

Pret's Allergen Guide

The title 'Pret's Allergen Guide' is displayed in a serif font. 'Pret's' is in a dark red color, while 'Allergen' and 'Guide' are in a bright pink color. To the left of 'Allergen' are four stars of varying sizes and colors (dark red and pink). To the right of 'Allergen' is a magnifying glass icon with a pink handle and a dark red frame, focusing on a white star on a dark red background.

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).

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In line with the Vegan Society recommendations we at Pret are using the term '*vegan-friendly*' to label products that may not be made in dedicated vegan sites.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts	Tree Nuts
Sesame	Cereals containing Gluten
Crustaceans	Celery & Celeriac
Egg	Fish
Lupin	Milk
Mustard	Mollusc
Soya	Sulphites

In addition we also declare Pine Nuts as an allergen

If you are interested in an ingredient outside the 14 listed above please look at the ingredient list on the website or the label on the individual product.

If you have any trouble finding what you're looking for, **just ask the Manager - they'll be more than happy to help.**

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do visit our website at www.pret.co.uk or contact our Customer Service Team on **0207 827 8801**.

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

Breakfast

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Product	Vegetarians	Vegan Friendly	Tree Nuts										Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts					
			Peanut	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 Bean Box																				✓																	
Bacon & Egg Roll																				✓																	
Breakfast Free-Range Egg Mayo & Avocado	Y																			✓																	
Breakfast Free-Range Egg Mayo & Bacon																				✓																	
Breakfast Salmon & Egg Mayo																				✓			✓													✓	
Butter Croissant	Y																			✓																	
Cheese & Roasted Tomato Croissant	Y																			✓																	
Cheese Twist	Y																			✓																	
Chocolate Croissant	Y																			✓																	
Cinnamon Danish	Y																			✓																	
Coconut & Quinoa Porridge	Y	Y																		✓																	
Halloumi & Egg Breakfast Bean Box	Y																			✓																	
Ham & Egg Breakfast Roll																				✓																	
Ham & Greve Croissant																				✓																	
Ham, Cheese, Tomato & Bacon Croissant																				✓																	
Mozzarella & Tomato Croissant	Y																			✓																	
Pain aux Raisin	Y																			✓																	
Pastel de Nata	Y																			✓																	
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																																			
Porridge Topper - Seed & Fruit	Y	Y																																			
Porridge Topping - Berry Compote	Y	Y																																			
Porridge Topping - Honey	Y																																				
Pret's Bacon Roll																				✓																	
Pret's Proper Porridge	Y																			✓																	
Pret's Sausage Roll																					✓																
Pret's Veggie Roll	Y																			✓																	
Sausage & Bacon Roll																				✓																	
Sausage & Egg Roll																				✓																	
Very Berry Croissant	Y	Y																		✓																	

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Fruit & Pots

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				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																																		
Tropical Fruit Pot	Y	Y																																		
Pots																																				
Acai & Almond Butter Bowl	Y	Y		✓										✓																						
Almond Butter & Acai Bircher Bowl	Y			✓										✓										✓												
Bircher Muesli	Y													✓										✓												
Five Berry Bowl	Y													✓										✓												
Honey & Granola Pot	Y													✓										✓												
Mango & Banana Sunshine Bowl	Y	Y												✓																						
Pomegranate & Honey Granola Bowl	Y													✓											✓											

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Pret At Home

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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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Barista Prepared Drinks

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Coffee																																			
Americano Black (add milk or milk alternative if White Americano)	Y	Y																																	
Cappuccino Semi Skimmed milk	Y																																		✓
Cappuccino Skimmed milk	Y																																		✓
Cappuccino Soya (instead of milk)	Y	Y																																✓	
Cappuccino Rice Coconut (instead of milk)	Y	Y																																	
Cappuccino Oat (instead of milk)	Y	Y																																	✓
Espresso	Y	Y																																	
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																	
Flat White Semi Skimmed milk	Y																																		✓
Flat White Skimmed milk	Y																																		✓
Flat White Soya (instead of milk)	Y	Y																																	✓
Flat White Rice Coconut (instead of milk)	Y	Y																																	
Flat White Oat (instead of milk)	Y	Y																																	✓
Latte Semi Skimmed milk	Y																																		✓
Latte Skimmed milk	Y																																		✓
Latte Soya (instead of milk)	Y	Y																																	✓
Latte Oat (instead of milk)	Y	Y																																	✓
Latte Rice Coconut (instead of milk)	Y	Y																																	
Macchiato Semi Skimmed milk	Y																																		✓
Macchiato Skimmed milk	Y																																		✓

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Veggie Pret's Allergen Guide



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Baguettes, Rolls, Sandwiches & Wraps

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			Peanut	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											✓																						✓		
Brie, Tomato & Basil	Y																																				
Cheddar, Mustard & Pickles	Y												✓																						✓		
Plant Ploughmans Baguette	Y	Y																																			
Vegan Chuna Mayo & Cucumber	Y	Y																																	✓		
Vegan Eggless Mayo & Cress	Y	Y																																	✓		
Rolls																																					
All Day Vegan Breakfast	Y	Y											✓	✓																					✓		
Pesto & Mozzarella Losange	Y																																		✓		
Scandi Style Smoked Carrot and Eggless Tofu Mayo	Y	Y											✓	✓																					✓		
Scandi Style Smoky Carrot Eggless Mayo Roll	Y	Y											✓	✓																					✓		
Sandwiches																																					
Festive Falafel & Squash	Y	Y												✓																					✓		
Kid's Cheese Sandwich	Y													✓																							
Humous & Roasted Peppers Open Sandwich	Y												✓																							✓	
Humous & Veg	Y	Y											✓	✓																							
PLT	Y	Y												✓																							
Sliced Egg & Cress	Y													✓																						✓	
Smashed Avocado Open Sandwich	Y	Y																																			
Smoky Carrot and Falafel	Y	Y												✓																						✓	
The VLT	Y	Y												✓																							
Wraps & Flatbreads																																					
Dukkah Spiced Squash & Feta Flatbread	Y																																				
Falafel, Avocado & Chipotle Wrap	Y	Y																																		✓	
Vegan Hoisin Mushroom Wrap	Y	Y																																			
Humous & Chipotle Wrap	Y	Y											✓																								
Mexican Avocado Flatbread	Y	Y												✓																							
Pesto Bean & Herb Wrap	Y																																			✓	
Sunshine N'Spice Wrap	Y	Y												✓																							
Vegan Chili Wrap	Y	Y												✓																							✓

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Coffee - Classic Blend Ground	Y	Y																													
Coffee - Espresso Beans	Y	Y																													
Coffee - Single Origin Ground	Y	Y																													
Pret at Home Bircher Muesli	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												✓																	
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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																																						
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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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