

Pret : passionate about food / Julia Metcalfe, co-founder.

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Pret A Manger (Europe)

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Passionate about food!

Welcome to Pret

Both Sinclair and I have been obsessed with selling good natural food since our first year of Pret back in 1986. We built a kitchen in the basement of our first shop in Victoria and went to the food markets at dawn.

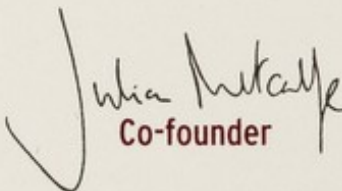
Our conviction has not changed. We still have fresh ingredients delivered every morning to every Pret. All our sandwiches are handmade, one by one, in each shop's kitchen throughout the day. We do not operate a central production factory nor do we employ mass production techniques.

We use only natural ingredients and go out of our way to ensure our ingredients and the ingredients in our ingredients are as natural as possible. We don't mind the fact that natural food goes off quickly. We don't want to extend the shelf-life of our food. At the end of each day we would rather give away all our unsold sandwiches than compromise our standards.

Pret is a small private company. We are passionate about food, our staff and our customers. If there is a secret to our success so far, it's probably our determination to put quality before profit. Quality, not just of our food, but in every aspect of what we do.

If you would like to speak to us about anything to do with Pret, please feel free to call on 020 7827 8888 or visit us at www.pret.com

Thank you for visiting this Pret.


Co-founder



Only Pret's Oat & Fruit Slice is stirred by hand with a four foot long oar. Strange as this may seem, we've found that mechanical mixers turn the ingredients into a horrid pulp. Hand mixing the ingredients adds a lot of work but greatly improves the flavour. It is partly for this reason that the texture and taste of the product is so good.

Passion Fact No. 11

Of all the ingredients we use, our avocados have to be the most temperamental. Treat them badly and they just don't taste right. That's why they have a huge ripening room all to themselves and why our avocado chap turns each one of them by hand, every day. It makes sure that they ripen evenly and that every bite of avo is a perfect one.

Passion Fact No. 41

If you would **like** the most **recent NEWS** on:

Our food

(products and nutritional information)

Our shops

(addresses and opening hours)

please visit us at

www.pret.com



SANDWICHES

All Day Breakfast
Avocado Parmesan & Roquette
Big BLT
Chicken & Avocado
Chicken Caesar
Coronation Chicken
Crayfish & Roquette
Chicken Tikka
Double Cheddar
Egg & Cress
Ham Cheese & Pickle
Pret Salad
Salt Beef on Rye
Smoked Salmon
Super Club
Super Salmon Roquette
Tuna Mayo
Turkey Lunch

PRET MIRACLEMAYO™

SANDWICHES

Thai Chicken
Changrilled Peppers & Red Onion

BAGUETTES

Brie, Tomato & Basil
Ham & Greve
Tuna Mayo
Chicken & Grapes

PRETWAPS™

Avocado
Green Thai Chicken
Tuna Nicoise
Pret Salad

SUSHI

Deluxe
Vegetarian

SALADS

Moroccan Couscous
Tuscan Pasta
Tuna Nicoise

CAKES & PUDDINGS

Apple Cake*
Banana Cake*
Carrot Cake*
Ginger Cake*
Lemon Cake*
Chocolate Fudge Cake*
Passion Cake*
Oat & Fruit Slice*
Pecan Pie*
Pret Brownie*
Almondillo*
Rhubarb Pret Pot
Honey & Granola Pret Pot*
Raspberry Pret Pot
Brownie Pret Pot
Fruit Salad
Seasonal Fruit Salad
PassionPots

CRISPS

Original
Vegetable Chips

BAKERY

Almond Croissant*
Chocolate Croissant
Plain Croissant
Danish*
Muffins*
Pretzels

COLD DRINKS

Apple Juice
Carrot Juice
Lemon Crush
Orange Juice
Orange & Apple
Blended Strawberry & Banana
Blended Strawberry & Raspberry
Blended Mango & Orange
Blended Apple, Blackberry & Pear
Pret Cool
Pure Sparkling Spring Water
Pure Still Spring water
Yoghurt Drinks

HOT DRINKS

Cappuccino
Latte
Mocha
Espresso
English Breakfast Tea
Hot Chocolate

Coffees are available in
*litter and decaf

*contains nuts or nut traces

To keep it exciting, our menu is constantly changing. You may find a new product that is not on this list, or one that has been replaced. If you would like any further information, please visit us at www.pret.com



PRET

**creates hand made, natural food, avoiding
the obscure chemicals, additives
and preservatives common
to so much of the
'prepared' and 'fast'
food on the market today.**



Visit a Pret early in the morning and you'll smell pine nuts and almonds being roasted in the kitchen. Roasting is the best way to bring out the richness of their flavours. We do some every morning and use them that day. It's a bit more effort but we think it makes a difference to the taste, not to mention a delicious smell in the kitchen.

Passion Fact No. 33

If you agree that our lemon cake is fantastic, we've got Alan Miles to thank. Alan is the blacksmith who invented and manufactured the huge metal grid which drizzles fresh lemon juice on each and every slice we make. Pret cakes really are handmade with superb natural ingredients; they always have been and always will be.

Passion Fact No. 9

a selection of
our shops

Bicester
Birmingham
Bluewater
Bristol
Cambridge
Edinburgh
Folkestone
Glasgow
Heathrow
Leeds
Manchester
Milton Keynes
New York
Nottingham
Oxford
Windsor
York
also in London