

# Pret A Manger

## Ingredient Substitution Guide

## Nutrition

Since almost all Pret products are made fresh each day, our nutritional values are averages based on standardized recipes. Our values are based on information provided by our suppliers, and analysis using industry standard software, published resources, and/or testing. Values for individual products may vary due to variations in serving size, preparation techniques, and changes with food suppliers. Nutritional information may also vary from market to market. Because of this, we cannot guarantee complete accuracy of our nutrition information.

## Allergies & Ingredients

Our food is freshly prepared in small kitchens that handle various ingredients and common allergens including wheat, peanuts, soy, tree nuts, milk, eggs, fish, and shellfish. While we take precautions, there is always a possibility that different food products will come into contact. We always indicate when a product does contain an allergen, but we cannot guarantee any of our recipes or drinks are allergen-free.

Please remember to check our Nutrition & Allergen Guide regularly as recipes do change from time to time.

If you need any additional information, visit [www.pret.com](http://www.pret.com) get in touch with our Customer Service team at 646-728-0505 who will be happy to help. We strongly advise consulting with your physician first if you have any concerns around consuming any Pret products.



## Egg & Bacon Baguette

Serving Size: 196g/6.91oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

French Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Niman Ranch Bacon (Pork, Water, Salt, Turbinado Sugar, Celery Powder), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 490      | 21            | 9           | 0            | 300           | 1090        | 39              | 0                 | 1               | 0               | 29          | 0              | 163          | 4         | 357            |

## Egg & Cheddar Baguette

Serving Size: 166g/5.85oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Milk, Wheat

### INGREDIENTS:

French Baguette (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Salt, Yeast, Malted Wheat Flour, Ascorbic Acid, Food Enzymes (Xylanase, Glucose-Oxydase, Lipase, Alpha-Amylase)), Liquid Whole Egg (Cage-Free Whole Egg, Citric Acid), Whole Milk (Pasteurized Whole Milk, Vitamin D), Cheddar (Cultured Pasteurized Milk, Salt, Enzymes), Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 350      | 11            | 4.5         | 0            | 270           | 590         | 39              | 0                 | 1               | 0               | 19          | 0              | 159          | 4         | 207            |

## Blackened Salmon, Avo & Grains Salad with Creamy Herb Lime Dressing

Serving Size: 423g/14.91oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, Milk

### INGREDIENTS:

**Salad:** Atlantic Salmon (Atlantic Salmon, Salt, Spices ( Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Mesclun, Roasted Sweet Potato (Sweet Potato, Canola Oil, Salt, Black Pepper), Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Grape Tomatoes, Avocados, Lemon Juice, Basil, Chili Salt (Paprika, Sea Salt, Chili Flakes)

**Creamy Herb Lime Dressing:** Canola Oil, Water, Vinegar, Cilantro, Parsley, Sugar, Contains 2% Or Less: Salt, Jalapeno Pepper Puree (Jalapeno Pepper, Vinegar, Salt), Whey Protein Concentrate, Garlic Puree (Garlic, Citric Acid), Coriander, Cumin, Lime Juice Concentrate, Xanthan Gum, Extractives Of Rosemary, Extractives Of Garlic, Extractives Of Turmeric

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 660      | 47            | 4.5         | 0            | 45            | 1130        | 31              | 5                 | 8               | 1               | 30          | 2              | 62           | 6         | 898            |

## Morning Glory Banana Muffin

Serving Size: 128g/4.51oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Sesame, Wheat

### INGREDIENTS:

Bananas, Brown Sugar, Wheat Flour, Canola Oil, Water, Apples, Carrots, Pumpkin Seeds, Maple Syrup, Ground Flaxseed, Leavener (sodium acid pyrophosphate, cornstarch, sodium bicarbonate, monocalcium phosphate), Spices, Natural Flavors, Sunflower Seeds, Citrus Fiber, Vegan Margarine [Oil Blend (canola, palm fruit and olive oils), water, salt, contains less than 2% of natural flavor, sunflower lecithin, lactic acid (non-dairy), annatto extract (color)], Flaxseed, Rolled Oats, Sesame Seeds, Salt

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 390      | 16            | 1.5         | 0            | 0             | 520         | 57              | 5                 | 31              | 25              | 6           | 0              | 63           | 2         | 340            |

## Roasted Sweet Potato Rainbow Salad with Miso Sesame Dressing

Serving Size: 464g/16.36oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Egg, Sesame, Soy, Wheat

### INGREDIENTS:

**Salad:** Sweet Potatoes, Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Cage-Free Eggs, Spinach, Avocados, Roasted Corn (Corn), Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Gochujang Aioli (Canola Oil, Water, Hot Pepper Paste (Water, Sugar, Red Chili Pepper Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake (Water, Rice Koji), Salt), Contains Less Than 2% Of Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika, Corn Starch), Rice Vinegar, Egg Yolks, Garlic Puree (Garlic, Citric Acid), Sugar, Sea Salt, Salt, Lemon Juice Concentrate, Xanthan Gum, Red Pepper, Mustard Flour, Citric Acid), Sesame Seeds (Black Sesame Seeds, White Sesame Seeds), Lemon Juice, Cilantro, Seasoning (Salt, Black Pepper)

**Miso Sesame Dressing:** Canola Oil, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Roasted Sunflower Seeds, Aged Red Cayenne Pepper (Red Cayenne Pepper, Salt), Ginger Puree, Rice Vinegar, Contains 2% Or Less: Garlic Puree (Garlic, Citric Acid), Lime Juice Concentrate, Cilantro, Distilled Vinegar, Red Miso (Fermented Soybeans, Salt), Ginger, Garlic Powder, Onion Powder, Xanthan Gum, Red Pepper, Salt, Sesame Oil, Extractives Of Rosemary

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 760      | 51            | 5           | 0            | 195           | 920         | 66              | 5                 | 32              | 7               | 17          | 2              | 203          | 6         | 1344           |

## Spicy Salmon, Avo & Quinoa Pot

Serving Size: 177g/6.2oz

Recipe is:  Vegetarian and  Vegan

Common Allergens: Salmon, Egg, Soy, Wheat, Sesame

### INGREDIENTS:

Atlantic Salmon (Atlantic Salmon, Salt, Spices ( Black Pepper, Thyme, White Pepper, Oregano, Red Pepper, Paprika, Granulated Garlic, Granulated Onion, Chili Pepper)), Cucumbers, Gochujang Aioli (Canola Oil, Water, Hot Pepper Paste (Water, Sugar, Red Chili Pepper Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake (Water, Rice Koji), Salt), Contains Less Than 2% Of Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika, Corn Starch), Rice Vinegar, Egg Yolks, Garlic Puree (Garlic, Citric Acid), Sugar, Sea Salt, Salt, Lemon Juice Concentrate, Xanthan Gum, Red Pepper, Mustard Flour, Citric Acid), Avocados, Pickled Cabbage & Carrot Mix (Red Cabbage, Carrot, Water, Sugar, Vinegar, Salt), Quinoa Blend (Cooked Quinoa (water, quinoa), Cooked Red Quinoa (water, red quinoa), Lemon Juice (water, concentrated lemon juice), Extra Virgin Olive Oil, Salt, Cumin, Black Pepper), Crispy Onions (Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt), Lemon Juice, Cilantro, Seasoning (Salt, Black Pepper)

### NUTRITIONAL INFORMATION:

| Calories | Total Fat (g) | Sat Fat (g) | Trans Fat(g) | Cholest. (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Total Sugar (g) | Added Sugar (g) | Protein (g) | VitaminD (mcg) | Calcium (mg) | Iron (mg) | Potassium (mg) |
|----------|---------------|-------------|--------------|---------------|-------------|-----------------|-------------------|-----------------|-----------------|-------------|----------------|--------------|-----------|----------------|
| 300      | 21            | 2           | 0            | 30            | 570         | 14              | 2                 | 5               | 3               | 14          | 1              | 26           | 3         | 416            |