

PRET QATAR ALLERGEN GUIDE

Product	Suitable for																	
	Vegetarian	Vegans	Contains these allergens															
			Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
Granary Sandwiches																		
Smoked Salmon						✓	Barley, Wheat		✓									
Classic Super Club					✓		Barley, Wheat						✓				✓	
Free Range Egg Mayo & Tomato	✓				✓		Barley, Wheat						✓				✓	
Mature Cheddar & Pickle	✓				✓		Barley, Wheat		✓				✓				✓	✓
Tuna & Jalapeno					✓	✓	Barley, Wheat						✓				✓	
Turkey & Cream Cheese							Barley, Wheat		✓								✓	
Chicken Avocado Basil					✓		Barley, Wheat						✓				✓	

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									Cow	Goat	Sheep							
Baguettes																		
Chicken Caesar & Bacon					✓	✓	Wheat		✓				✓				✓	
Posh Cheddar & Pickle	✓				✓		Barley, Wheat		✓				✓				✓	✓
Pesto Caprese (Slim)	✓				✓		Wheat		✓				✓	Pine Nuts			✓	
Tuna Mayo & Cucumber (Slim)					✓	✓	Wheat						✓				✓	
Tuna Mayo & Cucumber					✓	✓	Wheat						✓				✓	
Brie & Tapenade Baguette (Slim)	✓						Wheat		✓									
Turkey & Cheese					✓		Wheat		✓				✓			✓	✓	
Egg & Avo (Slim)	✓				✓		Wheat						✓				✓	
Avo, Olives & Toms (Slim)	✓	✓					Wheat							Pine Nuts		✓		
Lemon Chicken					✓		Wheat		✓				✓				✓	

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Cold Wraps								Cow	Goat	Sheep								
Crunchy Chipotle Chicken & Avo Wrap					✓		Wheat	✓					✓				✓	
Chicken Caesar Wrap					✓	✓	Wheat	✓									✓	
Avocado & Herb Salad Wrap	✓				✓		Wheat	✓					✓		Pine Nuts		✓	
Chicken Pesto & Rocket Wrap					✓		Wheat	✓					✓		Pine Nuts		✓	

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									Cow	Goat	Sheep							
Rice Bowls																		
Butter chicken									✓						Cashew Nuts			
Thai Green curry						✓			✓									

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Kids										Cow	Goat	Sheep							
Almond Butter & Berries Spread	✓	✓					Barley, Wheat									Almond Nuts			

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									Cow	Goat	Sheep							
Desserts																		
Chocolate Mousse					✓	✓	Wheat		✓								✓	
Lemon Cheesecake					✓	✓	Wheat		✓					Almond Nuts				
Tiramisu					✓	✓	Wheat		✓								✓	
Saffron Milk Cake	✓						Wheat		✓					Pistachio			✓	
Carrot Cake	✓				✓		Wheat		✓					Walnut				

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									Cow	Goat	Sheep							
Pots																		
Five Berry Pot	✓						Oats		✓									
Bircher Muesli	✓						Oats		✓					Pistachio Nuts				
Mango & Banana Sunshine Bowl	✓	✓					Oats											
Honey Granola Pot	✓						Oats		✓									
Coconut Chia	✓	✓												Almond Nuts				
Blue Goodness	✓						Oats		✓									
Rose Goodness Pot	✓						Oats		✓					Almond Nuts				
Almond Butter & Honey Yoghurt Pot	✓						Oats		✓					Almond Nuts				
Blue Chia Pot	✓						Oats		✓									
Mango & Yoghurt Pot	✓								✓									

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									Cow	Goat	Sheep							
Salads																		
Tamari & Ginger Chicken Salad Bowl			✓				Wheat									✓	✓	
Chicken Caesar Salad					✓	✓	Wheat		✓								✓	
Mozzarella, Pesto & Avo Salad	✓				✓				✓					Pine Nuts				
Tuna Nicoise Salad					✓	✓	Barley		✓								✓	
Greek Salad with Vinaigrette	✓						Wheat			✓	✓		✓					✓
Chefs Italian Chicken Salad					✓	✓	Barley		✓				✓	Pistachio Nuts			✓	

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									Cow	Goat	Sheep							
Hot wraps																		
Chicken Mushroom Hot Wrap			✓		✓		Wheat		✓				✓				✓	
Falafel & Halloumi Hot Wrap	✓				✓		Wheat, Barley		✓									
Italian Style Chicken & Basil Hot Wrap							Wheat, Barley		✓									

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									Cow	Goat	Sheep							
Hot Baguettes																		
Pesto Chicken					✓		Wheat		✓					Pine Nuts				
Chipotle Mozzarella	✓						Wheat		✓	✓						✓		

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									Cow	Goat	Sheep							
Toasties																		
Classic Cheese Toastie	✓				✓		Oats, Rye,Wheat		✓				✓				✓	
Super Club Toastie					✓		Oats, Rye,Wheat		✓				✓				✓	
Tuna Melt Toastie					✓	✓	Oats, Rye,Wheat		✓				✓				✓	
BBQ Pulled Beef Toastie					✓	✓	Oats, Rye,Wheat		✓				✓				✓	✓
Halloumi, Red Pepper & Basil Toastie	✓						Oat, Rye,Wheat,Barley		✓									
Turkey Melt Toastie					✓		Oats, Rye,Wheat		✓				✓				✓	
Creamy Chipotle Beef Toastie					✓	✓	Oats, Rye,Wheat		✓				✓				✓	

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									Cow	Goat	Sheep							
Mac & Cheese																		

[illegible]

A Touch of Sea Salt	✓	✓																	
Sea Salt & Balsamic Vinegar	✓	✓																	
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									Cow	Goat	Sheep								
CPG Coffee	✓	✓																	
Classic Blend (200g Ground)	✓	✓																	
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									Cow	Goat	Sheep								
Sweet Croissants	✓	✓																	
French Butter Croissant	✓				✓		Wheat		✓										
Almond Croissant	✓				✓		Wheat		✓					Almond Nuts					
Chocolate Croissant	✓				✓		Wheat		✓								✓		
Very Berry Croissant	✓	✓					Wheat												
Cinnamon Danish	✓				✓		Wheat		✓										
Cheese Twist	✓				✓		Wheat		✓										
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									Cow	Goat	Sheep								
Cookies & Muffins	✓	✓																	
Choco Chunk Cookie	✓						Wheat		✓										
Fruit & Oat Cookie	✓						Wheat, Spelt, Oats		✓										
Dark Chocolate & Almond Cookie	✓	✓					Wheat							Almond Nuts					
Double Berry Muffin	✓				✓		Wheat		✓										
Cookie Bites - Choco Chunk Cookie	✓						Wheat		✓										
Cookie Bites - Dark Chocolate & Almond Cookie	✓	✓					Wheat							Almond Nuts					
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									Cow	Goat	Sheep								
Platters	✓	✓																	
Platter Baguette	✓				✓	✓	Wheat		✓					Pine Nuts		✓	✓	✓	
Platter Sandwich	✓				✓		Wheat		✓								✓	✓	
Mozzarella Tomato Croissant	✓				✓		Wheat		✓										
Bakery Box	✓				✓		Wheat		✓					Almond Nuts			✓		
Bar Sharing Box	✓				✓		Wheat, Oats.		✓					Pistachio Nuts, Almond Nuts			✓		
Platter Cookies	✓						Wheat, Oats, Spelt		✓					Almond Nuts					
Platter Sandwich Veg.	✓				✓		Wheat, Barley		✓				✓				✓	✓	
Platter Baguette Veg.	✓				✓		Wheat, Barley		✓				✓	Pine Nuts			✓	✓	
Platter Rye Roll Selection	✓				✓	✓	Wheat, Rye, Barley		✓				✓				✓	✓	
Platter Pret's Salad Wrap	✓				✓	✓	Wheat		✓				✓	Pine Nuts			✓	✓	
Platter Best Sellers Mix	✓				✓	✓	Wheat, Barley		✓				✓				✓	✓	✓
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									Cow	Goat	Sheep								
Bags	✓	✓																	
Brownie Bar Bag	✓				✓		Wheat		✓									✓	
Choco Chunk Cookie Bag	✓						Wheat		✓										
Love Bar Bag	✓						Oats		✓					Pistachio Nuts, Almond Nuts				✓	
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									Cow	Goat	Sheep								
Water	✓	✓																	
Aqua Panna	✓	✓																	
San Pellegrino Sparkling	✓	✓																	

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									Cow	Goat	Sheep							
Fruit																		
Superfruit Salad	✔	✔																
Apple & Almond Butter Pot	✔	✔												Almond Nuts				
Mango & Lime Pot	✔	✔																
Watermelon & Lime Pot	✔	✔																
Melon & Blueberry	✔	✔																
Poms Pot	✔	✔																

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									Cow	Goat	Sheep							
Juices & Smoothies																		
Orange Juice	✓	✓																
Roots & Fruits	✓	✓																
Apple Juice	✓	✓																
Daily Greens	✓	✓																
Berry Blast	✓	✓																
Mango Passion	✓	✓																
Ginger Shot	✓	✓																
Hot Shot	✓	✓																

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									Cow	Goat	Sheep							
Carbonated Drinks																		
Coke Regular	✓	✓																
Coke Diet	✓	✓																

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									Cow	Goat	Sheep							
Syrups																		
Syrup - Caramel Syrup	✓	✓																
Syrup - Vanilla Syrup	✓	✓																
Syrup - Hazelnut Syrup	✓	✓												Hazelnuts				
Syrup - Simple Syrup	✓	✓																

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									Cow	Goat	Sheep							
Limeades																		
Orange & Hibiscus	✔	✔																
Lavendar & Butterfly Pea	✔	✔																
Pineapple & Pitaya	✔	✔																

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									Cow	Goat	Sheep							
Milks																		
Organic Whole Milk	✓								✓									
Organic Skimmed Milk	✓								✓									
Organic Oat Milk	✓	✓				Oats												
Oatly Milk Barista Edition	✓	✓				Oats												
Organic Rice Coconut Milk	✓	✓																
Alpro Coconut Milk Barista Edition	✓	✓															✓	
Organic Soya Milk	✓	✓															✓	
Organic Almond Milk	✓	✓												Almond Nuts				

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									Cow	Goat	Sheep							
Coffee																		
Coffee - Latte : Milk	✓								✓									
Coffee - Spanish Latte : Milk	✓								✓									
Coffee - Cappuccino : Milk	✓								✓									
Coffee - Flat White : Milk	✓								✓									
Coffee - Americano	✓	✓																
Coffee - Filter Coffee	✓	✓																
Coffee - Mocha : Milk	✓								✓									
Coffee - Macchiato (4oz)	✓								✓									
Coffee - Espresso (4oz)	✓	✓																

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									Cow	Goat	Sheep							
Iced Drinks																		
Iced Drinks - Latte : Milk	✔								✔									
Iced Drinks - Spanish Latte : Milk	✔								✔									
Iced Drinks - Americano	✔	✔																
Iced Drinks - Mocha : Milk	✔								✔									
Iced Drinks - Cappuccino : Milk	✔								✔									
Iced Drinks - Chocolate : Milk	✔								✔									
Iced Drinks - Matcha Latte : Milk	✔								✔									
Iced Drinks - Chocolate Chai Latte : Milk	✔								✔									
Iced Drinks - Chai Latte : Milk	✔								✔									
Iced Lemon Tea	✔	✔																

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Other Hot Drinks																		
Other Hot Drinks - Hot Chocolate:	✓																	
Other Hot Drinks - Chai Latte : Milk	✓									✓								
Other Hot Drinks - Chocolate Chai Latte: Milk	✓									✓								
Other Hot Drinks - Matcha Latte : Milk	✓									✓								
Other Hot Drinks - Hot Lemon Tea	✓	✓																

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Hot Tea									Cow	Goat	Sheep								
Hot Tea - Breakfast	✓	✓																	
Hot Tea - Earl Grey	✓	✓																	
Hot Tea- Green	✓	✓																	
Hot Tea- Peppermint	✓	✓																	

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		Suitable																
Product	Vegetarian	Vegans	Contains these allergens															
Frappes			Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
									Cow	Goat	Sheep							
Frappe - Classic	✓							✓										
Frappe - Mocha	✓							✓										

We cannot guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.