

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



New Year Launch 2025 - 8th January 2025

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

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

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



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

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

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



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

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

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

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



本指南詳細列明了以下存在於我們產品中的致敏物成分:

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

本過敏原指南僅涵蓋並適用於所有香港門店內出售的產品。



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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.

New Year Launch 2025 - 8th January 2025

Baguettes 長麵包		Suitable for		New Year Launch - Jan 2025 (V1)									
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物										
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽		
Jambon Beurre Baguette 法式火腿牛油長麵包							√		WHEAT				
Posh Cheddar & Roasted Tomatoes Baguette 英國車打芝士烤蕃茄法式長麵包	√						√	√	WHEAT		√		
Breakfast 早餐之選													
Bacon & Egg Brunch Roll 煙肉雞蛋芝士堡							√	√	WHEAT, BARLEY		√		
Chicken & Vegetable with Pasta 雞肉蔬菜湯螺絲粉							√		WHEAT		√		
Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包							√	√	WHEAT		√		
Egg & Avocado Breakfast Baguette 雞蛋牛油果早餐長法包	√							√	WHEAT				
Egg & Roasted Tomatoes Breakfast Baguette 雞蛋沙律烤蕃茄早餐長法包	√							√	WHEAT				
Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	√						√	√	WHEAT		√		
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	√												
Hot Smoked Salmon Brunch Roll 熱煙三文魚雞蛋芝士堡							√	√	WHEAT	√	√		
Miso Congee with Mushroom & Dried Scallop 香菇瑤柱味噌粥										√	√		
Mozzarella & Tomato Croissant 意大利芝士蕃茄牛角酥	√						√	√	WHEAT				
Pret's Sausage Roll 英式酥皮豬肉卷							√	√	WHEAT				
Scottish Roasted Salmon Brunch Roll 蘇格蘭烤三文魚雞蛋芝士堡							√	√	WHEAT, RYE	√			
Scottish Smoked Salmon Whole Wheat Brioche 蘇格蘭煙三文魚全麥法式軟包							√	√	WHEAT	√	√		
Skipjack Tuna & Cucumber Whole Wheat Brioche 正鱈吞拿魚沙律全麥法式軟包							√	√	WHEAT	√	√		
Soy Porridge 豆奶燕麥片	√	√							OAT		√		

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Cold Drinks 冷飲			New Year Launch - Jan 2025 (V1)											
ABC Juice 蘋果紅菜頭甘筍汁	√	√												
Apple & Ginger Juice 蘋果薑汁	√	√												
Cloudy Apple Juice 鮮蘋果汁	√	√												
Coke Can Zero 無糖可樂 (罐裝)	√	√												
Coke Can 可口可樂 (罐裝)	√	√												
Flu Fighter 流感戰士	√	√												
Grapefruit Juice 西柚汁	√	√												
Lychee & Mandarin Juice 鮮荔枝柑桔汁	√	√												
Still British Water (Reusable Aluminium Bottle) 500ml 英國純礦泉水 (可重用鋁瓶) 500毫升	√	√												
Orange Juice 鮮橙汁	√	√												
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 - 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	√	√												
Pure Pret Sparkling - Rhubarb Lemonade 天然果味梳打 - 大黃檸檬味梳打	√	√												
Pure Coconut Water 清涼純椰青水	√	√												
Sparkling Mineral Water 500ml 500毫升有氣純礦泉水	√	√												
Still Water 500ml 500毫升純礦泉水	√	√												
Still Water 750ml 750毫升純礦泉水	√	√												
Duo Delight Box 星星雙星餐盒														
Meaty Selection - Ham & Sweet Potato Salad; Caesar Chicken & Bacon Cold Wrap (half) 肉堡組合 - 火腿甜薯沙律; 凱撒雞肉煙肉卷 (半份)							√	√	WHEAT, RYE, BARLEY	√	√			
Classic Selection - Ham & Sweet Potato Salad; Chicken & Avocado Sandwich 經典組合 - 火腿甜薯沙律; 雞肉牛油果三文治								√	WHEAT, BARLEY			√		
Sustainable Seafood Selection - Salmon Quinoa Salad, Tuna and Cucumber Sandwich 魚樂無窮組合 - 蘇格蘭煙三文魚藜麥沙律; 正經吞拿魚沙律三文治								√	WHEAT, BARLEY	√		√		
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Fruits 鮮果		Suitable for		New Year Launch - Jan 2025 (V1)										
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Banana 香蕉	✓	✓												
Citrus Fruit Salad 香橙西柚沙律	✓	✓												
Classic Fruit Salad 鮮果沙律	✓	✓												
Pear, Papaya, Kiwi & Pomegranate 點紅點綠水果杯	✓	✓												

Pret's Hot 烤焗熟食		Suitable for		New Year Launch - Jan 2025 (V1)										
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物											
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Chicken Mushroom Hot Wrap 雞肉蘑菇熱烤卷							✓	✓	WHEAT, RYE			✓		
Chicken Tikka Masala Hot Rice Bowl 印式咖喱雞飯							✓					✓		
Classic Cheese Toastie 經典三重芝士即烘香脆三文治	✓						✓	✓	WHEAT, RYE, OAT, BARLEY					
Ham & British Cheddar Toastie 英國車打芝士火腿即烘香脆三文治							✓	✓	WHEAT, RYE, OAT, BARLEY					
Macaroni Cheese Kale & Cauli 焗芝士甘藍菜椰菜花通粉	✓						✓	✓	WHEAT					
Macaroni Cheese Lasagna 焗芝士千層肉醬通粉							✓	✓	WHEAT			✓		
Pastrami & Onion Hot Croissant 煙燻牛肉芝士洋蔥熱牛角酥							✓	✓	WHEAT					
Peking Duck Hot Wrap 京式烤鴨熱烤卷							✓	✓	WHEAT, RYE			✓		
Scottish Roasted Salmon & Egg Hot Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥							✓	✓	WHEAT	✓				
Spicy Falafel Hot Wrap 辣味甜薯素丸子熱烤卷	✓						✓	✓	WHEAT, RYE					
Slow Cooked Beef Stew Hot Rice Bowl 慢煮牛肉糙米飯									WHEAT, BARLEY	✓		✓		
Super Club Toastie 特級公司即烘香脆三文治							✓	✓	WHEAT, RYE, OAT			✓		
Swedish Meatball Hot Wrap 瑞典肉丸熱烤卷							✓	✓	WHEAT, RYE			✓		

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Pret Bowls and Pots 甜品		Suitable for		New Year Launch - Jan 2025 (V1)										
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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					
Fresh Blueberry Granola Yoghurt Bowl 鮮果香脆麥片乳酪	✓						✓		*GF OAT					
Overnight Oats 特製乾果營養燕麥	✓	✓		✓					*GF OAT, BARLEY			✓		
Red Dragon Fruit Smoothie Bowl 紅火龍果昔杯	✓	✓							*GF OAT					
Tropical Sunshine Smoothie Bowl 熱帶陽光果昔杯	✓	✓							*GF OAT					

*Gluten Free Oats

Pret Snacks 薯片及小食

Cranberries in Coats 乳酪紅莓乾	√					√					
Nuts, Fruit & Chocolate 果仁乾果朱古力	√			√		√				√	
Pipers - Cheddar & Onion	√					√					
Pipers - Cider Vinegar & Seasalt	√					√					
Pipers - Seasalt	√	√									
Pret Kettle Chips - Cheese & Chives	√					√					
Pret Kettle Chips - Sea Salt & Black Pepper	√	√									
Pret Kettle Chips - Sea Salt & Apple Cider	√	√							WHEAT		
Pret A Mango 天然芒果乾	√	√									
Pret Dark Choco Almonds 黑朱古力杏仁	√	√		√						√	

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Platters 拼盤

Suitable for

New Year Launch - Jan 2025 (V1)

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Club Salad Platter 公司沙律								√				
Coffee in a Pot Pret香濃咖啡盒子	√						√					
Cookie Platter - Large 曲奇餅(大)拼盤	√			√			√	√	WHEAT, OAT, SPELT			
Cookie Platter - Small 曲奇餅(小)拼盤	√			√			√	√	WHEAT, OAT, SPELT			
French Baguette Selection 法式長麵包拼盤							√	√	WHEAT		√	
French Pastry Selection 精選法式酥點拼盤	√			√			√	√	WHEAT		√	
Luxury Large Cookie Platter 至尊曲奇餅(大)拼盤	√			√			√		WHEAT, OAT, SPELT			
Luxury Small Cookie Platter 至尊曲奇餅(小)拼盤	√			√			√		WHEAT, OAT, SPELT			
Pret's Best of Seasonal Selection 精選季節三文治拼盤				√			√	√	WHEAT, BARLEY		√	
Pret's Protein Box Salad Platter 雞肉雞蛋營養沙律				√				√				
Pret's Snack Bar Platter 特色小麥棒拼盤	√			√			√		WHEAT		√	
Roasted Portobello Vegan Salad Platter 烤波特菇甜薯純素沙律	√	√							WHEAT		√	
Scottish Smoked Salmon Protein Box Salad Platter 蘇格蘭煙三文魚雞蛋營養沙律								√		√		
Tea Pot Classic 香茶	√						√					
Tea Pot Premium 香茶	√						√					
The Classic Selection 經典三文治拼盤					√		√	√	WHEAT, BARLEY		√	
Vegetarian 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		New Year Launch - Jan 2025 (V1)										
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Chicken Cobb Salad 雞肉科布沙律							√	√						
Club Salad 公司沙律								√						
Egg & Spinach Protein Pot 雞蛋菠菜營養杯	√							√						
Roasted Portobello Mushroom & Sweet Potato Vegan Box 烤波特菇甜薯純素沙律	√	√										√		
Roasted Sweet Potato, Feta & Grain Salad Box 烤甜薯菲達芝士三色糙米沙律	√						√							
Scottish Roasted Salmon Protein Pot 蘇格蘭烤三文魚營養杯								√			√	√		
Scottish Roasted Salmon Soba Noodle Salad 蘇格蘭烤三文魚蕎麥麵沙律										WHEAT	√	√		
Thai Style Chicken Steak & Vermicelli Salad 泰式雞肉米粉沙律										WHEAT	√	√		
Thai Style Prawn, Papaya & Vermicelli Salad 泰式大蝦青木瓜米粉沙律						√				WHEAT	√	√		
Chilled Soba Noodles - Chicken 雞肉海苔蕎麥冷麵								√		WHEAT	√	√		
Chilled Soba Noodles - Prawn 大蝦海苔蕎麥冷麵						√		√		WHEAT	√	√		
Salad Dressing 沙律汁														
Ancho Chilli Dressing 墨西哥香辣沙律汁	√	√												
Poke Dressing 比卡沙律汁	√	√								WHEAT		√		
Dijon Dressing 地庄醬	√	√								WHEAT		√		
French Dressing 法式沙律汁	√											√		
Thai Dressing 泰式沙律汁										WHEAT	√	√		
Soba Noodle Sauce 冷麵汁										WHEAT	√	√		

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Sandwiches 三文治		Suitable for		New Year Launch - Jan 2025 (V1)								
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Avocado Brunch Malted Rye Roll 墨西哥煙辣椒醬牛油果麥芽黑麥堡	✓							✓	WHEAT, RYE, BARLEY		✓	
Brie & Bacon Sandwich 法國芝士煙肉三文治							✓	✓	WHEAT, BARLEY		✓	
British Cheddar & Pret Pickle Sandwich 英國車打芝士酸果醬三文治	✓						✓	✓	WHEAT, BARLEY		✓	
Chicken Avocado Sandwich 雞肉牛油果三文治								✓	WHEAT, BARLEY		✓	
Classic Super Club Sandwich 特級公司三文治								✓	WHEAT, BARLEY		✓	
Crayfish Rocket Sandwich 小龍蝦火箭菜三文治					✓			✓	WHEAT, BARLEY		✓	
Egg Mayo & Rocket Sandwich 火箭菜雞蛋沙律三文治	✓						✓	✓	WHEAT, BARLEY			
Egg Mayo & Tomatoes Sandwich 蕃茄雞蛋沙律三文治	✓							✓	WHEAT, BARLEY			
Fresh Mozzarella, Pesto & Tomato Sandwich 意大利芝士羅勒醬蕃茄三文治	✓			✓			✓		WHEAT, BARLEY			
Kids Almond Butter & Berry Sandwich 杏仁醬五果鮮莓三文治	✓	✓		✓					WHEAT, BARLEY			
Kids Cheese & Ham Sandwich 火腿芝士三文治							✓		WHEAT, BARLEY			
Kids Egg Mayo & Tomatoes Sandwich 兒童之選 - 蕃茄雞蛋沙律三文治	✓							✓	WHEAT, BARLEY			
Kids Skipjack Tuna & Cucumber Sandwich 兒童之選 - 正鯉吞拿魚沙律三文治								✓	WHEAT, BARLEY	✓	✓	
Mediterranean Tuna Sandwich 地中海風味吞拿魚沙律三文治								✓	WHEAT, BARLEY	✓	✓	
New Yorker Malted Rye Roll 紐約客麥芽黑麥堡								✓	WHEAT, RYE, BARLEY			
Pret's Famous BLT Sandwich 脆味煙生薯三文治								✓	WHEAT, BARLEY		✓	
Scottish Smoked Salmon 蘇格蘭煙三文魚三文治							✓		WHEAT, BARLEY	✓		
Skipjack Tuna & Cucumber Sandwich 正鯉吞拿魚沙律三文治								✓	WHEAT, BARLEY	✓	✓	

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Soups 窩心濃湯		Suitable for		New Year Launch - Jan 2025 (V1)								
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物									
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Bacon & Potato Soup 馬鈴薯燻肉湯							√				√	
Chicken Pot Pie 雞批風味濃湯							√	√	WHEAT		√	
Chilli Beef 蕃茄牛肉辣豆湯												
Classic Green Pea Soup 經典青豆湯	√	√										
Classic Pumpkin 鮮南瓜湯	√						√					
Cream of Tomato 忌廉蕃茄濃湯	√						√					
Farmhouse Vegetable 田園雜菜湯	√	√							BARLEY		√	
Japanese Style Sweetcorn 日式粟米濃湯	√	√									√	
Japanese Tonjiru Soup 日式豚汁豬肉味噌湯										√	√	
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			

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Sweet Treats 麵包糕點

Suitable for

New Year Launch - Jan 2025 (V1)

Product	Suitable for		Contains these allergens 含有下列致敏物								
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Almond Croissant 杏仁牛角酥	✓			✓		✓	✓	WHEAT			
Blueberry Muffin 藍莓鬆餅	✓					✓	✓	WHEAT			
Chocolate Croissant 朱古力牛角酥	✓					✓	✓	WHEAT		✓	
Chocolate Mousse (UK) 香濃朱古力慕絲杯	✓					✓				✓	
Chocolate Muffin 朱古力鬆餅	✓					✓	✓	WHEAT		✓	
Chunky Chocolate Cookie 朱古力曲奇餅	✓					✓	✓	WHEAT			
Dark Chocolate Almond Cookie 黑朱古力杏仁醬曲奇餅	✓	✓		✓				WHEAT, OAT, SPELT			
Dessert Pot - Chocolate Moose 香濃朱古力慕絲杯	✓					✓				✓	
Dessert Pot - Lemon Cheesecake 檸檬芝士蛋糕杯	✓					✓	✓	WHEAT			
Financier 法式費南雪金磚蛋糕	✓			✓		✓	✓	WHEAT			
French Butter Croissant 法國原味牛角酥	✓					✓	✓	WHEAT			
Gingergread Cookie 薑餅曲奇	✓					✓	✓	WHEAT		✓	
Pain Au Raisin 法式提子千層麵包	✓					✓	✓	WHEAT			
Pastel de Nata 葡式蛋撻	✓					✓	✓	WHEAT			
Pret's Mince Pie 聖誕乾果批	✓					✓	✓	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			
Pret's Snack Bar - Tiffin Bar 香橙朱古力乾果棒	✓			✓		✓		WHEAT		✓	
UK Luxury Cookies - Dark Chocolate & Almond 至尊黑朱古力杏仁曲奇餅	✓	✓		✓				WHEAT			
UK Luxury Cookies - Fruit & Oat 至尊乾果蒸麥曲奇餅	✓					✓		WHEAT, OAT, SPELT			
Very Berry Croissant 雜莓牛角酥	✓	✓						WHEAT			

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Wraps 薄餅卷											
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
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Avocado & Roasted Pine Nuts Cold Wrap 牛油果烤松子仁薄餅卷	✓			✓				✓	WHEAT, RYE	✓	
Caesar Chicken & Bacon Cold Wrap 凱撒雞肉及煙肉薄餅卷							✓	✓	WHEAT, RYE, BARLEY	✓	✓
Peking Duck Cold Wrap 京式烤鴨薄餅卷								✓	WHEAT, RYE		✓
Thai Style Almond Satay Chicken Wrap 泰式杏仁沙嗲烤雞薄餅卷				✓				✓	WHEAT, RYE	✓	✓

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Barista Prepared Drinks											
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Coffee											
Americano Black 美式黑咖啡	✓	✓									
Americano White Milk 美式白咖啡(牛奶)	✓						✓				
Americano White Oat (燕麥奶)	✓	✓							OAT		
Americano White Rice Coconut 美式白咖啡(椰子米奶)	✓	✓									
Americano White Soya 美式白咖啡(豆奶)	✓	✓								✓	
Americano White Tiger Nut Oat Milk 美式白咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		
Cappuccino Milk 泡沫咖啡(牛奶)	✓						✓				
Cappuccino Oat 泡沫咖啡(燕麥奶)	✓	✓							OAT		
Cappuccino Rice Coconut 泡沫咖啡(椰子米奶)	✓	✓									
Cappuccino Soya 泡沫咖啡(豆奶)	✓	✓								✓	
Cappuccino Tiger Nut Oat Milk 泡沫咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		
Espresso 特濃咖啡	✓	✓									
Filter - Black Coffee 蒸餾黑咖啡	✓	✓									
Filter - White Coffee Milk 蒸餾白咖啡(牛奶)	✓						✓				
Filter - White Coffee Oat 蒸餾白咖啡(燕麥奶)	✓	✓							OAT		
Filter - White Coffee Rice Coconut 蒸餾白咖啡(椰子米奶)	✓	✓									
Filter - White Coffee Soya 蒸餾白咖啡(豆奶)	✓	✓								✓	
Filter - White Tiger Nut Oat Milk 蒸餾白咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		
Flat White Milk 奶香咖啡(牛奶)	✓						✓				
Flat White Oat 奶香咖啡(燕麥奶)	✓	✓							OAT		
Flat White Rice Coconut 奶香咖啡(椰子米奶)	✓	✓									
Flat White Soya 奶香咖啡(豆奶)	✓	✓								✓	
Flat White Tiger Nut Oat Milk 奶香咖啡(虎堅果燕麥奶) (Science Park shop only)	✓	✓							OAT		

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Coffee													
Latte Milk 牛奶咖啡	√						√						
Latte Oat 燕麥奶咖啡	√	√							OAT				
Latte Rice Coconut 椰子米奶咖啡	√	√											
Latte Soya 荳奶咖啡	√	√								√			
Latte Tiger Nut Oat Milk 虎堅果燕麥奶咖啡 (Science Park shop only)	√	√							OAT				
Macchiato Milk 瑪奇朵咖啡(牛奶)	√						√						
Macchiato Oat 瑪奇朵咖啡(燕麥奶)	√	√							OAT				
Macchiato Rice Coconut 瑪奇朵咖啡(椰子米奶)	√	√											
Macchiato Soya 瑪奇朵咖啡(荳奶)	√	√								√			
Macchiato Tiger Nut Oat Milk 瑪奇朵咖啡(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Vanilla Tiger Nut Oat Latte 雲呢嚨虎堅果燕麥奶咖啡	√	√							OAT				
Mocha Milk 朱古力咖啡(牛奶)	√						√						
Mocha Oat 朱古力咖啡(燕麥奶)	√	√							OAT				
Mocha Rice Coconut 朱古力咖啡(椰子米奶)	√	√											
Mocha Soya 朱古力咖啡(荳奶)	√	√								√			
Mocha Tiger Nut Oat Milk 朱古力咖啡(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				

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Iced Drinks													
Cold Brew 冷萃咖啡	√	√											
Iced Americano Black 凍美式黑咖啡	√	√											
Iced Americano White Milk 凍美式白咖啡(牛奶)	√					√							
Iced Americano White Oat 凍美式白咖啡(燕麥奶)	√	√							OAT				
Iced Americano White Rice Coconut 凍美式白咖啡(椰子米奶)	√	√											
Iced Americano White Soya 凍美式白咖啡(豆奶)	√	√									√		
Iced Americano White Tiger Nut Oat Milk 凍美式白咖啡(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Iced Cappuccino Milk 凍泡沫咖啡(牛奶)	√					√							
Iced Cappuccino Oat 凍泡沫咖啡(燕麥奶)	√	√							OAT				
Iced Cappuccino Rice Coconut 凍泡沫咖啡(椰子米奶)	√	√											
Iced Cappuccino Soya 凍泡沫咖啡(豆奶)	√	√									√		
Iced Cappuccino Tiger Nut Oat Milk 凍泡沫咖啡(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Iced Caramel Latte Oat 凍焦糖燕麥奶咖啡	√	√							OAT				
Iced Caramel Latte Rice Coconut 凍焦糖椰子米奶咖啡	√	√											
Iced Caramel Latte Soya 凍焦糖豆奶咖啡	√	√									√		
Iced Caramel Latte Tiger Nut Oat Milk 凍虎堅果燕麥奶咖啡 (Science Park shop only)	√	√							OAT				
Iced Caramel Latte 凍焦糖牛奶咖啡	√					√							
Iced Chocolate Milk 凍朱古力(牛奶)	√					√							
Iced Chocolate Oat 凍朱古力(燕麥奶)	√	√							OAT				
Iced Chocolate Rice Coconut 凍朱古力(椰子米奶)	√	√											
Iced Chocolate Soya 凍朱古力(豆奶)	√	√									√		
Iced Chocolate Tiger Nut Oat Milk 凍朱古力(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Iced Vanilla Tiger Nut Oat Latte 凍雲呢啡虎堅果燕麥奶咖啡	√	√							OAT				
Iced Earl Grey Tea Apple Fizz 伯爵茶蘋果有汽飲品	√	√											
Iced Filter - White Coffee Milk 凍蒸餾白咖啡(牛奶)	√					√							
Iced Filter - White Coffee Oat 凍蒸餾白咖啡(燕麥奶)	√	√							OAT				
Iced Filter - White Coffee Rice Coconut 凍蒸餾白咖啡(椰子米奶)	√	√											
Iced Filter - White Coffee Soya 凍蒸餾白咖啡(豆奶)	√	√									√		
Iced Filter - White Tiger Nut Oat Milk 凍蒸餾白咖啡(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Iced Filter Coffee Black 凍蒸餾黑咖啡	√	√											

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Iced Drinks													
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 凍榛子豆奶咖啡	√	√		√						√			
Iced Hazelnut Latte Tiger Nut Oat Milk 凍榛子虎堅果燕麥奶咖啡 (Science Park shop only)	√	√							OAT				
Iced Latte Milk 凍牛奶咖啡	√						√						
Iced Latte Oat 凍燕麥奶咖啡	√	√							OAT				
Iced Latte Rice Coconut 凍椰子米奶咖啡	√	√											
Iced Latte Soya 凍豆奶咖啡	√	√								√			
Iced Latte Tiger Nut Oat Milk 凍虎堅果燕麥奶咖啡 (Science Park shop only)	√	√							OAT				
Iced Lemon Tea 凍檸檬茶	√	√											
Iced Mocha Milk 凍朱古力咖啡(牛奶)	√						√						
Iced Mocha Oat 凍朱古力咖啡(燕麥奶)	√	√							OAT				
Iced Mocha Rice Coconut 凍朱古力咖啡(椰子米奶)	√	√											
Iced Mocha Soya 凍朱古力咖啡(豆奶)	√	√								√			
Iced Mocha Tiger Nut Oat Milk 凍朱古力咖啡(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Iced Tea Latte Rose Milk 凍法國玫瑰花鮮奶紅茶(牛奶)	√						√						
Iced Tea Latte Rose Oat 凍法國玫瑰花鮮奶紅茶(燕麥奶)	√	√							OAT				
Iced Tea Latte Rose Rice Coconut 凍法國玫瑰花鮮奶紅茶(椰子米奶)	√	√											
Iced Tea Latte Rose Soya 凍法國玫瑰花鮮奶紅茶(豆奶)	√	√								√			
Iced Tea Latte Rose Tiger Nut Oat Milk 凍法國玫瑰花鮮奶紅茶(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Iced Tea Latte Milk 凍鮮奶紅茶(牛奶)	√						√						
Iced Tea Latte Oat 凍鮮奶紅茶(燕麥奶)	√	√							OAT				
Iced Tea Latte Rice Coconut 凍鮮奶紅茶(椰子米奶)	√	√											
Iced Tea Latte Soya 凍鮮奶紅茶(豆奶)	√	√								√			
Iced Tea Latte Tiger Nut Oat Milk 凍鮮奶紅茶(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				

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Flavoured Latte / Tea													
Grapefruit Sunshine Black Tea (Hot only) 啖啖西柚紅茶 (只限熱飲)	√	√											
Grapefruit Sunshine Green Tea 啖啖西柚綠茶	√	√											
Matcha Latte Milk 抹茶牛奶	√					√							
Matcha Latte Oat 抹茶燕麥奶	√	√							OAT				
Matcha Latte Rice Coconut 抹茶椰子米奶	√	√											
Matcha Latte Soya 抹茶荳奶	√	√									√		
Matcha Latte Tiger Nut Oat Milk 抹茶虎堅果燕麥奶 (Science Park shop only)	√	√							OAT				
Pret's Ginger Beer Fizz 薑啤味氣泡特飲	√	√											
Rose Tea Latte Milk 法國玫瑰花鮮奶紅茶(牛奶)	√					√							
Rose Tea Latte Oat 法國玫瑰花鮮奶紅茶(燕麥奶)	√	√							OAT				
Rose Tea Latte Rice Coconut 法國玫瑰花鮮奶紅茶(椰子米奶)	√	√											
Rose Tea Latte Soya 法國玫瑰花鮮奶紅茶(荳奶)	√	√									√		
Tea Latte Rose Tiger Nut Oat Milk 法國玫瑰花鮮奶紅茶(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				
Hot Chocolate													
English Toffee Chocolate Milk (Whole / Skimmed) 英式拖肥朱古力(全脂牛奶 / 脫脂牛奶)	√					√							
English Toffee Chocolate Oat 英式拖肥朱古力(燕麥奶)	√					√			OAT				
English Toffee Chocolate Rice Coconut 英式拖肥朱古力(椰子米奶)	√					√							
English Toffee Chocolate Soya 英式拖肥朱古力(荳奶)	√					√					√		
English Toffee Chocolate Tiger Nut Oat Milk 英式拖肥朱古力(虎堅果燕麥奶) (Science Park shop only)	√					√			OAT				
Hot Chocolate Milk 熱朱古力(牛奶)	√					√							
Hot Chocolate Oat 凍朱古力(燕麥奶)	√	√							OAT				
Hot Chocolate Rice Coconut 熱朱古力(椰子米奶)	√	√											
Hot Chocolate Soya 凍朱古力(荳奶)	√	√									√		
Hot Chocolate Tiger Nut Oat Milk 凍朱古力(虎堅果燕麥奶) (Science Park shop only)	√	√							OAT				

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Barista Prepared Drinks		Suitable for		New Year Launch - Jan 2025 (V1)									
Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物										
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽		
Milk Shot													
Babyccino 寶貝泡沫牛奶	√					√							
Oat Drink 燕麥奶	√	√						OAT					
Rice Coconut 椰子米奶	√	√											
Skimmed Milk 脫脂奶	√					√							
Soya 豆奶	√	√								√			
Tiger Nut Oat Milk 虎堅果燕麥奶 (Science Park shop only)	√	√						OAT					
Whole Milk 全脂牛奶	√					√							
Syrup													
Caramel Shot 焦糖糖漿	√	√											
Hazelnut Shot 榛子糖漿	√	√		√									
Mince Pie Syrup 聖誕乾果風味糖漿	√	√											
Rose Shot 玫瑰糖漿	√	√											
Sugar Syrup 糖漿													
Vanilla Syrup 雲呢哩糖漿	√	√											
Tea													
Breakfast Tea Milk 英式紅茶(牛奶)	√					√							
Breakfast Tea Oat 英式紅茶(燕麥奶)	√	√						OAT					
Breakfast Tea Rice Coconut 英式紅茶(椰子米奶)	√	√											
Breakfast Tea Soya 英式紅茶(豆奶)	√	√								√			
Breakfast Tea Tiger Nut Oat Milk 英式紅茶(虎堅果燕麥奶) (Science Park shop only)	√	√						OAT					
Breakfast Tea 英式紅茶	√	√											
Earl Grey Tea Milk 伯爵茶(牛奶)	√					√							
Earl Grey Tea Oat 伯爵茶(燕麥奶)	√	√						OAT					
Earl Grey Tea Rice Coconut 伯爵茶(椰子米奶)	√	√											
Earl Grey Tea Soya 伯爵茶(豆奶)	√	√								√			
Earl Grey Tea Tiger Nut Oat Milk 伯爵茶(虎堅果燕麥奶) (Science Park shop only)	√	√						OAT					
Earl Grey Tea 伯爵茶	√	√											
Green Tea 熟帶綠茶	√	√											
Lemon Tea 檸檬茶	√	√											
Peppermint Tea 薄荷茶	√	√											

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Selected Shops Only		Suitable for		Contains these allergens 含有下列致敏物							
Product	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
Big Big Rice - Chicken Tikka Fusion Feast 大啖飯 - 印式咖哩雞肉 配芒果酸醬魚柳						√			√	√	
Big Big Rice - Slow Cooked Beef Stew 大啖飯 - 慢煮牛肉飯								WHEAT, BARLEY	√	√	
Frost & Flame - Beef Mac with Caprese Salad 冷熱對碰 - 焗芝士肉醬通粉配火腿意式沙律				√		√	√	WHEAT		√	
Frost & Flame - Chicken Mushroom Ditalini with Greek Salad 冷熱對碰 - 焗芝士雞肉蘑菇通粉配希臘式沙律						√	√	WHEAT		√	
Drinks											
16oz Vanilla Frappe - Whole		√				√					
16oz Coffee Frappe - Whole		√				√					
16oz Peach Green Tea Smoothie	√	√									
16oz Mixed Berry Green Tea Smoothie	√	√									

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OOS Products

Suitable for

New Year Launch - Jan 2024 (V1)

Product		Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
				Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Baby Spinach	Avocado & Roasted Pine Nuts (Salad Mix) 牛油果烤松子仁 (什生菜)	✓			✓			✓	WHEAT, RYE		✓	
	Egg & Rocket Protein Pot 雞蛋火箭菜營養杯	✓						✓				
	Peking Duck (Salad Mix) 京式烤鴨 (什生菜)							✓	WHEAT, RYE		✓	
Rocket	Posh Cheddar & Roasted Tomatoes Baguette (Salad Mix) 英國車打芝士烤蕃茄法式長麵包 (什生菜)	✓					✓	✓	WHEAT		✓	
	Slim Baguette - Posh Cheddar & Roasted Tomatoes (Salad Mix) 英國車打芝士烤蕃茄法式長麵包 (輕量) (什生菜)	✓					✓	✓	WHEAT		✓	
New Salad Mix (with Toscano Kale)	Scottish Roasted Salmon Soba Noodle Salad (Salad Mix) 蘇格蘭烤三文魚蕎麥麵沙律 (什生菜)								WHEAT	✓	✓	
	Roasted Portobello Mushroom & Sweet Potato Vegan Box (Salad Mix) 烤波特菇甜薯純素沙律 (什生菜)	✓	✓								✓	
	Chicken Cobb Salad (Salad Mix) 雞肉科布沙律 (什生菜)						✓	✓				
	Club Salad - Small (Salad Mix) 公司沙律 (什生菜)							✓				
	Roasted Sweet Potato, Feta & Grain Salad (Salad Mix) 烤甜薯菲達芝士三色糙米沙律 (什生菜)	✓					✓		WHEAT			
	Thai Style Chicken Steak & Vermicelli Salad (Salad Mix) 泰式雞肉米粉沙律 (什生菜)							✓	WHEAT		✓	
	Thai Style Prawn, Papaya & Vermicelli Salad (Salad Mix) 泰式大蝦青木瓜米粉沙律 (什生菜)					✓			WHEAT	✓	✓	
	Meaty Selection - Ham & Sweet Potato Salad; Caesar Chicken & Bacon Cold Wrap (half) 肉堡組合 - 火腿甜薯沙律; 凱撒雞肉煙肉卷 (半份)						✓	✓	WHEAT, RYE, BARLEY	✓	✓	
Classic Selection - Ham & Sweet Potato Salad; Chicken & Avocado Sandwich 經典組合 - 火腿甜薯沙律; 雞肉牛油果三文治					✓		✓	WHEAT, BARLEY		✓		
Cage Free Hard Boiled Egg	Egg & Spinach Protein Pot 雞蛋菠菜營養杯	✓						✓				
	Scottish Roasted Salmon Protein Pot 蘇格蘭烤三文魚營養杯							✓	WHEAT	✓	✓	
	Roasted Salmon & Egg Hot Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥						✓	✓	WHEAT	✓		
	Club Salad 公司沙律							✓				
	Chicken Cobb Salad 雞肉科布沙律						✓	✓				
	Chilled Soba Noodles - Chicken 雞肉海苔蕎麥冷麵							✓	WHEAT	✓	✓	
	Chilled Soba Noodles - Prawn 大蝦海苔蕎麥冷麵					✓		✓	WHEAT	✓	✓	
	Avocado Brunch Malted Rye Roll 墨西哥煙辣椒醬牛油果黑麥堡							✓	WHEAT, RYE, BARLEY		✓	
	Classic Selection - Ham & Sweet Potato Salad; Chicken & Avocado Sandwich 經典組合 - 火腿甜薯沙律; 雞肉牛油果三文治							✓	WHEAT, BARLEY		✓	
	Meaty Selection - Ham & Sweet Potato Salad; Caesar Chicken & Bacon Cold Wrap (half) 肉堡組合 - 火腿甜薯沙律; 凱撒雞肉煙肉卷 (半份)						✓	✓	WHEAT, RYE, BARLEY	✓	✓	
Platter - Club 公司沙律							✓					

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OOS Products		Suitable for		New Year Launch - Jan 2024 (V1)								
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Cage Free Egg Mayo	Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包						√	√	√		√	
	Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	√					√	√	√		√	
	Egg & Avocado Breakfast Baguette 雞蛋牛油果早餐長法包	√						√	√			
	Egg & Roasted Tomatoes Breakfast Baguette 雞蛋沙律烤蕃茄早餐長法包	√						√	√			
	Egg Mayo & Rocket Sandwich 火箭菜雞蛋沙律三文治	√					√	√	√			
	Egg Mayo & Tomatoes Sandwich 蕃茄雞蛋沙律三文治	√						√	WHEAT, BARLEY, RYE			
	Scottish Roasted Salmon Brunch Roll 蘇格蘭烤三文魚雞蛋芝士堡						√	√	√	√	√	
	Bacon & Egg Brunch Roll 煙肉雞蛋芝士堡						√	√	√		√	
Kids Egg Mayo & Tomatoes Sandwich 兒童之選 - 蕃茄雞蛋沙律三文治	√							√	WHEAT, BARLEY, RYE			

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Hot Food Key Ingredients New Year Launch 2025

Group / Product Name	Description	Key Ingredients List
Breakfast		
Soy Porridge	Soy Porridge with Toppings (Honey / Fruit & Seed Mix / Five Berries Compote)	Soy Milk, Water, Oats, Sugar
Miso Congee with Mushroom & Dried Scallop	Congee with Mushroom & Dried Scallop	Water, Shiitake Mushroom, Rice, Dried Scallop, Miso (Soybean, Rice, Salt, Alcohol), Kezuri-bushi (Mackerel, Urume Sardine, Sardine, Dried Anchovy), Soybean Oil, Salt, Kelp, Salt
Breakfast Pasta – Chicken & Vegetable	Chicken & Vegetable Soup Base with Fusilli Pasta	Fusilli Pasta, Chicken, Milk, Onion, Celery, Carrot, Garlic, Vegetable Bouillon (Salt, Sugar, Flavouring, Carrot, Leek, Parsnip, Turmeric, Sunflower Oil), Soybean Oil, Salt, White Pepper Powder
Hot Rolls		
Hot Roll - Salmon Brunch	Hot Artisan Roll with Roasted Salmon and Egg Mayo	Artisan Hotl Roll, Roasted Salmon, Egg Mayo (Cage free), Greve, Honey Mustard
Hot Roll - Bacon & Egg	Hot Artisan Roll with Bacon and Egg Mayo	Artisan Hotl Roll, Bacon, Egg Mayo (Cage free), Greve
Bakery <i>(NUT ALERT – WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE COMPLETELY FREE OF NUT TRACES BECAUSE WE USE NUTS IN THE KITCHEN)</i>		
Sausage Roll	British pork mince combined with sweet caramelised onions and a touch of seasoning. Wrapped in an all butter puff pastry and topped with a sprinkle of poppy seeds.	Pork, Wheat Flour, Butter, Onion, Pasteurised Egg, Salt, White Wine Vinegar, Yeast Extract, Ground Spices (Black Pepper, White Pepper, Allspice, Coriander, Mace, Nutmeg), Rapeseed Oil, Poppy Seeds, Dried Herbs (Marjoram, Oregano, Parsley, Sage, Thyme), Yeast, Cracked Black Pepper
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, Raisins, Egg
Blueberry Muffin	Baked Blueberry Muffin	Sugar, Wheat Flour, Eggs, Rapeseed Oil, Blueberries, Water, Modified Corn Starch, Whey Powder, Natural Blueberry Flavour, Emulsifiers, Raising Agents, Butter, Salt
Chocolate Muffin	Baked Chocolate Muffin	Sugar, Eggs, Rapeseed Oil, Wheat Flour, Water, 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 Powder, Modified Starch, Whey Powder, Salt

Pastel De Nata	Crispy, flaky pastry with a creamy egg custard filling and a touch of cinnamon.	Water, Wheat Flour, Sugar, Butter, Pasteurised Egg Yolk, Dried Skimmed Milk, Glucose-fructose Syrup, Pasteurised Egg, Corn Starch, Salt, Lemon, Cinnamon
Savoury – Ham & Cheese Croissant	Freshly Baked Croissant with Ham, Mozzarella, Emmental and Smoked Bacon	Flour, Margarine, Ham, Mozzarella Cheese, Emmental Cheese, Tomato, Tomato Paste, Cooked Smoked Lardons, Yeast, Sugar, Courgette, Carrot, Egg, Tomato Concentrate, Onion, Salt, Pepper, Poppy Seed, Garlic, Pink Peppercorns, Sunflower Oil
Savoury – Mozzarella & Tomato Croissant	Freshly Baked Croissant with Mozzarella, Emmental and Tomato	Flour, Mozzarella Cheese, Margarine, Emmental Cheese, Tomato Paste, Tomato, Palm Fat, Sunflower Oil, Yeast, Egg, Salt, Sugar, Carrot, Courgette, Tomato Concentrate, Onion, Flavouring, Herbs De Provence, White Pepper
Financier	Classic French almond cake with crisp exterior and moist interior	Sugar, Egg White, Wheat Flour, Butter, Powder Almond, Honey, Salt, Raising Agent, Natural Flavouring
Mince Pie	Mince pie with mixed fruit, peel with mixed spice	Mince meat (Sugar, Apple Puree (Apple Puree, Acidity Regulator: Acetic Acid), Raisins, Sultanas, Sweetened Dried Cranberries (Cranberries, Sugar, Rice Flour, Sunflower Oil), Currants, Diced Apple, Glucose-Fructose Syrup, Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Brandy, Modified Maize Starch, Ground Mixed Spices, Acidity Regulator: Citric Acid; Colour: Plain Caramel; Orange Oil, Lemon Oil), Butter Pastry (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Sugar, Free-Range EGG, Salt).
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
Classic Cheese	Mozzarella Cheese, Cheddar Cheese and Italian Cheese with Honey Mustard Mayo on Our Multigrain Bloomer Bread	Multi-Grain Bloomer Bread, Cheddar Cheese, Mozzarella Cheese, Honey Mustard Mayo, Italian Cheese, Spring Onion, Honey Mustard Mayo
Hot Wrap		
Creamy Chicken Mushroom	Chicken, Sautéed Mushroom, Greve Cheese, Italian Cheese, Béchamel Sauce, Honey Mustard Mayo, Crispy Onion and Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Chicken, Sautéed Mushroom, Greve Cheese, Italian Cheese, Béchamel Sauce, Honey Mustard Mayo, Crispy Onion, Seasoning
Spicy Falafel	Sweet Potato Falafel, Greve Cheese, Coronation Sauce, Red Pepper and Crispy Onion in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Sweet Potato Falafel, Greve Cheese, Coronation Sauce, Red Pepper, Crispy Onion
Swedish Meatball	Beef & Pork Meatball, Greve Cheese, Italian Cheese, Sliced Red Onion, Red Tapenade and Seasoning in Our Kibbled Rye Tortilla	Kibbled Rye Tortilla, Beef & Pork Meatball, Sliced Red Onion, Greve Cheese, Italian Cheese, Red Tapenade, Seasoning, Oregano
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
Hot Box		
Mac & Cheese – Kale	Pasta with Béchamel Sauce, Cauliflower, Kale, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning	Pasta Ditalini, Cauliflower, Kale, Cheddar Cheese, Italian Cheese, Breadcrumbs, Seasoning, Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper)
Mac & Cheese – Lasagna	Pasta with Béchamel Sauce, Beef Ragu Sauce, Cauliflower, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning	Pasta Ditalini, Cauliflower, Cheddar Cheese, Italian Cheese, Seasoning, Breadcrumbs Béchamel Sauce (Milk, Water, Cheddar Cheese, Butter, Flour, Salt, Vegetable Base, White Pepper) Beef Ragu Sauce (Minced Beef, Tomato, Onion, Celery, Carrot, Veal Base, Herbs, Black Pepper)

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), Sesame
Rice Bowl – Slow Cooked Beef Stew	Rice Mix with Slow Cooked Beef Stew	Stout Beef Stew (beef, Irish stout, potato, white onion, carrot, celery, tomato coulis, herbs (basil, oregano), button mushroom, peking onion, red cooking wine, pearl barley), Jasmine Rice, Brown Rice, Red Rice, Dried Parsley
Hot Croissant		
Pastrami & Onion	Pastrami, Greve Cheese and Red Onion in Our Freshly Baked All Butter Croissant	Butter Croissant, Pastrami, Greve Cheese, Red Onion
Roasted Salmon & Egg	Roasted Salmon, Eggs and Greve Cheese in Our Freshly Baked All Butter Croissant	Butter Croissant, Roasted Salmon, Eggs, Greve Cheese

Hot Food Key Ingredients (Selected shops) 2025

Group / Product Name	Description	Key Ingredients List
Big Big Rice – Hot Bowl		
Chicken Tikka Fusion Feast	Chicken Tikka & Mango Chutney Fish Fillet with Pearl Rice and Tri-coloured Quinoa	Chicken Tikka Sauce, Pearl Rice, Corn Riblets, Roasted Fish with Mango Chutney, Quinoa, Sesame
Slow Cooked Beef Stew	Slow Cooked Beef Stew with Pearl Rice and Tri-coloured Quinoa	Slow Cooked Beef Stew, Pearl Rice, Corn Riblets, Cherry Tomato
Frost & Flame – Hot Duo Delight Box		
Lasagne Mac with Caprese Salad	Pasta with Béchamel and Ragu Sauce, together with Caprese and Ham Salad	Lasagne Mac: Ditalini Pasta with Béchamel Sauce, Ragu Sauce, Italian Cheese, Breadcrumbs, Seasoning Caprese and Ham Salad: Salad Mix, Ham, Pesto Sauce, Tomato, Mozzarella, Cheesy Roasted Crumbs, Seasoning, Dried Parsley
Chicken Mushroom Ditalini with Greek Salad	Pasta with Béchamel Sauce, Cheddar Cheese, Italian Cheese, Breadcrumbs, Olive Oil and Seasoning, together with Greek Salad	Chicken Mushroom Ditalini: Ditalini Pasta with Béchamel Sauce, Chicken, Cheddar Cheese, Italian Cheese, Seasoning Greek Salad: Tomato Wedges, Cucumber, Salad Mix, Olives, Red Onion, Feta Cheese, Cheesy Roasted Curmbs

Soup Key Ingredients New Year Launch 2025 (6th Jan - 16th Feb)

Soup		Ingredients	Per Serving	
Mon			Mashed Tomato, White Turnip, Minced Beef, White Onion, Brown Rice, Spring Onion, Korean Hot Pepper Paste, Shiro Miso, Ginger, Sugar, White Rice Vinegar, Garlic, Rapeseed Oil, Soy Sauce, Sesame Oil, Salt	Energy 158kcal Fat 9.7g Carbs 12.2g
			Tomato Pulp, Tomato Coulis, Green Zucchini, Celery, Carrot, White Onion, White Turnip, Red Kidney Beans, Chickpeas, Tomato Paste, Sugar, Salt	Energy 108kcal Fat 1.8g Carbs 19.4g
Tue			White Turnip, Potato, Pork Belly, Shiro Miso, Carrot, Shimeji Mushroom, Peking Onion, Shitake Mushroom, Hon Mirin, Salt	Energy 158kcal Fat 9.7g Carbs 12.2g
			Water, Green Pea, White Onion, Potato, Rapeseed Oil, Peking Onion, Spinach, Salt, Mint Leaf, Modified Starch, Sugar, Lemon Juice, Black Pepper	Energy 209kcal Fat 8.6g Carbs 20.2g
Wed			Water, Cream, Chicken, Potato, Green Pea, Carrot, Shitake Mushroom, White Onion, Celery, Modified Starch, Rapeseed Oil, Salt, Dried Thyme, Black Pepper	Energy 210kcal Fat 10.1g Carbs 19.8g
			Tomatoes, Tomato Coulis, Basil, Oregano White Onion, Cream, Milk Powder, Sugar, Rapeseed Oil, Salt, Black Pepper	Energy 205kcal Fat 10.1g Carbs 21.6g
Thurs			Water, Potato, Cream, Peking Onion, Smoked Bacon, White Onion, Minced Garlic Seasoning, Modified Starch, Salt, Rapeseed Oil, Sugar, Italian Parsley, White Pepper Powder, Black Pepper, Dried Thyme	Energy 248kcal Fat 13.3g Carbs 23.8g
			Tomato Pulp, Tomato Coulis, Green Zucchini, Celery, Carrot, White Onion, White Turnip, Red Kidney Beans, Chickpeas, Tomato Paste, Sugar, Salt	Energy 108kcal Fat 1.8g Carbs 19.4g
Fri			Red Kidney Beans, Tomato Coulis, Beef, White Onion, Red Bell Pepper, Starch, Vegetable Base, Chilli Powder, Paprika, Cayenne Pepper, Cumin Seed	Energy 184kcal Fat 9.0g Carbs 14.0g
			Water, Corn, Coconut Milk, White Onion, Sweet Potato, Peking Onion, Rapeseed Oil, Modified Starch, Salt, Minced Garlic Seasoning, Sugar, Paprika Powder	Energy 277kcal Fat 18.0g Carbs 25.9g
Fixed			Clam Meat, Clam Juice, Cream, Potato, Onion, Celery, Carrot, Starch, Fish Base, Garlic Seasoning, Rapeseed Oil, Black Pepper, Dried Herbs	Energy 205kcal Fat 7.6g Carbs 18.7g
			Pumpkin, Cream, Salt, Sugar, Starch	Energy 61kcal Fat 2.5g Carbs 7.6g