




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



Spring Launch 2024 - 28 February

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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](http://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](http://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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- 2. Allergen Guide (OOS Products)**
- 3. Hot Food Key Ingredients**
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Baguettes 長麵包		Suitable for		Spring Launch - Feb 2024 (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
Jambon Beurre Baguette 法式火腿牛油長麵包						√		WHEAT			
Posh Cheddar & Roasted Tomatoes Baguette 英國車打芝士烤蕃茄法式長麵包	√					√	√	WHEAT		√	
Breakfast 早餐之選											
Bacon & Egg Brunch Roll 煙肉雞蛋芝士堡						√	√	WHEAT, BARLEY		√	
Chicken & Vegetable with Pasta 雞肉蔬菜湯螺絲粉						√		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 雞蛋沙律烤蕃茄早餐長法包	√						√	WHEAT			
Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	√					√	√	WHEAT		√	
Five Berries Compote Toppings 五果鮮莓	√	√									
Fruit & Seed Mix Toppings 什錦果籽	√	√									
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		√	
Honey Toppings 蜜糖	√										
Miso Congee with Mushroom & Dried Scallop 香菇瑤柱味噌粥									√	√	
Mozzarella & Tomato Croissant 意大利芝士蕃茄牛角酥	√					√	√	WHEAT			
Scottish Roasted Salmon Brunch Roll 蘇格蘭烤三文魚雞蛋芝士堡						√	√	WHEAT, RYE	√		
Scottish Smoked Salmon Whole Wheat Brioche 蘇格蘭煙三文魚全麥法式軟包						√	√	WHEAT	√	√	
Skipjack Tuna & Cucumber Whole Wheat Brioche 正鯉吞拿魚沙律全麥法式軟包						√	√	WHEAT	√	√	
Soy Porridge 豆奶燕麥片	√	√						OAT		√	
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Coffee Products 咖啡產品		Suitable for		Spring Launch - Feb 2024 (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's Organic Classic Blend Ground Coffee (200g) Pret's有機經典研磨咖啡(200克)	✓	✓									
Pret's Organic Espresso Beans (450g) Pret's有機咖啡豆(450克)	✓	✓									
Pret's Organic Single Origin Peruvian Ground Coffee (200g) Pret's有機秘魯研磨咖啡(200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
ABC Juice 蘋果紅菜頭甘菊汁	✓	✓									
Apple & Ginger Juice 蘋果薑汁	✓	✓									
Cloudy Apple Juice 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 Coconut Water 清涼純椰青水	✓	✓									
Sparkling Mineral 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		Spring Launch - Feb 2024 (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
Apple, Kiwi, Pineapple, Papaya Pot 紅橙黃綠水果杯	✓	✓									
Banana 香蕉	✓	✓									
Citrus Fruit Salad 香橙西柚沙律	✓	✓									
Classic Fruit Salad 鮮果沙律	✓	✓									
Pret's Hot 烤焗熱食											
Chicken Mushroom Hot Wrap 雞肉蘑菇熱烤卷						✓	✓	WHEAT, RYE		✓	
Chicken Tikka Masala Hot Rice Bowl 印式咖喱雞飯				✓		✓				✓	
Classic Cheese Hot Sandwich 三重芝士即烘香脆三文治	✓					✓	✓	WHEAT, RYE, OAT, BARLEY			
Creamy Forest Mushroom Cauliflower Rice 意式雜菌椰菜花飯	✓			✓		✓	✓	WHEAT		✓	
Ham & British Cheddar Hot Sandwich 英國車打芝士火腿即烘香脆三文治						✓	✓	WHEAT, RYE, OAT, BARLEY			
Pastrami & Onion Hot Croissant 煙燻牛肉芝士洋蔥熱牛角酥						✓	✓	WHEAT			
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		✓	
Roasted Salmon & Egg Hot Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥						✓	✓	WHEAT	✓		
Spanish Style Meatball Cauliflower Rice 西班牙式肉丸椰菜花飯				✓		✓	✓	WHEAT			
Spicy Falafel Hot Wrap 辣味甜薯素丸子烤薄餅卷	✓					✓	✓	WHEAT, RYE			
Super Club Hot Sandwich 特級公司即烘香脆三文治						✓	✓	WHEAT, RYE, OAT		✓	
Swedish Meatball Hot Wrap 瑞典肉丸熱烤卷						✓	✓	WHEAT, RYE		✓	
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Pret Bowls and Pots 甜品		Suitable for		Spring Launch - Feb 2024 (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
Almond Butter & Honey Yoghurt Pot 杞子乾果蜜糖杏仁醬乳酪	✓			√		√					
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 Bowl 椰子米奶奇亞籽	✓	✓		√							
Cranberry Goodness Bowl 紅莓蜜糖香脆麥片乳酪	✓					√		*GF OAT			
Five Berries Granola Yoghurt Bowl 五果鮮莓香脆麥片乳酪	✓					√		*GF OAT			
Five Berries Pot 五果鮮莓乳酪	✓					√					
Fresh Fruit Granola Yoghurt Bowl 鮮果香脆麥片乳酪	✓					√		*GF OAT			
Honey & Granola Pot 蜜糖香脆麥片乳酪	✓					√		*GF OAT			
Overnight Oats 特製乾果營養燕麥	✓	✓		√				*GF OAT, BARLEY		√	
Red Dragon Fruit Smoothie Bowl 紅火龍果果昔杯	✓	✓						*GF OAT			
Tropical Sunshine Smoothie Bowl 熱帶陽光果昔杯	✓	✓						*GF OAT			

**\*Gluten Free Oats**

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Pret Snacks 薯片及小食		Suitable for		Spring Launch - Feb 2024 (V1)							
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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
Cranberries in Coats 乳酪紅莓乾	✓					√					
Dark Chocolate Corn Cake 黑朱古力粟米餅	✓									√	
Nuts, Fruit & Chocolate 果仁乾果朱古力	✓			√		√				√	
Pipers - Cheddar & Onion	✓					√					
Pipers - Cider Vinegar & Seasalt	✓					√					
Pipers - Seasalt	✓	✓									
Pret A Mango 天然芒果乾	✓	✓									
Pret Caramel Waffle 焦糖窩夫	✓					√		WHEAT		√	
Pret Dark Choco Almonds 黑朱古力杏仁	✓	✓		√						√	
Pret Dark Chocolate with Sea Salt 海鹽黑朱古力	✓									√	
Pret Milk Chocolate 牛奶朱古力	✓					√				√	
Roasted Crunchy Corn 烤粟米脆粒粒	✓	✓									

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Platters 拼盤		Suitable for		Spring Launch - Feb 2024 (V1)								
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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	
Club Salad Platter 公司沙律							√					
Coffee in a Pot Pret香濃咖啡盒子	√						√					
Cookie Platter - Large 曲奇餅(大)拼盤	√			√			√	√	WHEAT, OAT, SPELT			
Cookie Platter - Small 曲奇餅(小)拼盤	√			√			√		WHEAT, OAT, SPELT			
French Baguette Selection 法式長麵包拼盤							√	√	WHEAT		√	
French Pastry Selection 精選法式酥點拼盤	√			√			√	√	WHEAT		√	
Pret's Best of Seasonal Selection 精選季節三文治拼盤						√		√	WHEAT, BARLEY		√	
Pret's Protein Box Salad Platter 雞肉雞蛋營養沙律				√				√				
Pret's Snack Bar Platter 特色小麥棒拼盤	√			√			√		WHEAT		√	
Roasted Portobello Vegan Salad Platter 烤波特菇甜薯純素沙律	√	√							WHEAT		√	
Scottish Smoked Salmon Protein Box Salad Platter 蘇格蘭煙三文魚雞蛋營養沙律								√		√		
Tea Pot Classic 香茶	√						√					
Tea Pot Premium 香茶	√						√					
The Classic Selection 經典三文治拼盤						√	√	√	WHEAT, BARLEY		√	
Vegeterian Platter 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		Spring Launch - Feb 2024 (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
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Chicken Cobb Salad 雞肉科布沙律						√	√				
Club Salad 公司沙律							√				
Egg & Spinach Protein Pot 雞蛋菠菜營養杯	√						√				
Humous & Falafel Salad Bowl 鷹嘴豆醬甜薯素丸子沙律	√						√		WHEAT	√	
Korean Style Chicken, Kimchi & Soba Noodle Salad Bowl 韓式雞肉泡菜蕎麥麵沙律									WHEAT	√	
Pesto Pasta & Feta Salad 羅勒醬通粉菲達芝士沙律	√					√	√		WHEAT	√	
Roasted Portobello Mushroom & Sweet Potato Vegan Box 烤波特菇甜薯純素沙律	√	√								√	
Salad Shaker - Caprese Pesto 卡布里手搖沙律杯	√			√		√	√		WHEAT		
Salad Shaker - Green Goddess 翠綠女神手搖沙律杯	√	√								√	
Salad Shaker - Spicy Mexican Corn 墨西哥式粟米手搖沙律杯	√					√	√			√	
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	√	√
Salad Dressing 沙律汁											
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
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Ancho Chilli Dressing 墨西哥香辣沙律汁	√	√									
Poke Dressing 比卡沙律汁	√	√							WHEAT	√	
Dijon Dressing	√	√							WHEAT	√	
French Dressing 法式沙律汁	√									√	
Gochujang Vinaigrette 韓式辣醬油醋汁	√	√							WHEAT	√	
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Sandwiches 三文治		Suitable for		Spring Launch - Feb 2024 (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
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Avocado Brunch Malted Rye Roll 墨西哥煙辣椒醬牛油果麥芽黑麥堡	✓						✓	WHEAT, RYE, BARLEY		✓	
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		✓	
Chilli Crayfish Avocado Sandwich 香辣小龍蝦牛油果三文治					✓		✓	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			
Kids Almond Butter & Berry 杏仁醬五果鮮莓三文治	✓	✓		✓				WHEAT, BARLEY			
Kids Cheese & Ham 火腿芝士三文治							✓	WHEAT, BARLEY			
Mediterranean Tuna 地中海風味吞拿魚沙律三文治							✓	WHEAT, BARLEY	✓	✓	
New Yorker Malted Rye Roll 紐約客麥芽黑麥堡							✓	WHEAT, RYE, 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 正鯉吞拿魚沙律三文治							✓	WHEAT, BARLEY	✓	✓	
Ultimate Humous & Veggie Sandwich 田園鷹嘴豆醬三文治	✓	✓						WHEAT, BARLEY		✓	

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Soups 窩心濃湯		Suitable for		Spring Launch - Feb 2024 (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
Bacon & Potato Soup 馬鈴薯煙肉湯						√				√	
Chicken, Shiitake & Miso Soup 雞肉香菇味噌湯							√	WHEAT	√	√	
Classic Pumpkin 鮮南瓜湯	√					√					
Curried Lentil & Root Vegetables 咖喱扁豆蔬菜湯	√					√				√	
Farmhouse Vegetable 田園雜菜湯	√	√						BARLEY		√	
Japanese Tonjiru Soup 日式豚汁豬肉味噌湯									√	√	
Korean Style Beef Soup 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						√			√	√	
Pea & Mint Soup 椰奶青豆湯	√	√									
Soup Baguette 伴湯長麵包	√							WHEAT			
Spicy Sweet Potato & Coconut 甜薯椰奶香辣濃湯	√	√								√	

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Sweet Treats 麵包糕點		Suitable for		Spring Launch - Feb 2024 (V1)							
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
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Almond Croissant 杏仁牛角酥	✓			✓		✓	✓	WHEAT			
Blueberry Muffin 藍莓鬆餅	✓					✓	✓	WHEAT			
Chocolate Croissant 朱古力牛角酥	✓					✓	✓	WHEAT		✓	
Chocolate Muffin 朱古力鬆餅	✓					✓	✓	WHEAT		✓	
Dessert Pot - Chocolate Moose 香濃朱古力慕絲杯	✓					✓				✓	
Dessert Pot - Lemon Cheesecake 檸檬芝士蛋糕杯	✓					✓	✓	WHEAT			
Financier 法式費南雪金磚蛋糕	✓			✓		✓	✓	WHEAT			
French Butter Croissant 法國原味牛角酥	✓					✓	✓	WHEAT			
King of Cookies 包裝曲奇餅	✓					✓	✓	WHEAT			
Matcha & White Chocolate Cookie 抹茶白朱古力曲奇餅	✓					✓	✓	WHEAT			
Pain Au Raisin 法式提子千層麵包	✓					✓	✓	WHEAT			
Pastel de Nata 葡式蛋撻	✓					✓	✓	WHEAT			
Pret's Snack Bar - Brownie Bar 特色小麥棒-朱古力布朗尼	✓					✓	✓	WHEAT		✓	
Pret's Snack Bar - Choc Bar 特色小麥棒-朱古力	✓					✓		WHEAT		✓	
Pret's Snack Bar - Love Bar 特色小麥棒-焦糖堅果	✓			✓		✓		OAT		✓	
Pret's Snack Bar - Pret Bar 特色小麥棒-乾果	✓					✓		WHEAT,OAT			
UK Luxury Cookies - Chocolate Chunk 至尊朱古力曲奇餅	✓					✓		WHEAT			
UK Luxury Cookies - Fruit & Oat 至尊乾果燕麥曲奇餅	✓					✓		WHEAT, OAT, SPELT			
Very Berry Croissant 雜莓牛角酥	✓	✓						WHEAT			
Wraps 薄餅卷											
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
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Avocado & Roasted Pine Nuts 牛油果烤松子仁	✓			✓			✓	WHEAT, RYE		✓	
Caesar Chicken & Bacon Cold Wrap 凱撒雞肉及煙肉薄餅卷							✓	WHEAT, RYE, BARLEY	✓	✓	
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 Oat (燕麥奶)	✓	✓						OAT				
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 Tiger Nut Oat Milk 美式白咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		√		
Cappuccino Milk 泡沫咖啡(牛奶)	✓					√						
Cappuccino Oat 泡沫咖啡(燕麥奶)	✓	✓						OAT				
Cappuccino Rice Coconut 泡沫咖啡(椰子米奶)	✓	✓										
Cappuccino Soya 泡沫咖啡(荳奶)	✓	✓								√		
Cappuccino Tiger Nut Oat Milk 泡沫咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						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 Oat 蒸餾白咖啡(燕麥奶)	✓	✓						OAT				
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 Tiger Nut Oat Milk 蒸餾白咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		√		
Flat White Milk 奶香咖啡(牛奶)	✓					√						
Flat White Oat 奶香咖啡(燕麥奶)	✓	✓						OAT				
Flat White Rice Coconut 奶香咖啡 (椰子米奶)	✓	✓										
Flat White Soya 奶香咖啡(荳奶)	✓	✓								√		
Flat White Tiger Nut Oat Milk 奶香咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		√		
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Coffee												
Latte Milk 牛奶咖啡	✓					✓						
Latte Oat 燕麥奶咖啡	✓	✓						OAT				
Latte Rice Coconut 椰子米奶咖啡	✓	✓										
Latte Soya 荳奶咖啡	✓	✓								✓		
Latte Tiger Nut Oat Milk 虎堅果燕麥奶咖啡 (Science Park shop only)	✓	✓						OAT		✓		
Macchiato Milk 瑪奇朵咖啡(牛奶)	✓					✓						
Macchiato Oat 瑪奇朵咖啡 (燕麥奶)	✓	✓						OAT				
Macchiato Rice Coconut 瑪奇朵咖啡(椰子米奶)	✓	✓										
Macchiato Soya 瑪奇朵咖啡(荳奶)	✓	✓								✓		
Macchiato Tiger Nut Oat Milk 瑪奇朵咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		✓		
Mocha Milk 朱古力咖啡(牛奶)	✓					✓						
Mocha Oat 朱古力咖啡 (燕麥奶)	✓	✓						OAT				
Mocha Rice Coconut 朱古力咖啡(椰子米奶)	✓	✓										
Mocha Soya 朱古力咖啡(荳奶)	✓	✓								✓		
Mocha Tiger Nut Oat Milk 朱古力咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		✓		
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Iced Drinks												
Iced Americano Black 凍美式黑咖啡	✓	✓										
Iced Americano White Milk 凍美式白咖啡(牛奶)	✓						√					
Iced Americano White Oat 凍美式白咖啡(燕麥奶)	✓	✓							OAT			
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(豆奶)	✓	✓									√	
Iced Americano White Tiger Nut Oat Milk 凍美式白咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		√	
Iced Cappuccino Milk 凍泡沫咖啡(牛奶)	✓						√					
Iced Cappuccino Oat 凍泡沫咖啡(燕麥奶)	✓	✓							OAT			
Iced Cappuccino Rice Coconut 凍泡沫咖啡(椰子米奶)	✓	✓										
Iced Cappuccino Soya 凍泡沫咖啡(豆奶)	✓	✓									√	
Iced Cappuccino Tiger Nut Oat Milk 凍泡沫咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		√	
Iced Caramel Latte Oat 凍焦糖燕麥奶咖啡	✓	✓							OAT			
Iced Caramel Latte Rice Coconut 凍焦糖椰子米奶咖啡	✓	✓										
Iced Caramel Latte Soya 凍焦糖豆奶咖啡	✓	✓									√	
Iced Caramel Latte Tiger Nut Oat Milk 凍虎堅果燕麥奶咖啡 (Science Park shop only)	✓	✓							OAT		√	
Iced Caramel Latte 凍焦糖牛奶咖啡	✓						√					
Iced Chocolate Milk 凍朱古力(牛奶)	✓						√					
Iced Chocolate Oat 凍朱古力(燕麥奶)	✓	✓							OAT			
Iced Chocolate Rice Coconut 凍朱古力(椰子米奶)	✓	✓										
Iced Chocolate Soya 凍朱古力(豆奶)	✓	✓									√	
Iced Chocolate Tiger Nut Oat Milk 凍朱古力(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		√	
Iced Filter - White Coffee Milk 凍蒸餾白咖啡(牛奶)	✓						√					
Iced Filter - White Coffee Oat 凍蒸餾白咖啡(燕麥奶)	✓	✓							OAT			
Iced Filter - White Coffee Rice Coconut 凍蒸餾白咖啡(椰子米奶)	✓	✓										
Iced Filter - White Coffee Soya 凍蒸餾白咖啡(豆奶)	✓	✓									√	
Iced Filter - White Tiger Nut Oat Milk 凍蒸餾白咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		√	
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Iced Drinks												
Iced Filter Coffee Black 凍蒸錫黑咖啡	✓	✓										
Iced Gingerbread Latte 凍薑餅牛奶咖啡	✓					✓						
Iced Gingerbread Latte Oat 凍薑餅燕麥奶咖啡	✓	✓						OAT				
Iced Gingerbread Latte Rice Coconut 凍薑餅椰子米奶咖啡	✓	✓										
Iced Gingerbread Latte Soya 凍薑餅荳奶咖啡	✓	✓								✓		
Iced Gingerbread Latte Tiger Nut Oat Milk 凍薑餅虎堅果燕麥奶咖啡 (Science Park shop only)	✓	✓						OAT		✓		
Iced Hazelnut Latte Milk 凍榛子牛奶咖啡	✓			✓		✓						
Iced Hazelnut Latte Oat 凍榛子燕麥奶咖啡	✓	✓		✓				OAT				
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 Tiger Nut Oat Milk 凍榛子虎堅果燕麥奶咖啡 (Science Park shop only)	✓	✓						OAT		✓		
Iced Latte Milk 凍牛奶咖啡	✓					✓						
Iced Latte Oat 凍燕麥奶咖啡	✓	✓						OAT				
Iced Latte Rice Coconut 凍椰子米奶咖啡	✓	✓										
Iced Latte Soya 凍荳奶咖啡	✓	✓								✓		
Iced Latte Tiger Nut Oat Milk 凍虎堅果燕麥奶咖啡 (Science Park shop only)	✓	✓						OAT		✓		
Iced Lemon Tea 凍檸檬茶	✓	✓										
Iced Mocha Milk 凍朱古力咖啡(牛奶)	✓					✓						
Iced Mocha Oat 凍朱古力咖啡(燕麥奶)	✓	✓						OAT				
Iced Mocha Rice Coconut 凍朱古力咖啡(椰子米奶)	✓	✓										
Iced Mocha Soya 凍朱古力咖啡(荳奶)	✓	✓								✓		
Iced Mocha Tiger Nut Oat Milk 凍朱古力咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		✓		
Iced Tea Latte Rose Milk 凍法國玫瑰花鮮奶紅茶(牛奶)	✓					✓						
Iced Tea Latte Rose Oat 凍法國玫瑰花鮮奶紅茶(燕麥奶)	✓	✓						OAT				
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 Tiger Nut Oat Milk 凍法國玫瑰花鮮奶紅茶(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		✓		
Iced Tea Latte Milk 凍鮮奶紅茶(牛奶)	✓					✓						
Iced Tea Latte Oat 凍鮮奶紅茶(燕麥奶)	✓	✓						OAT				
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 Tiger Nut Oat Milk 凍鮮奶紅茶(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		✓		

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Flavoured Latte / Tea												
Grapefruit Sunshine Black Tea (Hot only) 啖啖西柚紅茶 (只限熱飲)	✓	✓										
Grapefruit Sunshine Green Tea 啖啖西柚綠茶	✓	✓										
Matcha Latte Milk 抹茶牛奶	✓					√						
Matcha Latte Oat 抹茶燕麥奶	✓	✓						OAT				
Matcha Latte Rice Coconut 抹茶椰子米奶	✓	✓										
Matcha Latte Soya 抹茶荳奶	✓	✓								√		
Matcha Latte Tiger Nut Oat Milk 抹茶虎堅果燕麥奶 (Science Park shop only)	✓	✓						OAT		√		
Pret's Ginger Beer Fizz 薑啤味氣泡特飲	✓	✓										
Rose Tea Latte Milk 法國玫瑰花鮮奶紅茶(牛奶)	✓					√						
Rose Tea Latte Oat 法國玫瑰花鮮奶紅茶(燕麥奶)	✓	✓						OAT				
Rose Tea Latte Rice Coconut 法國玫瑰花鮮奶紅茶(椰子米奶)	✓	✓										
Rose Tea Latte Soya 法國玫瑰花鮮奶紅茶(荳奶)	✓	✓								√		
Tea Latte Rose Tiger Nut Oat Milk 法國玫瑰花鮮奶紅茶(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		√		
Hot Chocolate												
Hot Chocolate Milk 熱朱古力(牛奶)	✓					√						
Hot Chocolate Oat 凍朱古力(燕麥奶)	✓	✓						OAT				
Hot Chocolate Rice Coconut 熱朱古力(椰子米奶)	✓	✓										
Hot Chocolate Soya 凍朱古力(荳奶)	✓	✓								√		
Hot Chocolate Tiger Nut Oat Milk 凍朱古力(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		√		
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Barista Prepared Drinks			Suitable for		Spring Launch - Feb 2024 (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	
Milk Shot												
Babyccino 寶貝泡沫牛奶	✓					✓						
Oat Drink 燕麥奶	✓	✓						OAT				
Rice Coconut 椰子米奶	✓	✓										
Skimmed Milk 脫脂奶	✓					✓						
Soya 豆奶	✓	✓								✓		
Tiger Nut Oat Milk 虎堅果燕麥奶 (Science Park shop only)	✓	✓						OAT		✓		
Whole Milk 全脂牛奶	✓					✓						
Syrup												
Caramel Shot 焦糖糖漿	✓	✓										
Gingerbread Syrup												
Hazelnut Shot 榛子糖漿	✓	✓		✓								
Rose Shot 玫瑰糖漿	✓	✓										
Sugar Syrup 糖漿												
Tea												
Breakfast Tea Milk 英式紅茶(牛奶)	✓					✓						
Breakfast Tea Oat 英式紅茶(燕麥奶)	✓	✓						OAT				
Breakfast Tea Rice Coconut 英式紅茶(椰子米奶)	✓	✓										
Breakfast Tea Soya 英式紅茶(豆奶)	✓	✓								✓		
Breakfast Tea Tiger Nut Oat Milk 英式紅茶(虎堅果燕麥奶) (Science Park shop only)	✓	✓						OAT		✓		
Breakfast Tea 英式紅茶	✓	✓										
Earl Grey Tea Milk 伯爵茶(牛奶)	✓					✓						
Earl Grey Tea Oat 伯爵茶(燕麥奶)	✓	✓						OAT				
Earl Grey Tea Rice Coconut 伯爵茶(椰子米奶)	✓	✓										
Earl Grey Tea Soya 伯爵茶(豆奶)	✓	✓								✓		
Earl Grey Tea Tiger Nut Oat Milk 伯爵茶(虎堅果燕麥奶) (Science Park shop only)	✓	✓						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		Spring Launch - Feb 2024 (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
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		✓	
Rocket	Posh Cheddar & Roasted Tomatoes (Salad Mix) 英國車打芝士烤蕃茄法式長麵包 (什生菜)	✓					✓	✓	WHEAT		✓	
New Salad Mix (with Toscana Kale)	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	✓	✓	
	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)						✓	✓				
	Club Salad - Small (Salad Mix) 公司沙律 (什生菜)							✓				
	Korean Style Chicken, Kimchi & Soba Noodle Salad Bowl (Salad Mix) 韓式雞肉泡菜蕎麥麵沙律 (什生菜)								WHEAT		✓	
	Korean Style Banchan Salad Bowl (Salad Mix) 韓式小食拌餐沙律 (什生菜)	✓						✓	WHEAT		✓	
	Beetroot Hummus & Falafel Salad Bowl (Salad Mix) 紅菜頭鷹嘴豆醬甜薯素丸子沙律 (什生菜)	✓							WHEAT, BARLEY			
	Pesto Pasta & Feta Salad (Salad Mix) 羅勒醬通粉菲達芝士沙律 (什生菜)	✓					✓	✓	WHEAT		✓	
Cage Free Hard Boiled Egg	Egg & Spinach Protein Pot 雞蛋菠菜營養杯	✓						✓				
	Club Salad 公司沙律							✓				
	Scottish Roasted Salmon Protein Pot 蘇格蘭烤三文魚營養杯							✓	WHEAT	✓	✓	
	Roasted Salmon & Egg Hot Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥						✓	✓	WHEAT	✓		
	Korean Style Banchan Salad Bowl 韓式小食拌餐沙律	✓						✓	WHEAT		✓	
	Platter - Club 公司沙律							✓				
	Avocado Brunch Malted Rye Roll 墨西哥煙辣椒醬牛油果黑麥堡							✓	WHEAT, RYE, BARLEY		✓	
	Chicken Cobb Salad 雞肉科布沙律						✓	✓				
Cage Free Egg Mayo	Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包						✓	✓	✓		✓	
	Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	✓					✓	✓	✓		✓	
	Egg & Avocado Breakfast Baguette 雞蛋牛油果早餐長法包	✓						✓	✓			
	Egg & Roasted Tomatoes Breakfast Baguette 雞蛋沙律烤蕃茄早餐長法包	✓						✓	✓			
	Egg Mayo & Rocket 火箭菜雞蛋沙律三文治	✓					✓	✓	✓			
	Egg Mayo & Tomato 蕃茄雞蛋沙律三文治	✓							WHEAT, BARLEY, RYE			
	Scottish Roasted Salmon Brunch Roll 蘇格蘭烤三文魚雞蛋芝士堡						✓	✓	✓	✓	✓	
	Bacon & Egg Brunch Roll 煙肉雞蛋芝士堡						✓	✓	✓		✓	
Datalini Pasta	Macaroni Cheese Lasagna (Macaroni Pasta) 焗芝士千層肉醬通粉						✓	✓	WHEAT		✓	
	Pesto Pasta & Feta Salad (Macaroni Pasta) 羅勒醬通粉菲達芝士沙律	✓					✓	✓	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.

Spring Launch 2024 - 28th February













## Hot Food Key Ingredients Spring Launch 2024

Group / Product Name	Description	Key Ingredients List
<b>Breakfast</b>		
Soy Porridge	Soy Porridge with Toppings (Honey / Fruit & Seed Mix / Five Berries Compote)	Soy Milk, Water, Oats, Sugar
Miso Congee with Mushroom & Dried Scallop	Congee with Mushroom & Dried Scallop	Water, Shiitake Mushroom, Rice, Dried Scallop, Miso (Soybean, Rice, Salt, Alcohol), Kezuri-bushi (Mackerel, Urume Sardine, Sardine, Dried Anchovy), Soybean Oil, Salt, Kelp, Salt
Breakfast Pasta – Chicken & Vegetable	Chicken & Vegetable Soup Base with Fusilli Pasta	Fusilli Pasta, Chicken, Milk, Onion, Celery, Carrot, Garlic, Vegetable Bouillon (Salt, Sugar, Flavouring, Carrot, Leek, Parsnip, Turmeric, Sunflower Oil), Soybean Oil, Salt, White Pepper Powder
<b>Bakery</b> <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>		
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 –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 – 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)
Cookie – Matcha & White Chocolate	Freshly Baked Cookie	Flour, Sugar, Butter, White Chocolate (Sugar, Coco Butter, Milk Powder: emulsifier: Sunflower lecithin, vanilla extract), Egg, Matcha Powder, Salt, Baking Soda
Cookie – Chunky Chocolate	Freshly Baked Cookie	Flour, Chocolate Drops, Sugar, Butter, Eggs, Baking Soda, Vanilla Extract, Salt
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, Raisins, Egg
Blueberry Muffin	Baked Blueberry Muffin	Sugar, Wheat Flour, Eggs, Rapeseed Oil, Blueberries, Water, Modified Corn Starch, Whey Powder, Natural Blueberry Flavour, Emulsifiers, Raising Agents, Butter, Salt
Chocolate Muffin	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, Salt
Pastel De Nata	Crispy, flaky pastry with a creamy egg custard filling and a touch of cinnamon.	Water, Wheat Flour, Sugar, Butter, Pasteurised Egg Yolk, Dried Skimmed Milk, Glucose-fructose Syrup, Pasteurised Egg, Corn Starch, Salt, Lemon, Cinnamon
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
Financier	Classic French almond cake with crisp exterior and moist interior	Sugar, Egg White, Wheat Flour, Butter, Powder Almond, Honey, Salt, Raising Agent, Natural Flavouring
<b>Hot Sandwich (Toastie)</b>		
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
Classic Cheese	Mozzarella Cheese, Cheddar Cheese and Italian Cheese with Honey Mustard Mayo on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Cheddar Cheese, Mozzarella Cheese, Honey Mustard Mayo, Italian Cheese, Spring Onion, Honey Mustard Mayo
<b>Hot Wrap</b>		
Creamy 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 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
Swedish Meatball	Beef & Pork Meatball, Greve Cheese, Italian Cheese, Sliced Red Onion, Red Tapenade and Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Beef & Pork Meatball, Sliced Red Onion, Greve Cheese, Italian Cheese, Red Tapenade, Seasoning, Oregano
<b>Hot Box</b>		
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)
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)
Cauliflower Rice – Creamy Forest Mushroom	Cauliflower Rice with Mushroom Sauce, Italian Cheese, Sautéed Mushroom, Pine Nuts, Dried Parsley and Seasoning	Cauliflower Rice, Italian Cheese, Pine Nuts, Sautéed Mushroom, Dried Parsley, Seasoning Mushroom Sauce (Water, Milk, Button Mushroom, Cream, Cheddar Cheese, Shitake Mushroom, Wheat Flour, Rapeseed Oil, Champignon Sauce Powder, Salt, Porcini Mushroom, Sugar, Black Pepper)
Cauliflower Rice – Spanish Style Meatball	Cauliflower Rice with Tomato Paella Sauce, Swedish Meatball, Cherry Tomato, Pine Nuts, Dried Parsley and Seasoning	Cauliflower Rice, Swedish Meatball, Cherry Tomato, Pine Nuts, Dried Parsley and Seasoning Tomato Paella Sauce (Tomato Coulis, Tomato, Mashed Tomato, Tomato Paste, Red Bell Pepper, White Onion, Water, Rapeseed Oil, Minced Garlic Seasoning, Sugar, White Wine Vinegar, Salt, Basil, Chilli, Paprika Powder, Dried Red Bell Pepper, Black Pepper)
<b>Hot Bowl</b>		
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
<b>Hot Croissant</b>		
Pastrami & Onion	Pastrami, Greve Cheese and Red Onion in Our Freshly Baked All Butter Croissant	Butter Croissant, Pastrami, Greve Cheese, Red Onion
Roasted Salmon & Egg	Roasted Salmon, Eggs and Greve Cheese in Our Freshly Baked All Butter Croissant	Butter Croissant, Roasted Salmon, Eggs, Greve Cheese



## Soup Key Ingredients for 2024 Spring Launch (26 Feb 2024 - 26 May 2024)

Soup			Ingredients	Per Serving
Mon	Chicken, Shiitake & Miso		Water, Chicken Shiitake Mushroom, Shiro Miso, Soy Bean, Brown Rice, Baby Sweetcorn, Spring Onion, Modified Starch, Minced Garlic Seasoning, Onion Powder, Hon Mirin, Dried Seaweed, Salt, Black Pepper, Cayenne Pepper Powder	Energy 192kcal Fat 3.6g Carbs 17.3g
	Farmhouse Vegetable		Carrot, Sweet Potato, White Onion, White Turnip, Pumpkin, Peking Onion, Pearl Barley, Rapeseed Oil, Modified Starch, Garlic, Parsley, Tomato Paste, Black Pepper, Fennel Seed, Smoked Paprika Powder, Dried Thyme, Dried Rosemary	Energy 144kcal Fat 6.8g Carbs 18.7g
Tue	Bacon & Potato		Water, Potato, Cream, Peking Onion, Smoked Bacon, White Onion, Minced Garlic Seasoning, Modified Starch, Salt, Rapeseed Oil, Sugar, Italian Parsley, White Pepper Powder, Black Pepper, Dried Thyme	Energy 248kcal Fat 13.3g Carbs 23.8g
	Pea & Mint		Green Pea, Water, Coconut Milk, White Onion, Potato, Rapeseed Oil, Spinach, Mint Leaf, Salt, Modified Starch, Lemon Juice, Black Pepper	Energy 417kcal Fat 20.2g Carbs 20.2g
Wed	Japanese Tonjiru		White Turnip, Potato, Pork Belly, Shiro Miso, Carrot, Shimeji Mushroom, Peking Onion, Shiitake Mushroom, Hon Mirin, Salt	Energy 158kcal Fat 9.7g Carbs 12.2g
	Spicy Sweet Potato & Coconut		Water, Orange Sweet Potato, Coconut Milk, White Onion, Rapeseed Oil, Ginger Puree, Salt, Modified Starch, Minced Garlic Seasoning, Cayenne Pepper Powder, Pepper, Rice, Spice	Energy 126kcal Fat 12.6g Carbs 32.8g
Thurs	New England Clam Chowder		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
	Farmhouse Vegetable		Carrot, Sweet Potato, White Onion, White Turnip, Pumpkin, Peking Onion, Pearl Barley, Rapeseed Oil, Modified Starch, Garlic, Parsley, Tomato Paste, Black Pepper, Fennel Seed, Smoked Paprika Powder, Dried Thyme, Dried Rosemary	Energy 144kcal Fat 6.8g Carbs 18.7g
Fri	Korean Style Beef		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 158kcal Fat 9.7g Carbs 12.2g
	Curried Lentil & Root Vegetable		Water, Sweet Potato, Red Lentil Bean, White Onion, Green Lentil Bean, Carrot, White Turnip, Milk, Rapeseed Oil, Ginger Puree, Minced Garlic Seasoning, Salt, Lemon Fix, Sugar, Ground Cumin Seed, Garam Masala, Ground Coriander Powder, Curry Powder, Cayenne Pepper Powder, Black Pepper, Ground Cardamom Powder, Turmeric Powder	Energy 212kcal Fat 1.9g Carbs 27.7g
Fixed	Classic Pumpkin		Pumpkin, Cream, Salt, Sugar, Starch	Energy 61kcal Fat 2.5g Carbs 7.6g
	Minestrone		Tomato Pulp, Tomato Coulis, Green Zucchini, Celery, Carrot, White Onion, White Turnip, Red Kidney Beans, Chickpeas, Tomato Paste, Sugar, Salt	Energy 108kcal Fat 1.8g Carbs 19.4g