

# Pret's Allergen Guide

The title 'Pret's Allergen Guide' is centered on the page. 'Pret's' is in a dark blue serif font. 'Allergen' is in a large, bold, orange sans-serif font. 'Guide' is in a dark blue serif font. To the left of 'Allergen' are four stars of varying sizes in dark blue and orange. To the right is a magnifying glass icon with an orange handle and frame, and a dark blue star inside the lens.

# 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 contact 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 risk of cross contact. 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](http://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



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Baguettes, Rolls &amp; Sandwiches</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Baguettes																																	
Avo, Olives & Toms	Y	Y										✓						✓															✓
Beet Wellington Baguette	Y	Y										✓						✓												✓			✓
Brie, Pistachio & Cranberry	Y										✓	✓						✓			✓		✓										
Brie, Tomato & Basil	Y																	✓			✓		✓										
Chicken Caesar & Bacon												✓						✓			✓	✓	✓										
Chicken Salad Baguette																		✓			✓		✓										
Italian Prosciutto												✓						✓			✓		✓										
Pret's Christmas Baguette																		✓			✓		✓									✓	
Posh Cheddar & Pickle (incl. Slim)	Y											✓						✓			✓		✓						✓				
Free Range Egg Mayo & Smoked Salmon																		✓			✓	✓							✓				
Tuna Mayo & Cucumber (incl. Slim)																		✓			✓	✓											
Wiltshire-Cured Ham & Greve																		✓			✓		✓						✓				
Rolls																																	
Aubergine Parmagiana	Y											✓	✓			✓		✓					✓										
Chicken & Pesto												✓	✓			✓				✓		✓										✓	
Jambon Buerre																		✓				✓											
Mediterranean Style Tuna Losange																				✓		✓											
New Yorker												✓	✓			✓				✓		✓							✓				
Pesto & Mozzarella Losange	Y																	✓			✓		✓									✓	
Prosciutto & Pesto												✓	✓			✓				✓		✓		✓								✓	
Scandi Style Salmon												✓	✓			✓				✓		✓							✓		✓		
Sandwiches																																	
Chicken, Avocado & Basil													✓					✓			✓		✓										
Classic Super Club													✓																				
Festive Falafel & Squash	Y	Y											✓					✓														✓	
Free-Range Egg Mayo	Y												✓					✓			✓												
Ham & Cheese													✓					✓					✓										
Kid's Cheese	Y												✓					✓					✓										
Kid's Ham													✓					✓					✓										
Mature Cheddar & Pickle	Y												✓					✓			✓		✓										
Pret's Christmas Lunch													✓					✓			✓											✓	
Smashed Avo Open Sandwich	Y	Y																															
Scottish Smoked Salmon													✓					✓				✓	✓										
Smoked Salmon & Soft Cheese Open Sandwich																					✓	✓											
Smoky Carrot and Falafel	Y	Y											✓					✓				✓								✓			
Super Greens & Reds	Y	Y											✓					✓															
Tuna Mayo & Cucumber													✓					✓			✓												
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Wraps & Flatbreads																													
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Wraps & Flatbreads																																
Avo & Herb Salad Wrap	Y															✓		✓			✓		✓									✓
Falafel , Avocado & Chipotle Salad Wrap	Y	Y														✓		✓													✓	
Hoisin Duck Salad Wrap																✓		✓			✓									✓		
Humous & Chipotle Wrap	Y	Y										✓				✓		✓														
Sriracha Chicken Salad Wrap																✓		✓			✓									✓		
Vegan Hoisin Mushroom Wrap	Y	Y														✓		✓												✓		
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			<div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																															
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat							Cow	Goat	Sheep							
Almond Croissant	Y			✓														✓						✓										
Bacon & Egg Roll																✓		✓						✓										
Breakfast Free-Range Egg Mayo & Avocado	Y																	✓						✓										
Breakfast Free-Range Egg Mayo & Bacon																		✓						✓										
Breakfast Salmon & Egg Mayo																		✓						✓								✓		
Cheese Twist	Y																	✓						✓										
Cheese & Roasted Tomato Croissant	Y																	✓						✓										
Chocolate Croissant	Y																	✓						✓								✓		
Cinnamon Danish	Y																	✓						✓										
Coconut & Quinoa Porridge	Y	Y													✓																			
French Butter Croissant	Y																	✓						✓										
Ham, Cheese, Tomato & Bacon Croissant																		✓						✓										
Ham & Egg Breakfast Roll																✓		✓						✓							✓			
Ham & Greve Croissant																		✓						✓										
Mozzarella & Tomato Croissant	Y																	✓						✓										
Pain aux Raisin	Y																	✓						✓										
Pastel de Nata	Y																	✓						✓										
Porridge Topping - Berry Compote	Y	Y																																
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																														✓		
Porridge Topping - Honey	Y																																	
Porridge Topper - Seed & Fruit	Y	Y																																
Pret's Bacon Roll																	✓		✓						✓									
Pret's Proper Porridge	Y														✓										✓									
Pret's Sausage Roll																		✓						✓										
Pret's Veggie Roll	Y																✓	✓						✓										
Sausage & Egg Roll																	✓	✓						✓										
Very Berry Croissant	Y	Y																✓																
<div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																																		

Contents Key: ✔ (Product Contains) Y (Suitable For)			Cold Drinks																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Apple Juice	Y	Y																													
Breakfast Smoothie	Y												✔									✔									
Coke (all types)	Y	Y																													
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																													
Daily Greens	Y	Y																													
Easy Greens	Y	Y																													
Ginger Shot	Y	Y																													
Green Tea & Peach Pret Still	Y	Y																													
Hot Shot	Y																														
Lemon & Ginger Pret Still	Y	Y																													
Mango Smoothie	Y																														
Mango, Passion Fruit & Lime Pret Still	Y	Y																													
Orange Juice (both sizes)	Y																														
Pret Apple Fizz	Y	Y																													
Pret Cucumber & Mint Seltzer	Y	Y																													
Pret Ginger Beer	Y	Y																													
Pret Ginger Kombucha	Y	Y																													
Pret Grape & Elderflower	Y	Y																													
Pret Lime & Raspberry Seltzer	Y	Y																													
Pret Rhubarb Lemonade	Y	Y																													
Ready to Drink Black Coffee	Y	Y																													
Ready to Drink Latte	Y																						✔								
Ready to Drink Mocha	Y																						✔								
Red Bull	Y	Y																													
Roots & Fruits Juice	Y	Y																													
Sparkling Spring Water	Y	Y																													
Still Water 500ml	Y	Y																													
Still Water 750ml	Y	Y																													
Vitamin Volcano	Y																														
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# Fruit & Pots

**Contents Key:**  
**✓ (Product Contains)**  
**Y (Suitable For)**

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Fruit																																
Apple	Y	Y																														
Banana	Y	Y																														
Classic Fruit Salad	Y	Y																														
Mango & Lime	Y	Y																														
Melon & Blueberry	Y	Y																														
Seasonal Fruits (Apple, Grape, Plum & Blackberry)	Y	Y																														
Pots																																
Acai & Almond Butter Bowl	Y	Y		✓										✓																		
Bircher Muesli	Y									✓				✓										✓								
Cashew and Cocoa Pot	Y	Y				✓				✓				✓																		
Five Berry Bowl	Y													✓										✓								
Fresh Fruit, Yoghurt & Granola Bowl	Y													✓										✓								
Honey & Granola Pot	Y													✓										✓								
Mango & Banana Sunshine Bowl	Y	Y												✓																		
Mango Sunshine Pot	Y	Y																														

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret's Hot																														
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Coconut Curry Hot Rice	Y	Y																															
Chicken Katsu Hot Rice												✓	✓					✓													✓		
Falafel & Halloumi Hot Wrap	Y														✓			✓						✓	✓	✓							
Feta & Red Pepper Omelette	Y																					✓				✓	✓						
Garlic & Herb Swirl	Y																	✓			✓			✓									
Hog Roast Macaroni Cheese																		✓						✓									
Kale and Red Tapenade Macaroni Cheese	Y																	✓						✓									
Macaroni Cheese Prosciutto																		✓						✓									
Meatless Meatball Hot Wrap	Y	Y																✓															
Pesto, Pepper & Greve Hot Baguette	Y											✓						✓						✓									✓
Prosciutto & Mozzarella Hot Baguette												✓						✓						✓									
Spicy Chicken Enchilada Bake																		✓						✓							✓		
Spicy Chicken Hot Wrap																		✓						✓									
Swedish Meatball Hot Wrap																		✓						✓									
Focaccia & Toasties																																	
Boxing Day Toastie													✓			✓	✓		✓					✓							✓		
Brie & Bacon Toasted Focaccia																		✓					✓										
Classic Cheese Toastie													✓			✓	✓		✓				✓					✓					
Ham, Cheese & Mustard Toastie													✓			✓	✓					✓		✓					✓				
Mozzarella, Pesto & Roasted Tomato Focaccia																		✓					✓										✓
Reuben Toastie													✓			✓	✓		✓				✓						✓				
Tuna Melt Toastie													✓			✓	✓		✓				✓		✓								
Soup																																	
Black Bean Taco	Y	Y																													✓		
Chicken and Mushroom Orzotto																		✓					✓										
Chicken Laksa Soup																														✓	✓		
Chicken, Broccoli & Brown Rice																																	
Red Thai Veg Soup	Y	Y																													✓		
Souper Tomato	Y	Y																															
Spicy Chorizo & Butterbean																																	
Sunshine Dhal	Y	Y																															
Barley & Rye Soup Roll	Y	Y										✓	✓					✓															
Butter Portion	Y																							✓									
Pizza																																	
Mozzarella & Prosciutto Pizza																		✓						✓									
Tomato, Mozzarella & Pesto	Y																	✓						✓									✓
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# Pret At Home

**Contents Key:**  
**✓ (Product Contains)**  
**Y (Suitable For)**

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.

Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y											✓																✓		
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓									✓															✓			
Pret at Home Classic Granola	Y	Y											✓																		
Pret at Home Chipotle Ketchup	Y	Y																													
Pret at Home Korean Style Ketchup	Y	Y										✓				✓												✓			
Pret at Home Oat & Coconut Crunch Granola	Y	Y												✓																	
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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Contents Key: ✓ (Product Contains) Y (Suitable For)			Salad & Platters																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Almond Butter Protein Ball	Y	Y		✔																										✔		
Chilli, Bean & Seed Tortilla Chips	Y	Y																														
Cranberries in Coats	Y																							✔								
Dark Chocolate Salted Almonds	Y	Y		✔																										✔		
Easy Peasy Almond Squeezy	Y	Y		✔																												
Fruit & Seed Bite	Y	Y																														
Fruit, Nuts & Chocolate	Y			✔																										✔		
Mature Cheddar & Red Onion Crisps	Y																								✔							
Milk Chocolate Bar	Y																								✔					✔		
BBQ Popped Chickpea Chips	Y	Y																														
Pret A Mango	Y	Y																														
Salted Crunchy Corn	Y	Y																														
Sea Salt & Cider Vinegar Crisps	Y	Y																														
Sea Salt Crisps	Y	Y																														
Sea Salt Popcorn	Y	Y																														
Smoked Chipotle Crisps	Y	Y																														
Sweet & Salt Popcorn	Y	Y																														
Vegetable Crisps	Y	Y																														
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																												
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Almond Butter Bite	Y			✓																									✓		
Blonde Chocolate, Sea Salt & Pecan Cookie	Y									✓								✓										✓			
Caramel Waffle	Y																	✓											✓		
Choc Bar	Y																	✓											✓		
Chocolate Brownie Bar	Y																	✓			✓								✓		
Chocolate Chunk Cookie	Y																	✓											✓		
Chocolate Moose	Y																												✓		
Chocolate Praline Cookie	Y						✓											✓													
Chocolate & Orange Loaf Cake	Y																	✓			✓								✓		
Christmas Tiffin	Y											✓						✓											✓		
Coconut Bite	Y	Y																											✓		
Dark Chocolate & Almond Butter Cookie	Y	Y		✓														✓													
Dark Chocolate Corn Cakes	Y																												✓		
Dark Chocolate with Sea Salt	Y																												✓		
Double Berry Muffin	Y																	✓			✓								✓		
Fruit, Oat & Spelt Cookie	Y														✓		✓	✓											✓		
Ginger Snap Biscuit	Y																	✓											✓		
Hazelnut Truffles	Y	Y					✓																								
Lemon Cheesecake	Y																	✓			✓								✓		
Love Bar	Y			✓								✓																	✓		
Mince Pie	Y																	✓			✓										
Melvin Melting Gingerbread																		✓			✓										
Nut Bar	Y			✓																									✓		
Nutty Salted Caramel Brownie	Y			✓								✓						✓			✓								✓		
Popcorn bar	Y																												✓		
Pret's Gingerbread Melvin	Y																	✓			✓										
Pret's Pecan & Caramel Cookie	Y									✓								✓											✓		
Pret Bar	Y																	✓													
Pret's Shortbread	Y																	✓											✓		
Raspberry & Almond Bakewell Tart	Y			✓														✓			✓								✓		
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep	
Coffee																																
Americano Black (add milk or milk alternative if White Americano)	Y	Y																														
Cappuccino Semi Skimmed milk	Y																					✓										
Cappuccino Skimmed milk	Y																					✓										
Cappuccino Soya (instead of milk)	Y	Y																											✓			
Cappuccino Rice Coconut (instead of milk)	Y	Y																														
Cappuccino Oat (instead of milk)	Y	Y												✓																		
Espresso	Y	Y																														
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																														
Flat White Semi Skimmed milk	Y																					✓										
Flat White Skimmed milk	Y																					✓										
Flat White Soya (instead of milk)	Y	Y																											✓			
Flat White Rice Coconut (instead of milk)	Y	Y																														
Flat White Oat (instead of milk)	Y	Y												✓																		
Latte Semi Skimmed milk	Y																					✓										
Latte Skimmed milk	Y																					✓										
Latte Soya (instead of milk)	Y	Y																											✓			
Latte Oat (instead of milk)	Y	Y												✓																		
Latte Rice Coconut (instead of milk)	Y	Y																														
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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep							
Macchiato Semi Skimmed milk	Y																							✓								
Macchiato Skimmed milk	Y																							✓								
Macchiato Soya (instead of milk)	Y	Y																												✓		
Macchiato Oat (instead of milk)	Y	Y													✓																	
Macchiato Rice Coconut (instead of milk)	Y	Y																														
Mocha Semi Skimmed milk	Y																							✓								
Mocha Skimmed milk	Y																							✓								
Mocha Soya (instead of milk)	Y	Y																												✓		
Mocha Rice Coconut (instead of milk)	Y	Y																														
Mocha Oat (instead of milk)	Y	Y													✓																	
Chai Latte	Y																							✓								
Chai Latte Rice Coconut (instead of Milk)	Y	Y																														
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																														
Pumpkin Spice Latte Semi Skimmed	Y																							✓								
Pumpkin Spice Latte Skimmed	Y																							✓								
Pumpkin Spice Latte Rice Coconut (instead of milk)	Y	Y																														
Pumpkin Spice Latte Oat (instead of milk)	Y	Y													✓																	
Pumpkin Spice Latte Soya (instead of milk)	Y	Y																												✓		
Turmeric Latte Semi Skimmed	Y																							✓								
Turmeric Latte Skimmed	Y																							✓								
Turmeric Latte Rice Coconut (instead of milk)	Y	Y																														
Turmeric Latte Oat (instead of milk)	Y	Y													✓																	
Turmeric Latte Soya (instead of milk)	Y	Y																												✓		
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						
Frappés																														
Classic Frappé Semi Skimmed milk	Y																					✓								
Classic Frappé Skimmed milk	Y																					✓								
Chocolate Frappé Semi Skimmed milk	Y																					✓								
Chocolate Frappé Skimmed milk	Y																					✓								
Mocha Frappé Semi Skimmed milk	Y																					✓								
Mocha Frappé Skimmed milk	Y																					✓								
Decaf Mocha Frappé Semi Skimmed milk	Y																					✓								
Decaf Mocha Frappé Skimmed milk	Y																					✓								
Caramel Shake Semi Skimmed milk	Y																					✓								
Caramel Shake Skimmed milk	Y																					✓								
Hazelnut Shake Semi Skimmed milk	Y																					✓								
Hazelnut Shake Skimmed milk	Y																					✓								
Vanilla Shake Semi Skimmed milk	Y																					✓								
Vanilla Shake Skimmed milk	Y																					✓								
Frappé Mix	Y																					✓								
Iced Drinks																														
Iced Latte Semi Skimmed Milk	Y																					✓								
Iced Latte Skimmed Milk	Y																					✓								
Iced Latte Soya (instead of milk)	Y	Y																										✓		
Iced Latte Rice Coconut (instead of milk)	Y	Y																												
Iced Latte Oat (instead of milk)	Y	Y											✓																	
Iced Mocha Semi Skimmed Milk	Y																					✓								
Iced Mocha Skimmed Milk	Y																					✓								
Iced Mocha Soya (instead of milk)	Y	Y																										✓		
Iced Mocha Rice Coconut (instead of milk)	Y	Y																												
Iced Mocha Oat (instead of milk)	Y	Y											✓																	
Iced White Americano Semi Skimmed Milk	Y																					✓								
Iced White Americano Skimmed Milk	Y																					✓								
Iced White Americano Oat (instead of milk)	Y	Y											✓																	
Iced White Americano Soya (instead of milk)	Y	Y																										✓		
Iced White Americano Rice Coconut (instead of milk)	Y	Y																												
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Hot Chocolate																															
Hot Chocolate Semi Skimmed Milk	Y																					✓									
Hot Chocolate Skimmed Milk	Y																					✓									
Hot Chocolate Soya (instead of milk)	Y	Y																											✓		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																													
Hot Chocolate Oat (instead of milk)	Y	Y												✓																	
Hot Chocolate Powder	Y	Y																													
Hot Chocolate Hazelnut	Y																						✓								
Hot Chocolate Hazelnut Skimmed	Y																						✓								
Hot Chocolate Hazelnut Soya	Y	Y																											✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																													
Hot Chocolate Hazelnut Oat	Y	Y												✓																	
Smoothies																															
Berries and Cherries	Y	Y																													
Sweet Greens	Y	Y																													
Tropical Peach	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Semi Skimmed Milk	Y																						✓								
Cold Brew Skimmed Milk	Y																						✓								
Cold Brew Soya (instead of milk)	Y	Y																											✓		
Cold Brew Oat (instead of milk)	Y	Y												✓																	
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
Syrups & Toppings																															
All Syrups	Y	Y																													
Caramel Sauce	Y	Y																													
Whipped Cream	Y																						✓								
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Milk shot																															
Semi Skimmed	Y																						✓								
Skimmed	Y																						✓								
Soya (instead of milk)	Y	Y																											✓		
Rice Coconut (instead of milk)	Y	Y																													
Oat (instead of milk)	Y	Y														✓															
Tea																															
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																													
Earl Grey (add milk or milk alternative if White)	Y	Y																													
Peppermint (add milk or milk alternative if White)	Y	Y																													
Tropical Green (add milk or milk alternative if White)	Y	Y																													
Milk / instead of milk cup																															
Semi Skimmed milk cup	Y																							✓							
Skimmed milk cup	Y																							✓							
Soya (instead of milk) cup	Y	Y																											✓		
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y														✓															
Babyccino	Y																							✓							
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Seasonal Drinks																																
Christmas Praline Latte Semi Skimmed milk	Y																						✓									
Christmas Praline Latte Skimmed milk	Y																						✓									
Christmas Praline Latte Soya (instead of milk, no cream)	Y	Y																												✓		
Christmas Praline Latte Soya (instead of milk, with cream)	Y																						✓							✓		
Christmas Praline Latte Oat (instead of milk, no cream)	Y	Y														✓																
Christmas Praline Latte Oat (instead of milk, with cream)	Y															✓																
Christmas Praline Latte Rice Coconut (instead of milk, no cream)	Y	Y																														
Christmas Praline Latte Rice Coconut (instead of milk, with cream)	Y																							✓								
Gingerbread Latte Semi Skimmed milk	Y																							✓								
Gingerbread Latte Skimmed milk	Y																							✓								
Gingerbread Latte Soya (instead of milk, no cream)	Y	Y																												✓		
Gingerbread Latte Soya (instead of milk, with cream)	Y																							✓						✓		
Gingerbread Latte Oat (instead of milk, no cream)	Y	Y														✓																
Gingerbread Latte Oat (instead of milk, with cream)	Y															✓																
Gingerbread Latte Rice Coconut (instead of milk, no cream)	Y	Y																														
Gingerbread Latte Rice Coconut (instead of milk, with cream)	Y																							✓								
Macaroon Hot Chocolate Semi Skimmed Milk	Y																							✓								
Macaroon Hot Chocolate Skimmed Milk	Y																							✓								
Macaroon Hot Chocolate Soya (instead of milk, no cream)	Y	Y																												✓		
Macaroon Hot Chocolate Soya (instead of milk, with cream)	Y																							✓						✓		
Macaroon Hot Chocolate Rice Coconut (instead of milk, no cream)	Y	Y																														
Macaroon Hot Chocolate Rice Coconut (instead of milk, with cream)	Y																							✓								
Macaroon Hot Chocolate Oat (instead of milk, no cream)	Y	Y														✓																
Macaroon Hot Chocolate Oat (instead of milk, with cream)	Y															✓								✓								
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep					
Pigs in Blankets Hot Roll																✓			✓				✓								✓					
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																				

# Veggie Pret's Allergen Guide

The title 'Veggie Pret's Allergen Guide' is centered. 'Veggie Pret's' is in a dark green serif font. 'Allergen' is in a large, bold, pink serif font. 'Guide' is in a dark green serif font. To the left of 'Allergen' are three stars: a large dark green one, a medium dark green one, and a small pink one. To the right is a magnifying glass icon with a pink handle and frame, and a dark green lens containing a white star.

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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 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 contact 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 risk of cross contact. 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](http://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.



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Baguettes, Rolls, Sandwiches &amp; Wraps</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.</div>																												
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				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep
Baguettes																															
Artichoke, Olives & Tapenade	Y	Y									✓						✓														
Aubergine Banh Mi	Y	Y															✓												✓		
Avo, Olives & Toms	Y	Y									✓						✓														✓
Beet Wellington	Y	Y									✓						✓										✓				✓
Brie, Tomato & Basil	Y																✓				✓										
Cheddar, Mustard & Pickles	Y										✓						✓			✓		✓					✓				
Vegan Chuna Mayo & Cucumber	Y	Y															✓										✓		✓		
Vegan Eggless Mayo & Cress	Y	Y															✓										✓	✓			
Rolls																															
All Day Vegan Breakfast	Y	Y									✓	✓			✓		✓										✓	✓			
Aubergine Parmagiana	Y										✓	✓			✓		✓				✓										
Christmas Brunch Rye Roll	Y	Y									✓	✓			✓		✓										✓	✓			
Pesto & Mozzarella Losange	Y																✓			✓											✓
Scandi Style Smoked Carrot and Eggless Tofu Mayo	Y	Y									✓	✓			✓		✓												✓	✓	
Sandwiches																															
Festive Falafel & Squash	Y	Y										✓					✓														✓
Kid's Cheese Sandwich	Y											✓					✓				✓										
Humous & Roasted Peppers Open Sandwich	Y										✓			✓									✓	✓							✓
Sliced Egg & Cress	Y											✓					✓			✓							✓				
Smashed Avocado Open Sandwich	Y	Y												✓																	
Smoky Carrot and Falafel	Y	Y										✓					✓										✓				
The VLT	Y	Y										✓					✓														
Wraps & Flatbreads																															
Avo & Chickpeas Caesar Wrap	Y	Y													✓		✓										✓	✓			
Dukkah Spiced Squash & Feta Flatbread	Y																✓				✓	✓	✓				✓				
Falafel, Avocado & Chipotle Wrap	Y	Y													✓		✓													✓	
Hoisin Mushroom Wrap	Y	Y													✓		✓											✓			
Humous & Chipotle Wrap	Y	Y									✓				✓		✓														
Mexican Avocado Flatbread	Y	Y															✓														
Sunshine 'N'Spice Wrap	Y	Y													✓		✓														
Vegan Chili Wrap	Y	Y													✓		✓			✓									✓	✓	
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# Breakfast

**Contents Key:**  
✓ (Product Contains)  
Y (Suitable For)

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.

Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Acai & Almond Butter Bowl	Y	Y		✓											✓																
Bircher Muesli	Y									✓					✓								✓								
Breakfast Baguette - Eggless Mayo & Avocado	Y	Y																✓											✓		
Breakfast Baguette - Eggless Mayo & Roasted Tomato	Y	Y																✓											✓		
Cashew and Cocoa Pot	Y	Y				✓					✓				✓																
Coconut Porridge	Y	Y													✓																
Five Berry Bowl	Y														✓									✓							
Five Berry Pot	Y																							✓							
Mozzarella & Tomato Croissant	Y																	✓			✓		✓								
Poached Egg & Beans Power Pot	Y																				✓										
Porridge Topping - Berry Compote	Y	Y																													
Porridge Topping - Honey	Y																														
Porridge Topper - Seed & Fruit	Y	Y																													
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																												Y	
Coconut & Quinoa Porridge	Y	Y													Y																
Pret's Proper Porridge	Y														✓									✓							
Pret's Veggie Roll	Y																✓		✓		✓		✓								
Smoothie Bowl - Apricot and Pistachio Overnight Oats	Y	Y								✓					✓																✓
Smoothie Bowl - Cocoa, Nuts & Berries	Y	Y		✓		✓			✓						✓																
Smoothie Bowl - Mango & Banana Sunshine	Y	Y													✓																
Spicy Egg Roll	Y															✓			✓		✓		✓								
Vegan Almond Croissant	Y	Y		✓															✓												
Vegan Breakfast Baguette	Y	Y																	✓										✓		
Vegan Chocolate Croissant	Y	Y																	✓										✓		
Vegan Plain Croissant	Y	Y																	✓												
Very Berry Croissant	Y	Y																	✓												

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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Cold Drinks																													
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut	
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Apple Juice	Y	Y																														
Blend Me Drink Me - Cocoa, Almond Butter & Banana	Y	Y		✓											✓																	
Breakfast Smoothie	Y														✓								✓									
Coke (all types)	Y	Y																														
Cranberry & Raspberry Pure Pret Still	Y	Y																														
Daily Greens	Y	Y																														
Easy Greens	Y	Y																														
Ginger Shot	Y	Y																														
Green Tea & Peach Pret Still	Y	Y																														
Pure Pret Green Tea Yoga Bunny	Y	Y																														
Hot Shot	Y																															
Lemon & Ginger Pret Still	Y	Y																														
Mango Smoothie	Y																															
Mango, Passion Fruit & Lime Pret Still	Y	Y																														
Orange Juice (both sizes)	Y																															
Pret Apple Fizz	Y	Y																														
Pret Cumcumber & Mint Seltzer	Y	Y																														
Pret Ginger Beer	Y	Y																														
Pret Ginger Kombucha	Y	Y																														
Pret Grape & Elderflower	Y	Y																														
Pret Lime & Raspberry Seltzer	Y	Y																														
Pret Rhubarb Lemonade	Y	Y																														
Ready to Drink Black Coffee	Y	Y																														
Ready to Drink Latte	Y																								✓							
Ready to Drink Mocha	Y																								✓							
Roots & Fruits Juice	Y	Y																														
Sparkling Spring Water	Y	Y																														
Still Water 500ml	Y	Y																														
Still Water 750ml	Y	Y																														
Vitamin Volcano	Y																															
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Fruit																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Apple	Y	Y																													
Banana	Y	Y																													
Classic Fruit Salad	Y	Y																													
Mango & Lime	Y	Y																													
Melon & Blueberry	Y	Y																													
Seasonal Fruits (Apple, Grape, Plum & Blackberry)	Y	Y																													
Mango Sunshine Pot	Y	Y																													
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Contents Key: ✔ (Product Contains) Y (Suitable For)			Pret's Hot																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				

Contents Key: ✓ (Product Contains) Y (Suitable For)			Pret At Home																												
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Museli	Y	Y												✓																✓	
Pret at Home Dark Chocolate & Almond Granola	Y	Y		✓										✓															✓		
Pret at Home Classic Granola	Y	Y												✓																	
Pret at Home Oat & Coconut Crunch Granola	Y	Y												✓																	
Pret's Organic Aluminium Capsules Classic Blend	Y	Y																													
Pret's Organic Aluminium Capsules Espresso Blend	Y	Y																													

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# Salad

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**✓ (Product Contains)**  
**Y (Suitable For)**

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Product	Vegetarians	Vegan Friendly	Allergens																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nuts																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																													
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																													
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts	
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Snacks																																
Almond Butter Protein Ball	Y	Y		✓																									✓			
Easy Peasy Almond Squeezy	Y	Y		✓																												
Chilli, Bean & Seed Tortilla Chips	Y	Y																														
Almond Butter Bites	Y			✓																										✓		
Cranberries in Coats	Y																						✓									
Salted Crunchy Corn	Y	Y																														
Dark Chocolate Salted Almonds	Y	Y		✓																										✓		
Mature Cheddar & Red Onion Crisps	Y																						✓									
Fruit, Nuts & Chocolate	Y			✓																			✓							✓		
Pret A Mango	Y	Y																														
Sea Salt & Cider Vinegar Crisps	Y	Y																														
Sea Salt Crisps	Y	Y																														
Sea Salt Popcorn	Y	Y																														
Smoky Chipotle Crisps	Y	Y																														
Sweet & Salt Popcorn	Y	Y																														
BBQ Popped Chickpea Chips	Y	Y																														
Fruit & Seed Bite	Y	Y																														
Vegetable Crisps	Y	Y																														
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Sweet Treats																															
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																															
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nut			
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
Sweet Treats																																		
Almond Butter Bites	Y			✓																										✓				
Banana Cake	Y																✓				✓			✓						✓				
Caramel Waffle	Y																✓						✓							✓				
Carrot Cake	Y										✓						✓				✓			✓						✓				
Choc Bar	Y																✓						✓							✓				
Chocolate Orange Loaf Cake	Y																✓				✓			✓						✓				
Chocolate Brownie Bar	Y																✓				✓			✓						✓				
Chocolate Moose	Y																							✓							✓			
Chocolaty Coconut Bite	Y	Y																													✓			
Christmas Tiffin	Y										✓						✓							✓							✓			
Dark Chocolate & Almond Butter Cookie	Y	Y		✓													✓																	
Dark Chocolate Corn Cakes	Y																														✓			
Dark Chocolate with Sea Salt	Y																														✓			
Hazelnut Truffles	Y	Y					✓																											
Lemon Cheesecake	Y																✓				✓			✓										
Love Bar	Y			✓							✓				✓									✓							✓			
Mince Pie	Y																✓				✓			✓										
Milk Chocolate Bar	Y																							✓							✓			
Popcorn Bar	Y																							✓							✓			
Pret Bar	Y													✓					✓					✓										
Pret's Nut Bar	Y			✓																												✓		
Pret's Gingerbread Biscuits	Y																✓				✓													
Pret's Vegan Raspberry & Coconut Muffin	Y	Y		✓															✓												✓			
Pret's Ultimate Vegan Brownie	Y	Y		✓															✓												✓			
Raspberry & Almond Bakewell Tart	Y			✓													✓				✓			✓										
Vegan Banana & Walnut Muffin	Y	Y									✓						✓														✓			
Vegan Hazelnut & Caramel Brownie	Y	Y		✓			✓										✓														✓			
Vegan Choca Mocha Muffin	Y	Y											✓						✓												✓			
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			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nuts								
Almond	Brazil Nut	Cashew		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep																					
Product	Vegetarians	Vegan Friendly																																					
Coffee																																							
Americano Black (add milk or milk alternative if White Americano)	Y	Y																																					
Cappuccino Semi Skimmed milk	Y																						✓																
Cappuccino Skimmed milk	Y																						✓																
Cappuccino Soya (instead of milk)	Y	Y																																					
Cappuccino Rice Coconut (instead of milk)	Y	Y																																					
Cappuccino Oat (instead of milk)	Y	Y													✓																								
Espresso	Y	Y																																					
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																					
Flat White Semi Skimmed milk	Y																						✓																
Flat White Skimmed milk	Y																						✓																
Flat White Soya (instead of milk)	Y	Y																																					
Flat White Rice Coconut (instead of milk)	Y	Y																																					
Flat White Oat (instead of milk)	Y	Y													✓																								
Latte Semi Skimmed milk	Y																						✓																
Latte Skimmed milk	Y																						✓																
Latte Soya (instead of milk)	Y	Y																																					
Latte Oat (instead of milk)	Y	Y													✓																								
Latte Rice Coconut (instead of milk)	Y	Y																																					
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts				
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep										
Macchiato Semi Skimmed milk	Y																																		
Macchiato Skimmed milk	Y																																		
Macchiato Soya (instead of milk)	Y	Y																																	
Macchiato Oat (instead of milk)	Y	Y																																	
Macchiato Rice Coconut (instead of milk)	Y	Y																																	
Mocha Semi Skimmed milk	Y																																		
Mocha Skimmed milk	Y																																		
Mocha Soya (instead of milk)	Y	Y																																	
Mocha Rice Coconut (instead of milk)	Y	Y																																	
Mocha Oat (instead of milk)	Y	Y																																	
Chai Latte	Y																																		
Chai Latte Rice Coconut (instead of Milk)	Y	Y																																	
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																																	
Turmeric Latte Semi Skimmed	Y																																		
Turmeric Latte Skimmed	Y																																		
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																																	
Turmeric Latte Oat (instead of milk)	Y	Y																																	
Turmeric Latte Soya (instead of milk)	Y	Y																																	
Pumpkin Spice Latte Semi Skimmed	Y																																		
Pumpkin Spice Latte Skimmed	Y																																		
Pumpkin Spice Latte Rice Coconut (instead of milk)	Y	Y																																	
Pumpkin Spice Latte Oat (instead of milk)	Y	Y																																	
Pumpkin Spice Latte Soya (instead of milk)	Y	Y																																	
We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.																																			



**Contents Key:**  
✓ (Product Contains)  
Y (Suitable For)

# Barista Prepared Drinks

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free 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.

Frappés & Shakes																															
Classic Frappé Semi Skimmed milk	Y																							✓							
Classic Frappé Skimmed milk	Y																							✓							
Chocolate Frappé Semi Skimmed milk	Y																							✓							
Chocolate Frappé Skimmed milk	Y																							✓							
Mocha Frappé Semi Skimmed milk	Y																							✓							
Mocha Frappé Skimmed milk	Y																							✓							
Decaf Mocha Frappé Semi Skimmed milk	Y																							✓							
Decaf Mocha Frappé Skimmed milk	Y																							✓							
Caramel Shake Semi Skimmed milk	Y																							✓							
Caramel Shake Skimmed milk	Y																							✓							
Hazelnut Shake Semi Skimmed milk	Y																							✓							
Hazelnut Shake Skimmed milk	Y																							✓							
Vanilla Shake Semi Skimmed milk	Y																							✓							
Vanilla Shake Skimmed milk	Y																							✓							
Frappé Mix	Y																							✓							

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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Mollusc	Mustard	Soya	Sulphites	Pine Nuts
				Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Iced Drinks																															
Iced Latte Semi Skimmed Milk	Y																					✓									
Iced Latte Skimmed Milk	Y																					✓									
Iced Latte Soya (instead of milk)	Y	Y																											✓		
Iced Latte Rice Coconut (instead of milk)	Y	Y																													
Iced Latte Oat (instead of milk)	Y	Y												✓																	
Iced Mocha Semi Skimmed Milk	Y																						✓								
Iced Mocha Skimmed Milk	Y																						✓								
Iced Mocha Soya (instead of milk)	Y	Y																												✓	
Iced Mocha Rice Coconut (instead of milk)	Y	Y																													
Iced Mocha Oat (instead of milk)	Y	Y												✓																	
Iced White Americano Semi Skimmed Milk	Y																						✓								
Iced White Americano Skimmed Milk	Y																						✓								
Iced White Americano Oat (instead of milk)	Y	Y												✓																	
Iced White Americano Soya (instead of milk)	Y	Y																												✓	
Iced White Americano Rice Coconut (instead of milk)	Y	Y																													
Turmeric Iced Latte Rice Coconut	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Semi Skimmed Milk	Y																						✓								
Cold Brew Skimmed Milk	Y																						✓								
Cold Brew Soya (instead of milk)	Y	Y																												✓	
Cold Brew Oat (instead of milk)	Y	Y												✓																	
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Hot Chocolate																																	
Hot Chocolate Semi Skimmed Milk	Y																							✓									
Hot Chocolate Skimmed Milk	Y																							✓									
Hot Chocolate Soya (instead of milk)	Y	Y																													✓		
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																															
Hot Chocolate Oat (instead of milk)	Y	Y													✓																		
Hot Chocolate Powder	Y	Y																															
Hot Chocolate Hazelnut	Y																							✓									
Hot Chocolate Hazelnut Skimmed	Y																							✓									
Hot Chocolate Hazelnut Soya	Y	Y																													✓		
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																															
Hot Chocolate Hazelnut Oat	Y	Y													✓																		
Smoothies																																	
Berries and Cherries	Y	Y																															
Sweet Greens	Y	Y																															
Tropical Peach	Y	Y																															
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat																		
Syrups & Toppings																																				
All Syrups	Y	Y																																		
Caramel Sauce	Y	Y																																		
Whipped Cream	Y																								✓											
Milk shot																																				
Semi Skimmed	Y																								✓											
Skimmed	Y																								✓											
Soya (instead of milk)	Y	Y																																✓		
Rice Coconut (instead of milk)	Y	Y																																		
Oat (instead of milk)	Y	Y													✓																					
Tea																																				
Ceylon Breakfast (add milk or milk alternative if White)	Y	Y																																		
Earl Grey (add milk or milk alternative if White)	Y	Y																																		
Peppermint (add milk or milk alternative if White)	Y	Y																																		
Tropical Green (add milk or milk alternative if White)	Y	Y																																		
Milk / instead of milk cup																																				
Semi Skimmed milk cup	Y																								✓											
Skimmed milk cup	Y																								✓											
Soya (instead of milk) cup	Y	Y																																✓		
Rice Coconut (instead of milk) cup	Y	Y																																		
Oat (instead of milk) cup	Y	Y													✓																					
Babyccino	Y																								✓											
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Seasonal Drinks																																		
Christmas Praline Latte Semi Skimmed milk	Y																								✓									
Christmas Praline Latte Skimmed milk	Y																								✓									
Christmas Praline Latte Soya (instead of milk, no cream)	Y	Y																													✓			
Christmas Praline Latte Soya (instead of milk, with cream)	Y																								✓						✓			
Christmas Praline Latte Oat (instead of milk, no cream)	Y	Y														✓																		
Christmas Praline Latte Oat (instead of milk, with cream)	Y															✓										✓								
Christmas Praline Latte Rice Coconut (instead of milk, no cream)	Y	Y																																
Christmas Praline Latte Rice Coconut (instead of milk, with cream)	Y																									✓								
Gingerbread Latte Semi Skimmed milk	Y																									✓								
Gingerbread Latte Skimmed milk	Y																									✓								
Gingerbread Latte Soya (instead of milk, no cream)	Y	Y																														✓		
Gingerbread Latte Soya (instead of milk, with cream)	Y																									✓						✓		
Gingerbread Latte Oat (instead of milk, no cream)	Y	Y															✓																	
Gingerbread Latte Oat (instead of milk with cream)	Y																✓										✓							
Gingerbread Latte Rice Coconut (instead of milk, no cream)	Y	Y																																
Gingerbread Latte Rice Coconut (instead of milk, with cream)	Y																									✓								
Macaroon Hot Chocolate Semi Skimmed Milk	Y																									✓								
Macaroon Hot Chocolate Skimmed Milk	Y																									✓								
Macaroon Hot Chocolate Soya (instead of milk, no cream)	Y	Y																														✓		
Macaroon Hot Chocolate Soya (instead of milk, with cream)	Y																									✓						✓		
Macaroon Hot Chocolate Rice Coconut (instead of milk, no cream)	Y	Y																																
Macaroon Hot Chocolate Rice Coconut (instead of milk, with cream)	Y																									✓								
Macaroon Hot Chocolate Oat (instead of milk, no cream)	Y	Y															✓																	
Macaroon Hot Chocolate Oat (instead of milk, with cream)	Y																✓										✓							
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