

Pret's Allergen Guide

The title 'Pret's Allergen Guide' is centered on the page. 'Pret's' is in a dark blue serif font. 'Allergen' is in a large, bold, orange sans-serif font. 'Guide' is in a dark blue serif font. To the left of 'Allergen' are four stars of varying sizes and colors (dark blue, orange, and light blue). To the right is a magnifying glass icon with an orange handle and frame, and a dark blue star inside the lens.

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or 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're proud to freshly prepare our food in our shop kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Our vegan products are made to a vegan recipe but are 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 Safety Authority of Ireland 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

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.ie

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



<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Baguettes, Rolls & Sandwiches</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																														
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites			
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep								
Baguettes																																	
Avo, Olives & Toms	Y	Y										✓						✓															
Chicken Caesar & Bacon												✓						✓			✓	✓	✓										
Italian Prosciutto												✓						✓			✓		✓										
Posh Cheddar & Pickle	Y											✓						✓			✓		✓							✓			
Tuna Mayo & Cucumber																		✓			✓	✓											
Ham & Emmental																		✓			✓		✓							✓			
Rolls																																	
Jambon Beurre																		✓					✓										
Sandwiches																																	
Chicken, Avocado & Basil													✓					✓			✓		✓										
Classic Super Club													✓					✓			✓												
Free-Range Egg Mayo	Y												✓					✓			✓										✓		
Ham & Cheese													✓					✓					✓										
Mature Cheddar & Pickle	Y												✓					✓			✓		✓										
Smashed Avo Open Sandwich	Y	Y													✓																		
Smoked Salmon													✓					✓				✓	✓										
Smoked Salmon & Soft Cheese Open Sandwich															✓							✓	✓										
Tuna Mayo & Cucumber													✓					✓			✓	✓											
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Wraps & Flatbreads																											
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Wraps & Flatbreads																														
Avo & Herb Salad Wrap	Y														✓		✓			✓		✓								
Chicken & Caesar Wrap															✓		✓			✓	✓	✓								
Hoisin Duck Salad Wrap															✓		✓			✓									✓	
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			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep					
Almond Croissant	Y			✓											✓			✓		✓										
Acai & Almond Butter Bowl	Y	Y		✓										✓																
Bacon & Egg Roll															✓		✓		✓		✓									
Banana, Honey & Granola Pot	Y													✓							✓									
Bircher Muesli	Y									✓				✓							✓									
Breakfast Free-Range Egg Mayo & Avocado	Y																✓		✓											
Breakfast Free-Range Egg Mayo & Bacon																			✓											
Breakfast Salmon & Egg Mayo																		✓		✓	✓						✓			
Chocolate Croissant	Y																✓		✓		✓								✓	
Cinnamon Danish	Y																✓		✓		✓									
Five Berry Bowl	Y													✓							✓									
Butter Croissant	Y																✓		✓		✓									
Ham, Cheese, Tomato & Bacon Croissant																		✓		✓		✓								
Mozzarella & Tomato Croissant	Y																✓		✓		✓									
Pain aux Raisin	Y																✓		✓		✓									
Pastel de Nata	Y																✓		✓		✓									
Pret's Bacon Roll																✓		✓				✓								
Pret's Veggie Roll	Y															✓		✓		✓		✓								
Very Berry Croissant	Y	Y																✓												
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Cold Drinks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
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Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Fruit																													
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Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep							
Apple	Y	Y																														
Banana	Y	Y																														
Classic Fruit Salad	Y	Y																														
Mango & Lime	Y																															
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<div>Contents Key: ✔ (Product Contains) Y (Suitable For)</div>			<div>Pret's Hot</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																												
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep						
Falafel & Halloumi Hot Wrap	Y													✔		✔						✔	✔	✔							
Meatless Meatball Hot Wrap	Y	Y												✔		✔															
Spicy Chicken Hot Wrap														✔		✔							✔								
Focaccia & Toasties																															
Classic Cheese Toastie													✔		✔	✔		✔		✔		✔						✔			
Ham, Cheese & Mustard Toastie													✔		✔	✔		✔		✔		✔					✔				
Tuna Melt Toastie													✔		✔	✔		✔		✔	✔	✔									
Soup																															
Red Thai Veg Soup	Y	Y																													✔
Souper Tomato	Y	Y																													
Stone Baked Losange	Y	Y														✔															
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Pret At Home</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																											
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphite
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep												
Product	Vegetarians	Vegan Friendly																												
Coffee - Classic Blend Ground	Y	Y																												
Coffee - Espresso Beans	Y	Y																												
Coffee - Single Origin Ground	Y	Y																												
<div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																														

<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			Salad & Platters																												
			<div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																												
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites		
				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										✓											✓	✓	✓								
Egg & Spinach Protein Pot	Y																				✓										
Smoked Salmon Protein Box																					✓	✓								✓	
Smoked Salmon & Egg Protein Pot																					✓	✓									
Tuna Nicoise Salad																					✓	✓									
Tricolore Salad	Y																							✓							
Dressing																															
French Dressing	Y	Y																													
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Contents Key: ✓ (Product Contains) Y (Suitable For)			Snacks																											
			We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.																											
Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphite
				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		✓																									✓	
Chilli, Bean & Seed Tortilla Chips	Y	Y																												
Cranberries in Coats	Y																							✓						
Dark Chocolate Salted Almonds	Y	Y		✓																									✓	
Mature Cheddar & Red Onion Crisps	Y																								✓					
Fruit, Nuts & Chocolate	Y			✓																					✓				✓	
Pret A Mango	Y	Y																												
Sea Salt Popcorn	Y	Y																												
Sea Salt & Cider Vinegar Crisps	Y	Y																												
Sea Salt Crisps	Y	Y																												
Smoked Chipotle Crisps	Y	Y																												
Sweet & Salt Popcorn	Y	Y																												
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Sweet Treats</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																												
			Peanut	Tree Nuts								Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	
Almond	Brazil Nuts	Cashews		Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)	Oats		Rye	Spelt (Wheat)	Wheat	Cow	Goat	Sheep													
Product	Vegetarians	Vegan Friendly																													
Choc Bar	Y																														
Chocolate Brownie Bar	Y																														
Chocolate Moose	Y																														
Dark Chocolate & Almond Butter Cookie	Y	Y		✓																											
Dark Chocolate Corn Cakes	Y																														
Lemon Cheesecake	Y																														
Love Bar	Y			✓																											
Nutty Salted Caramel Brownie	Y			✓																											
Popcorn bar	Y																														
Pret Bar	Y																														
Raspberry & Almond Bakewell Tart	Y			✓																											
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<div>Contents Key:</div> <div>✓ (Product Contains)</div> <div>Y (Suitable For)</div>			<div>Barista Prepared Drinks</div> <div>We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.</div>																											
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Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep					
Coffee																														
Americano Black (add milk or milk alternative if White Americano)	Y	Y																												
Cappuccino Low Fat milk	Y																					✓								
Cappuccino Soya (instead of milk)	Y	Y																											✓	
Cappuccino Rice Coconut (instead of milk)	Y	Y																												
Cappuccino Oat (instead of milk)	Y	Y												✓																
Espresso	Y	Y																												
Flat White Low Fat milk	Y																					✓								
Flat White Soya (instead of milk)	Y	Y																											✓	
Flat White Rice Coconut (instead of milk)	Y	Y																												
Flat White Oat (instead of milk)	Y	Y												✓																
Latte Low Fat milk	Y																					✓								
Latte Soya (instead of milk)	Y	Y																											✓	
Latte Oat (instead of milk)	Y	Y												✓																
Latte Rice Coconut (instead of milk)	Y	Y																												
Macchiato Low Fat milk	Y																					✓								
Macchiato Soya (instead of milk)	Y	Y																											✓	
Macchiato Oat (instead of milk)	Y	Y												✓																
Macchiato Rice Coconut (instead of milk)	Y	Y																												
Mocha Low Fat milk	Y																					✓								
Mocha Soya (instead of milk)	Y	Y																											✓	
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat						Sheep	
Mocha Rice Coconut (instead of milk)	Y	Y																													
Mocha Oat (instead of milk)	Y	Y												✓																	
Chai Latte	Y																					✓									
Chai Latte Rice Coconut (instead of Milk)	Y	Y																													
Matcha Latte Rice Coconut (instead of Milk)	Y	Y																													
Turmeric Latte Rice Coconut (instead of Milk)	Y	Y																													
Frappés																															
Classic Frappé Low Fat milk	Y																					✓									
Chocolate Frappé Low Fat milk	Y																					✓									
Mocha Frappé Low Fat milk	Y																					✓									
Decaf Mocha Frappé Low Fat milk	Y																					✓									
Caramel Shake Low Fat milk	Y																					✓									
Hazelnut Shake Low Fat milk	Y																					✓									
Vanilla Shake Low Fat milk	Y																					✓									
Frappé Mix	Y																					✓									
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			Product	Vegetarian	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites
Almond	Brazil Nuts	Cashews					Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Barley	Kamult (Wheat)		Oats	Rye	Spelt (Wheat)	Wheat	Cow	Goat					Sheep							
Iced Drinks																																
Iced Latte Low Fat milk	Y																							✓								
Iced Latte Soya (instead of milk)	Y	Y																													✓	
Iced Latte Rice Coconut (instead of milk)	Y	Y																														
Iced Latte Oat (instead of milk)	Y	Y													✓																	
Iced Mocha Low Fat milk	Y																								✓							
Iced Mocha Soya (instead of milk)	Y	Y																													✓	
Iced Mocha Rice Coconut (instead of milk)	Y	Y																														
Iced Mocha Oat (instead of milk)	Y	Y													✓																	
Iced White Americano Low Fat Milk	Y																								✓							
Iced White Americano Oat (instead of milk)	Y	Y													✓																	
Iced White Americano Soya (instead of milk)	Y	Y																													✓	
Iced White Americano Rice Coconut (instead of milk)	Y	Y																														
Turmeric Iced Latte Rice Coconut	Y	Y																														
Hot Chocolate																																
Hot Chocolate Low Fat milk	Y																								✓							
Hot Chocolate Soya (instead of milk)	Y	Y																													✓	
Hot Chocolate Rice Coconut (instead of milk)	Y	Y																														
Hot Chocolate Oat (instead of milk)	Y	Y													✓																	
Hot Chocolate Powder	Y	Y																														
Hot Chocolate Hazelnut	Y																								✓							
Hot Chocolate Hazelnut Soya	Y	Y																													✓	
Hot Chocolate Hazelnut Rice-Coconut	Y	Y																														
Hot Chocolate Hazelnut Oat	Y	Y													✓																	
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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat	Cow					Goat	Sheep						
Smoothies																															
Berries and Cherries	Y	Y																													
Sweet Greens	Y	Y																													
Tropical Peach	Y	Y																													
Cold Brew																															
Cold Brew (no milk)	Y	Y																													
Cold Brew Low Fat Milk	Y																							✓							
Cold Brew Soya (instead of milk)	Y	Y																												✓	
Cold Brew Oat (instead of milk)	Y	Y												✓																	
Cold Brew Rice Coconut (instead of milk)	Y	Y																													
Syrups & Toppings																															
All Syrups	Y	Y																													
Whipped Cream	Y																							✓							
Milk shot																															
Low Fat	Y																							✓							
Soya (instead of milk)	Y	Y																												✓	
Rice Coconut (instead of milk)	Y	Y																													
Oat (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																													
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Milk / instead of milk cup																															
Low Fat milk cup	Y																							✓							
Soya (instead of milk) cup	Y	Y																												✓	
Rice Coconut (instead of milk) cup	Y	Y																													
Oat (instead of milk) cup	Y	Y													✓																
Babyccino	Y																							✓							
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