

Pret's Allergen Guide

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

Baguettes		Suitable for															V4 -10.09.2025	
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts		
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓				✓			
Ham & Greve Baguette				✓	✓		WHEAT	✓			✓							
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓	✓						
Prosciutto & Rocket Baguette			✓	✓			WHEAT	✓			✓							
Pret Christmas Lunch Panini				✓	✓		WHEAT	✓			✓							
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 product is made to a vegan recipe but is not suitable for those with milk and egg allergies.																		

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

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Pret's Hot		Suitable for		V4 -10.09.2025													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
All Day Breakfast Hot Wrap				✓	✓		WHEAT, RYE	✓			✓						
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE	✓			✓						
Italian Style Chicken & Basil Hot Wrap				✓			WHEAT, RYE										
Spicy Mediterranean Hot Wrap	✓			✓			WHEAT, RYE	✓			✓						
Ham and Greve Hot Croissant				✓	✓		WHEAT										
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT										
Bacon, Cheese and Tomato Hot Croissant				✓	✓		WHEAT										
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY	✓			✓						
Bacon, Egg and Cheese Brioche Toast				✓	✓		WHEAT	✓			✓						
Teriyaki Chicken Brioche Toast				✓	✓		WHEAT, BARLEY	✓			✓						
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Toasties		Suitable for		V4 -10.09.2025													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Brie, Avocado & Tomato Toastie	✔			✔			WHEAT, OAT, RYE, BARLEY										
Brie, Caramelised Onion Toastie	✔			✔			WHEAT, OAT, RYE, BARLEY										
Classic Cheese Toastie	✔			✔	✔		WHEAT, OAT, RYE, BARLEY	✔			✔						
Ham, Cheese & Mustard Toastie				✔	✔		WHEAT, OAT, RYE, BARLEY	✔			✔						
Super Club				✔	✔		WHEAT, OAT, RYE, BARLEY	✔			✔						

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Sandwiches		Suitable for		V4 -10.09.2025												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY	✓			✓					
Classic Super Club Granary					✓		WHEAT, BARLEY	✓			✓					
Cracking Egg Salad Granary (slim/whole portion)	✓				✓		WHEAT, BARLEY	✓			✓					
Ham & Cheese Granary (slim/whole portion)				✓			WHEAT, BARLEY									
Mature Cheddar Granary (slim/whole portion)	✓			✓	✓		WHEAT, BARLEY	✓			✓	✓				
Smoked Salmon & Soft Cheese Granary				✓			WHEAT, BARLEY								✓	
Brie and Cranberry	✓			✓			WHEAT, BARLEY									PINE NUTS

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Salad wraps		Suitable for		V4 -10.09.2025													
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Avocado & Herb Salad Wrap	✔			✔	✔		WHEAT, RYE	✔			✔					PINENUTS	
Chicken & Rocket Salad Wrap				✔	✔		WHEAT, RYE	✔			✔						

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Product	Vegetarians	Vegans	Contains these allergens													
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Egg & Spinach Protein Pot	✔				✔											
Smoked Salmon & Spinach Protein Pot					✔									✔		
Chicken Edamame Protein Pot				✔	✔		BARLEY	✔			✔	✔			✔	
Chef's Chicken Salad				✔	✔		WHEAT, BARLEY	✔			✔				✔	PISTACHIO
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Fruits		Suitable for		V4 -10.09.2025												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Apple	✔	✔														
Banana	✔	✔														
Dragon Fruit Salad	✔	✔														
Melon Trio	✔	✔														
Melon & Blueberry	✔	✔														
Mango & Lime	✔	✔														
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Pastries		Suitable for		V4 -10.09.2025												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Croissant Almond	✔			✔	✔		WHEAT									ALMOND
Croissant Chocolate	✔			✔	✔		WHEAT	✔								
Plain Croissant	✔			✔	✔		WHEAT									
Very Berry Croissant	✔	✔					WHEAT									
Pain au Raisin	✔			✔	✔		WHEAT									
Cinnamon Filled Swril	✔			✔	✔		WHEAT									
Chocolate Chunk Cookie	✔			✔			WHEAT									
Dark Chocolate Almond Butter Cookies	✔	✔					WHEAT									ALMONDS
Muffin Blueberry	✔			✔	✔		WHEAT									
Muffin Chocolate	✔			✔	✔		WHEAT	✔								HAZELNUT
Mozzarella & Tomato Croissant	✔			✔	✔		WHEAT									
Mediterranean Veggie Basket	✔			✔	✔		WHEAT									
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Pret's snacks		Suitable for															V4 - 10.09.2025	
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts		
Pret A Mango	✔	✔																
Choc Bar	✔			✔			WHEAT	✔										
Popcorn bar	✔			✔				✔										
Love Bar	✔			✔			OATS	✔								PISTACHIO, ALMONDS		
Chocolate Brownie Bar	✔			✔	✔		WHEAT	✔										
Dark Chocolate Almonds Snack	✔	✔						✔								ALMONDS		
Tyrrells Mature Cheddar & Chives Crisps	✔			✔														
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✔																	
Tyrrells Lightly Sea Salted Crisps	✔																	
Tyrrells Sea Salt & Cider Vinegar Crisps	✔	✔					BARLEY											
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Chilled Drinks		Suitable for		V4 -10.09.2025													
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Coconut Water	✔	✔															
Juice - Fresh Lemon & Mint	✔	✔															
Juice - Orange	✔	✔															
Juice - Radiance	✔	✔								✔							
Juice - Ultra Boost	✔	✔															
Still water - Evian	✔	✔															
Sparkling water - San Pellegrino	✔	✔															
Coke (All types)	✔	✔															
Tiger Beer	✔	✔					BARLEY										
Heineken Beer	✔	✔					BARLEY										
Chang Beer	✔	✔					BARLEY										
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Barista Prepared Drinks		Suitable for															V4 -10.09.20	
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts		
Coffee																		
Americano Black	✔	✔																
Americano White Milk	✔			☒														
Americano White Rice Coconut	✔	✔																
Americano White Soya	✔	✔						☒										
Americano White Oat	✔	✔																
Americano White Almond	✔	✔														ALMOND		
Cappuccino Milk	✔			☒														
Cappuccino Rice Coconut	✔	✔																
Cappuccino Soya	✔	✔						☒										
Cappuccino Oat	✔	✔																
Cappuccino Almond	✔	✔														ALMOND		
Decaf Latte Milk	✔			☒														
Decaf Latte Rice Coconut	✔	✔																
Decaf Latte Soya	✔	✔						☒										
Decaf Latte Oat	✔	✔																
Decaf Latte Almond	✔	✔														ALMOND		
Espresso	✔	✔																
Filter - Black Coffee	✔	✔																
Filter - White Coffee Milk	✔			☒														
Filter - White Coffee Rice Coconut	✔	✔																
Filter - White Coffee Soya	✔	✔						☒										
Filter - White Coffee Oat	✔	✔																
Filter - White Coffee Almond	✔	✔														ALMOND		
Flat White Milk	✔			☒														
Flat White Rice Coconut	✔	✔																
Flat White Soya	✔	✔						☒										
Flat White Oat	✔	✔																
Flat White Almond	✔	✔														ALMOND		
Latte Milk	✔			☒														
Latte Rice Coconut	✔	✔																
Latte Soya	✔	✔						☒										
Latte Oat	✔	✔																
Latte Almond	✔	✔														ALMOND		
Macchiato Milk	✔			☒														
Macchiato Rice Coconut	✔	✔																
Macchiato Soya	✔	✔						☒										
Macchiato Oat	✔	✔																
Macchiato Almond	✔	✔														ALMOND		
Mocha Milk	✔			☒														
Mocha Rice Coconut	✔	✔																
Mocha Soya	✔	✔						☒										
Mocha Oat	✔	✔																
Mocha Almond	✔	✔														ALMOND		

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Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Coffee																	
Milk Cup																	
Babyccino	✓			✓													
Milk Whole	✓			✓													
Milk Semi-Skimmed	✓			✓													
Rice Coconut	✓	✓															
Soya	✓	✓						✓									
Oat	✓	✓															
Almond	✓	✓														ALMOND	
Syrups																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓														HAZELNUT	
Syrup Shot - Vanilla	✓	✓															
Tea																	
English Breakfast Tea Milk	✓			✓													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓												✓			
English Breakfast Tea Oat	✓	✓															
English Breakfast Tea Almond	✓	✓														ALMOND	
Earl Grey Tea Milk	✓			✓													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓												✓			
Earl Grey Tea Oat	✓	✓															
Earl Grey Tea Almond	✓	✓														ALMOND	
Green Tea	✓	✓															
Peppermint Tea	✓	✓															
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Product	Vegetarians	Vegans																
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts		
Over Ice & Frappes																		
Iced Americano Black	✔	✔																
Iced Americano White Milk	✔			✘														
Iced Americano White Rice Coconut	✔	✔																
Iced Americano White Soya	✔	✔						✘										
Iced Americano White Oat	✔	✔																
Iced Americano White Almond	✔	✔														ALMOND		
Iced Cappuccino Milk	✔			✘														
Iced Cappuccino Rice Coconut	✔	✔																
Iced Cappuccino Soya	✔	✔						✘										
Iced Cappuccino Oat	✔	✔																
Iced Cappucino Almond	✔	✔														ALMOND		
Iced Caramel Latte	✔			✘														
Iced Caramel Latte Rice Coconut	✔	✔																
Iced Caramel Latte Soya	✔	✔						✘										
Iced Caramel Latte Oat	✔	✔																
Iced Caramel Latte Almond	✔	✔														ALMOND		
Iced Chocolate Milk	✔			✘														
Iced Chocolate Rice Coconut	✔	✔																
Iced Chocolate Soya	✔	✔						✘										
Iced Chocolate Oat	✔	✔																
Iced Chocolate Almond	✔	✔														ALMOND		
Iced Filter Coffee Black	✔	✔																
Iced Filter Coffee White Milk	✔			✘														
Iced Filter Coffee White Rice Coconut	✔	✔																
Iced Filter Coffee White Soya	✔	✔						✘										
Iced Filter Coffee White Oat	✔	✔																
Iced Filter Coffee White Almond	✔	✔														ALMOND		
Iced Hazelnut Latte Milk	✔			✘												HAZELNUT		
Iced Hazelnut Latte Rice Coconut	✔	✔														HAZELNUT		
Iced Hazelnut Latte Soya	✔	✔						✘								HAZELNUT		
Iced Hazelnut Latte Oat	✔	✔														HAZELNUT		
Iced Hazelnut Latte Almond	✔	✔														HAZELNUT ALMOND		
Iced Latte Milk	✔			✘														
Iced Latte Rice Coconut	✔	✔																
Iced Latte Soya	✔	✔						✘										
Iced Latte Oat	✔	✔																
Iced Latte Almond	✔	✔														ALMOND		
Iced Mocha Milk	✔			✘														
Iced Mocha Rice Coconut	✔	✔																
Iced Mocha Soya	✔	✔						✘										
Iced Mocha Oat	✔	✔																
Iced Mocha Almond	✔	✔														ALMOND		

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Flavoured Latte & chocolate																			
Chai Latte Milk	✓			✓															
Chai Latte Rice Coconut	✓	✓																	
Chai Latte Soya	✓	✓						✓											
Chai Latte Oat	✓	✓																	
Chai Latte Almond	✓	✓														ALMOND			
Caramel Latte Milk	✓			✓															
Caramel Latte Rice Coconut	✓	✓																	
Caramel Latte Soya	✓	✓						✓											
Caramel Latte Oat	✓	✓																	
Caramel Latte Almond	✓	✓														ALMOND			
Hazelnut Latte Milk	✓			✓												HAZELNUT			
Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT			
Hazelnut Latte Soya	✓	✓						✓								HAZELNUT			
Hazelnut Latte Oat	✓	✓														HAZELNUT			
Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND			
Matcha Latte Milk	✓			✓															
Matcha Latte Rice Coconut	✓	✓																	
Matcha Latte Soya	✓	✓						✓											
Matcha Latte Oat	✓	✓																	
Matcha Latte Almond	✓	✓														ALMOND			
Vanilla Latte Milk	✓			✓															
Vanilla Latte Rice Coconut	✓	✓																	
Vanilla Latte Soya	✓	✓						✓											
Vanilla Latte Oat	✓	✓																	
Vanilla Latte Almond	✓	✓														ALMOND			
Gingerbread Latte Milk	✓			✓															
Gingerbread Latte Rice Coconut	✓	✓																	
Gingerbread Latte Soya	✓	✓						✓											
Gingerbread Latte Oat	✓	✓																	
Gingerbread Latte Almond	✓	✓														ALMOND			
Hot Chocolate																			
Hot Chocolate Milk	✓			✓															
Hot Chocolate with Rice-Coconut	✓	✓																	
Hot Chocolate Soya	✓	✓						✓											
Hot Chocolate Oat	✓	✓																	
Hot Chocolate Almond	✓	✓														ALMOND			
Caramel Hot Chocolate Milk	✓			✓															
Caramel Hot Chocolate with Rice-Coconut	✓	✓																	
Caramel Hot Chocolate Soya	✓	✓						✓											
Caramel Hot Chocolate Oat	✓	✓																	
Caramel Hot Chocolate Almond	✓	✓														ALMOND			
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