

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 2021 - 26th April

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

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

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



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

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

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



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

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

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

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



本指南詳細列明了以下存在於我們產品中的致敏物成分:

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

本過敏原指南僅涵蓋並適用於所有香港門店內出售的產品。



Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
British Cheddar & Pret Pickle 英國車打芝士酸果醬三文治	√					√	√	WHEAT, BARLEY		√	
Chicken Avocado 雞肉牛油果三文治							√	WHEAT, BARLEY		√	
Classic Super Club 特級公司三文治							√	WHEAT, BARLEY		√	
Chicken Caesar 雞肉凱撒						√	√	WHEAT, BARLEY	√	√	
Crayfish Rocket 小龍蝦火箭菜三文治					√		√	WHEAT, BARLEY		√	
Egg Mayo & Rocket 火箭菜雞蛋沙律三文治	√					√	√	WHEAT, BARLEY			
Egg Mayo & Tomatoes 蕃茄雞蛋沙律三文治	√						√	WHEAT, BARLEY			
Kids British Cheddar & Butter Sandwich 英國車打芝士三文治	√					√		WHEAT, BARLEY			
Kids Ham Sandwich 火腿三文治						√		WHEAT, BARLEY			
Mediterranean Tuna 地中海風味吞拿魚沙律三文治							√	WHEAT, BARLEY	√	√	
Mexican Falafel 墨西哥甜薯素丸子三文治	√						√	WHEAT, BARLEY			√
Naked Avocado 牛油果烤蕃茄三文治	√	√						WHEAT, BARLEY			
Pret's Famous BLT 脆味煙生蕃三文治							√	WHEAT, BARLEY		√	
Scottish Smoked Salmon & Cucumber 蘇格蘭煙三文魚青瓜三文治						√		WHEAT, BARLEY	√		
Scottish Smoked Salmon 蘇格蘭煙三文魚三文治						√		WHEAT, BARLEY	√		
Skipjack Tuna & Cucumber 正鯉吞拿魚沙律三文治							√	WHEAT, BARLEY	√	√	

We can't guarantee any of our products are suitable for those with allergies due to a high risk of cross contamination. Our gluten free bread recipe does not contain any gluten ingredients but our shop kitchens use lots of ingredients, so there is always a high risk of cross-contamination. Please take care.

Soups 窩心濃湯

Spring Launch 2021 - 26th Apr (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
Beef & Pearl Barley 牛肉洋蔥米濃湯								PEARL BARLEY	√	√	
Chicken Mushroom 雞肉蘑菇濃湯						√		WHEAT		√	
Chicken Shitake Miso Soup 雞肉香菇味噌湯									√	√	
Classic Pumpkin 鮮南瓜湯						√					
Field Forest Mushroom 原野雜菌湯	√					√		WHEAT		√	
Minestrone 意大利蔬菜濃湯	√	√						WHEAT			
Miso Soup 味噌湯								WHEAT, BARLEY	√	√	
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			

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Sweet Treats 麵包糕點

Suitable for

Spring Launch 2021 - 28th Apr (V1)

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			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Blueberry Muffin 藍莓鬆餅	√			√		√	√	WHEAT			
UK Blueberry Muffin UK藍莓鬆餅	√			√		√	√	WHEAT		√	
Choc Bar 特色小麥棒-朱古力	√					√		WHEAT		√	
Chocolate Brownie Bar 特色小麥棒-朱古力布朗尼	√					√	√	WHEAT		√	
Chocolate Mousse 香濃朱古力慕絲杯	√					√				√	
Chocolate Muffin 朱古力鬆餅	√			√		√	√	WHEAT		√	
UK Chocolate Muffin UK朱古力鬆餅 (UK)	√			√		√	√	WHEAT		√	
Chunky Chocolate Cookie 朱古力曲奇餅	√			√			√	WHEAT		√	
King of Cookies 包裝曲奇	√			√			√	WHEAT,OAT		√	
Lemon Cheesecake 檸檬芝士蛋糕杯	√					√	√	WHEAT			
Love Bar 特色小麥棒-焦糖堅果	√			√		√		OAT		√	
Nut Bar 特色小麥棒-果仁	√			√						√	
Oatmeal & Raisin Cookie 燕麥提子乾	√			√			√	WHEAT,OAT		√	
Chocolate Orange Cookie 香橙朱古力曲奇餅	√			√			√	WHEAT		√	
Pecan Slice 核桃批	√			√		√	√	WHEAT			
Popcorn Bar 特色小麥棒-爆谷	√					√				√	
Pret Bar 特色小麥棒-乾果	√					√		WHEAT,OAT			
Pret's Bakewell Slice 紅桑子英式杏仁批	√			√		√	√	WHEAT			
Tart - Original 葡撻(原味)	√			√		√	√	WHEAT		√	
Tart - Chocolate 葡撻(朱古力味)	√			√		√	√	WHEAT		√	
Tart - Mixed Berrie 葡撻(雜莓味)	√			√		√	√	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

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			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Coffee												
Americano Black 美式黑咖啡	✓	✓										
Americano White Milk 美式白咖啡(牛奶)	✓					✓						
Americano White Rice Coconut 美式白咖啡(椰子米奶)	✓	✓										
Americano White Soya 美式白咖啡(荳奶)	✓	✓									✓	
Americano White Oat (燕麥奶)	✓	✓							OAT			
Cappuccino Milk 泡沫咖啡(牛奶)	✓					✓						
Cappuccino Rice Coconut 泡沫咖啡(椰子米奶)	✓	✓										
Cappuccino Soya 泡沫咖啡(荳奶)	✓	✓									✓	
Cappuccino Oat 泡沫咖啡(燕麥奶)	✓	✓							OAT			
Decaf Latte Milk 無咖啡因牛奶咖啡	✓					✓						
Decaf Latte Rice Coconut 無咖啡因椰子米奶咖啡	✓	✓										
Decaf Latte Soya 無咖啡因荳奶咖啡	✓	✓									✓	
Decaf Latte Oat 無咖啡因燕麥奶咖啡	✓	✓							OAT			
Espresso 特濃咖啡	✓	✓										
Filter - Black Coffee 蒸餾黑咖啡	✓	✓										
Filter - White Coffee Milk 蒸餾白咖啡(牛奶)	✓					✓						
Filter - White Coffee Rice Coconut 蒸餾白咖啡(椰子米奶)	✓	✓										
Filter - White Coffee Soya 蒸餾白咖啡(荳奶)	✓	✓									✓	
Filter - White Coffee Oat 蒸餾白咖啡(燕麥奶)	✓	✓							OAT			
Flat White Milk 奶香咖啡	✓					✓						
Flat White Rice Coconut 奶香咖啡 (椰子米奶)	✓	✓										
Flat White Soya 奶香咖啡(荳奶)	✓	✓									✓	
Flat White Oat 奶香咖啡(燕麥奶)	✓	✓							OAT			
Gingerbread Chocolate Milk 薑餅朱古力(牛奶)	✓					✓						
Gingerbread Chocolate Rice Coconut 薑餅朱古力(椰子米奶)	✓	✓										
Gingerbread Chocolate Soya 薑餅朱古力(荳奶)	✓	✓									✓	
Gingerbread Latte Milk 薑餅牛奶咖啡	✓					✓						
Gingerbread Latte Rice Coconut 薑餅椰子米奶咖啡	✓	✓										
Gingerbread Latte Soya 薑餅荳奶咖啡	✓	✓									✓	

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Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物									
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Latte Milk 牛奶咖啡	√					√						
Latte Rice Coconut 椰子米奶咖啡	√	√										
Latte Soya 荳奶咖啡	√	√									√	
Latte Oat 燕麥奶	√	√							OAT			
Macchiato Milk 瑪奇朵咖啡(牛奶)	√					√						
Macchiato Rice Coconut 瑪奇朵咖啡(椰子米奶)	√	√										
Macchiato Soya 瑪奇朵咖啡(荳奶)	√	√									√	
Macchiato Oat 瑪奇朵咖啡(燕麥奶)	√	√							OAT			
Mocha Milk 朱古力咖啡(牛奶)	√					√						
Mocha Rice Coconut 朱古力咖啡(椰子米奶)	√	√										
Mocha Soya 朱古力咖啡(荳奶)	√	√									√	
Mocha Oat 朱古力咖啡(燕麥奶)									OAT			
Iced Drinks												
Cold Brewed Coffee 冷萃咖啡	√	√										
Cold Brewed Coffee Milk 冷萃咖啡(牛奶)	√					√						
Cold Brewed Coffee Rice Coconut 冷萃咖啡(椰子米奶)	√	√										
Cold Brewed Coffee Soya 冷萃咖啡(荳奶)	√	√									√	
Cold Brewed Coffee Oat 冷萃咖啡(燕麥奶)	√	√							OAT			
Iced Americano Black 凍美式黑咖啡	√	√										
Iced Americano White Milk 凍美式白咖啡(牛奶)	√					√						
Iced Americano White Rice Coconut 凍美式白咖啡(椰子米奶)	√	√										
Iced Americano White Soya 凍美式白咖啡(荳奶)	√	√									√	
Iced Americano White Oat 凍美式白咖啡(燕麥奶)	√	√							OAT			
Iced Cappuccino Milk 凍泡沫咖啡(牛奶)	√					√						
Iced Cappuccino Rice Coconut 凍泡沫咖啡(椰子米奶)	√	√										
Iced Cappuccino Soya 凍泡沫咖啡(荳奶)	√	√									√	
Iced Cappuccino Oat 凍泡沫咖啡(燕麥奶)	√	√							OAT			
Iced Caramel Latte 凍焦糖牛奶咖啡	√					√						
Iced Caramel Latte Rice Coconut 凍焦糖椰子米奶咖啡	√	√										
Iced Caramel Latte Soya 凍焦糖荳奶咖啡	√	√									√	
Iced Caramel Latte Oat 凍焦糖燕麥奶咖啡	√	√							OAT			

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Product

Contains these allergens 含有下列致敏物

Iced Drinks

Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物											
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽			
Iced Chocolate Milk 凍朱古力(牛奶)	√					√								
Iced Chocolate Rice Coconut 凍朱古力(椰子米奶)	√	√												
Iced Chocolate Soya 凍朱古力(荳奶)	√	√										√		
Iced Chocolate Oat 凍朱古力(燕麥奶)	√	√								OAT				
Iced Filter Coffee Black 凍蒸餾黑咖啡	√	√												
Iced Filter Coffee White Milk 凍蒸餾白咖啡(牛奶)	√					√								
Iced Filter Coffee White Rice Coconut 凍蒸餾白咖啡(椰子米奶)	√	√												
Iced Filter Coffee White Soya 凍蒸餾白咖啡(荳奶)	√	√										√		
Iced Filter Coffee White Oat 凍蒸餾白咖啡(燕麥奶)	√	√								OAT				
Iced Hazelnut Latte Milk 凍榛子牛奶咖啡	√			√		√								
Iced Hazelnut Latte Rice Coconut 凍榛子椰子米奶咖啡	√	√		√										
Iced Hazelnut Latte Soya 凍榛子荳奶咖啡	√	√		√								√		
Iced Hazelnut Latte Oat 凍榛子燕麥奶咖啡				√						OAT				
Iced Latte Milk 凍牛奶咖啡	√					√								
Iced Latte Rice Coconut 凍椰子米奶咖啡	√	√												
Iced Latte Soya 凍荳奶咖啡	√	√										√		
Iced Latte Oat 凍燕麥奶咖啡										OAT				
Iced Lemon Tea 凍檸檬茶	√	√												
Iced Mocha Milk 凍抹茶牛奶	√					√								
Iced Mocha Rice Coconut 凍抹茶椰子米奶	√	√												
Iced Mocha Soya 凍抹茶荳奶	√	√										√		
Iced Mocha Oat 凍抹茶燕麥奶										OAT				
Iced Tea Latte Milk 凍鮮奶紅茶(牛奶)	√					√								
Iced Tea Latte Rice Coconut 凍鮮奶紅茶(椰子米奶)	√	√												
Iced Tea Latte Soya 凍鮮奶紅茶(荳奶)	√	√										√		
Iced Tea Latte Oat 凍鮮奶紅茶(燕麥奶)										OAT				
Iced Tea Latte Rose Milk 凍法國玫瑰花鮮奶紅茶(牛奶)	√					√								
Iced Tea Latte Rose Rice Coconut 凍法國玫瑰花鮮奶紅茶(椰子米奶)	√	√												
Iced Tea Latte Rose Soya 凍法國玫瑰花鮮奶紅茶(荳奶)	√	√										√		
Iced Tea Latte Rose Oat 凍法國玫瑰花鮮奶紅茶(燕麥奶)										OAT				

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			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Flavoured Latte / Tea											
Caramel Latte Milk 焦糖牛奶咖啡	√					√					
Caramel Latte Rice Coconut 焦糖椰子米奶咖啡	√	√									
Caramel Latte Soya 焦糖豆奶咖啡	√	√								√	
Caramel Latte Oat 焦糖豆奶咖啡(燕麥奶)	√	√							OAT		
Hazelnut Latte Milk 榛子牛奶咖啡	√			√		√					
Hazelnut Latte Rice Coconut 榛子椰子米奶咖啡	√	√		√							
Hazelnut Latte Soya 榛子豆奶咖啡	√	√		√						√	
Hazelnut Latte Oat 榛子燕麥奶咖啡	√	√		√					OAT		
Matcha Latte Milk 抹茶牛奶	√					√					
Matcha Latte Rice Coconut 抹茶椰子米奶	√	√									
Matcha Latte Soya 抹茶豆奶	√	√								√	
Matcha Latte Oat 抹茶燕麥奶	√	√							OAT		
Tea Latte Rose Milk 法國玫瑰花鮮奶紅茶(牛奶)	√					√					
Tea Latte Rose Rice Coconut 法國玫瑰花鮮奶紅茶(椰子米奶)	√	√									
Tea Latte Rose Soya 法國玫瑰花鮮奶紅茶(豆奶)	√	√								√	
Tea Latte Rose Oat 法國玫瑰花鮮奶紅茶(燕麥奶)	√	√							OAT		
Hot Chocolate											
Hot Chocolate Milk 熱朱古力(牛奶)	√					√					
Hot Chocolate Rice Coconut 熱朱古力(椰子米奶)	√	√									
Hot Chocolate Soya 凍朱古力(豆奶)	√	√								√	
Hot Chocolate Oat 凍朱古力(燕麥奶)	√	√							OAT		

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Barista Prepared Drinks

Suitable for

Spring Launch 2021 - 28th Apr (V1)

Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Milk Shot											
Babyccino 寶貝泡沫牛奶	√					√					
Rice Coconut 椰子米奶	√	√									
Skimmed Milk 脫脂奶	√					√					
Soya 荳奶	√	√								√	
Oat Drink 燕麥奶	√	√						OAT			
Whole Milk 全脂牛奶	√					√					
Syrup											
Caramel Shot 焦糖糖漿	√	√									
Hazelnut Shot 榛子糖漿	√	√		√							
Rose Shot 玫瑰糖漿	√	√									
Tea											
Breakfast Tea Milk 英式紅茶(牛奶)	√					√					
Breakfast Tea Rice Coconut 英式紅茶(椰子米奶)	√	√									
Breakfast Tea Soya 英式紅茶(荳奶)	√	√								√	
Breakfast Tea Oat 英式紅茶(燕麥奶)	√	√						OAT			
Breakfast Tea 英式紅茶	√	√									
Earl Grey Tea Milk 伯爵茶(牛奶)	√					√					
Earl Grey Tea Rice Coconut 伯爵茶(椰子米奶)	√	√									
Earl Grey Tea Soya 伯爵茶(荳奶)	√	√								√	
Earl Grey Tea Oat 伯爵茶(燕麥奶)	√	√						OAT			
Earl Grey Tea 伯爵茶	√	√									
Green Tea 熱帶綠茶	√	√									
Lemon Tea 檸檬茶	√	√									
Peppermint Tea 薄荷茶	√	√									

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