




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 2023 - 22nd 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。



# Contents

- 1. Allergen Guide (2023 Spring Products)**
- 2. Allergen Guide (OOS Products)**
- 3. Hot Food Key Ingredients**
- 4. Soup Key Ingredients**

| Baguettes 長麵包                                                   |                   | Suitable for |                                  | Spring Launch 2023 - February 2023 (V1) |                      |                    |            |                                      |            |                |                                             |
|-----------------------------------------------------------------|-------------------|--------------|----------------------------------|-----------------------------------------|----------------------|--------------------|------------|--------------------------------------|------------|----------------|---------------------------------------------|
| Product                                                         | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物 |                                         |                      |                    |            |                                      |            |                |                                             |
|                                                                 |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果                       | Crustaceans<br>甲殼類動物 | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur<br>dioxide and<br>Sulphites<br>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                                |            | √              |                                             |
| 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                                |            | √              |                                             |
| 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                                                  |                   |              |                                  |                                         |                      |                    |            |                                      |            |                |                                             |
| Chicken & Corn Congee 雞肉粟米糙米粥                                   |                   |              |                                  |                                         |                      | √                  |            |                                      |            | √              |                                             |
| Chicken Tomato & Scrambledd Egg Hot Croissant 烤雞肉蕃茄炒蛋烘牛角酥       |                   |              |                                  |                                         |                      | √                  | √          | 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                                |            | √              |                                             |
| 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                                               | √                 |              |                                  |                                         |                      |                    |            |                                      |            |                |                                             |
| 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                                | √          | √              |                                             |
| 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 2023 - February 2023 (V1) |                    |            |                                      |            |                |                                       |  |
|---------------------------------------------------------------------------------|-------------------|--------------|----------------------------------|-------------------|-----------------------------------------|--------------------|------------|--------------------------------------|------------|----------------|---------------------------------------|--|
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|                                                                                 |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物                    | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and Sulphites<br>亞硫酸鹽 |  |
| Pret Coffee Capsules (Classic Blend) Pret咖啡膠囊 (經典咖啡)                            | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| 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                                                                  |                   |              |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| ABC Juice                                                                       | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| 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                                                                | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pret Cold Brew Coffee Latte Pret冷萃牛奶咖啡                                          | ✓                 |              |                                  |                   |                                         | √                  |            |                                      |            |                |                                       |  |
| Pret Cold Brew Coffee Mocha Pret冷萃朱古力咖啡                                         | ✓                 |              |                                  |                   |                                         | √                  |            |                                      |            |                |                                       |  |
| Pure Coconut Water 清涼純椰青水                                                       | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pure Pret Sparkling - Apple 天然果味梳打 - 蘋果                                         | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pure Pret Sparkling - Cucumber & Mint 天然果味梳打 - 青瓜薄荷                             | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pure Pret Sparkling - Ginger Beer 天然果味梳打 - 薑味                                   | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pure Pret Sparkling - Ginger Kombucha 天然果味特飲                                    | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pure Pret Sparkling - Grape & Elderflower 天然果味梳打 - 葡萄桂花                         | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Pure Pret Sparkling - Lime & Raspberry 天然果味梳打 - 青檸紅桑子                           | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| 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 2023 - February 2023 (V1) |                   |                      |                    |            |                                      |                         |                |                                          |
|-------------------------------------------------------------|-------------------|--------------|-----------------------------------------|-------------------|----------------------|--------------------|------------|--------------------------------------|-------------------------|----------------|------------------------------------------|
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| Banana 香蕉                                                   | ✓                 | ✓            |                                         |                   |                      |                    |            |                                      |                         |                |                                          |
| Citrus Fruit Salad 香橙西柚沙律                                   | ✓                 | ✓            |                                         |                   |                      |                    |            |                                      |                         |                |                                          |
| Classic Fruit Salad 鮮果沙律                                    | ✓                 | ✓            |                                         |                   |                      |                    |            |                                      |                         |                |                                          |
| Fruit Salad - Duo Melon with Mint                           | ✓                 | ✓            |                                         |                   |                      |                    |            |                                      |                         |                |                                          |
| Fruit Salad - Kiwi & Pineapple                              | ✓                 | ✓            |                                         |                   |                      |                    |            |                                      |                         |                |                                          |
| Pret's Hot 烤焗熱食                                             |                   |              |                                         |                   |                      |                    |            |                                      |                         |                |                                          |
| Beef and Onion Hot Croissant 英式烤牛肉洋蔥即烘牛角酥                   |                   |              |                                         |                   |                      |                    | ✓          | ✓                                    | WHEAT                   |                |                                          |
| Cauliflower Rice - Italian Style Forest Mushroom 意式原野雜菌椰菜花飯 | ✓                 |              |                                         | ✓                 |                      |                    | ✓          | ✓                                    | WHEAT                   |                |                                          |
| Cauliflower Rice - Spanish Style Mixed Seafood 西班牙式海鮮椰菜花飯   |                   |              |                                         | ✓                 | ✓                    |                    |            |                                      |                         | ✓              |                                          |
| 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                   |                   |              |                                         |                   |                      |                    | ✓          |                                      |                         | ✓              |                                          |
| Ham & British Cheddar Hot Sandwich 英國車打芝士火腿即烘香脆三文治          |                   |              |                                         |                   |                      |                    | ✓          | ✓                                    | WHEAT, RYE, OAT, BARLEY |                |                                          |
| 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              |                | ✓                                        |
| Peking Duck Hot Wrap 京式烤鴨熱烤卷                                |                   |              |                                         |                   |                      |                    |            | ✓                                    | WHEAT, RYE, OAT, BARLEY |                | ✓                                        |
| Roasted Salmon & Egg Hot Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥           |                   |              |                                         |                   |                      |                    | ✓          | ✓                                    | WHEAT                   | ✓              |                                          |
| Super Club Hot Sandwich 特級公司即烘香脆三文治                         |                   |              |                                         |                   |                      |                    | ✓          | ✓                                    | WHEAT, RYE, OAT         |                | ✓                                        |
| 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              |                | ✓                                        |

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| Pret Bowls and Pots 甜品                                     |                   | Suitable for |                                  | Spring Launch 2023 - February 2023 (V1) |                      |                    |            |                                      |            |                |                                       |
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| 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                                  | ✓                 | ✓            |                                  | ✓                                       |                      |                    |            |                                      |            |                |                                       |
| 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                      |            | ✓              |                                       |
| Pink Goodness                                              | ✓                 |              |                                  | ✓                                       |                      | ✓                  |            | *GF OAT                              |            |                |                                       |
| Yellow Goodness                                            | ✓                 |              |                                  |                                         |                      | ✓                  |            | *GF OAT                              |            |                |                                       |
| Pret Snacks 薯片及小食                                          |                   |              |                                  |                                         |                      |                    |            |                                      |            |                |                                       |
| Cranberries in Coats 乳酪紅莓乾                                 | ✓                 |              |                                  |                                         |                      | ✓                  |            |                                      |            |                |                                       |
| Dark Chocolate Corn Cake 黑朱古力粟米餅                           | ✓                 |              |                                  |                                         |                      |                    |            | WHEAT                                |            | ✓              |                                       |
| Nuts, Fruit & Chocolate                                    | ✓                 |              |                                  | ✓                                       |                      | ✓                  |            |                                      |            | ✓              |                                       |
| Pipers - Cheddar & Onion                                   | ✓                 |              |                                  |                                         |                      | ✓                  |            |                                      |            |                |                                       |
| Pipers - Cider Vinegar & Seasalt                           | ✓                 |              |                                  |                                         |                      | ✓                  |            |                                      |            |                |                                       |
| Pipers - Seasalt                                           | ✓                 | ✓            |                                  |                                         |                      |                    |            |                                      |            |                |                                       |
| Pret A Mango 天然芒果乾                                         | ✓                 | ✓            |                                  |                                         |                      |                    |            |                                      |            |                |                                       |
| Pret Dark Choco Almonds 黑朱古力杏仁                             | ✓                 | ✓            |                                  | ✓                                       |                      |                    |            |                                      |            | ✓              |                                       |
| Roasted Crunchy Corn 烤粟米脆粒粒                                | ✓                 | ✓            |                                  |                                         |                      |                    |            |                                      |            |                |                                       |
| 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 | ✓                 | ✓            |                                  | ✓                                       |                      |                    |            |                                      |            |                |                                       |

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| Platters 拼盤                                                                                                                                                                                                                                                                                                                |                | Spring Launch 2023 - February 2023 (V1) |                                  |                |                   |                 |         |                                   |         |             |                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-----------------------------------------|----------------------------------|----------------|-------------------|-----------------|---------|-----------------------------------|---------|-------------|------------------------------------|
| Product                                                                                                                                                                                                                                                                                                                    | Suitable for   |                                         | Contains these allergens 含有下列致敏物 |                |                   |                 |         |                                   |         |             |                                    |
|                                                                                                                                                                                                                                                                                                                            | Vegetarian 素食者 | Vegan 純素者                               | 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                                                                                                                                                                                                                                                                                                    |                |                                         |                                  |                |                   |                 | √       |                                   |         |             |                                    |
| 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 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 Slald Platter 蘇格蘭煙三文魚雞蛋營養沙律                                                                                                                                                                                                                                                             |                |                                         |                                  |                |                   |                 | √       |                                   | √       |             |                                    |
| The Best of Seasonal Selection 精選季節三文治拼盤                                                                                                                                                                                                                                                                                   |                |                                         |                                  | √              |                   | √               | √       | WHEAT, BARLEY                     |         | √           |                                    |
| 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 2023 - February 2023 (V1) |                    |            |                                      |            |                |                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------|----------------------------------|-------------------|-----------------------------------------|--------------------|------------|--------------------------------------|------------|----------------|---------------------------------------------|
| Product                                                                                                                                                                                                                                                                                                                    | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物 |                   |                                         |                    |            |                                      |            |                |                                             |
|                                                                                                                                                                                                                                                                                                                            |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物                    | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur<br>dioxide and<br>Sulphites<br>亞硫酸鹽 |
| Chicken Cobb Salad 雞肉科布沙律                                                                                                                                                                                                                                                                                                  |                   |              |                                  |                   |                                         | √                  | √          |                                      |            |                |                                             |
| Club Salad 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                                | √          | √              |                                             |
| Smoked Salmon & Prawn Prosperity Toss Salad Bowl 煙三文魚大蝦撈起沙律                                                                                                                                                                                                                                                                |                   |              |                                  |                   | √                                       |                    |            |                                      | √          | √              |                                             |
| 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                                                                                                                                                                                                                                                                                             | √                 | √            |                                  |                   |                                         |                    |            |                                      |            |                |                                             |
| Miso & Sesame Dressing 味噌芝麻汁                                                                                                                                                                                                                                                                                               | √                 | √            |                                  |                   |                                         |                    |            | WHEAT                                |            | √              |                                             |
| Poke Dressing 比卡沙律汁                                                                                                                                                                                                                                                                                                        | √                 | √            |                                  |                   |                                         |                    |            | WHEAT                                |            | √              |                                             |
| Red Tapenade Dressing 紅椒醬                                                                                                                                                                                                                                                                                                  | √                 | √            |                                  |                   |                                         |                    |            | WHEAT                                |            |                |                                             |
| Soy & Ginger Dressing 日式薑味豉油沙律汁                                                                                                                                                                                                                                                                                            | √                 | √            |                                  |                   |                                         |                    |            | WHEAT                                |            | √              |                                             |
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| Sandwiches 三文治                                                                                                                                                                                                                                                                                                             |                   | Suitable for |                                  | Spring Launch 2023 - February 2023 (V1) |                      |                    |            |                                      |            |                |                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------|----------------------------------|-----------------------------------------|----------------------|--------------------|------------|--------------------------------------|------------|----------------|---------------------------------------|
| Product                                                                                                                                                                                                                                                                                                                    | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物 |                                         |                      |                    |            |                                      |            |                |                                       |
|                                                                                                                                                                                                                                                                                                                            |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果                       | Crustaceans<br>甲殼類動物 | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and Sulphites<br>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                        |            | √              |                                       |
| 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                        |            |                |                                       |
| Italian Pesto Chicken 意式羅勒醬雞肉三文治                                                                                                                                                                                                                                                                                           |                   |              |                                  | √                                       |                      | √                  |            | 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                        |            |                |                                       |
| Malted Rye Roll - Eggplant Parmigiana                                                                                                                                                                                                                                                                                      | ✓                 |              |                                  |                                         |                      | √                  | √          | WHEAT, BARLEY, RYE                   |            | √              |                                       |
| Malted Rye Roll - Scandi Style Salmon                                                                                                                                                                                                                                                                                      |                   |              |                                  |                                         |                      |                    | √          | WHEAT, BARLEY, RYE                   | √          |                |                                       |
| 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                        | √          |                |                                       |
| Sesame Mushroom                                                                                                                                                                                                                                                                                                            | ✓                 |              |                                  |                                         |                      |                    | √          | WHEAT, BARLEY                        |            | √              |                                       |
| Skipjack Tuna & Cucumber 正鯉吞拿魚沙律三文治                                                                                                                                                                                                                                                                                        |                   |              |                                  |                                         |                      |                    | √          | WHEAT, BARLEY                        | √          | √              |                                       |
| Super Rainbow 純素彩虹三文治                                                                                                                                                                                                                                                                                                      | ✓                 | ✓            |                                  |                                         |                      |                    |            | WHEAT, BARLEY                        |            | √              |                                       |
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| Soups 窩心濃湯                                                                                                                                                                                                                                                                                                                 |                   | Suitable for |                                  | Spring Launch 2023 - February 2023 (V1) |                      |                    |            |                                      |            |                |                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------|----------------------------------|-----------------------------------------|----------------------|--------------------|------------|--------------------------------------|------------|----------------|---------------------------------------|
| Product                                                                                                                                                                                                                                                                                                                    | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物 |                                         |                      |                    |            |                                      |            |                |                                       |
|                                                                                                                                                                                                                                                                                                                            |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果                       | Crustaceans<br>甲殼類動物 | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and Sulphites<br>亞硫酸鹽 |
| Classic Pumpkin 鮮南瓜湯                                                                                                                                                                                                                                                                                                       | ✓                 |              |                                  |                                         |                      | √                  |            |                                      |            |                |                                       |
| Farmhouse Vegetable                                                                                                                                                                                                                                                                                                        | ✓                 | ✓            |                                  |                                         |                      |                    |            | BARLEY                               |            | √              |                                       |
| Japanese Style Sweetcorn 日式粟米濃湯                                                                                                                                                                                                                                                                                            | ✓                 | ✓            |                                  |                                         |                      |                    |            |                                      |            | √              |                                       |
| 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                                                                                                                                                                                                                                                                                          |                   |              |                                  |                                         |                      | √                  |            |                                      | √          | √              |                                       |
| Soup Baguette 伴湯長麵包                                                                                                                                                                                                                                                                                                        | ✓                 |              |                                  |                                         |                      |                    |            | WHEAT                                |            |                |                                       |
| Soup Bloomer 伴湯麵包                                                                                                                                                                                                                                                                                                          | ✓                 |              |                                  |                                         |                      | √                  |            | WHEAT                                |            |                |                                       |
| Thai Chicken Orzo                                                                                                                                                                                                                                                                                                          |                   |              |                                  |                                         |                      |                    |            | WHEAT                                | √          | √              |                                       |
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| Sweet Treats 麵包糕點                                       | Suitable for      |              | Spring Launch 2023 - February 2023 (V1) |                   |                      |                    |            |                                      |            |                |                                          |
|---------------------------------------------------------|-------------------|--------------|-----------------------------------------|-------------------|----------------------|--------------------|------------|--------------------------------------|------------|----------------|------------------------------------------|
| Product                                                 | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物        |                   |                      |                    |            |                                      |            |                |                                          |
|                                                         |                   |              | Peanuts<br>花生                           | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物 | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and<br>Sulphites<br>亞硫酸鹽 |
| Almond Croissant 杏仁牛角酥                                  | ✓                 |              |                                         | ✓                 |                      | ✓                  | ✓          | WHEAT                                |            |                |                                          |
| Blueberry Muffin 藍莓鬆餅                                   | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | WHEAT                                |            |                |                                          |
| Cheese Twist                                            | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | WHEAT                                |            |                |                                          |
| Chocolate Croissant 朱古力牛角酥                              | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | WHEAT                                |            | ✓              |                                          |
| Chocolate Muffin 朱古力鬆餅                                  | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | WHEAT                                |            | ✓              |                                          |
| Chunky Chocolate Cookie 朱古力曲奇餅                          | ✓                 |              |                                         |                   |                      |                    | ✓          | WHEAT                                |            | ✓              |                                          |
| French Butter Croissant 法國原味牛角酥                         | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | WHEAT                                |            |                |                                          |
| King of Cookies 包裝曲奇                                    | ✓                 |              |                                         |                   |                      |                    | ✓          | WHEAT                                |            | ✓              |                                          |
| Nutty Salted Caramel Brownie Bites 鹽味焦糖果仁布朗尼            | ✓                 |              |                                         | ✓                 |                      | ✓                  | ✓          | WHEAT                                |            | ✓              |                                          |
| Pain Au Raisin 法式提子千層麵包                                 | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | WHEAT                                |            |                |                                          |
| Pastel de Nata                                          | ✓                 |              |                                         |                   |                      | ✓                  | ✓          | 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                            |            |                |                                          |
| Tiffin Bites                                            | ✓                 |              |                                         | ✓                 |                      | ✓                  |            | WHEAT                                |            | ✓              |                                          |
| UK Luxury Cookies - Chocolate Chunk 至尊朱古力曲奇餅            | ✓                 |              |                                         |                   |                      | ✓                  |            | 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                    |            |                |                                          |
| Vegan Chocolate Fudge Cake 純素朱古力軟蛋糕                     | ✓                 | ✓            |                                         | ✓                 |                      |                    |            | WHEAT                                |            |                |                                          |
| Very Berry Croissant 雜莓牛角酥                              | ✓                 | ✓            |                                         |                   |                      |                    |            | 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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| Barista Prepared Drinks                        |                   |              | Suitable for                     |                   | Spring Launch 2023 - February 2023 (V1) |                    |            |                                      |            |                |                                       |  |
|------------------------------------------------|-------------------|--------------|----------------------------------|-------------------|-----------------------------------------|--------------------|------------|--------------------------------------|------------|----------------|---------------------------------------|--|
| Product                                        | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物 |                   |                                         |                    |            |                                      |            |                |                                       |  |
|                                                |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物                    | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and Sulphites<br>亞硫酸鹽 |  |
| 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)                 | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | √              |                                       |  |
| 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)                       | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | √              |                                       |  |
| 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)           | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | √              |                                       |  |
| 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)                       | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | √              |                                       |  |
| 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                                | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | √              |                                       |  |

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|                                                |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物                    | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and Sulphites<br>亞硫酸鹽 |  |
| Coffee                                         |                   |              |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| 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)                       | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |
| 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)                           | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |
| Rose Cappuccino Milk (牛奶)                      | ✓                 |              |                                  |                   |                                         | ✓                  |            |                                      |            |                |                                       |  |
| Rose Cappuccino Coconut (椰子米奶)                 | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            |                |                                       |  |
| Rose Cappuccino Oat (燕麥奶)                      | ✓                 | ✓            |                                  |                   |                                         |                    |            | OAT                                  |            |                |                                       |  |
| Rose Cappuccino Soya (荳奶)                      | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |
| 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(荳奶)           | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |
| 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(荳奶)                 | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |
| 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 凍焦糖荳奶咖啡                | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |
| 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(荳奶)                   | ✓                 | ✓            |                                  |                   |                                         |                    |            |                                      |            | ✓              |                                       |  |

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|------------------------------------------------------|-------------------|--------------|----------------------------------|-------------------|----------------------|-----------------------------------------|------------|--------------------------------------|------------|----------------|---------------------------------------|--|
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|                                                      |                   |              | Peanuts<br>花生                    | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物 | Milk / Dairy<br>奶類                      | Eggs<br>蛋類 | Cereals containing gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide and Sulphites<br>亞硫酸鹽 |  |
| Iced Drinks                                          |                   |              |                                  |                   |                      |                                         |            |                                      |            |                |                                       |  |
| Iced Filter Coffee Black 凍蒸餾黑咖啡                      | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                |                                       |  |
| 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(荳奶)           | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                | ✓                                     |  |
| 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 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 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 Rose Cappuccino Milk (牛奶)                       | ✓                 |              |                                  |                   |                      |                                         | ✓          |                                      |            |                |                                       |  |
| Iced Rose Cappuccino Coconut (椰子米奶)                  | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                |                                       |  |
| Iced Rose Cappuccino Oat (燕麥奶)                       | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      | OAT        |                |                                       |  |
| Iced Rose Cappuccino Soya (荳奶)                       | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                | ✓                                     |  |
| 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 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)              | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                | ✓                                     |  |

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| Flavoured Latte / Tea                       |                   |              |                                  |                   |                      |                                         |            |                                      |            |                |                                       |  |
| 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                      | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                | √                                     |  |
| Tea Latte Rose Milk 法國玫瑰花鮮奶紅茶(牛奶)           | ✓                 |              |                                  |                   |                      | √                                       |            |                                      |            |                |                                       |  |
| Tea Latte Rose Oat 法國玫瑰花鮮奶紅茶(燕麥奶)           | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      | OAT        |                |                                       |  |
| 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)           | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                | √                                     |  |
| 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)                 | ✓                 | ✓            |                                  |                   |                      |                                         |            |                                      |            |                | √                                     |  |

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| 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 荳奶                               | √                 | √            |                                  |                   |                                         |                    |            |                                      |            | √              |                                             |  |
| 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 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(荳奶)           | √                 | √            |                                  |                   |                                         |                    |            |                                      |            | √              |                                             |  |
| 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(荳奶)            | √                 | √            |                                  |                   |                                         |                    |            |                                      |            | √              |                                             |  |
| 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 2023 - February 2023 (V1) |                   |                      |                    |            |                                         |            |                |                                          |
|-----------------|--------------------------------------------------------------------------------------------------|-------------------|--------------|-----------------------------------------|-------------------|----------------------|--------------------|------------|-----------------------------------------|------------|----------------|------------------------------------------|
| Product         |                                                                                                  | Vegetarian<br>素食者 | Vegan<br>純素者 | Contains these allergens 含有下列致敏物        |                   |                      |                    |            |                                         |            |                |                                          |
|                 |                                                                                                  |                   |              | Peanuts<br>花生                           | Tree Nuts<br>木本堅果 | Crustaceans<br>甲殼類動物 | Milk / Dairy<br>奶類 | Eggs<br>蛋類 | Cereals containing<br>gluten<br>含有麩質的穀類 | Fish<br>魚類 | Soybeans<br>大豆 | Sulphur dioxide<br>and Sulphites<br>亞硫酸鹽 |
| Avocado         | Chicken Cobb Salad (Sweet Potato) 雞肉科布沙律 (甜薯)                                                    |                   |              |                                         |                   |                      | √                  | √          |                                         |            |                |                                          |
|                 | Roasted Portobello Mushroom & Sweet Potato Vegan Box (Quinoa Red Rice Mix)<br>烤波特菇甜薯純素沙律 (三色藜麥飯) | √                 | √            |                                         |                   |                      |                    |            |                                         |            | √              |                                          |
|                 | Salad Bowl - Roasted Eggplant (Sweet Potato) 烤茄子三色糙米沙律 (甜薯)                                      | √                 | √            |                                         |                   |                      |                    |            | WHEAT                                   |            | √              |                                          |
|                 |                                                                                                  |                   |              |                                         |                   |                      |                    |            |                                         |            |                |                                          |
| 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                                                                | √                 |              |                                         |                   |                      |                    | √          |                                         |            |                |                                          |
|                 | Hot Breakfast Croissant - Chicken Tomato & Scrambled Egg (Rocket) (火箭菜)                          |                   |              |                                         | √                 |                      | √                  | √          | WHEAT                                   |            |                |                                          |
|                 | Peking Duck (Salad Mix) 京式烤鴨 (什生菜)                                                               |                   |              |                                         |                   |                      |                    | √          | WHEAT, RYE                              |            | √              |                                          |
|                 | Skipjack Tuna & Cucumber 正鰹吞拿魚沙律三文治                                                              |                   |              |                                         |                   |                      |                    | √          | WHEAT, BARLEY                           | √          | √              |                                          |
| 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                                   |            | √              |                                          |
| Blueberry       | Blue Goodness Bowl (Dried Blueberry) 藍藻香脆麥片乳酪 (藍莓乾)                                              | √                 |              |                                         | √                 |                      | √                  |            | *GF OAT                                 |            | √              |                                          |
| Snow Pea        | 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   | 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)                                                        |                   |              |                                         |                   |                      |                    | √          |                                         |            |                |                                          |
|                 | Crayfish, Salmon & Pineapple Salad (Salad Mix) 小龍蝦三文魚菠蘿沙律 (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)                | √                 | √            |                                         |                   |                      |                    |            |                                         |            | √              |                                          |
|                 | Salad Bowl - Roasted Eggplant (Salad Mix) 烤茄子三色糙米沙律 (什生菜)                                        | √                 | √            |                                         |                   |                      |                    |            | WHEAT                                   |            | √              |                                          |
|                 | 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                                   | √          | √              |                                          |
|                 | Scottish Smoked Salmon Protein Box (Salad Mix) 蘇格蘭煙三文魚雞蛋營養沙律 (什生菜)                               |                   |              |                                         |                   |                      |                    | √          |                                         | √          |                |                                          |
|                 | Smoked Salmon & Prawn Prosperity Toss Salad Bowl 煙三文魚大蝦撈起沙律 (什生菜)                                |                   |              |                                         |                   | √                    |                    |            |                                         | √          | √              |                                          |
|                 | Soy & Ginger Chicken Soba Noodle Bowl (Salad Mix) 生薑醬油雞肉蕎麥麵沙律 (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.

Spring Launch 2023 - 22nd February

## Hot Food Key Ingredients Spring Launch 2023

| Group / Product Name                                                                                                                                   | Description                                                                                                   | Key Ingredients List                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b>                                                                                                                                       |                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 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                                                                                                                                                                                                                                                                                                                                                                                                   |
| <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> ) |                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 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 |

|                                         |                                                                                         |                                                                                                                                                                                                                                                                                      |
|-----------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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                                                                                                                             |
| Cheese Twist                            | Butter pastry with a cheesy Emmental bechamel filling, with an Emmental cheese sprinkle | Cheese Béchamel Sauce Filling (Water, Emmental Cheese, Eggs, Whey Powder, Modified Starch, Salt, Coconut Oil, Dried Skimmed Milk, Dried Egg Yolk, Sugar), Wheat Flour, Butter, Water, Emmental Cheese, Yeast, Sugar, Eggs, Wheat Gluten, Salt, Flour Treatment Agents, Ascorbic Acid |
| 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      |

## 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                                           |
| 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                         |
| 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 |

## Hot Box

|                                                  |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cauliflower Rice - Spanish Style Mixed Seafood   | Cauliflower Rice with Tomato Paella Sauce, Cherry Tomato, Pine Nuts, Dried Parsley and Seasoning                              | Cauliflower Rice, Cherry Tomato, Pine Nuts, Dried Parsley and Seasoning<br>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) |
| Cauliflower Rice - Italian Style Forest Mushroom | Cauliflower Rice with Mushroom Sauce, Italian Cheese, Pine Nuts, Seafood Mix, Sauteed Mushroom, Dried Parsley and Seasoning   | Cauliflower Rice, Italian Cheese, Pine Nuts, Sauteed Mushroom, Dried Parsley, Seasoning<br>Mushroom Sauce (Water, Milk, Button mushroom, Cream, Cheddar Cheese, Shitake Mushroom, Wheat Flour, Rapeseed Oil, Champignon Sauce Powder, Salt, Dried Porcini Mushroom, Sugar, Black 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<br>Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)<br>Beef Ragu Sauce (Minced Beef, Tomato, Onion, Celery, Carrot, Veal Base, Herbs, Black Pepper)                                               |

## Hot Bowl

|                          |                                   |                                                                                                                                                                                                                                                                                                                               |
|--------------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 |
| <b>Hot Croissant</b>                     |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                               |
| 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                                                                                                                                                                                                                                                                                                                          |
| <b>Hot Baguette</b>                      |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                               |
| 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                                                                                                                                                                                                                                                                                                             |
| 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 2023 New Year Launch (20 Feb 2023 - 28 May 2023)

| Soup  |                                                                                     |                                                                                     | Ingredients                                                                                                                                                                                                                       | Per Serving                                |
|-------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| Mon   |    |    | Sweetcorn, Coconut Milk, White Onion, Sweet Potato, Peking Onion, Rapeseed Oil, Starch, Salt, Garlic, Sugar, Paprika Powder                                                                                                       | Energy 277kcal<br>Fat 18.0g<br>Carbs 25.9g |
| Tue   |    |    | White Turnip, Potato, Pork Belly, Shiro Miso, Carrot, Shimeji Mushroom, Peking Onion, Shitake Mushroom, Hon Mirin, Salt                                                                                                           | Energy 158kcal<br>Fat 9.7g<br>Carbs 12.2g  |
| Wed   |    |    | Potato, Coconut Milk, White Onion, Corn, Chicken, Sugar, White Pepper, Orzetto, Rapeseed Oil, Ginger, Garlic, Modified Starch, Fish Sauce, Lemon Grass, Lime Juice, Salt, Lime Leaf, Coriander,                                   | Energy 158kcal<br>Fat 9.7g<br>Carbs 12.2g  |
| Thurs |    |    | Clam Meat, Clam Juice, Cream, Potato, Onion, Celery, Carrot, Starch, Fish Base, Garlic Seasoning, Rapeseed Oil, Black Pepper, Dried Herbs                                                                                         | Energy 205kcal<br>Fat 7.6g<br>Carbs 18.7g  |
| Fri   |   |   | 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<br>Fat 7.6g<br>Carbs 21.6g  |
| Fixed |  |  | Pumpkin, Cream, Salt, Sugar, Starch                                                                                                                                                                                               | Energy 61kcal<br>Fat 2.5g<br>Carbs 7.6g    |
|       |  |  | Tomato Pulp, Tomato Coulis, Green Zucchini, Celery, Carrot, White Onion, White Turnip, Red Kidney Beans, Chickpeas, Tomato Paste, Sugar, Salt                                                                                     | Energy 108kcal<br>Fat 1.8g<br>Carbs 19.4g  |
|       |  |  | 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<br>Fat 6.8g<br>Carbs 18.7g  |