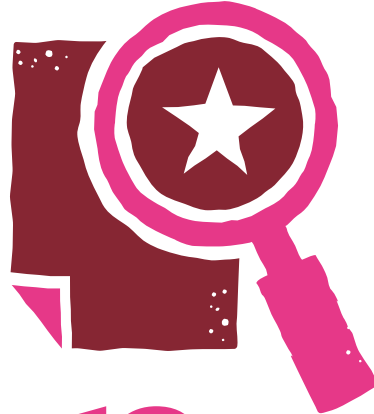


Pret's Allergen Guide



Combined Allergen Guide 16th February 2024 V1

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.

Hot Box Curries		Suitable for															01-Apr-24	
Product	Vegetarians	Vegans	Contains these allergens															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts		
Butter Chicken Rice Bowl				✓												Cashew Almond		
Indian Paneer Rice Bowl	✓			✓														
Thai Green Vegetable Curry Rice Bowl	✓	✓	✓															
Chilli Con Carne Rice Bowl							Wheat				✓							
We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our vegan products are made to a vegan recipe but are not suitable for those with dairy and egg allergies. Please take care.																		

Brioche		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Feta & Spinach Brioche	✓			✓	✓		Wheat									
Chicken Sausage and Egg Brioche				✓	✓		Wheat									
Egg & Bacon Brioche				✓	✓		Wheat									
Egg Tomatoes Brioche	✓			✓	✓		Wheat		✓			✓				
Egg Salmon Brioche				✓	✓		Wheat		✓			✓			✓	
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01-Apr-24

Breakfast Baguettes		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Egg Mayo and Roasted Tomato Baguette	✓				✓		Wheat		✓			✓				
Smoked Salmon and Egg Mayo Baguette					✓		Wheat		✓			✓			✓	
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01-Apr-24

Hot Croissants		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
HK - Scrambled Eggs and Portobello Mushroom	✓			✓	✓		Wheat									
HK - Scrambled Eggs and Chicken				✓	✓		Wheat									
HK-Tomatoes and Cheese(Savory Croissant)	✓			✓	✓		Wheat									
HK-Smoked Salmon and Egg				✓	✓		Wheat								✓	
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French Pastries		Suitable for		01-Apr-24													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Vanilla Donut	✓	✓					Wheat								Almond		
Super Chocolate Donut	✓	✓					Wheat								Almond		
Cinnamon Donut	✓	✓					Wheat										
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Fruits		Suitable for		01-Apr-24												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Pomegranate Pot	✓	✓														
Pear & Grapes	✓	✓														
Mango and Lime	✓	✓														
Superfruit Salad	✓	✓														
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01-Apr-24

Soup		Suitable for															01-Apr-24
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten Barley	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Veggie Tom Yum	✓	✓							✓								
Curried Lentil, Sweet Potatoe & Quiona Soup	✓			✓							✓						
Chicken Shitake Miso Mushrooms									✓								
Rye Roll	✓	✓	✓				Wheat, Rye, Barley										
Soup Bread	✓	✓	✓				Wheat, Rye, Barley, Oat										
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Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusc	Soya	Peanut	Celery and celeriac	Mustard	Sulphite	Crustacean	Fish	Nuts
Tuna Melt Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓			✓	
All Day Breakfast Toastie				✓	✓		Wheat, Barley, Rye Oat		✓			✓				
Mozzarella & Pesto Toastie	✓			✓			Wheat, Barley, Rye Oat									
Chipotle Chicken Toastie				✓			Wheat, Barley, Rye Oat					✓				
Classic Cheese Toastie	✓			✓	✓		Wheat, Barley, Rye Oat		✓			✓				

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01-Apr-24

Salads		Suitable for		01-Apr-24													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Chef's Italian Chicken Salad				✓	✓				✓			✓			✓	Pistachio	
Smoked Salmon & Avocado Salad												✓			✓		
Avocado , Mozzarella & Roasted Pepper Salad	✓			✓								✓				Pinenut	
Crayfish & Avocado Salad												✓		✓			
Pret's Panzanella Shaker	✓			✓			Wheat					✓					
Pret's Caprese Shaker	✓			✓													
Pret's Cobb Shaker				✓	✓		Wheat					✓					
Edamame	✓	✓							✓								
Egg & Avo Protein Pot	✓				✓												
Chicken & Smashed Avo Protein Pot				✓	✓				✓								
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Granary		Suitable for		01-Apr-24												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
BLT				✓	✓		Wheat, Barley		✓			✓				
Mature Cheddar & Pickle Sandwich	✓			✓	✓		Wheat, Barley		✓			✓				
Cracking Egg Salad Sandwich	✓				✓		Wheat, Barley		✓			✓				
Roast Beef & Tomato Tapenade Sandwich				✓			Wheat, Barley									
Classic Super Club				✓	✓		Wheat, Barley		✓			✓				
Smoked Salmon Sandwich				✓			Wheat, Barley								✓	
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01-Apr-24

Baguettes		Suitable for															01-Apr-24
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Pesto Caprese Toasted Baguette	✓			✓	✓		Wheat		✓			✓					
Chipotle Chicken Bacon Toasted Baguette			✓	✓			Wheat, Rye, Barley, Oats					✓					
Salmon, Soft Cheese & Dill Baguette			✓	✓			Wheat, Rye, Barley, Oats								✓		
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01-Apr-24

Flat Breads		Suitable for		01-Apr-24												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Avo & Chipotle Flatbread				✓			Wheat					✓				
Tuna Flatbread					✓		Wheat		✓			✓			✓	
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01-Apr-24

Hot Wraps		Suitable for														01-Apr-24	
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Halloumi & Falafel Hot Wrap	✓			✓			Wheat, Rye										
Chipotle Chicken Hot Wrap				✓			Wheat, Rye					✓					
Meatball Hot Wrap				✓			Wheat, Rye		✓			✓					
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01-Apr-24

Snacks & Desserts		Suitable for		01-Apr-24												
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret Dark Chocolate Almonds	✓	✓							✓							Almonds
Pret a Mango	✓	✓														
Choc Bar	✓			✓			Wheat		✓							
Popcorn Bar	✓			✓					✓							
Love Bar	✓			✓			Oat		✓							Almond Pistachio
Honey Cake	✓			✓	✓		Wheat									
Vegan Lotus Biscoff Cake	✓	✓					Wheat		✓							
Chocolate Brownie	✓			✓	✓		Wheat		✓							
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01-Apr-24

Alcohol Range (Airport stores only)		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Tiger Beer	✓	✓					Barley									
Amstel Light	✓	✓					Barley									
Heineken Beer	✓	✓					Barley									
Sea Change Pinot Grigio	✓	✓											✓			
Sea Change Sparkling Wine	✓	✓											✓			
Sea Change Rose	✓	✓											✓			
Vu du Can Malbec	✓	✓											✓			
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Platters		Suitable for		01-Apr-24													
Product	Vegetarians	Vegans	Contains these allergens														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
All Time Classic Platter				✓	✓		Wheat, Barley		✓			✓			✓		
Chef's Italian Chicken Salad Platter				✓	✓				✓			✓			✓	Pistachios	
Chicken Supreme Platter				✓	✓		Wheat, Barley		✓			✓				Pinenuts	
Chocolate Chunk Cookie Bag	✓			✓			Wheat										
Fish Selection Platter				✓	✓		Wheat, Barley		✓			✓		✓	✓		
Rye Roll Platter			✓	✓	✓		Wheat,Rye, Barley		✓			✓					
Coffee Box	✓	✓															
Tea Box	✓	✓															
Veggie Lover Mixed Platter	✓		✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓					
Vegetarian Platter	✓			✓	✓		Wheat, Barley		✓			✓					
Vegan Donuts Platter	✓	✓					Wheat									Almonds	
Sweet Pastry Selection Box	✓			✓	✓		Wheat		✓							Almonds	
Salmon & Avocado Salad Platter												✓			✓		
Meat Baguette Platter			✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓			✓		
Love Bar Bag	✓			✓			Oat		✓							Almonds, Pistachios	
Cookie Platter Small/Large	✓			✓			Wheat,Oat									Almonds	
Avocado Mozzarella Salad Platter	✓			✓								✓				Pinenuts	
Baguette Selection Platter			✓	✓	✓		Wheat,Rye, Barley, Oats		✓			✓			✓		
Bar Platter	✓			✓	✓		Wheat, Oat		✓							Almonds, Pistachios	
Best of Pret Platter				✓	✓		Wheat, Barley		✓			✓			✓	Pinenuts	
Breakfast Baguette Selection Platter					✓		Wheat		✓			✓			✓		
Breakfast Brioche Platter				✓	✓		Wheat		✓			✓			✓		
Brownie Bag	✓			✓	✓		Wheat		✓								
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