

Bread - Loaves- Allergen & Ingredient Report

Date: 2022/03/11

University College Birmingham

Title	Allergens	Ingredients
Borodinsky Bread	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Water Wholemeal (Wheat) rye (Cereals) flour contains Gluten Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Malt Flour Barley Treacle, Black Sugar Salt Yeast Coriander seeds Pulped Orange
Ciabatta	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Olive Oil, Yeast Salt
Tomato Focaccia	Allergens: Gluten, Soya, Wheat.	Wheat flour Wheat Flour, (Gluten) Calcium, Iron, Vitamin B3, Vitamin B1 Water Tomato Olive Oil Salt Yeast Flour Conditioner (Wheat Flour (Gluten), Soya) Sea Salt
800g Large Wholemeal	Allergens: Cereals, Gluten, Lupin, Soya, Wheat. May Contain: Peanuts, Sesame Seeds.	Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Wheat Gluten (Gluten) Flour Conditioner (Wheat Flour (Gluten), Soya)
Baguette	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Salt Yeast Bread, malted wheat contains Gluten
Beetroot Sour Dough	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Beetroot Olive Oil Yeast Salt Rice Flour (Brown Rice, White Rice),
Bloomer Loaf - Artisan Bread	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt
Brioche	Allergens: Eggs, Gluten, Lupin, Milk, Soya, Wheat. May Contain: Tree Nuts.	Wheat Flour contains Gluten , (with Calcium, Iron, Niacin and Thiamin), Egg , Butter (Milk) (12%) (Milk), Milk , Sugar, White Chocolate (Cocoa Butter (Milk), Sugar and Milk solids), Dark Chocolate (Cocoa Paste, Sugar, Cocoa Butter (Milk), emulsifier: soy lecithin), Yeast, Salt contains Anti-caking Agent (Sodium Ferrocyanide), Emulsifiers; E516, E472e, Soya Flour, Flour Treatment Agent: Ascorbic Acid

Title	Allergens	Ingredients
Brioche Custard Crown	Allergens: Eggs, Gluten, Lupin, Milk, Soya, Sulphur Dioxide, Wheat. May Contain: Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Egg Unsalted Butter (Milk) Custard (Sugar, full cream MILK powder, modified starch E1414, gelling agent AE339, E450, E516, thickener E401, preservative E282, flavouring, colour E160b(ii)) Yeast Sugar Milk Milk Chocolate (Sugar, Cocoa butter (Milk), Whole Milk Powder, Cocoa Mass, Emulsifier; Soya lecithin, Vanilla, Cocoa solids (33.6%)) Salt Glace Cherries (Cherries, Glucose-Fructose Syrup, Sugar, Acidity regulator: Citric Acid, Colouring: Erythrosine, Preservatives: Potassium Sorbate, Sulphur Dioxide)
Brioche Loaf	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Egg Unsalted Butter (Milk) Yeast Sugar Milk Salt
Brown Batch Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Brown Flour INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wheat Gluten . Water Shortening (Palm Oil, Rapeseed Oil) Yeast Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Brown Bread	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Brown Flour INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wheat Gluten . Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya) Soya Flour
Brown Cottage Loaf	Allergens: Gluten, Soya, Wheat.	Brown Flour INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wheat Gluten . Yeast Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Brown Crown Loaf	Allergens: Gluten, Soya, Wheat.	Brown Flour INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wheat Gluten . Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Bun Loaf	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Bun Loaf Contains Soya, Egg	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt Generated with LabelLogic Live. All rights reserved by Planglow Ltd. 2022

Title	Allergens	Ingredients
Bun Loaf contains Soya, Egg	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
CBP White Tin Loaf	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Nuts, Peanuts, Sesame Seeds.	Water Wheat Flour Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Soya Flour Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Cheese & Chive Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Cheddar Cheese (Milk) Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Soya Flour Chives
Cheese & Onion Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Cheddar Cheese (Milk) Dried Onion Shortening (Palm Oil, Rapeseed Oil) Yeast Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Cheese, Chilli & Coriander Sour Dough	Allergens: Gluten, Milk, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Cheddar Cheese (Milk) Yeast Olive Oil Salt Chilli Powder (Chilli, Paprika) Coriander seeds
Cheesy Garlic Flat Bread	Allergens: Gluten, Milk, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Cheddar Cheese (Milk) Unsalted Butter (Milk) Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Parsley - Dried
Chocolate Chip Brioche	Allergens: Eggs, Gluten, Milk, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Egg Unsalted Butter (Milk) Dark Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Emulsifier; Soya lecithin, Vanilla, Cocoa Solids (54.5%), Yeast Sugar Milk Cows' MILK . Milk Chocolate (Sugar, Cocoa butter (Milk), Whole Milk Powder, Cocoa Mass, Emulsifier; Soya lecithin, Vanilla, Cocoa solids (33.6%)) Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Chocolate Topped Brioche	Allergens: Eggs, Gluten, Milk, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Egg Unsalted Butter (Milk) Yeast Sugar Milk Milk Chocolate (Sugar, Cocoa butter (Milk), Whole Milk Powder, Cocoa Mass, Emulsifier; Soya lecithin, Vanilla, Cocoa solids (33.6%)) Salt

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Coburg Loaf 400g	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast (Yeast, rehydrating agent (E491)), Salt Shortening (Palm Oil, Rapeseed Oil) Soya Flour Flour Conditioner (Wheat Flour (Gluten), Soya)
Cottage loaf	Allergens: Gluten, Lupin, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Shortening (Palm Oil, Rapeseed Oil) Soya Flour
Cottage Loaf - Level 4 Artisan Bread	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt
Display Bread	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Salt Shortening (Palm Oil, Rapeseed Oil) Sugar Yeast
Fermented Bloomer 400g	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Yeast Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Fermented Cottage Loaf 400g	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Five Seeded Crunch Bread	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Celery, Fish, Nuts, Peanuts, Sesame Seeds, Sulphites.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Water Five seed mix Golden Linseed Brown Linseed Pumpkin Seed Sunflower Seed Millet Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Shortening (Palm Oil, Rapeseed Oil)
Focaccia Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Black Olives Black Olives (52%), Water, Salt, Stabiliser (Ferrous Gluconate) Olive Oil Shortening (Palm Oil, Rapeseed Oil) Yeast Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Rosemary. Thyme Sea Salt

Title	Allergens	Ingredients
Fougasse	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Olive Oil, Salt Yeast
French Baton	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour Wheat Flour (Gluten) Soya , Water Yeast Salt Soya Flour Flour Conditioner (Wheat Flour (Gluten), Soya)
French Boule	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour Wheat Flour (Gluten) Soya , Water Yeast Salt Soya Flour Flour Conditioner (Wheat Flour (Gluten), Soya)
French Bread	Allergens: Gluten, Soya, Wheat.	
French Country Bread	Allergens: Gluten, Lupin, Wheat. May Contain: Soya, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Wholemeal (Wheat) rye (Cereals) flour contains Gluten Salt Yeast Bread, malted wheat contains Gluten
Fruit Buns contain Soya, Egg	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Fruit Crown	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt

Title	Allergens	Ingredients
Fruit Ring	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Fruit Tin Loaf	Allergens: Cereals, Gluten, Milk, Sulphites, Wheat.	Sultanas (Sultanas, Sunflower Oil) Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Zest Concentrate (Dextrose, Whey (Milk) Powder, Bean Flour, Wheat Gluten , E471, E482, Iodized Salt, Vegetable Oil, Pre-gelatinized RYE flour, Flavouring, Glucose syrup, E300, E920, Milk Protein, E100, Enzyme (WHEAT)) Currants (Currants, Sunflower Oil, Sulphites), Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Yeast Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar
Garlic Flat Bread	Allergens: Gluten, Milk, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Unsalted Butter (Milk) Shortening (Palm Oil, Rapeseed Oil) Yeast Garlic Flour Conditioner (Wheat Flour (Gluten), Soya) Salt Parsley - Dried
Hazelnut Levain	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour contains Gluten , (with Calcium, Iron, Niacin and Thiamin), Water, Toasted Hazelnut (Nuts), Ground Hazelnut (Nuts), Wholemeal (Wheat) Rye (Cereals) Flour contains Gluten , Salt contains Anti-caking Agent (Sodium Ferrocyanide), Yeast
HovisBread	Allergens: Gluten, Soya, Wheat.	Hovis Flour WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Wholemeal (Wheat) Flour, Dried Yeast, WHEAT Protein, WHEAT GERM (2.0%), Dextrose, WHEAT Fibre, Vegetable Oils (Palm, Rapeseed), Salt, SOYA Flour, Calcium Carbonate, WHEAT Flour, Emulsifiers: E472e, E491; Flour Treatment Agents: E300, Alpha Amylase, Amyloglucosidase, Glucose Oxidase, Hemicellulase. Water Yeast Shortening (Palm Oil, Rapeseed Oil)
Iced Fruit Crown	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Fondant (Sugar, Glucose Syrup, Water) Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Kolach	Allergens: Eggs, Gluten, Milk, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Natural Yogurt (Milk) Pasteurised Whole Egg Water Salted Butter (Milk) Butter (Milk) (Minimum fat content 80%, Salt (Maximum 1.9%) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Honey
Large Bloomer	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1)) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Large Norfolk Crunch	Allergens: Cereals, Gluten, Soya, Wheat.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Shortening (Palm Oil, Rapeseed Oil)

Title	Allergens	Ingredients
Large Norfolk Crunch Loaf	Allergens: Cereals, Gluten, Soya, Wheat.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Large White Tin	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Soya Flour
Large Wholemeal Batch Loaf	Allergens: Soya. May Contain: Cereals, Gluten, Nuts, Peanuts, Sesame Seeds.	Water Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Soya Flour
Light Rye Bread	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	
Longue	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour Wheat Flour (Gluten) Soya , Water Yeast Salt Soya Flour Flour Conditioner (Wheat Flour (Gluten), Soya)
Mature Cheddar & Ale Sour Dough	Allergens: Cereals, Gluten, Milk, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Ale - London Pride Malted BARLEY , yeast, hops Cheddar Cheese (Milk) Olive Oil Yeast Salt Rice Flour (Brown Rice, White Rice),
MDD Brown Loaf	Allergens: Cereals, Gluten, Lupin, Soya, Wheat. May Contain: Peanuts, Sesame Seeds.	Brown Flour INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wheat Gluten . Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Wheat Gluten (Gluten) Flour Conditioner (Wheat Flour (Gluten), Soya)
MDD Soft White Rolls	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1)) Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya)

Title	Allergens	Ingredients
MDD White Tin Bread	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Nuts, Peanuts, Sesame Seeds.	Water Wheat Flour Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Soya Flour Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
MDD Wholemeal Farmhouse Tin Loaf	Allergens: Cereals, Gluten, Lupin, Soya, Wheat. May Contain: Peanuts, Sesame Seeds.	Noram Wholemeal 16Kg Wholemeal WHEAT Flour Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Wheat Gluten (Gluten) Flour Conditioner (Wheat Flour (Gluten), Soya)
Milk Bread	Allergens: Eggs, Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Shortening (Palm Oil, Rapeseed Oil) Yeast Pasteurised Whole Egg Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Mint, Onion & Potato Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour Wheat Flour (Gluten) Soya , Potato Water Onion Shortening (Palm Oil, Rapeseed Oil) Mint Yeast Flour Conditioner (Wheat Flour (Gluten), Soya) Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt
Mixed Herb Bread	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Shortening (Palm Oil, Rapeseed Oil) Yeast Mixed Dried Herbs (Marjoram, Thyme, Parsley, Basil, Savory) Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Mixed Seeded Bread	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Celery, Fish, Nuts, Peanuts, Sesame Seeds, Sulphites.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Five seed mix Golden Linseed Brown Linseed Pumpkin Seed Sunflower Seed Millet Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Mushroom & Rosemary Bread	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Mushroom Tinned Mushrooms Ingredients: Mushroom, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid). Olive Oil Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Rosemary.

Title	Allergens	Ingredients
Nutty Bun Loaf	Allergens: Cereals, Gluten, Milk, Sulphites, Tree Nuts, Wheat. May Contain: Nuts, Peanuts.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Zest Concentrate (Dextrose, Whey (Milk) Powder, Bean Flour, Wheat Gluten , E471, E482, Iodized Salt, Vegetable Oil, Pre-gelatinized RYE flour, Flavouring, Glucose syrup, E300, E920, Milk Protein, E100, Enzyme (WHEAT)) Fondant (Sugar, Glucose Syrup, Water) Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Flaked Almonds (Nuts) , Yeast Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B)
Oat Topped Wholemeal Farl	Allergens: Gluten, Wheat.	Wholemeal (Wheat) Flour Wheat flour, (Gluten) Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1) Water Yeast Salt Oats (Gluten)
Olive & Rosemary Focaccia Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Olive Oil Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Rosemary, dried Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Black Olives Black Olives (52%), Water, Salt, Stabiliser (Ferrous Gluconate)
Olive Focaccia	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat flour Wheat Flour, (Gluten) Calcium, Iron, Vitamin B3, Vitamin B1 Water Olive Oil Salt Yeast Flour Conditioner (Wheat Flour (Gluten), Soya) Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Sea Salt
Onion Bread	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Dried Onion Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Onion Bread contains Milk	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Dried Onion Shortening (Palm Oil, Rapeseed Oil) Yeast Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Onion Focaccia Bread	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Onion Olive Oil Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Oval Wholemeal Loaf	Allergens: Cereals, Gluten, Lupin, Soya, Wheat. May Contain: Peanuts, Sesame Seeds.	Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Wheat Gluten (Gluten) Flour Conditioner (Wheat Flour (Gluten), Soya)
Petite Pain	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Yeast Salt

Title	Allergens	Ingredients
Petite Pain - Artisan Bread	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt
Pitta Bread	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Yeast Olive Oil Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Plain Brioche Loaf	Allergens: Eggs, Gluten, Milk, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Egg Unsalted Butter (Milk) Yeast Sugar Milk Salt
Plaited Bread	Allergens: Gluten, Lupin, Soya, Wheat. May Contain: Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Salt Sugar Flour Conditioner (Wheat Flour (Gluten), Soya) Yeast
Plaited Loaf	Allergens: Eggs, Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Shortening (Palm Oil, Rapeseed Oil) Yeast Pasteurised Whole Egg Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
Poppy Seed Bloomer	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1)) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya) Poppy Seeds
Red Onion Rye Bread	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Water Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Roast Red Onion Wholemeal (Wheat) rye (Cereals) flour contains Gluten Light Rye (Cereals) RYE flour Yeast Unsalted Butter (Milk) Salt Black Pepper
Rosemary and Raisin Bread	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Raisins (Raisins, Sunflower Oil) Yeast Salt Rosemary. Shortening (Palm Oil, Rapeseed Oil)
Rosemary, Thyme & Sea Salt Focaccia	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Olive Oil, Salt Yeast Smoked Sea Salt Rosemary. Thyme Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.)
Rustic Filone	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Wheat Flour contains gluten , (with Calcium, Iron, Niacin, Thiamin) Water Wholemeal (Wheat) rye (Cereals) flour contains Gluten Salt contains Anti-caking Agent (Sodium Ferrocyanide) Yeast

Title	Allergens	Ingredients
Rye Bread (30% Rye)	Allergens: Gluten, Wheat. May Contain: Sesame Seeds, Soya, Tree Nuts.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Rye Flour (Gluten) Yeast Shortening (Palm Oil, Rapeseed Oil) Caraway seeds Salt Sugar
Rye Bread (Volkenbrot)	Allergens: Cereals, Gluten. May Contain: Sesame Seeds, Soya, Tree Nuts.	Rye Flour (Gluten) Heygates Malted Barley Barley (Gluten) Sunflower Seeds Yeast Salt
Small Bloomer Loaf	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1)) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Small Norfolk Crunch	Allergens: Cereals, Gluten, Soya, Wheat.	
Small Norfolk Crunch Loaf	Allergens: Cereals, Gluten, Soya, Wheat.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Small Wholemeal Batch Loaf	Allergens: Soya. May Contain: Cereals, Gluten, Nuts, Peanuts, Sesame Seeds.	Water Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Soya Flour
Soda Bread	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Gluten Free Baking Powder (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates), maize starch) Shortening (Palm Oil, Rapeseed Oil) Salt Yeast
Soda Bread (Yeast Raised)	Allergens: Gluten, Milk, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Brown Flour INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Wheat Gluten . Water Gluten Free Baking Powder (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates), maize starch) Shortening (Palm Oil, Rapeseed Oil) Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Yeast
Soda Bread contains Milk	Allergens: Cereals, Gluten, Milk, Wheat.	Heygates Brown Flour Wheat flour, Iron, Vitamin B3, Vitamin B1, Buttermilk Milk , Lactic Acid bacterial Culture Shortening (Palm Oil, Rapeseed Oil) Bicarbonate of Soda (Sodium Bicarbonate) WHEAT BRAN 25kg WHEAT Bran Black Treacle Ingredients: Cane Molasses, Contains naturally occurring Sulphites Contains: Sulphites >10ppm Sugar Salt

Title	Allergens	Ingredients
Sourbread Boule	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	
Sun Dried Tomato & Chilli Bread	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Sun Dried Tomatoes (Sun Dried Tomato, Sunflower Oil, Olive Oil, Sea Salt, Sugar, White Wine Vinegar,Acidity Regulators (Citric Acid, Lactic Acid), Dried Garlic, Oregano, Dried Parsley, Dried Basil, Black Pepper). Shortening (Palm Oil, Rapeseed Oil) Yeast Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Chilli Powder (Chilli, Paprika)
Sun Dried Tomato, Olive Oil & Oregano Focaccia	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Sun Dried Tomatoes (Sun Dried Tomato, Sunflower Oil, Olive Oil, Sea Salt, Sugar, White Wine Vinegar,Acidity Regulators (Citric Acid, Lactic Acid), Dried Garlic, Oregano, Dried Parsley, Dried Basil, Black Pepper). Olive Oil, Salt Yeast Oregano
Sundried Tomato, Celery Seed & Black Onion Seed Sour Dough	Allergens: Celery, Gluten, Wheat.	
Sunflower & Pumpkin Seeded Loaf	Allergens: Cereals, Gluten, Soya, Wheat.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Sunflower seeds Pumpkin seeds Yeast Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Tea Cakes contains Soya, Egg	Allergens: Eggs, Gluten, Milk, Soya, Sulphites, Tree Nuts, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Margarine (Vegetable Fat, Palm Oil, Vegetable Oils, Rapeseed, Sunflower, Water, Salt, Emulsifier: Polyglycerol Esters Of Fatty Acids (E 475), Flavouring, Curcumin (E 100), Annatto (E 160B) Sugar Currants (Currants, Sunflower Oil, Sulphites), Sultanas (Sultanas, Sunflower Oil) Yeast Pasteurised Whole Egg Mixed Peel (Orange Peel, Glucose, Fructose Syrup, Lemon Peel, Citric Acid, Preservative: Potassium Sorbate), Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Flour Conditioner (Wheat Flour (Gluten), Soya) Salt
Tiger Bloomer	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Nuts, Peanuts, Sesame Seeds.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Shortening (Palm Oil, Rapeseed Oil) Soya Flour Tiger Paste Mix Rapeseed oil; Palm fat; DRIED BARLEY MALT EXTRACT ; Flour treatment agent: Ascorbic acid (E300), L-Cysteine (E920); Acidity regulator: Diphosphates (E450)
Tomato & Chilli Bread	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Sun Dried Tomatoes (Sun Dried Tomato, Sunflower Oil, Olive Oil, Sea Salt, Sugar, White Wine Vinegar,Acidity Regulators (Citric Acid, Lactic Acid), Dried Garlic, Oregano, Dried Parsley, Dried Basil, Black Pepper). Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Chilli Powder Chives

Title	Allergens	Ingredients
Tomato & Chilli Focaccia	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat.	Wheat flour Wheat Flour, (Gluten) Calcium, Iron, Vitamin B3, Vitamin B1 Water Tomato Olive Oil Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Chilli - Fresh Yeast Flour Conditioner (Wheat Flour (Gluten), Soya) Sea Salt
UCB Sour Dough	Allergens: Gluten, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Olive Oil Yeast Salt Rice Flour (Brown Rice, White Rice),
Union Flag Round	Allergens: Cereals, Gluten, Soya, Wheat.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Walnut & Sultana Bread	Allergens: Cereals, Gluten, Nuts, Soya, Wheat. May Contain: Peanuts, Tree Nuts.	Wheat & Barley Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Kibbled Malted Wheat , Malted Barley Flour, Gluten , Ascorbic Acid E300, Water Walnuts (Nuts) Sultanas (Sultanas, Sunflower Oil) Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya)
White Batch Bread	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Soya Flour Flour Conditioner (Wheat Flour (Gluten), Soya)
White Crown Tin Loaf	Allergens: Gluten, Soya, Wheat.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
White MDD Bloomer	Allergens: Gluten, Lupin, Soya, Wheat. May Contain: Tree Nuts.	Wheat Flour (Gluten , (with Calcium, Iron, Niacin, Thiamin) Water Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Shortening (Palm Oil, Rapeseed Oil)
White Tiger Bloomer	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Eggs, Milk.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1)) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya) Tiger Paste Wheat and Barley (Gluten) , Barley Malt Extract, may contain Egg, Soya and Milk
White Tin Loaf	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wheat Flour (Wheat flour (Gluten), Calcium Carbonate (E170), Iron, Nicotinamide (Vitamin B3), Thiamine Hydrochloride (Vitamin B1) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Soya Flour

Title	Allergens	Ingredients
Wholemeal Batch Bread 400g	Allergens: Gluten, Soya, Wheat.	Wholemeal (Wheat) Flour Wheat flour, (Gluten) Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Flour Conditioner (Wheat Flour (Gluten), Soya)
Wholemeal Batch Bread 800g	Allergens: Gluten, Milk, Soya, Tree Nuts, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wholemeal (Wheat) Flour Wheat flour, (Gluten) Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1) Water Shortening (Palm Oil, Rapeseed Oil) Yeast Milk Powder (Skimmed Milk Solids (24%), Lactose (Milk), Whey (Milk) Powder (Milk), Vegetable Oils (Coconut Oil, Palm Oil), Dried Glucose Syrup, Milk Proteins, Sugar, Vitamin C, Acidity Regulator (Potassium Phosphates), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Vitamin D, Vitamin A.) Salt Flour Conditioner (Wheat Flour (Gluten), Soya) Soya Flour
Wholemeal Bread	Allergens: Cereals, Gluten, Lupin, Soya, Wheat. May Contain: Nuts, Peanuts, Sesame Seeds.	Wholemeal (Wheat) Flour Wheat flour, (Gluten) Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1) Water Yeast Salt Shortening (Palm Oil, Rapeseed Oil) Wheat Gluten (Gluten) Flour Conditioner (Wheat Flour (Gluten), Soya) Soya Flour
Wholemeal Cob 400g	Allergens: Soya. May Contain: Cereals, Gluten, Nuts, Peanuts, Sesame Seeds.	Water Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Soya Flour
Wholemeal Farl	Allergens: Gluten, Wheat. May Contain: Nuts, Sesame Seeds, Soya, Tree Nuts.	Flour, wheat , wholemeal (Wheat) contains Gluten, Wheat Bran Water Yeast Salt
Wholemeal Farmhouse Loaf 400g	Allergens: Gluten, Soya, Wheat. May Contain: Cereals, Nuts, Peanuts, Sesame Seeds.	Wholemeal (Wheat) Flour Wheat flour, (Gluten) Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1) Water Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Soya Flour
Wholemeal Farmhouse Loaf 800g	Allergens: Gluten, Soya, Wheat.	Wholemeal (Wheat) Flour Wheat flour, (Gluten) Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1) Water Shortening (Palm Oil, Rapeseed Oil) Yeast Salt Flour Conditioner (Wheat Flour (Gluten), Soya)