

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



Summer Launch 2021 - 21st June V2

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.

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。



Baguettes 長麵包

Suitable for

Summer Launch 2021 - 23 June (V1)

Product

Contains these allergens 含有下列致敏物

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	Alcohol 酒精		
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		√			
Cheesy Bacon Hot Baguette 芝士脆煙肉即烘法式長麵包						√	√		WHEAT					
Chicken Pesto & Red Pepper Hot Baguette 羅勒醬雞肉紅甜椒即烘法式長麵包				√		√			WHEAT					
Chipotle & Red Pepper Hot Baguette 墨西哥煙辣椒醬紅甜椒即烘法式長麵包	√					√			WHEAT			√		
Truffle Egg Mayo Baguette 黑松露雞蛋沙律法式長麵包	√						√		WHEAT					
Smoked Duck Banh Mi Baguette 越式煙燻鴨肉長麵包						√	√		WHEAT		√			√
Breakfast 早餐之選														
Almond Croissant 杏仁牛角酥	√			√		√	√		WHEAT					
Chicken & Corn Congee 雞肉粟米糙米粥						√					√			
Chocolate Croissant 朱古力牛角酥	√			√		√	√		WHEAT		√			
Soya Porridge 豆奶燕麥片	√	√							OAT		√			
Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包						√	√		WHEAT		√			
Egg & Avocado Baguette 牛油果雞蛋早餐長法包	√						√		WHEAT					
Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	√					√	√		WHEAT		√			
English Toast with Butter & Jam 英式烘多士配牛油及果醬	√					√			WHEAT					
Five Berries Compote Toppings 五果鮮莓	√	√												
French Butter Croissant 法國原味牛角酥	√			√		√	√		WHEAT					
Fruit & Seed Mix Toppings 什錦果籽	√	√												
Ham & Cheese Baguette 火腿芝士早餐長法包						√	√		WHEAT		√			
Ham & Greve Whole Wheat Brioche 火腿瑞典芝士全麥法式軟包						√	√		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, 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					
Pain Au Raisin 法式提子千層麵包	√			√		√	√		WHEAT		√			
Minestrone Soup with Pasta 意式雜菜湯通粉	√	√							WHEAT					
Roasted Tomatoes & Egg Baguette 烤蕃茄雞蛋沙律早餐長法包	√						√		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 正經吞拿魚沙律全麥法式軟包						√	√		WHEAT	√	√			
Very Berry Croissant 雜莓牛角酥	√	√		√					WHEAT					

***Gluten Free Oats**
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.

Coffee Products 咖啡產品

Suitable for

Summer Launch 2021 - 23 June (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	
CPG - Pret's Organic Espresso Beans (200g) Pret's有機咖啡豆(200克)	√	√										
CPG - Pret's Organic Classic Blend Ground Coffee (200g) Pret's有機經典研磨咖啡(200克)	√	√										
CPG - Pret's Organic Classic Blend Ground Coffee (200g) Pret's有機秘魯研磨咖啡(200克)	√	√										
Daioni Organic - Caffè Latte Daioni 有機牛奶咖啡 330ml	√					√						
Daioni Organic - Mocha Daioni 有機朱古力咖啡 330ml	√					√						
Daioni Organic - Double Shot Coffee Daioni 有機特濃牛奶咖啡 330ml	√					√						

Cold Drinks 冷飲

Suitable for

Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物									
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Apple & Ginger Juice 蘋果薑汁	√	√										
Cloudy Apple 鮮蘋果汁	√	√										
Coconut Water 椰子水	√	√										
Coke Bottle Zero 無糖可樂(樽裝)	√	√										
Coke Bottle 可口可樂(樽裝)	√	√										
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	√	√										
Green Tea & Peach Pure Pret Still 天然礦泉水-綠茶桃子	√	√										
Lemon & Ginger Pure Pret Still 天然礦泉水-檸檬薑	√	√										
Lychee & Mandarin 鮮荔枝柑桔汁	√	√										
Orange Juice 鮮橙汁	√	√										
Pure Pret Ginger Beer 天然果味梳打-薑味	√	√										
Pure Pret Grape & Elderflower 天然果味梳打-葡萄桂花	√	√										
Pure Pret Sparkling Apple 天然果味梳打-蘋果	√	√										
Sparkling Spring Water 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	√	√										
Vitamin Volcano 鮮莓果汁	√											

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.

Fruits 鮮果

Suitable for

Summer Launch 2021 - 23 June (V1)

Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物									
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽	
Banana 香蕉	√	√										
Citrus Fruit Salad 香橙西柚沙律	√	√										
Classic Fruit Salad 鮮果沙律	√	√										
Pineapple, Mango & Lime Pot 菠蘿芒果青檸杯	√	√										
Pomegranate Pot 清爽紅石榴杯	√	√										
Watermelon & Hami Melon Salad 西瓜哈密瓜沙律	√	√										

Pret's Hot 烤焗熟食

Tomato Meatball Pasta Box 焗芝士意大利香辣肉丸椰菜花長通粉						√	√	WHEAT		√	
Chicken Mushroom Pasta Box 焗芝士雞肉蘑菇椰菜花長通粉						√	√	WHEAT			
Beef & Tomato Rice Pot 蕃茄牛肉飯								WHEAT, BARLEY	√	√	
Beef and Onion Croissant 英式烤牛肉洋蔥即烘牛角酥				√		√	√	WHEAT			
Chicken Firecracker Focaccia 辣子雞香草包						√	√	WHEAT		√	√
Chicken Mushroom Hot Wrap 雞肉蘑菇熱烤卷						√	√	WHEAT, RYE			
Chicken Tikka Masala Rice Pot 印式咖喱雞飯				√		√				√	
Creamy Chicken & Corn Rice Pot 粟米雞肉飯						√		WHEAT			
Falafel & Halloumi Hot Wrap 哈羅米芝士素丸子熱烤卷	√					√	√	WHEAT, RYE			
Halloumi Pesto & Roasted Tomatoes Focaccia 羅勒醬烤蕃茄意式香草包	√			√		√	√	WHEAT			
Ham & British Cheddar Hot Sandwich 英國車打芝士火腿即烘香脆三文治						√	√	WHEAT, RYE, OATS			
Korean Chicken Rice Pot 韓式雞肉飯								WHEAT	√	√	
Macaroni Cheese Fish Pie 焗芝士甘藍菜三文魚通粉						√	√	WHEAT	√		
Macaroni Cheese Kale & Cauli 焗芝士甘藍菜椰菜花通粉	√					√	√	WHEAT			
Macaroni Cheese Lasagna 焗芝士千層肉醬通粉						√	√	WHEAT		√	
Pastrami & Pickle Toasted Focaccia 煙燻牛肉意式香草包						√	√	WHEAT			
Peking Duck Hot Wrap 京式烤鴨熱烤卷							√	WHEAT, RYE		√	
Roasted Salmon & Egg Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥				√		√	√	WHEAT	√		
Spicy Italian Meatballs Hot Wrap 意大利香辣肉丸熱烤卷						√	√	WHEAT, RYE		√	√
Spicy Falafel Hot Wrap 辣味甜薯素丸子烤薄餅卷						√	√	WHEAT, RYE			
Super Club Hot Sandwich 特級公司即烘香脆三文治						√	√	WHEAT, RYE, OATS		√	
Three Cheese & Pret Pickle Hot Sandwich 三重芝士味酸果醬即烘香脆三文治	√					√	√	WHEAT, RYE, OATS			
Skipjack Tuna Melt Hot Sandwich 正鯉吞拿魚沙律即烘香脆三文治						√	√	WHEAT, RYE, OATS	√	√	

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 Bowls and Pots 甜品

Suitable for

Summer Launch 2021 - 23 June (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	
Acai Cranberry Granola Bowl 巴西莓紅莓香脆麥片乳酪	√			√		√			*GF OAT		√	
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 Crumble Bowl 藍莓蘋果蜜糖香脆麥片乳酪	√			√		√			OAT			
Coconut Chia 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		√	
Rice Pudding & Orange Pot 香橙米布丁	√					√						

Pret Snacks 薯片及小食

Boundless Nuts - Cayenne & Rosemary	√	√		√								
Boundless Nuts - Tamari & Aleppo	√	√		√							√	
Boundless Nuts - Orange, Ginger & Maple	√	√		√								
Pret A Mango 天然芒果乾	√	√										
Popchips - Sea Salt	√	√										
Popchips - BBQ	√	√										
Popchips - Salt & Vinegar	√	√										
Popchips - Crazy Hot	√					√						
Propercorn - Sweet & Salty	√	√										
Propercorn - Lightly Sea Salted	√	√										
Sahale - Pomegranate Flavoured Pistachios Glazed Mix 石榴開心果	√	√		√								
Sahale - Maple Pecans Glazed Mix 楓糖核桃	√	√		√								
Sahale - Honey Almonds Glazed Mix 蜜糖杏仁	√			√								
Sahale - Classic Fruit + Nut Trail Mix 經典混合果仁	√	√		√								

*Gluten Free Oats

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.

Platters 拼盤

Suitable for

Summer Launch 2021 - 23 June (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 公司沙律							√				
French Baguette Selection 法式長麵包拼盤						√	√	WHEAT		√	
French Pastry Selection 精選法式酥點拼盤	√			√		√	√	WHEAT		√	
Large Cookie Platter 曲奇餅(大)拼盤	√			√		√	√	WHEAT		√	
Pret's Best of Seasonal Selection 精選季節三文治拼盤							√	WHEAT, BARLEY		√	√
Pret's Protein Box 雞肉雞蛋營養沙律				√			√				
Pret's Snack Bar Selection 特色小麥棒拼盤	√			√		√		WHEAT		√	
Red Tapenade - Pret's Protein Box 紅椒醬 - 雞肉雞蛋營養沙律				√			√	WHEAT			
Red Tapenade - Roasted Sweet Potato & Smashed Beets Vegan Salad 紅椒醬 - 甜薯紅菜頭芝麻鷹嘴豆醬純素沙律	√	√						WHEAT		√	
Roasted Sweet Potato & Smashed Beets Vegan Salad 甜薯紅菜頭芝麻鷹嘴豆醬純素沙律	√	√								√	
Scottish Smoked Salmon Protein Box 蘇格蘭煙三文魚雞蛋營養沙律							√		√		
Small Cookie Platter 曲奇餅(小)拼盤	√			√		√	√	WHEAT		√	
The Best of Pret Selection 經典三文治拼盤							√	WHEAT, BARLEY		√	
Vegetarian Selection 素食三文治拼盤	√					√	√	WHEAT, BARLEY		√	√
Whole Wheat Brioche Selection 全麥法式軟包拼盤						√	√	WHEAT	√	√	

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.

Salads 沙律

Suitable for

Summer Launch 2021 - 23 June (V2)

Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
Classic Caesar Chicken Salad 經典雞肉凱撒沙律						√	√	WHEAT	√	√	
Club Salad - Small 公司沙律							√				
Cocktail Prawn Pot 大蝦火箭菜杯					√		√			√	
Moroccan Couscous Pot 摩洛哥古斯米沙律	√	√						WHEAT			
Japanese Style Potato Salad Pot 日式薯仔沙律杯							√			√	
Egg & Spinach Protein Pot 雞蛋菠菜營養杯	√						√				
Premium Bowl - Scottish Roasted Salmon Soba Noodle Salad 蘇格蘭烤三文魚蕎麥麵沙律								WHEAT	√	√	
Premium Bowl - Prawn, Pineapple & Avocado Salad 大蝦菠蘿牛油果沙律					√			WHEAT		√	
Premium Bowl - Smoked Duck Orange Salad 香橙煙燻鴨肉沙律				√		√	√	WHEAT		√	
Premium Bowl - Hanoi Beef Salad 河內越式烤牛肉沙律								WHEAT		√	
Pret's Protein Box 雞肉雞蛋營養沙律				√			√				
Red Tapenade - Pret's Protein Box 紅椒醬 - 雞肉雞蛋營養沙律				√			√	WHEAT			
Roasted Sweet Potato & Smashed Beets Vegan Box 甜薯紅菜頭芝麻鷹嘴豆醬純素沙律	√	√								√	
Red Tapenade - Roasted Sweet Potato & Smashed Beets Vegan Box 紅椒醬 - 甜薯紅菜頭芝麻鷹嘴豆醬純素沙律	√	√						WHEAT		√	
Scottish Roasted Salmon Protein Pot 蘇格蘭烤三文魚營養杯							√	WHEAT	√		
Scottish Roasted Salmon Soba Noodle Salad 蘇格蘭烤三文魚蕎麥麵沙律								WHEAT	√	√	
Scottish Smoked Salmon & Egg Protein Pot 蘇格蘭煙三文魚雞蛋營養杯							√		√		
Scottish Smoked Salmon Protein Box 蘇格蘭煙三文魚雞蛋營養沙律							√		√		
Pret's Side Salad Pret's 什錦沙律杯	√	√									
Japanese Style Potato & Skipjack Tuna Salad 日式薯仔正鰹吞拿魚沙律							√		√	√	
Turmeric Sweet Potato & Couscous Salad 薑黃甜薯摩洛哥古斯米沙律	√	√						WHEAT		√	
Salad Dressing 沙律汁											
Ancho Chilli Dressing 墨西哥香辣沙律汁	√	√									
French Dressing 法式沙律汁	√										
Green Dressing 泰式香草沙律汁	√	√									
Orange Dressing 香橙油醋汁	√							WHEAT			
Poke Dressing 比卡沙律汁	√	√						WHEAT		√	
Turmeric Sesame Dressing 薑黃芝麻沙律汁	√	√						WHEAT		√	
Red Tapenade Dressing 紅椒醬	√	√						WHEAT			

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.

Sandwiches 三文治

Suitable for

Summer Launch 2021 - 23 June (V2)

Product	Vegetarian 素食者	Vegan 純素者	Contains these allergens 含有下列致敏物								
			Peanuts 花生	Tree Nuts 木本堅果	Crustaceans 甲殼類動物	Milk / Dairy 奶類	Eggs 蛋類	Cereals containing gluten 含有麩質的穀類	Fish 魚類	Soybeans 大豆	Sulphur dioxide and Sulphites 亞硫酸鹽
British Cheddar & Pret Pickle 英國車打芝士酸果醬三文治	√					√	√	WHEAT, BARLEY		√	
Chicken Avocado 雞肉牛油果三文治							√	WHEAT, BARLEY		√	
Classic Super Club 特級公司三文治							√	WHEAT, BARLEY		√	
Crayfish Rocket 小龍蝦火箭菜三文治					√		√	WHEAT, BARLEY		√	
Egg Mayo & Rocket 火箭菜雞蛋沙律三文治	√					√	√	WHEAT, BARLEY			
Egg Mayo & Tomatoes 蕃茄雞蛋沙律三文治	√						√	WHEAT, BARLEY			
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	√	√	
Super Greens & Reds 純素牛油果紅甜椒三文治	√	√						WHEAT, BARLEY			
Teriyaki Chicken 日式照燒雞肉三文治							√	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

Suitable for

Summer Launch 2021 - 21 June (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	
Beef & Pearl Barley 牛肉洋蔥米濃湯									PEARL BARLEY	√	√	
Chicken Mushroom 雞肉蘑菇濃湯						√			WHEAT		√	
Japanese Tonjiru Soup 日式豚汁豬肉味噌湯									WHEAT	√	√	
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			
South Western Chicken Corn Chowder 美式辣雞肉周打粟米湯						√						

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.

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
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		√	

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.

Barista Prepared Drinks

Suitable for

Summer Launch 2021 - 23 June (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	
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	√	√									√	

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.

Barista Prepared Drinks

Suitable for

Summer Launch 2021 - 23 June (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	
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			

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.

Barista Prepared Drinks

Suitable for

Summer Launch 2021 - 23 June (V1)

Product

Contains these allergens 含有下列致敏物

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 Drinks											
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		

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.

Barista Prepared Drinks

Suitable for

Summer Launch 2021 - 23 June (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
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		

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.

Barista Prepared Drinks

Suitable for

Summer Launch 2021 - 23 June (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	√	√									

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.