

# PRET QATAR ALLERGEN GUIDE

Product	Suitable for		Contains these allergens															
	Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
									Cow	Goat	Sheep							
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						✓				✓	
Pret Holiday lunch					✓		Barley, Wheat		✓				✓				✓	
Brie & Cranberry	✓						Barley, Wheat		✓					Pistachio nuts				
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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									Cow	Goat	Sheep							
Cold Wraps																		
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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Rice Bowls										Cow	Goat	Sheep				Nuts & Tree nuts				
Butter chicken										✓						Cashew Nuts				
Thai Green curry						✓				✓										

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									Cow	Goat	Sheep							
Kids																		
Turkey & Cream Cheese							Barley, Wheat		✓								✓	
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				
Cinnamon Pecan Bites (Ramadan)	✓				✓		Wheat		✓					Pecan nuts				
Crème Brulee Croissant Pudding (Ramadan)	✓				✓		Wheat		✓									
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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		✓									
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									Cow	Goat	Sheep							
Salads																		
Tamari & Ginger Chicken Salad Bowl			✓				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																		
Kale & Cauli Macaroni Cheese	✓		✓				Wheat		✓									
Chicken & Mushroom Pasta Box			✓				Wheat		✓								✓	

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									Cow	Goat	Sheep							
Porridge																		
Pret's Proper Porridge	✓	✓				Oats											✓	

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										Cow	Goat	Sheep							
Savoury Croissants																			
Mozzarella & Tomato	✓			✓			Wheat		✓										
Cheese Twist with Za'atar	✓			✓			Wheat		✓								✓		
Cheese & Jalapeno Hot Croissant	✓			✓			Wheat		✓				✓					✓	

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									Cow	Goat	Sheep							
Soup																		
Souper Tomato	✓	✓	✓															
Lentil Soup	✓		✓						✓									
Chicken Orzo			✓				Wheat		✓									

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									Cow	Goat	Sheep							
Hot Breakfast																		
Egg & Mushroom Croissant	✓		✓		✓		Wheat		✓									✓
Mozzarella Pesto Croissant	✓				✓		Wheat		✓					Pine Nuts				
Halloumi Za'atar Croissant	✓				✓		Wheat		✓							✓		
Turkey & Cheese croissant					✓		Wheat		✓			✓					✓	

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									Cow	Goat	Sheep							
Rye Rolls																		
Roast Beef Rye Roll					✓	✓	Wheat, Rye, Barley						✓				✓	✓
Scandi Style Salmon Rye Roll					✓	✓	Wheat, Rye, Barley						✓				✓	✓
Veggie Deli Rye Roll	✓				✓		Wheat, Rye, Barley		✓				✓				✓	✓

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								Cow	Goat	Sheep								
Bars & Packs																		
Love Bar	✓				Oat		✓						Pistachio Nuts, Almond Nuts			✓		
Popcorn Bar	✓						✓									✓		
Choc Bar	✓				Wheat		✓									✓		
Chocolate Almonds	✓	✓											Almond Nuts			✓		
Cranberries In Coats	✓						✓											
Chocolate Brownie Bar	✓			✓	Wheat		✓									✓		
Pret's Nut Bar	✓	✓											Almond Nuts			✓		
Crunchy Corn	✓	✓																
Nuts, Fruits & Chocolate	✓						✓						Almond Nuts			✓		

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									Cow	Goat	Sheep							
Chips																		
Jalapeno	✓	✓																
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		✓									

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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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Bags										Cow	Goat	Sheep							
Brownie Bar Bag		✓				✓		Wheat		✓								✓	
Choco Chunk Cookie Bag		✓						Wheat		✓									
Love Bar Bag		✓						Oats		✓					Pistachio Nuts, Almond Nuts			✓	
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Water										Cow	Goat	Sheep							
Aqua Panna		✓	✓																
San Pellegrino Sparkling		✓	✓																
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Fruit										Cow	Goat	Sheep							
Superfruit Salad		✓	✓																
Apple & Almond Butter Pot		✓	✓												Almond Nuts				
Mango & Lime Pot		✓	✓																
Watermelon & Lime Pot		✓	✓																
Melon & Blueberry		✓	✓																
Poms Pot		✓	✓																
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Juices & Smoothies										Cow	Goat	Sheep							
Orange Juice		✓	✓																
Roots & Fruits		✓	✓																
Apple Juice		✓	✓																
Daily Greens		✓	✓																
Berry Blast		✓	✓																
Mango Passion		✓	✓																
Ginger Shot		✓	✓																
Hot Shot		✓	✓																
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Carbonated Drinks										Cow	Goat	Sheep							
Coke Regular		✓	✓																
Coke Diet		✓	✓																
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
Product		Suitable for		Contains these allergens															
		Vegetarians	Vegans	Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
Syrups										Cow	Goat	Sheep							
Syrup - Caramel Syrup		✓	✓																
Syrup - Vanilla Syrup		✓	✓																
Syrup - Hazelnut Syrup		✓	✓												Hazelnuts				
Syrup - Simple Syrup		✓	✓																
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			Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
									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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Product	Suitable for 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Product	Suitable for		Contains these allergens															
			Celery & celeriac	Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
									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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									Cow	Goat	Sheep							
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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			Contains these allergens														
			Crustaceans	Egg	Fish	Gluten - cereals containing gluten	Lupin	Milk			Molluscs	Mustard	Nuts & Tree nuts	Peanut	Sesame	Soya	Sulphites
								Cow	Goat	Sheep							
Hot Tea																	
Hot Tea - Breakfast																	
Hot Tea - Earl Grey																	
Hot Tea- Green																	
Hot Tea- Peppermint																	

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			Cow	Goat	Sheep													
Frappes																		
Frappe - Classic									✓									
Frappe - Mocha									✓									

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