

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																		
Classic Super Club																		
Free Range Egg Mayo & Tomato	✓																	
Mature Cheddar & Pickle	✓																	
Tuna & Jalapeno																		
Pret Holiday lunch																		
Brie & Cranberry	✓																	
Chicken Avocado Basil																		

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

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

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									Cow	Goat	Sheep							
Rice Bowls																		
Butter chicken																		
Thai Green curry																		

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									Cow	Goat	Sheep							
Kids																		
Turkey & Cream Cheese																		
Almond Butter & Berries Spread	✓	✓																

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

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

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

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

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							Cow	Goat	Sheep									
Hot Baguettes																		
Pesto Chicken																		✓
Chipotle Mozzarella																		✓

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							Cow	Goat	Sheep									
Toasties																		
Classic Cheese Toastie							✓							✓				✓
Super Club Toastie							✓							✓				✓
Tuna Melt Toastie							✓							✓				✓
BBQ Pulled Beef Toastie							✓							✓				✓
Halloumi, Red Pepper & Basil Toastie							✓							✓				✓

Turkey Melt Toastie					✓			Oats, Rye,Wheat		✓				✓				✓
Creamy Chipotle Beef Toastie					✓	✓		Oats, Rye,Wheat		✓				✓				✓

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Mac & Cheese	✓	✓																
Kale & Cauli Macaroni Cheese	✓	✓	✓															
Chicken & Mushroom Pasta Box	✓	✓																✓

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Porridge	✓	✓																
Pret's Proper Porridge	✓	✓																✓

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Savoury Croissants	✓	✓																
Mozzarella & Tomato	✓	✓			✓													
Cheese Twist with Za'atar	✓	✓			✓													✓
Cheese & Jalapeno Hot Croissant	✓	✓			✓								✓					✓

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Soup	✓	✓																
Souper Tomato	✓	✓	✓															
Lentil Soup	✓	✓	✓															
Chicken Orzo	✓	✓																✓

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

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Rye Rolls	✓	✓																
Roast Beef Rye Roll	✓	✓			✓	✓								✓				✓
Scandi Style Salmon Rye Roll	✓	✓			✓	✓								✓				✓
Veggie Deli Rye Roll	✓	✓			✓									✓				✓

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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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									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							
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	✓	✓																

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.

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

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