolate Oat (instead of milk)	Y	Y													. 4																
		-													v																-
Hot Chocolate Powder	Y	Y																													

Contents Key: ✔ (Product Contains)					_				_	В	a	ri	st	a	P	re	p	a 1	ce(1	D	ri	n	KS	5						
Y (Suitable For)			-					food and or drink							with	allergi	es due	to the													
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Product	tarians	Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Hot Chocolate Hazelnut	Y																						¥								
Hot Chocolate Hazelnut Skimmed	Y																						~								
Hot Chocolate Hazelnut Soya (instead of	Y	Y																											~		-
milk) Hot Chocolate Hazelnut Coconut (instead	-	-																													-
of milk) Hot Chocolate Hazelnut Oat (instead of	Y	Y																													-
milk)	Y	Y													~																
Syrups & Toppings		1	1	1	1		1	I	1			1	1				1		1	1	1		1	1	1	1					_
All Syrups	Y	Y																													
Whipped Cream	Y																						✓								
Milk shot		r	T	T	1	1	1	T	T	T	1	r	T	1 1		T	r	1	0	r	r	1	r	r	r	T	ĩ	Ĩ			
Semi Skimmed	Y																						¥							L	
Skimmed	Y																						V								
Soya (instead of milk)	Y	Y																											v		
Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y													~															L	
Tea				-	1	-	-	1			1							1	1			1									
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)	v	Y																													
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Oat (instead of milk) cup	Y Y	Y Y													~																
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We prepare our freshly m	ade fo	od and						every day. gies due t																			of our f	ood or	drinks a	are aller	gen-free

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

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.

Seasonal Drinks																	
Gingerbread Latte Semi Skimmed Milk	Y												•				
Gingerbread Latte Skimmed Milk	Y												>				
Gingerbread Latte Coconut (instead of Milk)	Y	Y															
Gingerbread Latte Soya (instead of Milk)	Y	Y														~	
Gingerbread Latte Oat (instead of Milk)	Y	Y							•								
Salted Caramel Latte Semi Skimmed Milk	Y												•				
Salted Caramel Latte Skimmed Milk	Y												>				
Salted Caramel Latte Coconut (instead of Milk)	Y	Y															
Salted Caramel Latte Soya (instead of Milk)	Y	Y														•	
Salted Caramel Latte Oat (instead of Milk)	Y	Y							•								
Merry Berry Hot Chocolate Semi Skimmed Milk	Y												~				
Merry Berry Hot Chocolate Skimmed Milk	Y												•				
Merry Berry Hot Chocolate Coconut (instead of Milk)	Y	Y															
Merry Berry Hot Chocolate Soya (instead of Milk)	Y	Y														~	
Merry Berry Hot Chocolate Oat (instead of Milk)	Y	Y							•								



Combined Allergen Guide 9th January 2024 V1

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 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 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 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.**

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



Contents Key: ✔ (Product Conta	ins)																		nes				<u> </u>								
Y (Suitable For))																		redients a												
			gua	arante	e that a	any of	our fo	od or dri	nks ar	e allerg	gen-fre	e or si	uitable	for th					the risk o		-conta	ct. Ou	r vegai	n food	is mao	de to a	vegan	recipe b	out not	suitabl	e for
												-	-		those	e with	milk a	nd egg	g allergies	5.	1										
	Veg	Vegai			1	1	Tr	ee Nuts	1	1				C	Cereals cont	taining glute	en			Celery				Milk					1		
Product	etariar	n Frien	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
D	15	dly												(Wildur)			(Windut)														
Baguettes							1									1				1											
Artichoke, Olives & Tapenade	Y	Y										>						>											<u> </u>		
Avo, Olives & Toms	Y	Y										•						•													~
Brie, Tomato & Basil	Y																	~					•								
Sticky Mushroom Bahn Mi	Y	Y										~						~											~		
Cheddar, Mustard & Pickles	Y											v						~			•		•					~			
Plant Ploughmans Baguette	Y	Y																~													
Vegan Eggless Mayo & Cress	Y	Y																v										~	~		
Rolls																															
All Day Vegan Breakfast	Y	Y											~			~		~										~	~		
Avo Brunch Rye Roll	Y												~			~		>			~							٢			
Scandi Style Smoky Carrot Eggless Mayo Roll	Y	Y											~			~		~											~	~	
Veggie Deli Rye Roll	Y												~			~		~			~		~					٢			
Sandwiches								1											1												
Humous & Veg	Y	Y										v	~					~													
Kids' Cheese Triangles	Y												>					>					<								
Sliced Egg & Cress	Y												~					>			>							۲			
Smoky Carrot and Falafel	Y	Y											~					•										•	1		
Veggie Pret's VLT	Y	Y											~					>													
Wraps																					•										
Falafel, Avocado & Chipotle Wrap	Y	Y														>		>												v	
Vegan Hoisin Mushroom Wrap	Y	Y														v		~											~		
Humous & Chipotle Wrap	Y	Y										>				>		>													
Pesto Bean & Herb Wrap	Y															>		>					•							•	>
Tandoori Bhaji Salad Wrap	Y															>		>			>		۲	-						¥	
Vegan Chilli Wrap	Y	Y														•		>		>									•	v	
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 | Hazelnut | Macadamia | Pecan
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 | Sesame
 | Barley | Kamult
(Wheat) | Oats

 | Rye | Spelt
(Wheat) | Wheat
 | Crustacean | and | Egg | Fish | Cow
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due to the risk of construct. Our exclusions: a construct our exclusions: a construct</td><td>We programmed formation by the province of the province of</td><td>Image: state of the s</td><td>Image: state in the s</td><td>Note that we are arreaded and a partial consistency of a partial consistency of and a partis and a partis and a partial consistency of and a partial consi</td><td></td><td>Provide the sector of the sector of</td></thm<></td> | Vertexpare our freshly made food and Barista-made drinks in our shops every displayed food and Marista-made drinks in our shops every displayed food and farista-made drinks in our shops every displayed for subtable f | We prepare our freshly made food and Barista-made drinks in our shops every day. We cannot guarantee that any of our food or drinks are allergen-free or suitable for those suitable for th | We prograte out freshly made food and Barista-made drinks in our shops every day. We use a feature of our food or drinks are allergen-free or suitable for those with a suitable for those with | visible for those with allergic curiable for those with allergicure curiable for those with allergic curiable for those with alle | We prepare our freshly made food and Barista-made drinks in our shops every day. We use many introdient cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to usuitable for those with allergies due to the suitable for those with allergies due to | We prepare our fice/ly made food and Barista-made drinks in our shops every day. We use many ingredients and control guarantee that any of our food or drinks are allergen-free or suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with allergies due to the risk suitable for flows with all drive allergies. 0 | We prepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with allergens due to the risk of or suitable for those with mill every allergent. very very | Vert of the set of th | We proper our fieshly made food and Barista-made drinks in our shops every day. 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Contents Key: ✔ (Product Contains)															D																
Y (Suitable For)			We ca	e prepa innot g	are our guaran	fresh itee tha	ly mad at any o	le food an of our foo	d Bari od or d	sta-ma rinks a	ide dri ire alle	inks ir ergen-	-free or	r suitab	ble for t	those v	with al	llergie	ingredient es due to t nd egg all	the risk	c of cro	l equip oss-coi	ment, ntact.	and w Our ve	'hilst w egan fo	ve do o bod is	our bes made	st to m to a ve	anage gan re	allerger cipe bu	ns we t not
	<	Veç	1				Tr	Free Nuts				4		C	Cereals conta	aining gluter	n	_			1			Milk	!	4	1	'	1 7	4 7	
Product	egetarians	yan Friendly	Peanut	Almond	d Brazil Nut	ut Cashew	w Hazelnut	t Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	I Soya	Sulphites	Pine Nut
Apple Juice	Y	Y																													
Cranberry & Raspberry Pure Pret Still	Y	Y							<u> </u>		<u> </u>		<u> </u>	<u> </u>		<u> </u>							L	<u> </u>	<u> </u>			<u> </u>	<u> </u>	<u> </u>	
Easy Greens	Y	Y																													
Ginger Shot	Y	Y									Ľ'										I!				\Box						
Green Tea & Peach Pret Still	Y	Y																													
Hot Shot	Y									<u>ا</u> ا						<u>ا</u> ا					<u>ا</u> ا				<u> </u>						
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																								\Box						
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice	Y										Ľ'								<u> </u>		<u>ا</u> ا		<u> </u>	['						Ĺ'	
Pret Apple Fizz	Y	Y																													
Pret Cucumber & Mint Seltzer	Y	Y									Ľ'								<u> </u>		<u>ا</u> ا		<u> </u>	['						Ĺ'	
Pret Ginger Beer	Y	Y																													
Pret Ginger Kombucha	Y	Y						<u> </u>	<u> </u>					<u> </u>	<u> </u>								Ĺ		<u> </u>			<u> </u>	<u> </u>	<u> </u>	
Pret Grape & Elderflower	Y	Y																													
Pret Lime & Raspberry Seltzer	Y	Y							\Box '		1			\Box '											\Box '			\Box '		<u> </u>	
Pret Rhubarb Lemonade	Y	Υ																													
Sparkling Spring Water	Y	Y						<u> </u>	<u> </u>					<u> </u>	<u> </u>								Ĺ		<u> </u>			<u> </u>	<u> </u>	<u> </u>	
Still Water 500ml	Y	Υ																													
Still Water 750ml	Y	Y							<u> </u>					<u> </u>											\Box '			<u> </u>		'	
Vitamin Volcano	Y	Y																													
We prepare our freshly made food	and B	arista-	made	drinks	in ou	r shop	s every	/ day. We	use m	any in	gredie	ents ar	nd shar	ed equ	lipmer	it, and	whilst	t we d	o our bes	t to ma	inage a	allerge	ns we	canne	ot guar	antee	that ar	iy of o	ur foo	d or drir	nks are

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Contents Key: ✔ (Product Contains) Y (Suitable For)			-					ood and E od or drin					r shop	for thos	/ day. ` se with	We us allers	e man gies dı	ie to th		f cross-											
	<	Ve				T	Tr	ee Nuts				l		С	ereals cont	aining glute	n							Milk	1						
Product	egetarians	gan Friendly	Peanut	Almond	Brazil Nut	t Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
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																													
We prepare our freshly ma								s every d ergies due																					of our	food or	drinks

Contents Key: ✔ (Product Contains) Y (Suitable For)												P	Pro	et	'S	ŀ	Ic	ot													
															se with	n allerg	gies du	e to th		cross-o										gens we uitable fo	cannot for those
		<					Tre	e Nuts						С	cereals con	taining glute	ะก							Milk							
Product	/egetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Artichoke, Mozzarella & Pepper Risotto Bake	Y																						¥								
Chilli Enchilada Bake	Y	Y														>		>		*									•		
Falafel & Halloumi Hot Wrap	Y															~		~					¥	~	~						
Garlic & Herb Swirl	Y																	~			~		~								
Harissa, Halloumi & Falafel Ciabatta Roll	Y															v		~			v		v	v	~			>			
Layered & Loaded BBQ Bean Nachos	Y																						~						~		
Meatless Meatball Marinara Hot Ciabatta	Y															~		~			~		v								
Meatless Meatball Hot Wrap	Y	Y														~		~													
Vegan Mac n Greens	Y	Y																v											•		
Vegan Ragu & Red Pepper Hot Wrap	Y	Y														<		>		•											
Falafel , Halloumi & Pickles Roll	Y															~		~					¥	>	~			>			
Soup																															
Butternut Masala Soup	Y	Y																													
Red Thai Veg	Y	Y																											~		
Souper Greens	Y	Y																											-		
Souper Tomato	Y	Y																													
Sunshine Dhal	Y	Y																													
Soup Accompaniments																															
Soup White Baguette	Y	Y																>													
Barley & Rye Roll	Y	Y											~			v		~													
Toasties & Focaccia																															
All Day Veggie Breakfast Toastie	Y												~		~	~		~					~						~		
Classic Cheese Toastie	Y												>		~	~		~			>		~					>			1
Creamy Mushroom Toastie	Y												~		>	~		~					v								
Halloumi, Red Pepper & Basil Toastie	Y												>		>	~		~					~	~	~						
Kid's Pizza Toastie	Y												>					~					~								
Onion Bhaji Melt	Y		1			1							>		>	~		~		1	~		~		1	1					
We prepare our freshly ma	de foo	and 1	Barista	-made	drink	s in oı	ir shop:	s every o	day. W	e use n	nany ii	ngredi	ents ar	nd shar	ed equ	iipmei	nt, and	whilst	t we do c	our best	to ma	inage a	allergei	ns we	cannot	guara	intee th	at any of	f our f	ood or di	rinks are

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Contents Key: ✔ (Product Contains) Y (Suitable For)								food and or drinks					ur shoj		y day. with a	We u Illergie	se mai es due	to the													
		<					Ti	ree Nuts						C	ereals cont	aining glute	n							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Egg & Spinach Pot	Y																				~										
Chickpea, Avo & Egg Bowl	Y											۲									۲										
Kids' Humous & Cucumber Pot	Y	Y										•																			
Mexican Style Chipotle Chickpea	Y																							>	~					~	
Pesto Pasta and Mozzarella Salad	Y																	~					~							~	~
Petite Tricolore Salad	Y																						~								
Sweet Potato Falafel Mezze Salad	Y	Y										•	~																		
Dressings																	·														
Chilli & Lime Dressing	Y	Y																													
French Dressing	Y	Y																													
We prepare our freshly ma								every day gies due t																				any of o	ur foo	d or drii	nks are

Contents Key: ✔ (Product Contains)													S	n	a	ck	S														
Y (Suitable For)														table fo	or thos	e with	allerg	ies du	ngredient e to the ri g allergie	sk of c											
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews		ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Cereals con Oats	taining glute Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Snacks							1																								
Almond Butter Protein Ball	Y	Y		~																									v		1
Chilli, Bean & Seed Tortilla Chips	Y	Y																												ļ	
Cranberries in Coats	Y																						~								
Salted Crunchy Corn	Y	Y																													
Dark Chocolate Salted Almonds	Y	Y		~																									~		
Mature Cheddar & Red Onion Crisps	Y																						~								
Milliways Peppermint Chewing Gum	Y	Y																													
Fruit, Nuts & Chocolate	Y			~																			~						~	$\neg \uparrow$	
Pret A Mango	Y	Y																													1
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													ł
Sea Salt Popocrn	Y	Y																													
Smoky Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
Smoky Sweet Crunch Mix	Y					~																							>		
BBQ Popped Chickpea Chips	Y	Y																													

Contents Key: ✔ (Product Contains)												Sv	Ve	ee	t	T	re	a	ts												
Y (Suitable For)																			ngredient												
			canno	ot gua	rantee	that an	ıy of o	ur food c	or drink	ts are a	allerge	n-free	or sui	table fo	or thos	e with	allerg	ies du	e to the ri	sk of c	ross-c	ontact	. Our v	vegan	food is	s made	e to a v	egan r	ecipe t	out not s	suitable
														f	or thos	e with	milk	and eg	g allergie	es.											
	Vec	Vega					Ti	ree Nuts				ļ		0	Cereals cont	aining glute	n		ļ	Celerv				Milk							
Product	petarians	in Friendl	Peanut	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
Sweet Treats		y .			1																										
Almond Butter Bites	Y			v																									v		
Banana Fridge Cake	Y															-		~			¥		~								
Blackforest Dessert Pot	Y																	v					•						~		
Caramel Waffle	Y																	v					v						~		
Carrot Cake	Y										~							✓ ✓			~		v								
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																	~			¥		v						— —		
Love Bar	Y			~						>					~								~						~		
Milk Chocolate Bar	Y																						~						✓		
Popcorn Bar	Y																						~						✓		
Pret Bar	Y														v	-		~					v								
Pret's Caramel Shortbread	Y																	v					•						~		
Pret's Coffee Caramel Slice	Y																	~					v						✓		
Pret's Nut Bar	Y			~																									✓	ļ	
Pret's Gingerbread Biscuits (Annie & Godfrey)	Y																	~			V										
Pret's Ultimate Vegan Brownie	Y	Y		>														>											>		
Raspberry & Almond Bakewell Tart	Y			>														>			¥		>								
Raspberry Cheesecake Brownie	Y																	~			¥		>						v		
Salted Caramel Dessert Pot	Y																	~					~						i —		

Contents Key: ✔ (Product Contains)										B	Ba	ri	st	a	P	re	p	a 1	ree	1	D	ri	n^{1}	5	5						
Y (Suitable For)								od and Ba ergen-free																							
Product	Vegetarians	Vegan Friendly	Peanut	Almond	Brazil Nuts	Cashews		ee Nuts Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	(Kamult (Wheat)	Cereals cont Oats	taining glute Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Milk Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee	1	1	1	1		Т	1	1		1	T	T	1	Т	1	1	T	1	1	1											
Americano Black	Y	Y																												<u> </u>	
Americano Semi Skimmed milk	Y																						V								
Americano Skimmed milk	Y																						~						<u> </u>		<u> </u>
Americano Soya (instead of milk)	Y	Y																											>		
Americano Coconut (instead of milk)	Y	Y																											<u> </u> '		<u> </u>
Americano Oat (instead of milk)	Y	Y													~																
Cappuccino Semi Skimmed milk	Y																						V							<u> </u>	
Cappuccino Skimmed milk	Y																						>								
Cappuccino Soya (instead of milk)	Y	Y																											F		
Cappuccino Coconut (instead of milk) Cappuccino Oat (instead of milk)	Y Y	Y Y																													
Espresso	-														~																
Filter - Black Coffee (add milk or milk	Y Y	Y Y																													
alernative if White Americano) Flat White Semi Skimmed milk	Y	Ť																					>								
Flat White Skimmed milk	Y																												<u> </u>		
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																						v								
Latte Soya (instead of milk)	Y	Y																											~		
Latte Oat (instead of milk)	Y	Y													~																
Latte Coconut (instead of milk)	Y	Y																													
We prepare our freshly			d Baris	ta-mad	le drin	ks in ou	r shops	s everv da	av. We	use ma	nv ing	redient	s and s	hared e	auinme	ent. and	l whils	t we do) our bes	t to mar	nage all	lergens	we car	nnot gi	arante	e that a	nv of ou	r food a	or drinl	cs are all	lergen-

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	Vec	Vega				1	Tr	ee Nuts						C	ereals cont	taining glute	n			Celery				Milk							
Product	yetarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine
Aacchiato Semi Skimmed milk	Y																						>								
Macchiato Skimmed milk	Y																						>								
Aacchiato Soya (instead of milk)	Y	Y																											K		
facchiato Oat (instead of milk)	Y	Y													>																
Acchiato Coconut (instead of milk)	Y	Y																													
locha Semi Skimmed milk	Y																						<								
Nocha Skimmed milk	Y																						۲								
Nocha Soya (instead of milk)	Y	Y																											>		
Mocha Coconut (instead of milk)	Y	Y	_							_		_											_								
Nocha Oat (instead of milk)	Y	Y													>																
Other Hot Drinks		-			-				-	-	-	-	-			-								-							
Chai Latte Semi Skimmed Milk	Y																						v								
Chai Latte Skimmed Milk	Y																						~								
Chai Latte Coconut (instead of Milk)	Y	Y																													
Chai Latte Rice Soya (instead of Milk)	Y	Y																											•		
Chai Latte Oat (instead of Milk)	Y	Y													>																
Dirty Chai Latte Semi Skimmed Milk	Y																						>								
Dirty Chai Latte Skimmed Milk	Y																						>								
Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Dirty Chai Latte Soya (instead of Milk)	Y	Y																											~		
Dirty Chai Latte Oat (instead of Milk)	Y	Y													>																
latcha Latte Semi Skimmed Milk	Y																						>								
fatcha Latte Skimmed Milk	Y																						>								
fatcha Latte Coconut (instead of Milk)	Y	Y																													

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	Ve	Veg					Tr	ee Nuts						С	ereals cont	aining glute	n			Celery				Milk							
Product	getarians	an Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
Matcha Latte Soya (instead of Milk)	Y	Y																											•		
Matcha Latte Oat (instead of Milk)	Y	Y													<																
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																						>								
Iced Latte Skimmed Milk	Y																						K								
Iced Latte Soya (instead of milk)	Y	Y																											>		
Iced Latte Coconut (instead of milk)	Y	Y																													
lced Latte Oat (instead of milk)	Y	Y													•																
Iced Chai Latte Semi Skimmed Milk	Y																						~								
Iced Chai Latte Skimmed Milk	Y																						•								
Iced Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Chai Latte Soya (instead of Milk)	Y	Y																											>		
Iced Chai Latte Oat (instead of Milk)	Y	Y													<																
Iced Dirty Chai Latte Semi Skimmed Milk	Y																						<								
Iced Dirty Chai Latte Skimmed Milk	Y																						•								
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																													
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																											>		
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y													~																
Iced Matcha Latte Semi Skimmed Milk	Y																						~								
Iced Matcha Latte Skimmed Milk	Y																						~								
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																													
Iced Matcha Latte Soya (instead of Milk)	Y	Y																											>		
Iced Matcha Latte Oat (instead of Milk)	Y	Y													¥																

Contents Key: ✔ (Product Contains)										В	a	ri	st	a	P	re	p	a 1	ree	1	D	ri	n	ks	5						
Y (Suitable For)								od and Ba ergen-free	ırista-n	ade dr	inks in	our sho	ops eve	ery day.	. We us	se man	y ingre	dients	and share	ed equij	pment,	and wl	nilst we	e do ou	r best t						
Product	Vegeti s	Vegan Friendh	Peanut			-	т	ree Nuts	1		1	Sesame			Cereals con	taining glute			Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nut
	arian	an 1dly		Almond	Brazil Nuts	Cashews	s Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat		celeriac	55		Cow	Goat	Sheep					·	
Iced Mocha Semi Skimmed Milk	Ŷ																						>						<u> </u>		
Iced Mocha Skimmed Milk	Y																						>						 '		
Iced Mocha Soya (instead of milk)	Y	Y																											~	\square	
Iced Mocha Coconut (instead of milk)	Y	Y																													
Iced Mocha Oat (instead of milk)	Y	Y													~																I
Iced White Americano Semi Skimmed Milk	Y																						v								<u> </u>
Iced White Americano Skimmed Milk	Y																						•								
Iced White Americano Oat (instead of milk)	Y	Y													~																1
Iced White Americano Soya (instead of milk)	Y	Y																											>		
Iced White Americano Coconut (instead of milk)	Y	Y																													1
Pret Coolers																															
Applejito	Y	Y																													
Berry Bliss	Y	Y																													
Feelin' Peachy	Y	Y																													
Rhuberry Breeze	Ŷ	Y																													1
Pret Shakers								•																							
Chocolate Chill	Y																						~								l
Caramel Blondie	Y																						~							1	
Ruby Cocoa	Y																						<								
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Y											[¥							í – T	
Hot Chocolate Skimmed Milk	Ŷ																						V								
Hot Chocolate Soya (instead of milk)	Y.	Y																											~		1
Hot Chocolate Coconut (instead of milk)	Y	Y																													
Hot Chocolate Oat (instead of milk)	Y	Y													~		1														i
Hot Chocolate Powder	Y	Y																													
We prepare our freshly 1	-							s every da ergies due																			ny of ou	r food o	or drinl	ts are alle	ergen-

✓ (Product Contains)
 Y (Suitable For)

Contents Key:

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.

Product	Veget	/egan	Peanut				Tr	ee Nuts				Sesame		С	ereals cont	aining glute	n		Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine
Floquet	arians	Friendly	r canut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Jesaine	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	Lââ	1.1211	Cow	Goat	Sheep	Lupin	WOILISCS	Wustaru	Soya	Suprites	1 110
ot Chocolate Hazelnut	Y																						>								
lot Chocolate Hazelnut Skimmed	Y																						×								
lot Chocolate Hazelnut Soya (instead of lilk)	Y	Y																											>		
Hot Chocolate Hazelnut Coconut (instead	Y	Y																													
Hot Chocolate Hazelnut Oat (instead of lilk)	Y	Y													~																T
yrups & Toppings																															
II Syrups	Y	Y																													
/hipped Cream	Y																						>								
lilk shot								1											1												
emi Skimmed	Y																						•								
kimmed	Y																						<								
oya (instead of milk)	Υ	Y																											>		
oconut (instead of milk)	Υ	Y																													
at (instead of milk)	Y	Y													<																
ea																															
eylon Breakfast (add milk or milk iternative if White)	Y	Y																													
arl Grey (add milk or milk alternative if /hite)	Y	Y																													
eppermint (add milk or milk alternative if /hite)	Y	Y																													
ropical Green (add milk or milk alternative White)	Y	Y																													
ilk / instead of milk cup																															
emi Skimmed milk cup	Y																						v								
kimmed milk cup	Y																						>								
oya (instead of milk) cup	Y	Y																											>		
oconut (instead of milk) cup	Y	Y																													
at (instead of milk) cup	Y	Y													~																
abyccino	Y																						~								T

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.

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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.

Seasonal Drinks			-	-						 								
Gingerbread Latte Semi Skimmed Milk	Y												•					
Gingerbread Latte Skimmed Milk	Y												•					
Gingerbread Latte Coconut (instead of Milk)	Y	Y																
Gingerbread Latte Soya (instead of Milk)	Y	Y														<		
Gingerbread Latte Oat (instead of Milk)	Y	Y							•									
Salted Caramel Latte Semi Skimmed Milk	Y												•					
Salted Caramel Latte Skimmed Milk	Y												>					
Salted Caramel Latte Coconut (instead of Milk)	Y	Y																
Salted Caramel Latte Soya (instead of Milk)	Y	Y														<		
Salted Caramel Latte Oat (instead of Milk)	Y	Y							•									
Merry Berry Hot Chocolate Semi Skimmed Milk	Y												>					
Merry Berry Hot Chocolate Skimmed Milk	Y												~					
Merry Berry Hot Chocolate Coconut (instead of Milk)	Y	Y																
Merry Berry Hot Chocolate Soya (instead of Milk)	Y	Y														<		
Merry Berry Hot Chocolate Oat (instead of Milk)	Y	Y							•									