

INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains 'Cereals Containing Gluten' and 'Nuts', you will find specific ingredients listed (e.g., wheat, rye, oats).

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

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contamination is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the 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.



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.

Baguettes, Sandwiches & Wraps

We can't guarantee any of our food is 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.

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	<	V eg					Tre	ee Nuts						С	ereals cont	aining glut	en							Milk						
Product	egetarians	gan 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	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Baguettes																														
Avo, Olives & Toms	Υ	Υ										<						>												>
Brie, Tomato & Basil	Υ																	>					~							
Chicken Caesar & Bacon												<						>			<	~	~							
Chicken Salad Baguette																		>			~		~							
Italian Prosciutto												>						>			~		>							
Jambon Buerre																		>					~							
Naked Chicken Katsu													¥					>			<							>	>	
Pole & Line Caught Tuna Mayo & Cucumber																		>			~	>								
Posh Cheddar & Pickle	Υ											~						>			<		~				>			
Wiltshire-Cured Ham & Greve																		>			<		~				>			
Sandwiches																														
Chicken, Avocado & Basil													V					~			~		~							
Classic Super Club													¥					>			<									
Free-Range Egg Mayo	Υ												V					>			<						>			
Ham & Cheese													¥					>					~							
Kid's Cheese	Υ												V					>					~							
Kid's Ham													~					>					~							
Mature Cheddar & Pickle	Υ												~					>			<		>							
Smashed Avo Open Sandwich	Υ	Υ													>															
Scottish Smoked Salmon													V					>				>	~							
Smoked Salmon & Soft Cheese Open Sandwich															>							>	,							
Tuna Mayo & Cucumber													¥					~			\	~								
Wraps & Flatbreads																														
Avo & Herb Salad Wrap	Υ															~		~			y		¥					'		V
Chicken, Pesto & Rocket Flatbread																		~			~		~							~
Dukkah Spiced Squash & Feta Flatbread	Υ																	~					~	~	~					
Falafel , Avocado & Chipotle Flatbread	Υ	Υ																>											>	
Hoisin Duck Salad Wrap																~		~			<							\		
Humous & Chipotle Wrap	Υ	Υ										~				V		~												
Vegan Hoisin Mushroom Wrap	Υ	Υ														~		>										\		

Breakfast

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	-	Ve					Tn	ee Nuts						С	Cereals conta	aining gluter	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
Almond Croissant	Υ			>														<			>		<								
Acai & Almond Butter Bowl	Υ	Υ		~											~																
Bacon & Egg Roll																>		>			>		\ \								
Bircher Muesli	Υ									>					<								<								
Breakfast Free-Range Egg Mayo & Avocado	Υ																	y			>										
Breakfast Free-Range Egg Mayo & Bacon																		~			Y										
Breakfast Salmon & Egg Mayo																		<			>	<						>			
Breakfast Vegan Baguette	Υ	Υ																>											~		
Coconut Porridge	Υ	Υ													Υ																
Chocolate Croissant	Υ																	>			>		\						~		
Cinnamon Danish	Υ																	>			>		<								
Five Berry Bowl	Υ														>								\								
French Butter Croissant	Υ																	<			>		<								
Fresh Fruit, Yoghurt & Granola Bowl	Υ														>								\								
Ham, Cheese, Tomato & Bacon Croissant																		<			Y		<								
Ham & Egg Breakfast Roll																~		<			~		<					>			
Honey & Granola Pot	Υ														<								<								
Mango & Banana Sunshine Bowl	Υ	Υ													<																
Mozzarella & Tomato Croissant	Υ																	<			Y		<								
Pain aux Raisin	Υ																	>			Y		\								
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Bacon Roll																>		>					<								
Pret's Proper Porridge	Υ														<								<								
Pret's Sausage Roll																		>			y		<								
Pret's Veggie Roll	Υ															>		~			>		<								
Pret's Veggie Brioche	Υ																	>			>		~								
Sausage & Egg Roll																>		~			>		<								
Very Berry Croissant	Υ	Υ																>													

Cold Drinks

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																,															
		<					Tre	e Nuts							Cereals con	taining gluten								Milk							
Product	/egetarians	sgan 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	Υ	Υ																											1		1
Coke (all types)	Υ	Υ																													
Cranberry, Raspberry & Pomegranate Pret Still	Υ	Υ																											i		ı
Daily Greens	Υ	Υ																													ı
Easy Greens	Υ	Υ																											i		ı
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pret Still	Υ	Υ																											L		1
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													1
Hot Shot	Υ																														1
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ]	1
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice (both sizes)	Υ]	1
Pret Apple Fizz	Υ	Υ																													
Pret Cumcumber & Mint Seltzer	Υ	Υ																											1		I
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																											1		ı
Pret Grape & Elderflower	Υ	Υ																													
Pret Lime & Raspberry Seltzer	Υ	Υ																											J		ı
Pret Rhubarb Lemonade	Υ	Υ																													
Ready to Drink Black Coffee	Υ	Υ																											l		ı
Ready to Drink Latte	Υ																						~								
Ready to Drink Mocha	Υ																						>						l		ı
Roots & Fruits Juice	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																											L		
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																											1		i
Vitamin Volcano	Υ																														

Fruit

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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	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Apple	Υ	Υ																												
Banana	Υ	Υ																												
Mango & Lime	Υ																													
Melon & Blueberry	Υ	Υ																												
Pret's Fruit Salad	Υ	Υ																												
Superfruit Salad	Υ	Υ																												
Watermelon & Lime Pot	Υ																													

Pret's Hot

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							Tre	ee Nuts							Cereals cont				5					Milk		T T					
	Veg	Vega				1		00 114.0	1			•			Jordaio Cont	anning grace	1		1	Celery									i l		
Product	etarians	n 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
Chipotle, Mozzarella Hot Baguette	Υ											>						~					>								
Chicken & Chilli Burrito																~		~		~			~						~		
Falafel & Halloumi Hot Wrap	Υ															~		~					¥	>	~						
Korean Style Pulled Pork Hot Rice Bowl												~																	V		
Macaroni Cheese Kale & Cauli	Υ																	~					¥						1		
Macaroni Cheese Prosciutto																		~					V								
Meatless Meatball Hot Wrap	Υ	Υ														~		~											1		
Meatless Meatball Protein Pot	Υ	Υ																													
Meatless Meatball & Feta Hot Rice Bowl	Υ																							>	>				<u> </u>		
Posh Proscuitto Hot Baguette												>						>					>								
Spicy Chicken Enchilada Bake																>		>		>			>						>		
Spicy Chicken Hot Wrap																~		<					<								
Swedish Meatball Hot Wrap																>		>					<								
Fiocaccia & Toasties																															
Brie & Bacon Toasted Focaccia																		~					Y							>	
Firecracker Chicken Toasted Focaccia																		.			<										
Mozzarella, Pesto & Roasted Tomato Focaccia																		~					~								~
Classic Cheese Toastie													~		<	~		~			^		Y					>			
Ham, Cheese & Mustard Toastie													~		~	~		~			>		~					~			
Tuna Melt Toastie													~		V	V		•			>	~	v						_i		
Soup																															
Chicken, Broccoli & Brown Rice																															
Pret's Chicken Katsu Curry Soup																													>		
Chicken Laksa Soup																												>	~		
Creamy Chicken & Veg Soup																				~			>								
Pea & Mint Soup	Υ	Υ																													
Pret's Mushroom Risotto Soup	Υ	Υ																		~									~		
Red Thai Veg Soup	Υ	Υ																											>		
Souper Tomato	Υ	Υ																													
Pot Pie Top	Υ																	>			<		>								
Stone Baked Losange	Υ	Υ																~													

Pret At Home

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		<					Tr	ree Nuts					С	Cereals conf	taining 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	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Coffee - Classic Blend Ground	Υ	Υ																												
Coffee - Espresso Beans	Υ	Υ																												
Coffee - Single Origin Ground	Υ	Υ																												
Pret at Home Bircher Museli	Υ	Υ												>															~	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		~										>														Y		
Pret at Home Classic Granola	Υ	Υ												>																
Pret at Home Chipotle Ketchup	Υ	Υ																												
Pret at Home Korean Style Ketchup	Υ	Υ										~					>											¥		
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ												>																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																												
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																												

Salad & Platters

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		<					Tre	e Nuts						(Cereals 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	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Chef's Italian Chicken Salad										>											>	<	>					<			
Chipotle Sweet Potato Salad Bowl	Υ	Υ																												y	
Chicken & Edamame Protein Pot																													~		
Crayfish & Avo No Bread																			>									<			
Egg & Spinach Protein Pot	Υ																				~										
Humous and Falafel Mezze	Υ	Υ										>																<			
Salmon & Mango Salad Bowl																						<							>	>	
Smoked Salmon Protein Box																					>	<						>	>		
Smoked Salmon & Egg Protein Pot																					>	<									
Veggie Shawarma Salad Bowl	Υ											>						>						~	>						
Tamari & Ginger Chicken Salad Bowl												>																	>		
Tuna Nicoise Salad																					>	<						>			
Dressing																															
Ceviche Dressing	Υ	Υ																													
French Dressing	Υ	Υ																										<			
Green Dressing	Υ	Υ																											>		
Tamari & Ginger	Υ	Υ																											>		
Picnic Platters																															
Humous & Crudités Platter	Υ	Υ										>				•								•						•	
Ploughman's Platter																,					>		~	,							
Smoked Salmon & Avo Platter																				_		<	<						1	<u> </u>	

Contents Key:

V (Product Contains)

Y (Suitable For)

Y (Suitable For)

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	Veg	17 /					Tr	ee Nuts						C	ereals cont	aining glute	n			Celery				Milk							
Product	etarians	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	Υ	Υ		>																									~		
Easy Peasy Almond Squeezy	Υ	Υ		~																											1
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Cranberries in Coats	Υ																						>								1
Salted Crunchy Corn	Υ	Υ																													
Dark Chocolate Salted Almonds	Υ	Υ		~																									>		1
Mature Cheddar & Red Onion Crisps	Υ																						>								
Milk Chocolate Bar	Υ																						>						~		1
Fruit, Nuts & Chocolate	Υ			~																			>						~		
Pret A Mango	Υ	Υ																													1
Sea Salt Popcorn	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													1
Sea Salt Crisps	Υ	Υ																													
Smoked Chipotle Crisps	Υ	Υ																													1
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													

Sweet Treats

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												Sui	table					gg an	ergies. r	icase (iakt t	arc.									
	Veg	7 <					Tre	ee Nuts						C	Cereals cont	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	Υ			~																									>		
Banana Cake	Υ																	>			~		<						>		
Caramel Waffle	Υ																	Y					~						>		
Carrot Cake	Υ										>							Y			>		>						>		
Choc Bar	Υ																	~					>						>		
Chocolate Brownie Bar	Υ																	~			>		>						>		
Chocolate Chunk Cookie	Υ																	Y					\								
Chocolate Moose	Υ																						>						>		
Chocolate Praline Cookie	Υ						>											>					>								
Coconut Bite	Υ	Υ																											>		
Dark Chocolate & Almond Butter Cookie	Υ	Υ		>														¥													
Dark Chocolate Corn Cakes	Υ																						>						>		
Dark Chocolate with Sea Salt	Υ																												>		
Double Berry Muffin	Υ																	Y			>		>								
Fruit, Oat & Spelt Cookie	Υ														>		>	~					>								
Ginger Snap Biscuit	Υ																	~					>								
Hazelnut Truffles	Υ	Υ					~																								
Lemon Cheesecake	Υ																	~			~		>								
Love Bar	Υ			~						~					~								>						>		
Nut Bar	Υ			~																									>		
Nutty Salted Caramel Brownie	Υ			~							~							V			~		>						>		
Popcorn bar	Υ																						>						>		
Pret's Gingerbread Melvin																		~			Y										
Pret's Pecan & Caramel Cookie	Υ								>									~					>						>		
Pret Bar	Υ														~			~					~								
Pret's Shortbread	Υ																	¥					>								1

Barista Prepared Drinks

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																		00									1				
	<	<e></e>				1	Ti	ree Nuts		1	1			(Cereals con	taining glute	n	1						Milk	1			ı	i		i
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
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						>								
Cappuccino Skimmed milk	Υ																						~								
Cappuccino Soya (instead of milk)	Υ	Υ																											~		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													>																
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																										l			
Flat White Oat (instead of milk)	Υ	Υ													•																
Latte Semi Skimmed milk	Υ																						~								
Latte Skimmed milk	Υ																						¥								
Latte Soya (instead of milk)	Υ	Υ																											V		
Latte Oat (instead of milk)	Υ	Υ													>																
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																										ı T	>		

Barista Prepared Drinks

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		<					Tr	ree Nuts						С	ereals cont	aining glute	n							Milk							
Product	Vegetaria	egan Frie	Peanut	Almond	Brazil	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult	Oats	Rye	Spelt	Wheat	Crustacean	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
	ins	ndly			Nuts								,	(Wheat)		.,,-	(Wheat)			oddid			0011	Oodi	опоор						
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													<																
Chai Latte	Υ																						V								
Chai Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Matcha Latte Rice Coconut (instead of Milk)	Υ	Υ																													
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						~								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													<																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											>		
Turmeric Latte Rice Coconut (instead of Milk)	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																						V								
Mocha Frappé Semi Skimmed milk	Υ																						V								
Mocha Frappé Skimmed milk	Υ																						V								
Decaf Mocha Frappé Semi Skimmed milk	Υ																						V								
Decaf Mocha Frappé Skimmed milk	Υ																						V								
Caramel Shake Semi Skimmed milk	Υ																						V								
Caramel Shake Skimmed milk	Υ																						V								
Hazelnut Shake Semi Skimmed milk	Υ																						V								
Hazelnut Shake Skimmed milk	Υ																						~								
Vanilla Shake Semi Skimmed milk	Υ																						V								
Vanilla Shake Skimmed milk	Υ																						~								
Frappé Mix	Υ																						<								

Barista Prepared Drinks

We can't guarantee any of our food is 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.

												Sui	table	ioi tii	use wi	tii iiii	IK OI (gg an	iergies.	1 Icasc	takt	care.									
	%	Veg					Т	ree Nuts						С	ereals cont	aining glute	en			0.1				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	Celery and celeriac	Egg	Fish	Cow	Goat	Sheep	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
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 Mocha Semi Skimmed Milk	Υ																						¥								
Iced Mocha Skimmed Milk	Υ																						y								
Iced Mocha Soya (instead of milk)	Υ	Υ																											>		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha 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													<																
lced White Americano Soya (instead of milk)	Υ	Υ																											<		
Iced White Americano Rice Coconut (instead of milk)	Υ	Υ																													
Turmeric Iced Latte Rice Coconut	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													V																
Hot Chocolate Powder	Υ	Υ																													
Hot Chocolate Hazelnut	Υ																						>								
Hot Chocolate Hazelnut Skimmed	Υ																						>								
Hot Chocolate Hazelnut Soya	Υ	Υ																											>		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													<																

Barista Prepared Drinks

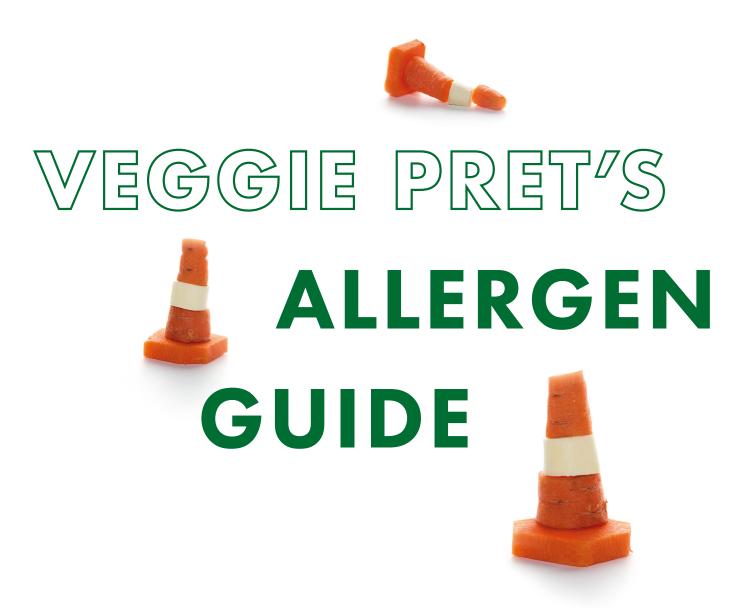
We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with milk or egg allergies. Please take care.

												Jui	· · · · · · · · · · · · · · · · · · ·	101 111	050 111		01 0	'55 	ici gics.			cui c.									
	<	Veç					Ti	ree Nuts						C	Cereals con	taining glute	n							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
Smoothies								•																							
Berry Blast	Υ	Υ																													
Mango & Pineapple	Υ	Υ																													
Strawberry & Banana	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																													
Syrups & Toppings																															
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						<								
Milk shot																															
Semi Skimmed	Υ																						<				1				
Skimmed	Υ																						<								
Soya (instead of milk)	Υ	Υ																									1		>		
Rice Coconut (instead of milk)	Υ	Υ																													
Oat (instead of milk)	Υ	Υ													~																I
Tea																															
Ceylon Breakfast (add milk or milk alernative if White)	Υ	Υ																													
Earl Grey (add milk or milk alernative 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																									i	1 7	.]		. 7

Barista Prepared Drinks

We can't guarantee any of our food is 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	getariar	Vegan Friendly						ee Nuts								taining glute								Milk							
		an dly	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
Milk / instead of milk cup	ß				Nuts									(vvneat)			(vvneat)														
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													~																
Babyccino	Υ																						~								
Seasonal Drinks														,															,		
Gingerbread Latte Semi Skimmed Milk	Υ																						~								
Gingerbread Latte Skimmed Milk																															
	Υ																						~								
Gingerbread Latte Oat (instead of milk, no cream)	Υ	Υ													V																
Gingerbread Latte Oat (instead of milk, with cream)	Υ														~								~								
Gingerbread Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Gingerbread Latte Rice-coco (instead of milk, with cream)	Υ																						~								
Gingerbread Latte Soya (instead of milk, no cream)	Υ	Υ																											v		
Gingerbread Latte Soya (instead of milk, with cream)	Υ																						~						V		
Lovebar Latte Semi Skimmed Milk	Υ																						~								
Lovebar Latte Skimmed Milk	Υ																						~								1
Lovebar Latte Oat (instead of milk, no cream)	Υ	Υ													•																
Lovebar Latte Oat (instead of milk, with cream)	Υ														•								~								
Lovebar Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Lovebar Latte Rice-coco (instead of milk, with cream)	Υ																						>								
Lovebar Latte Soya (instead of milk, no cream)	Υ	Υ																											~		
Lovebar Latte Soya (instead of milk, with cream)	Υ																						~						~		
Popcorn Hot Chocolate Semi Skimmed Milk	Υ																						~								
Popcorn Hot ChocolateLatte Skimmed Milk	Υ																						~								
Popcorn Hot Chocolate Oat (instead of milk, no cream)	Υ	Υ													>																
Popcorn Hot Chocolate Oat (instead of milk, with cream)	Υ														<								~								
Popcorn Hot Chocolate Rice-coco (instead of milk, no cream)	Υ	Υ																													
Popcorn Hot Chocolate Rice-coco (instead of milk, with cream)	Υ																						~								
Popcorn Hot Chocolate Soya (instead of milk, no cream)	Υ	Υ																											>		
Popcorn Hot Chocolate Soya (instead of milk, with cream)	Υ																						~						~		



INTRODUCTION

Here you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box.

Where a product contains 'Cereals Containing Gluten' and 'Nuts', you will find specific ingredients listed (e.g., wheat, rye, oats).

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

We're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contamination is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the 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.



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.

Baguettes, Sandwiches & Wraps

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																	•														
		<u> </u>					Tr	ee Nuts						С	Cereals cont	taining glute	n							Milk							
Product	Vegetarians	gan 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
Baguettes																															
Artichoke, Olives & Tapenade	Υ	Υ										¥						~													
Avo, Olives & Toms	Υ	Υ										>						<													~
Brie, Tomato & Basil	Υ																	<					>								
Cheddar, Mustard & Pickles	Υ											>						<			>		>					Y			
Vegan Chuna Mayo & Cucumber	Υ	Υ																<										Y		>	
Vegan Eggless Mayo & Cress	Υ	Υ																<										Y	>		
Sandwiches																															
Kid's Cheese Sandwich	Υ												>					<					>								
Sliced Egg & Cress	Υ												>					<			>							>			
Smashed Avocado Open Sandwich	Υ	Υ													•																
Humous & Roasted Peppers Open Sandwich	Υ											>			>									\	<						•
The VLT	Υ	Υ											>					<													
Wraps & Flatbreads																															
Avo & Chickpeas Caesar Wrap	Υ	Υ														>		<										~	>		
Dukkah Spiced Squash & Feta Flatbread	Υ																	<					<	<	<						
Falafel, Avocado & Chipotle Flatbread	Υ	Υ																<												>	
Hoisin Mushroom Wrap	Υ	Υ														>		<											>		
Humous & Chipotle Wrap	Υ	Υ										>				>		>													
Mexican Avocado Flatbread	Υ	Υ																~													
Sunshine 'N'Spice Wrap	Υ	Υ														>		<													
Vegan Chilli Wrap	Υ	Υ														>		<		>									>	>	

Breakfast

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	-																														
	_	€					Tr	ee Nuts						С	ereals cont	taining gluter	n							Milk							
Product	/egetarians	gan 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
Acai & Almond Butter Bowl	Υ	Υ		~											>																
Breakfast Baguette - Eggless Mayo & Avocado	Υ	Υ																<											~		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Υ	Υ																>											>		
Pret's Veggie Brioche	Υ																	>			>		<								
Pret's Veggie Roll	Υ															>		>			<		<								
Spicy Egg Brioche	Υ																	>			>		<								
Bircher Muesli	Υ									~					¥								~								
Coconut Porridge	Υ	Υ													>																
Five Berry Bowl	Υ														¥								~								
Mozzarella & Tomato Croissant	Υ																	V			•		•								
Poached Egg & Beans Power Pot	Υ																				~										
Porridge Topping - Berry Compote	Υ	Υ																													
Porridge Topping - Cranberry & Seeds	Υ	Υ																													
Porridge Topping - Honey	Υ																														
Pret's Proper Porridge	Υ														>								•								
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Υ	Υ								~					>															<	
Smoothie Bowl - Cocoa, Nuts & Berries	Υ	Υ		~		>			>						>																
Smoothie Bowl - Mango & Banana Sunshine	Υ	Υ													>																
Vegan Almond Croissant	Υ	Υ		¥														>													
Vegan Breakfast baguette	Υ	Υ																>											,		
Vegan Chocolate Croissant	Υ	Υ																~											~		
Vegan Plain Croissant	Υ	Υ																~													
Very Berry Croissant	Υ	Υ																>													

Cold Drinks

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																			ner gres.												
	<	Veç					Tr	ee Nuts						С	ereals cont	aining glute	en							Milk							
Product	egetarians	gan 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
Apple Juice	Υ	Υ																													
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Υ	Υ		>											>																
Coke (all types)	Υ	Υ																													
Cranberry & Raspberry Pure Pret Still	Υ	Υ																													
Daily Greens	Υ	Υ																													
Easy Greens	Υ	Υ																													
Ginger Shot	Υ	Υ																													
Green Tea & Peach Pret Still	Υ	Υ																													
Pure Pret Green Tea Yoga Bunny	Υ	Υ																													
Hot Shot	Υ																														
Lemon & Ginger Pret Still	Υ	Υ																													
Mango Smoothie	Υ																														
Mango, Passion Fruit & Lime Pret Still	Υ	Υ																													
Orange Juice (both sizes)	Υ																														
Pret Apple Fizz	Υ	Υ																													
Pret Cumcumber & Mint Seltzer	Υ	Υ																													
Pret Ginger Beer	Υ	Υ																													
Pret Ginger Kombucha	Υ	Υ																													
Pret Grape & Elderflower	Υ	Υ																													
Pret Lime & Raspberry Seltzer	Υ	Υ																													
Pret Rhubarb Lemonade	Υ	Υ																													
Ready to Drink Black Coffee	Υ	Υ																													
Ready to Drink Latte	Υ																						V								
Ready to Drink Mocha	Υ																						V								
Roots & Fruits Juice	Υ	Υ																													
Sparkling Spring Water	Υ	Υ																													
Still Water 500ml	Υ	Υ																													
Still Water 750ml	Υ	Υ																													
Vitamin Volcano	Υ																														

		We	can't	guara	antee 2	nny of	our food	is sui	table 1	for th		th allo	ergies	due to	a hiş	gh risk						egan _l	produ	cts ar	e mad	le to a v	vegan	recipe	but ar	e not
<	V _e					Tre	e Nuts	1					C	ereals conta	aining glute	n							Milk							
'egetarians	gan 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
Υ	Υ																													
Υ	Υ																													
Υ																														
Υ	Υ																													
Υ	Υ																													
Υ	Υ																													
	Y Y Y Y	Y Y Y Y Y Y Y Y Y	Vegan Frendy Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Veggan Fiend y Y Y Y Y Y Y Y Y Y Y Y Y Y	Veggland Peanut Almond Brazil Nut Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Voggetandrans Peanut Almond Brazil Nut Cashew Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Veggin Free of the state of the st	Voggin French Almond Brazil Nut Cashew Hazelnut Macadamia Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Voggin Premut Almond Brazil Nut Cashew Hazelnut Macadamia Pecan Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Voggin Prisond Voggin Peanut Almond Brazil Nut Cashew Hazelnut Macadamia Pocan Pistachio Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Voggan Prisonday Peanut Almond Brazil Nut Cashew Hazelnut Macadamia Pecan Pistachio Walnut Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	Vogglandung Peanut Almond Brazil Nut Cashew Hazelnut Macadamia Pecan Pistachio Walnut Sesame Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	We can't guarantee any of our food is suitable for those with all suitable for those w	We can't guarantee any of our food is suitable for those with allergies suitable for those Vector Vector	We can't guarantee any of our food is suitable for those with allergies due to suitable for those with Vecan't guarantee any of our food is suitable for those with suitable for those with	We can't guarantee any of our food is suitable for those with allergies due to a his suitable for those with dairy Vogo	Suitable for those with dairy and Cereals containing gluten Tree Nuts Tree Nuts Tree Nuts Sesame Barley Karrutt (Wheat) Cats Rye Spelt (Wheat) Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y	We can't guarantee any of our food is suitable for those with allergies due to a high risk of creation suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable for those with dairy and egg all the suitable fo	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross containing gluten Tree Nuts Cereals containing gluten Peanut Almond Brazil Nut Cashew Hazelnut Macadamia Pean Pistachio Walnut Sesame Barley (Wheat) Y Y Y	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamina suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with allergies due to a high risk of cross contamina suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies. Please the suitable for those with dairy and egg allergies and egg allergie	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. suitable for those with dairy and egg allergies. Please take Vote	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our valuable for those with dairy and egg allergies. Please take care. Vogous Vog	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan suitable for those with dairy and egg allergies. Please take care. Vegan Veg	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan production is suitable for those with dairy and egg allergies. Please take care. Vegan Vegan	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are suitable for those with dairy and egg allergies. Please take care. Vegan Vegan	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made suitable for those with dairy and egg allergies. Please take care. Vogum Vogum Peanut Almond Brazil Nut Cashew Hazeinut Macadamia Pecan Pistachio Walnut Sesame Barley Kamult (Wheat) Oats Rye (Wheat) Wheat Crustacean Celeriac Egg Fish Cow Goat Sheep Lupin Cow Y Y Y Y Y Y Y Y Y	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a suitable for those with dairy and egg allergies. Please take care. Vote	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan suitable for those with dairy and egg allergies. Please take care. Vogument Vogumen	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe suitable for those with dairy and egg allergies. Please take care. Vogan Pearut Vogan Pearut Pearut	We can't guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are suitable for those with dairy and egg allergies. Please take care. Vegan Vegan

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Watermelon & Lime Pot

Pret's Hot

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		<					Tre	e Nuts						C	Cereals cont	taining glute	en							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
Falafel & Halloumi Hot Wrap	Υ															~		>					Υ .	~	~						
Meatless Meatball & Feta Hot Rice Bowl	Υ																							~	~						
Meatless Meatball Hot Wrap	Υ	Υ														~		>												1	
Meatless Meatball Protein Pot	Υ	Υ																													
Vegan Mac n Greens	Υ	Υ																~											~	<u> </u>	
Vegan Ragu & Red Pepper Hot Wrap	Υ	Υ														~		>		~										i	
Vegan Chilli Enchilada	Υ	Y														•		>		•									v		ł
Falafel , Halloumi & Pickles Brioche	Υ																	>			>		>	>	>			Y			
Soup																															
Pea & Mint	Υ	Υ																												i	
Pret's Mushroom Risotto	Υ	Υ																		<									>	1	
Red Thai Veg	Υ	Υ																											>	i	
Souper Tomato	Υ	Υ																												1	
Pret's Multigrain Bread	Υ	Υ													~																
Stone Baked Losange	Υ	Υ																>												1	
Toasties & Focaccia																															
Classic Cheese Toastie	Υ												v		~	~		>			>		>					V			
Halloumi, Red Pepper & Basil Toastie	Υ												~		~	~		>					*	~	~						
Mozzarella, Pesto & Roasted Tomatoes Foacaccia	Υ																	~					~								~
Creamy Mushroom Focaccia	Υ																	>					*						~		

Pret At Home

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		<					Tree	e Nuts						C	Cereals cont	aining glut	en							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
Coffee - Classic Blend Ground	Υ	Υ																													
Coffee - Espresso Beans	Υ	Υ																													
Coffee - Single Origin Ground	Υ	Υ																													
Pret at Home Bircher Museli	Υ	Υ													V															y	
Pret at Home Dark Chocolate & Almond Granola	Υ	Υ		~											>														>		
Pret at Home Classic Granola	Υ	Υ													•																
Pret at Home Oat & Coconut Crunch Granola	Υ	Υ													~																
Pret's Organic Aluminium Capsules Classic Blend	Υ	Υ																													
Pret's Organic Aluminium Capsules Espresso Blend	Υ	Υ																													

Contents Key: ✓ (Product Contains) Y (Suitable For)			We	:an't g	guarar	ntee an	ıy of oı	ur food is	suita	ble for	those	with	allerg		e to a	high 1	risk of		contam				n pro	ducts	are m	ade to	a vegai	ı recipe	but a	e not si	uitable
		<					Ti	ree Nuts				1		C	Cereals con	aining glute	en							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	Υ																				<										
Mexican Inspired Salad Bowl	Υ																							¥	¥					~	
Mozzarella, Pesto & Avo Salad Bowl	Υ																						>					~			-
Marinated Tofu Poke Bowl	Υ	Υ										~																	~		
Sweet Potato Falafel Mezze Salad	Υ	Υ										~	~															~			
Tamari & Ginger Mushroom Poke Bowl	Υ	Υ																											v	~	
Vegan Chef's Italian Salad Bowl	Υ	Υ																										~	~		
Dressings																															
Caesar Dressing	Υ	Υ																										>	>		
French Dressing	Υ	Υ																										>			
Tamari & Ginger Dressing	Υ	Υ																											~		

Snacks

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																			nergies.												
	√e	Vega					Tr	ee Nuts						С	ereals cont	aining glute	en			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 Nuts
Snacks																															
Almond Butter Protein Ball	Υ	Υ		~																									>		
Easy Peasy Almond Squeezy	Υ	Υ		>																											
Chilli, Bean & Seed Tortilla Chips	Υ	Υ																													
Almond Butter Bites	Υ			•																									~		
Cranberries in Coats	Υ																						~								
Salted Crunchy Corn	Υ	Υ																													
Dark Chocolate Salted Almonds	Υ	Υ		~																									~		
Mature Cheddar & Red Onion Crisps	Υ																						V								
Fruit, Nuts & Chocolate	Υ			~																			~						~		
Pret A Mango	Υ	Υ																													
Sea Salt & Cider Vinegar Crisps	Υ	Υ																													
Sea Salt Crisps	Υ	Υ																													
Sea Salt Popocrn	Υ	Υ																													
Smoky Chipotle Crisps	Υ	Υ																													
Sweet & Salt Popcorn	Υ	Υ																													
Vegetable Crisps	Υ	Υ																													

Sweet Treats

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																		- 88	ner gres.												
	Ve	Vega					Tr	ee Nuts						С	ereals cont	aining glute	n			Celery				Milk						l	
Product	getarians	an Friendly	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																															
Almond Butter Bites	Υ			>																									>		
Banana Cake	Υ																	~			~		~						>		
Caramel Waffle	Υ																	>					>						>		
Carrot Cake	Υ										~							~			~		~						~		
Choc Bar	Υ																	>					>						>		
Chocolate Brownie Bar	Υ																	>			~		>						>	į J	
Chocolate Moose	Υ																						<						<		
Chocolatey Coconut Bite	Υ	Υ																											~	ĺ	
Dark Chocolate & Almond Butter Cookie	Υ	Υ		~														>													
Dark Chocolate Corn Cakes	Υ																						<						<	i	
Dark Chocolate with Sea Salt	Υ																												~		
Hazelnut Truffles	Υ	Υ					~																							1	
Lemon Cheesecake	Υ																	>			V		>								
Love Bar	Υ			>						>					<								<						<	1	
Milk Chocolate Bar	Υ																						~						\		
Popcorn Bar	Υ																						<						<	1	
Pret Bar	Υ														\			>					~								
Pret's Nut Bar	Υ			>																									<	1	
Pret's Gingerbread Biscuits	Υ																	>			~										
Pret's Vegan Raspberry & Coconut Muffin	Υ	Υ		>														<											<	1	
Pret's Ultimate Vegan Brownie	Υ	Υ		~														>											>		
Vegan Banana & Walnut Muffin	Υ	Υ									~							>											>		
Vegan Hazelnut & Caramel Brownie	Υ	Υ		>			>											>											<		
Vegan Choca Mocha Muffin	Υ	Υ											>					>											>		

Barista Prepared Drinks

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							Tr	ee Nuts						С	ereals con	taining glute	en							Milk							
D 1	Vege	Vegan																	_	Celery										i	i
Product	tarians	Friendly	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
Coffee																															
Americano Black (add milk or milk alernative if White Americano)	Υ	Υ																													
Cappuccino Semi Skimmed milk	Υ																						>								
Cappuccino Skimmed milk	Υ																						~								
Cappuccino Soya (instead of milk)	Υ	Υ																											>		
Cappuccino Rice Coconut (instead of milk)	Υ	Υ																													
Cappuccino Oat (instead of milk)	Υ	Υ													>																
Espresso	Υ	Υ																													
Filter - Black Coffee (add milk or milk alernative if White Americano)	Υ	Υ																													
Flat White Semi Skimmed milk	Υ																						V								
Flat White Skimmed milk	Υ																						V								
Flat White Soya (instead of milk)	Υ	Υ																											V		
Flat White Rice Coconut (instead of milk)	Υ	Υ																													
Flat White Oat (instead of milk)	Υ	Υ													~																
Latte Semi Skimmed milk	Υ																						V								
Latte Skimmed milk	Υ																						V								
Latte Soya (instead of milk)	Υ	Υ																											>		
Latte Oat (instead of milk)	Υ	Υ													>																
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																						V								
Mocha Soya (instead of milk)	Υ	Υ																											~	1	

Barista Prepared Drinks

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		<					Ti	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	Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Mocha Oat (instead of milk)	Υ	Υ													y																
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																													
Pumpkin Spice Latte Semi Skimmed	Υ																						>								
Pumpkin Spice Latte Skimmed	Υ																						>								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Υ	Υ																													
Pumpkin Spice Latte Oat (instead of milk)	Υ	Υ													y																
Pumpkin Spice Latte Soya (instead of milk)	Υ	Υ																											<		
Frappés & Shakes					<u> </u>					<u> </u>						<u> </u>		<u> </u>		<u> </u>											
Classic Frappé Semi Skimmed milk	Υ																						~								
Classic Frappé Skimmed milk	Υ																						Y								
Chocolate Frappé Semi Skimmed milk	Υ																						~								
Chocolate Frappé Skimmed milk	Υ																						~								
Mocha Frappé Semi Skimmed milk	Υ																						~								
Mocha Frappé Skimmed milk	Υ																						~								
Decaf Mocha Frappé Semi Skimmed milk	Υ																						~								
Decaf Mocha Frappé Skimmed milk	Υ																						>								
Caramel Shake Semi Skimmed milk	Υ																						V								
Caramel Shake Skimmed milk	Υ																						>								
Hazelnut Shake Semi Skimmed milk	Υ																						V								
Hazelnut Shake Skimmed milk	Υ																						V								
Vanilla Shake Semi Skimmed milk	Υ																						V								
Vanilla Shake Skimmed milk	Υ																						~								
Frappé Mix	Υ																						~								

Barista Prepared Drinks

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												Suita	ible ic	or thos	se witi	n dair	y and	egg a	Hergies.	Pleas	e take	care.									
	Veg	Vega					Tr	ee Nuts						С	ereals con	taining glute	en			Celery				Milk							
Product	jetarians	an Friendly	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
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Υ																						V								
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 Mocha Semi Skimmed Milk	Υ																						~								
Iced Mocha Skimmed Milk	Υ																						~								
Iced Mocha Soya (instead of milk)	Υ	Υ																											V		
Iced Mocha Rice Coconut (instead of milk)	Υ	Υ																													
Iced Mocha Oat (instead of milk)	Υ	Υ													~																
Iced White Americano Semi Skimmed Milk	Y																						V								
Iced White Americano Skimmed Milk	Υ																						V								
Iced White Americano Oat (instead of milk)	Y	Υ													~																
Iced White Americano Soya (instead of milk)	Y	Υ																											~		
Iced White Americano Rice Coconut (instead of milk)	Y	Υ																													
Turmeric Iced Latte Rice Coconut	Υ	Υ																													
Cold Brew																															
Cold Brew (no milk)	Y	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																											<u> </u>	<u>i </u>	

Barista Prepared Drinks

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												Suita	ible it	or thos	oc witi	ı uan	y anu	egg a	nergies.	1 Icas	t takt	Care.									
_ ,	Veg	T <					Ti	ree Nuts						С	ereals cont	aining glute	en			Celery				Milk							ł
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
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																						V								
Hot Chocolate Hazelnut Skimmed	Υ																						¥								
Hot Chocolate Hazelnut Soya	Υ	Υ																											Y		
Hot Chocolate Hazelnut Rice-Coconut	Υ	Υ																													
Hot Chocolate Hazelnut Oat	Υ	Υ													<																
Smoothies																															
Berry Blast	Υ	Υ																													
Mango & Pineapple	Υ	Υ																													
Strawberry & Banana	Υ	Υ																													

Barista Prepared Drinks

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												Suita	ible ic	1 thus	e with	ı uan	y anu	egg ai	nergies.	1 ICast	takt	care.									
Product	Vegetar ns	Vegan Friendly	Peanut				Tr	ee Nuts				Sesame			ereals cont	aining glute			Crustacean	Celery and	Egg	Fish		Milk		Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
Troduct	taria s	yan ndly	1 Curiot	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Cocamo	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Gradiaddan	celeriac	-99	1 1011	Cow	Goat	Sheep	Lupin	Monacoo	madiara	ooya	Odipriitoo	1 mo read
Syrups & Toppings				-	-		-					-																			
All Syrups	Υ	Υ																													
Caramel Sauce	Υ	Υ																													
Whipped Cream	Υ																						<								
Milk shot																															
Semi Skimmed	Υ																						<								
Skimmed	Υ																						<								
Soya (instead of milk)	Υ	Υ																											<		
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 alernative 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																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Υ																						>								
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													<																
Babyccino	Υ																						>								

Barista Prepared Drinks

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Product	Veget ns	√e Frie	Peanut				Tr	ree Nuts				Sesame				taining glute		00	Crustacean	Celery	F	Fish		Milk		Lupin	Molluscs	Mustard	C	Sulphites	Pine Nuts
Product	etaria Is	/egan riendly	Peanut	Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Sesame	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Crustacean	celeriac	Egg	FISH	Cow	Goat	Sheep	Lupin	IVIOIIUSCS	iviustard	Soya	Sulprilles	Pine Nuis
Seasonal Drinks				_																											
Gingerbread Latte Semi Skimmed Milk	Υ																						~								
Gingerbread Latte Skimmed Milk	Υ																						•								
Gingerbread Latte Oat (instead of milk, no cream)	Υ	Υ													~																
Gingerbread Latte Oat (instead of milk, with cream)	Υ														>								•								
Gingerbread Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Gingerbread Latte Rice-coco (instead of milk, with cream)	Υ																						•								
Gingerbread Latte Soya (instead of milk, no cream)	Υ	Υ																											¥		
Gingerbread Latte Soya (instead of milk, with cream)	Υ																						•						•		
Lovebar Latte Semi Skimmed Milk	Υ																						v								
Lovebar Latte Skimmed Milk	Υ																						•								
Lovebar Latte Oat (instead of milk, no cream)	Υ	Υ													~																
Lovebar Latte Oat (instead of milk, with cream)	Υ														>								~								
Lovebar Latte Rice-coco (instead of milk, no cream)	Υ	Υ																													
Lovebar Latte Rice-coco (instead of milk, with cream)	Υ																						~								
Lovebar Latte Soya (instead of milk, no cream)	Υ	Υ																											~		
Lovebar Latte Soya (instead of milk, with cream)	Υ																						~						>		
Popcorn Hot Chocolate Semi Skimmed Milk	Υ																						~								
Popcom Hot ChocolateLatte Skimmed Milk	Υ																						~								
Popcorn Hot Chocolate Oat (instead of milk, no cream)	Υ	Υ													>																
Popcom Hot Chocolate Oat (instead of milk, with cream)	Υ														>								~								
Popcorn Hot Chocolate Rice-coco (instead of milk, no cream)	Υ	Υ																													
Popcorn Hot Chocolate Rice-coco (instead of milk, with cream)	Υ																						~								
Popcorn Hot Chocolate Soya (instead of milk, no cream)	Υ	Υ																											y		
Popcorn Hot Chocolate Soya (instead of milk, with cream)	Υ																						~						~		