

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. Please take care.



Pret's



Allergen

Guide



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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

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			Mustard	Lupin	Molluscs	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																																	
Avo, Olives & Toms	Y	Y										✓						✓														✓	
Brie, Tomato & Basil	Y																	✓				✓											
Chicken Caesar & Bacon												✓						✓			✓	✓	✓										
Chipotle Chicken Baguette												✓						✓							✓	✓							
Italian Prosciutto												✓						✓			✓		✓										
Jambon Buerre																		✓					✓										
Pole & Line Caught Tuna Mayo & Cucumber																		✓			✓	✓											
Posh Cheddar & Pickle	Y											✓						✓			✓		✓				✓						
Wiltshire-Cured Ham & Greve																		✓			✓		✓			✓							
Sandwiches																																	
Chicken, Avocado & Basil													✓					✓			✓		✓										
Classic Super Club													✓					✓			✓												
Free-Range Egg Mayo	Y												✓					✓			✓						✓						
Ham & Cheese													✓					✓					✓										
Kid's Cheese	Y												✓					✓					✓										
Kid's Free-Range Egg Mayo	Y												✓					✓			✓												
Kid's Ham													✓					✓					✓										
Mature Cheddar & Pickle	Y												✓					✓			✓		✓										
Scottish Smoked Salmon													✓					✓				✓		✓									
Smashed Avo Open Sandwich	Y	Y													✓																		
Smoked Salmon & Soft Cheese Open Sandwich															✓							✓		✓									
Tuna Mayo & Cucumber													✓								✓		✓										
Wraps																																	
Avo & Herb Salad Wrap	Y															✓		✓			✓		✓									✓	
Hoisin Duck Salad Wrap																✓		✓			✓										✓		
Humous & Chipotle Wrap	Y	Y										✓						✓															
Vegan Chilli Wrap	Y	Y														✓														✓	✓		
																✓				✓													

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Breakfast																												
			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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts	
				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 Roll															✓		✓		✓			✓									
Bircher Muesli	Y										✓				✓				✓			✓									
Breakfast Free-Range Egg Mayo & Avocado	Y															✓			✓												
Breakfast Free-Range Egg Mayo & Bacon																✓			✓												
Breakfast Free-Range Egg Mayo & Roasted Tomatoes	Y															✓			✓			✓									
Breakfast Salmon & Egg Mayo																✓			✓		✓					✓					
Chocolate Croissant	Y															✓			✓			✓								✓	
Cinnamon Danish	Y															✓			✓			✓									
Coconut & Mango Bowl	Y	Y													✓																
Five Berry Bowl	Y														✓																
French Butter Croissant	Y																	✓			✓		✓								
Fresh Fruit, Yoghurt & Granola Bowl	Y														✓							✓		✓							
Ham, Cheese, Tomato & Bacon Croissant																		✓			✓		✓								
Ham & Egg Breakfast Roll																✓		✓			✓		✓				✓				
Mango & Banana Sunshine Bowl	Y	Y													✓																
Mozzarella & Tomato Croissant	Y																	✓			✓		✓								
Pain au Raisin	Y																	✓			✓		✓								
Poached Egg & Beans Power Pot	Y																				✓										
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Cranberry & Seeds	Y	Y																													
Porridge Topping - Honey	Y																														
Pret's Bacon Roll																✓		✓					✓								
Pret's Proper Porridge	Y														✓								✓								
Pret's Sausage Roll																		✓			✓		✓								
Pret's Veggie Roll	Y															✓		✓			✓		✓								
Sausage & Egg Roll																✓		✓			✓		✓								
Very Berry Croissant	Y	Y																✓													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																											
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						
Apple Juice	Y	Y																												
Coke (all types)	Y	Y																												
Cranberry & Raspberry Pure Pret Still	Y	Y																												
Daily Greens	Y	Y																												
Ginger Shot	Y	Y																												
Green Tea & Peach Pure Pret Still	Y	Y																												
Hot Shot	Y																													
Lemon & Ginger Pure Pret Still	Y	Y																												
Mango Smoothie	Y																													
Orange & Passion Fruit Pure Pret Still	Y	Y																												
Orange Juice (both sizes)	Y																													
Pure Pret Apple Fizz	Y	Y																												
Pure Pret Ginger Beer	Y	Y																												
Pure Pret Ginger Kombucha	Y	Y																												
Pure Pret Grape & Elderflower	Y	Y																												
Pure Pret Green Tea Yoga Bunny	Y	Y																												
Pure Pret Rhubarb Lemonade	Y	Y																												
Sparkling Spring Water	Y	Y																												
Still Water 500ml	Y	Y																												
Still Water 750ml	Y	Y																												
Vitamin Volcano	Y																													

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Dinners by Pret

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Butternut & Cauli Gratin	Y																	✓					✓								
Chicken Burrito Rice Salad Bowl																								✓	✓					✓	
Chocolate Shake	Y																						✓								
Choc Chunk Cookie Shake	Y																	✓					✓								
Five Berry Shake	Y																						✓								
Pret's Lasagne Macaroni Cheese																		✓	✓				✓								
Prosciutto & Mozzarella Fancy Focaccia Pizza																		✓					✓								
Rocket & Italian Mature Cheese Side Salad	Y																						✓								
Salmon & Pickles Rice Bowl												✓										✓							✓		
Spicy Slaw	Y																				✓										
Sticky Aubergine Hot Rice Bowl	Y	Y										✓						✓												✓	
Sweet Potato Chili Hot Rice Bowl	Y	Y																												✓	
Thai Red Chicken Curry Hot Rice Bowl																															
Tomato, Mozzarella & Pesto Fancy Focaccia Pizza	Y																	✓					✓								✓

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Fruit																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>				<div>Heat At Home</div> <div>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.</div>																												
				Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya
Almond	Brazil Nuts	Cashews	Hazelnut					Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep											
Coffee - Classic Blend Ground	Y	Y																														
Coffee - Espresso Beans	Y	Y																														
Coffee - Single Origin Ground	Y	Y																														
HAH - Porridge	Y													✓										✓								
HAH - Mac n Cheese Kale	Y																✓							✓								
HAH - Mac n Cheese Prosciutto																	✓							✓								
HAH Soup Chicken & Butternut Risotto																																
HAH Soup Mushroom Risotto	Y	Y																													✓	
HAH Soup Pea & Mint	Y	Y																														

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad																												
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				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										✓										✓	✓	✓			✓						
Chipotle Sweet Potato Salad Bowl	Y	Y																												✓	
Crayfish & Avo No Bread																✓									✓						
Egg & Spinach Protein Pot	Y																		✓												
Humous and Falafel Mezze	Y	Y										✓													✓						
Salmon & Mango Salad Bowl																					✓								✓	✓	
Smoked Salmon Protein Box																				✓	✓				✓				✓		
Smoked Salmon & Egg Protein Pot																				✓	✓										
Tamari & Ginger Chicken Salad Bowl												✓																		✓	
Tuna Nicoise Salad																				✓	✓				✓						
Dressing																															
Ceviche Dressing	Y	Y																													
French Dressing	Y	Y																							✓						
Green Dressing	Y	Y																												✓	
Tamari & Ginger	Y	Y																												✓	

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks & Sweet Treats																												
			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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Snacks																															
Easy Peasy Almond Squeezy	Y	Y		✓																											
Cranberries in Coats	Y																						✓								
Dark Chocolate Salted Almonds	Y	Y		✓																									✓		
Mature Cheddar & Red Onion Crisps	Y																						✓								
Milk Chocolate Bar	Y																						✓						✓		
Nuts, Fruit & Chocolate	Y			✓																			✓						✓		
Pret A Mango	Y	Y																													
Sea Salt Popcorn	Y	Y																													
Sea Salt & Cider Vinegar Crisps	Y	Y																													
Sea Salt Crisps	Y	Y																													
Smoked Chipotle Crisps	Y	Y																													
Sweet & Salt Popcorn	Y	Y																													
Vegetable Crisps	Y	Y																													
Sweet Treats																															
Choc Bar	Y																	✓					✓						✓		
Chocolate Brownie Bar	Y																	✓		✓			✓						✓		
Chocolate Chunk Cookie	Y																	✓					✓								
Chocolate Moose	Y																						✓						✓		
Chocolate Praline 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, Oat & Spelt Cookie	Y													✓		✓		✓					✓								
Ginger Snap Biscuit	Y																	✓					✓								
Lemon Cheesecake	Y																	✓		✓			✓								
Love Bar	Y			✓							✓			✓									✓							✓	
Pret's Gingerbread Biscuit	Y																	✓		✓											
Pret's Pecan & Caramel Cookie	Y								✓									✓					✓							✓	
Pret Bar	Y													✓				✓					✓								
Pret's Shortbread	Y																	✓					✓								

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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			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Coffee																															
Americano Black (add milk or milk alternative if White Americano)	Y	Y																													
Cappuccino Semi Skimmed milk	Y																							✓							
Cappuccino Skimmed milk	Y																							✓							
Cappuccino Soya (instead of milk)	Y	Y																											✓		
Cappuccino Rice Coconut (instead of milk)	Y	Y																													
Cappuccino Oat (instead of milk)	Y	Y												✓																	
Espresso	Y	Y																													
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 Rice 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 Rice Coconut (instead of milk)	Y	Y																													
Macchiato Semi Skimmed milk	Y																							✓							
Macchiato Skimmed milk	Y																							✓							
Macchiato Soya (instead of milk)	Y	Y																											✓		
Macchiato Oat (instead of milk)	Y	Y												✓																	
Macchiato Rice Coconut (instead of milk)	Y	Y																													
Mocha Semi Skimmed milk	Y																							✓							
Mocha Skimmed milk	Y																							✓							
Mocha Soya (instead of milk)	Y	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			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✓																	
Chai Latte	Y																						✓								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																													
Smoothies																															
Berry Blast	Y	Y																													
Mango & Pineapple	Y	Y																													
Strawberry & Banana	Y	Y																													
Frappés																															
Classic Frappé Semi Skimmed milk	Y																						✓								
Classic Frappé Skimmed milk	Y																						✓								
Chocolate Frappé Semi Skimmed milk	Y																						✓								
Chocolate Frappé Skimmed milk	Y																						✓								
Frappé Mix	Y																						✓								
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																						✓								
Iced Latte Skimmed Milk	Y																						✓								
Iced Latte Soya (instead of milk)	Y	Y																											✓		
Iced Latte Rice Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y												✓																	
Iced White Americano Semi Skimmed Milk	Y																						✓								
Iced White Americano Skimmed Milk	Y																						✓								
Iced White Americano Oat (instead of milk)	Y	Y												✓																	
Iced White Americano Soya (instead of milk)	Y	Y																											✓		

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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			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Iced White Americano Rice Coconut (instead of milk)	Y	Y																													
Turmeric Iced Latte Rice Coconut	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Semi Skimmed Milk	Y																						✓								
Cold Brew Skimmed Milk	Y																						✓								
Cold Brew Soya (instead of milk)	Y	Y																											✓		
Cold Brew Oat (instead of milk)	Y	Y													✓																
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Y																							✓							
Hot Chocolate Skimmed Milk	Y																							✓							
Hot Chocolate Soya (instead of milk)	Y	Y																											✓		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																													
Hot Chocolate Oat (instead of milk)	Y	Y													✓																
Hot Chocolate Powder	Y	Y																													
Hot Chocolate Hazelnut	Y																							✓							
Hot Chocolate Hazelnut Skimmed	Y																							✓							
Hot Chocolate Hazelnut Soya	Y	Y																											✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																													
Hot Chocolate Hazelnut Oat	Y	Y													✓																

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Mustard	Lupin	Molluscs	Soya	Sulphites	Pine Nut
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Syrups																															
Caramel Shot	Y	Y																													
Hazelnut Shot	Y	Y																													
Pumpkin Spice	Y	Y																													
Sugar Cane Syrup	Y	Y																													
Vanilla Shot	Y	Y																													
Milk shot																															
Semi Skimmed	Y																							✓							
Skimmed	Y																							✓							
Soya (instead of milk)	Y	Y																											✓		
Rice Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y												✓																	
Tea																															
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																													
Earl Grey (add milk or milk alternative if White)	Y	Y																													
Peppermint (add milk or milk alternative if White)	Y	Y																													
Tropical Green (add milk or milk alternative if White)	Y	Y																													
Miso Soup														✓																	
Milk / instead of milk cup																															
Semi Skimmed milk cup	Y																							✓							
Skimmed milk cup	Y																							✓							
Soya (instead of milk) cup	Y	Y																											✓		
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y													✓								✓						✓		
Babyccino	Y																							✓							

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