



# BAKERY INFORMATION NFL



## 6640 White Bloomer

### Ingredients

Fortified **Wheat** Flour, Water, Yeast, Salt, Bloomer Improver, Calcium Sulphate, Rapeseed Oil, **Soy** Flour, Palm Oil, Enzymes, Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	259kcal/1102 kJ
Fat	1.3g
Of which saturates	0.3g
Carbohydrate	56.3g
Of which sugars	1.1g
Fibre	2.6g
Protein	9.1g
Salt	nil

### Allergens

For Allergens including cereals contains gluten, see highlighted in **bold**. May contain traces of Egg and Milk.

### Useful Information

Suitable for vegetarians.



## **6622 Tiger Loaf**

### **Ingredients**

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Dried **Wheat** Protein, Flour Treatment Agents: Ascorbic Acid, L-Cysteine; Vegetable Fats and Oils (Rapeseed Oil, Palm Oil), **Barley** Malt Extract, Stabiliser: Diphosphates.

### **Nutritional Information**

Typical Values per 100g

Energy	262kcal/1110kJ
Fat	3.1g
Of which saturates	0.56g
Carbohydrate	47.9g
Of which sugars	3.5g
Fibre	2.2g
Protein	9.5g
Salt	0.8g

### **Allergens**

For allergens including cereals contains gluten, see ingredients in **bold**.

### **Useful Information**

Suitable for vegetarians



## 106061 Rye Loaf

### Ingredients

Flour (**Wheat, Rye**), Sourdough (Water, **Rye** Wholegrain Flour, **Rye** Flour), Water, Salt, Yeast

### Nutritional Information

Typical Values per 100g

Energy	224kcal/948kJ
Fat	1.6g
Of which saturates	0.8g
Carbohydrate	42.0g
Of which sugars	2.1g
Fibre	6.5g
Protein	7.2g
Salt	1.5

### Allergens

For allergens including cereals contains gluten, see ingredients in **bold**. May contain traces of Sesame.

### Useful Information

Suitable for vegetarians. Suitable for vegans. No alcohol derivatives.



## 5300877 Low GI Bread

### Ingredients

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Seeds (Sunflower Seeds (8%), Linseed (4%) Pumpkin Seeds 2%), **Wheat** Gluten, **Rye** Flour, Yeast, **Oats**, **Wheat** Bran, Sugar, Burnt Sugar, Salt, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, **Soya** Lecithin), **Wheat** Malt Flour, Whey Powder (From **Milk**), Dextrose, Flour Treatment Agent (Ascorbic Acid), Raising Agent (Disodium Diphosphate).

### Nutritional Information

Typical Values per 100g

Energy	1206kcal/287kJ
Fat	8.5g
Of which saturates	1.03g
Carbohydrate	36g
Of which sugars	3.8g
Fibre	6.9g
Protein	13.2g
Salt	0.9g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain traces of Egg.

### Useful Information

Suitable for vegetarians.



## 92779 Champion Multiseed Loaf

### Ingredients

**Wheat** Flour, **Rye** Sourdough (**Rye** Flour, Water), Water, **Rye** Flour, Sunflower Seeds, 3% Linseed, 1% Poppy Seed, 1% **Sesame**, Salt, Yeast, **Wheat Gluten**, Rapeseed Oil, **Barley** Malt Extract.

### Nutritional Information

Typical Values per 100g

Energy	268kcal/1128kJ/
Fat	6,7 g
Of which saturates	0.8g
Carbohydrate	40,0g
Of which sugars	1,6 g
Fibre	5,3 g
Protein	9,3 g
Salt	1,49 g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Soya.

### Useful Information

Suitable for vegetarians. Suitable for vegans. No alcohol derivatives.



## 6742 French Baguette

### Ingredients

**Wheat Flour**, Water, Yeast, Salt, Flour Treatment Agent: (Ascorbic Acid).

### Nutritional Information

Typical Values per 100g

Energy	247kcal/1047kJ
Fat	1.0g
Of which saturates	0.12g
Carbohydrate	54.6g
Of which sugars	2.8g
Fibre	3.3g
Protein	6.89g
Salt	1.16g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Nuts and Sesame.

### Useful Information

Suitable for vegetarians. Suitable for vegans.



## 92781 White Split Roll

### Ingredients

**Wheat** Flour, Water, Sourdough (**Wheat** Flour, Water, **Rye** Flour), Yeast, Salt, Dextrose, **Wheat** Malt Flour

### Nutritional Information

Typical Values per 100g

Energy	258kcal/1094kJ
Fat	1.0g
Of which saturates	0.3 g
Carbohydrate	52.4 g
Of which sugars	3.2 g
Fibre	2.7 g
Protein	8.5 g
Salt	1.62 g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Sesame.

### Useful Information

Suitable for vegetarians. Suitable for vegans. No alcohol derivatives.



## 5201750 Sandwich Baguette

### Ingredients

**Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Dextrose, Flour Treatment Agent: (Ascorbic Acid), Malted **Barley** Flour.

### Nutritional Information

Typical Values per 100g

Energy	262kcal/1110kJ
Fat	1.4g
Of which saturates	0.32g
Carbohydrate	52.7g
Of which sugars	5.4g
Fibre	2.2g
Protein	8.6g
Salt	1.21g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians. Suitable for vegans.



## 7003 Round Crusty Roll

### Ingredients

Fortified **Wheat** Flour, Water, High Activity Yeast, Salt, Starter Dough, Dough Improver, Rapeseed Oil

### Nutritional Information

Typical Values per 100g

Energy	256kcal/1084kJ
Fat	1.2g
Of which saturates	0.3g
Carbohydrate	50.6g
Of which sugars	1.5g
Fibre	3.7g
Protein	8.9g
Salt	0.96g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians.



## 1950 Panini

### Ingredients

Fortified **Wheat** Flour (**Wheat** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Sugar, Skimmed **Milk** Powder, Salt, Yeast, Extra Virgin Olive Oil, Emulsifier: mono-glycerides of fatty acids, Malted **Wheat** Flour, Flour treatment Agent: Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	260kcal/1121kJ
Fat	4.5 g
Of which saturates	1.35 g
Carbohydrate	49.9g
Of which sugars	2.7g
Fibre	4.3g
Protein	8.46g
Salt	1.0g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 51816 Cheese Topped Roll

### Ingredients

**Wheat** Flour, Gouda Cheese 18.5% (Pasteurised **Milk**, Salt, Colour: Carotin, Cheese Cultures, Enzymes), Water, Salt, Yeast, Inverted Sugar Syrup, Thickening Agent, Guar Gum, **Wheat** Malt Flour, Emulsifier: mono-and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids.

### Nutritional Information

Typical Values per 100g

Energy	305kcal/1285kJ
Fat	7.5g
Of which saturates	5.0g
Carbohydrate	44.0g
Of which sugars	3.6g
Fibre	4.8g
Protein	13.0g
Salt	1.55g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Sesame.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## **5201297 Stone Baked White Roll**

### **Ingredients**

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rice Flour, Salt, Yeast, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid)

### **Nutritional Information**

Typical Values per 100g

Energy	251kcal/1066kJ
Fat	1.1g
Of which saturates	0.2g
Carbohydrate	54.3g
Of which sugars	1.0g
Fibre	2.6g
Protein	7.8g
Salt	0.9g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May Contain traces of Milk, Sesame & Nuts

### **Useful Information**

Suitable for vegetarians. No alcohol derivatives.



## 124342 High Protein Roll

### Ingredients

Water, 17 % Linseed, **Wheat** Protein, **Soy** Flour, Whole **Wheat** Flour , 4 % **Sesame**, **Soybean** Meal, 3 % Sunflower seeds, **Wheat Bran**, Yeast , **Oat** Fiber, Salt, Coloring Spice Extracts (Curcuma), Thickener: Guar Gum.

### Nutritional Information

Typical Values per 100g

Energy	289kcal/1203kJ
Fat	13.8g
Of which saturates	1.8g
Carbohydrate	9.8g
Of which sugars	1.2g
Fibre	12.3g
Protein	25.0g
Salt	1.03g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Milk, Egg, Shell Fruits and Celery.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 79358 High Protein Roll

### Ingredients

Water, 17 % Linseed, **Wheat** Protein , **Soy** Flour, Whole **Wheat** Flour, 4 % **Sesame**, **Soybean** Meal, 3 % Sunflower Seeds, **Wheat Bran**, Yeast, **Oat** Fiber, Salt, Coloring Spice Extracts (Curcuma), Thickener: Guar Gum.

### Nutritional Information

Typical Values per 100g

Energy	292kcal/1216kJ
Fat	14.1g
Of which saturates	1.8g
Carbohydrate	9.8g
Of which sugars	1.2g
Fibre	12.4g
Protein	25.2g
Salt	1.03g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Milk, Egg, Shell Fruits, Celery

### Useful Information

Suitable for vegetarians.



## 5851 Vanilla Crown

### Ingredients

Water, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), (Palm and Rapeseed Oil, Water, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; Natural Flavouring, Vitamin A), Custard Powder (Sugar, Modified Potato Starch, **Whey** Powder (**Milk**), Skimmed **Milk** Powder, Coconut Fat Powder, Glucose Syrup, Stabilisers (Calcium Alginate, Diphosphates) Natural Flavourings, Salt, **Milk** Protein, Colour: Carotenes), Sugar, Yeast, Glaze (Water, Glazing Agent (Isomalt), Sugar, Gelling Agent (Agar), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)], **Egg** Yolk, **Hazelnuts** (1.5%), Stabiliser (Pectin), Dextrose, Emulsifier (Mono- and Di-acetyl tartaric acid esters of mono- and diglycerides of fatty acids), **Almond** Powder, Anticaking Agent (Calcium Carbonate), Natural Flavouring, Flour Treatment Agent (Ascorbic Acid).

### Nutritional Information

Typical Values per 100g

Energy	360kcal/1503kJ
Fat	21.9g
Of which saturates	9.0g
Carbohydrate	35.0g
Of which sugars	10.2g
Fibre	1.4g
Protein	5.1g
Salt	0.33g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain other nuts.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 65260 Apple Turnover

### Ingredients

Apples, Fortified **Wheat** Flour (**Wheat**, Minerals (Calcium, Iron), Vitamins (Vitamin B1, Vitamin B3), Butter (**Milk**) 19%; Water, Sugar, Glucose Syrup, Gelling Agent (E1442, E440), Salt, Acidity Regulator (E330, E333, E339), Rapeseed Oil, Tapioca Starch, Emulsifier (E322, E471), Antioxidant (E300), Dextrose, Preservative (E202), Vegetable Protein Extract, **Milk** Proteins, Colour (E160a)

### Nutritional Information

Typical Values per 100g

Energy	373kcal/1558kJ
Fat	22.4g
Of which saturates	14.9g
Carbohydrate	37.2g
Of which sugars	9.3g
Fibre	1.2g
Protein	5.0g
Salt	0.61g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts, Soya and Egg.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 5201432 Pain au Chocolat

### Ingredients

**Wheat** Flour, Butter (**Milk**) 20.5%, Water, Chocolate (Cocoa Solids: 44.2 % minimum) 15% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (E322 (Soya Lecithin))), Yeast, Sugar, **Wheat** Gluten, Salt, Pasteurised **Egg**, Dried Yeast, Flour Treatment Agent (E300).

### Nutritional Information

Typical Values per 100g

Energy	424kcal/1770kJ
Fat	23.27g
Of which saturates	15.20g
Carbohydrate	44.13g
Of which sugars	10.03g
Fibre	2.27g
Protein	8.27g
Salt	0.91g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts and Sesame.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 5201481 Sweet Belgian Bun

### Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate Iron, Niacin (B3), Thiamin (B1)), Icing Sugar (Sugar, Dried Glucose Syrup), Water, Sultanas (9.7%), Fortified Pastry Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Citric Acid, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Vitamin A), Vegetable Margarine (Rapeseed Oil, Palm Stearin, Water, Palm Oil, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavourings, Colours (Annatto, Curcumin)), Granulated Sugar, Glace Cherries (2.2%) (Cherries, Glucose-Fructose Syrup, Sugar, Fruit and Vegetable Concentrates (Radish, Carrot, Blackcurrant), Colour (Anthocyanins), Acidity Regulator (Citric Acid), Preservative (**Sulphur** Dioxide)), Sugar Syrup (Sugar, Water, Raising Agent (Sodium Carbonates)), Yeast, Palm Fat, Lemon Juice, Lemon Filling (1.1%) (Water, Sugar, Cornflour, Lemon Concentrate, Unsalted Butter (**Milk**), Colour (Lutein)), Humectant (Sorbitol), Pasteurised Whole Liquid **Egg**, Whole **Milk** Powder, Glycerine (Humectant (Glycerol) Water), Improver (Emulsifier (Mono- and Diglycerides of Fatty Acids), **Wheat** Flour), Improver (Stabiliser (Guar Gum), **Wheat** Flour, Emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Antioxidant (Ascorbic Acid)), Salt, Gelling Agent (Agar), Golden Syrup, Lemon Oil, Baking Powder (Raising Agents (Sodium Carbonates, Diphosphates), **Wheat** Flour), Colour (Curcumin).

### Nutritional Information

Typical Values per 100g

Energy	349kcal/1468kJ
Fat	11.1g
Of which saturates	3.7g
Carbohydrate	55.3g
Of which sugars	24.4g
Fibre	3.0g
Protein	5.5g
Salt	0.53g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians.



## 5201481 Cinnamon Buns

### Ingredients

Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate Iron, Niacin (B3), Thiamin (B1)), Water, Icing Sugar (Sugar, Dried Glucose Syrup), Vegetable Margarine (Rapeseed Oil, Palm Stearin, Water, Palm Oil, Emulsifier: mono- and diglycerides of fatty Acids, Flavourings, Colours (Annatto, Curcumin)), Fortified Pastry Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Citric Acid, Emulsifier: mono- and diglycerides of fatty acids, Flavouring, Vitamin A), Granulated Sugar, Soft Dark Brown Sugar, Sugar Syrup (Sugar, Water, Raising Agent (Sodium Carbonates)), Pasteurised Whole Liquid **Egg**, Full Fat Soft Cheese (**Milk**) (2.1%), Yeast, Whole **Milk** Powder, Cinnamon (1.1%), Palm Fat, Glycerine (Humectant (Glycerol), Water), Improver (Emulsifier: mono- and diglycerides of fatty Acids, **Wheat** Flour), Humectant (Sorbitol), Improver (Stabiliser (Guar Gum), **Wheat** Flour, Emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Antioxidant (Ascorbic Acid)), Salt, Lemon Juice, Baking Powder (Raising Agents (Sodium Carbonates, Diphosphates), **Wheat** Flour), Gelling Agent (Agar), Flavourings.

### Nutritional Information

Typical Values per 100g

Energy	364kcal/1529kJ
Fat	14.0g
Of which saturates	4.9g
Carbohydrate	52.4g
Of which sugars	17.8g
Fibre	2.0g
Protein	6.1g
Salt	0.63g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians.



## **6138 Chocolate Twist**

### **Ingredients**

**Wheat Flour**, Water, Chocolate Chips 17% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin), Butter 15% (**Milk**), Sugar, Whole **Milk** Powder, Modified Starch, Yeast, **Wheat Gluten**, **Milk Whey** Powder, **Eggs**, Skimmed **Milk** Powder, Salt, Gelling Agents: E401, E341, E450, Emulsifier: E472e, Flour Treatment Agent: E300, Natural Flavouring, Colour: Carotenes.

### **Nutritional Information**

Typical Values per 100g

Energy	358kcal/1499kJ
Fat	17.8g
Of which saturates	10.9g
Carbohydrate	42.0g
Of which sugars	19.6g
Fibre	2.5g
Protein	6.3g
Salt	0.69g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

### **Useful Information**

Suitable for vegetarians.



## 6817 Maple & Pecan Plait

### Ingredients

Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Coconut and Palm Kernel Oil, Emulsifier (Mono and Diglycerides of Fatty Acids), **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, **Pecan Nuts** (4%), ReadyGlaze (Water, Glazing Agent (Isomalt), Sugar, Gelling Agent (Agar), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)), Yeast, **Egg** Yolk, Maple Syrup (1%), Custard Powder (Sugar, Modified Potato Starch, Whey Powder (**Milk**), Skimmed **Milk** Powder, Coconut Fat, Glucose Syrup, Stabiliser (Calcium Alginate), Natural Flavouring, Stabiliser (Tetrasodium Diphosphate), Stabiliser (Disodium Phosphate), Salt, **Milk** Protein, Colour (Mixed Carotene)), Cane Sugar Syrup, Stabiliser (Pectin), Thickeners (Sodium Alginate, Pectin), Dextrose, Emulsifier: mono- and di-acetyl tartaric acid esters of mono- and diglycerides of fatty acids), Natural Flavouring, Anticaking Agent (Calcium Carbonate), Flour Treatment Agent (Ascorbic Acid).

### Nutritional Information

Typical Values per 100g

Energy	470kcal/1960kJ
Fat	30.4g
Of which saturates	12.4g
Carbohydrate	41.5g
Of which sugars	18.3g
Fibre	3.4g
Protein	5.9g
Salt	0.45g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain other nuts.

### Useful Information

Suitable for vegetarians.



## **109880 Butter Croissant**

### **Ingredients**

**Wheat** Flour, 27% **Butter (Milk)**, Yeast, Sugar, Water, **Milk** Powder, Liquid **Egg**\*, Baking Agent (**Wheat Gluten**, **Wheat** Flour, Emulsifier: mono- and diglycerides of fatty Acids \*\*, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids\*\*); Inactive Yeast, **Wheat** Starch), Table Salt.

\*Barn eggs

\*\*Plant based

### **Nutritional Information**

Typical Values per 100g

Energy	427kcal/1785kJ
Fat	24.7g
Of which saturates	16.3g
Carbohydrate	41.8g
Of which sugars	8.1g
Fibre	2.2g
Protein	8.5g
Salt	0.87g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Soy, Celery and Sesame.

### **Useful Information**

Suitable for vegetarians. No alcohol derivatives.



## 1778 Chocolate Croissant

### Ingredients

**Wheat** Flour, Filling 21% (Sugar, Non-hydrogenated Vegetable Oils (Rapeseed, Sunflower, Maize, **Soya**), **Milk** Chocolate 10% (Sugar, Cocoa Mass, Whole **Milk** Powder), Lactose (**Milk**), Modified Potato Starch, **Milk Whey** Powder, Whole **Milk** Powder, Fat Reduced Cocoa Powder, Emulsifier: **Soya** Lecithin, Natural Flavouring), Butter (**Milk**), Water, Sugar, Chocolate Decoration 3% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin), Yeast, **Wheat Gluten**, **Eggs**, Salt, Emulsifier: Mono-and Di-acetyl Tartaric Acid Esters of Mono-and Di-glycerides of fatty acids, Flour Treatment Agent: Ascorbic Acid.

### Nutritional Information

Typical Values per 100g

Energy	447kcal/1870kJ
Fat	24.8g
Of which saturates	12.8g
Carbohydrate	47.2g
Of which sugars	17.8g
Fibre	2.6g
Protein	7.5g
Salt	0.89g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.

## 6849 Cheese Twist



### **Ingredients**

**Wheat** Flour, Water, Butter 19% (**Milk**), Cheddar Cheese 16% (Whole **Milk**, Salt, Lactic Starters, Potato Starch, Vegetarian Rennet, Colour: Annatto), Yeast, Sugar, Modified Starch, **Wheat** Gluten, **Egg**, Salt, Cream Powder (**Milk**), **Whey** Powder (**Milk**), Lactose (**Milk**), Starch, **Milk** Proteins, Skimmed **Milk** Powder, Thickener: E401, Black Pepper, Flour Treatment Agent: E300

### **Nutritional Information**

Typical Values per 100g

Energy	380kcal/1585kJ
Fat	24.0g
Of which saturates	15.5g
Carbohydrate	28.6g
Of which sugars	2.8g
Fibre	2.0g
Protein	11.4g
Salt	1.22g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

### **Useful Information**

Suitable for vegetarians.



## 5201882 Pain Aux Raisins

### Ingredients

Crème Pâtissière 31.5% (Whole Fresh **Milk**, Sugar, **Eggs**, Modified Starch, Water, **Milk Whey** Powder, Natural Caramel Flavouring with other natural flavourings (containing Alcohol), Maltodextrin, Thickener: E415, Colouring: Carotenes from natural origin), **Wheat** Flour, Butter (**Milk**), Sultanas, Water, Cane Sugar, Yeast, **Wheat Gluten**, **Eggs**, Salt, Whole **Milk** Powder, Sugar, **Wheat** Sourdough (Water, Fermented **Wheat** Flour), Emulsifier: E472e, Flour Treatment Agent: E300, Colouring: Carotenes from natural origin.

### Nutritional Information

Typical Values per 100g

Energy	331kcal/1386kJ
Fat	14.7g
Of which saturates	9.4g
Carbohydrate	42.2g
Of which sugars	19.1g
Fibre	1.8g
Protein	6.5g
Salt	0.68g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain Nuts.

### Useful Information

Suitable for vegetarians. Contains alcohol derivatives.



Bakery Overview – NFL

## **99607 Goat's Cheese & Tomato Foccacia**

### **Ingredients**

**Wheat** Flour, Water, Cherry Tomato, Goats Cheese (**Milk**, Honey), Basil Puree (Basil, Sunflower Oil, Salt), Vegetable Oil and Fat (Rapeseed, Sunflower, Olive), Grated Mozzarella Cheese (**Milk**), Yeast, Rice Flour, Salt, Sugar.

### **Nutritional Information**

Typical Values per 100g

Energy	218kcal/917kJ
Fat	5.8g
Of which saturates	2.2g
Carbohydrate	32.9g
Of which sugars	3.3g
Fibre	1.7g
Protein	7.7g
Salt	0.8g

### **Allergens**

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### **Useful Information**

Suitable for vegetarians. No alcohol derivatives.



## 119627 Vegetable Pizza Slice

### Ingredients

**Wheat** Flour, Water, Tomato Sauce, (Water, Tomato Puree, Tomato Powder, Rice Flour, Salt, Native Potato Starch, Sugar, Onion, Spices, Chilli, Carrots, Herbs, Spice Extract), Red Bell Pepper, Grated Gouda Cheese (**Milk**), Red Onion, Green Bell Pepper, Vegetable Oil (Sunflower, Rapeseed, Olive), Grated Mozzarella Cheese (**Milk**), Yeast, Rice Flour, Sugar, Salt.

### Nutritional Information

Typical Values per 100g

Energy	211kcal/890kJ
Fat	5.4g
Of which saturates	2.0g
Carbohydrate	32.3g
Of which sugars	2.0g
Fibre	1.8g
Protein	7.3g
Salt	0.9g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 117012 Margherita Swirl

### Ingredients

**Wheat** Flour, 22 % Tomato Preparation (Water, 15 % Tomato, 12,5 % Tomato Puree Concentrate, Onion, Tapioca Starch, dried Onion, Rice Starch, Sunflower Oil, Natural Flavour, Condiment (Hydrogenated Plant Protein made from Corn and Rapeseed, Yeast), Table Salt, Colouring Agent: Paprika Extract; Lemon Juice Concentrate, Garlic Puree, Black Pepper), 13 % Gouda (Pasteurised **Cow's Milk**, Table Salt, Potato Starch, Lactic Acid Bacteria, Rennet), Water, Liquid **Egg\***, Sugar, Yeast, Sauce Powder (Whole **Milk Powder**, Corn Starch, **Egg White Powder\***, Table Salt, Thickener: Xanthan; Glucose Syrup, Sugar, Garlic Powder), Rapeseed Oil, Table Salt, Garlic, Baking Agent (**Wheat Flour**, Rapeseed Oil), Basil.

\*from barn Eggs

### Nutritional Information

Typical Values per 100g

Energy	243kcal/1025kJ
Fat	5.9g
Of which saturates	3.0g
Carbohydrate	36.8g
Of which sugars	3.7g
Fibre	2.0g
Protein	9.4g
Salt	1.02g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Nuts, Sesame, Celery, Mustard and Soya.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 119596 Tomato & Chilli Foccacia

### Ingredients

**Wheat** Flour, Water, Chilli, Cheese (Cheddar (**Milk**), Chilli, Bell Pepper, Jalapeno), Tomato Chutney (Tomato Puree, Water, Pickled Gherkins (Gherkin, Pickles, Salt), Sugar, Onion, Spirit Vinegar, Mashed Bell Pepper (Bell Pepper, Food Acid: E330), Sundried Tomatoes, Cauliflower, Dried Onions, Salt), Cherry Tomato, Vegetable Oil (Sunflower, Rapeseed, Olive), Yeast, Grated Mozzarella Cheese (**Milk**), Rice Flour, Sugar, Salt, Bell Pepper.

### Nutritional Information

Typical Values per 100g

Energy	224kcal/1029kJ
Fat	7.4g
Of which saturates	2.9g
Carbohydrate	35.0g
Of which sugars	2.5g
Fibre	1.6g
Protein	8.6g
Salt	1.0g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 123660 Cheese & Tomato Tortini

### Ingredients

**Wheat** Flour, Water, Matured Cheese (**Milk**), Tomatoes, Grated Mozzarella Cheese (**Milk**), Yeast, Rice Flour, Vegetable Oil (Rapeseed, Sunflower), Vegetable Oil (Sunflower Oil, Olive Oil), Salt, Bread Improver (Rapeseed Oil, Rapeseed Fat, Enzyme\*)

\*considered as a technical aid

### Nutritional Information

Typical Values per 100g

Energy	247kcal/1035kJ
Fat	9.7g
Of which saturates	4.8g
Carbohydrate	29.0g
Of which sugars	1.5g
Fibre	1.4g
Protein	10.1g
Salt	1.0g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Not suitable for vegetarians. Not suitable for vegans. No alcohol derivatives.



## 85133 Blueberry Muffin

### Ingredients

Sugar, **Wheat** Flour, **Egg**, Rapeseed Oil, 8% Blueberry Filling (Glucose Syrup, Sugar, Water, 11.5% Concentrated Blueberry Puree, 5% Blueberries, Modified Starch, Concentrated Lemon Juice), 7% Blueberries, Pear Sugar, **Egg** White Powder, Maize Starch, Sweet **Whey** Powder (**Milk**), Modified Starch, Skimmed **Milk** Powder, Emulsifiers; lactic acid esters of mono- and diglycerides of fatty acids, acetic acid esters of mono- and diglycerides of fatty acids; Raising Agents: Diphosphates, Sodium Carbonates; Thickener: Xanthan Gum; Salt, Natural Flavouring.

### Nutritional Information

Typical Values per 100g

Energy	366kcal/1536kJ
Fat	16.2g
Of which saturates	1.9g
Carbohydrate	49.7g
Of which sugars	32.4g
Fibre	1.6g
Protein	4.6g
Salt	0.83g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May also contain Lupin, Nuts, Sesame, Soya and Sulphites.

### Useful Information

Not suitable for vegetarians. Contains alcohol derivatives.



## 114739 Pink Iced Doughnut

### Ingredients

**Wheat** Flour, Vegetable Fats (Palm, Coconut), Sugar, Water, Dextrose, Maize Starch, Yeast, Emulsifier: mono- and diglycerides of fatty acids, Lecithins, Sodium stearoyl-2-lactylate; Raising Agent: Potassium Carbonates, Diphosphates, Calcium Phosphates; Skimmed **Milk** Powder, Salt, Beetroot Extract, Colour: Carmines, Chlorophylls and Chlorophyllins, Beetroot Red, Paprika Extract, Lutein; **Soya** Flour, Rapeseed Oil, Glazing Agent: Acacia Gum, Shellac; Spirulina Extract, Natural Flavouring, Acid: Citric Acid.

### Nutritional Information

Typical Values per 100g

Energy	428kcal/1789kJ
Fat	20.2g
Of which saturates	12.2g
Carbohydrate	49.9g
Of which sugars	18.4g
Fibre	1.9g
Protein	5.0g
Salt	0.30g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Not suitable for vegetarians.



## 6215 Triple Choc Cookie

### Ingredients

**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), White Chocolate (Sugar, Cocoa Butter, Whole **Milk** Powder, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), **Milk** Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Plain Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Butter (**Milk**), Vegetable Oils (Palm, Rape), Water, Fat Reduced Coco Powder, Invert Sugar Syrup, Whole **Egg** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **Milk** Powder, Salt, Emulsifier (E471), Stabiliser (Xanthan Gum), Natural Flavouring.

### Nutritional Information

Typical Values per 100g

Energy	459kcal/1921kJ
Fat	23g
Of which saturates	13.2g
Carbohydrate	55g
Of which sugars	38.6g
Fibre	2.5g
Protein	4.4g
Salt	0.51g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians.



## 6234 Double Choc Cookie

### Ingredients

**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Milk** Chocolate (Sugar, Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Plain Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Butter (**Milk**), Vegetable Oils (Palm, Rape), Invert Sugar Syrup, Whole **Egg** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **Milk** Powder, Salt, Emulsifier (E471), Stabiliser (Xanthan Gum), Natural Flavouring.

### Nutritional Information

Typical Values per 100g

Energy	496kcal/2077kJ/
Fat	24.8g
Of which saturates	13.6g
Carbohydrate	62.1g
Of which sugars	40.2g
Fibre	2.1g
Protein	5.0g
Salt	0.60g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians.



## 114732 Jam Doughnut

### Ingredients

**Wheat** Flour, 19% Jam (Sugar, 35% Fruit (20% Apple, 5% Raspberry, 5% Blackcurrant, 5% Morello Cherry), Glucose-Fructose Syrup, Gelling Agent: Pectin, Acidifier: Citric Acid; Acidity Regulator: Sodium Citrate, Water, **Egg**, Palm Oil, Sunflower Oil, Baking Agent (**Whey** Powder, Emulsifier: mono- and diglyceride from fatty acids\*\*); Baking Agent Diphosphate, Sodium Carbonate; **Wheat** Gluten, **Egg** Powder\*, Hydrolysed **Wheat Gluten**), Rapeseed Oil, Sugar, 3% Decorating Powder (Dextrose, **Wheat** Starch, Palm Oil), Yeast, Salt, Potato Starch.

\*from barn eggs

\*\* plant based

### Nutritional Information

Typical Values per 100g

Energy	345kcal/1445kJ
Fat	15.4g
Of which saturates	5.4g
Carbohydrate	44.6g
Of which sugars	16.1g
Fibre	1.9g
Protein	6.0g
Salt	0.74g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients. May contain traces of Sesame.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.



## 78246 Chocolate Ring Doughnut

### Ingredients

**Wheat** Flour, Whole **Milk** Chocolate: (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass, Sweet **Whey** Powder, Emulsifier: **Soya** Lecithins; Natural Vanilla Flavouring), Palm Fat, Water, Sugar, Rapeseed Oil, Yeast, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Lecithins, Sodium Stearoyl-2-lactylate; **Rye** Flour, Dextrose, Glucose Syrup, Salt, Raising Agents: Diphosphates, Sodium Carbonates; Thickener: Xanthan Gum; Natural Vanilla Flavouring (contains **Milk**)

### Nutritional Information

Typical Values per 100g

Energy	416kcal/1738kJ
Fat	22.2g
Of which saturates	10.8g
Carbohydrate	46.0g
Of which sugars	15.3g
Fibre	2.0g
Protein	7.0g
Salt	0.68g

### Allergens

For allergens, including cereals containing gluten, see **highlighted** ingredients.

### Useful Information

Suitable for vegetarians. No alcohol derivatives.