

## Breads

| Category              | Item                          | Ingredients  | ALLERGENS              |
|-----------------------|-------------------------------|--|------------------------|
| Baguette              | White Baguette                | Wheat Flour, Water, Salt, Wheat Gluten, Yeast, Flour Treatment Agent: E300   | GLUTEN                 |
|                       | Multi cereal Granary Baguette | Wheat flour, water, sunflower seeds, gluten, bran, brown linseed, sesame seeds, salt, sourdough, roasted malt flour.   | GLUTEN, SESAME         |
|                       | Multi Seeded Baguette         | Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sunflower Seeds, Rye Flour, Oat Flakes, Sunflower Seeds, Brown Linseed, Yeast, Brown Linseed, Golden Linseed, Salt, Roasted Barley Malt, Malted Wheat Flour, Wheat Flour   | GLUTEN                 |
|                       | Heritage (rustic) Baguette    | Wheat flour, malted wheat flour, E300, water, salt, yeast, wheat gluten, emulsifier:E471   | GLUTEN                 |
|                       | Wholemeal Baguette            | Wheat flour, water, whole wheat flour, yeast, iodised salt, gluten, malt flour, roasted malt flour   | GLUTEN                 |
| Baps                  | Ciabatta Bap                  | Wheat Flour, Water, Salt, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), Sugar, Gluten, Malt, Yeast.   | GLUTEN, SOYA           |
|                       | Brown Bap                     | Wheat Flour (with Calcium Carbonate, Iron, Thiamin (B1), Niacin (B3)), Wholemeal Wheat Flour, Water, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, Mono- and Diacetyl Tartaric Esters of Mono- and Diglycerides of Fatty Acids), Salt, Sugar, Stabiliser (Calcium Sulphate), Palm Fat, Rapeseed Oil, Pregelatinised Wheat Flour, Dextrose, Vinegar, Wheat Gluten, Soya Flour, Flour Treatment Agents (Ascorbic Acid, L-Cysteine), Preservative (Calcium Propionate)  | GLUTEN, SOYA           |
|                       | Brown Seeded Bap              | Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yogurt (Milk), Wholemeal Wheat Flour, Water, Egg, Butter (Milk), Dried Skimmed Milk,(Chia Seed, Millet, Quinoa, Golden Linseed),(Malted Wheat Flakes, Brown Linseed, Rye Flakes, Sunflower Seeds, Golden Linseed, Soya Kernels, Poppy Seeds), Sugar, Invert Sugar Syrup, Palm Oil, Rapeseed Oil, Salt, Yeast, Bran (Wheat), Emulsifier (Sodium Stearoyl-2-Lactylate, Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Wheat Gluten, Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Flour Treatment Agent (Ascorbic Acid). | GLUTEN, EGG, MILK,SOYA |
| Bloomers              | Granary                       | Organic Light Malthouse Wheat Flour, Water, Salt, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), Yeast, (Emulsifier - E471 & E330), Vegetable Oil.   | GLUTEN, SOYA,          |
|                       | Wholemeal                     | Wholemeal Wheat Flour, Water, Yeast, Salt, Emulsifiers: E472e, E471, Wheat Flour (with added calcium, iron, niacin and thiamine), Preservative: E282, Sugar, Rapeseed Oil, Flour Treatment Agent: E300 Acidity Regulator: E524, Enzyme, Stabilizer: E415, Anti Caking Agent: E535,   | GLUTEN                 |
|                       | White                         | Wheat Flour, Water, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), Salt, Yeast.  | GLUTEN, SOYA           |
| Foccacia              | Herbs                         | Flour, Water, Salt, Sugar, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), (Breadfat; Water, Vegetable Oils(Palm, Rapeseed), Salt, Emulsifier E471, Citric Acid E330), Yeast, Mixed Herbs( Basil, Oregano, Parsley, Marjoram, Sage, Thyme)  | GLUTEN,SOYA            |
|                       | Sundried tomato               | Flour, Water, Salt, Sugar, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), (Breadfat; Water, Vegetable Oils(Palm, Rapeseed), Salt, Emulsifier E471, Citric Acid E330), Yeast, Mixed Herbs( Basil, Oregano, Parsley, Marjoram, Sage, Thyme), sundried tomatoes   | GLUTEN,SOYA            |
|                       | Olive                         | Flour, Water, Salt, Sugar, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), (Breadfat; Water, Vegetable Oils(Palm, Rapeseed), Salt, Emulsifier E471, Citric Acid E330), Yeast, Mixed Herbs( Basil, Oregano, Parsley, Marjoram, Sage, Thyme), black olives  | GLUTEN,SOYA            |
| Sandwich sliced bread | White                         | Wheat Flour (with Calcium, Iron, niacin and thiamin)) Water, Yeast, Salt , Vinegar, Vegetable Oils (Rapeseed, Palm) Soya Flour, Emulsifier: E472e, Preservative: Calcium Propionate (added to inhibit mould growth) Flour Treatment Agent: Ascorbic Acid (Vitamin C)   | GLUTEN,SOYA            |
|                       | Wholemeal                     | Wholemeal Wheat Flour, Water, Kibbled Malted Wheat, Wheat Protein, Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), Malted Barley Flour, Vinegar, Emulsifiers: E471, E472e; Soya Flour, Preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C)   | GLUTEN                 |
|                       | Granary                       | Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Original Granary Blend (Granary Malted Wheat Flakes (11%), Malted Barley Flour, Toasted Wheat, Toasted Rye), Wheat Protein, Yeast, Salt, Vinegar, Soya Flour, Granulated Sugar, Barley Flour, Caramelised Sugar, Emulsifier: E472e, Barley Fibre, Flour Treatment Agent: Ascorbic Acid   | GLUTEN,SOYA            |
| Rolls                 | Milk rolls                    | Wheat Flour, Water, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), Sugar, (Breadfat; Water, Vegetable Oils(Palm, Rapeseed), Salt, Emulsifier E471, Citric Acid E330) Salt, milk, Yeast.  | GLUTEN, MILK, SOYA     |
|                       | Soft rolls white              | Wheat Flour, Water, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), Sugar, (Breadfat; Water, Vegetable Oils(Palm, Rapeseed), Salt, Emulsifier E471, Citric Acid E330) Salt, Yeast.  | GLUTEN , SOYA          |
|                       | Gluten free rolls             | Gluten free flour (Rice Starch, Maize Starch, Potato Flake, Thickener [Guar Gum], Whole EGG Powder, Dried Glucose Syrup, Dextrose, Acidity Regulator [Sodium Hydrogen Diacetate], Citric Acid), Water, Pasteurised Liquid Whole EGG, Sugar, Yeast, Salt, Rapeseed Oil, Rice Cones, Thickener [E464, Xanthan Gum], Emulsifiers [E471, E475].  | egg                    |
|                       | Brioche finger rolls          | Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pasteurised Egg, Butter Oil (Milk), Sugar, Yeast, Dried Whole Milk, Wheat Gluten, Salt, Dried Sour Wheat (Gluten), Malted Wheat Flour (Gluten), Emulsifier: E482, E471, Rapeseed Oil, Palm Oil, Colour: Lutein  | GLUTEN, EGG, MILK,     |

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| Category            | Item               | Ingredients  | ALLERGENS            |
|---------------------|--------------------|--|----------------------|
| Wraps               |                    | Wheat flour, water, palm oil, glucose, salt, raising agents: E450, E500, emulsifier E471, flour treatment: E920  | GLUTEN               |
| Bagels              |                    | WHEAT Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Rapeseed Oil, Yeast, Salt, Malted BARLEY Flour, Flour Treatment Agent (Ascorbic Acid)   | GLUTEN               |
|                     | Mini bagels        | WHEAT (Calcium, Iron Niacin (B3) and Thiamin (B1)) Flour, Water, Sugar, Malted WHEAT Flour, Yeast, Salt, Non-Hydrogenated Vegetable Oil (Rapeseed/Segregated Palm), Flour Treatment Agent: Ascorbic Acid (E300)  | GLUTEN               |
| Hoagies             |                    | Wholemeal Wheat Flour, Water, Kibbled Malted Wheat, Salt, Wheat Flour, Fermented Wheat Flour, Palm Oil, Yeast, Emulsifier: E472e; Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent: E300; Rapeseed Oil.  | GLUTEN               |
| Panninis            |                    | Wheat Flour, Water, Spanish Olive Oil, Salt, Yeast, Flour Treatment Agent: E300  | GLUTEN               |
| BurgerBuns          | Seeded burger buns | Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sesame Seeds, Yeast, Dextrose, Palm Oil, Palm Stearin, Salt, Soya Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid; Emulsifier: Sunflower Lecithin.   | GLUTEN, SESAME, SOYA |
| Pagnottella Rustica |                    | WHEAT flour, water, SESAME SEEDS, linseed, salt, rapeseed oil, yeast, BARLEY malt.   | GLUTEN, SESAME       |
| Rye Bread           |                    | Rye (Wholemeal and Kernels), Yeast, Dextrinated Wholemeal Wheat Flour, Iodised Salt, Wheat Bran, Barley Malt, Acidifiers (Lactic Acid, Citric Acid), Preservatives (Calcium Propionate, Sorbic Acid), Wholemeal Wheat Flour, Water, Yeast, Salt, Emulsifiers: E472e, E471, Wheat Flour (with added calcium, iron, niacin and thiamine), Preservative: E282, Sugar, Rapeseed Oil, Flour Treatment Agent: E300, Acidity Regulator: E524, Enzyme, Stabilizer: E415, Anti Caking Agent: E535 | GLUTEN               |
| Breakfast Muffins   | Breakfast Muffins  | Flour, Water, Butter, Milk Powder, Salt, Yeast, Sugar, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation),  | GLUTEN, SOYA, MILK   |