

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

Inside you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box. Where a product contains 'Cereals Containing Gluten' and 'Nuts', you'll find specific ingredients listed (e.g., wheat, rye, oats). If you have any trouble finding what you're looking for, just ask the Manager – they'll be more than happy to help.

Please remember to check our guide regularly as recipes do change from time to time – the last thing we want is for anyone being caught out by a new take on an old favourite.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do *visit our website* at www.pret.com or contact our Customer Service Team on 0345 450 0222.



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

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

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



Baguettes, Sandwiches & Wraps

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															unose																
		<					Tre	ee Nuts						С	ereals conta	aining glute	n							Milk							
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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Baguettes																															
Avo, Olives & Toms	Υ	Υ										~						~													~
Brie, Tomato & Basil	Υ																	~					>								
Chicken Caesar & Bacon												~						>			~	>	~								
Italian Prosciutto												~						~			~		~								
Jambon Buerre																		>					>								
Lobster Roll																		۲	~		~										
Pole & Line Caught Tuna Mayo & Cucumber																		>			~	\									
Posh Cheddar & Pickle	Υ											>						\			_		>			_					
Wiltshire-Cured Ham & Greve																		~			~		~			~					
Sandwiches																															
Chicken, Avocado & Basil													~					~			~		~								
Classic Super Club													~					~			~										
Free-Range Egg Mayo	Υ												~					~			~					>					
Ham & Cheese													~					<					۲								
Kid's Cheese	Υ												V					<					>								
Kid's Free-Range Egg Mayo	Υ												~					^			y										
Kid's Ham													~					>					>								
Mature Cheddar & Pickle	Υ												~					\			>		>								
Scottish Smoked Salmon													¥					>				•	>								
Smashed Avo Open Sandwich	Υ	Υ													~																
Smoked Salmon & Soft Cheese Open Sandwich															~							~	>								
Tuna Mayo & Cucumber																		_			_	_									
Wraps																															
Avo & Herb Salad Wrap	Υ															_		v			v		v								V
Hoisin Duck Salad Wrap																·		~			V								>		
Humous & Chipotle Wrap	Υ	Υ										>				~		~													

Breakfast

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		<					Tre	ee Nuts						С	ereals cont	aining glute	n							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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Almond Croissant	Υ			>														>			>		<								
Bircher Muesli	Υ									<					¥								<								
Breakfast Free-Range Egg Mayo & Avocado	Υ																	>			<										
Breakfast Free-Range Egg Mayo & Bacon																		>			>										
Breakfast Free-Range Egg Mayo & Roasted Tomatoes	Υ																	>			>										
Chocolate Croissant	Υ																	>			<		<						<		
Cinnamon Danish	Υ																	>			>		<								
Five Berry Bowl	Υ														¥								<								
French Butter Croissant	Υ																	>			<		<								
Ham & Cheese Croissant																		>			<		<								
Mango & Banana Sunshine Bowl	Υ	Υ													¥																
Mozzarella & Tomato Croissant	Υ																	>			<		<								
Pain au Raisin	Υ																	>			>		<								
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Proper Porridge	Υ														¥								<								
Very Berry Croissant	Υ	Υ																~													
																															i

Cold Drinks

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																00															/
		<					Tre	e Nuts							Cereals cont	aining gluten								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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Apple Juice	Υ	Υ																													
Coke (all types)	Υ	Υ																													
Cranberry & Raspberry Pure Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pure Pret Still	Υ	Υ																												1	
Hot Shot	Υ																														
Lemon & Ginger Pure Pret Still	Υ	Υ																												1	
Orange & Passion Fruit Pure Pret Still	Υ	Υ																													
Orange Juice	Υ																														
Pure Pret Apple Fizz	Υ	Υ																													
Pure Pret Ginger Beer	Υ	Y																													
Pure Pret Ginger Kombucha	Υ	Υ																													
Pure Pret Grape & Elderflower	Υ	Y																													
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													
Pure Pret Rhubarb Lemonade	Υ	Y																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																													ı	

Dinners by Pret

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																	`	,												
		<					Tre	e Nuts					C	ereals cont	aining glute	en							Milk							
Product	Vegetarians	egan Friendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Chipotle Chicken Burrito Bowl																							>	>					>	
Classic Chicken & Bacon Caesar Bowl																				<	<	<			>					
Falafel & Humous Rice Bowl	Υ	Υ									~														~					
Salmon & Pickles Rice Bowl											~										<							<		
Vegan Ragu & Red Pepper Hot Wrap	Υ	Υ													>		>		Y											
Pret's Fish Pie Macaroni Cheese																	>				<	<								
Pret's Lasagne Macaroni Cheese																	>		~			<								
Butternut & Cauli Gratin	Υ																>					<								

Contents Key: ✓ (Product Contains) Y (Suitable For)			We	can't	guara	antee a	any of	our pr	oduct	s are s						es du		high r						ır veg	an pro	oducts	s are n	nade t	o a ve	gan re	cipe
		<					Tre	e Nuts						C	ereals con	taining glute	n							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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Apple	Υ	Υ																													
Banana	Υ	Υ																													
Mango & Lime	Υ																														
Pret's Fruit Salad	Υ	Υ																													
Watermelon & Lime	Υ																														

Heat At Home and Platters

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		<					Tr	ee Nuts						(Cereals con	taining glute	en							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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Coffee - Classic Blend Ground	Υ	Υ																													
Coffee - Espresso Beans	Υ	Υ																													
Coffee - Single Origin Ground	Υ	Υ																													
HAH - Porridge	Υ														>								~								
HAH - Mac n Cheese Kale	Υ																	>					>								
HAH - Mac n Cheese Prosciutto																		>					>								
HAH Soup Chicken & Butternut Risotto																															
HAH Soup Mushroom Risotto	Υ	Υ																		~									>	>	
HAH Soup Pea & Mint	Υ	Υ																													
Platter: Humous & Crudites	Υ	Υ										>																			
Platter: Ploughman's																					~		>								
Platter: Smoked Salmon & Avo																						\	>								
Stonebaked Baguette	Υ	Υ										>						>													
White Baguette	Υ	Υ																>													

Pret's Hot Contents Key: ✓ (Product Contains) Y (Suitable For) We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care. Cereals containing gluten Tree Nuts Milk Celery and Product Egg Fish Mustaro Lupin Sulphites Pine Nuts Brazil Spelt Walnut Almono Macadamia Pecan Pistachio Oats Rye Cow Goat alafel & Halloumi Hot Wrap ~ ~ ~ Υ Macaroni Cheese Kale & Cauli Macaroni Cheese Prosciutto V vedish Meatball Hot Wrap

Salad Contents Key: ✓ (Product Contains) Y (Suitable For) We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care. Cereals containing gluten Tree Nuts Milk Product Egg Fish Lupin Mollusc Soya Sulphites Pine Nuts Brazil Cow Macadamia Pecan Pistachio Walnut Barley Oats Rye Goat Chef's Italian Chicken Salad **** ~ **** ~ ~ Υ Υ hipotle Sweet Potato Salad Bowl Υ Egg & Spinach Protein Pot V Υ Humous and Falafel Mezze Salmon & Mango Salad Bow V V V V ¥ • Smoked Salmon Protein Box V amari & Ginger Chicken Salad Bowl Funa Nicoise Salad V V V Ceviche Dressing Υ Υ Υ rench Dressing Υ Υ reen Dressing Υ Υ V Tamari & Ginger

Snacks & Sweet Treats

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																			, ,												
		V ₆					Tre	ee Nuts						С	ereals cont	aining glute	en							Milk							
Product	/egetarians	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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Snacks																															
Easy Peasy Almond Squeezy	Υ	Υ		~																											
Cranberries in Coats	Υ																						~							i	
Dark Chocolate Salted Almonds	Υ	Υ		>																									<		
Mature Cheddar & Red Onion Crisps	Υ																						<				1			1	
Nuts, Fruit & Chocolate	Υ			~																			<						<		
Pret A Mango	Υ	Υ																									1			i I	
Sea Salt Popcom	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																												i l	
Sea Salt Crisps	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																												l	
Sweet & Salt Popcom	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													l
Sweet Treats																															
Choc Bar	Υ																	~					~						~		
Chocolate Brownie Bar	Υ																	~			<		~				1		<	i i	
Chocolate Chunk Cookie	Υ																	~					~								
Chocolate Moose	Υ																						<						<		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		<														>													
Dark Chocolate Corn Cakes	Υ																												~		
Dark Chocolate with Sea Salt	Υ																												<		
Double Berry Muffin	Υ																	~			<		~								
Fruit, Oat & Spelt Cookie	Υ														>		>	~					<								
Lemon Cheesecake	Υ																	~			~		>								
Love Bar	Υ			~						~					>								>						>		
Pret Bar	Υ														>			Y					<				1			1	

Barista Prepared Drinks

											a	re not	suita	oie ior	· tnose	e with	milk	or egg	g allergi	es. Pie	ase ta	ike cai	re.								
		\$					Tr	ree Nuts						С	ereals con	taining glute	en							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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						>								ł
Cappuccino Skimmed milk	Υ																						~								
Cappuccino Soya (instead of milk)	Υ	Υ																											V		ł
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													>																i
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						~								
Flat White Skimmed milk	Υ																						>								
Flat White Soya (instead of milk)	Υ	Υ																											~		
Flat White Rice Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													>																
Latte Semi Skimmed milk	Υ																						~								
Latte Skimmed milk	Υ																						~								
Latte Soya (instead of milk)	Υ	Υ																											~		
Latte Oat (instead of milk)	Υ	Υ													y																
Latte Rice Coconut (instead of milk)	Υ	Υ																													
Macchiato Semi Skimmed milk	Υ																						>								
Macchiato Skimmed milk	Υ																						>								
Macchiato Soya (instead of milk)	Υ	Υ																											~		
Macchiato Oat (instead of milk)	Υ	Υ													>																
Macchiato Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Semi Skimmed milk	Υ																						>								
Mocha Skimmed milk	Υ																						>								
Mocha Soya (instead of milk)	Υ	Υ																											~		

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Y (Suitable For)

Barista Prepared Drinks

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	,	Ve					Tr	ee Nuts						C	ereals cont	aining glute	n							Milk			1				
Product	/egetarians	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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													\																
Chai Latte	Υ																						~								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Turmeric Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Smoothies																															
Berry Blast	Υ	Υ																													
Mango & Pineapple	Υ	Υ																													
Strawberry & Banana	Υ	Υ																													
Frappés																															
Classic Frappé Semi Skimmed milk	Υ																						~								
Classic Frappé Skimmed milk	Υ																						~								
Chocolate Frappé Semi Skimmed milk	Υ																						V								
Chocolate Frappé Skimmed milk	Υ																						~								
Frappé Mix	Υ																						~								
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						~								
Iced Latte Skimmed Milk	Υ																						~								
Iced Latte Soya (instead of milk)	Υ	Υ																											~		
Iced Latte Rice Coconut (instead of milk)	Υ	Υ																													
Iced Latte Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Semi Skimmed Milk	Υ																						~								
Iced White Americano Skimmed Milk	Υ																						~								
Iced White Americano Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Soya (instead of milk)	Υ	Υ																											~		

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		Ve					Tr	ee Nuts						С	ereals cont	aining glute	en							Milk							
Product	√egetarians	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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																													
Cold Brew																															
Cold Brew (no milk)	Υ	Υ																													
Cold Brew Semi Skimmed Milk	Υ																						>								
Cold Brew Skimmed Milk	Υ																						>								
Cold Brew Soya (instead of milk)	Υ	Υ																											>		
Cold Brew Oat (instead of milk)	Υ	Υ													<																
Cold Brew Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Υ																						>								
Hot Chocolate Skimmed Milk	Υ																						~								
Hot Chocolate Soya (instead of milk)	Υ	Υ																											~		
Hot Chocolate Rice Coconut (instead of milk)	Υ	Υ																													
Hot Chocolate Oat (instead of milk)	Υ	Υ													•																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						~								
Hot Chocolate Hazelnut Skimmed	Υ																						>							į.	
Hot Chocolate Hazelnut Soya	Υ	Υ																											~		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													~																

Barista Prepared Drinks

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		<					Tr	ee Nuts						С	ereals con	taining glute	en							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	Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
Syrups													l .				ı								l			l .			
Caramel Shot	Υ	Υ																													
Hazelnut Shot	Υ	Υ																													
Sugar Cane Syrup	Υ	Υ																													
Vanilla Shot	Υ	Υ																													
Milk shot																															
Semi Skimmed	Υ																						<								
Skimmed	Υ																						<								
Soya (instead of milk)	Υ	Υ																											V		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													>																
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alemative if White)	Υ	Υ																													
Peppermint (add milk or milk alernative if White)	Υ	Υ																													
Tropical Green (add milk or milk alernative if White)	Υ	Υ																													
Miso Soup													~																		
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						V								
Skimmed milk cup	Υ																						~								
Soya (instead of milk) cup	Υ	Υ																											~		
Rice Coconut (instead of milk) cup	Υ	Υ																													
Oat (instead of milk) cup	Υ	Υ													>							>							V		
Babyccino	Υ																						<								