

# 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

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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	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>																																					
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 Chilli 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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 ✓ (Product Contains)  
 Y (Suitable For)

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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>																																				
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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# 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														
Apple Juice	Y	Y																																					
Coke (all types)	Y	Y																																					
Cranberry, Raspberry & Pomegranate Pret Still	Y	Y																																					
Easy Greens	Y	Y																																					
Ginger Shot	Y	Y																																					
Green Tea & Peach Pret Still	Y	Y																																					
Hot Shot	Y	Y																																					
Lemon & Ginger Pret Still	Y	Y																																					
Mango Smoothie	Y	Y																																					
Mango, Passion Fruit & Lime Pret Still	Y	Y																																					
Orange Juice	Y	Y																																					
Pret Apple Fizz	Y	Y																																					
Pret Cucumber & Mint Seltzer	Y	Y																																					
Pret Ginger Beer	Y	Y																																					
Pret Ginger Kombucha	Y	Y																																					
Pret Grape & Elderflower	Y	Y																																					
Pret Lime & Raspberry Seltzer	Y	Y																																					
Pret Rhubarb Lemonade	Y	Y																																					
Raspberry, Dragonfruit & Yuzu Juice	Y	Y																																					
Reusable Aluminium Water Bottle	Y	Y																																					
Sparkling Spring Water	Y	Y																																					
Still Water 500ml	Y	Y																																					
Still Water 750ml	Y	Y																																					
Vitamin Volcano	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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<b>Contents Key:</b> ✓ (Product Contains) Y (Suitable For)	<h1 style="margin: 0;">Pret's Hot</h1>
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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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