

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.

*Elease 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。





Baguettes 長麵包	Suita	Suitable for Autumn Launch 2021 - 1										
	Veg	<				Contains	these alle	rgens含有下列到	女敏 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	Alcohol 酒精
Jambon Beurre Baguette 法式火腿牛油長麵包						<b>√</b>		WHEAT				
Posh Cheddar & Roasted Tomatoes Baguette 英國車打芝士烤蕃茄法式長麵包	V					<b>√</b>	√	WHEAT		<b>V</b>		
Cheesy Bacon Hot Baguette 芝士脆煙肉即烘法式長麵包						<b>V</b>	√	WHEAT				
Chicken Pesto & Red Pepper Hot Baguette 羅勒醬雞肉紅甜椒即烘法式長麵包				<b>V</b>		<b>√</b>		WHEAT				
Chipotle & Red Pepper Hot Baguette 墨西哥煙辣椒醬紅甜椒即烘法式長麵包	√					<b>√</b>		WHEAT			√	1
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						<b>√</b>	√	WHEAT		<b>V</b>		√
Breakfast 早餐之選		•	•	•	•					•	•	
Almond Croissant 杏仁牛角酥	V			√		√	√	WHEAT				
Chicken & Corn Congee 雞肉粟米糙米粥						<b>√</b>				<b>√</b>		
Chocolate Croissant 朱古力牛角酥	V			√		<b>V</b>	√	WHEAT		V		
Soya Porridge 豆奶燕麥片	V	<b>√</b>						OAT		$\checkmark$		
Crispy Bacon & Egg Whole Wheat Brioche 脆煙肉雞蛋全麥法式軟包						<b>V</b>	√	WHEAT		V		
Egg & Avocado Baguette 牛油果雞蛋早餐長法包	V						<b>√</b>	WHEAT				
Egg & Tomatoes Whole Wheat Brioche 雞蛋沙律蕃茄全麥法式軟包	V					<b>V</b>	√	WHEAT		<b>√</b>		
English Toast with Butter & Jam 英式烘多士配牛油及果醬	V					<b>√</b>		WHEAT				
Five Berries Compote Toppings 五果鮮莓	V	√										
French Butter Croissant 法國原味牛角酥	V			√		<b>√</b>	√	WHEAT				
Fruit & Seed Mix Toppings 什錦果籽	V	√										
Ham & Cheese Baguette 火腿芝士早餐長法包						<b>V</b>	√	WHEAT		<b>√</b>		
Ham & Greve Whole Wheat Brioche 火腿瑞典芝士全麥法式軟包						<b>V</b>	√	WHEAT		<b>√</b>		
Ham & Cheese Croissant 火腿芝士牛角酥				√		<b>√</b>	√	WHEAT				
Ham & Greve Croissant 火腿瑞典芝士牛角酥				<b>V</b>		<b>V</b>	√	WHEAT				
Ham, Egg & Cheese Roll 火腿雞蛋芝士堡						<b>√</b>	√	WHEAT		$\checkmark$		
Honey Toppings 蜜糖	V											
Mozzarella & Tomato Croissant 意大利芝士蕃茄牛角酥	V			√		√	√	WHEAT				
Pain Au Raisin 法式提子千層麵包	V			√		√	√	WHEAT		<b>V</b>		
Minestrone Soup with Pasta 意式雜菜湯通粉	V	√						WHEAT				
Roasted Tomatoes & Egg Baguette 烤蕃茄雞蛋沙律早餐長法包	V						√	WHEAT				
Scottish Roasted Salmon Brunch Roll 蘇格蘭烤三文魚雞蛋芝士堡						√	√	WHEAT	√	V		
Scottish Smoked Salmon Whole Wheat Brioche 蘇格蘭煙三文魚全麥法式軟包						<b>√</b>	√	WHEAT	√	V		
Skipjack Tuna & Cucumber Whole Wheat Brioche 正鰹吞拿魚沙律全麥法式軟包						√	√	WHEAT	√	V		
Very Berry Croissant 雜莓牛角酥	<b>√</b>	√		<b>V</b>				WHEAT				

## \*Gluten Free Oats

Coffee Products 咖啡產品	Suita	able for							Auto	umn Launch 202	21 - 15 Sep (V1)		
	Vegetarian	Vegan	Contains these allergens 含有下列致敏物										
Product	rian 素食者	an 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		
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)	√	<b>√</b>											
Daioni Organic - Caffe 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	Suita	able for		•	•					•			
Apple & Ginger Juice 蘋果薑汁	√	$\sqrt{}$											
Cloudy Apple 鮮蘋果汁	√	<b>√</b>											
Coconut Water 椰子水	√	<b>√</b>											
Coke Bottle Zero 無糖可樂(樽裝)	√	√											
Coke Bottle 可口可樂(樽裝)	√	<b>√</b>											
Coke Can Zero 無糖可樂(罐裝)	√	√											
Coke Can 可口可樂(罐裝)	√	√											
Flu Fighter 流感戰士	√	<b>√</b>											
Grapefruit Juice 西柚汁	√	<b>√</b>											
Green Tea & Peach Pure Pret Still 天然礦泉水-綠茶桃子	√	<b>√</b>											
Lemon & Ginger Pure Pret Still 天然礦泉水-檸檬薑	√	<b>√</b>											
Lychee & Mandarin 鮮荔枝柑桔汁	√	√											
Orange Juice 鮮橙汁	√	<b>√</b>											
Sanpellegrino Orange Sparkling Beverage Sanpellegrino有氣橙汁飲品	√	√											
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	√	<b>√</b>											
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	√												

Fruits 鮮果	Suita	able for	Autumn Launch 2021 - 15 Sep (V											
	Vegetarian	Vegan		Contains these allergens 含有下列致敏物										
Product	rian 操 如 地	an 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			
Banana 香蕉	√	<b>√</b>												
Citrus Fruit Salad 香橙西柚沙律	√	<b>√</b>												
Classic Fruit Salad 鮮果沙律	√	√												
Pineapple, Mango & Lime Pot 菠蘿芒果青檸杯	V	<b>√</b>												
Watermelon & Hami Melon Salad 西瓜哈密瓜沙律	√	<b>√</b>												
Pret's Hot 烤焗熱食		1	I		1	<del>                                     </del>					4			
Beef and Onion Croissant 英式烤牛肉洋蔥即烘牛角酥				√		<b>√</b>	<b>V</b>	WHEAT						
Braised Minced Pork Rice Pot 滷肉飯							V	WHEAT		V				
Chicken Firecracker Focaccia 辣子雞香草包						<b>√</b>	√	WHEAT		√	√			
Chicken Mushroom Hot Wrap 雞肉蘑菇熱烤卷						V	V	WHEAT, RYE						
Chicken Mushroom Pasta Box 焗芝士雞肉蘑菇椰菜花長通粉						<b>√</b>	<b>√</b>	WHEAT						
Chicken Tikka Masala Rice Pot 印式咖喱雞飯				√		<b>√</b>				V				
Ham & British Cheddar Hot Sandwich 英國車打芝士火腿即烘香脆三文治						<b>√</b>	<b>V</b>	WHEAT, RYE, OATS						
Korean Chicken Rice Pot 韓式雞肉飯								WHEAT	√	V				
Macaroni Cheese Fish Pie 焗芝士甘藍菜三文魚通粉						<b>√</b>	<b>V</b>	WHEAT	√					
Macaroni Cheese Kale & Cauli 焗芝士甘藍菜椰菜花通粉	V					√	V	WHEAT						
Macaroni Cheese Lasagna 焆芝士千層肉醬通粉						<b>√</b>	<b>V</b>	WHEAT		<b>V</b>				
Pastrami & Pickle Toasted Focaccia 煙燻牛肉意式香草包						√	V	WHEAT						
Peking Duck Hot Wrap 京式烤鴨熱烤卷							<b>V</b>	WHEAT, RYE		√				
Roasted Salmon & Egg Croissant 蘇格蘭烤三文魚雞蛋即烘牛角酥				V		√	V	WHEAT	√					
Skipjack Tuna Melt Hot Sandwich 正鰹吞拿魚沙律即烘香脆三文治						<b>√</b>	<b>V</b>	WHEAT, RYE, OATS	√	√				
Spicy Falafel Hot Wrap 辣味甜薯素丸子烤薄餅卷						√	V	WHEAT, RYE						
Spicy Italian Meatballs Hot Wrap 意大利香辣肉丸熱烤卷						√	<b>V</b>	WHEAT, RYE		√	√			
Super Club Hot Sandwich 特級公司即烘香脆三文治						√	<b>V</b>	WHEAT, RYE, OATS		√				
Three Cheese & Pret Pickle Hot Sandwich 三重芝味酸果醬即烘香脆三文治	V					V	V	WHEAT, RYE, OATS						
Tomato Meatball Pasta Box 焗芝士意大利香辣肉丸椰菜花長通粉						√	<b>V</b>	WHEAT		√				
Typhoon Shelter - Chicken Wing & Corn Riblet 避風塘風味 - 粟米條惹味雞翼								WHEAT		V				
Typhoon Shelter - Potato Wedges & Corn Riblet 避風塘風味 - 粟米條滋味薯角	$\checkmark$	$\checkmark$						WHEAT		$\checkmark$	4			

## \*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 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	Suita	ble for	Autumn Launch 2021								21 - 13 Sep (V1)	
	Vegetai	Vegan 滔蒙喦	Contains these allergens 含有下列致敏物									
Product	tarian 素食者		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	
Chicken , Greens & Brown Rice 雞肉蔬菜糕米湯								WHEAT		√		
Classic Pumpkin 鮮南瓜湯						<b>√</b>						
Field Forest Mushroom 原野雜菌湯	√					<b>V</b>		WHEAT		√		
Korean Style Beef 韓式牛肉湯								WHEAT	√	<b>√</b>		
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					√	<b>√</b>			√	<b>V</b>		
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						V						

UK Luxury Cookies - Fruit & Oat 至尊乾果燕麥曲奇餅

Avocado & Roasted Pine Nuts 牛油果烤松子仁

Korean Chicken Wrap 韓式辣醬雞肉

Peking Duck 京式烤鴨

Wraps 薄餅卷

WHEAT, OAT, SPELT

WHEAT, RYE

WHEAT, RYE

WHEAT, RYE

Barista Prepared Drinks	Suitable for		Autumn Launch 2021 - 15 Sep (V											
	Vegetarian	Vegan			Cor	ntains thes	e allergen	s含有下列致敏	物					
Product	ian 素 良者	2	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	$\checkmark$	√												
Americano White Milk 美式白咖啡(牛奶)	<b>√</b>					<b>√</b>								
Americano White Rice Coconut 美式白咖啡(椰子米奶)	<b>√</b>	√												
Americano White Soya 美式白咖啡(荳奶)	√	√								√				
Americano White Oat (燕麥奶)	<b>√</b>	<b>√</b>						OAT						
Cappuccino Milk 泡沫咖啡(牛奶)	√					<b>√</b>								
Cappuccino Rice Coconut 泡沫咖啡(椰子米奶)	<b>√</b>	√												
Cappuccino Soya 泡沫咖啡(荳奶)	<b>√</b>	√								<b>√</b>				
Cappuccino Oat 泡沫咖啡(燕麥奶)	<b>√</b>	√						OAT						
Decaf Latte Milk 無咖啡因牛奶咖啡	<b>√</b>					V								
Decaf Latte Rice Coconut 無咖啡因椰子米奶咖啡	<b>√</b>	√												
Decaf Latte Soya 無咖啡因荳奶咖啡	<b>√</b>	√								√				
Decaf Latte Oat 無咖啡因燕麥奶咖啡	<b>√</b>	√						OAT						
Espresso 特濃咖啡	<b>√</b>	√												
Filter - Black Coffee 蒸餾黑咖啡	<b>√</b>	√												
Filter - White Coffee Milk 蒸餾白咖啡(牛奶)	<b>√</b>					V								
Filter - White Coffee Rice Coconut 蒸餾白咖啡(椰子米奶)	<b>√</b>	√												
Filter - White Coffee Soya 蒸餾白咖啡(荳奶)	√	√								<b>√</b>				
Filter - White Coffee Oat 蒸餾白咖啡(燕麥奶)	<b>√</b>	√						OAT						
Flat White Milk 奶香咖啡	<b>√</b>					<b>√</b>								
Flat White Rice Coconut 奶香咖啡 (椰子米奶)	<b>√</b>	√												
Flat White Soya 奶香咖啡(荳奶)	√	√								V				
Flat White Oat 奶香咖啡(燕麥奶)	√	√						OAT						
Gingerbread Chocolate Milk 薑餅朱古力(牛奶)	<b>√</b>		_			V								
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	<b>√</b>					<b>√</b>								
Gingerbread Latte Rice Coconut 薑餅椰子米奶咖啡	√	√												
Gingerbread Latte Soya 薑餅荳奶咖啡	<b>√</b>	√								√				

Barista Prepared Drinks	Su	itable for							Aut	tumn Launch 202	21 - 15 Sep (V1)			
	Vegetarian	Vegan		Contains these allergens 含有下列致敏物										
Product	rian 樂 四 中	n 終 者	Peanu 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 焦糖荳奶咖啡	√	√								√				
Caramel Latte Oat 焦糖荳奶咖啡(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 榛子荳奶咖啡	√	√		√						√				
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 抹茶荳奶	√	√								√				
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(荳奶)	√	V								√				
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(荳奶)	√	V								V				
Hot Chocolate Oat 凍朱古力(燕麥奶)	√	√						OAT						

Barista Prepared Drinks	Suita	Suitable for							Aut	umn Launch 202	21 - 15 Sep (V1		
	Vegetarian	Vegan	Contains these allergens 含有下列致敏物										
Product	rian 姚 汉 中	n 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		
Milk Shot													
Babyccino 寶貝泡沫牛奶	$\checkmark$					√							
Rice Coconut 椰子米奶	√	√											
Skimmed Milk 脫脂奶	V					√							
Soya 荳奶	√	<b>√</b>								√			
Oat Drink 燕麥奶	√	<b>√</b>						OAT					
Whole Milk 全脂牛奶	√					<b>V</b>							
Syrup													
Caramel Shot 焦糖糖漿	$\checkmark$	√											
HazeInut Shot 榛子糖漿	√	√		√									
Rose Shot 玫瑰糖漿	√	√											
Tea													
Breakfast Tea Milk 英式紅茶(牛奶)	√					V							
Breakfast Tea Rice Coconut 英式紅茶(椰子米奶)	<b>√</b>	√											
Breakfast Tea Soya 英式紅茶(荳奶)	√	√								√			
Breakfast Tea Oat 英式紅茶(燕麥奶)	<b>√</b>	√						OAT					
Breakfast Tea 英式紅茶	√	√											
Earl Grey Tea Milk 伯爵茶(牛奶)	V					<b>√</b>							
Earl Grey Tea Rice Coconut 伯爵茶(椰子米奶)	V	√											
Earl Grey Tea Soya 伯爵茶(荳奶)	V	√								√			
Earl Grey Tea Oat 伯爵茶(燕麥奶)	√	√						OAT					
Earl Grey Tea 伯爵茶	V	√											
Green Tea 熱帶綠茶	V	<b>√</b>											
Lemon Tea 檸檬茶	V	√											
Peppermint Tea 薄荷茶	√	<b>√</b>											