

# Our Menu

Pret operates a bit like a restaurant. We build kitchens in (or very near) every shop and our ingredients get delivered early each morning. You won't find 'sell-by' dates on our fresh sandwiches, salads or baguettes.



★ PRET A MANGER ★

JANUARY 2026



## Breakfast!

They say that breakfast is the most important meal of the day so we have a delicious and varied menu for you to choose from.

- Egg & Bacon Brioche
- Chicken Sausage & Egg Brioche
- Pret's Soya Porridge
- Egg & Avocado Breakfast Bun
- Smoked Salmon & Soft Cheese Breakfast Bun

## Hot Croissants

- Cheddar & Tomato
- Zaatar & Halloumi
- ★ Avocado & Cheese
- ★ Mix Cheese



## Granaries!

Just like our granary products are handmade throughout the day. Made today, gone today. We bake our baguettes throughout the day, the fresher the better.

### Sandwiches

- Chicken Avocado
- Coronation Chicken
- Tuna Mayo
- Crayfish & Rocket
- Cheddar & Pickle
- Cracking Egg
- Classic Super Club
- Smoked Salmon
- BLT - Meat Special
- Veggie New Yorker - Veggie Special

### Wraps

- Avocado Salad
- Chicken Pesto Rocket
- Chicken Bacon Caesar
- Hummus & Chipotle

## Salads & Fruits!

### Salads

- Chef Chicken
- Crayfish & Avocado
- Egg Avocado Pot
- Chicken Smashed Avocado
- Chicken & Quinoa (high in protein)
- Hummus & Chickpea (source of protein)
- ★ Halloumi & Hot Honey
- ★ Peri Peri Chicken

### Fruits

- Whole Fruit - Banana
- Mango and Lime
- Superfruit Salad

### Flatbreads

- Chipotle Chicken & Avo
- Mediterranean Halloumi & Zaatar
- Mexican Avocado

# Pret's Hot!

In their quest to keep shelves full of oven-fresh, homely food, our Hot Chefs bake in small batches. Little and often. Straight from the oven. Hot off the shelves.

## Hot Wraps

- Falafel Halloumi 
- Chicken Chipotle
- Swedish Meatballs
- Chicken & Mushroom



## Toasted Tortillas

- Chipotle Chicken



## Soups

(On rotation)

- Malaysian Chicken
- Carrot & Coriander 
- Tomato 
- Chicken Laksa
- Chickpeas & Barley Mixed Veg
- Cauliflower, Cheddar, & Potato

## Pastries!

-  Chocolate Chunk Cookie 
-  Oat & Raisin Cookie 
-  Dark Chocolate 
- Berry Muffin 
-  French Butter Croissant 
- Almond Croissant 
- Chocolate Croissant 
- Pain Au Raisin 
- Mozzarella & Tomato Croissant 
- Zaatar Croissant 
- Cinnamon Donut 
- Mini Choc Chunk Cookies 
- Pastel De Nata



## Toasties

- Mozarella & Pesto 
- Classic Cheese 
- Tuna & Kimchi

## Snacks & Treats!

Our menu of perfect in-between, just-before, just-after snacks. Ideal for sharing or enjoying on your own.

## Yoghurt Bowls

- Five Berry Yoghurt
- Berry Parfait
- Banana & Honey
- Mango Overnight Oats
- ★ Apple & Cinnamon Overnight Oats

## Pret's Snacks

- Choc Bar 
- Love Bar 
- Chocolate Brownie Bar 
- Mini Choc Chunk Cookies
- Pret Crisps 
  - Sea Salt & Black Pepper
  - Sea Salt & Cider Vinegar
  - Cheese & Chives



## Desserts

- Lemon Cheesecake
- Chocolate Mousse

# Drinks!

Our coffee is 100% organic and always arabica. Our teas, milks and milk alternatives are all organic too.

## Barista Prepared Drinks

### Organic Coffee

Americano Black  
Americano White  
Filter Black  
Filter White  
Pret's Matcha Latte  
Spanish Latte  
Latte  
Espresso  
Cappuccino  
Mocha  
Organic Chocolate  
Macchiato  
Flat White  
Milk (Rice Coconut Milk, Oat Milk, Soya Milk, Almond Milk)  
Extra Shot



### Iced Drinks

Iced Latte  
Iced Black Americano   
Iced Black Filter   
Iced Mocha  
Iced Chocolate  
Iced Matcha Latte  
Iced Spanish Latte  
Iced Strawberry Matcha Latte



### Iced Tea

Peach & Hibiscus  
Rasberry & Mint

### Frappe

Classic  
Salted Caramel  
Matcha

### Smoothies

Berries and Cherries   
Tropical Mango   
Blue Spirulina & Berries  
Dragon Fruit



### Hot Tea

Breakfast   
Earl Grey   
Green   
Peppermint   
Hot Tea - Ginger & Lemon   
Hot Tea - Chamomile   
Hot Tea - Jasmine 

## Chilled Drinks

Pret - Orange Juice   
Pret - Pomegranate Juice   
Pret - Pineapple Powwow   
Pret - Root Reboot   
Pret - Essential Green   
Pret - Sunny Dayz   
Pret - Ginger Shot   
Pret - Turmeric Shot   
Pink Lemonade   
Blue Lemonade   
Black Lemonade   
San Pellegrino Sparkling Water   
Coke  
Coke Zero  
Sprite  
Coconut Water  
Arwa 500ml  
Aqua Panna 500ml  
Aqua Panna 1L

## Syrups

Vanilla  
Caramel  
Hazelnut  
Salted Caramel

# Pret Catering

Our platters are designed for sharing and are ideal for meetings or large gatherings.

## Breakfast Platters

- Breakfast Brioche
- Breakfast Baguette Selection
- Yoghurt Selection 
- Breakfast Bun Platter
- ★ Mini Yoghurt Selection

## Salad Platters

- Chef's Italian Chicken
- Avocado & Mozzarella 
- Chicken & Quinoa (high in protein)
- Hummus & Chickpea (source of protein) 
- Salmon & Avocado
- Mozzarella & Quinoa 
- Kimchi Chicken Salad
- ★ Halloumi & Hot Honey Salad
- ★ Peri Peri Chicken Salad

## Kids Sandwich Platters

- Cheese Triangles 
- Chicken Triangles
- Egg Triangles 
- Mix Triangles

## Cookie Platters

Vegan options available

- Large Cookie Platter
- Small Cookie Platter

## Allergies?

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. Our Allergen Guide contains a list of all the products we sell in our shops. You will also find the declarable allergens listed on the product shelf tickets in our shops. If you need to know more, please get in touch with our Customer Service team who will be happy to help.

Please refer to our "Allergen Guide" for allergen information & "Nutritional Guide" for nutritional information.

## Sandwich Platters

- Chicken Supreme
- Veggie Lover Mixed 
- Vegetarian Selection 
- Baguette Selection
- Meat Baguette
- Best of Pret
- All Time Classic
- Wrap Selection
- Chicken Wrap Selection
- Veggie Salad Wrap Platter 

## Pastry Platters

- Mini Lattice Selection
- Mini Cherry Lattice
- Mini Apple Lattice
- Mini Strawberry Lattice
- Mini Mango Lattice
- Mini Chocolate Croissant Box
- Mini French Butter Croissant Box
- ★ Mini Filled Croissant Selection
- Sweet Pastry Selection Box
- Berry Muffin Box

## Snacks & Sweets

- Pret Bar Platter
- Brownie Bag
- Love Bar Bag
- Crisps Selection
- Choc Chunk Cookie Bag

## Drinks

- Organic Coffee Box
- Organic Tea Box
- Pret - Orange Juice 
- Pret - Pomegranate Juice 
- Pret - Pineapple Powwow 
- Pret - Root Reboot 
- Pret - Essential Green 
- Pret - Sunny Dayz 

## ★ Pret Hampers

- Picnic Basket (good for 2)
- Gifting Basket (good for sharing)

★ New  Vegetarian  Vegan  New Recipe  Allergen Update



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