

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						✓				✓	
Turkey & Cream Cheese							Barley, Wheat		✓								✓	
Chicken Avocado Basil					✓		Barley, Wheat						✓				✓	

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									Cow	Goat	Sheep							
Baguettes									Cow	Goat	Sheep							
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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Rice Bowls									Cow	Goat	Sheep							
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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Desserts									Cow	Goat	Sheep							
Chocolate Mousse					✓	✓	Wheat		✓								✓	
Lemon Cheesecake					✓	✓	Wheat		✓					Almond Nuts				
Tiramisu					✓	✓	Wheat		✓								✓	
Saffron Milk Cake	✓						Wheat		✓					Pistachio			✓	

[illegible]

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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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Mac & Cheese	ans	s	Celery & celeriac				Containing gluten		Cow	Goat	Sheep			Nuts				
Kale & Cauli Macaroni Cheese	✓		✓				Wheat		✓									
Chicken & Mushroom Pasta Box			✓				Wheat		✓								✓	

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

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

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

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TABLE 1. *Continued*

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

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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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