

Pret a Manger

Ingredients and additives

The following was received by the Real Bread Campaign from Pret's customer services team in May 2015.

Malted Wholemeal (granary)

Wheatflour contain gluten) (statutory additives calcium carbonate, iron, niacin, thiamine), Water, Malted Wheat (contains gluten), Wheat Bran (contains gluten), Yeast, Spirit Vinegar, Salt, Wheat Gluten (contains gluten), Malted Barley (contains gluten), Emulsifier: E471, Emulsifier: 472(e), Vegetable Fat (Rapeseed Oil, Palm Fat), Wheat Starch, Flour Treatment Agent: Ascorbic Acid.

Rye & Caraway

WHEAT FLOUR (WHEAT flour, calcium carbonate, iron, niacin, thiamin), Water, Dark RYE Flour, Caraway Seed(3.7%), RYE flakes(2.6%), WHEAT Gluten, Yeast, Salt, Rapeseed Oil, Roasted WHEAT Malt Flour, BARLEY Malt Extract, Flour treatment agent[Ascorbic acid].

Seeded Bloomer

Wheat Flour, Water, Rye Flour, Malted Wheat Flakes, Wheat Gluten, Poppy Seeds, Sunflower Seeds, Yeast, Salt, Millet, Malt Flour, Linseed, Oats, Crushed Wheat, Vegetable Oil, Emulsifiers; Wheat Bran, Acetic Acid.

Artisan Baguette

Wheat flour, water, leaven, cereals (sesame seed, brown flax, malted wheat flake, wheat germ), salt, yeast, gluten, deactivated yeast, malt flour.

Large White Baguette

Wheat flour, Water, Yeast, Salt, Ascorbic Acid

Soup Baguette

Wheat flour, water, durum wheat semolina, salt, yeast, malt flour

Stonebaked baguette

Wheat flour, water, stone-ground wheat flour, salt, wheat gluten, yeast, flour treatment agent

Tortilla

Wheat Flour, Water, Rapeseed Oil, Humectant (Glycerol), Raising Agents (Sodium Hydrogen Phosphate, Sodium Hydrogen Carbonate), Fermented Wheat Flour, Emulsifier (Mono and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Flour Treatment Agent (L-Cysteine Hydrochloride)

We don't label our sandwiches due to the volumes we make but we do have larger labels that describe the flavours in each sandwich.

The labelling on Pret products and Pret shelves has never been intended to be a conclusive ingredients list. Rather, the purpose is to provide a description of the flavours one may expect in the sandwich or product. The space on our labels is so small, and the number of included ingredients is so large, that to provide comprehensive ingredient advice in this way would be impossible. We do highlight the recognised allergens, as per the legislation, on our shelf labelling.