

<p><u>White Sandwich Loaf</u> Ingredients: White flour (60%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], water (38%), yeast, salt, shortening [vegetable fat: palm; vegetable oil: rapeseed; emulsifier: mono- and diglycerides of fatty acids], dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid]</p>	<p><u>Granary Sandwich Loaf</u> Ingredients: Norfolk crunch flour (65%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), malted wheat flakes, malted barley flour, kibbled malted wheat, malted wheat flour, wheat gluten, flour treatment agent: fungal amylase], water (34%), salt, yeast, shortening [vegetable fat: palm; vegetable oil: rapeseed; emulsifier: mono- and diglycerides of fatty acids], dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid]</p>	<p><u>Wholemeal Sandwich Loaf</u> Ingredients: Wholemeal flour (59%) [wholemeal wheat flour, wheat gluten, flour treatment agent: fungal amylase], water (40%), yeast, salt, dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid], shortening [vegetable fat: palm; vegetable oil: rapeseed; emulsifier: mono- and diglycerides of fatty acids]</p>	<p><u>Multigrain Wholemeal</u> Ingredients: Wholemeal wheat flour (44%) [wholemeal flour, wheat gluten, flour treatment agent: fungal amylase], water (36%), seed mix (18%) [sesame seeds, pumpkin seeds, sunflower seeds], cracked wheat (4%), yeast, salt</p>
<p><u>Brioche In Box</u> Ingredients: Flour (48%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], eggs (29%), butter (milk) (14%), sugar (5%), yeast, salt, vanilla flavouring (contains wheat)</p>	<p><u>Artisan Sourdough Bloomer</u> Ingredients: Wheat flour (45%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], water (41%), rye flour (16%), salt, yeast</p>	<p><u>Rustic Sourdough</u> Ingredients: French wheat flour (62%) [wheat flour, wheat gluten, amylases], water (41%), salt</p>	<p><u>Pure Rye</u> Ingredients: Rye flour (53%), water (49%), yeast, salt</p>
<p><u>Black Olive & Rosemary Bloomer</u> Ingredients: Wheat flour (43%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], water (29%), sliced black olives (15%), rye flour (12%), salt, yeast, rosemary, dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid]</p>	<p><u>Plain Croissant</u> Ingredients: Butter (42%) (milk), wheat flour (34%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: fungal amylase], water (17%), sugar (4%), yeast, salt, dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid], whole egg</p>	<p><u>Almond Croissant</u> Ingredients: Pastry (45%), almond filling (21%), almonds flaked (9%). <i>PASTRY</i>: Butter (milk), wheat flour [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: fungal amylase], water, sugar, yeast, salt, dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid], whole egg.</p>	<p><u>Pain au Chocolat</u> Ingredients: Wheat flour (36%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], butter (milk) (28%), chocolate (19%) [sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin; natural vanilla], water (18%), sugar (4%), yeast, salt, dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid], whole egg</p>
<p><u>Blueberry Muffin</u> Ingredients: Plain muffin base (50%) [sugar, wheat flour, whole egg powder, modified starches: maize, tapioca; rapeseed oil, emulsifier: e477, raising agents: E500, E451, E450; skimmed milk powder, wheat gluten, egg yolk powder, salt, flavouring], water (24%), blueberries (15%), vegetable oil: rapeseed oil (14%)</p>	<p><u>Chocolate Muffin</u> Ingredients: Chocolate muffin mix (51%) [sugar, wheat flour (with calcium carbonate, iron, niacin, thiamine), whole egg powder, cocoa powder, modified maize starch, raising agents: E450, E501; emulsifiers: E477, E481; whey solids (milk), salt, vegetable oils: palm, rapeseed; stabiliser E415, flavouring], water (26%), non-hydrogenated vegetable oil (20%), chocolate chips (5%) [sugar, cocoa mass, cocoa butter, non-hydrogenated vegetable fat, soy lecithin]</p>	<p><u>Carrot Cake</u> Ingredients: Cake mix (66%) [sugar, wheat flour (with calcium, iron, niacin, thiamine), vegetable oils (palm, rapeseed), whole egg powder, modified starch (wheat), dried carrot (3.5%), raising agents: sodium bicarbonate, disodium diphosphate), dextrose, salt, spices, colours (ammonia caramel, algal carotenes), emulsifier: sodium stearoyl-2-lactylate, whey solids (milk), water (34%).</p>	<p><u>Lemon Cake</u> Ingredients: Cake mix (54%) [sugar, wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamine), wheat starch, raising agents: diphosphates, sodium carbonates, potassium carbonates), whey powder (milk), emulsifiers: mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate, rapeseed oil, modified potato starch, wheat gluten, natural flavouring, salt, stabilisers: carboxy methyl cellulose, guar gum, colour: curcumin, egg (19%), rapeseed oil (16%), water (11%)</p>

ALLERGENS

Cereals containing gluten, (wheat, barley, rye, oat), Nuts, (almond, walnut, pistachio), mustard, Sesame seeds, Sulphur dioxide & Sulphites, Milk, Egg, and Soya. These may be unintentionally present in products as they are handled on site. There is a risk of allergen cross-contamination as products are sold loose

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<p>Cocoa Butter Biscuits Ingredients: Flour (40%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], butter (38%) (milk), sugar (17%), cocoa powder (5%), salt</p>	<p>Pretzel Wheat flour (62%) [wheat flour (with calcium carbonate, iron, niacin, thiamine), wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], water (31%), shortening [vegetable fat: palm; vegetable oil: rapeseed; emulsifier: mono- and diglycerides of fatty acids], yeast, salt, dough conditioner [calcium sulphate, soya flour, emulsifier: mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, wheat flour (with calcium, iron, niacin, thiamine), flour treatment agent: ascorbic acid], acidity regulator: sodium hydroxide</p>	<p>Apple Crumble Muffin Ingredients: MUFFIN: Plain muffin mix (39%) [sugar, wheat flour, whole egg powder, modified starches: maize, tapioca; rapeseed oil, emulsifier: e477, raising agents: e500, e451, e450; skimmed milk powder, wheat gluten, egg yolk powder, salt, flavouring], apple (22%) [apple (apple, apple puree, apple juice from concentrate), sugar, modified maize starch, antioxidant: ascorbic acid, acidity regulator: calcium lactate, preservative: potassium sorbate, acid: citric acid, natural flavouring], water (18%), rapeseed oil (10%), cinnamon, CRUMBLE TOPPING: (12%): Flour [wheat flour, wheat gluten, flour treatment agent: ascorbic acid, fungal amylase], butter (milk), sugar.</p>
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For allergens, including cereals containing gluten, see ingredients in **bold**

Nutrition Information per 100g

	White	Granary	Wholemeal	Multigrain Wholemeal	Brioche In Box	Artisan Sourdough	Rustic Sourdough	Olive & Rosemary	Pure Rye	Croissant	Almond Croissant	Pain au Chocolat	Blueberry Muffin	Chocolate Muffin	Apple Crumble Muffin	Carrot Cake	Lemon Cake	Cocoa butter Biscuits	Pretzel
Energy (kJ)	955	1041	926	940	1429	907	912	929	713	1897	2148	1937	1379	1733	1390	1117	1572	2096	1149
Energy (kcal)	224	245	218	222	340	213	215	219	168	456	516	465	330	416	332	264	375	502	271
Fat (g)	1.5	1.7	2.7	4.5	15.2	0.8	1.0	2.5	0.7	35.2	38.3	33.8	17.9	25.9	17.1	4.9	19.7	32.8	5.9
of which saturates (g)	0.5	0.6	0.9	0.5	8.5	0.2	0.2	0.5	0.4	23.4	17.2	21.8	2.8	4.0	4.2	1.9	2.6	21.8	2.4
Carbohydrates (g)	47.7	50.6	41.4	37.7	43.3	46.6	43.1	44.1	35.8	31.5	35.5	36.9	36.4	39.3	40.5	49.7	45.6	51.6	49.4
of which Sugars (g)	0.4	0.8	1.0	0.9	5.2	0.4	1.3	0.4	0.7	4.6	15.9	13.8	20.4	22.8	23.5	28.2	25.2	17.4	0.4
Protein (g)	7.9	9.0	9.5	9.3	10.2	7.2	7.0	6.9	4.5	5.2	9.1	5.0	5.2	5.3	4.1	4.7	4.9	6.5	8.2
Salt (g)	0.48	0.52	0.48	0.38	0.39	0.52	0.35	0.74	0.42	0.32	0.25	0.26	0.90	0.87	0.67	1.64	0.75	0.12	0.62

Storage Instructions: Store in a cool and dry place. Use within 3 days. Suitable for home freezing. Freeze on day of delivery and use within 3 months.

ALLERGENS

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