

# Pret's Allergen Guide

**GB Pret Shops**

We prepare our fresh food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or Barista-made drinks are allergen-free or suitable for those with allergies 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 Pret products sold in our shops (for branded products please review the individual product), 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.

While the products in this guide may not contain a specific allergen, we can't guarantee that any of our food is completely free from any allergen.

**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, recipes can differ shop to shop.

Where a product contains **"Cereals containing Gluten"** or **"Nuts"**, you will find a specific ingredient listed, for example **"Wheat"** or **"Cashews"**.

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**In line with recommendations from The Vegan Society, we are using the term "Vegan-friendly" to label products that are made to a vegan recipe, but may not be made in dedicated vegan sites. In these sites we have as many steps as possible to reduce the risk of cross-contact.**

## For delivery orders:

We cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Pret orders or orders from other businesses along with your Pret order.

**The Food Standards Agency 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

In addition we also declare Pine Nuts as an allergen.

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 are looking for **please ask the Manager**, they will 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.co.uk](http://www.pret.co.uk) or contact our Customer Service Team on **0207 827 8801**.

**This allergen guide only covers food and drink sold in our GB Pret Shops.**

**Contents Key:**  
 ✓ (Product Contains)  
 Y (Suitable For)

# Baguettes & Sandwiches

We prepare our freshly made food and Barista-made drinks in our shops every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but not suitable for those with milk and egg allergies.

Product	Vegetarians	Vegan Friendly	Peanut	Tree Nuts							Sesame	Cereals containing gluten						Crustacean	Celery and celeriac	Egg	Fish	Milk			Lupin	Molluscs	Mustard	Soya	Sulphites	Pine Nuts						
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep					
<b>Baguettes</b>																																				
Avo, Olive & Toms Baguette	Y	Y									✓						✓																	✓		
Brie, Tomato & Basil Baguette	Y																✓																			
Caesar Supreme Stone-Baked Baguette											✓						✓			✓	✓	✓														
Chicken Caesar & Bacon Baguette											✓						✓			✓	✓	✓														
Chicken Salad Baguette																	✓			✓		✓														
Free Range Egg Mayo & Smoked Salmon Baguette																	✓			✓														✓		
Italian Prosciutto Baguette											✓						✓			✓		✓														
Mediterranean Style Tuna Stone-Baked Baguette											✓						✓			✓	✓															
Mozzarella, Roasted Tomato & Pesto Baguette	Y										✓						✓			✓		✓													✓	
Pole & Line Caught Tuna Mayo & Cucumber Baguette																	✓			✓																
Posh Cheddar & Pickle Baguette	Y										✓						✓			✓		✓														
Posh Cheddar & Pickle Stone-Baked Baguette	Y										✓						✓			✓		✓														
Pret's Chicken Satay Baguette																				✓															✓	
Smoked Salmon, Egg Mayo & Avo Baguette											✓						✓			✓	✓															
Smoked Salmon, Soft Cheese & Dill Baguette											✓						✓			✓		✓														
Thai Style Chicken Baguette																				✓		✓													✓	
The Greek-ish Chicken Baguette											✓						✓			✓		✓														
Wiltshire-Cured Ham & Greve Baguette																				✓		✓													✓	
<b>Sandwiches</b>																																				
All-Day Breakfast Triple																	✓			✓																
BLT																	✓			✓		✓														
Chicken Salad																	✓			✓		✓														
Chicken, Avocado & Basil																	✓			✓		✓														
Classic Super Club																	✓			✓		✓														
Crayfish & Rocket																	✓			✓		✓														
Egg Florentine	Y																✓			✓		✓														
Everyday Triple																	✓			✓		✓														
Free-Range Egg Mayo	Y																✓			✓		✓														
Ham & Cheese																	✓			✓		✓														
Humous & Veg	Y	Y									✓						✓			✓		✓														
Kids' Cheese & Tomato Triangles	Y																✓			✓		✓														
Kids' Chicken & Cucumber Triangles																	✓			✓		✓														
Kids' Ham Triangles																	✓			✓		✓														
Mature Cheddar & Pickle	Y																✓			✓		✓														
Scottish Smoked Salmon																				✓		✓														
Super Greens & Reds	Y	Y															✓			✓		✓														
Tuna & Cucumber																	✓			✓		✓														

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# Rolls & Wraps

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye					Spelt (Wheat)	Wheat	Cow							Goat	Sheep						
<b>Rolls</b>																																					
Falafel, Avo & Slaw Rye Roll	Y	Y										✓				✓				✓																	
Jambon Buerre																																					
New Yorker Rye Roll												✓				✓				✓																	
Scandi Style Salmon Rye Roll												✓				✓				✓	✓																
Scottish Smoked Salmon & Dill Rye Roll												✓				✓					✓	✓															
Veggie Deli Rye Roll	Y											✓				✓				✓	✓																
<b>Wraps</b>																																					
Avo & Herb Salad Wrap	Y															✓				✓		✓													✓		
Chicken Pesto & Rocket Wrap																					✓		✓													✓	
Falafel, Avocado & Chipotle Wrap	Y	Y														✓																				✓	
Hoisin Duck Salad Wrap																					✓																
Humous & Chipotle Wrap	Y	Y										✓									✓																
Pret's Chicken Satay Wrap																					✓															✓	
<b>Flatbreads</b>																																					
Chicken Ceasar & Roasted Pistachio Lebanese Style Flatbread													✓								✓	✓	✓														
Falafel, Avo & Chipotle Flatbread	Y	Y																																			✓
Falafel, Avo & Coriander Lebanese Style Flatbread	Y	Y																																			✓
Mediterranean Style Tuna Flatbread																					✓	✓															
Shawarma Spiced Chicken Flatbread												✓																									

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# Fruit & Pots

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
<b>Fruit</b>																																				
Apple	Y	Y																																		
Banana	Y	Y																																		
Best of Season Fruit Pot	Y	Y																																		
Fruit Salad	Y	Y																																		
Mango & Lime	Y	Y																																		
Pret's Sweetest Pineapple	Y	Y																																		
Superfruit Salad	Y	Y																																		
Watermelon & Lime	Y	Y																																		
<b>Pots</b>																																				
Acai & Almond Butter Bowl	Y	Y		✓											✓																					
Banana, Honey & Yogurt Pot	Y																																			
The Big Apple Bowl	Y														✓																					
Bircher Muesli Bowl	Y														✓																					
Blueberry Balance Bowl	Y														✓																					
Five Berry Bowl	Y														✓																					
Kids' Mango & Banana Yogurt Pot	Y																																			
Mango & Banana Sunshine Bowl	Y	Y													✓																					
Yogurt & Five Berry Pot	Y																																			

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# Breakfast

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
<b>Bakery</b>																																					
All Butter Croissant	Y																																				
Almond Croissant	Y			✓																																	
Chocolate Croissant	Y																																				
Cinnamon Danish	Y																																				
Pain aux Raisin	Y																																				
Pastel de Nata	Y																																				
Very Berry Croissant	Y	Y																																			
<b>Breakfast Baguettes</b>																																					
Breakfast Baguette Free-Range Egg Mayo & Avocado	Y																																				
Breakfast Baguette Free-Range Egg Mayo & Bacon																																					
Breakfast Baguette Roasted Tomatoes & Egg Mayo	Y																																				
Breakfast Baguette Salmon & Egg Mayo																																					
<b>Breakfast Ciabattas</b>																																					
Sausage & Bacon Ciabatta																																					
Pret's Veggie Breakfast Ciabatta	Y																																				
Triple Bacon Ciabatta																																					
Triple Sausage Ciabatta																																					
Ultimate Breakfast Ciabatta																																					
<b>Breakfast Toasts</b>																																					
Banana & Cinnamon Butter Sourdough Toast	Y																																				
Smashed Avocado Sourdough Toast	Y	Y																																			
Sourdough Toast with Jam & Butter	Y																																				
<b>Hot Breakfast Croissants</b>																																					
Ham, Cheese, Tomato & Bacon Croissant																																					
Mozzarella & Tomato Croissant	Y																																				
<b>Porridge &amp; Toppings</b>																																					
Coconut & Quinoa Porridge	Y	Y																																			
Pret's Proper Porridge	Y																																				
The Big Apple Porridge	Y																																				
Banana & Cinnamon Butter Topping	Y																																				
Cranberry Seed Topper	Y	Y																																			
Five Berry Compote Topping	Y	Y																																			
Fresh Berry Topping	Y	Y																																			
Honey Topping	Y																																				
<b>Protein Pots</b>																																					
British Sausages, Beans & Egg Protein Pot																																					
Roasted Mushrooms, Beans & Egg Protein Pot	Y																																				

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# Salads

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep													
Butternut Mezze	Y	Y									✓																											
Butternut & Chickpea Mezze	Y	Y									✓																											
Chef's Italian Chicken Salad																			✓	✓	✓																	
Chicken & Greens Protein Bowl																			✓																	✓		
Chicken Satay Salad																																					✓	
Chipotle Chicken																																					✓	
Egg & Spinach Protein Pot	Y																		✓																			
Golden Roasted Salmon & Mango Salad																																					✓	✓
Humous & Falafel Mezze	Y	Y										✓																										
Kids' Humous & Cucumber Bowl	Y	Y										✓																										
Lebanese Style Mezze Salad	Y	Y										✓																										
Miso Salmon																																					✓	
Pesto, Pasta & Mozzarella	Y																																				✓	✓
Petite Crayfish & Avo Salad																																						✓
Pret's Chicken Ceasar																				✓	✓	✓																
Shawarma Chicken												✓																										
Smoked Salmon & Egg Protein Pot																				✓	✓																	
Smoked Salmon Protein Bowl																				✓	✓																✓	
Tuna Nicoise Salad																				✓	✓																	
<b>Dressing</b>																																						
Balsamic Dressing	Y	Y																																			✓	
Chilli & Lime Dressing	Y	Y																																				
French Dressing	Y	Y																																				
Green Dressing	Y	Y																																			✓	
Miso & Orange Dressing	Y	Y																																			✓	

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# Pret's Hot

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep										
<b>Bakes</b>																																			
Crispy Potato Bites	Y	Y																																	
High Protein Frittata	Y																																		
Kale Macaroni Cheese	Y																																		
Macaroni Cheese Prosciutto																																			
<b>Bloomer Toasties</b>																																			
Classic Cheese Bloomer Toastie																																			
Ham & Cheese Bloomer Toastie																																			
Kids' Pizza Toastie																																			
Tuna Melt Bloomer Toastie																																			
<b>Hot Baguettes</b>																																			
Chipotle Chicken, Feta & Greve Hot Baguette																																			
Prosciutto & Mozzarella Hot Baguette																																			
Tomato, Red Pepper & Mozzarella Hot Baguette	Y																																		
Tuna Melt Hot Baguette																																			
<b>Hot Ciabattas</b>																																			
British Chicken & Pesto Ciabatta Sub																																			
Meatball & Red Pepper Tapenade Ciabatta Sub																																			
<b>Hot Croissants</b>																																			
Pret's Sausage Roll																																			
Roasted Tomato & Free-Range Egg Mayo Croissant																																			
Scottish Smoked Salmon & Free-Range Egg Mayo Croissant																																			

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep							
<b>Hot Wraps</b>																																						
Falafel & Halloumi Hot Wrap	Y																																					
Italian Style Chicken & Basil Hot Wrap																																						
Mexican Style Bean Hot Wrap	Y																																					
Shawarma Spiced Vegetable Hot Wrap	Y	Y																																				
Swedish Meatball Hot Wrap																																						
<b>Soup</b>																																						
Chicken Laksa																																						
Chunky Moroccan Style Chickpea Soup	Y	Y																																				
Pret's Lasagne Soup																																						
Pret's Mushroom Risotto Soup	Y	Y																																				
Rich Garam Masala Lentil Soup	Y	Y																																				
Souper Tomato	Y	Y																																				
Spicy Lemongrass Chicken Broth																																						
<b>Soup Toppings</b>																																						
Pesto Drizzle	Y																																					
Soup Baguette with Butter	Y																																					
Soup Roll with Butter	Y																																					
Sourdough Croutons	Y	Y																																				
Sourdough Soup Bread with Butter	Y																																					
<b>Sourdough Toasties</b>																																						
Mozzarella & Cheddar Sourdough Toastie																																						
Pret's Ultimate British Bacon Sourdough Toastie																																						
Three Cheese Sourdough Toastie																																						
Tuna & Cheddar Melt Sourdough Toastie																																						
Tuna & Grevé Sourdough Toastie																																						
Wiltshire Ham & Cheddar Melt Sourdough Toastie																																						
Wiltshire Ham & Cheese Sourdough Toastie																																						

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# Sweet Treats

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
<b>Bakery</b>																																				
Apple & Cinnamon Crown	Y												✓																							
Blueberry & Vanilla Crown	Y												✓																							
Caramelised Almond Brownie	Y			✓																																
Love Stack	Y			✓										✓																						
Pret's Chocolate Brownie Swirl	Y																																			
Pret's Cinnamon Crown	Y																																			
Raspberry & Almond Bakewell Slice	Y			✓																																
Ruby Berry Crown	Y																																			
<b>Cookies</b>																																				
Chocolate Chunk Cookie	Y																																			
Dark Chocolate & Almond Butter Cookie	Y	Y		✓																																
Fruit, Oat & Spelt Cookie	Y													✓																						
Raspberry & White Chocolate Cookie	Y																																			
<b>Counter Bars</b>																																				
Choc Bar	Y																																			
Chocolate Brownie Bar	Y																																			
Love Bar	Y			✓										✓																						
Popcorn Bar	Y																																			
Pret Bar	Y																																			
<b>Dessert Pots</b>																																				
Chocolate Moose Dessert Pot	Y																																			
Lemon Cheesecake Pot	Y																																			
<b>Fridge Cakes</b>																																				
Banana Fridge cake	Y																																			
Carrot Cake	Y																																			

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio		Walnut	Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)					Wheat	Cow	Goat							Sheep		
<b>Loaf Cakes</b>																																	
Nutty Pistachio & Almond Loaf Cake	Y			✓						✓									✓		✓												
Zingy Lemon & Almond Loaf Cake	Y			✓															✓		✓												
<b>Muffins</b>																																	
Double Berry Muffin	Y																			✓		✓		✓									
Spiced Apple & Pecan Muffin	Y									✓										✓		✓		✓									

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# Platters

**Contents Key:**  
**✓ (Product Contains)**  
**Y (Suitable For)**

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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	Pine Nuts							
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep													
<b>Breakfast Platters</b>																																						
Breakfast Baguette Selection Platter																																						
Five Berry & Bircher Bowl Platter	Y																																					
Pret's Mixed Breakfast Ciabatta Platter																																						
Pret's Premium Pastries Platter	Y																																					
Pret's Ultimate Breakfast Ciabatta Platter																																						
Pret's Veggie Breakfast Ciabatta Platter	Y																																					
Spring Breakfast Bowl Platter	Y																																					
Sweet Pastry Selection Box	Y																																					
Triple Bacon Ciabatta Platter																																						
Triple Sausage Ciabatta Platter																																						
<b>Lunch Platters</b>																																						
All Time Classic Platter																																						
Baguette Selection Platter																																						
Best Of Pret Platter																																						
Best of the Baguettes Platter																																						
Charcuterie Platter																																						
Chef's Italian Chicken Salad Platter																																						
Flatbread Platter																																						
Golden Roasted Salmon & Mango Salad Platter																																						
Humous & Falafel Mezze Salad Platter	Y	Y																																				
Kids' Cheese & Tomato Triangles Platter	Y																																					
Kids' Ham Triangles Platters																																						
Kids' Mixed Triangles Platter																																						
Mac & Cheese Hot Platter																																						
Pret Classics Platter																																						
Pret Favourites Mix Platter																																						
Pret's Chicken Satay Salad Platter																																						
Pret's Classic Salad Wrap Platter																																						
Pret's Fruit Pot Platter	Y	Y																																				
Pret's Ploughmans Platter	Y																																					
Pret's Simple Vegan Friendly Platter	Y	Y																																				
Pret's Veggie Salad Wrap Platter	Y	Y																																				
Rye Roll Selection Platter																																						
Tuna Nicoise Salad Platter																																						

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# Barista Prepared Drinks

**Contents Key:**  
 ✓ (Product Contains)  
 Y (Suitable For)

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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	Pine Nuts			
				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamut (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep									
<b>Coffee</b>																																		
Americano Black	Y	Y																																
Americano Semi Skimmed milk	Y																																	✓
Americano Skimmed milk	Y																																	✓
Americano Coconut (instead of milk)	Y	Y																																
Americano Oat (instead of milk)	Y	Y																																✓
Americano Soya (instead of milk)	Y	Y																																✓
Cappuccino Semi Skimmed milk	Y																																	✓
Cappuccino Skimmed milk	Y																																	✓
Cappuccino Coconut (instead of milk)	Y	Y																																
Cappuccino Oat (instead of milk)	Y	Y																																✓
Cappuccino Soya (instead of milk)	Y	Y																																✓
Espresso	Y	Y																																
Filter - Black Coffee (add milk or milk alternative if White Americano)	Y	Y																																
Flat White Semi Skimmed milk	Y																																	✓
Flat White Skimmed milk	Y																																	✓
Flat White Coconut (instead of milk)	Y	Y																																
Flat White Oat (instead of milk)	Y	Y																																✓
Flat White Soya (instead of milk)	Y	Y																																✓
Latte Semi Skimmed milk	Y																																	✓
Latte Skimmed milk	Y																																	✓
Latte Coconut (instead of milk)	Y	Y																																
Latte Oat (instead of milk)	Y	Y																																✓
Latte Soya (instead of milk)	Y	Y																																✓
Macchiato Semi Skimmed milk	Y																																	✓
Macchiato Skimmed milk	Y																																	✓
Macchiato Coconut (instead of milk)	Y	Y																																
Macchiato Oat (instead of milk)	Y	Y																																✓
Macchiato Soya (instead of milk)	Y	Y																																✓
Mocha Semi Skimmed milk	Y																																	✓
Mocha Skimmed milk	Y																																	✓
Mocha Coconut (instead of milk)	Y	Y																																
Mocha Oat (instead of milk)	Y	Y																																✓
Mocha Soya (instead of milk)	Y	Y																																✓

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