

# 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 or egg allergies

Baguettes		Suitable for		V5 -22.12.202												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓				✓	
Ham & Greve Baguette				✓	✓		WHEAT	✓			✓					
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY	✓			✓	✓				
Prosciutto & Rocket Baguette			✓	✓			WHEAT	✓			✓					
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Pots / bowls		Suitable for		V5 -22.12.2025													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Banana & Honey Muesli	✔			✘													
Bircher Muesli	✔			✘												PISTACHIO	
Cranberry Yoghurt Bowl	✔			✘													
Coconut Chia Seed Bowl	✔	✔														ALMOND	
Five Berry Bowl	✔			✘													
Mango Yoghurt Bowl	✔			✘													
Mango Coconut Chia Seed Bowl	✔	✔														ALMOND	
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Pret's Hot		Suitable for															V5 -22.12.2025
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
All Day Breakfast Hot Wrap				✓	✓		WHEAT, RYE	✓			✓						
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE	✓			✓						
Italian Style Chicken & Basil Hot Wrap				✓			WHEAT, RYE										
Spicy Mediterranean Hot Wrap	✓			✓			WHEAT, RYE	✓			✓						
Ham and Greve Hot Croissant				✓	✓		WHEAT										
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT										
Bacon, Cheese and Tomato Hot Croissant				✓	✓		WHEAT										
Bacon, Egg and Cheese Brioche Toast				✓	✓		WHEAT	✓			✓						
Teriyaki Chicken Brioche Toast				✓	✓		WHEAT, BARLEY	✓			✓						
All Day Breakfast Ciabatta				✓	✓		WHEAT	✓			✓						
Chipotle Mozzarella Ciabatta	✓			✓			WHEAT	✓			✓						

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Toasties		Suitable for		V5 -22.12.202													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Brie, Avocado & Tomato Toastie	✔			✔			WHEAT, OAT, RYE, BARLEY										
Brie, Caramelised Onion Toastie	✔			✔			WHEAT, OAT, RYE, BARLEY										
Classic Cheese Toastie	✔			✔	✔		WHEAT, OAT, RYE, BARLEY	✔			✔						
Ham, Cheese & Mustard Toastie				✔	✔		WHEAT, OAT, RYE, BARLEY	✔			✔						

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Sandwiches		Suitable for		V5 -22.12.2025												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Chicken Avocado Granary				✓	✓		WHEAT, BARLEY	✓			✓					
Classic Super Club Granary					✓		WHEAT, BARLEY	✓			✓					
Cracking Egg Salad Granary (slim/whole portion)	✓				✓		WHEAT, BARLEY	✓			✓					
Ham & Cheese Granary (slim/whole portion)				✓			WHEAT, BARLEY									
Mature Cheddar Granary (slim/whole portion)	✓			✓	✓		WHEAT, BARLEY	✓			✓	✓				
Smoked Trout & Soft Cheese Granary				✓			WHEAT, BARLEY								✓	
Super Greens & Red	✓						WHEAT, BARLEY									
Chicken Salad					✓		WHEAT, BARLEY	✓			✓					
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Salad wraps		Suitable for		V5 -22.12.2025												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Avocado & Herb Salad Wrap	✔			✔	✔		WHEAT, RYE	✔			✔					PINENUTS
Chicken & Rocket Salad Wrap				✔	✔		WHEAT, RYE	✔			✔					
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Egg & Spinach Protein Pot	✔				✔											
Smoked Trout & Spinach Protein Pot					✔										✔	
Chicken Edamame Protein Pot				✔	✔		BARLEY	✔			✔	✔			✔	
Chef's Chicken Salad				✔	✔		WHEAT, BARLEY	✔			✔				✔	PISTACHIO
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Fruits		Suitable for		V5 -22.12.202												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Apple	✔	✔														
Banana	✔	✔														
Dragon Fruit Salad	✔	✔														
Melon Trio	✔	✔														
Melon & Blueberry	✔	✔														
Mango & Lime	✔	✔														
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Pastries		Suitable for		V5 -22.12.2025													
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Croissant Almond	✔			✔	✔		WHEAT									ALMOND	
Croissant Chocolate	✔			✔	✔		WHEAT	✔									
Plain Croissant	✔			✔	✔		WHEAT										
Very Berry Croissant	✔	✔					WHEAT										
Pain au Raisin	✔			✔	✔		WHEAT										
Cinnamon Filled Swril	✔			✔	✔		WHEAT										
Chocolate Chunk Cookie	✔			✔			WHEAT										
Muffin Blueberry	✔			✔	✔		WHEAT										
Muffin Chocolate	✔			✔	✔		WHEAT	✔								HAZELNUT	
Mozzarella & Tomato Croissant	✔			✔	✔		WHEAT										
Mediterranean Veggie Basket	✔			✔	✔		WHEAT										
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Pret's snacks		Suitable for		V5 -22.12.2025													
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Pret A Mango	✔	✔															
Choc Bar	✔			✘			WHEAT	✔									
Popcorn bar	✔			✘				✔									
Love Bar	✔			✘			OATS	✔								PISTACHIO, ALMONDS	
Chocolate Brownie Bar	✔			✘	✘		WHEAT	✔									
Dark Chocolate Almonds Snack	✔	✔						✔								ALMONDS	
Tyrrells Mature Cheddar & Chives Crisps	✔			✘													
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✔																
Tyrrells Lightly Sea Salted Crisps	✔																
Tyrrells Sea Salt & Cider Vinegar Crisps	✔	✔					BARLEY										
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Chilled Drinks	Suitable for															
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Coconut Water	✔	✔														
Juice - Fresh Lemon & Mint	✔	✔														
Juice - Orange	✔	✔														
Juice - Radiance	✔	✔								✖						
Juice - Ultra Boost	✔	✔														
Still Water	✔	✔														
Vittel Water	✔	✔														
Perrier Sparkling Water	✔	✔														
Coke (All types)	✔	✔														
Tiger Beer	✔	✔					BARLEY									
Heineken Beer	✔	✔					BARLEY									
Chang Beer	✔	✔					BARLEY									

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Barista Prepared Drinks		Suitable for		V5 -22.12.2025													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Coffee																	
Americano Black	✔	✔															
Americano White Milk	✔			☒													
Americano White Rice Coconut	✔	✔															
Americano White Soya	✔	✔						☒									
Americano White Oat	✔	✔															
Americano White Almond	✔	✔														ALMOND	
Cappuccino Milk	✔			☒													
Cappuccino Rice Coconut	✔	✔															
Cappuccino Soya	✔	✔						☒									
Cappuccino Oat	✔	✔															
Cappuccino Almond	✔	✔														ALMOND	
Decaf Latte Milk	✔			☒													
Decaf Latte Rice Coconut	✔	✔															
Decaf Latte Soya	✔	✔						☒									
Decaf Latte Oat	✔	✔															
Decaf Latte Almond	✔	✔														ALMOND	
Espresso	✔	✔															
Filter - Black Coffee	✔	✔															
Filter - White Coffee Milk	✔			☒													
Filter - White Coffee Rice Coconut	✔	✔															
Filter - White Coffee Soya	✔	✔						☒									
Filter - White Coffee Oat	✔	✔															
Filter - White Coffee Almond	✔	✔														ALMOND	
Flat White Milk	✔			☒													
Flat White Rice Coconut	✔	✔															
Flat White Soya	✔	✔						☒									
Flat White Oat	✔	✔															
Flat White Almond	✔	✔														ALMOND	
Latte Milk	✔			☒													
Latte Rice Coconut	✔	✔															
Latte Soya	✔	✔						☒									
Latte Oat	✔	✔															
Latte Almond	✔	✔														ALMOND	
Macchiato Milk	✔			☒													
Macchiato Rice Coconut	✔	✔															
Macchiato Soya	✔	✔						☒									
Macchiato Oat	✔	✔															
Macchiato Almond	✔	✔														ALMOND	
Mocha Milk	✔			☒													

Barista Prepared Drinks		Suitable for															V5 -22.12.2025	
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts		
Coffee																		
Mocha Rice Coconut	✔	✔																
Mocha Soya	✔	✔						✘										
Mocha Oat	✔	✔																
Mocha Almond	✔	✔														ALMOND		
Milk Cup																		
Babyccino	✔			✘														
Milk Whole	✔			✘														
Milk Semi-Skimmed	✔			✘														
Rice Coconut	✔	✔																
Soya	✔	✔						✘										
Oat	✔	✔																
Almond	✔	✔														ALMOND		
Syrups																		
Syrup Shot - Caramel	✔	✔																
Syrup Shot - Hazelnut	✔	✔														HAZELNUT		
Syrup Shot - Vanilla	✔	✔																
Tea																		
English Breakfast Tea Milk	✔			✘														
English Breakfast Tea Rice-Coconut	✔	✔																
English Breakfast Tea Soya	✔	✔											✘					
English Breakfast Tea Oat	✔	✔																
English Breakfast Tea Almond	✔	✔														ALMOND		
Earl Grey Tea Milk	✔			✘														
Earl Grey Tea Rice-Coconut	✔	✔																
Earl Grey Tea Soya	✔	✔											✘					
Earl Grey Tea Oat	✔	✔																
Earl Grey Tea Almond	✔	✔														ALMOND		
Green Tea	✔	✔																
Peppermint Tea	✔	✔																

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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Over Ice & Frappes																
Iced Americano Black	✓	✓														
Iced Americano White Milk	✓			✓												
Iced Americano White Rice Coconut	✓	✓														
Iced Americano White Soya	✓	✓						✓								
Iced Americano White Oat	✓	✓														
Iced Americano White Almond	✓	✓														ALMOND
Iced Cappuccino Milk	✓			✓												
Iced Cappuccino Rice Coconut	✓	✓														
Iced Cappuccino Soya	✓	✓						✓								
Iced Cappuccino Oat	✓	✓														
Iced Caramel Latte Rice Coconut	✓	✓														
Iced Caramel Latte Soya	✓	✓						✓								
Iced Caramel Latte Oat	✓	✓														
Iced Caramel Latte Almond	✓	✓														ALMOND
Iced Chocolate Milk	✓			✓												
Iced Chocolate Rice Coconut	✓	✓														
Iced Chocolate Soya	✓	✓						✓								
Iced Chocolate Oat	✓	✓														
Iced Chocolate Almond	✓	✓														ALMOND
Iced Filter Coffee Black	✓	✓														
Iced Filter Coffee White Milk	✓			✓												
Iced Filter Coffee White Rice Coconut	✓	✓														
Iced Filter Coffee White Soya	✓	✓						✓								
Iced Filter Coffee White Oat	✓	✓														
Iced Filter Coffee White Almond	✓	✓														ALMOND
Iced Hazelnut Latte Milk	✓			✓												HAZELNUT
Iced Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT
Iced Hazelnut Latte Soya	✓	✓						✓								HAZELNUT
Iced Hazelnut Latte Oat	✓	✓														HAZELNUT
Iced Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND
Iced Latte Milk	✓			✓												
Iced Latte Rice Coconut	✓	✓														
Iced Latte Soya	✓	✓						✓								
Iced Latte Oat	✓	✓														
Iced Latte Almond	✓	✓														ALMOND
Iced Mocha Milk	✓			✓												
Iced Mocha Rice Coconut	✓	✓														
Iced Mocha Soya	✓	✓						✓								
Iced Mocha Oat	✓	✓														

V5 -22.12.2025

Barista Prepared Drinks		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts
Iced Mocha Almond	✔	✔														ALMOND
Iced Mango Matcha Latte	✔			✔												
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			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Soy	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Molluscs	Fish	Nuts	
Flavoured Latte & chocolate																	
Chai Latte Milk	✓			✓													
Chai Latte Rice Coconut	✓	✓															
Chai Latte Soya	✓	✓						✓									
Chai Latte Oat	✓	✓															
Chai Latte Almond	✓	✓														ALMOND	
Caramel Latte Milk	✓			✓													
Caramel Latte Rice Coconut	✓	✓															
Caramel Latte Soya	✓	✓						✓									
Caramel Latte Oat	✓	✓															
Caramel Latte Almond	✓	✓														ALMOND	
Hazelnut Latte Milk	✓			✓												HAZELNUT	
Hazelnut Latte Rice Coconut	✓	✓														HAZELNUT	
Hazelnut Latte Soya	✓	✓						✓								HAZELNUT	
Hazelnut Latte Oat	✓	✓														HAZELNUT	
Hazelnut Latte Almond	✓	✓														HAZELNUT ALMOND	
Matcha Latte Milk	✓			✓													
Matcha Latte Rice Coconut	✓	✓															
Matcha Latte Soya	✓	✓						✓									
Matcha Latte Oat	✓	✓															
Matcha Latte Almond	✓	✓														ALMOND	
Vanilla Latte Milk	✓			✓													
Vanilla Latte Rice Coconut	✓	✓															
Vanilla Latte Soya	✓	✓						✓									
Vanilla Latte Oat	✓	✓															
Vanilla Latte Almond	✓	✓														ALMOND	
Hot Chocolate																	
Hot Chocolate Milk	✓			✓													
Hot Chocolate with Rice-Coconut	✓	✓															
Hot Chocolate Soya	✓	✓						✓									
Hot Chocolate Oat	✓	✓															
Hot Chocolate Almond	✓	✓														ALMOND	
Caramel Hot Chocolate Milk	✓			✓													
Caramel Hot Chocolate with Rice-Coconut	✓	✓															
Caramel Hot Chocolate Soya	✓	✓						✓									
Caramel Hot Chocolate Oat	✓	✓															
Caramel Hot Chocolate Almond	✓	✓														ALMOND	
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