

# Pret's Allergen Guide



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 and 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.

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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 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'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.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 UK shops



# Baguettes & Sandwiches

**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>Baguettes</b>																																		
Artichoke Antipasti Baguette	Y	Y									✓					✓																		
Artichoke, Tapenade & Olive	Y	Y									✓					✓																		
Herby Avo & Red Pepper Baguette	Y	Y									✓					✓																		
Avo, Olives & Toms	Y	Y									✓					✓																	✓	
Brie, Tomato & Basil	Y															✓						✓												
Chicken Caesar & Bacon											✓					✓				✓	✓	✓												
Chicken Salad Baguette											✓					✓				✓	✓	✓												
Smoked Salmon, Egg Mayo & Avo											✓					✓				✓	✓	✓												
Italian Prosciutto											✓					✓				✓		✓												
Mexican Style Avo & Pepper	Y	Y									✓					✓																		
Posh Cheddar & Pickle	Y										✓					✓				✓		✓												
Free Range Egg Mayo & Smoked Salmon											✓					✓				✓	✓	✓												
Mozzarella, Roasted Pepper & Pesto Baguette	Y										✓					✓				✓		✓												✓
Spicy Tuna											✓					✓				✓	✓	✓												
Sticky Mushroom Bahn Mi	Y	Y									✓					✓				✓		✓												
Sweet Chili Chicken Baguette											✓					✓				✓		✓												
Tuna Mayo & Cucumber											✓					✓				✓	✓													
Tuna Nicoise											✓					✓				✓	✓	✓												
Wiltshire-Cured Ham & Greve											✓					✓				✓		✓												
<b>Sandwiches</b>																																		
BLT																✓				✓		✓												
Chicken, Avocado & Basil																✓				✓		✓												
Chicken Salad																✓				✓		✓												
Classic Super Club																✓				✓		✓												
Crayfish & Rocket																✓				✓		✓												
Free-Range Egg Mayo	Y															✓				✓		✓												
Ham & Cheese																✓				✓		✓												
Humous & Veg	Y	Y									✓					✓				✓		✓												
Kids' Cheese Triangles	Y															✓				✓		✓												
Kids' Chicken & Cucumber Triangles																✓				✓		✓												
Kids' Ham Triangles																✓				✓		✓												
Mature Cheddar & Pickle	Y															✓				✓		✓												
Scottish Smoked Salmon																✓				✓		✓												
Super Greens & Reds	Y	Y														✓				✓		✓												
Tuna Mayo & Cucumber																✓				✓	✓													
The VLT	Y	Y														✓				✓		✓												

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# Rolls & Wraps

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep											
				<b>Rolls</b>																																
Egg, Mustard & Tomato Rye Roll	Y												✓			✓		✓																		
Jambon Buerre																						✓														
Mediterranean Style Tuna Rye Roll																						✓	✓													
New Yorker Rye Roll																						✓														
Scandi Style Salmon																						✓	✓												✓	
Veggie Deli Rye Roll	Y																					✓														
<b>Wraps</b>																																				
Avo & Herb Wrap	Y																					✓		✓												✓
Chicken Pesto Wrap																						✓		✓												✓
Chicken Satay Wrap																						✓														
Fajita Chicken & Avo Wrap																																				
Falafel, Avocado & Chipotle Salad Wrap	Y	Y																																		✓
Hoisin Duck Salad Wrap																							✓													
Humous & Chipotle Wrap	Y	Y																																		
Thai Style Avo & Slaw Wrap	Y	Y																																		
Tandoori Bhaji Salad Wrap	Y																						✓		✓											✓

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# Breakfast

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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			✓																✓									✓			✓				
Bacon & Egg Breakfast Roll																		✓			✓																			
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																					✓	✓																		
Butter Croissant	Y																				✓			✓																
Cheese Twist	Y																				✓			✓																
Chocolate Croissant	Y																				✓			✓																
Cinnamon Danish	Y																				✓			✓																
Ham, Cheese, Tomato & Bacon Croissant																					✓			✓																
Mozzarella & Tomato Croissant	Y																				✓			✓																
Pain aux Raisin	Y																				✓			✓																
Pastel de Nata	Y																				✓			✓																
Porridge Topper - Chocolate, Banana & Coconut	Y	Y																																						
Porridge Topper - Cranberry & Seeds	Y	Y																																						
Porridge Topper - Seed & Fruit	Y	Y																																						
Porridge Topping - Five Berry Compote	Y	Y																																						
Porridge Topping - Honey	Y																																							
Pret's Bacon Breakfast Roll																																								
Pret's Proper Porridge	Y																																							
Pret's Protein-Packed Shakshuka	Y																																							
Pret's Veggie Breakfast Roll	Y																																							
Sausage & Egg Breakfast Roll																																								
Very Berry Croissant	Y	Y																																						

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# Fruit & Pots

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				Almond	Brazil Nuts	Cashews	Hazelnut	Macadamia	Pecan	Pistachio	Walnut		Barley	Kamult (Wheat)	Oats	Rye	Spelt (Wheat)	Wheat					Cow	Goat	Sheep												
<b>Fruit</b>																																					
Apple	Y	Y																																			
Banana	Y	Y																																			
Easy Peeler	Y	Y																																			
Fruit Salad	Y	Y																																			
Mango & Lime	Y	Y																																			
Melon & Blueberry	Y	Y																																			
Superfruit Salad	Y	Y																																			
Watermelon & Lime	Y	Y																																			
<b>Pots</b>																																					
Acai & Almond Butter Bowl	Y	Y		✓										✓																							
Banana, Honey & Yogurt Pot	Y																																				
Bircher Muesli	Y													✓																							
Yogurt & Five Berry Pot	Y																																				
Five Berry Bowl	Y																																				
Kids' Mango & Banana Yogurt Pot	Y																																				
Mango & Banana Sunshine Bowl	Y	Y																																			
The Big Apple Bowl	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														
<b>Soup</b>																																			
Butternut Masala Soup	Y	Y																																	
Chicken Laksa																																	✓	✓	
Lasagne Soup																																			
Red Thai Veg Soup	Y	Y																																✓	
Souper Greens	Y	Y																																	
Souper Tomato	Y	Y																																	
Spicy Lemongrass Chicken Broth																																		✓	
Sunshine Dhal	Y	Y																																	
Soup White Baguette	Y	Y																																	✓
Barley & Rye Soup Roll	Y	Y																																✓	
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# Barista Prepared 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								
Coffee																																							
Americano Black	Y	Y																																					
Americano Semi Skimmed milk	Y																																						
Americano Skimmed milk	Y																																						
Americano Soya (instead of milk)	Y	Y																																					
Americano Coconut (instead of milk)	Y	Y																																					
Americano Oat (instead of milk)	Y	Y																																					
Cappuccino Semi Skimmed milk	Y																																						
Cappuccino Skimmed milk	Y																																						
Cappuccino Soya (instead of milk)	Y	Y																																					
Cappuccino Coconut (instead of milk)	Y	Y																																					
Cappuccino Oat (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 Soya (instead of milk)	Y	Y																																					
Flat White Coconut (instead of milk)	Y	Y																																					
Flat White Oat (instead of milk)	Y	Y																																					
Latte Semi Skimmed milk	Y																																						
Latte Skimmed milk	Y																																						
Latte Soya (instead of milk)	Y	Y																																					
Latte Oat (instead of milk)	Y	Y																																					
Latte Coconut (instead of milk)	Y	Y																																					

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