




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.



Pret's *Allergen* Guide



Autumn Launch 2022 - 21st September

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Inside you'll find a list of all of the products sold in our shops, with allergens listed along the top of the page for easy reference. If a product contains one of these ingredients, then you will find a tick in the corresponding box. Where a product contains 'Cereals Containing Gluten', you'll find specific ingredients listed (e.g., wheat, rye, oats). If you have any trouble finding what you're looking for, just *ask the Manager* – they'll be more than happy to help.

Please remember to check our guide regularly as recipes do change from time to time – the last thing we want is for anyone being caught out by a new take on an old favourite.

We understand that no matter how detailed our guide is, there may be times when it can't answer the questions you may have. If you need to know more, please do *visit our website* at www.pret.hk or contact our Customer Service Team on **2520 0445**.



In this guide, we are able to advise you on the presence of the following allergens in our food:

Peanuts, Tree Nuts, Crustaceans (like crayfish and crab), Milk, Eggs, Cereals Containing Gluten (these are wheat, rye and barley), Fish, Soyabeans, Sulphite in a concentration of 10 parts per million or more.

This Allergen Guide only covers food and drink sold in our HK shops.



由於製作美食的過程中會使用多種材料，因此我們不能保證所有產品完全不含任何致敏原。我們的純素產品是以純素食譜製作而成，但並不適合對奶類及蛋類過敏的人士。

若本致敏原指南提供了我們所有於門店內有售的產品，清單的頂部清楚列出致敏原成分，若該產品包含任何一種致敏原成分，相應的框格內會畫上勾號標示。若該產品含有‘麩質的穀類’，相關成分(例如:小麥、黑麥及燕麥)亦會詳細地列明。如果你無法找到所需要的資訊，歡迎向門店經理查詢，他們將非常樂意地為你提供協助。

請注意，由於我們的菜單會不定期更新，為確保你的安全，請務必經常查閱本指南，以確保獲得最準確的資訊。

此我們明白所提供的資訊可能無法完全解答到你的疑問，如果你需要了解更多，請瀏覽我們的網站 www.pret.hk 或致電2520 0445與我們的客戶服務團隊查詢。



本指南詳細列明了以下存在於我們產品中的致敏物成分:

花生、木本堅果、甲殼類動物（如小龍蝦和螃蟹）、奶類、蛋類、含有麩質的穀類（即小麥，黑麥和大麥）、魚類、大豆和濃度達到或超過百萬分之十的亞硫酸鹽或亞硫酸鹽組成。

本過敏原指南僅涵蓋並適用於所有香港門店內出售的產品。



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- 3. Hot Food Key Ingredients**
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Baguettes 長麵包		Suitable for		Autumn Launch 2022 - 21 September (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Chicken Pesto & Red Pepper Hot Baguette 羅勒醬雞肉紅甜椒即烘法式長麵包				√		√		WHEAT			
Cheesy Bacon Hot Baguette 芝士脆煙肉即烘法式長麵包						√	√	WHEAT			
Jambon Beurre Baguette 法式火腿牛油長麵包						√		WHEAT			
Posh Cheddar & Roasted Tomatoes Baguette 英國車打芝士烤蕃加法式長麵包	√					√	√	WHEAT		√	
Roasted Portobello Mushroom & Cheese Hot Baguette 烤波特菇芝士即烘法式長麵包	√					√	√	WHEAT			
Breakfast 早餐之選											
Almond Croissant 杏仁牛角酥	√			√		√	√	WHEAT			
Chicken & Corn Congee 雞肉粟米糙米粥						√				√	
Chocolate Croissant 朱古力牛角酥	√			√		√	√	WHEAT		√	
Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包						√	√	WHEAT		√	
Egg & Avocado Breakfast Baguette 雞蛋牛油果早餐長法包	√						√	WHEAT			
Egg & Roasted Tomatoes Breakfast Baguette 雞蛋沙律烤蕃加早餐長法包	√						√	WHEAT			
Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃加全麥法式軟包	√					√	√	WHEAT		√	
French Butter Croissant 法國原味牛角酥	√			√		√	√	WHEAT			
Ham & Cheese Breakfast Baguette 火腿芝士早餐長法包						√	√	WHEAT		√	
Ham & Cheese Croissant 火腿芝士牛角酥				√		√	√	WHEAT			
Ham & Greve Croissant 火腿瑞典芝士牛角酥				√		√	√	WHEAT			
Ham & Greve Whole Wheat Brioche 火腿瑞典芝士全麥法式軟包						√	√	WHEAT		√	
Ham, Egg & Cheese Roll 火腿雞蛋芝士堡						√	√	WHEAT		√	
Honey Toppings 蜜糖	√										
Chicken Tomato & Scrambledd Egg Hot Croissant 烤雞肉蕃茄炒蛋烘牛角酥				√		√	√	WHEAT			
Portobello & Scrambledd Egg Hot Croissant 烤波特菇炒蛋烘牛角酥	√			√		√	√	WHEAT			
Hot Smoked Salmon Brunch Roll 熱燻三文魚雞蛋芝士堡						√	√	WHEAT	√	√	
Mozzarella & Tomato Croissant 意大利芝士蕃茄牛角酥	√			√		√	√	WHEAT			
Pain Au Raisin 法式提子千層麵包	√			√		√	√	WHEAT		√	
Scottish Smoked Salmon Whole Wheat Brioche 蘇格蘭煙三文魚全麥法式軟包						√	√	WHEAT	√	√	
Soya Porridge 豆奶燕麥片	√	√						OAT		√	
Very Berry Croissant 雜莓牛角酥	√	√		√				WHEAT			
Skipjack Tuna & Cucumber Whole Wheat Brioche 正鯉吞拿魚沙律全麥法式軟包						√	√	WHEAT	√	√	

*Gluten Free Oats

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Coffee Products 咖啡產品		Autumn Launch 2022 - 21 September (V1)									
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Pret Coffee Capsules (Classic Blend) Pret咖啡膠囊 (經典咖啡)	✓	✓									
Pret Coffee Capsules (Espresso Blend) Pret咖啡膠囊 (特濃咖啡)	✓	✓									
Pret's Organic Single Origin Peruvian Ground Coffee (200g) Pret's有機秘魯研磨咖啡(200克)	✓	✓									
Pret's Organic Classic Blend Ground Coffee (200g) Pret's有機經典研磨咖啡(200克)	✓	✓									
CPG - Pret's Organic Espresso Beans (450g) Pret's有機咖啡豆(450克)	✓	✓									
Cold Drinks 冷飲											
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Apple & Ginger Juice 蘋果薑汁	✓	✓									
Cloudy Apple 鮮蘋果汁	✓	✓									
Flu Fighter 流感戰士	✓	✓									
Grapefruit Juice 西柚汁	✓	✓									
Lychee & Mandarin 鮮荔枝柑桔汁	✓	✓									
Orange Juice 鮮橙汁	✓	✓									
Pure Pret Sparkling Apple 天然果味梳打 - 蘋果	✓	✓									
Pure Pret Ginger Beer 天然果味梳打 - 薑味	✓	✓									
Pure Pret Grape & Elderflower 天然果味梳打 - 葡萄桂花	✓	✓									
Pure Pret Cucumber & Mint 天然果味梳打 - 青瓜薄荷	✓	✓									
Pure Pret Lime & Raspberry 天然果味梳打 - 青檸紅桑子	✓	✓									
Pure Coconut Water 清涼純椰青水	✓	✓									
Ginger Kombucha Pure Pret Sparkling 天然果味特飲	✓	✓									
Pret Cold Brew Coffee Latte Pret冷萃牛奶奶咖啡	✓					✓					
Pret Cold Brew Coffee Mocha Pret冷萃朱古力咖啡	✓					✓					
Sparkling Spring Water 500ml 500毫升有氣純礦泉水	✓	✓									
Still Water 500ml 500毫升純礦泉水	✓	✓									
Still Water 750ml 750毫升純礦泉水	✓	✓									

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Fruits 鮮果			Suitable for		Autumn Launch 2022 - 21 September (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物									
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Banana 香蕉	✓	✓										
Citrus Fruit Salad 香橙西柚沙律	✓	✓										
Classic Fruit Salad 鮮果沙律	✓	✓										
Apple, Fig, Kiwi & Blueberry Pot 蘋果無花果奇異果藍莓杯	✓	✓										
Three Melon Pot 三色鮮果杯	✓	✓										
Pret's Hot 烤焗熱食												
Beef and Onion Croissant 英式烤牛肉洋蔥即烘牛角酥				✓		✓	✓	WHEAT				
Chicken Mushroom Hot Wrap 雞肉蘑菇熱烤卷						✓	✓	WHEAT, RYE				
Chicken Mushroom Pasta Box 焗芝士雞肉蘑菇椰菜花長通粉						✓	✓	WHEAT				
Chicken Tikka Masala Hot Rice Bowl 印式咖喱雞飯						✓				✓		
Eggplant Parmigiana Hot Sandwich 千層茄子即烘香脆三文治	✓					✓	✓	WHEAT, RYE, OATS		✓		
Ham & British Cheddar Hot Sandwich 英國車打芝士火腿即烘香脆三文治						✓	✓	WHEAT, RYE, OATS				
Macaroni Cheese Kale & Cauli 焗芝士甘藍菜椰菜花通粉	✓					✓	✓	WHEAT				
Macaroni Cheese Lasagna 焗芝士千層肉醬通粉						✓	✓	WHEAT		✓		
Meatless Meatball Hot Wrap 墨西哥煙辣椒醬素肉丸熱烤卷	✓	✓						WHEAT, RYE				
Penne Pasta Meatless Meatball 辣蕃茄醬素肉丸長通粉	✓					✓	✓	WHEAT		✓		
Peking Duck Hot Wrap 京式烤鴨熱烤卷							✓	WHEAT, RYE		✓		
Roasted Salmon & Egg Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥				✓		✓	✓	WHEAT	✓			
Skipjack Tuna Melt Hot Sandwich 正鯉吞拿魚沙律即烘香脆三文治						✓	✓	WHEAT, RYE, OATS	✓	✓		
Super Club Hot Sandwich 特級公司即烘香脆三文治						✓	✓	WHEAT, RYE, OATS		✓		
Thai Green Vegetable Curry Hot Rice Bowl 泰式青咖喱雜菜飯	✓	✓						WHEAT		✓		
Typhoon Prawn Hot Wrap 風味蒜辣大蝦熱烤卷					✓	✓	✓	WHEAT, RYE		✓		
Spicy Italian Meatballs Hot Wrap 意大利香辣肉丸熱烤卷						✓	✓	WHEAT, RYE		✓	✓	
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Pret Bowls and Pots 甜品		Suitable for		Autumn Launch 2022 - 21 September (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Banana & Honey Granola Yoghurt Bowl 香蕉蜜糖香脆麥片乳酪	✓			✓		✓		*GF OAT		✓	
Blue Goodness Bowl 藍藻香脆麥片乳酪	✓			✓		✓		*GF OAT		✓	
Blueberry & Apple Granola Bowl 藍莓蘋果香脆麥片乳酪	✓			✓		✓		*GF OAT		✓	
Coconut Chia 椰子米奶奇亞籽	✓	✓		✓							
Pear, Raisin & Cinnamon Granola Bowl 香梨葡萄乾玉桂香脆麥片乳酪	✓					✓		*GF OAT			
Overnight Oats 特製乾果營養燕麥	✓	✓		✓				*GF OAT, BARLEY		✓	
Five Berries Granola Yoghurt Bowl 五果鮮莓香脆麥片乳酪	✓			✓		✓		*GF OAT		✓	
Fresh Fruit Granola Yoghurt Bowl 鮮果香脆麥片乳酪	✓			✓		✓		*GF OAT		✓	
Almond Butter & Honey Yoghurt Pot 杞子乾果蜜糖杏仁醬乳酪	✓			✓		✓					
Five Berries Pot 五果鮮莓乳酪	✓					✓					
Honey & Granola Pot 蜜糖香脆麥片乳酪	✓			✓		✓		*GF OAT		✓	
Pret Snacks 薯片及小食											
Pipers - Cheddar & Onion	✓					✓					
Pipers - Cider Vinegar & Seasalt	✓					✓					
Pipers - Seasalt	✓	✓									
Pret A Mango 天然芒果乾	✓	✓									
Sahale - Classic Fruit + Nut Trail Mix 經典混合果仁	✓	✓		✓							
Sahale - Honey Almonds Glazed Mix 蜜糖杏仁	✓			✓							
Sahale - Maple Pecans Glazed Mix 楓糖合桃	✓	✓		✓							
Sahale - Pomegranate Flavoured Pistachios Glazed Mix 石榴開心果	✓	✓		✓							
Cranberries in Coats 乳酪紅莓乾	✓					✓					
Roasted Crunchy Corn 烤粟米脆粒粒	✓	✓									
Pret Dark Choc Almonds 黑朱古力杏仁	✓	✓		✓						✓	

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Platters 拼盤		Suitable for		Autumn Launch 2022 - 21 September (V1)							
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French Baguette Selection 法式長麵包拼盤						√	√	WHEAT		√	
French Pastry Selection 精選法式酥點拼盤	√			√		√	√	WHEAT		√	
Large Cookie Platter 曲奇餅(大)拼盤	√			√		√	√	WHEAT		√	
Luxury Large Cookie Platter 至尊曲奇餅(大)拼盤	√			√		√		WHEAT, OAT, SPELT			
Luxury Small Cookie Platter 至尊曲奇餅(小)拼盤	√			√		√		WHEAT, OAT, SPELT			
Pret's Best of Seasonal Selection 精選季節三文治拼盤						√	√	WHEAT, BARLEY		√	
Pret's Protein Box 雞肉雞蛋營養沙律				√			√				
Pret's Snack Bar Selection 特色小麥棒拼盤	√			√		√		WHEAT		√	
Roasted Portobello Mushroom Vegan Salad Platter 烤波特菇甜薯純素沙律	√	√						WHEAT		√	
Scottish Smoked Salmon Protein Box 蘇格蘭煙三文魚雞蛋營養沙律							√		√		
Small Cookie Platter 曲奇餅(小)拼盤	√			√		√	√	WHEAT		√	
The Best of Pret Selection 經典三文治拼盤							√	WHEAT, BARLEY		√	
Vegeterian Selection 素食三文治拼盤	√					√	√	WHEAT, BARLEY		√	
Whole Wheat Brioche Selection 全麥法式軟包拼盤						√	√	WHEAT	√	√	
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Salads 沙律		Suitable for		Autumn Launch 2022 - 21 September (V1)							
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Chicken Cobb Salad 雞肉科布沙律						√	√				
Club Salad - Small 公司沙律							√				
Crayfish, Salmon & Pineapple Salad 小龍蝦三文魚菠蘿沙律					√				√	√	
Egg & Spinach Protein Pot 雞蛋菠菜營養杯	√						√				
Roasted Eggplant Salad Bowl 烤茄子三色糙米沙律	√	√						WHEAT		√	
Roasted Portobello Mushroom & Sweet Potato Vegan Box 烤波特菇甜薯純素沙律	√	√								√	
Scottish Roasted Salmon Protein Pot 蘇格蘭烤三文魚營養杯							√		√	√	
Scottish Roasted Salmon Soba Noodle Salad Bowl 蘇格蘭烤三文魚蕎麥麵沙律								WHEAT	√	√	
Scottish Smoked Salmon Protein Box 蘇格蘭煙三文魚雞蛋營養沙律							√		√		
Soy & Ginger Chicken Soba Noodle Bowl 生薑醬油雞肉蕎麥麵沙律								WHEAT		√	
Salad Dressing 沙律汁											
Ancho Chilli Dressing 墨西哥香辣沙律汁	√	√									
French Dressing 法式沙律汁	√										
Green Dressing 泰式香草沙律汁	√	√									
Miso & Sesame Dressing 味噌芝麻汁	√	√						WHEAT		√	
Soy & Ginger Dressing 日式薑味豉油沙律汁	√	√						WHEAT		√	
Poke Dressing 比卡沙律汁	√	√						WHEAT		√	
Turmeric Sesame Dressing 薑黃芝麻沙律汁	√	√						WHEAT		√	
Red Tapenade Dressing 紅椒醬	√	√						WHEAT			
Vietnamese Dressing 越式甜酸汁									√		
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Sandwiches 三文治			Suitable for		Autumn Launch 2022 - 21 September (V1)						
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
British Cheddar & Pret Pickle 英國車打芝士酸果醬三文治	✓					✓	✓	WHEAT, BARLEY		✓	
Chicken Avocado 雞肉牛油果三文治							✓	WHEAT, BARLEY		✓	
Classic Super Club 特級公司三文治							✓	WHEAT, BARLEY		✓	
Crayfish & Rocket 小龍蝦火箭菜三文治					✓		✓	WHEAT, BARLEY		✓	
Egg Mayo & Rocket 火箭菜雞蛋沙律三文治	✓					✓	✓	WHEAT, BARLEY			
Egg Mayo & Tomatoes 蕃茄雞蛋沙律三文治	✓						✓	WHEAT, BARLEY			
Ham British Cheese Pickle Granary 英國車打芝士火腿酸果醬三文治						✓	✓	WHEAT, BARLEY		✓	
Kids British Cheddar & Butter Sandwich 英國車打芝士三文治	✓					✓		WHEAT, BARLEY			
Kids Ham Sandwich 火腿三文治						✓		WHEAT, BARLEY			
Mediterranean Tuna 地中海風味吞拿魚沙律三文治							✓	WHEAT, BARLEY	✓	✓	
Pret's Famous BLT 脆味煙生蕃三文治							✓	WHEAT, BARLEY		✓	
Scottish Smoked Salmon 蘇格蘭煙三文魚三文治						✓		WHEAT, BARLEY	✓		
Skipjack Tuna & Cucumber 正鰹吞拿魚沙律三文治							✓	WHEAT, BARLEY	✓	✓	
Super Greens & Reds 純素牛油果紅甜椒三文治	✓	✓						WHEAT, BARLEY			

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Soups 窩心濃湯		Suitable for		Autumn Launch 2022 - 21 September (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Classic Pumpkin 鮮南瓜湯	✓					✓					
Japanese Style Sweetcorn 日式粟米濃湯	✓	✓								✓	
Japanese Tonjiru Soup 日式豚汁豬肉味噌湯									✓	✓	
Korean Style Beef 韓式牛肉湯									WHEAT ✓	✓	
Minestrone 意大利蔬菜濃湯	✓	✓							WHEAT		
New England Clam Chowder 新英倫周打蜆肉湯					✓	✓			✓	✓	
Soup Baguette 伴湯長麵包	✓								WHEAT		
Soup Bloomer 伴湯麵包	✓					✓			WHEAT		
Carrot & Coriander 甘筍芫荽湯	✓					✓					
Smokey Lentil & Bacon 煙燻扁豆煙肉湯										✓	
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Sweet Treats 麵包糕點		Suitable for		Autumn Launch 2022 - 21 September (V1)							
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Blueberry Muffin 藍莓鬆餅	✓			✓		✓	✓	WHEAT			
Choc Bar 特色小麥棒-朱古力	✓					✓		WHEAT		✓	
Chocolate Brownie Bar 特色小麥棒-朱古力布朗尼	✓					✓	✓	WHEAT		✓	
Chocolate Muffin 朱古力鬆餅	✓			✓		✓	✓	WHEAT		✓	
Chocolate Orange Cookie 香橙朱古力曲奇餅	✓			✓			✓	WHEAT		✓	
Chunky Chocolate Cookie 朱古力曲奇餅	✓			✓			✓	WHEAT		✓	
Dessert Pot - Lemon Meringue 檸檬蛋白甜品杯	✓			✓		✓	✓	WHEAT			
Dessert Pot - Strawberry 忌廉草莓甜品杯	✓					✓	✓	WHEAT		✓	
King of Cookies 包裝曲奇	✓			✓			✓	WHEAT,OAT		✓	
Love Bar 特色小麥棒 - 焦糖堅果	✓			✓		✓		OAT		✓	
Nutty Salted Caramel Brownie Bites 鹽味焦糖果仁布朗尼	✓			✓		✓	✓	WHEAT		✓	
Oatmeal & Raisin Cookie 燕麥提子乾	✓			✓			✓	WHEAT,OAT		✓	
Pret Bar 特色小麥棒 - 乾果	✓					✓		WHEAT,OAT			
Tart - Mixed Berrie 葡撻(雜莓味)	✓			✓		✓	✓	WHEAT		✓	
Tart - Original 葡撻(原味)	✓			✓		✓	✓	WHEAT		✓	
UK Luxury Cookies - Dark Chocolate & Almond 至尊黑朱古力杏仁曲奇餅	✓			✓				WHEAT			
UK Luxury Cookies - Fruit & Oat 至尊乾果燕麥曲奇餅	✓			✓		✓		WHEAT, OAT, SPELT			
UK Luxury Cookies - Chocolate Chunk 至尊朱古力曲奇餅	✓			✓		✓		WHEAT			
Vegan Chocolate Fudge Cake 純素朱古力軟蛋糕	✓	✓		✓				WHEAT			
Wraps 薄餅卷											
Avocado & Roasted Pine Nuts 牛油果烤松子仁	✓			✓			✓	WHEAT, RYE		✓	
Korean Chicken Wrap 韓式辣醬雞肉							✓	WHEAT, RYE		✓	
Peking Duck 京式烤鴨							✓	WHEAT, RYE		✓	
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Coffee												
Americano Black 美式黑咖啡	✓	✓										
Americano White Milk 美式白咖啡(牛奶)	✓					✓						
Americano White Rice Coconut 美式白咖啡(椰子米奶)	✓	✓										
Americano White Soya 美式白咖啡(荳奶)	✓	✓								✓		
Americano White Oat (燕麥奶)	✓	✓						OAT				
Cappuccino Milk 泡沫咖啡(牛奶)	✓					✓						
Cappuccino Rice Coconut 泡沫咖啡(椰子米奶)	✓	✓										
Cappuccino Soya 泡沫咖啡(荳奶)	✓	✓								✓		
Cappuccino Oat 泡沫咖啡(燕麥奶)	✓	✓						OAT				
Decaf Latte Milk 無咖啡因牛奶咖啡	✓					✓						
Decaf Latte Rice Coconut 無咖啡因椰子米奶咖啡	✓	✓										
Decaf Latte Soya 無咖啡因荳奶咖啡	✓	✓								✓		
Decaf Latte Oat 無咖啡因燕麥奶咖啡	✓	✓						OAT				
Espresso 特濃咖啡	✓	✓										
Filter - Black Coffee 蒸餾黑咖啡	✓	✓										
Filter - White Coffee Milk 蒸餾白咖啡(牛奶)	✓					✓						
Filter - White Coffee Rice Coconut 蒸餾白咖啡(椰子米奶)	✓	✓										
Filter - White Coffee Soya 蒸餾白咖啡(荳奶)	✓	✓								✓		
Filter - White Coffee Oat 蒸餾白咖啡(燕麥奶)	✓	✓						OAT				
Flat White Milk 奶香咖啡	✓					✓						
Flat White Rice Coconut 奶香咖啡 (椰子米奶)	✓	✓										
Flat White Soya 奶香咖啡(荳奶)	✓	✓								✓		
Flat White Oat 奶香咖啡(燕麥奶)	✓	✓						OAT				

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Latte Milk 牛奶咖啡	✓					✓					
Latte Rice Coconut 椰子米奶咖啡	✓	✓									
Latte Soya 荳奶咖啡	✓	✓								✓	
Latte Oat 燕麥奶咖啡	✓	✓						OAT			
Macchiato Milk 瑪奇朵咖啡(牛奶)	✓					✓					
Macchiato Rice Coconut 瑪奇朵咖啡(椰子米奶)	✓	✓									
Macchiato Soya 瑪奇朵咖啡(荳奶)	✓	✓								✓	
Macchiato Oat 瑪奇朵咖啡(燕麥奶)	✓	✓						OAT			
Mocha Milk 朱古力咖啡(牛奶)	✓					✓					
Mocha Rice Coconut 朱古力咖啡(椰子米奶)	✓	✓									
Mocha Soya 朱古力咖啡(荳奶)	✓	✓								✓	
Mocha Oat 朱古力咖啡(燕麥奶)								OAT			
Iced Drinks											
Iced Earl Grey Tea Apple Fizz 伯爵茶蘋果有汽飲品	✓	✓									
Iced Americano Black 凍美式黑咖啡	✓	✓									
Iced Americano White Milk 凍美式白咖啡(牛奶)	✓					✓					
Iced Americano White Rice Coconut 凍美式白咖啡(椰子米奶)	✓	✓									
Iced Americano White Soya 凍美式白咖啡(荳奶)	✓	✓								✓	
Iced Americano White Oat 凍美式白咖啡(燕麥奶)	✓	✓						OAT			
Iced Cappuccino Milk 凍泡沫咖啡(牛奶)	✓					✓					
Iced Cappuccino Rice Coconut 凍泡沫咖啡(椰子米奶)	✓	✓									
Iced Cappuccino Soya 凍泡沫咖啡(荳奶)	✓	✓								✓	
Iced Cappuccino Oat 凍泡沫咖啡(燕麥奶)	✓	✓						OAT			

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			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Iced Drinks												
Iced Caramel Latte 凍焦糖牛奶咖啡	√					√						
Iced Caramel Latte Rice Coconut 凍焦糖椰子米奶咖啡	√	√										
Iced Caramel Latte Soya 凍焦糖荳奶咖啡	√	√								√		
Iced Caramel Latte Oat 凍焦糖燕麥奶咖啡	√	√						OAT				
Iced Chocolate Milk 凍朱古力(牛奶)	√					√						
Iced Chocolate Rice Coconut 凍朱古力(椰子米奶)	√	√										
Iced Chocolate Soya 凍朱古力(荳奶)	√	√								√		
Iced Chocolate Oat 凍朱古力(燕麥奶)	√	√						OAT				
Iced Filter Coffee Black 凍蒸餾黑咖啡	√	√										
Iced Filter Coffee White Milk 凍蒸餾白咖啡(牛奶)	√					√						
Iced Filter Coffee White Rice Coconut 凍蒸餾白咖啡(椰子米奶)	√	√										
Iced Filter Coffee White Soya 凍蒸餾白咖啡(荳奶)	√	√								√		
Iced Filter Coffee White Oat 凍蒸餾白咖啡(燕麥奶)	√	√						OAT				
Iced Hazelnut Latte Milk 凍榛子牛奶咖啡	√			√		√						
Iced Hazelnut Latte Rice Coconut 凍榛子椰子米奶咖啡	√	√		√								
Iced Hazelnut Latte Soya 凍榛子荳奶咖啡	√	√		√						√		
Iced Hazelnut Latte Oat 凍榛子燕麥奶咖啡				√				OAT				
Iced Latte Milk 凍牛奶咖啡	√					√						
Iced Latte Rice Coconut 凍椰子米奶咖啡	√	√										
Iced Latte Soya 凍荳奶咖啡	√	√								√		
Iced Latte Oat 凍燕麥奶咖啡								OAT				
Iced Lemon Tea 凍檸檬茶	√	√										
Iced Mocha Milk 凍抹茶牛奶	√					√						
Iced Mocha Rice Coconut 凍抹茶椰子米奶	√	√										
Iced Mocha Soya 凍抹茶荳奶	√	√								√		
Iced Mocha Oat 凍抹茶燕麥奶								OAT				

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Flavoured Latte / Tea												
Iced Tea Latte Milk 凍鮮奶紅茶(牛奶)	✓					✓						
Iced Tea Latte Rice Coconut 凍鮮奶紅茶(椰子米奶)	✓	✓										
Iced Tea Latte Soya 凍鮮奶紅茶(荳奶)	✓	✓								✓		
Iced Tea Latte Oat 凍鮮奶紅茶(燕麥奶)								OAT				
Iced Tea Latte Rose Milk 凍法國玫瑰花鮮奶紅茶(牛奶)	✓					✓						
Iced Tea Latte Rose Rice Coconut 凍法國玫瑰花鮮奶紅茶(椰子米奶)	✓	✓										
Iced Tea Latte Rose Soya 凍法國玫瑰花鮮奶紅茶(荳奶)	✓	✓								✓		
Iced Tea Latte Rose Oat 凍法國玫瑰花鮮奶紅茶(燕麥奶)								OAT				
Caramel Latte Milk 焦糖牛奶咖啡	✓					✓						
Caramel Latte Rice Coconut 焦糖椰子米奶咖啡	✓	✓										
Caramel Latte Soya 焦糖荳奶咖啡	✓	✓								✓		
Caramel Latte Oat 焦糖荳奶咖啡(燕麥奶)	✓	✓						OAT				
Hazelnut Latte Milk 榛子牛奶咖啡	✓			✓		✓						
Hazelnut Latte Rice Coconut 榛子椰子米奶咖啡	✓	✓		✓								
Hazelnut Latte Soya 榛子荳奶咖啡	✓	✓		✓						✓		
Hazelnut Latte Oat 榛子燕麥奶咖啡	✓	✓		✓				OAT				
Matcha Latte Milk 抹茶牛奶	✓					✓						
Matcha Latte Rice Coconut 抹茶椰子米奶	✓	✓										
Matcha Latte Soya 抹茶荳奶	✓	✓								✓		
Matcha Latte Oat 抹茶燕麥奶	✓	✓						OAT				
Tea Latte Rose Milk 法國玫瑰花鮮奶紅茶(牛奶)	✓					✓						
Tea Latte Rose Rice Coconut 法國玫瑰花鮮奶紅茶(椰子米奶)	✓	✓										
Tea Latte Rose Soya 法國玫瑰花鮮奶紅茶(荳奶)	✓	✓								✓		
Tea Latte Rose Oat 法國玫瑰花鮮奶紅茶(燕麥奶)	✓	✓						OAT				
Hot Chocolate												
Hot Chocolate Milk 熱朱古力(牛奶)	✓					✓						
Hot Chocolate Rice Coconut 熱朱古力(椰子米奶)	✓	✓										
Hot Chocolate Soya 凍朱古力(荳奶)	✓	✓								✓		
Hot Chocolate Oat 凍朱古力(燕麥奶)	✓	✓						OAT				

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Milk Shot												
Babyccino 寶貝泡沫牛奶	✓					✓						
Rice Coconut 椰子米奶	✓	✓										
Skimmed Milk 脫脂奶	✓					✓						
Soya 荳奶	✓	✓								✓		
Oat Drink 燕麥奶	✓	✓						OAT				
Whipped Cream	✓					✓						
Whole Milk 全脂牛奶	✓					✓						
Syrup												
Caramel Shot 焦糖糖漿	✓	✓										
Hazelnut Shot 榛子糖漿	✓	✓		✓								
Rose Shot 玫瑰糖漿	✓	✓										
Tea												
Breakfast Tea Milk 英式紅茶(牛奶)	✓					✓						
Breakfast Tea Rice Coconut 英式紅茶(椰子米奶)	✓	✓										
Breakfast Tea Soya 英式紅茶(荳奶)	✓	✓								✓		
Breakfast Tea Oat 英式紅茶(燕麥奶)	✓	✓						OAT				
Breakfast Tea 英式紅茶	✓	✓										
Earl Grey Tea Milk 伯爵茶(牛奶)	✓					✓						
Earl Grey Tea Rice Coconut 伯爵茶(椰子米奶)	✓	✓										
Earl Grey Tea Soya 伯爵茶(荳奶)	✓	✓								✓		
Earl Grey Tea Oat 伯爵茶(燕麥奶)	✓	✓						OAT				
Earl Grey Tea 伯爵茶	✓	✓										
Green Tea 熱帶綠茶	✓	✓										
Lemon Tea 檸檬茶	✓	✓										
Peppermint Tea 薄荷茶	✓	✓										

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OOS Products		Suitable for		Autumn Launch 2022 - 21 September (V1)								
Product		Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
				Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Avocado	Chicken Cobb Salad (Sweet Potato) 雞肉科布沙律 (甜薯)						√	√				
	Salad Bowl - Roasted Eggplant (Sweet Potato) 烤茄子三色糙米沙律 (甜薯)	√	√						WHEAT		√	
	Roasted Portobello Mushroom & Sweet Potato Vegan Box (Quinoa Red Rice Mix) 烤波特菇甜薯純素沙律 (三色藜麥飯)	√	√								√	
Baby Spinach	Avocado & Roasted Pine Nuts (Salad Mix) 牛油果烤松子仁 (什生菜)	√			√			√	WHEAT, RYE		√	
	Egg & Rocket Protein Pot 雞蛋火箭菜營養杯	√						√				
	Peking Duck (Salad Mix) 京式烤鴨 (什生菜)							√	WHEAT, RYE		√	
	Roasted Portobello Mushroom & Cheese Hot Baguette (Rocket) 烤波特菇芝士焗法式長麵包 (火箭菜)	√					√	√	WHEAT			
	Super Greens & Reds (Salad Mix) 純素牛油果紅甜椒三文治 (什生菜)	√	√						WHEAT, BARLEY			
	Skipjack Tuna & Cucumber 正鯷吞拿魚沙律三文治							√	WHEAT, BARLEY	√	√	
	Hot Breakfast Croissant - Chicken Tomato & Scrambledd Egg (Rocket) (火箭菜)				√		√	√	WHEAT			
	Hot Breakfast Croissant - Portobello & Scrambledd Egg (Rocket) (火箭菜)	√			√		√	√	WHEAT			
Blueberry	Blue Goodness Bowl (Dried Blueberry) 藍藻香脆麥片乳酪 (藍莓乾)	√			√		√		*GF OAT		√	
Snow Pea	Scottish Smoked Salmon Protein Box (Broccoli) 蘇格蘭煙三文魚雞蛋營養沙律 (西蘭花)							√		√		
	Chicken Tikka Masala Rice Pot (Broccoli) 印式咖喱雞飯 (西蘭花)											
	Thai Green Vegetable Curry (Broccoli) (西蘭花)	√										
New Salad Mix	Scottish Roasted Salmon Soba Noodle Salad Bowl (Salad Mix) 蘇格蘭烤三文魚蕎麥麵沙律 (什生菜)								WHEAT	√	√	
	Soy & Ginger Chicken Soba Noodle Bowl (Salad Mix) 生薑醬油雞肉蕎麥麵沙律 (什生菜)								WHEAT		√	
	Scottish Smoked Salmon Protein Box (Salad Mix) 蘇格蘭煙三文魚雞蛋營養沙律 (什生菜)							√		√		
	Club Salad - Small (Salad Mix) 公司沙律 (什生菜)							√				
	Roasted Portobello Mushroom & Sweet Potato Vegan Box (Salad Mix) 烤波特菇甜薯純素沙律 (什生菜)	√	√								√	
	Chicken Cobb Salad (Salad Mix) 雞肉科布沙律 (什生菜)						√	√				
	Salad Bowl - Roasted Eggplant (Salad Mix) 烤茄子三色糙米沙律 (什生菜)	√	√						WHEAT		√	
	Crayfish, Salmon & Pineapple Salad (Salad Mix) 小龍蝦三文魚菠蘿沙律 (什生菜)					√				√	√	
Rocket	Crayfish & Avocado 小龍蝦牛油果三文治					√		√	WHEAT, BARLEY		√	
	Posh Cheddar & Roasted Tomatoes (Salad Mix) 英國車打芝士烤蕃茄法式長麵包 (什生菜)	√					√	√	WHEAT		√	
Shredded Carrot	Crayfish, Salmon & Pineapple Salad (Shredded Cabbage) 小龍蝦三文魚菠蘿沙律 (椰菜絲)					√				√	√	
	Soy & Ginger Chicken Soba Noodle Bowl (Shredded Cabbage) 生薑醬油雞肉蕎麥麵沙律 (椰菜絲)								WHEAT		√	

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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.

Pret's Hot Food *Key Ingredients* List



This ingredient list only covers hot food key ingredients sold in HK shops. Please refer to allergen guide for allergen information.

Autumn Launch 2022 - 21st September




Hot Food Key Ingredients Autumn Launch 2022

Group / Product Name	Description	Key Ingredients List
Breakfast		
Sweet Corn & Chicken Congee	Congee with Roasted Chicken, Sweet Corn, Milk, Ginger Puree and Seasoning	Water, Corn, White Onion, Brown Rice, Roasted Chicken, Milk, Ginger Puree, Rapeseed Oil, Sugar, Minced Garlic Seasoning, Jalapeno Pepper, Coriander, White Pepper
Soya Porridge	Soya Porridge with Toppings (Honey / Fruit & Seed Mix / Five Berries Compote)	Soy Milk, Water, Oats, Sugar
Bakery (<i>NUT ALERT – WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE COMPLETELY FREE OF NUT TRACES BECAUSE WE USE NUTS IN THE KITCHEN</i>)		
Cookie – Chunky Chocolate	Freshly Baked Cookie	Flour, Semi-sweet Chocolate Chunks, Margarine, Sugar, Brown Sugar, Oats, Egg, Natural Vanilla Extract, Salt, Soy Lecithin
Cookie – Oatmeal & Raisin	Freshly Baked Cookie	Flour, Margarine, Sugar, Raisins, Brown Sugar, Oats, Egg, Natural Vanilla Extract, Salt, Soy Lecithin
Cookie – Orange Chocolate Chunk (Seasonal)	Freshly Baked Cookie	Flour, Semi-sweet Chocolate Chunks, Margarine, Sugar, Oats, Egg, Cocoa Powder, Orange Oil, Salt, Natural Vanilla Extract, Soy Lecithin
UK Luxury Cookie – Chocolate Chunk	Freshly Baked Cookie	Wheat Flour, Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Sunflower Lecithin), Flavouring), Butter, Glucose-Fructose Syrup, Water, Wheat Fibre, Milk Sugar, Black Treacle, Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Phosphates), Whey Powder, Salt, Rapeseed Oil, Flavouring
UK Luxury Cookie – Fruit & Oat	Freshly Baked Cookie	Brown Sugar, Butter, Spelt Flour, Fortified Wheat Flour, Oat Flakes, Raisins, Cranberry, Pumpkin Seed, Water, Honey, Linseed, Raising Agents (Sodium Bicarbonate, Diphosphates, Calcium Phosphates), Wheat Fibre, Orange Zest, Whey Powder, Sunflower Oil, Salt, Rapeseed Oil, Nutmeg
UK Luxury Cookie – Dark Chocolate & Almond	Freshly Baked Cookie	Wheat Flour, Brown Sugar, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Lecithin) Flavouring), Glucose-Fructose Syrup, Almond Butter (Almond, Sea Salt), Sugar, Coconut Oil, Almond, Invert Sugar, Cocoa Powder, Water, Wheat Fibre, Sea Salt, Raising Agent (Sodium Bicarbonate)
Croissant – Almond	Freshly Baked All Butter Croissant with Almond Filling, Topped with Roasted Almonds	Flour, Butter, Water, Yeast, Sugar, Salt, Baking Improver, Egg Filling, Almond Filling, Invert Sugar Syrup, Egg White (Topping – Almonds, Icing Sugar)
Croissant – Chocolate	Freshly Baked All Butter Croissant with Chocolate Filling	Flour, Butter, Filling (Sugar, Sunflower Oil, Palm Oil, Palm Fat), Chocolate (Cocoa Powder, Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin, Natural Vanilla Flavouring), Maize Starch), Water, Sugar, Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin), Yeast, Gluten, Egg, Salt, Ascorbic Acid)
Croissant – French Butter (Plain)	Freshly Baked All Butter Croissant	Flour, Butter, Water, Sugar, Yeast, Gluten, Salt, Egg, Flour Treatment Agent, Ascorbic Acid, Enzyme
Croissant – Very Berry	Freshly Baked All Very Berry Croissant	Mixed Berry Filling (Sugar, Strawberry, Redcurrant, Blackcurrant, Raspberry, Blackberry, Concentrated Lemon Juice, Pectin, Flavouring, Wheat Flour, Shea Butter, Water, Sugar, Yeast, Wheat Gluten, Salt, Sunflower Oil, Potato Starch, Concentrated Lemon Juice, Ascorbic Acid
Danish – Pain au Raisin	Freshly Baked Croissant Dough wrapped around Crème Patisserie and Raisins with a light topping of Brown Sugar	Flour, Butter, Water, Sugar, Yeast, Milk Powder, Eggs, Salt, Gluten, Ascorbic Acid, Egg Wash, Pastry Cream (Water, Sugar, Corn Starch, Egg, Whole Milk Powder, Whey Powder, Egg White Powder, Dried Skimmed Milk, Colour (Turmeric Extract, Carrot Extract), Vanilla, Salt, Natural Flavouring), Raisins, Egg
Local Muffin – Blueberry	Baked Blueberry Muffin	Sugar, Wheat Flour, Eggs, Rapeseed Oil, Blueberries, Water, Modified Corn Starch, Whey Powder, Natural Blueberry Flavour, Emulsifiers, Raising Agents, Butter, Salt
Local Muffin – Chocolate	Baked Chocolate Muffin	Sugar, Eggs, Rapeseed Oil, Wheat Flour, Water, Piece of Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier: Soy Lecithin, Natural Vanilla Flavour), Chocolate Paste (Chocolate Powder (Sugar, Cocoa Powder) Vegetable Sunflower Fat, Fat-Reduced Cocoa Powder, Whey Powder, Cocoa Paste, Emulsifier: Soy Lecithin, Natural Vanilla Flower), Cocoa Powder, Modified Starch, Whey Powder, Emulsifiers, Raising Agents, Salt

Tart – Original	Freshly Baked Pastry Tart with Original Flavour	Filling: Milk, Sugar, Egg Yolk, Wheat Flour, Corn Starch Dough: Wheat Flour, Margarine (Vegetable Oils (Soya, Sunflower), Coconut Fat, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids, Sunflower Lecithin), Dextrose, Acid (Citric Acid), Color (Carotenes Natural Flavour)
Tart – Mixed berries	Freshly Baked Pastry Tart with Mixed Berries Flavour	Filling: Milk, Sugar, Egg Yolk, Wheat Flour, Corn Starch Dough: Wheat Flour, Margarine (Vegetable Oils (Soya, Sunflower), Coconut Fat, Water, Salt, Emulsifier (Mono And Diglycerides Of Fatty Acids, Sunflower Lecithin), Dextrose, Acid (Citric Acid), Color (Carotenes Natural Flavor), Red Fruits Mix (Blackberry, Raspberry, Redberry, Blueberry)
Savoury – Ham & Cheese Croissant	Freshly Baked Croissant with Ham, Mozzarella, Emmental and Smoked Bacon	Flour, Margarine, Ham, Mozzarella Cheese, Emmental Cheese, Tomato, Tomato Paste, Cooked Smoked Lardons, Yeast, Sugar, Courgette, Carrot, Egg, Tomato Concentrate, Onion, Salt, Pepper, Poppy Seed, Garlic, Pink Peppercorns, Sunflower Oil
Savoury – Mozzarella & Tomato Croissant	Freshly Baked Croissant with Mozzarella, Emmental and Tomato	Flour, Mozzarella Cheese, Margarine, Emmental Cheese, Tomato Paste, Tomato, Palm Fat, Sunflower Oil, Yeast, Egg, Salt, Sugar, Carrot, Courgette, Tomato Concentrate, Onion, Flavouring, Herbs De Provence, White Pepper
Hot Sandwich (Toastie)		
Super Club	Chicken, Bacon, Cheddar Cheese, Tomato and Mayo on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Tomato, Cheddar Cheese, Chicken, Mayo, Bacon
Ham & British Cheddar	Ham, Honey Mustard Mayo and Cheddar Cheese on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Ham, Honey Mustard Mayo, Cheddar Cheese
Eggplant Parmigiana	Roasted Eggplant, Cheddar Cheese, Italian Cheese, Basil with Spicy Tomato Sauce on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Roasted Eggplant, Cheddar Cheese, Italian Cheese, Basil, Spicy Tomato Sauce
Hot Wrap		
Peking Duck	Duck meat mixed with Hoisin Sauce, Thick Mayo, Red Onion, Red Pepper, Baby Spinach and Crispy Onion in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Duck Meat with Hoisin Sauce, Thick Mayo, Red Onion, Baby Spinach, Red Pepper, Crispy Onion
Meatless Meatballs	Meatless Meatball, Sliced Red Pepper, Sliced Red Onion, Chipotle Sauce, Red Tapenade and Crispy Onion in Our Kibbled Rye Tortilla	Meatless Meatball, Kibbled Rye Tortilla, Sliced Red Pepper, Sliced Red Onion, Chipotle Sauce, Red Tapenade, Crispy Onion
Typhoon Prawn	Prawn, Typhoon Shelter Mix, Greve Cheese, Red Pepper, Red Onion, Mayo, Chipotle Sauce, Lemon Juice, Paprika Powder, Chilli Flakes and Seasoning in our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Prawn, Typhoon Shelter Mix, Greve Cheese, Red Pepper, Red Onion, Mayo, Chipotle Sauce, Lemon Juice, Paprika Powder, Chilli Flakes, Seasoning
Chicken Mushroom	Chicken, Sautéed Mushroom, Greve Cheese, Italian Cheese, Béchamel Sauce, Honey Mustard Mayo, Crispy Onion and Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Chicken, Sautéed Mushroom, Greve Cheese, Italian Cheese, Béchamel Sauce, Honey Mustard Mayo, Crispy Onion, Seasoning
Spicy Italian Meatballs	Meatballs, Red Onion, Greve Cheese, Italian Cheese, Red Tapenade, Chipotle Sauce and Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Pork Meatballs, Red Onion, Greve Cheese, Italian Cheese, Red Tapenade, Chipotle Sauce, Seasoning
Spicy Falafel	Sweet Potato Falafel, Greve Cheese, Coronation Sauce, Red Pepper and Crispy Onion in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Sweet Potato Falafel, Greve Cheese, Coronation Sauce, Red Pepper, Crispy Onion
Hot Box		
Mac & Cheese – Kale	Pasta with Béchamel Sauce, Cauliflower, Kale, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning	Pasta Ditalini, Cauliflower, Kale, Cheddar Cheese, Italian Cheese, Breadcrumbs, Seasoning Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Mac & Cheese – Lasagna	Pasta with Béchamel Sauce, Beef Ragu Sauce, Cauliflower, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning	Pasta Ditalini, Cauliflower, Cheddar Cheese, Italian Cheese, Seasoning, Breadcrumbs Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper) Beef Ragu Sauce (Minced Beef, Tomato, Onion, Celery, Carrot, Veal Base, Herbs, Black Pepper)
Pasta Box – Meatless Meatball	Pasta with Spicy Tomato Sauce, Meatless Meatball, Cauliflower, Cherry Tomato and Italian Cheese	Pasta Penne, Meatless Meatball, Cauliflower, Cherry Tomato, Italian Cheese Spicy Tomato Sauce (Tomato, Tomato Paste, Rapeseed Oil, Garlic, White Wine Vinegar, Basil, Chilli, Black Pepper, Dried Red Pepper)

Pasta Box – Chicken Mushroom	Pasta with Béchamel Sauce, Cream Cheese, Chicken, Cauliflower, Sauteed Mushroom, Italian Cheese and Seasoning	Pasta Penne, Chicken, Cauliflower, Italian Cheese, Cream Cheese, Seasoning Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Pasta Box – Italian Meatball	Pasta with Spicy Tomato Sauce, Italian Meatball, Cherry Tomato, Cauliflower, Italian Cheese and Seasoning	Pasta Penne, Italian Meatball, Cauliflower, Cherry Tomato, Italian Cheese, Seasoning Spicy Tomato Sauce (Tomato, Tomato Paste, Rapeseed Oil, Garlic, White Wine Vinegar, Basil, Chilli, Black Pepper, Dried Red Pepper)
Hot Pot		
Hot Bowl – Chicken Tikka	Rice Mix with Chicken Tikka Sauce	Chicken Tikka Masala Sauce (Chicken, White Onion, Tomato Paste, Cream, Yoghurt, Rapeseed Oil, Minced Garlic, Ginger, Sugar, Salt, Honey, Garam Masala, Paprika Powder, Tandoori Paste, Cumin Seeds, Coriander, Chilli Powder, Curry Powder, Turmeric Powder), Rice Mix (Jasmine Rice, Brown Rice, Red Rice), Snow Pea, Sesame
Hot Bowl – Thai Green Vegetable Curry	Rice Mix with in Thai Green Vegetable Curry Sauce	Vege Green Curry (Coconut Milk, Baby Corn, Eggplant, White Onion, Red Bell Pepper, Lime Juice, Jalapeno Pepper, Lemongrass, Coriander, Brown Sugar, Rapeseed Oil, Ginger Puree, Spring Onion, Soy Sauce, Garlic Seasoning, Salt, Coriander Powder, Lime Leaf Puree, Cumin Powder, Dried Seaweed, Tumeric Powder, White Pepper Powder), Rice Mix (Jasmine Rice, Brown Rice, Red Rice), Chilli Flakes, Snow Pea
Hot Croissant		
Beef & Onion Croissant	Roasted Beef, Greve Cheese and Red Onion in Our Freshly Baked All Butter Croissant	Butter Croissant, Roasted Beef, Greve Cheese, Red Onion
Roasted Salmon & Egg Croissant	Roasted Salmon, Eggs and Greve Cheese in Our Freshly Baked All Butter Croissant	Butter Croissant, Roasted Salmon, Eggs, Greve Cheese
Chicken Tomato & Scrambled Egg Croissant	Scrambled Egg, Tomato, Chicken, Cheddar Cheese and Spinach in Our Freshly Baked All Butter Croissant	Butter Croissant, Scrambled Egg, Tomato, Chicken, Cheddar Cheese, Spinach, Seasoning
Portobello & Scrambled Egg Croissant	Scrambled Egg, Portobello Mushroom, Greve Cheese and Spinach with Bechamel Sauce in Our Freshly Baked All Butter Croissant	Butter Croissant, Scrambled Egg, Portobello Mushroom, Greve Cheese, Spinach, Seasoning Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Hot Baguette		
Pesto Chicken	Chicken, Pesto Sauce, Sun-dried Tomato, Cheddar Cheese, Red Pepper and Dried Oregano in Our Freshly Baked Baguette	White Baguette, Chicken, Pesto Sauce, Sun-Dried Tomato, Cheddar Cheese, Red Pepper, Dried Oregano
Cheesy Bacon	Bacon, Eggs, Greve Cheese, Red Pepper and Tomato Ketchup in Our Freshly Baked Baguette	White Baguette, Bacon, Eggs, Greve Cheese, Red Pepper, Tomato Ketchup
Roasted Portobello Mushroom & Cheese	Portobello Mushroom, Cheddar Cheese, Tomato, Spinach and Mayo in Our Freshly Baked Baguette	White Baguette, Portobello Mushroom, Cheddar Cheese, Tomato, Spinach, Mayo

Soup Key Ingredients for 2022 Autumn Launch (19 Sep 2022 - 15 Nov 2022)

Soup			Ingredients	Per Serving
Mon			Carrot, Cream, Orange Juice, White Onion, Unsalted Butter, Vegetable Base, Coriander, Starch, Sugar, White Pepper	Energy 131kcal Fat 6.0g Carbs 18.6g
Tue			White Turnip, Potato, Pork Belly, Shiro Miso, Carrot, Shimeji Mushroom, Peking Onion, Shitake Mushroom, Hon Mirin, Salt	Energy 158kcal Fat 9.7g Carbs 12.2g
Wed			Clam Meat, Clam Juice, Cream, Potato, Onion, Celery, Carrot, Starch, Fish Base, Garlic Seasoning, Rapeseed Oil, Black Pepper, Dried Herbs	Energy 205kcal Fat 7.6g Carbs 18.7g
Thurs			Mashed Tomato, White Turnip, Minced Beef, White Onion, Brown Rice, Spring Onion, Korean Hot Pepper Paste, Shiro Miso, Ginger, Sugar, White Rice Vinegar, Garlic, Rapeseed Oil, Soy Sauce, Sesame Oil, Salt	Energy 198kcal Fat 7.6g Carbs 21.6g
Fri			Bacon, Potato, Tomatoes, Onion, Carrot, Red Lentil Bean, Red Pepper Bell, Green Lentil Bean, Gammon Ham, Tomato Paste, Mustard, Starch, Brown Sugar, Minced Garlic, Rapeseed Oil, Fresh Parsley, Smoked Paprika, Black Pepper, Dried Thyme	Energy 221kcal Fat 10.0g Carbs 22.5g
Fixed			Pumpkin, Cream, Sugar, Salt, Starch, Vegetable Base	Energy 59kcal Fat 2.9g Carbs 6.3g
			Tomatoes, Carrot, Red Kidney Bean, Chickpeas, Celery, Onion, Turnip, Zucchini, Tomato Paste, Sugar, Salt, Macaroni, Rapeseed Oil	Energy 108kcal Fat 1.8g Carbs 19.4g
			Sweetcorn, Coconut Milk, Onion, Sweet Potato, Peking Onion, Rapeseed Oil, Vegetable Stock, Garlic, Salt, Sugar, Paprika Powder	Energy 282kcal Fat 18.1g Carbs 26.1g