Pret's Allergen Guide

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens, we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

Introduction

Here you'll find a list of all Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

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, recipes can differ shop to shop.

Where a product contains "**Cereals containing Gluten**' or "Nuts",
you will find a specific ingredient listed, for example "**Wheat**" or "**Cashews**".

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In line with recommendations from The Vegan Society, we are using the term "Vegan-friendly" to label products that are made to a vegan recipe, but may not be made in dedicated vegan sites. In these sites we have as many steps as possible to reduce the risk of cross-contamination.

The Singapore Food Agency regards the following ingredients and their derivatives as common food allergens (foods known to cause hypersensitivity):

- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk
- Tree nuts
- Sulphites (≥10 mg/kg)

If you are interested in an ingredient outside the 9 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 are looking for
please ask the Manager, they will 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.com/en-SG o or contact our Customer Service Team by filling out the contact form.

This allergen guide only covers food and drink sold in Pret Shops in Singapore.

Baguettes	Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Tree Nuts
Chicken Caesar Baguette							**WHEAT, RYE, OAT, BARLEY**									
Ham & Greve Baguette							**WHEAT**									
Posh Cheddar & Pickle Baguette							**WHEAT, RYE, OAT, BARLEY**									
Prosciutto & Rocket Panini							**WHEAT**									
Ham & Cheese Panini							**WHEAT**									

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Pots / bowls	Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Tree Nuts
Banana & Honey Muesli																
Bircher Muesli																PISTACHIO
Cranberry Yoghurt Bowl																
Coconut Chia Seed Bowl																ALMOND
Five Berry Bowl																
Mango Yoghurt Bowl																
Guava Coconut Chia Seed Bowl																ALMOND
Berry Bliss Bowl																

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Pret's Hot	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
All Day Breakfast Hot Wrap							WHEAT, RYE									
Chicken Chipotle Hot Wrap							WHEAT, RYE									
Italian Style Chicken & Basil Hot Wrap							WHEAT, RYE									
Spicy Mediterranean Hot Wrap							WHEAT, RYE									
Ham and Greve Hot Croissant							WHEAT									
Cheddar and Tomatoes Hot Croissant							WHEAT									
Bacon, Cheese and Tomato Hot Croissant							WHEAT									
Kaya Butter Croissant							WHEAT									
Bacon, Egg and Cheese Brioche Toast							WHEAT									
Teriyaki Chicken Brioche Toast							WHEAT, BARLEY									
All Day Breakfast Ciabatta							WHEAT									
Grilled Teriyaki Chicken Ciabatta							WHEAT, BARLEY									

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Toasties	Suitable for														

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Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Brie, Avocado & Tomato Toastie							WHEAT, OAT, RYE, BARLEY									
Brie, Caramelised Onion Toastie							WHEAT, OAT, RYE, BARLEY									
Classic Cheese Toastie							WHEAT, OAT, RYE, BARLEY									
Ham, Cheese & Mustard Toastie							WHEAT, OAT, RYE, BARLEY									
Cheesy Italian Chicken Toastie							WHEAT, OAT, RYE, BARLEY									

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Sandwiches	Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Chicken Avocado Granary							WHEAT, BARLEY									
Classic Super Club Granary							WHEAT, BARLEY									
Cracking Egg Salad Granary (slim/whole portion)							WHEAT, BARLEY									
Ham & Cheese Granary (slim/whole portion)							WHEAT, BARLEY									
Mature Cheddar Granary (slim/whole portion)							WHEAT, BARLEY									
Smoked Salmon & Soft Cheese Granary							WHEAT, BARLEY									
Brie, Cranberry & Pine Nuts							WHEAT, BARLEY									PINE NUTS

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Salad wraps	Suitable for														

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Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Avocado & Herb Salad Wrap							**WHEAT, RYE**									**PINENUTS**
Chicken & Rocket Salad Wrap							**WHEAT, RYE**									

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Salads	Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Egg & Spinach Protein Pot																
Smoked Salmon & Spinach Protein Pot																
Chicken Edamame Protein Pot							BARLEY									
Chef's Chicken Salad							WHEAT, BARLEY									PISTACHIO

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Fruits	Suitable for														
Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Apple																
Banana																
Dragon Fruit Salad																
Melon Trio																
Mango & Lime																
Super Fruit																

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Pastries	Suitable for														

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Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Croissant Almond							WHEAT									ALMOND
Croissant Chocolate							WHEAT									
Plain Croissant							WHEAT									
Pain au Raisin							WHEAT									
Cinnamon Filled Swril							WHEAT									
Chocolate Chunk Cookie							WHEAT									
Muffin Blueberry							WHEAT									
Muffin Chocolate							WHEAT									HAZELNUT
Mozzarella & Tomato Croissant							WHEAT									
Mediterranean Veggie Basket							WHEAT									

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Pret's snacks	Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Pret A Mango																
Choc Bar							**WHEAT**									
Popcorn bar																
Love Bar							**OATS**									**PISTACHIO, ALMONDS**
Chocolate Brownie Bar							**WHEAT**									
Dark Chocolate Almonds Snack																**ALMONDS**
Tyrrells Mature Cheddar & Chives Crisps																
Tyrrells Sea Salt & Cracked Black Pepper Crisps																
Tyrrells Lightly Sea Salted Crisps																
Tyrrells Sea Salt & Cider Vinegar Crisps							**BARLEY**									

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Chilled Drinks	Suitable for														

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Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Coconut Water																
Juice - Orange																
Juice - Radiance																
Juice - Immunity																
Still Water																
Vittel Water																
Perrier Sparkling Water																
Coke (All types)																
Tiger Beer							BARLEY									
Heineken Beer							BARLEY									
Chang Beer							BARLEY									

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Barista Prepared Drinks	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Coffee																
Americano Black																
Americano White Milk																
Americano White Rice Coconut																
Americano White Soya																
Americano White Oat																
Americano White Almond																ALMOND
Cappuccino Milk				▯												
Cappuccino Rice Coconut																
Cappuccino Soya								▯								
Cappuccino Oat																
Cappuccino Almond																ALMOND
Decaf Latte Milk				▯												
Decaf Latte Rice Coconut																
Decaf Latte Soya								▯								
Decaf Latte Oat																
Decaf Latte Almond																ALMOND
Espresso																
Filter - Black Coffee																
Filter - White Coffee Milk				▯												
Filter - White Coffee Rice Coconut																
Filter - White Coffee Soya								▯								
Filter - White Coffee Oat																
Filter - White Coffee Almond																ALMOND
Flat White Milk				▯												
Flat White Rice Coconut																
Flat White Soya								▯								
Flat White Oat																
Flat White Almond																ALMOND
Latte Milk				▯												
Latte Rice Coconut																
Latte Soya								▯								
Latte Oat																
Latte Almond																ALMOND
Macchiato Milk				✔												
Macchiato Rice Coconut																
Macchiato Soya								✔								
Macchiato Oat																
Macchiato Almond																ALMOND
Mocha Milk				▯												
Mocha Rice Coconut																
Mocha Soya								▯								
Mocha Oat																
Mocha Almond																ALMOND

Barista Prepared Drinks	Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Coffee																
Milk Cup																
Babyccino	☐			☐												
Milk Whole	☐			☐												
Milk Semi-Skimmed	☐			☐												
Rice Coconut	☐	☐														
Soya	☐	☐						☐								
Oat	☐	☐														
Almond	☐	☐														ALMOND
Syrups																
Syrup Shot - Caramel	☐	☐														
Syrup Shot - Hazelnut	☐	☐														HAZELNUT
Syrup Shot - Vanilla	☐	☐														
Tea																
English Breakfast Tea Milk	☐			☐												
English Breakfast Tea Rice-Coconut	☐	☐														
English Breakfast Tea Soya	☐	☐												☐		
English Breakfast Tea Oat	☐	☐														
English Breakfast Tea Almond	☐	☐														ALMOND
Earl Grey Tea Milk	☐			☐												
Earl Grey Tea Rice-Coconut	☐	☐														
Earl Grey Tea Soya	☐	☐												✔		
Earl Grey Tea Oat	☐	☐														
Earl Grey Tea Almond	☐	☐														ALMOND
Green Tea	☐	☐														
Peppermint Tea	☐	☐														

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Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Over Ice & Frappes																
Iced Americano Black	✔	✔														
Iced Americano White Milk	✔															
Iced Americano White Rice Coconut	✔	✔														
Iced Americano White Soya	✔	✔														
Iced Americano White Oat	✔	✔														
Iced Americano White Almond	✔	✔														ALMOND
Iced Cappuccino Milk	✔															
Iced Cappuccino Rice Coconut	✔	✔														
Iced Cappuccino Soya	✔	✔														
Iced Cappuccino Oat	✔	✔														
Iced Caramel Latte Rice Coconut	✔	✔														
Iced Caramel Latte Soya	✔	✔														
Iced Caramel Latte Oat	✔	✔														
Iced Caramel Latte Almond	✔	✔														ALMOND
Iced Chocolate Milk	✔															
Iced Chocolate Rice Coconut	✔	✔														
Iced Chocolate Soya	✔	✔														
Iced Chocolate Oat	✔	✔														
Iced Chocolate Almond	✔	✔														ALMOND
Iced Filter Coffee Black	✔	✔														
Iced Filter Coffee White Milk	✔			✔												
Iced Filter Coffee White Rice Coconut	✔	✔														
Iced Filter Coffee White Soya	✔	✔						✔								
Iced Filter Coffee White Oat	✔	✔														
Iced Filter Coffee White Almond	✔	✔														ALMOND
Iced Hazelnut Latte Milk	✔															HAZELNUT
Iced Hazelnut Latte Rice Coconut	✔	✔														HAZELNUT
Iced Hazelnut Latte Soya	✔	✔														HAZELNUT
Iced Hazelnut Latte Oat	✔	✔														HAZELNUT
Iced Hazelnut Latte Almond	✔	✔														HAZELNUT ALMOND
Iced Latte Milk	✔															
Iced Latte Rice Coconut	✔	✔														
Iced Latte Soya	✔	✔														
Iced Latte Oat	✔	✔														
Iced Latte Almond	✔	✔														ALMOND
Iced Mocha Milk	✔															
Iced Mocha Rice Coconut	✔	✔														
Iced Mocha Soya	✔	✔														
Iced Mocha Oat	✔	✔														
Iced Mocha Almond	✔	✔														ALMOND

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Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Flavoured Latte & chocolate																
Chai Latte Milk	✔															
Chai Latte Rice Coconut	✔	✔														
Chai Latte Soya	✔	✔														
Chai Latte Oat	✔	✔														
Chai Latte Almond	✔	✔														ALMOND
Caramel Latte Milk	✔			✔												
Caramel Latte Rice Coconut	✔	✔														
Caramel Latte Soya	✔	✔						✔								
Caramel Latte Oat	✔	✔														
Caramel Latte Almond	✔	✔														ALMOND
Hazelnut Latte Milk	✔															HAZELNUT
Hazelnut Latte Rice Coconut	✔	✔														HAZELNUT
Hazelnut Latte Soya	✔	✔														HAZELNUT
Hazelnut Latte Oat	✔	✔														HAZELNUT
Hazelnut Latte Almond	✔	✔														HAZELNUT ALMOND
Matcha Latte Milk	✔															
Matcha Latte Rice Coconut	✔	✔														
Matcha Latte Soya	✔	✔														
Matcha Latte Oat	✔	✔														
Matcha Latte Almond	✔	✔														ALMOND
Vanilla Latte Milk	✔															
Vanilla Latte Rice Coconut	✔	✔														
Vanilla Latte Soya	✔	✔														
Vanilla Latte Oat	✔	✔														
Vanilla Latte Almond	✔	✔														ALMOND
Pistachio Latte Milk	✔															PISTACHIO
Pistachio Latte Rice Coconut	✔	✔														PISTACHIO
Pistachio Latte Soya	✔	✔														PISTACHIO
Pistachio Latte Oat	✔	✔														PISTACHIO
Pistachio Latte Almond	✔	✔														ALMOND. PISTACHIO
Hot Chocolate																
Hot Chocolate Milk	✔															
Hot Chocolate with Rice-Coconut	✔	✔														
Hot Chocolate Soya	✔	✔														
Hot Chocolate Oat	✔	✔														
Hot Chocolate Almond	✔	✔														ALMOND
Caramel Hot Chocolate Milk	✔															
Caramel Hot Chocolate with Rice-Coconut	✔	✔														
Caramel Hot Chocolate Soya	✔	✔														
Caramel Hot Chocolate Oat	✔	✔														
Caramel Hot Chocolate Almond	✔	✔														ALMOND

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