

TEA & HOT DRINKS

SUITABLE FOR

Pret A Manger Allergen Guide

NUTRITIONAL INFORMATION

PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (kJ)	Energy (kJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	of which saturated fat (g)	of which saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g			
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish																			Nuts		
Organic Chai Latte	✓	✗		✓															756	229	180	55	3.6	1.1	2.2	0.7	29.8	9.0	29.8	9.0	0.0	0.0	7.1	2.2	0.23	0.07
Hot Chocolate	✓	✗		✓															971	294	232	70	5.9	1.8	3.7	1.1	32.4	9.8	30.3	9.2	0.0	0.0	11.9	3.6	0.30	0.09
Babyccino	✓	✗		✓															59	197	14	47	0.5	1.7	0.3	1.0	1.4	4.7	1.4	4.7	0.1	0.3	1.0	3.3	0.00	0.00
Fennel & Mint Tea	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Fruit Infusion Lemon & Ginger	✓	✓																	62	18	15	4	0.0	0.0	0.0	0.0	3.2	0.9	3.2	0.9	0.0	0.0	0.1	0.0	0.00	0.00
Fruit Infusion - Spiced Apple	✓	✓																	189	56	45	13	0.0	0.0	0.0	0.0	10.3	3.0	10.3	3.0	0.0	0.0	0.6	0.2	0.00	0.00
Infusion - Wild Berry	✓	✓																	104	37	25	9	0.1	0.0	0.0	0.0	5.7	2.0	3.4	1.2	0.0	0.0	0.3	0.1	0.00	0.00
Ceylon Breakfast Tea	✓	✗		✓															59	16	14	4	0.5	0.1	0.3	0.1	1.4	0.4	1.4	0.4	0.0	0.0	1.0	0.3	0.00	0.00
Camomile Tea	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Earl Grey tea	✓	✗		✓															59	16	14	4	0.5	0.1	0.3	0.1	1.4	0.4	1.4	0.4	0.0	0.0	1.0	0.3	0.00	0.00
Tropical Green Tea	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Peppermint Peace	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Mint Hot Chocolate	✓	✗		✓															1919	573	457	136	24.6	7.3	15.4	4.6	47.3	14.1	45.2	13.5	0.0	0.0	11.4	3.4	0.26	0.08
Rooibos Tea	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	
Turmeric Tonic Tea	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	
Matcha green tea	✓	✓																	0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	
Coconut Hot Chocolate	✓	✓																	1108	308	264	73	3.9	1.1	2.8	0.8	52.0	14.4	35.2	9.8	0.5	0.1	3.5	1.0	0.20	0.06
Golden Turmeric Coconut Latte	✓	✓																	469	259	111	61	1.7	0.9	1.3	0.7	23.0	12.7	11.7	6.5	0.4	0.2	0.1	0.1	0.11	0.06
Matcha Coconut Latte	✓	✓																	455	197.8	108.0	47.0	1.6	0.7	1.3	0.6	22.5	9.8	11.7	5.1	0.4	0.2	0.5	0.2	0.1	0.0

VEGGIE PRET ONLY

COFFEE		SUITABLE FOR	CONTAINS THESE ALLERGENS														NUTRITIONAL INFORMATION																	
PRODUCT	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusca	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	Energy (kJ)	Energy (KJ) per 100g	Energy Kcal	Energy/Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g
Syrup Shot- Hazelnut	✓	✓														Hazelnut	197	1313	47	313	0.0	0.0	0.0	0.0	11.7	78.0	11.7	78.0	0.0	0.0	0.0	0.0	0.00	0.00
Syrup Shot- Love bar	✓	✓														Macadamia	193	1287	46	307	0.0	0.0	0.0	0.0	11.5	30.7	11.5	30.7	0.0	0.0	0.0	0.0	0.00	0.00
Syrup Shot- Vanilla	✓	✓															203	1353	49	327	0.0	0.0	0.0	0.0	12.0	80.0	12.0	80.0	0.0	0.0	0.0	0.0	0.00	0.00
Black Filter Coffee	✓	✓															0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Black Americano	✓	✓															3	1	1	0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Cappuccino	✓	✗		✓													384	137	92	33	3.3	1.2	2.1	0.8	8.8	3.1	8.8	3.1	0.0	0.0	6.6	2.4	0.20	0.07
Latte	✓	✗		✓													494	150	118	36	4.3	1.3	2.7	0.8	11.3	3.4	11.3	3.4	0.0	0.0	8.5	2.6	0.30	0.09
Love Bar Latte	✓	✗		✓												Macadamia	619	188	145	44	3.6	1.1	2.2	0.7	21.8	6.6	21.8	6.6	0.0	0.0	7.1	2.2	0.20	0.06
Mocha	✓	✗		✓													724	219	173	52	5.0	1.5	3.1	0.9	21.8	6.6	20.7	6.3	0.0	0.0	10.0	3.0	0.30	0.09
White Americano	✓	✗		✓													59	17	14	4	0.5	0.1	0.3	0.1	1.4	0.4	1.4	0.4	0.0	0.0	1.0	0.3	0.00	0.00
Macchiato	✓	✗		✓													0	0	5	8	0.2	0.3	0.1	0.2	0.5	0.8	0.5	0.8	0.0	0.0	0.4	0.7	0.00	0.00
Flat White	✓	✗		✓													335	134	80	32	2.9	1.2	1.8	0.7	7.7	3.1	7.7	3.1	0.0	0.0	5.8	2.3	0.20	0.08
Espresso	✓	✓															0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	
12oz Iced White Americano	✓	✗		✓													147	43	35	10	1.3	0.4	0.8	0.2	3.4	1.0	3.4	1.0	0.0	0.0	2.6	0.8	0.08	0.02
Coconut Latte	✓	✓															633	176	150	41.7	2.3	0.6	1.8	0.5	31.3	8.7	16.3	4.5	0.5	0.1	0.8	0.2	0.10	0.03
Coconut Mocha	✓	✓															913	254	216	60.0	3.3	0.9	2.4	0.7	43.6	12.1	28.2	7.8	1.9	0.5	1.2	0.3	0.15	0.04
Coconut Flat White	✓	✓															430	172	102	40.8	1.5	0.6	1.2	0.5	21.3	8.5	11.1	4.4	0.3	0.1	0.0	0.0	0.10	0.04
Oat Cappuccino	✓	✓				Oat											408	146	96	34.3	2.6	0.9	1.0	0.4	16.6	5.9	8.4	3.0	1.6	0.6	0.7	0.3	0.20	0.07
Oat Hot Chocolate	✓	✓				Oat											1082	328	256	78	5.4	1.6	2.6	0.8	46.3	14.0	34.1	10.3	4.8	1.5	3.0	0.9	0.25	0.08
Oat Latte	✓	✓				Oat											560	170	132	40	3.7	1.1	1.4	0.4	22.7	6.9	11.0	3.3	2.2	0.7	0.9	0.3	0.30	0.09
Oat Mocha	✓	✓				Oat											786	238	186	56	4.3	1.3	1.9	0.6	33.1	10.0	22.0	6.7	3.4	1.0	1.9	0.6	0.25	0.08
Oat Flat White	✓	✓				Oat											342	137	81	32	2.3	0.9	0.9	0.4	13.8	5.5	6.7	2.7	1.4	0.6	0.5	0.2	0.18	0.07

SWEET TREATS		SUITABLE FOR	CONTAINS THESE ALLERGENS														NUTRITIONAL INFORMATION																	
PRODUCT	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	Energy (kJ)	Energy (kcal) per 100g	Energy (kJ)	Energy (kcal) per 100g	Fat (g)	Fat per 100g	of which Saturated fat (g)	of which Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g
Pret's Bakewell Slice	✓	✗		✓	✓		Wheat									Almond	1715	1906	410	456	23.3	25.9	7.2	8.0	42.7	47.4	28.8	32.0	2.5	2.8	6.4	7.1	0.33	0.37
Banana Cake Slice	✓	✗		✓	✓		Wheat										938	1489	224	356	9.1	14.4	1.7	2.7	32.2	51.1	23.0	36.5	1.5	2.4	2.5	4.0	0.46	0.73
Chocolate Brownie Bar	✓	✗		✓	✓		Wheat		✓								1271	2118	305	508	19.0	31.7	11.5	19.2	29.5	49.2	27.1	45.2	1.1	1.8	3.5	5.8	0.12	0.20
Carrot Cake Slice	✓	✗		✓	✓		Wheat									Walnut	1341	1635	321	391	17.4	21.2	3.8	4.6	36.7	44.8	25.5	31.1	1.6	2.0	3.7	4.5	0.59	0.72
Choc Bar	✓	✗		✓			Wheat		✓								1484	2120	355	507	20.1	28.7	11.1	15.9	39.6	56.6	24.8	35.4	1.0	1.4	3.5	5.0	0.25	0.36
Chocolate Chunk Cookie	✓	✗		✓			Wheat		✓								1625	2138	387	509	12.7	16.7	7.9	10.4	47.6	62.6	28.2	37.1	2.6	3.4	4.2	5.5	0.38	0.50
Chocolate Moose	✓	✗		✓					✓								1879	1879	453	453	38.4	38.4	23.2	23.2	22.2	22.2	20.6	20.6	1.3	1.3	3.8	3.8	0.10	0.10
Dark Chocolate Corn Cakes	✓	✗		✓					✓								1131	2262	270	540	12.6	25.2	7.8	15.6	33.0	66.0	10.2	20.4	1.8	3.6	4.8	9.6	0.12	0.24
Sea Salted Dark Chocolate Bar	✓	✗		✓					✓								567	2268	136	544	8.7	34.8	5.3	21.2	12.0	48.0	10.2	40.8	1.6	6.4	1.7	6.8	0.08	0.32
Double Chocolate Orange Cookie	✓	✗		✓			Wheat										1653	1945	394	464	16.0	18.8	10.1	11.9	55.5	65.3	32.6	38.4	3.4	4.0	4.3	5.1	0.34	0.40
Fruit, Oat & Spelt Cookie	✓	✗		✓			Wheat, Oat										1457	1735	347	413	13.2	15.7	7.4	8.8	48.3	57.5	27.6	32.9	2.8	3.3	5.5	6.5	0.27	0.32
Lemon Cheesecake	✓	✗		✓	✓		Wheat										1691	1409	406	338	26.2	21.8	14.9	12.4	39.0	32.5	28.4	23.7	1.7	1.4	3.3	2.8	0.59	0.49
Love Bar	✓	✗	✓	✓			Oats		✓							Pistachio, Almond	1375	1964	329	470	17.1	24.4	7.8	11.1	37.4	53.4	20.9	29.9	2.6	3.7	5.1	7.3	0.23	0.33
Double Berry Muffin	✓	✗		✓	✓		Wheat, Oat		✓								2146	1480	512	353	23.9	16.5	2.0	1.4	64.8	44.7	39.9	27.5	2.9	2.0	8.0	5.5	0.95	0.66
High Fibre Muffin	✓	✗		✓	✓		Wheat, Oat		✓								1840	1415	442	340	25.4	19.5	9.8	7.5	37.2	28.6	23.0	17.7	11.7	9.0	10.4	8.0	0.80	0.62
Pecan Slice	✓	✗		✓	✓		Wheat									Pecan	1812	2265	436	545	31.0	38.8	7.7	9.6	31.0	38.8	23.9	29.9	5.7	7.1	5.5	6.9	0.31	0.39
Pioneer - Fruit Teacake	✓	✗		✓			Wheat		✓								1177	1201	279	285	4.9	5.0	1.7	1.7	49.1	50.1	14.4	14.7	2.9	3.0	8.0	8.2	0.96	0.98
Pioneer - Lemon Drizzle (Slice)	✓	✗		✓	✓		Wheat										2926	1701	698	406	30.0	17.4	9.1	5.3	100.3	58.3	72.3	42.0	1.0	0.6	6.2	3.6	1.08	0.63
Pioneer Cake - Triple Chocolate	✓	✗		✓	✓		Wheat		✓								2500	1799	598	430	32.0	23.0	13.5	9.7	67.0	48.2	52.3	37.6	4.2	3.0	8.5	6.1	1.34	0.96
Pioneer - Victoria sponge	✓	✗		✓	✓		Wheat										2686	1815	641	433	31.5	21.3	9.5	6.4	82.8	55.9	63.5	42.9	1.2	0.8	6.2	4.2	1.12	0.76
Popcorn bar	✓	✗	✓	✓					✓								735	2162	176	518	9.5	27.9	3.8	11.2	20.4	60.0	15.0	44.1	0.7	2.1	1.8	5.3	0.43	1.26
Pret Bar	✓	✗		✓			Oats										1112	1738	266	416	11.5	18.0	6.5	10.2	34.5	53.9	21.9	34.2	3.6	5.6	4.1	6.4	0.10	0.16
Pret's Shortbread	✓	✗		✓			Wheat										1858	2617	446	628	25.5	35.9	21.4	30.1	36.8	51.8	13.3	18.7	0.9	1.3	4.3	6.1	0.09	0.13
Victoria Sponge	✓	✗		✓	✓		Wheat										1981	1723	473	411	21.0	18.3	11.4	9.9	64.8	56.3	41.5	36.1	2.1	1.8	5.1	4.4	0.44	0.38
Orange & Cardamom Milk Chocolate Bar	✓	✗		✓					✓								564	2256	134	536	8.0	32.0	5.0	20.0	12.9	51.6	12.5	50.0	1.4	5.6	1.7	6.8	0.04	0.16
Chocolate Praline Cookie	✓	✗		✓			Wheat										1337	1883	319	449	14.4	20.3	5.5	7.7	43.2	60.8	25.7	36.2	2.2	3.1	3.8	5.4	0.35	0.49
Godfrey (Pret's Gingerbread Man)	✓	✗		✓	✓		Wheat										844	1963	201	467	6.5	15.1	2.8	6.5	32.9	76.5	17.8	41.4	0.7	1.6	1.0	2.3	0.30	0.70
Dairy-Free Chocolate Chia Pot	✓	✓							✓								630	632	162	162	11.7	11.7	7.9	7.9	9.3	9.3	7.9	7.9	3.9	3.9	3.6	3.6	0.05	0.05
Dark Chocolate & Toasted Coconut Pot	✓	✓							✓								1521	1334	362	318	25.6	22.5	19.0	16.7	28.1	24.6	26.7	23.4	0.0	0.0	3.3	2.9	0.02	0.02
Vegan Brownie	✓	✓							✓								974	1546	223	354	11.0	17.5	7.0	11.1	31.0	49.2	26.0	41.3	2.0	3.2	2.0	3.2	0.11	0.17

FRUIT	SUITABLE FOR		CONTAINS THESE ALLERGENS														NUTRITIONAL INFORMATION																	
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	Energy (KJ)	Energy (KJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g
Apple	✓	✓															358	222	85	53	0.2	0.1	0.1	0.1	18.9	11.7	18.9	11.7	0.0	0.0	0.6	0.4	0.02	0.01
Banana	✓	✓															258	430	62	103	0.2	0.3	0.1	0.2	13.9	23.2	12.1	20.2	0.0	0.0	0.7	1.2	0.00	0.00
Pret's Fruit Salad	✓	✓															473	197	112	47	0.5	0.2	0.1	0.0	23.2	9.7	22.6	9.4	4.2	1.8	1.5	0.6	0.02	0.01
Pret Mango & Lime	✓	✓															384	256	91	61	0.3	0.2	0.1	0.1	19.5	13.0	18.2	12.1	2.9	1.9	1.1	0.7	0.01	0.01
Grapes	✓	✓															463	281	109	66	0.2	0.1	0.0	0.0	25.4	15.4	25.4	15.4	1.7	1.0	0.7	0.4	0.01	0.01
SuperFruit Salad	✓	✓															450	250	107	59	0.5	0.3	0.1	0.1	21.8	12.1	21.1	11.7	3.9	2.2	1.7	0.9	0.01	0.01
Nectarine	✓	✓															227	171	53	40	0.1	0.1	0.0	0.0	11.9	8.9	11.9	8.9	1.5	1.1	1.8	1.4	0.00	0.00
Nectarine & Raspberries	✓	✓															238	183	56	43	0.2	0.2	0.0	0.0	10.1	7.8	10.1	7.8	3.5	2.7	1.8	1.4	0.00	0.00
British Berries	✓	✓															190	146	44	34	0.1	0.1	0.0	0.0	7.0	5.4	7.0	5.4	2.0	1.5	1.1	0.8	0.02	0.02

PRET SNACKS

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PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (kJ)	Energy (kJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g			
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish																			Nuts		
Cranberries in Coats	✓	✗		✓															1011	2022	241	482	11.3	22.6	6.5	13.0	32.7	65.4	27.5	55.0	1.1	2.2	1.8	3.6	0.25	0.50
Matured Cheddar & Red Onion Crisps	✓	✗		✓															873	2183	210	525	12.8	32.0	1.4	3.5	19.9	49.8	0.9	2.3	2.1	5.3	2.5	6.3	0.50	1.25
Sea Salt & Organic Cider Vinegar Crisps	✓	✓																	858	2145	206	515	12.2	30.5	1.2	3.0	20.7	51.8	0.5	1.3	2.2	5.5	2.1	5.3	0.80	2.00
Maldon Sea Salt Crisps	✓	✓																	909	2273	218	545	14.3	35.8	1.5	3.8	19.2	48.0	0.2	0.5	2.2	5.5	2.1	5.3	0.40	1.00
Crisped Kale	✓	✓																	278	1853	67	447	4.3	28.7	0.6	4.0	5.2	34.7	1.2	8.0	0.0	0.0	3.5	23.3	0.29	1.93
Vegetable Crisps	✓	✓																	840	2100	202	505	14.2	35.5	1.6	4.0	15.6	39.0	8.9	22.3	5.4	13.5	1.9	4.8	0.60	1.50
Fruit & Nuts	✓	✗		✓										Almond					731	1828	175	438	9.2	23.0	2.1	5.3	23.2	58.0	15.4	38.5	2.0	5.0	3.4	8.5	0.06	0.15
Naked Nuts	✓	✓												Almond, Cashew, Hazelnut, Walnut					1070	2675	259	648	22.0	55.0	3.1	7.8	6.8	17.0	1.7	4.3	2.4	6.0	7.4	18.5	0.01	0.03
Rock Salt Popcorn	✓	✓																	569	1962	137	472	7.1	24.5	0.6	2.1	14.1	48.6	0.1	0.3	2.2	7.6	1.9	6.6	0.80	2.76
Sweet & Salt Popcorn	✓	✓																	576	1920	138	460	5.8	19.3	0.5	1.7	17.8	59.3	5.9	19.7	2.0	6.7	1.9	6.3	0.40	1.33
Pret A Mango	✓	✓																	493	1409	116	331	0.3	0.9	0.1	0.3	28.5	81.4	13.4	38.3	1.3	3.7	0.6	1.7	0.01	0.03
Pret's Raw Fruity Seed Bar	✓	✓	✓																848	1462	202	348	7.3	12.6	1.0	1.7	28.2	48.6	24.6	42.4	2.3	4.0	4.3	7.4	0.00	0.00
Prets' Posh Trail Mix	✓	✗		✓										Almond					712	2034	170	486	11.3	32.3	6.4	18.3	15.3	43.7	12.7	36.3	0.0	0.0	2.3	6.6	0.04	0.11
Tamari Pumpkin Seeds	✓	✓						✓											770	2567	186	620	14.7	49.0	2.3	7.7	5.1	17.0	0.4	1.3	0.0	0.0	8.2	27.3	0.40	1.33
Roasted Coconut Chips	✓	✓																	439	2927	105	700	10.2	68.0	8.2	54.7	3.1	20.7	1.1	7.3	0.0	0.0	1.1	7.3	0.03	0.20
Chocolatey Coconut Bite	✓	✓						✓											849	2497	205	603	17.9	52.6	15.4	45.3	7.7	22.6	5.8	17.1	4.7	13.8	1.7	5.0	0.05	0.15
Crisps - Smokey Chipotle	✓	✓																	846	2115	203	508	11.8	29.5	1.2	3.0	20.8	52.0	0.9	2.3	0.0	0.0	2.4	6.0	0.50	1.25

BREAKFAST

SUITABLE
FOR

Pret A Manger
Allergen Guide

NUTRITIONAL INFORMATION

PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (kcal) per 100g	Energy (kJ)	Energy Kcal per 100g	Energy Kcal per 100g	Fat (g)	Fat per 100g	of which Saturated fat (g)	of which Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g	
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish																			Nuts
Bircher Muesli	✓	✗		✓										Pistachio	1294	625	308	149	9.3	4.5	3.9	1.9	42.9	20.7	34.4	16.6	2.6	1.3	12.6	6.1	0.40	0.19		
Free-Range Egg Mayo & Bacon Breakfast Baguette	✗	✗		✓				Wheat			✓	✓				1417	1027	337	244	11.8	8.6	2.0	1.4	40.2	29.1	1.7	1.2	2.7	2.0	16.3	11.8	1.90	1.38	
Free-Range Egg Mayo & Roasted Tomato Breakfast Baguette	✓	✗		✓				Wheat			✓	✓				1298	883	309	210	9.3	6.3	0.9	0.6	41.6	28.3	2.9	2.0	3.1	2.1	12.9	8.8	1.93	1.31	
Smoked Salmon & Free Range Egg Breakfast Baguette	✗	✗		✓				Wheat			✓	✓		✓		1365	892	325	212	10.3	6.7	1.6	1.0	40.2	26.3	1.7	1.1	1.8	1.2	16.6	10.8	2.17	1.42	
Ham & Egg Brioche	✗	✗		✓	✓			Wheat			✓	✓				1730	1068	412	254	19.1	11.8	6.8	4.2	38.6	23.8	5.9	3.6	2.0	1.2	23.1	14.3	2.37	1.46	
Pret's Bacon Brioche	✗	✗		✓	✓			Wheat								1764	1547	420	368	23.0	20.2	10.8	9.5	36.3	31.8	5.1	4.5	1.6	1.4	19.2	16.8	3.69	3.24	
Bacon & Egg Brioche	✗	✗		✓	✓			Wheat			✓	✓				2058	1118	490	266	27.7	15.1	12.9	7.0	37.1	20.2	6.0	3.3	1.6	0.9	25.0	13.6	4.34	2.36	
Pret's Veggie Brioche	✓	✗		✓	✓			Wheat								1449	783	346	187	14.5	7.8	7.4	4.0	38.5	20.8	6.8	3.7	2.1	1.1	17.1	9.2	2.09	1.13	
Sausage & Egg Brioche	✗	✗		✓	✓			Wheat			✓	✓				1359	747	546	300	35.6	19.6	15.3	8.4	37.6	20.7	6.2	3.4	1.6	0.9	20.8	11.4	2.73	1.50	
Porridge Topping - Compote	✓	✓														111	444	26	104	0.3	1.2	0.1	0.4	5.6	22.4	4.6	18.4	0.3	1.2	0.2	0.8	0.01	0.04	
Almond Croissant	✓	✓		✓	✓			Wheat				✓		Almond	1776	2065	425	494	19.4	22.6	10.4	12.1	39.4	45.8	10.4	12.1	0.7	0.8	7.8	9.1	0.53	0.62		
Chocolate & Hazelnut Croissant	✓	✗		✓	✓			Wheat				✓		Hazlenut	1584	1842	379	441	20.7	24.1	11.7	13.6	40.2	46.7	11.5	13.4	2.6	3.0	6.6	7.7	0.48	0.56		
French Butter Croissant	✓	✗		✓	✓			Wheat				✓			1450	2071	347	496	17.3	24.7	11.8	16.9	29.9	42.7	4.3	6.1	1.8	2.6	6.3	9.0	0.81	1.16		
Dairy-Free Bircher	✓	✓													1058	665	252	158	16.5	10.4	12.4	7.8	20.7	13.0	12.4	7.8	1.8	1.1	4.5	2.8	0.12	0.08		
Five Berry Bowl	✓	✗		✓											1529	711	364	169	11.7	5.4	4.2	2.0	49.9	23.2	32.2	15.0	3.0	1.4	13.8	6.4	0.40	0.19		
Five Berry Pot	✓	✗		✓											664	461	158	110	5.3	3.7	3.3	2.3	18.1	12.6	16.8	11.7	0.3	0.2	9.3	6.5	0.31	0.22		
Honey Granola Pot	✓	✗		✓											1180	855	281	204	7.8	5.7	2.9	2.1	42.3	30.7	31.5	22.8	1.7	1.2	9.8	7.1	0.28	0.20		
Porridge Topping - Honey	✓	✗													457	1306	107	306	0.0	0.0	0.0	0.0	26.7	76.3	26.7	76.3	0.0	0.0	0.1	0.3	0.01	0.03		
Porridge Topping - Mango & Seeds	✓	✗													506	1807	122	436	5.3	18.9	0.6	2.1	14.4	51.4	11.6	41.4	1.8	6.4	3.2	11.4	0.02	0.07		
Pain au Raisin	✓	✗		✓	✓			Wheat				✓			1487	1352	354	322	15.9	14.5	11.0	10.0	46.3	42.1	17.8	16.2	2.2	2.0	7.3	6.6	0.90	0.82		
Pret's Proper Porridge	✓	✗		✓				Oats							1017	339	242	81	9.0	3.0	4.5	1.5	29.1	9.7	7.5	2.5	3.3	1.1	9.6	3.2	0.25	0.08		
Pretzels	✓	✓	✓					Wheat, Barley							1278	1217	304	290	6.6	6.3	0.8	0.8	50.3	47.9	3.4	3.2	3.6	3.4	9.0	8.6	1.66	1.58		
Ham, Cheese, Tomato & Bacon Croissant	✗	✗		✓	✓			Wheat				✓	✓		1368	1368	328	328	17.1	17.1	9.5	9.5	23.0	23.0	3.3	3.3	1.8	1.8	12.0	12.0	1.02	1.02		
Mozzarella & Tomato Croissant	✓	✗		✓	✓			Wheat				✓			1343	1343	322	322	21.6	21.6	11.5	11.5	20.9	20.9	3.4	3.4	2.4	2.4	11.6	11.6	1.20	1.20		
Poached Egg, Mushroom & Beans Protein Pot	✓	✗		✓											672	314	160	75	7.0	3.3	1.4	0.7	14.7	6.9	3.6	1.7	0.6	0.3	9.7	4.5	1.36	0.64		
Poached Egg, Sausage & Beans Power Pot	✗	✗		✓				Wheat							1092	525	260	125	16.7	8.0	4.8	2.3	14.7	7.1	3.6	1.7	0.0	0.0	12.7	6.1	1.61	0.77		
Mango Chia Pot	✓	✓													568	466	137	112	10.8	8.9	7.6	6.2	6.1	5.0	5.7	4.7	3.2	2.6	3.0	2.5	0.05	0.04		
Apple & Pomegranate Overnight Oats	✓	✓												Almond	597	463	141	109	2.3	1.8	0.4	0.3	25.0	19.4	10.9	8.4	3.5	2.7	3.2	2.5	0.02	0.02		
Pret's Coconut Porridge	✓	✓													833	256	198	61	6.8	2.1	4.6	1.4	27.6	8.5	2.3	0.7	3.5	1.1	5.2	1.6	0.12	0.04		
Acai & Almond Butter Breakfast Bowl	✓	✓												Almond	1582	824	380	198	16.5	8.6	1.4	0.7	47.6	24.8	33.8	17.6	9.0	4.7	9.6	5.0	0.07	0.04		
Green Smoothie Breakfast Bowl	✓	✓													1290	679	311	164	12.4	6.5	2.3	1.2	40.8	21.5	23.9	12.6	5.7	3.0	6.4	3.4	0.11	0.06		

HOT FOOD		SUITABLE FOR		NUTRITIONAL INFORMATION																															
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS														Energy (kJ)	Energy (kJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	of which saturated fat (g)	of which saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g	
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts																			
Egg Florentine Toastie	✗	✗		✓	✓	Wheat, Rye				✓	✓							2407	1152	575	275	28.7	13.7	9.9	4.7	45.4	21.7	3.3	1.6	5.6	2.7	30.9	14.8	2.37	1.13
Chipotle Ketchup Dip	✓	✓									✓							147	490	35	117	1.1	3.7	0.1	0.3	5.4	18.0	4.8	16.0	0.0	0.0	0.5	1.7	0.20	0.67
Aubergine & Halloumi Brioche	✓	✗		✓	✓	Wheat												2066	1018	492	242	26.5	13.1	5.0	2.5	42.4	20.9	10.7	5.3	3.9	1.9	20.9	10.3	3.15	1.55
Korean Beef Shortrib	✗	✗	✓	✓	✓	Wheat		✓			✓	✓						2209	1110	526	264	21.1	10.6	7.7	3.9	60.0	30.2	21.4	10.8	2.8	1.4	24.9	12.5	2.16	1.09
Baked Sweet Potato Wedges	✓	✓																958	622	228	148	16.3	10.6	2.0	1.3	31.4	20.4	8.5	5.5	0.0	0.0	2.0	1.3	0.83	0.54
Chipotle Pulled Chicken Brioche	✗	✗		✓	✓	Wheat				✓	✓	✓						1672	836	398	199	13.4	6.7	7.2	3.6	43.7	21.9	12.2	6.1	2.4	1.2	26.9	13.5	2.09	1.05
Falafel & Halloumi Hot Wrap	✓	✗		✓		Wheat, Rye				✓	✓							2749	1037	659	249	33.7	12.7	4.8	1.8	60.4	22.8	12.6	4.8	5.1	1.9	25.1	9.5	3.46	1.31
Swedish Meatball Hot Wrap	✗	✗		✓		Wheat, Rye				✓	✓							2769	1159	664	278	38.2	16.0	16.3	6.8	44.6	18.7	8.4	3.5	4.9	2.1	31.7	13.3	2.37	0.99
Macaroni Cheese Kale & Cauli	✓	✗		✓		Wheat												2323	645	553	154	26.9	7.5	15.8	4.4	50.1	13.9	6.8	1.9	1.3	0.4	26.5	7.4	1.91	0.53
Ham, Cheese & Mustard Toastie	✗	✗		✓	✓	Wheat, Rye, Barley				✓	✓							2394	1174	570	279	27.4	13.4	9.6	4.7	40.2	19.7	3.1	1.5	4.7	2.3	38.2	18.7	3.51	1.72
Tuna Melt Toastie	✗	✗		✓	✓	Wheat, Rye, Barley				✓	✓			✓				2318	1063	552	253	23.9	11.0	8.2	3.8	44.0	20.2	3.2	1.5	5.5	2.5	37.8	17.3	2.55	1.17
Chicken, Avocado & Basil Toastie	✗	✗		✓	✓	Wheat, Rye, Barley				✓	✓							2551	1008	610	241	28.3	11.2	9.9	3.9	45.4	17.9	4.2	1.7	7.3	2.9	39.4	15.6	2.67	1.06
Brie, Avocado & Tomato Toastie	✗	✗		✓		Wheat, Rye, Barley				✓	✓							2360	1017	562	242	32.1	13.8	11.8	5.1	41.5	17.9	4.0	1.7	9.0	3.9	21.6	9.3	2.44	1.05
Short Rib Beef Macaroni Cheese	✗	✗		✓		Wheat												2860	794	681	189	36.2	10.1	17.5	4.9	54.9	15.3	12.2	3.4	1.2	0.3	32.7	9.1	2.43	0.68
Macaroni Cheese Prosciutto	✗	✗		✓		Wheat				✓	✓							2470	688	588	164	28.9	8.1	16.5	4.6	50.1	14.0	6.5	1.8	1.2	0.3	30.6	8.5	2.83	0.79
Egg, Bacon & Avo Toasted Tortilla	✗	✗		✓	✓	Wheat, Rye				✓	✓							2317	1065	555	255	31.4	14.4	11.3	5.2	39.3	18.0	2.7	1.2	5.0	2.3	26.4	12.1	2.08	0.95
Eggs Florentine Toasted Tortilla	✗	✗		✓	✓	Wheat, Rye				✓	✓							2199	1072	526	255	27.8	13.5	7.1	3.4	42.4	20.6	2.5	1.2	3.6	1.7	24.5	11.9	1.94	0.94
Avocado, Cheddar & Chipotle Toasted Tortilla	✗	✗		✓		Wheat, Rye				✓	✓							2412	979	578	233	32.0	12.9	12.4	5.0	48.2	19.4	5.9	2.4	6.7	2.7	20.5	8.3	1.63	0.66
Chipotle Chicken Toasted Tortilla	✗	✗		✓		Wheat, Rye					✓							2079	922	496	219	18.4	8.1	9.2	4.1	46.9	20.8	5.5	2.4	3.1	1.4	33.7	14.9	2.25	1.00
Spicy Chicken Hot Wrap	✗	✗		✓		Wheat, Rye				✓	✓							2076	854	496	204	18.3	7.5	8.4	3.5	47.8	19.7	9.8	4.0	4.3	1.8	31.8	13.1	2.49	1.02
Falafel, Halloumi & Pickles Brioche	✓	✗		✓	✓	Wheat					✓							2164	1002	518	240	24.4	11.3	4.3	2.0	57.7	26.7	14.5	6.7	3.6	1.7	18.1	8.4	2.71	1.25
Avo & Chipotle Chickpeas Hot Wrap	✓	✗		✓	✓	Wheat					✓							2361	874	567	210	30.8	11.4	8.5	3.1	50.4	18.7	8.9	3.3	11.4	4.2	15.4	5.7	1.91	0.71
Pret's Vegan Mac & Greens	✓	✓				Wheat		✓			✓							2340	557	558	133	24.1	5.7	2.5	0.6	62.1	14.8	7.9	1.9	5.3	1.3	19.6	4.7	2.30	0.55
Avocado & Beans Toasted Tortilla	✓	✗				Wheat, Rye				✓	✓	✓						1807	762	433	183	22.1	9.3	5.2	2.2	45.1	19.0	5.6	2.4	6.3	2.7	9.6	4.1	1.28	0.54
Banana, Blueberries & Almond Butter Toasted Tortilla	✓	✗				Wheat, Rye										Almond		1576	1010	386	247	13.7	8.8	1.4	0.9	50.5	32.4	14.4	9.2	3.9	2.5	12.1	7.8	0.93	0.60

* Veggie Pret toastie machine is used for a product containing Nuts (Almond)

BAGUETTES

SUITABLE FOR

Pret A Manger Allergen Guide

NUTRITIONAL INFORMATION

PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (kJ)	Energy (KJ) per 100g	Energy (Kcal)	Energy (Kcal) per 100g	Fat (g)	Fat per 100g	of which Saturated fat (g)	of which Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g			
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish																			Nuts		
Brie, Tomato & Basil Baguette	✓	✗		✓			Wheat												1810	887	431	211	15.8	7.7	8.4	4.1	53.7	26.3	4.3	2.1	4.6	2.3	16.1	7.9	2.20	1.08
Posh Cheddar & Pickle Baguette	✓	✗	✓	✓	✓		Wheat					✓	✓						2608	1119	621	267	27.1	11.6	9.2	3.9	70.0	30.0	16.3	7.0	5.1	2.2	21.3	9.1	2.72	1.17
Chicken Caesar & Bacon	✗	✗	✓	✓	✓		Wheat						✓						2474	1119	596	270	27.6	12.5	0.0	0.0	54.4	24.6	3.2	1.4	4.3	1.9	30.5	13.8	2.54	1.15
Classic Ham & Egg	✗	✗		✓	✓		Wheat						✓						2352	1041	560	248	24.8	11.0	6.9	3.1	53.7	23.8	3.4	1.5	3.7	1.6	28.7	12.7	3.51	1.55
Wiltshire-Cured Ham & Greve Cheese Baguette	✗	✗		✓	✓		Wheat						✓						2470	1088	588	259	26.4	11.6	9.0	4.0	53.2	23.4	3.6	1.6	4.3	1.9	32.1	14.1	3.46	1.52
Jambon-Beurre	✗	✗		✓			Wheat						✓						1491	1001	355	238	13.3	8.9	8.5	5.7	40.7	27.3	2.1	1.4	2.3	1.5	17.1	11.5	2.38	1.60
Mini French Stone Baked Baguette	✓	✗		✓			Wheat												866	1083	204	255	1.0	1.3	0.2	0.3	40.9	51.1	2.6	3.3	2.6	3.3	6.7	8.4	1.18	1.48
Italian Prosciutto Baguette	✗	✗	✓	✓	✓		Wheat						✓						2230	941	531	224	23.4	9.9	4.7	2.0	55.5	23.4	4.2	1.8	5.0	2.1	22.2	9.4	3.35	1.41
Pole & Line Caught Tuna Mayo & Cucumber Baguette	✗	✗			✓		Wheat						✓						2268	999	540	238	23.0	10.1	1.8	0.8	56.9	25.1	3.0	1.3	4.1	1.8	24.4	10.7	2.47	1.09
Chipotle Mozzarella Hot Baguette	✓	✗	✓	✓	✓		Wheat						✓						1970	842	468	200	10.6	4.5	4.2	1.8	66.6	28.5	9.4	4.0	7.0	3.0	19.8	8.5	2.14	0.91
Pret's Posh Bacon Baguette (Airports Only)	✗	✗	✓	✓	✓		Wheat												2157	820	518	197	18.9	7.2	9.2	3.5	55.2	21.0	4.4	1.7	5.7	2.2	29.3	11.1	3.52	1.34
Soup Baguette- losange	✓	✗		✓			Wheat												752	1074	177	253	0.9	1.3	0.2	0.3	35.0	50.0	1.7	2.4	2.0	2.9	6.3	9.0	0.85	1.21
Avo, Olives & Toms	✓	✓	✓				Wheat					✓	✓						2226	928	530	221	26.9	11.2	4.8	2.0	55.7	23.2	3.8	1.6	9.8	4.1	11.7	4.9	2.05	0.85
Tuna Nicoise Baguette	✗	✗	✓	✓	✓		Wheat						✓						2230	851	531	203	20.7	7.9	3.2	1.2	56.4	21.5	4.3	1.6	6.6	2.5	20.7	7.9	2.72	1.04
Crunchy Veggie Bahn Mi Baguette	✓	✓	✓				Wheat			✓									1756	726	418	173	11.4	4.7	1.7	0.7	63.8	26.4	12.6	5.2	6.3	2.6	11.4	4.7	2.23	0.92
Artichoke, Olives & Tapenade	✓	✓	✓				Wheat												1884	928	454	224	19.4	9.6	3.2	1.6	57.9	28.5	4.9	2.4	8.1	4.0	11.7	5.8	1.59	0.78
Egg & Asparagus	✓	✗	✓	✓	✓		Wheat						✓						2189	924	527	222	22.0	9.3	3.1	1.3	59.9	25.3	3.6	1.5	5.6	2.4	19.7	8.3	1.74	0.73
Goats' Cheese & Pineapple Relish	✓	✗		✓			Wheat												1667	731	395	173	10.7	4.7	5.0	2.2	59.5	26.1	10.2	4.5	4.9	2.1	12.5	5.5	1.97	0.86

WRAPS		SUITABLE FOR		CONTAINS THESE ALLERGENS														NUTRITIONAL INFORMATION																
PRODUCT	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	Energy (KJ)	Energy (KJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	of which saturated fat per 100g	Carbohydrate (g)	of which carbohydrates per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g
Hoisin Duck Salad Wrap	✗	✗			✓		Wheat, Rye		✓			✓					1904	762	457	183	17.1	6.8	2.5	1.0	49.4	19.8	13.0	5.2	4.1	1.6	23.1	9.2	4.64	1.86
Mediterranean Tuna Flat Bread	✗	✗			✓		Wheat					✓			✓		2260	782	533	184	23.9	8.3	2.1	0.7	51.1	17.7	6.9	2.4	5.6	1.9	27.1	9.4	1.60	0.55
Chakalaka Wrap	✓	✓					Wheat, Rye										1428	576	340	137	11.7	4.7	4.4	1.8	45.0	18.1	6.7	2.7	3.0	1.2	10.3	4.2	1.37	0.55
Flat Bread	✓	✓					Wheat										891	1238	210	292	0.7	1.0	0.1	0.1	41.7	57.9	3.0	4.2	1.7	2.4	8.4	11.7	0.18	0.25
Squash, Feta & Mint Flat Bread	✓	✗		✓			Wheat				✓	✓					1421	564	337	134	8.9	3.5	4.8	1.9	48.2	19.1	7.5	3.0	3.0	1.2	14.6	5.8	1.64	0.65
Super-Veg Rainbow Flat Bread	✓	✓	✓				Wheat		✓								1485	624	353	148	8.8	3.7	4.8	2.0	52.6	22.1	11.9	5.0	4.2	1.8	12.9	5.4	0.96	0.40
Chicken Pesto & Rocket Flat Bread	✗	✗		✓	✓		Wheat					✓					2161	991	518	238	24.2	11.1	3.9	1.8	44.6	20.5	5.4	2.5	2.5	1.1	27.9	12.8	1.97	0.90
Humous & Crunchy Veg Salad Wrap	✓	✓	✓				Wheat, Rye					✓	✓				1611	700	385	167	15.8	6.9	2.3	1.0	45.5	19.8	7.0	3.0	3.6	1.6	11.0	4.8	1.41	0.61
Avocado & Chipotle Chickpeas Salad Wrap	✓	✓					Wheat, Rye				✓	✓					1855	773	444	185	20.3	8.5	4.4	1.8	49.4	20.6	5.0	2.1	8.8	3.7	11.1	4.6	1.80	0.75
Veggie Nicoise Salad Wrap	✓	✗		✓	✓		Wheat, Rye				✓	✓					2104	842	501	200	18.3	7.3	2.7	1.1	56.2	22.5	6.0	2.4	12.5	5.0	21.3	8.5	2.13	0.85
Falafel Flat Bread	✓	✗	✓	✓			Wheat										1895	613	450	146	13.0	4.2	6.4	2.1	61.9	20.0	12.7	4.1	4.3	1.4	19.0	6.1	1.80	0.58
Green Greek Flat Bread	✓	✗	✓	✓			Wheat										1685	736	402	176	14.1	6.2	4.3	1.9	48.9	21.4	6.9	3.0	4.8	2.1	16.2	7.1	2.11	0.92
Grilled Artichokes & Olive Tapenade Flat Bread	✓	✓	✓				Wheat										1760	652	420	156	19.0	7.0	1.5	0.6	50.6	18.7	6.4	2.4	6.9	2.6	12.1	4.5	0.90	0.33
Mexican Avocado Flat Bread	✓	✓					Wheat										2134	643	508	153	18.6	5.6	4.3	1.3	65.7	19.8	8.8	2.7	6.5	2.0	15.8	4.8	1.31	0.39
Spicy Butternut & Pistachios	✓	✗		✓			Wheat, Rye					✓				Pistachio	1319	613	313	146	9.8	4.6	1.8	0.8	44.9	20.9	8.0	3.7	4.2	2.0	10.0	4.7	1.62	0.75
Pret's Summer Salad Wrap	✓	✓					Wheat, Rye					✓					1425	663	339	158	11.7	5.4	2.3	1.1	47.2	22.0	12.2	5.7	2.7	7.8	3.6	0.96	0.45	
Mint Chana Chaat & Mango Chutney	✓	✓					Wheat, Rye										1907	706	453	168	12.1	4.5	4.2	1.6	67.0	24.8	16.5	6.1	9.2	3.4	14.4	5.3	1.28	0.47

PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (KJ)	Energy (KJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	of which saturated fat per 100g	Carbohydrate (g)	of which carbohydrates per 100g	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g				
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish																		Nuts			
			Mature Cheddar & Pret Pickle	✓	✗		✓	✓		Wheat, Barley				✓	✓																					
Chicken Avocado	✗	✗		✓	✓		Wheat, Barley				✓	✓							2037	825	485	196	22.3	9.0	4.5	1.8	41.6	16.8	4.1	1.7	8.5	3.4	24.5	9.9	1.53	0.62
Cracking Egg Salad	✓	✗		✓	✓		Wheat, Barley				✓	✓							1575	643	375	153	10.5	4.3	1.1	0.4	49.0	20.0	4.6	1.9	5.8	2.4	18.1	7.4	1.45	0.59
Falafel & Red Tapenade	✓	✗		✓	✓		Wheat, Barley				✓	✓							2264	951	539	226	26.7	11.2	3.9	1.6	57.7	24.2	7.2	3.0	4.9	2.1	15.1	6.3	1.95	0.82
Free-Range Egg Mayo	✓	✗		✓	✓		Wheat, Barley				✓	✓							1541	798	367	190	10.6	5.5	1.0	0.5	47.2	24.5	2.6	1.3	5.2	2.7	18.0	9.3	1.46	0.76
Kids' Cheese Sandwich	✓	✗		✓	✓		Wheat, Barley				✓	✓							1772	1353	422	322	19.6	15.0	12.0	9.2	39.8	30.4	2.5	1.9	4.8	3.7	19.0	14.5	1.15	0.88
Kids' Ham Sandwich	✗	✗		✓	✓		Wheat, Barley				✓	✓							1260	962	300	229	7.3	5.6	4.5	3.4	38.7	29.5	2.6	2.0	4.5	3.4	17.7	13.5	1.66	1.27
Scottish Smoked Salmon	✗	✗		✓	✓		Wheat, Barley				✓	✓		✓					1588	986	378	235	13.2	8.2	6.9	4.3	38.9	24.2	2.5	1.6	4.6	2.9	23.3	14.5	2.85	1.77
Classic Super Club	✗	✗		✓	✓		Wheat, Barley				✓	✓							2205	865	528	207	25.4	10.0	3.8	1.5	42.3	16.6	4.9	1.9	5.6	2.2	29.5	11.6	2.20	0.86
Super Greens & Reds	✓	✓		✓	✓		Wheat, Barley				✓	✓							1871	828	449	199	22.5	10.0	5.7	2.5	43.8	19.4	6.3	2.8	10.5	4.6	11.8	5.2	1.33	0.59
Ham & Cheese	✗	✗		✓	✓		Wheat, Barley				✓	✓							2274	1143	546	274	26.6	13.4	16.5	8.3	40.3	20.3	2.7	1.4	4.8	2.4	33.7	16.9	2.87	1.44
Veggie New Yorker on Rye	✓	✗	✓	✓	✓		Wheat, Barley, Rye				✓	✓							2421	1030	580	247	29.0	12.3	9.5	4.0	51.0	21.7	10.9	4.6	10.3	4.4	23.2	9.9	2.19	0.93
Chicken & Cucumber	✗	✗		✓	✓		Wheat, Barley				✓	✓							1628	857	389	205	13.1	6.9	8.5	4.5	39.4	20.7	2.9	1.5	0.0	0.0	25.6	13.5	1.67	0.88
Coronation Egg Mayo	✓	✗		✓	✓		Wheat, Barley				✓	✓							2179	960	520	229	21.6	9.5	1.8	0.8	60.1	26.5	14.6	6.4	5.6	2.5	18.4	8.1	1.89	0.83
Crayfish & Avocado	✗	✗		✓	✓		Wheat, Barley				✓	✓	✓						1600	699	383	167	14.6	6.4	2.7	1.2	41.3	18.0	4.1	1.8	6.8	3.0	17.8	7.8	1.40	0.61
Tuna & Cucumber	✗	✗		✓	✓		Wheat, Barley				✓	✓		✓					1870	1022	447	244	20.5	11.2	4.7	2.6	43.2	23.6	2.9	1.6	5.1	2.8	19.7	10.8	1.51	0.83

SALADS

SUITABLE FOR

Pret A Manger Allergen Guide

NUTRITIONAL INFORMATION

PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (KJ)	Energy (Kcal) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g			
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish																			Nuts		
Dijon French Dressing - Small	✓	✓									✓								593	2118	144	514	14.8	52.9	1.1	3.9	2.3	8.2	1.9	6.8	0.0	0.0	0.2	0.7	0.28	1.00
Tumeric dressing	✓	✓	✓							✓									233	932	56	224	4.4	17.6	0.6	2.4	3.3	13.2	1.9	7.6	0.5	2.0	0.7	2.8	0.45	1.78
Green dressing- Small	✓	✓								✓									214	856	52	208	4.9	19.6	0.6	2.4	1.7	6.8	1.5	6.0	0.2	0.8	0.3	1.2	0.24	0.96
Green dressing- Large	✓	✓								✓									351	856	85	208	8.0	19.6	1.0	2.4	2.7	6.8	2.4	6.0	0.4	0.8	0.5	1.2	0.39	0.96
Teriyaki Dressing	✓	✓								✓									154	616	36	144	0.0	0.0	0.0	0.0	7.8	31.2	7.0	28.0	0.1	0.4	1.0	4.0	1.04	4.16
Crayfish and Avocado No Bread	✗	✗									✓	✓		✓					903	438	215	104	14.9	7.2	3.1	1.5	2.5	1.2	1.2	0.6	4.4	2.1	14.9	7.2	1.01	0.49
Egg & Avocado Protein Pot	✓	✗			✓														941	627	224	149	18.2	12.1	4.5	3.0	3.1	2.1	0.6	0.4	4.1	2.7	9.8	6.5	0.43	0.29
Egg & Spinach Protein Pot	✓	✗			✓														437	441	104	105	5.3	5.4	1.5	1.5	2.4	2.4	0.3	0.3	0.7	0.7	11.4	11.5	0.57	0.58
Chicken, Pesto & Buffalo Mozzarella	✗	✗			✓							✓							1512	581	364	140	24.9	9.6	9.5	3.7	7.3	2.8	4.8	1.8	2.7	1.0	25.6	9.8	2.35	0.90
Chef's Italian Chicken Salad	✗	✗			✓							✓	✓				✓	Pistachio	1432	506	345	122	22.4	7.9	3.9	1.4	8.2	2.9	6.2	2.2	5.0	1.8	24.8	8.8	1.75	0.62
Falafel Mezze	✓	✓	✓							✓									1991	624	479	150	33.9	10.6	6.4	2.0	26.4	8.3	11.0	3.5	3.4	1.1	12.3	3.9	2.33	0.73
Tuna Nicoise Salad	✗	✗			✓						✓	✓					✓		802	298	191	71	7.2	2.7	2.7	1.0	3.5	1.3	2.8	1.0	2.9	1.1	26.3	9.8	1.20	0.45
Rainbow Veggie Pot	✓	✓	✓									✓							771	514	186	124	13.5	9.0	1.9	1.3	8.9	5.9	3.7	2.5	2.0	1.3	4.6	3.1	0.80	0.53
Roast Beets, Squash & Feta Veggie Box	✓	✗	✓	✓							✓	✓							993	405	238	97	11.7	4.8	4.5	1.8	21.4	8.7	5.8	2.4	2.4	1.0	10.8	4.4	2.17	0.89
Sweet Potato Falafel & Smashed Beets Veggie Box	✓	✓	✓							✓		✓	✓						1391	485	334	116	18.3	6.4	3.1	1.1	28.5	9.9	5.6	2.0	7.4	2.6	10.3	3.6	1.31	0.46
Super Beans & Red Pepper Veggie Pot	✓	✓	✓								✓	✓							623	515	149	123	7.3	6.0	1.0	0.8	12.1	10.0	4.1	3.4	5.6	4.6	6.4	5.3	0.66	0.55
Greens, Grains & Chicken Salad	✗	✗	✓							✓		✓	✓						1074	388	258	93	10.4	3.8	2.3	0.8	16.6	6.0	1.9	0.7	5.9	2.1	21.3	7.7	1.24	0.45
Cauli & Turmeric Super-Veg Salad	✓	✓	✓							✓		✓	✓					Cashew	1273	352	306	85	15.3	4.2	2.5	0.7	28.0	7.7	10.0	2.8	6.0	1.7	11.6	3.2	1.23	0.34
Avo & Super-Greens Veggie Pot	✓	✓	✓							✓									706	679	170	163	11.7	11.3	2.4	2.3	5.7	5.5	1.9	1.8	5.0	4.8	7.2	6.9	0.06	0.06
Smashed Beets & Feta Veggie Pot	✓	✗	✓	✓															731	625	176	150	12.9	11.0	3.6	3.1	7.6	6.5	3.3	2.8	2.1	1.8	5.9	5.0	1.32	1.13
Super Beans, Broccoli & Turmeric Cauli Veggie Box	✓	✓	✓							✓		✓	✓						879	307	209	73	5.5	1.9	0.8	0.3	26.6	9.3	5.3	1.9	8.5	3.0	10.9	3.8	1.00	0.35
Poached Egg & Avocado Protein Pot	✓	✗			✓						✓	✓							810	675	197	164	17.6	14.7	4.5	3.8	2.0	1.7	0.8	0.7	3.9	3.3	5.5	4.6	0.33	0.28

SUSHI & EDAMAME		SUITABLE FOR		CONTAINS THESE ALLERGENS																				NUTRITIONAL INFORMATION										
PRODUCT	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Mollusca	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	Energy (KJ)	Energy (KJ) per 100g	Energy Kcal	Energy Kcal per 100g	Fat (g)	Fat per 100g	Saturated fat (g)	Saturated fat per 100g	Carbohydrate (g)	Carbohydrate per 100g	of which sugars (g)	of which sugars per 100g	Fibre (g)	Fibre per 100g	Protein (g)	Protein per 100g	Salt (g)	Salt per 100g
Teriyaki Salmon Sushi Salad	✗	✗	✓						✓						✓		1316	553	315	132	9.2	3.9	1.9	0.8	36.3	15.3	14.3	6.0	3.2	1.3	17.6	7.4	2.54	1.07