

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	✓	✗		✓												1077	326	256	78	6.4	1.9	4.0	1.2	37.5	11.4	35.5	10.8	2.8	0.8	10.6	3.2	0.26	0.08		
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	0.0	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	0.0	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	0.0	0.00	0.00		
Coconut Hot Chocolate	✓	✓														1214	337.2	288.0	80.0	4.4	1.2	3.0	0.8	57.1	15.9	40.4	11.2	3.3	0.9	2.3	0.6	0.15	0.04		

COFFEE		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																		
Syrup Shot- Caramel	✓	✓														206	1373	49	327	0.0	0.0	0.0	0.0	12.1	81.0	12.1	81.0	0.0	0.0	0.0	0.0	0.00	0.00
Syrup Shot- Hazelnut	✓	✓													Hazlenut	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	0.00	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	0.00	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	✓	✗		✓												778	236	185	56	5.2	1.6	3.3	1.0	24.4	7.4	23.4	7.1	1.5	0.5	9.3	2.8	0.26	0.08
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	0.0	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	175.8	150.0	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	0.1	0.0
Coconut Mocha	✓	✓														913	253.6	216.0	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	0.0
Coconut Flat White	✓	✓														430	172.0	102.0	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	0.1	0.0

COLD DRINKS		SUITABLE FOR		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																		
Banana & Cashew Almond Shake	✓	✓	✓												Cashew	973	389	230	92	13.3	5.3	1.5	0.6	20.0	8.0	19.0	7.6	2.0	0.8	6.8	2.7	0.11	0.04
Beet Beautiful	✓	✓														786	197	188	47	1.6	0.4	0.0	0.0	44.0	11.0	36.4	9.1	6.0	1.5	1.6	0.4	0.04	0.00
Chocolate Frappe	✓	✗		✓												1850	578	439	137	11.2	3.5	8.3	2.6	71.5	22.3	60.7	19.0	3.8	1.2	11.2	3.5	0.70	0.22
Classic Frappe	✓	✗		✓												1050	332	251	79	7.3	2.3	5.9	1.9	40.5	12.8	31.7	10.0	1.0	0.3	5.5	1.7	0.60	0.19
Coconut Water	✓	✓														285	95	66	22	0.0	0.0	0.0	0.0	15.0	5.0	15.0	5.0	0.0	0.0	0.0	0.0	0.12	0.04
Ginger Shot	✓	✓														234	213	55	50	0.3	0.3	0.1	0.1	11.4	10.4	9.7	8.8	2.0	1.8	0.8	0.7	0.01	0.01
Green Goodness	✓	✓									✓					740	185	176	44	0.0	0.0	0.0	0.0	42.8	10.7	42.8	10.7	0.5	0.1	1.6	0.4	0.32	0.08
Iced 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
Apple Juice	✓	✓														535	214	125	50	0.1	0.0	0.1	0.0	31.3	12.5	29.3	11.7	1.3	0.5	0.3	0.1	0.03	0.01
Carrot Juice	✓	✓														208	83	50	20	0.1	0.0	0.0	0.0	12.0	4.8	9.0	3.6	1.3	0.5	1.0	0.4	0.20	0.08
Large Orange Juice	✓	✓														708	177	168	42	0.4	0.1	0.4	0.1	38.4	9.6	36.0	9.0	2.1	0.5	2.0	0.5	0.16	0.04
Orange Juice	✓	✓														443	177	105	42	0.3	0.1	0.3	0.1	24.0	9.6	22.5	9.0	1.3	0.5	1.3	0.5	0.10	0.04
Mango Smoothie	✓	✓														618	247	145	58	0.8	0.3	0.3	0.1	32.5	13.0	28.5	11.4	1.8	0.7	1.3	0.5	0.03	0.01
Kid's Cold Milk	✓	✗		✓												396	198	94	47	3.4	1.7	2.1	1.1	9.0	4.5	9.0	4.5	0.0	0.0	6.8	3.4	0.20	0.10
Pure Pret Sparkling Apple	✓	✓														584	177	139	42	0.7	0.2	0.3	0.1	32.3	9.8	31.3	9.5	0.0	0.0	0.7	0.2	0.25	0.08
Cucumber Seltzer	✓	✓														235	71	56	17	0.7	0.2	0.3	0.1	12.5	3.8	12.5	3.8	0.0	0.0	0.3	0.1	0.03	0.01
Pure Pret Sparkling Ginger Beer	✓	✓														584	177	139	42	0.7	0.2	0.3	0.1	33.0	10.0	33.0	10.0	0.0	0.0	0.3	0.1	0.25	0.08
Pure Pret Sparkling Grape & Elderflower	✓	✓														541	164	129	39	0.7	0.2	0.3	0.1	30.1	9.1	29.4	8.9	0.0	0.0	0.3	0.1	0.08	0.02
Pure Pret Sparkling Yoga Bunny	✓	✓														567	172	135	41	0.4	0.1	0.3	0.1	32.0	9.7	32.0	9.7	0.0	0.0	0.7	0.2	0.25	0.08
Pure Pret Still Green Tea & Peach	✓	✓														370	74	88	18	0.0	0.0	0.0	0.0	21.0	4.2	21.0	4.2	0.0	0.0	0.2	0.0	0.00	0.00
Pure Pret Still Mandarin & Lychee	✓	✓														433	87	103	21	0.0	0.0	0.0	0.0	24.3	4.9	20.4	4.1	0.0	0.0	0.3	0.1	0.00	0.00
Pure Pret Still Pomegranate & Hibiscus	✓	✓														454	91	108	22	0.0	0.0	0.0	0.0	24.4	4.9	23.4	4.7	0.0	0.0	0.5	0.1	0.00	0.00
Pure Pret Still Lemon & Ginger	✓	✓														672	134	160	32	0.0	0.0	0.0	0.0	38.1	7.6	35.7	7.1	0.0	0.0	0.3	0.1	0.00	0.00
Rhubarb Smoothie	✓	✓														777	199	185	47	0.3	0.1	0.0	0.0	42.2	10.8	34.3	8.8	2.2	0.6	0.8	0.2	0.03	0.01
Berry Blast	✓	✓														1004	245	239	58	1.0	0.2	0.1	0.0	51.4	12.5	44.0	10.7	6.8	1.7	1.8	0.4	0.00	0.00
Passion Pop	✓	✓														878	200	209	48	0.4	0.1	0.1	0.0	49.0	11.1	42.3	9.6	1.8	0.4	1.1	0.3	0.06	0.01
Strawberry & Banana Smoothie	✓	✓														886	222	211	53	0.5	0.1	0.0	0.0	47.8	12.0	42.0	10.5	2.6	0.7	1.5	0.4	0.00	0.00
Iced Black 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
Iced Black Tea with Strawberry, Cucumber & Mint	✓	✓														231	70	55	17	0.0	0.0	0.0	0.0	13.1	4.0	13.0	3.9	0.3	0.1	0.2	0.1	0.00	0.00
Iced 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
Iced Green Tea with Blood Orange & Pomegranate	✓	✓														210	64	50	15	0.0	0.0	0.0	0.0	11.6	3.5	11.6	3.5	0.1	0.0	0.2	0.1	0.00	0.00
Vitamin Volcano	✓	✗														685	274	163	65	0.3	0.1	0.1	0.0	37.5	15.0	28.0	11.2	1.5	0.6	1.5	0.6	0.05	0.02
Water 500ml Still	✓	✓														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
Water 750ml Still	✓	✓														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
Sparkling Spring Water	✓	✓														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
Sparkling Lemonade	✓	✓														462	140	109	33	0.0	0.0	0.0	0.0	26.3	8.0	24.3	7.4	0.0	0.0	0.5	0.2	0.00	0.00
Pure Pret Still Orange and Passionfruit	✓	✓														563	113	133	27	0.1	0.0	0.0	0.0	30.3	6.1	29.7	5.9	0.1	0.0	0.5	0.1	0.00	0.00
Pure Pret Still Cranberry & Raspberry	✓	✓														677	135	159	32	0.0	0.0	0.0	0.0	37.6	7.5	36.1	7.2	0.0	0.0	0.2	0.0	0.20	0.04
Coconut Crush	✓	✓														706	151	168	36	2.7	0.6	2.3	0.5	35.6	7.6	28.2	6.0	1.7	0.4	1.2	0.3	1.51	0.32
Clementine Juice	✓	✓														467	187	110	44	0.4	0.2	0.0	0.0	26.0	10.4	26.0	10.4	1.3	0.5	1.5	0.6	0.03	0.01
Daily Greens	✓	✓									✓					384	96.0	92.0	23.0	0.2	0.1	0.0	0.0	18.8	4.7	13.6	3.4	5.2	1.3	2.0	0.5	0.1	0.00
Hot Shot	✓	✓														197	179.1	47.0	42.7	0.2	0.2	0.0	0.0	5.2	4.7	3.7	3.4	1.4	1.3	0.4	0.4	0.0	0.0
Blood Orange Juice	✓	✓														562	224.8	132.0	52.8	1.8	0.7	0.6	0.2	27.8	11.1	10.0	4.0	1.3	0.5	1.4	0.6	0.1	0.00

SWEET TREATS		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																		
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
Cacao Nibs & Ginger Cookie	✓	✗		✓			Wheat									1471	1794	350	427	12.6	15.4	8.1	9.9	50.6	61.7	27.7	33.8	1.7	2.1	3.8	4.6	0.34	0.41
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		✓						Pistachio	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								Almond	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								Hazelnut	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	1962.8	201.0	467.4	6.5	15.1	2.8	6.5	32.9	76.5	17.8	41.4	0.7	1.6	1.0	2.3	0.3	0.7

FRUIT	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																		
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
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
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
Clementine	✔	✔															265	177	63	42	0.2	0.1	0.0	0.0	13.1	8.7	13.1	8.7	1.8	1.2	1.4	0.9	0.60	0.40

PRET SNACKS		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																		
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, Hazlenut, 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

BREAKFAST		SUITABLE FOR		Pret A Manger Allergen Guide														NUTRITIONAL INFORMATION																
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS														Energy (KJ) per 100g	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																		
Acai Breakfast Bowl	✓	✓															1117	649	266	155	7.3	4.2	0.6	0.3	45.0	26.2	32.4	18.8	8.9	5.2	5.3	3.1	0.06	0.03
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				✓	✓						1348	1006	321	240	10.2	7.6	1.5	1.1	40.1	29.9	1.7	1.3	2.6	1.9	15.8	11.8	1.97	1.47
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	465.6	137.0	112.3	10.8	8.9	7.6	6.2	6.1	5.0	5.7	4.7	3.2	2.6	3.0	2.5	0.1	0.0
Apple & Pomegranate Overnight Oats	✓	✓														Almond	597	462.8	141.0	109.3	2.3	1.8	0.4	0.3	25.0	19.4	10.9	8.4	3.5	2.7	3.2	2.5	0.0	0.0
Pret's Coconut Porridge	✓	✓															833	256.3	198.0	60.9	6.8	2.1	4.6	1.4	27.6	8.5	2.3	0.7	3.5	1.1	5.2	1.6	0.1	0.0

PRET HOT FOOD	SUITABLE FOR																NUTRITIONAL INFORMATION																	
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS														Energy (kJ) per 100g	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																		
Chipotle Chicken Burrito Hot Wrap	✗	✗		✓			Wheat, Rye				✓	✓					2209	786	528	188	20.0	7.1	6.7	2.4	53.6	19.1	11.5	4.1	5.7	2.0	29.6	10.5	2.06	0.73
Falafel and Red Pepper Hot Wrap	✓	✗		✓			Wheat, Rye, Barley				✓	✓					2428	1033	578	246	32.0	13.6	8.8	3.7	55.0	23.4	9.7	4.1	4.7	2.0	15.2	6.5	2.94	1.25
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				✓	✓					2901	1095	695	262	39.8	15.0	5.2	2.0	57.9	21.8	10.6	4.0	3.2	1.2	24.8	9.4	3.58	1.35
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
Red Thai Chicken Curry Quinoa Rice Pot	✗	✗	✓											✓	✓		1508	457	514	156	28.6	8.7	14.7	4.5	45.3	13.7	9.0	2.7	1.7	0.5	19.2	5.8	1.67	0.51
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
Philly Cheese Steak Toastie	✗	✗		✓	✓		Wheat, Rye, Barley					✓	✓				2824	1192	678	286	33.1	14.0	9.9	4.2	55.3	23.3	7.9	3.3	5.0	2.1	38.7	16.3	2.77	1.17
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	1008.3	610.0	241.1	28.3	11.2	9.9	3.9	45.4	17.9	4.2	1.7	7.3	2.9	39.4	15.6	2.7	1.1
Brie, Avocado & Tomato Toastie	✗	✗		✓			Wheat, Rye, Barley				✓	✓					2360	1017.2	562.0	242.2	32.1	13.8	11.8	5.1	41.5	17.9	4.0	1.7	9.0	3.9	21.6	9.3	2.4	1.1
Short Rib Beef Macaroni Cheese	✗	✗		✓			Wheat										2860	794.4	681.0	189.2	36.2	10.1	17.5	4.9	54.9	15.3	12.2	3.4	1.2	0.3	32.7	9.1	2.4	0.7

BAGUETTES		SUITABLE FOR		CONTAINS THESE ALLERGENS														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				✓	✓			✓		2436	1123	580	267	26.0	12.0	4.4	2.0	54.4	25.1	3.2	1.5	4.2	1.9	29.9	13.8	2.61	1.20
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
Smoked Salmon & Soft Cheese	✗	✗		✓			Wheat				✓	✓			✓		1344	840	320	200	7.7	4.8	3.3	2.1	41.1	25.7	2.7	1.7	2.5	1.6	20.0	12.5	2.83	1.77
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
Focaccia	✓	✗		✓			Wheat										1059	1324	253	316	13.5	16.9	1.9	2.4	29.3	36.6	0.7	0.9	1.5	1.9	5.1	6.4	6.58	8.23
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	927.5	530.0	220.8	26.9	11.2	4.8	2.0	55.7	23.2	3.8	1.6	9.8	4.1	11.7	4.9	2.1	0.9
Tuna Nicoise Baguette	✗	✗	✓	✓	✓		Wheat					✓			✓		2230	851.1	531.0	202.7	20.7	7.9	3.2	1.2	56.4	21.5	4.3	1.6	6.6	2.5	20.7	7.9	2.7	1.0

WRAPS		SUITABLE FOR		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																		
Chana Chaat Flat Bread	✓	✓					Wheat										1625	691	387	165	7.8	3.3	3.0	1.3	60.7	25.8	11.3	4.8	7.4	3.1	14.7	6.3	0.41	0.17
Avocado & Chipotle Chicken Flat Bread	✗	✗			✓		Wheat				✓	✓					2352	721	560	172	17.9	5.5	4.4	1.3	66.0	20.2	13.3	4.1	7.1	2.2	29.4	9.0	1.32	0.40
Avocado & Herb Salad Wrap	✓	✗			✓		Wheat, Rye				✓	✓					2130	839	514	202	31.7	12.5	6.3	2.5	40.0	15.7	4.5	1.8	7.1	2.8	12.7	5.0	1.12	0.44
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	782.0	533.0	184.4	23.9	8.3	2.1	0.7	51.1	17.7	6.9	2.4	5.6	1.9	27.1	9.4	1.6	0.6
Chakalaka Wrap	✓	✓					Wheat, Rye										1428	575.8	340.0	137.1	11.7	4.7	4.4	1.8	45.0	18.1	6.7	2.7	3.0	1.2	10.3	4.2	1.4	0.6
Zhug, Egg & Avo Flat Bread	✓	✗			✓		Wheat					✓					2121	721.4	508.0	172.8	23.8	8.1	6.7	2.3	52.5	17.9	10.4	3.5	7.0	2.4	17.7	6.0	1.4	0.5
Flat Bread	✓	✓					Wheat										891	1237.5	210.0	291.7	0.7	1.0	0.1	0.1	41.7	57.9	3.0	4.2	1.7	2.4	8.4	11.7	0.2	0.3

GRANARY & RYE		SUITABLE FOR		Pret A Manger Allergen Guide													NUTRITIONAL INFORMATION																	
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS													Energy (KJ) per 100g	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	
Mature Cheddar & Pret Pickle	✓	✗		✓	✓		Wheat, Barley				✓	✓					2184	874	520	208	23.5	9.4	8.8	3.5	53.2	21.3	14.1	5.6	5.9	2.4	20.3	8.1	1.80	0.72
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
Wild Crayfish & Rocket	✗	✗			✓		Wheat, Barley				✓	✓		✓			1596	802	380	191	13.9	7.0	1.3	0.7	40.1	20.2	3.0	1.5	4.7	2.4	21.1	10.6	1.78	0.89
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				✓	✓					2180	848	519	202	23.8	9.3	3.2	1.2	42.6	16.6	5.1	2.0	5.6	2.2	30.3	11.8	2.49	0.97
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
Pole & Line Caught Tuna & Rocket	✗	✗		✓	✓		Wheat, Barley				✓	✓			✓		2024	937	482	223	21.6	10.0	1.6	0.7	44.9	20.8	3.1	1.4	5.4	2.5	24.4	11.3	1.80	0.83
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
Classic New Yorker on Rye	✗	✗	✓		✓		Wheat, Barley, Rye					✓					2315	929.7	555.0	222.9	24.7	9.9	3.1	1.2	51.4	20.6	10.0	4.0	10.6	4.3	26.1	10.5	3.1	1.2

SALADS		SUITABLE FOR		Pret A Manger Allergen Guide														NUTRITIONAL INFORMATION																
PRODUCT	Vegetarians	Vegans	CONTAINS THESE ALLERGENS														Energy (KJ) per 100g	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																		
Dijon Honey Dressing - Large	✓	✗								✓						974	2164	232	516	24.1	53.6	3.2	7.1	2.5	5.6	2.3	5.1	0.0	0.0	0.3	0.7	0.28	0.62	
Apple Balsamic Dressing	✓	✓								✓						495	1597	119	384	8.5	27.4	0.8	2.6	8.2	26.5	7.8	25.2	0.1	0.3	0.2	0.6	0.00	0.00	
Dijon Honey 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	
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	
Poke Dressing - Small	✓	✓	✓						✓			✓				206	736	49	175	2.4	8.6	0.4	1.4	5.8	20.7	5.6	20.0	0.3	1.1	0.9	3.2	0.70	2.50	
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	
Pret's Protein Packed SuperBowl	✗	✗	✓		✓				✓		✓	✓				1720	599	411	143	16.9	5.9	3.9	1.4	26.4	9.2	3.6	1.3	9.5	3.3	32.7	11.4	1.34	0.47	
Smoked Salmon & Egg Protein Pot	✗	✗			✓					✓	✓			✓		466	518	111	123	5.8	6.4	2.0	2.2	1.5	1.7	0.3	0.3	0.6	0.7	12.9	14.3	1.41	1.57	
Chicken, Pesto & Buffalo Mozzarella	✗	✗		✓							✓					1297	499	313	120	21.1	8.1	4.7	1.8	5.0	1.9	4.8	1.8	2.9	1.1	22.9	8.8	1.20	0.46	
Beets, Squash & Feta SuperBowl	✓	✗	✓	✓					✓		✓	✓				1429	535	341	128	14.5	5.4	5.3	2.0	30.3	11.3	8.3	3.1	7.3	2.7	18.0	6.7	2.05	0.77	
Roast Salmon & Avo SuperBowl	✗	✗	✓						✓		✓	✓			✓	1671	603	400	144	17.3	6.3	4.0	1.4	26.5	9.6	4.7	1.7	10.7	3.9	27.6	10.0	1.02	0.40	
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	✓	✓	✓						✓							1967	628	474	151	35.7	11.4	6.4	2.0	23.8	7.6	9.2	2.9	1.3	0.4	10.7	3.4	2.58	0.82	
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	
Mushroom & Avo Sushi Salad	✓	✓	✓				Wheat		✓			✓				1380	548	367	146	12.9	5.1	2.7	1.1	45.9	18.2	19.2	7.6	4.3	1.7	7.8	3.1	3.25	1.29	
Lemon Dressing	✓	✓														609	2175	148	529	16.2	57.9	2.3	8.2	0.4	1.4	0.4	1.4	0.2	0.7	0.1	0.4	0.20	0.70	
Rainbow Veggie Pot	✓	✓	✓								✓					771	514.0	186.0	124.0	13.5	9.0	1.9	1.3	8.9	5.9	3.7	2.5	2.0	1.3	4.6	3.1	0.8	0.5	
Asian Greens Veggie Pot	✓	✓	✓						✓			✓				706	678.8	170.0	163.5	11.7	11.3	2.4	2.3	5.7	5.5	1.9	1.8	5.0	4.8	7.2	6.9	0.1	0.1	
Courgetti Veggie Pot	✓	✗		✓												544	385.8	131.0	92.9	9.7	6.9	2.4	1.7	5.3	3.8	4.3	3.0	1.8	1.3	4.7	3.3	0.1	0.1	

Pret Soups	Suitable For		Pret A Manger Allergen Guide														Nutritional Information																	
Product	Vegetarian	Vegan	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																		
Chicken, Broccoli & Brown Rice (small)	✗	✗							✓							334	152	79	36	1.9	0.9	0.5	0.2	8.4	3.8	2.4	1.1	2.2	1.0	8.1	3.7	1.03	0.47	
Souper Tomato (small portion)	✓	✓							✓							497	226	118	54	7.3	3.3	1.1	0.5	9.5	4.3	8.4	3.8	1.9	0.9	2.9	1.3	0.64	0.29	
No Cream Cream of Chicken Soup	✗	✗							✓							584	158	140	38	7.8	2.1	1.3	0.4	5.9	1.6	5.6	1.5	4.8	1.3	9.6	2.6	1.22	0.60	
Chicken, Broccoli & Brown Rice Soup	✗	✗							✓							562	152	133	36	3.3	0.9	0.8	0.2	14.1	3.8	4.1	1.1	3.7	1.0	13.7	3.7	1.74	0.47	
Coconut Chicken Curry	✗	✗									✓					929	251	222	60	12.6	3.4	6.3	1.7	15.9	4.3	0.4	0.1	7.8	2.1	7.8	2.1	2.48	0.67	
Lightly Spiced Carrot & Coriander	✓	✓							✓			✓				761	206	181	49	12.8	3.5	8.8	2.4	8.9	2.4	6.5	1.8	3.2	0.9	6.3	1.7	1.51	0.41	
Pea & Mint	✓	✓														788	213	189	51	6.3	1.7	1.1	0.3	15.7	4.2	0.4	0.1	17.4	4.7	10.9	2.9	2.85	0.77	
Pork & Lentil Ragù	✗	✗														917	248	218	59	7.8	2.1	1.5	0.4	23.7	6.4	6.7	1.8	4.4	1.2	12.2	3.3	2.73	0.74	
Red Thai Chicken & Veg	✗	✗							✓							984	266	234	63	11.8	3.2	8.0	2.2	13.4	3.6	4.1	1.1	7.6	2.1	14.4	3.9	2.26	0.61	
Smoky Chorizo Chicken	✗	✗								✓						979	265	233	63	8.1	2.2	2.2	0.6	21.1	5.7	12.2	3.3	5.9	1.6	15.9	4.3	2.37	0.64	
Souper Tomato	✓	✓								✓						831	225	199	54	12.2	3.3	1.9	0.5	15.9	4.3	14.1	3.8	3.3	0.9	4.8	1.3	1.07	0.29	
Vegetable Tagine	✓	✓								✓						788	213	188	51	5.9	1.6	0.7	0.2	23.3	6.3	9.3	2.5	5.9	1.6	7.4	2.0	1.81	0.49	
Cauliflower & Chickpea Dhal	✓	✓														1010	273.0	241.0	65.1	7.5	2.0	3.3	0.9	26.7	7.2	7.2	1.9	9.2	2.5	12.1	3.3	2.2	0.6	
Greens & Grains	✓	✓														1021	275.9	244.0	65.9	11.5	3.1	4.1	1.1	25.9	7.0	4.8	1.3	6.7	1.8	9.6	2.6	2.8	0.8	
Spiced Corn & Quinoa	✓	✓														750	202.7	179.0	48.4	6.6	1.8	0.6	0.2	21.3	5.8	9.5	2.6	4.5	1.2	6.3	1.7	3.0	0.8	
Bone Broth	✗	✗														197	58.3	47.0	13.9	0.9	0.3	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	9.9	2.9	1.9	0.6	
Veggie Miso	✓	✓					✓		✓							185	54.4	44.0	12.9	1.0	0.3	0.1	0.0	5.1	1.5	2.4	0.7	1.2	0.4	3.5	1.0	2.3	0.7	
Chilli flakes	✓	✓														4	1333.3	1.0	333.3	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	
Fresh Ginger	✓	✓														18	450.0	4.0	100.0	0.0	0.0	0.0	0.0	0.9	22.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.8

SUSHI & EDAMAME		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																		
Edamame Beans	✓	✓						✓									547	438	130	104	3.6	2.9	0.8	0.6	13.6	10.9	4.1	3.3	5.1	4.1	8.3	6.6	0.60	0.48
Salmon, Prawn & Crab Sushi	✗	✗	✓				Wheat		✓			✓		✓	✓		1516	659	359	156	8.3	3.6	1.2	0.5	54.5	23.7	10.8	4.7	0.0	0.0	14.3	6.2	2.69	1.17
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