

Pret's Allergen Guide



7th January 2025 V1

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 and 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 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 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 or contact our Customer Service Team on **0207 827 8801**.

This Allergen Guide only covers food and drink sold in our UK shops



Baguettes & Sandwiches

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

We prepare our freshly made 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 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 not suitable for those with milk and 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											
Baguettes																																				
Artichoke, Tapenade & Olive	Y	Y										✓																								
Avo, Olives & Toms	Y	Y										✓																						✓		
Beef & Horseradish Baguette												✓									✓															
Brie, Tomato & Basil	Y																																			
Chicken Caesar & Bacon												✓									✓	✓		✓												
Chicken Salad Baguette												✓									✓	✓		✓												
Free Range Egg Mayo & Smoked Salmon																					✓	✓												✓		
Italian Prosciutto												✓									✓	✓		✓												
Mexican Style Avo & Pepper	Y	Y										✓																								
Mozzarella, Roasted Pepper & Pesto Baguette	Y											✓									✓			✓											✓	
Posh Cheddar & Pickle	Y											✓									✓			✓											✓	
Smoked Salmon, Egg Mayo & Avo												✓									✓	✓														
Smoked Salmon, Soft Cheese & Dill Baguette												✓										✓	✓													
Spicy Tuna																					✓	✓		✓												
Sticky Mushroom Banh Mi	Y	Y																				✓	✓												✓	
Tuna Mayo & Cucumber																					✓	✓														
Wiltshire-Cured Ham & Greve																					✓														✓	
Sandwiches																																				
Chicken, Avocado & Basil												✓									✓		✓													
Chicken Salad												✓									✓		✓													
Chicken & Pork Stuffing												✓									✓		✓												✓	
Classic Super Club												✓									✓		✓													
Crayfish & Rocket												✓									✓		✓													
Free-Range Egg Mayo	Y											✓									✓														✓	
Ham & Cheese												✓																								
Kids' Cheese & Tomato Triangles	Y											✓																								
Kids' Chicken & Cucumber Triangles												✓									✓															
Kids' Ham Triangles												✓																								
Mature Cheddar & Pickle	Y											✓									✓			✓												
Scottish Smoked Salmon												✓										✓		✓												
Super Greens & Reds	Y	Y										✓																								
The VLT	Y	Y										✓																								
Tuna Mayo & Cucumber												✓									✓	✓														

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Rolls & Wraps

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

We prepare our freshly made 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 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 not suitable for those with milk and 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												
Rolls																																					
Egg, Mustard & Tomato Rye Roll	Y											✓			✓		✓			✓																	
Jambon Buerre																	✓					✓															
Mediterranean Style Tuna Rye Roll												✓			✓		✓			✓	✓																
New Yorker Rye Roll												✓			✓		✓			✓																	
Scandi Style Salmon												✓			✓		✓			✓	✓														✓		
Veggie Deli Rye Roll	Y											✓			✓		✓			✓			✓														
Wraps																																					
Avo & Herb Wrap	Y														✓		✓			✓		✓													✓		
Chicken Pesto Wrap																				✓		✓														✓	
Chicken Satay Wrap																				✓																	
Fajita Style & Chicken Avo Wrap																				✓																	
Falafel, Avocado & Chipotle Salad Wrap	Y	Y																		✓																✓	
Hoisin Duck Salad Wrap																				✓																	
Humous & Chipotle Wrap	Y	Y									✓									✓																	
Flatbreads																																					
Pret's Greek Style Flatbread	Y																			✓		✓		✓	✓	✓										✓	
Shawarma Spiced Chicken Flatbread											✓									✓																	
Falafel, Avo & Chipotle Flatbread	Y	Y																		✓																	✓
Mediterranean Style Tuna Flatbread																				✓		✓	✓														

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Fruit & Pots

We prepare our freshly made 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 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 not suitable for those with milk and 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											
Fruit																																				
Apple	Y	Y																																		
Banana	Y	Y																																		
Easy Peeler	Y	Y																																		
Fruit Salad	Y	Y																																		
Mango & Lime	Y	Y																																		
Melon & Blueberry	Y	Y																																		
Seasons Sweetest Pineapple	Y	Y																																		
Superfruit Salad	Y	Y																																		
Pots																																				
Acai & Almond Butter Bowl	Y	Y		✓										✓																						
Banana, Honey & Yogurt Pot	Y																																			
Bircher Muesli	Y																																			
Blueberry Balance Bowl	Y																																			
Yogurt & Five Berry Pot	Y																																			
Five Berry Bowl	Y																																			
Kids' Mango & Banana Yogurt Pot	Y																																			
Mango & Banana Sunshine Bowl	Y	Y																																		
Mindful Matcha Bowl	Y																																			

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Breakfast

We prepare our freshly made 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 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 not suitable for those with milk and 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							
Almond Croissant	Y			✓												✓			✓		✓																	
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																✓			✓																		
Breakfast Baguette Free-Range Egg Mayo & Bacon																	✓			✓																		
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																✓			✓																		
Breakfast Baguette Salmon & Egg Mayo																	✓			✓	✓															✓		
British Sausages, Beans & Egg Protein Pot																				✓																		
Butter Croissant	Y																✓			✓			✓															
Coconut & Quinoa Porridge	Y	Y														✓																						
Cheese Twist	Y																✓			✓			✓															
Chocolate Croissant	Y																✓			✓			✓														✓	
Cinnamon Danish	Y																✓			✓			✓															
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 - Cranberry & Seeds	Y	Y																																				
Porridge Topper - Seed & Fruit	Y	Y																																				
Porridge Topping - Five Berry Compote	Y	Y																																				
Porridge Topping - Honey	Y																																					
Pret's Ham & Bechamel Croissant																	✓			✓			✓															
Pret's Mushroom & Bechamel Croissant																	✓			✓			✓															
Pret's Proper Porridge	Y															✓							✓															
Pret's Veggie Breakfast Ciabatta	Y																			✓			✓		✓	✓												
Roasted Mushrooms, Beans & Egg Protein Pot	Y																			✓																		
Triple Bacon Ciabatta																								✓														
Triple Sausage Ciabatta																									✓													
Ultimate Breakfast Ciabatta																									✓													
Very Berry Croissant	Y	Y																						✓														

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Cold Drinks

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

We prepare our freshly made 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 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 not suitable for those with milk and 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														
Apple Juice	Y	Y																																					
Coke (all types)	Y	Y																																					
Coconut Shot	Y	Y																																					
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																																					
Easy Greens	Y	Y																																					
Ginger Shot	Y	Y																																					
Green Tea & Peach Pret Still	Y	Y																																					
Hot Shot	Y	Y																																					
Lemon & Ginger Pret Still	Y	Y																																					
Mango Smoothie	Y																																						
Mango, Passion Fruit & Lime Pret Still	Y	Y																																					
Orange Juice	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																																					
Reusable Aluminium Water Bottle	Y	Y																																					
Sparkling Spring Water	Y	Y																																					
Still Water 500ml	Y	Y																																					
Still Water 750ml	Y	Y																																					
Vitamin Volcano	Y	Y																																					

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Pret's Hot

We prepare our freshly made 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 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 not suitable for those with milk and 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									
Chicken Arrabbiata Pasta Bake																						✓												
Chipotle Chicken Mozzarella & Feta Hot Baguette											✓						✓							✓		✓								
Chicken & Pork Stuffing Hot Baguette											✓						✓			✓													✓	
Crispy Potato Bites	Y	Y																																
Falafel & Halloumi Hot Wrap	Y																							✓		✓		✓						
Garlic & Herb Swirl	Y																							✓		✓								
Italian Style Chicken & Basil Hot Wrap																								✓										
Kale Macaroni Cheese	Y																							✓										
Macaroni Cheese Prosciutto																								✓										
Prosciutto & Mozzarella Hot Baguette											✓													✓										
Pret's Sausage Roll																										✓		✓						
Shawarma Spiced Vegetable Hot Wrap	Y	Y									✓																							
Swedish Meatball Hot Wrap																											✓							
Tomato, Red Pepper & Mozzarella Hot Baguette	Y										✓													✓										
Tuna Melt Hot Baguette											✓															✓		✓		✓				
Toasties																																		
Brie & Caramelised Onion Toastie													✓			✓		✓							✓									
Chipotle Chicken & Feta Toastie													✓			✓		✓										✓		✓				
Classic Cheese Toastie													✓			✓		✓							✓									✓
Creamy Mushroom Toastie													✓			✓		✓							✓									
Halloumi, Red Pepper & Basil Toastie													✓			✓		✓							✓		✓		✓					
Ham & Cheese Toastie													✓			✓		✓																✓
Kids' Pizza Toastie													✓												✓									
Tuna Melt Toastie													✓			✓		✓								✓		✓		✓				

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Pret's Hot

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

We prepare our freshly made 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 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 not suitable for those with milk and 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												
Soup																																					
Butternut Masala Soup	Y	Y																																			
Butternut & Sage Soup	Y	Y																																			
Chicken Laksa																																		✓	✓		
Chilli Chicken Broth																						✓												✓			
Lasagne Soup																																					
Pret's Mushroom Risotto Soup	Y	Y																																	✓		
Souper Greens	Y	Y																																			
Souper Tomato	Y	Y																																			
Soup Baguette with Butter	Y																																				✓
Soup Roll with Butter	Y																																			✓	

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Salads

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

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													
Chef's Italian Chicken Salad											✓								✓	✓	✓																	
Chicken & Greens Protein Bowl																			✓															✓				
Chicken Satay Salad																																				✓		
Egg & Spinach Protein Pot	Y																		✓																			
Humous & Falafel Mezze	Y	Y										✓																										
Kids' Humous & Cucumber Bowl	Y	Y										✓																										
Pesto, Pasta & Mozzarella	Y																						✓												✓		✓	
Petite Crayfish & Avo Salad																			✓																			
Smoked Salmon Protein Bowl																				✓	✓															✓		
Smoked Salmon & Egg Protein Pot																				✓	✓																	
Tuna Nicoise Salad																				✓	✓																	
Dressing																																						
Green Dressing	Y	Y																																			✓	
Balsamic Dressing	Y	Y																																				✓
Chilli & Lime Dressing	Y	Y																																				
French Dressing	Y	Y																																				

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Snacks

We prepare our freshly made 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 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 not suitable for those with milk and 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												
Almond Butter Protein Ball	Y	Y		✓																												✓					
BBQ Popped Chickpea Chips	Y	Y																																			
Chilli, Bean & Seed Tortilla Chips	Y	Y																																			
Cranberries in Coats	Y																						✓														
Dark Chocolate Salted Almonds	Y	Y		✓																															✓		
Fruit & Seed Bite	Y	Y																																			
Fruit, Nuts & Chocolate	Y			✓																																✓	
Mature Cheddar & Red Onion Crisps	Y																							✓													
Milk Chocolate Bar	Y																							✓												✓	
Salted Caramel Dessert Pot	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																																			
Smoky Sweet Crunch Mix	Y																																			✓	

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Sweet Treats

We prepare our freshly made 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 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 not suitable for those with milk and 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													
Almond Butter Bite	Y			✓																																✓		
Banana Fridge cake	Y																																					
Blackforest Dessert Pot	Y																																					✓
Caramel Waffle	Y																																					✓
Carrot Cake	Y																																					✓
Choc Bar	Y																																					✓
Chocolate Brownie Bar	Y																																					✓
Chocolate Chunk Cookie	Y																																					✓
Chocolate Moose Dessert Pot	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																																				✓	
Hazelnut Truffles	Y	Y					✓																															
Lemon Cake	Y			✓																																		✓
Lemon Cheesecake	Y																																					✓
Love Bar	Y			✓																																		✓
Nut Bar	Y	Y		✓																																		✓
Peach & Almond Bakewell	Y			✓																																		✓
Popcorn Bar	Y																																					✓
Pret's Caramel Shortbread	Y																																					✓
Pret's Gingerbread Biscuit (Annie & Godfrey)	Y																																					✓
Pret Bar	Y																																					✓
Pret's Chocolate Brownie Swirl	Y																																					✓
Pret's Cinnamon Crown	Y																																					✓
Scone with Jam, Butter & Clotted Cream	Y																																					✓
Stem Ginger Cookie	Y																																				✓	
Spiced Apple & Pecan Muffin	Y																																					✓
Raspberry & White Chocolate Cookie	Y																																					✓

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Platters

We prepare our freshly made 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 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 not suitable for those with milk and 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														
Breakfast Platters																																							
Breakfast Baguette Selection Platter																					✓																		
Five Berry & Bircher Bowl Platter	Y																																						
Pret's Premium Pastries Platter	Y																																						
Pret's Veggie Breakfast Ciabatta Platter	Y																																						
Pret's Mixed Breakfast Ciabatta Platter																																							
Rainbow Breakfast Bowl Platter	Y			✓																																			
Sweet Pastry Selection Box	Y			✓																																			
Triple Bacon Ciabatta Platter																																							
Triple Sausage Ciabatta Platter																																							
Pret's Ultimate Breakfast Ciabatta Platter																																							
Lunch Platters																																							
All Time Classic Platter																																							
Baguette Selection Platter																																							
Best Of Pret Platter																																							
Chef's Italian Chicken Salad Platter																																							
Humous & Falafel Mezze Salad Platter	Y	Y																																					
Pret's Classic Salad Wrap Platter																																							
Pret's Chicken Satay Salad Platter																																							
Pret's Veggie Salad Wrap Platter	Y	Y																																					
Rye Roll Platter Selection																																							
Tuna Nicoise Salad Platter																																							
Vegan Friendly Mix Platter	Y	Y																																					
Vegetarian Selection Platter	Y																																						
Veggie Classics Baguette Platter	Y																																						
Snacking Platters																																							
Brownie Bar Bag	Y																																						
Chocolate Chunk Cookie Bag	Y																																						

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Platters

We prepare our freshly made 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 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 not suitable for those with milk and 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											
				Cookie Platter	Y			✓															✓												✓	
Love Bar Bag	Y			✓										✓							✓									✓						
Pastel De Nata Platter	Y																			✓		✓														
Pret Bar Platter	Y			✓																✓		✓														
Pret's Crisp Platter	Y																					✓														
Pret's Popcorn Platter	Y	Y																																		
Pret's Snack Platter				✓																			✓													
Raspberry & White Chocolate Cookie Bag	Y																					✓														
Stem Ginger Cookie Bag	Y																					✓														

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Barista Prepared Drinks

We prepare our freshly made 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 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 not suitable for those with milk and 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																																						
Americano Black	Y	Y																																				
Americano Semi Skimmed milk	Y																																					
Americano Skimmed milk	Y																																					
Americano Coconut (instead of milk)	Y	Y																																				
Americano Oat (instead of milk)	Y	Y																																				
Americano Soya (instead of milk)	Y	Y																																				
Cappuccino Semi Skimmed milk	Y																																					
Cappuccino Skimmed milk	Y																																					
Cappuccino Coconut (instead of milk)	Y	Y																																				
Cappuccino Oat (instead of milk)	Y	Y																																				
Cappuccino Soya (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 Coconut (instead of milk)	Y	Y																																				
Flat White Oat (instead of milk)	Y	Y																																				
Flat White Soya (instead of milk)	Y	Y																																				
Latte Semi Skimmed milk	Y																																					
Latte Skimmed milk	Y																																					
Latte Coconut (instead of milk)	Y	Y																																				
Latte Oat (instead of milk)	Y	Y																																				
Latte Soya (instead of milk)	Y	Y																																				
Macchiato Semi Skimmed milk	Y																																					
Macchiato Skimmed milk	Y																																					
Macchiato Coconut (instead of milk)	Y	Y																																				
Macchiato Oat (instead of milk)	Y	Y																																				
Macchiato Soya (instead of milk)	Y	Y																																				

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Barista Prepared Drinks

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

We prepare our freshly made 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 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 not suitable for those with milk and 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													
Iced Chai Latte Coconut (instead of Milk)	Y	Y																																				
Iced Chai Latte Oat (instead of Milk)	Y	Y														✓																						
Iced Chai Latte Soya (instead of Milk)	Y	Y																																		✓		
Iced Dirty Chai Latte Semi Skimmed Milk	Y																																					
Iced Dirty Chai Latte Skimmed Milk	Y																																					
Iced Dirty Chai Latte Coconut (instead of Milk)	Y	Y																																				
Iced Dirty Chai Latte Oat (instead of Milk)	Y	Y														✓																						
Iced Dirty Chai Latte Soya (instead of Milk)	Y	Y																																			✓	
Iced Matcha Latte Semi Skimmed Milk	Y																																					
Iced Matcha Latte Skimmed Milk	Y																																					
Iced Matcha Latte Coconut (instead of Milk)	Y	Y																																				
Iced Matcha Latte Oat (instead of Milk)	Y	Y														✓																						
Iced Matcha Latte Soya (instead of Milk)	Y	Y																																			✓	
Iced Mocha Semi Skimmed Milk	Y																																					
Iced Mocha Skimmed Milk	Y																																					
Iced Mocha Coconut (instead of milk)	Y	Y																																				
Iced Mocha Oat (instead of milk)	Y	Y														✓																						
Iced Mocha Soya (instead of milk)	Y	Y																																			✓	
Iced White Americano Semi Skimmed Milk	Y																																					
Iced White Americano Skimmed Milk	Y																																					
Iced White Americano Coconut (instead of milk)	Y	Y																																				
Iced White Americano Oat (instead of milk)	Y	Y														✓																						
Iced White Americano Soya (instead of milk)	Y	Y																																			✓	

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

Barista Prepared Drinks

We prepare our freshly made 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 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 not suitable for those with milk and 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												
Pret Coolers																																					
Applejito	Y	Y																																			
Feelin' Peachy	Y	Y																																			
Mango Sunrise	Y	Y																																			
Raspberry Lemonade	Y	Y																																			
Hot Chocolate																																					
Hot Chocolate Semi Skimmed Milk	Y																																				
Hot Chocolate Skimmed Milk	Y																																				
Hot Chocolate Coconut (instead of milk)	Y	Y																																			
Hot Chocolate Oat (instead of milk)	Y	Y																																			
Hot Chocolate Soya (instead of milk)	Y	Y																																			
Hot Chocolate Powder	Y	Y																																			
Hot Chocolate Hazelnut	Y																																				
Hot Chocolate Hazelnut Skimmed	Y																																				
Hot Chocolate Hazelnut Coconut (instead of milk)	Y	Y																																			
Hot Chocolate Hazelnut Oat (instead of milk)	Y	Y																																			
Hot Chocolate Hazelnut Soya (instead of milk)	Y	Y																																			
Syrups & Toppings																																					
All Syrups	Y	Y																																			
Whipped Cream	Y																																				
Milk shot																																					
Semi Skimmed	Y																																				
Skimmed	Y																																				

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

Barista Prepared Drinks

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

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

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 (instead of milk)	Y	Y																																				
Oat (instead of milk)	Y	Y																																				
Soya (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																																					
Coconut (instead of milk) cup	Y	Y																																				
Oat (instead of milk) cup	Y	Y																																				
Soya (instead of milk) cup	Y	Y																																				
Babyccino	Y																																					
Seasonal Drinks																																						
Caramelised Almond Latte Semi Skimmed milk	Y																																					
Caramelised Almond Latte Skimmed milk	Y																																					
Caramelised Almond Latte Coconut (instead of milk)	Y	Y																																				
Caramelised Almond Latte Oat (instead of milk)	Y	Y																																				
Caramelised Almond Latte Soya (instead of milk)	Y	Y																																				
Festive Orange Hot Chocolate Semi Skimmed Milk	Y																																					
Festive Orange Hot Chocolate Skimmed Milk	Y																																					
Festive Orange Hot Chocolate Coconut (instead of milk)	Y	Y																																				
Festive Orange Hot Chocolate Oat (instead of milk)	Y	Y																																				
Festive Orange Hot Chocolate Soya (instead of milk)	Y	Y																																				
Maple Pecan Latte Semi Skimmed milk	Y																																					

We prepare our freshly made 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 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 not suitable for those with milk and egg allergies.

