

# GOOSEBUMPS

## INGREDIENTS LISTING / ALLERGENS

| PRODUCT GROUP NAME         | INGREDIENTS   | ALLERGENS   |
|----------------------------|---|---|
| <b>ROLLS</b>               |   |   |
| <b>BROTCHEN</b>            | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, salt, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), soya flour (soya), malt flour (gluten), emulsifier, improver, ascorbic acid and enzymes.   | Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya), Malt flour (gluten)  |
| <b>CIABATTA ROLL</b>       | Wheat flour (gluten), water, wheat gluten (gluten), yeast [bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water], salt, flour improver, potassium chloride, olive oil blend(sunflower seed, olive fruit), acidifier and malt flour(gluten).  | Wheat flour (gluten), wheat gluten (gluten), malt flour(gluten).  |
| <b>CONEY ROLL</b>          | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, salt, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), soya flour (soya), malt flour, emulsifier, improver, ascorbic acid and enzymes.  | Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya).  |
| <b>KAISER ROLL</b>         | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, salt, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), soya flour (soya), malt flour (gluten), emulsifier, improver, ascorbic acid and enzymes.   | Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya) Malt flour (gluten)   |
| <b>PORTUGUESE ROLL</b>     | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, salt, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), soya flour (soya), malt flour (gluten), emulsifier, improver, ascorbic acid and enzymes.   | Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya) Malt flour (gluten)   |
| <b>RYE ROLL</b>            | Wheat flour (gluten), water, rye flour (14%) (gluten), yeast [bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water], wheat gluten (gluten), salt, shortening [vegetable fat (palm fruit), antioxidant (BHA), citric acid], whey powder (cow's milk), spices, soya flour (soya), emulsifier, malt flour(gluten),flour improver, ascorbic acid, enzymes. | Wheat flour (gluten), rye flour (gluten), whey powder (cow's milk), soya flour (soya), malt flour(gluten).                    |
| <b>WHOLE WHEAT BUN</b>     | Cake wheat flour(gluten), brown bread wheat flour(24%), (gluten),water, crushed wheat(4.8%), (gluten), sugar, yeast [bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water], shortening[vegetable oil(palm fruit), antioxidant(BHA), citric acid], wheat gluten(gluten), salt, soya flour(soya), emulsifier, flour improver, ascorbic acid.             | Cake wheat flour (gluten), brown bread wheat flour (gluten), soya flour (soya), wheat gluten (gluten), crushed wheat(gluten). |
| <b>COCKTAIL WHITE ROLL</b> | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], sugar, salt, soya flour (soya), wheat gluten (gluten), emulsifier, improver and ascorbic acid.  | Wheat flour (gluten), soya flour (soya) and wheat gluten (gluten).  |
| <b>SOFT ROLLS</b>          |   |   |
| <b>HAMBURGER ROLL</b>      | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], sugar, salt, soya flour (soya), wheat gluten (gluten), emulsifier, improver and ascorbic acid.  | Wheat flour (gluten), soya flour (soya) and wheat gluten (gluten).  |
| <b>HOT DOG ROLL</b>        | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], sugar, salt, soya flour (soya), wheat gluten (gluten), emulsifier, improver and ascorbic acid.  | Wheat flour (gluten), soya flour (soya) and wheat gluten (gluten).  |
| <b>WHAMMY BURGER</b>       | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], sugar, salt, soya flour (soya), wheat gluten (gluten), emulsifier, improver and ascorbic acid.  | Wheat flour (gluten), soya flour (soya) and wheat gluten (gluten).  |
| <b>SPECIALITY ROLLS</b>    |   |   |
| <b>BAGEL WHITE</b>         | Cake Wheat Flour (gluten) , Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Yeast ( <i>Saccharomyces Cerevisiae</i> ) Salt , Gluten, Malt   | Wheat flour (gluten), gluten  |

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|---------------------------------------|---|--|
|                                       | Flour, Flour Improvers.   |  |
| <b>SAVOURY CHEESE AND ONION SNAIL</b> | Wheat flour(gluten), water, pastry fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cow's milk), emulsifier (sunflower seed lecithin), preservative (sodium benzoate), antioxidant BHA, citric acid, flavouring, colourant], yeast[bakers yeast(saccharomyces cerevisiae), water], wheat gluten(gluten), flour improver, salt, reconstituted dried onion(2.0%), sugar, flavouring, emulsifier. | Wheat flour (gluten), wheat gluten(gluten), pastry fat(cow's milk).                            |
| <b>SAVOURY CHEESE SNAIL</b>           | Wheat flour(gluten), water, pastry fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cow's milk), emulsifier (sunflower seed lecithin), preservative (sodium benzoate), antioxidant BHA, citric acid, flavouring, colourant], yeast[bakers yeast(saccharomyces cerevisiae), water], wheat gluten(gluten), flour improver, salt, sugar, flavouring, emulsifier, colourant.                       | Wheat flour(gluten), wheat gluten(gluten), pastry fat(cow's milk).                             |
| <b>SAVOURY GARLIC SNAIL</b>           | Wheat flour(gluten), water, pastry fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cow's milk), emulsifier (sunflower seed lecithin), preservative (sodium benzoate), antioxidant BHA, citric acid, flavouring, colourant], yeast[bakers yeast(saccharomyces cerevisiae), water], wheat gluten(gluten), flour improver, salt, crushed garlic(0.6%), sugar, flavouring, emulsifier.            | Wheat flour (gluten), wheat gluten(gluten), pastry fat(cow's milk).                            |
| <b>VETKOEK PREFRIED</b>               | Cake Wheat Flour (gluten), Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Yeast (Saccharomyces Cerevisiae), Salt, Gluten (gluten), Flour Improvers, Palm Olein.  | Wheat flour (gluten), gluten   |
| <b>BREAD</b>                          |   |  |
| <b>CIABATTA LOAF</b>                  | Wheat flour (gluten), water, wheat gluten (gluten), yeast [bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water], salt, flour improver, potassium chloride, olive oil blend(sunflower seed, olive fruit), acidifier and malt flour(gluten).  | Wheat flour (gluten), wheat gluten (gluten), malt flour(gluten).                               |
| <b>FOCACCIA</b>                       | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable oil [sunflower seed], salt and improvers.   | Wheat flour (gluten).  |
| <b>FRENCH LOAF</b>                    | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, salt, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), soya flour (soya), malt flour (gluten), emulsifier, improver, ascorbic acid and enzymes.   | Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya) Malt flour (gluten)          |
| <b>VETKOEK ROLL</b>                   | Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, salt, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), soya flour (soya), malt flour, emulsifier, improver, ascorbic acid and enzymes.  | Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya).                             |
| <b>WHITE SUB</b>                      | Wheat flour { cake flour (gluten), white bread flour (gluten)}, water, sugar, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), salt, soya flour (soya), emulsifier, improver and ascorbic acid.  | Wheat flour (gluten), white bread flour (gluten), wheat gluten (gluten) and soya flour (soya). |
| <b>WHOLE WHEAT SUB</b>                | Wheat flour {cake flour (gluten), whole wheat flour (gluten)}, water, sugar, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], wheat gluten (gluten), salt, soya flour (soya), emulsifier, improver and ascorbic acid.   | Wheat flour (gluten), whole wheat flour (gluten) and soya flour (soya).                        |

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|---------------------------------------|---|--|
| <b>BREAD DOUGH</b>                    |   |  |
| <b>CHEESE &amp; ONION BREAD DOUGH</b> | Wheat flour(gluten), water, yeast[bakers yeast( <i>saccharomyces cerevisiae</i> ), water], Cheddar cheese (3%) [cow's milk(cow's milk), salt, colourant, calcium chloride, preservative(sodium nitrite, natamycin), non-animal rennet, lactic cultures, anti-caking agent], shortening[vegetable fat(palm fruit), antioxidant(BHA), citric acid], salt, onion flakes(0.7%), wheat gluten(gluten), potassium chloride, parmesan cheese powder(0.3%)[vegetable fat(palm fruit, antioxidant BHA), maltodextrin, whey powder(cow's milk), salt, flavourings, emulsifier, flavour enhancer(MSG), cheese solids(cow's milk), unsalted butter(cow's milk), lactic casein(cow's milk), enzymes, anti caking agent, acidity regulator], cheese powder(0.3%)(cheese, emulsifying salts, salt),soya flour(soya), flavouring, emulsifier, malt flour(gluten), flour improver, ascorbic acid, enzymes. Sodium content: 389mg per 100g; 292mg per serving | Wheat flour (gluten), wheat gluten(gluten),malt flour(gluten), cheddar cheese(cow's milk), parmesan cheese powder(cow's milk) and soya flour (soya).                                     |
| <b>CRISPY BREAD DOUGH</b>             | Wheat flour(gluten), water, yeast[bakers yeast( <i>saccharomyces cerevisiae</i> ), water], shortening[vegetable fat(palm fruit), antioxidant(BHA), citric acid], salt, wheat gluten(gluten), potassium chloride, soya flour(soya), emulsifier, malt flour(gluten), flour improver, ascorbic acid, enzymes. Sodium content: 352mg per 100g; 265mg per serving  | Wheat flour (gluten), wheat gluten(gluten) and soya flour (soya).  |
| <b>LIGHT RYE BREAD DOUGH</b>          | Wheat flour(gluten), water, rye flour(14%) (gluten), yeast [bakers yeast ( <i>saccharomyces cerevisiae</i> ), water], wheat gluten(gluten), shortening[vegetable fat(palm fruit), antioxidant(BHA), citric acid], whey powder(cow's milk), salt, spices, potassium chloride, soya flour(soya), caraway seed, malt flour(gluten), emulsifier, caramel colourant, ascorbic acid, flour improver, enzymes. Sodium content: 347mg per 100g; 260mg per serving   | Wheat flour (gluten), rye flour (gluten), wheat gluten(gluten), malt flour(gluten) and soya flour (soya), whey powder(cow's milk)  |
| <b>MULTISEED BREAD DOUGH</b>          | Water, brown bread flour(gluten), cake wheat flour(gluten), crushed wheat(5%)(gluten), seed mix(3%)(poppy, sesame, sunflower), yeast[bakers yeast( <i>saccharomyces cerevisiae</i> ), water], salt, shortening[vegetable fat(palm fruit), antioxidant(BHA), citric acid], wheat gluten(gluten), potassium chloride, soya flour(soya), malt flour(gluten), emulsifier, caramel colourant, flour improver, ascorbic acid, enzymes. Sodium content: 317mg per 100g; 234mg per serving  | Brown bread wheat flour (gluten),cakewheat flour(gluten), crushed wheat(gluten), wheat gluten(gluten),malt flour(gluten), soya flour (soya).   |
| <b>RAISIN BREAD DOUGH</b>             | Wheat flour(gluten), water, fruit mix(10%)(raisins, sultanas),sugar, shortening[vegetable fat(palm fruit), antioxidant(BHA), citric acid], yeast[bakers yeast( <i>saccharomyces cerevisiae</i> ), water], salt, soya flour(soya), wheat gluten(gluten), emulsifier, whole egg powder(egg), colouring, flour improver, ascorbic acid, enzymes. Sodium content: 356mg per 100g; 267mg per serving   | Wheat flour (gluten), wheat gluten(gluten), whole egg powder(egg) ,soya flour (soya).  |
| <b>SWEET DOUGH</b>                    |   |  |
| <b>CHELSEA BUN</b>                    | Dough: Wheat flour (gluten), water, raisins, sugar, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, shortening [palm oil (palm fruit & palm seed), antioxidant BHA, citric acid], salt, soya flour (soya), whole egg powder (egg), wheat gluten (gluten), emulsifier, colourant, enzymes and flour improvers. Filling: water, sugar, modified starch, lactose (cow's milk), vegetable oil (palm seed), cinnamon, egg yolk powder (egg), salt, glucose, syrup, thickener, acidity regulator, albumin powder (egg), gelling agent, dextrose, emulsifier, milk protein (cow's milk), flavouring and colourants.   | Wheat flour (gluten), soya flour (soya), whole egg powder (egg) and wheat gluten (gluten), lactose (cow's milk), egg yolk powder (egg), albumin powder (egg), milk protein (cow's milk). |
| <b>CINNAMON BUN</b>                   | DOUGH: Wheat flour (gluten), water, sugar, shortening [palm oil (palm fruit & palm seed), antioxidant BHA, citric acid],yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, unsalted butter(cow's milk), salt, soya flour (soya), flavouring, wheat gluten (gluten), whole egg powder (egg), emulsifier, colourant, flour improver, ascorbic acid, enzymes.<br>FILLING: sugar, cinnamon  | Wheat flour (gluten), unsalted butter (cow's milk), soya flour (soya), wheat gluten (gluten), whole egg powder (egg).  |
| <b>COPENHAGEN BUN</b>                 | Dough: Wheat flour (gluten), water, raisins, sugar, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, shortening [palm oil (palm fruit & palm seed), antioxidant BHA, citric acid], salt, soya flour (soya), whole egg powder (egg), wheat gluten (gluten), emulsifier, colourant, enzymes and flour improvers. Filling: water, sugar, modified starch, lactose (cow's milk), vegetable oil (palm seed), cinnamon, egg yolk powder (egg), salt, glucose, syrup, thickener, acidity regulator, albumin powder (egg), gelling agent, dextrose, emulsifier, milk protein (cow's milk), flavouring and colourants.   | Wheat flour (gluten), soya flour (soya), whole egg powder (egg) and wheat gluten (gluten), lactose (cow's milk), egg yolk powder (egg), albumin powder (egg), milk protein (cow's milk). |

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|--|---|--|
| <b>DOUGHNUTS</b>                       | Cake Wheat Flour (gluten) , Water , Whole Liquid Egg (egg), Yeast (Saccharomyces Cerevisiae) , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)] , Salt , raising agent, Palm Olein, Emulsifier (Monoglyceride 40), Flour Improver (Gluten), Enzymes.  | Wheat flour (gluten) , liquid egg (egg)  |
| <b>ECLAIR SHELLS</b>                   | Wheat flour(gluten), liquid egg(egg), water, margarine[vegetable oil(palm fruit & palm seed), water, salt, emulsifier(sunflower seed lecithin E322), preservative (sodium benzoate E211), citric acid (E330), antioxidant(BHA E320), flavouring, colourant E160].   | Wheat flour (gluten), liquid egg (egg)   |
| <b>KOEKSISTER CAPE MALAY PRE FRIED</b> | Cake Wheat Flour (gluten), Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Whole Liquid Egg (egg), Yeast (Saccharomyces Cerevisiae), Salt, wheat gluten (gluten), Flour Improvers, Spices (Ground Ginger, Cinammon), Palm Olein, Colourant (Liquid Caramel).  | Wheat flour (gluten) , liquid egg (egg), wheat gluten (gluten)   |
| <b>PASTRY</b>                          |   |  |
| <b>CHEESE CROISSANT</b>                | Wheat flour(gluten), water, pastry fat[ palm oil(palm fruit, palm seed), sunflower oil(sunflower seed), water, salt, whey powder, emulsifier, preservative(sodium benzoate), antioxidant(BHA), citric acid, flavouring, colourant], yeast[bakers yeast(saccharomyces cerevisiae), water], salt, sugar, wheat gluten(gluten), flour improver, whole egg powder(egg), flavouring, colourant .   | Wheat flour(gluten), pastry fat(Cow's milk), wheat gluten(gluten), whole egg powder(egg).  |
| <b>CHOCOLATE CROISSANT</b>             | Wheat flour(gluten), water, pastry fat[ palm oil(palm fruit, palm seed), sunflower oil(sunflower seed), water, salt, whey powder, emulsifier, preservative(sodium benzoate), antioxidant(BHA), citric acid, flavouring, colourant], chocolate nibs(4.5%)[sugar, hydrogenated vegetable fat/oil(palm kernel), cocoa powder, salt, flavouring, emulsifier(soya)],sugar, yeast[bakers yeast(saccharomyces cerevisiae), water],wheat gluten(gluten), unsalted butter(cow's milk), salt, flour improver, whole egg powder(egg), flavouring.  | Wheat flour(gluten), pastry fat(Cow's milk), wheat gluten(gluten), whole egg powder(egg), chocolate nibs(soya), unsalted butter(cow's milk). |
| <b>PLAIN BUTTER CROISSANT</b>          | Wheat flour(gluten), water, pastry fat[ palm oil(palm fruit, palm seed), sunflower oil(sunflower seed), water, salt, whey powder, emulsifier, preservative(sodium benzoate), antioxidant(BHA), citric acid, flavouring, colourant], sugar, yeast[bakers yeast(saccharomyces cerevisiae), water],wheat gluten(gluten), unsalted butter(cow's milk)(0.9%), salt, flour improver, whole egg powder(egg), flavouring.   | Wheat flour(gluten), pastry fat(Cow's milk), wheat gluten(gluten), whole egg powder(egg), unsalted butter(cow's milk).                       |
| <b>PLAIN BUTTER JUMBO CROISSANT</b>    | Wheat flour(gluten), water, pastry fat[ palm oil(palm fruit, palm seed), sunflower oil(sunflower seed), water, salt, whey powder, emulsifier, preservative(sodium benzoate), antioxidant(BHA), citric acid, flavouring, colourant], sugar, yeast[bakers yeast(saccharomyces cerevisiae), water],wheat gluten(gluten), unsalted butter(cow's milk)(0.9%), salt, flour improver, whole egg powder(egg), flavouring.   | Wheat flour(gluten), pastry fat(Cow's milk), wheat gluten(gluten), whole egg powder(egg), unsalted butter(cow's milk).                       |
| <b>PUFF PASTRY SQUARES</b>             | Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], salt, sugar, cream of tartar, potassium sorbate and calcium propionate.  | Wheat flour (gluten).  |
| <b>PUFF PASTRY ROLL</b>                | Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], salt, sugar, cream of tartar, potassium sorbate and calcium propionate.  | Wheat flour (gluten).  |
| <b>SAUSAGE ROLL</b>                    | Pastry { Wheat flour (gluten), water, vegetable fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cows milk), emulsifier (sunflower seed lecithin) preservative (sodium benzoate), antioxidant BHA, citric acid, flavouring, colourant], shortening [vegetable oil (palm seed and palm fruit), antioxidant BHA, citric acid], salt , sugar, cream of tartar, preservative (potassium sorbate and calcium propionate)].<br><br>Filling (50%) { water, mince meat (soya), maize crumbs (maize, salt, caramel colourant), spice mix [vegetable protein (soya), cereal (gluten), salt, starch, dextrose, spices, MSG (flavour enhancer), sugar, preservative (sodium sulphite)], bran (gluten), thickener, onion flakes, modified starch, parsley ] | Wheat flour (gluten), whey powder (cows milk), mince meat (soya), vegetable protein (soya), bran (gluten)                                    |

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| <b>SAUSAGE ROLL COCKTAIL</b>         | <p>Pastry { Wheat flour (gluten), water, vegetable fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cows milk), emulsifier (sunflower seed lecithin) preservative (sodium benzoate), antioxidant BHA, citric acid, flavouring, colourant], shortening [vegetable oil (palm seed and palm fruit), antioxidant BHA, citric acid], salt , sugar, cream of tartar, preservative (potassium sorbate and calcium propionate)].</p> <p>Filling (50%) { water, mince meat (soya), maize crumbs (maize, salt, caramel colourant), spice mix [vegetable protein (soya), cereal (gluten), salt, starch, dextrose, spices, MSG (flavour enhancer), sugar, preservative (sodium sulphite)], bran (gluten), thickener, onion flakes, modified starch, parsley ]</p>  | Wheat flour (gluten), whey powder (cows milk), mince meat (soya), vegetable protein (soya), bran (gluten)                                      |
| <b>CHICKEN SAUSAGE ROLL COCKTAIL</b> | <p>Pastry { Wheat flour (gluten), water, vegetable fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cows milk), emulsifier (sunflower seed lecithin) preservative (sodium benzoate), antioxidant BHA, citric acid, flavouring, colourant], shortening [vegetable oil (palm seed and palm fruit), antioxidant BHA, citric acid], salt , sugar, cream of tartar, preservative (potassium sorbate and calcium propionate)].</p> <p>Filling (43%) { water, cooked chicken breast meat (9.7%), maize crumbs (maize, salt, caramel colourant), texturized vegetable protein(soya), spice mix [ vegetable protein(soya), cereal(gluten), salt, starch, dextrose, spices, MSG(flavour enhancer), sugar, preservative(sodium sulphite)], bran(gluten), thickener, onion flakes, vegetable fat[ vegetable oil(palm fruit and palm seed), antioxidant(BHA), citric acid], chicken spice(salt, radurised maize flour, radurised spices, radurised herbs, flavour enhancers), flavouring, modified starch, parsley, cayenne pepper}</p> | Wheat flour (gluten), whey powder (cow's milk), texturized vegetable protein (soya), bran (gluten)   |
| <b>FTO PASTRY</b>                    |   |  |
| <b>FTO PLAIN BUTTER CROISSANT</b>    | Wheat flour (gluten), water, pastry fat[ palm oil(palm fruit, palm seed), sunflower oil(sunflower seed), water, salt, whey powder, emulsifier, preservative(sodium benzoate), antioxidant(BHA), citric acid, flavouring, colourant], yeast [bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water], wheat gluten (gluten), sugar, flour improver, salt, unsalted butter(cow's milk)(0.9%), shortening[palm oil(palm fruit), antioxidant(BHA), citric acid], flavouring.   | Wheat flour(gluten), Pastry fat(cow's milk), wheat gluten, unsalted butter(cow's milk).  |
| <b>FTO APPLE DANISH</b>              | Pastry 68% [Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, white sugar, wheat gluten (gluten), vegetable oil/fat blend ((palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative (sodium benzoate), antioxidant BHA, citric acid and colourant), salted butter (dairy), salt, butter flavor, improver, and enzymes] Apple filling 32% [apple fruit, glucose syrup, water, raisins, lemon juice, modified starch, antioxidant, acidity regulator, preservative (potassium sorbate) and flavouring].  | Wheat flour (gluten) wheat gluten (gluten), butter (cow's milk) and soya lecithin (soya).  |
| <b>FTO CUSTARD DANISH</b>            | Pastry 68% [Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, white sugar, wheat gluten (gluten), vegetable oil/fat blend ((palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative (sodium benzoate), antioxidant BHA, citric acid and colourant), salted butter (dairy), salt, butter flavor, improver, and enzymes] Custard filling 32% [sugar, modified starch, whey powder (dairy), dextrose, oil (vegetable), glucose syrup, gelling agent, oil (vegetable, hydrogenated) thickener, emulsifier, acidity regulator , milk protein (dairy), salt, flavouring, stabilizer and colouring ].   | Wheat flour (gluten),wheat gluten (gluten), butter (cow's milk), whey powder (cow's milk), milk protein (cow's milk) and soya lecithin (soya). |
| <b>FTO COCKTAIL CHOC DANISH</b>      | Pastry 60% [Wheat flour (gluten), water, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, white sugar, wheat gluten (gluten), vegetable oil/fat blend ((palm fruit, sunflower seed and or palm seed ) salt, water, butter flavour, soya lecithin (soya), preservative (sodium benzoate), antioxidant BHA, citric acid and colourant], salted butter (dairy), salt, butter flavor, improver, and enzymes,] Choc filling 40% [water, sugar, stabilizers, full cream milk (dairy), cocoa powder, sweetners(sodium cyclamate, sodium saccharin, acesulfame K – non nutritive sweetners)Salt, acidity regulator and preservative (potassium sorbate)   | Wheat flour (gluten) wheat gluten (gluten), butter (cow's milk) and soya lecithin (soya).  |

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|------------------------------------|---|--|
| <b>CONFECTIONARY AND SPONGES</b>   |   |  |
| <b>PLAIN SPONGE</b>                | Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, sorbitol syrup and potassium sorbate.   | Wheat flour (gluten), liquid egg (egg)   |
| <b>CHOC SPONGE</b>                 | Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, cocoa powder, sorbitol syrup, potassium sorbate, and choc colouring.  | Wheat flour (gluten), liquid egg (egg) .   |
| <b>PINK SPONGE</b>                 | Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, sorbitol syrup potassium sorbate and pink colouring.  | Wheat flour (gluten), liquid egg (egg) .   |
| <b>RED VELVET SPONGE</b>           | Wheat flour (gluten), liquid egg (egg), sugar, water, corn flour, sorbitol, emulsifier, cocoa powder, raising agent, flavouring, preservative (potassium sorbate), colourant.   | Wheat flour (gluten), liquid egg (egg) .   |
| <b>CHIFFON SPONGE</b>              | Liquid egg(egg), castor sugar, sunflower oil (sunflower seeds), water, wheat flour(gluten), wheat starch (gluten), starch (E1414), emulsifier(E471, E475, E420, E1520), egg white powder (egg), glucose syrup, raising agent ( E500, E450, E336), salt, thickener (E415), preservative (E202)   | Wheat flour (gluten), liquid egg (egg), egg white powder (egg)   |
| <b>SLICES</b>                      |   |  |
| <b>APPLE SLICE</b>                 | Pastry { Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], salt, sugar, cream of tartar, potassium sorbate and calcium propionate}.<br>Apple filling (39%) {Sugar, pie apple, modified starch, sponge cake crumbs [wheat (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, sorbitol syrup and potassium sorbate] and cinnamon  | Wheat flour (gluten) and liquid egg (egg).   |
| <b>CHEESE CAKE SLICE</b>           | Base: Wheat flour (gluten), sugar, vegetable fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cow's milk), emulsifier (sunflower seed lecithin E322), preservative (sodium benzoate E211), antioxidant (BHA), citric acid (E330), flavouring and colourant (E160)], liquid egg(egg), cornstarch, water, sorbitol (E420), raising agent (E500, E450), emulsifier (E471, E475), apricot jam, salt, preservative (potassium sorbate)(E202), flavouring (E220), stabiliser.<br>Topping: Topping {Cottage cheese [skimmed milk (cow's milk), cream (cow's milk), salt, lactic cultures, non-animal rennet, calcium chloride (E509), preservative (potassium sorbate (E202)], water, sugar, non dairy cream [corn syrup, hydrogenated palm kernel oil, water, emulsifiers, stabilizer (E420, E435, E331, E481, E464, E460, E471, E475, E466, E339, E450, E401), sugar, potassium sorbate, flavourant, colourant (E160b, E1520, E433, E525)], lemon juice, modified starch (E1442), gelatine (bovine), vanilla essence and salt}. | Wheat flour (gluten), liquid egg (egg), whey powder (cow's milk) cottage cheese (cow's milk), cream (cow's milk) |
| <b>BLUEBERRY CHEESE CAKE SLICE</b> | Base: Wheat flour (gluten), sugar, vegetable fat [palm oil (palm fruit and palm seed), sunflower oil (sunflower seed), water, salt, whey powder (cow's milk), emulsifier (sunflower seed lecithin), preservative (sodium benzoate), antioxidant (BHA), citric acid (E330), flavouring and colourant (E160)], liquid egg(egg), cornstarch, water, sorbitol (E420), raising agent (E500, E450), emulsifier (E471, E475), apricot jam, salt, preservative (potassium sorbate)(E202), flavouring (E220), stabiliser.<br>Topping {cottage cheese [skimmed milk (cow's milk), cream (cow's milk), salt, lactic culture, non-animal rennet, calcium chloride(E509), preservative (potassium sorbate E202)], non dairy cream [corn syrup, hydrogenated palm kernel oil, water, emulsifiers, stabiliser(E420, E435, E331, E481, E464,  | Wheat flour (gluten), liquid egg (egg), whey powder (cow's milk) cottage cheese (cow's milk), cream (cow's milk) |

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## INGREDIENTS LISTING / ALLERGENS

| PRODUCT GROUP NAME    | INGREDIENTS  | ALLERGENS  |
|-----------------------|--|--|
|                       | E460,E471,E475,E466, E339, E450,E401), sugar, potassium sorbate, flavouring, colourant E1606, E1520,E433,E525], blueberry filling (15%) [fruit (blueberry, apple), glucose syrup (2%), water, sugar, modified starch (E1442),citric acid (E330), thickener (E418), preservative(potassium sorbate E202)], water, sugar, lemon juice(4.8%), modified starch (E1442), gelatine (bovine), flavouring (0.27%), salt (0.2%), colourant(E133,E122)}  |  |
| CUSTARD SLICE         | Pastry { Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], salt, sugar, cream of tartar, potassium sorbate and calcium propionate}.<br>Filling {Water, custard powder [sugar, modified starch, whey powder (dairy), dextrose, vegetable oil, glucose syrup, gelling agent, thickener, emulsifier, acidity regulator, milk protein (dairy), salt, stabilizer, flavouring, colourant] and gelatine}.  | Wheat flour (gluten), whey powder (cow's milk) and milk protein (cow's milk)   |
| TIRAMISU CAKE         | Coffee sponge cake: Wheat flour (gluten), egg (egg), sugar, water, emulsifier, raising agent, coffee (0.5%)<br>Tiramisu mousse: non dairy cream [water, hydrogenated palm kernel oil, dextrose, stabilizer, salt, preservative (potassium sorbate), flavouring, colourant], water, sugar, skim milk powder (cow's milk), modified starch, coconut oil, glucose syrup, stabilizer, flavouring and thickner.   | Wheat flour (gluten), egg (egg) and skim milk powder (cow's milk).   |
| PASTEIS DE NATA       | <b>Pastry:</b> Wheat flour(gluten), water, pastry fat[vegetable fats and oils(palm fruit, palm seed and/or interestified fat(palm fruit, palm seed), sunflower seed oil)water, salt, whey powder(cow's milk), emulsifier (E471,E475), sunflower seed lecithin (E322), preservative(E211), citric acid(E330), antioxidant BHA(E320), butter flavouring, colouring (E160A)], vegetable shortening[vegetable fats and oils(palm oil(palm fruit and/or palm seed)), antioxidant:BHA(E320)], salt, sugar, cream of tartar(E336), preservative(E202, E282).<br><b>Filling:</b> Water, custard powder[sugar, modified starch(E1414), lactose (cow's milk), vegetable oil (palm), glucose syrup, milk protein (cow's milk), emulsifier (E473), flavouring], egg yolk (egg), vegetable fat based whipping cream[water, hydrogenated palm kernel oil, dextrose monohydrate, sugar, stabilizer (E420, E435, E481, E466, E331, E471, E475, E339, E450, E410), flavouring (E1520, E150b), salt, preservative (E202), colouring (E104, E110)], sugar, full cream milk powder (cow's milk), cream powder [glucose, vegetable fat {palm fruit, antioxidant BHA (E320)}, whey powder (cow's milk), emulsifier (E481), lactic casein (cow's milk), stabiliser (E452, E415, E412), flavouring, acidity regulator (E524)], whole egg powder (egg), sugar, flavouring, preservative (E202). | Wheat flour(gluten), , whey powder(cow's milk), lactose (cow's milk), lactic casein (cow's milk), whole egg powder (egg) |
| DRY LINES             |  |  |
| CHOCOLATE BROWNIES    | Brownie: Sugar, Wheat flour (gluten), Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, preservatives), Liquid Egg (egg), Cocoa, Flavouring, Sorbitol<br>Topping: Chocolate (Sucrose, Cocoa, Soya Lecithin (soya), Flavouring), Sugar, Pecan nuts (nuts)  | Wheat flour (gluten), liquid egg (egg),soya lecithin (soya) and pecan nuts (nuts)  |
| CRUNCHIES             | Oats(gluten) (25%), sugar, margarine [vegetable oil(palm fruit and palm seed), water, salt, emulsifier(sunflower feed lecithin), preservative (sodium benzoate), citric acid, antioxidants(BHA), flavouring, colourant], wheat flour(gluten), coconut, golden syrup (sugar, water, acidity regulator, salt), bicarbonate of soda.  | Oats(gluten), Wheat flour(gluten)  |
| SNOWBALLS             | Wheat flour (gluten), Sugar, liquid egg (egg), Emulsifier,raising agent, Sorbitol,Vegetable Fat (PalmKernel Oil, Salt, Emulsifiers, Preservative (citric acid)), Apricot Jam, Coconut, Flavouring, Colouring   | Wheat flour (gluten), liquid egg (egg)   |
| TARTS AND TART BASES  |  |  |
| TART BASES SWEET      | Wheat flour (gluten), sugar, vegetable fat [palm oil (palm fruit and palm seed),sunflower oil (sunflower seed), water, salt, whey powder (cow's milk), emulsifier (sunflower seed lecithin), preservative (sodium benzoate), antioxidant (BHA), citric acid flavouring, colourant ], liquid egg (egg), corn starch, salt and raising agent.  | Wheat flour (gluten), liquid egg (egg) and whey powder (cow's milk).   |
| BULK SWEET PASTE 10kg | Wheat flour (gluten), sugar, vegetable fat [(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative (potassium sorbate), antioxidant BHA, citric acid and colourant], liquid egg (egg), corn starch, salt and raising agent.   | Wheat flour (gluten), liquid egg (egg) and soya lecithin (soya).   |

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## INGREDIENTS LISTING / ALLERGENS

| PRODUCT GROUP NAME                     | INGREDIENTS  | ALLERGENS   |
|--|--|---|
| <b>TART FILLINGS</b>                   |  |   |
| <b>APPLE TART FILLING</b>              | Apples (57%, ) ,water, sugar, lemon juice, cinnamon, thickner .  | NIL   |
| <b>LEMON MERINGUE FILLING</b>          | Condensed milk [full cream milk, sugar] (cow's milk), lemon juice (12%) , water, egg yolk powder (egg), lemon paste [water, propylene glycol, flavouring, thickener, colourant, preservative (potassium sorbate)]  | Condensed milk (cow's milk), egg yolk powder (egg)  |
| <b>MILK TART FILLING</b>               | Water, liquid egg(egg), sugar, full cream milk powder(cow's milk), cream powder[glucose, vegetable fat(palm fruit, antioxidant(BHA), whey powder (cow's milk), emulsifier, lactic casein(cow's milk), stabilizer, flavouring acidity regulator], modified starch, margarine[palm oil(palm fruit, palm seed), water, salt, emulsifier, preservative(sodium benzoate), citric acid, antioxidant(BHA), flavouring, colourant], thickener, salt, flavouring.   | Liquid egg(egg), full cream milk powder (cow's milk) , cream powder(cow's milk).                  |
| <b>BATTERS AND CUP CAKES</b>           |  |   |
| <b>ASSORTED MUFFIN BATTER</b>          | Sugar, wheat flour (gluten), water, liquid egg (egg), vegetable oil [palm fruit, palm seed, citric acid], flavours { cherry filling (12%) [fruit (red cherry, apple), glucose syrup, water, sugar, modified starch, acidity regulator, thickener, preservative (potassium sorbate) and flavouring] / blueberry (9 % fruit) / chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring and emulsifier] / caramel nibs [sugar, vegetable fat, maltodextrin, soya lecithin, cocoa powder, colourant, flavouring and salt] / poppy seeds / bran (gluten) / oats (gluten) / sultanas / cocoa / chocolate paste / instant coffee / orange paste / black forest topping / cinnamon },vegetable oil (sunflower seed),raising agent, modified starch, emulsifier, preservative (potassium sorbate), stabilizer, artificial flavouring and colourants, | Wheat flour (gluten) and liquid egg (egg),bran (gluten) , oats (gluten) and soya lecithin (soya). |
| <b>BLACK FOREST MUFFIN BATTER</b>      | Sugar, wheat flour (gluten), liquid egg (egg), cherry filling (12%) {fruit (red cherry, apple), glucose syrup, water, sugar, modified starch, acidity regulator, thickener, preservative (potassium sorbate) and flavouring}, chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring and emulsifier], water, vegetable oil [palm fruit, palm seed, citric acid],vegetable oil (sunflower seed),raising agent, modified starch, emulsifier, preservative (potassium sorbate), stabilizer, flavouring and colourant,   | Wheat flour (gluten) and liquid egg (egg).  |
| <b>BLUEBERRY MUFFIN BATTER</b>         | Sugar, wheat flour (gluten), water, liquid egg (egg), frozen blueberries (9%), vegetable oil [palm fruit, palm seed, citric acid],vegetable oil (sunflower seed),raising agent, modified starch, emulsifier, preservative (potassium sorbate), stabilizer and flavouring,  | Wheat flour (gluten) and liquid egg (egg).  |
| <b>BRAN &amp; RAISIN MUFFIN BATTER</b> | Water, sugar, wheat flour (gluten), liquid egg (egg), raisins, vegetable fat[ palm fruit, palm seed, citric acid], oats , vegetable oil (sunflower seed), digestive bran (gluten),raising agent, modified starch, emulsifier, cinnamon, preservative (potassium sorbate), stabilizer and flavouring,   | Wheat flour (gluten), liquid egg (egg), and digestive bran (gluten).                              |
| <b>CAPPUCINNO MUFFIN BATTER</b>        | Sugar, wheat flour (gluten), liquid egg (egg), water, vegetable oil [palm fruit, palm seed, citric acid],vegetable oil (sunflower seed), chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring and emulsifier], instant coffee,raising agent, modified starch, emulsifier, preservative (potassium sorbate), flavouring, colourant, stabilizer.   | Wheat flour (gluten) and liquid egg (egg).  |
| <b>CARAMEL MUFFIN BATTER</b>           | Sugar,wheat flour (gluten), water, liquid egg (egg), caramel chips [sugar, hydrogenated vegetable fat (palm kernel), maltodextrin, soya powder (soya), whey powder (cow's milk), soya lecithin (soya),cocoa powder, flavouring, colourant, salt] vegetable fat [palm oil (palm fruit, palm seed), citric acid],vegetable oil (sunflower seed),raising agent, caramel paste [water, propylene glycol, colourant, flavouring, thickner, preservative (potassium sorbate)], modified starch, flavouring, emulsifier, preservative (potassium sorbate), stabilizer.  | Wheat flour (gluten), liquid egg (egg) and caramel chips (soya and cow's milk)                    |
| <b>CHOCOLATE MUFFIN BATTER</b>         | Sugar, wheat flour (gluten), water, vegetable oil (sunflower seed), liquid egg (egg), chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring, emulsifier (soya)], cocoa powder, raising agent, chocolate paste {colourant, water, propylene glycol, cocoa, flavouring, modified starch, preservative (sodium benzoate, potassium sorbate)}, modified starch, emulsifier, preservative (potassium sorbate), flavouring, colourant, stabilizer.  | Wheat flour (gluten) and liquid egg (egg), emulsifier (soya)                                      |

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| PRODUCT GROUP NAME               | INGREDIENTS  | ALLERGENS  |
|----------------------------------|--|--|
| <b>LEMON POPPY MUFFIN BATTER</b> | Sugar,wheat flour (gluten), water, liquid egg (egg), vegetable fat [(palm oil (palm fruit and palm seed), citric acid],vegetable oil (sunflower seed), poppy seeds, raising agent, modified starch, emulsifier, flavouring, preservative (potassium sorbate), stabilizer and colourant.  | Wheat flour (gluten) and liquid egg (egg).   |
| <b>ORANGE MUFFIN BATTER</b>      | Sugar, wheat flour (gluten), water, liquid egg (egg), vegetable oil [palm oil (palm fruit and palm seed), citric acid],vegetable oil (sunflower seed),raising agent, orange paste [water propylene glycol, flavouring, thickener, colourant, preservative (potassium sorbate)] modified starch, emulsifier, flavouring, preservative (potassium sorbate), stabilizer.  | Wheat flour (gluten) and liquid egg (egg).   |
| <b>RED VEVEET CAKE BATTER</b>    | Sugar, egg, wheat flour, vegetable fat (palm kernel oil), water, modified starch, soya flour, emulsifier, cocoa powder, colourants, raising agent, flavouring, dextrose, skim milk powder, preservative (calcium propionate) and salt.   | Egg, soy, wheat gluten and cows milk.  |
| <b>BAKED CUPCAKES</b>            | Egg(egg), sugar, wheat flour (gluten), margarine [palm oil (palm fruit and palm seed), water, salt, emulsifier, preservative (sodium benzoate), citric acid, antioxidant (BHA), flavouring, colourant], Modified starch, emulsifier, soya flour(soya), sorbitol, raising agent, salt, Maltodextrin, skim milk powder (cow's milk), preservative (calcium propionate), flavouring.  | Wheat flour (gluten), liquid egg (egg), Soya flour(soya), skim milk powder (cow's milk)    |
| <b>VANILLA MUFFIN BATTER</b>     | Sugar, Wheat flour (gluten), liquid egg (egg), water, sunflower oil, vegetable oil [palm fruit, palm seed, citric acid],raising agent, emulsifier, preservative (potassium sorbate), stabilizer, flavouring and salt.  | Wheat flour (gluten) and liquid egg (egg).   |
| <b>MADEIRA CAKE BATTER</b>       | Castor sugar, wheat flour(gluten), liquid egg(egg), sunflower oil, water, wheat starch(gluten), glucose syrup, modified starch(E1422), raising agent(E450, E500), salt, emulsifier(E471), preservative(E202), thickener (E415), enzyme(gluten).  | Wheat flour (gluten), liquid egg(egg), wheat starch (gluten)                               |
| <b>CARROT CAKE BATTER</b>        | <b>Batter:</b> Carrot(24%), wheat flour(gluten), dark brown sugar, liquid egg(egg), sunflower oil(sunflower seeds), water, wheat starch(gluten), glucose syrup(E1504ii), starch(E1422), salt, raising agent(E450,E600), emulsifier(E471), spices, preservative(E202), thickener(E415), enzyme.<br><b>Topping:</b> Vegetable fat based whipping cream[water, hydrogenated palm kernel oil, dextrose monohydrate, sugar, stabilizer, flavouring, salt, preservative(E202)], cream cheese(34%)[skim milk(cream(cow's milk), full cream milk(cow's milk), salt stabilizer(E417, E412, E1422, E440, E500, E509), acidity regulator(E331), lactic cultures(cow's milk), non-animal rennet], margarine[vegetable oils and fats(70%)(sunflower seed and/or rapeseed and/or linseed and/or soya bean oil, and/or palm and/or palm kernel and/or coconut fat), fully hydrogenated(palm, palm kernel and/or coconut fat), water, salt, whey powder(cow's milk), emulsifier(E322,E471)(soya), preservative(E202), vitamin(A, D, E), citric acid, flavouring, colouring(E160a)], icing sugar, lemon juice[water, lemon juice, antifoam agent(E900a)]. | Wheat flour (gluten), liquid egg (egg), Soya, skim milk powder (cow's milk)                |
| <b>SEASONAL PRODUCTS</b>         |  |  |
| <b>HOT CROSS BUN</b>             | Wheat flour (gluten), water, fruit bun mix (41%) (raisins, currants,mixed cut peel), yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}. sugar, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], spices [ mixed spice, cinnamon, cassia, cloves, nutmeg], salt, soya flour (soya), wheat gluten (gluten), whole egg powder (egg), emulsifier, improver and ascorbic acid.  | Wheat flour (gluten), soya flour (soya), wheat gluten (gluten) and whole egg powder (egg). |
| <b>FRUIT MINCE PIE</b>           | Pastry (70%) [wheat flour ( gluten), castor sugar, vegetable oil /fat blend:{ (palm fruit, sunflower seed oil and/or palm seed), salt, water, butter flavour, emulsifiers- monoglycerides, soya lethicin (soya), preservative-sodium benzoate, antioxidants- BHA, citric acid,colourant-beta carotene}, liquid egg (egg), corn starch, salt, raising agent, bicarbonate of soda, corn starch)] and Fruit Mince Filling (30%) [sugar, sultanas, currants, mixed peel, glucose syrup, dates, dried apple, vinegar, corn starch, molasses, spices, salt, preservative (ascorbic acid) ].  | Wheat flour (gluten), liquid egg (egg), soya lecithin (soya).                              |
| <b>FRESH ON TIME</b>             |  |  |
| <b>FOT ASSORTED CUPCAKES</b>     | Cup Cake:<br>Wheat Flour (gluten), liquid egg (egg), Sugar,raising agent, Emulsifier,  | Wheat flour (gluten), liquid egg (egg) Soya Lecithin (soya)                                |

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## INGREDIENTS LISTING / ALLERGENS

| PRODUCT GROUP NAME             | INGREDIENTS  | ALLERGENS   |
|--------------------------------|--|---|
|                                | Vegetable Fat (palm kernel) Sorbitol, Modified Starch<br>Strawberry Topping:<br>Vegetable Fat (Palm Kernel, Fondant( Sugar, Water, Glucose Syrup, White Mineral Oil, Bleaching Agent, Soya Lecithin (soya), Emulsifier), Strawberry Paste (Water, Propylene Glycol, Flavouring, Thickener, Preservative (Potassium Sorbate) and Colourants<br>Chocolate Topping:<br>Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, Preservative), Fondant(Sugar, Water, Glucose Syrup, White Mineral Oil, Bleaching Agent, Soya Lecithin (soya), Emulsifier), ChoceX nibs (Sucrose, Cocoa, Soya Lecithin (soya), Flavouring) |   |
| <b>FOT CHOC BROWNIE</b>        | Brownie layer: sugar, wheat flour, liquid egg, margarine [vegetable oil(palm fruit), water, salt, emulsifier(soya), preservative (sodium benzoate), citric acid, flavouring, colourant], sunflower oil(sunflower seed), cocoa powder, flavouring, salt, bicarbonate of soda.<br><br>Chocolate icing: sugar, margarine [vegetable oil(palm fruit), water, salt, emulsifier(soya), preservative (sodium benzoate), citric acid, flavouring, colourant], full cream milk, cocoa powder, flavouring.   | Wheat, gluten, egg, soya, cow's milk  |
| <b>FOT CRUNCHIE</b>            | Oats(gluten) (25%), sugar, margarine [vegetable oil(palm fruit and palm seed), water, salt, emulsifier(sunflower feed lecithin), preservative (sodium benzoate), citric acid, antioxidants(BHA), flavouring, colourant], wheat flour(gluten), coconut, golden syrup (sugar, water, acidity regulator, salt), bicarbonate of soda.  | Oats(gluten), Wheat flour(gluten)   |
| <b>FOT MINI SWISS ROLL</b>     | Liquid egg (egg), wheat flour (gluten), sugar, emulsifier, jam, bicarbonate of soda, raising agent, salt, vanilla, sorbex, colourant, flavouring   | Wheat flour (gluten), liquid egg (egg)  |
| <b>MINI CARAMEL SWISS ROLL</b> | Liquid egg (egg), Sugar, wheat flour (gluten), Cocoa Powder, Emulsifier, raising agent, Flavouring<br>Filling: Vegetable Fat (palm kernel), Caramel { Vegetable Fat (Palm Kernel, Salt, Emulsifiers, Preservative (citric acid)), Sugar, Full Cream Milk Powder (dairy), Whey Powder (dairy), Skim Milk Replacer, Lactose (dairy), Soya Lecithin (soya), Colouring, Sucrose, Glucose Syrup Solids, Flavouring, Potassium Sorbate}, Chockex Nibs {Sucrose, Vegetable Fat(Palm Kernel), Cocoa Powder, Emulsifier, Salt}  | Wheat flour (gluten), liquid egg (egg), milk solids (cow's milk). Soy lecithin (soya) |
| <b>FOT SNOWBALLS</b>           | Wheat flour (gluten), Sugar, liquid egg (egg), Emulsifier, raising agent, Sorbitol, Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, Preservative (citric Acid)), Apricot Jam, Coconut, Flavouring, Colourant  | Wheat flour (gluten), liquid egg (egg)  |
| <b>MISCELLANEOUS</b>           |  |   |
| <b>BAKED HAMBURGER BUNS</b>    | Wheat flour (gluten), water, salt, white sugar, vegetable oil [palm fruit, palm seed], citric acid], yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water} salt, soya flour (soya), preservative (ascorbic acid) and improver.   | Wheat flour (gluten) and soya flour (soya).   |
| <b>BAKED HOT DOG ROLLS</b>     | Wheat flour (gluten), water, salt, white sugar, vegetable oil [palm fruit, palm seed, citric acid], yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water} salt, soya flour (soya), preservative (ascorbic acid) and improver.  | Wheat flour (gluten) and soya flour (soya).   |
| <b>SWISS ROLL CHOC</b>         | Sponge: Egg, sugar, water, wheat flour, emulsifier, cocoa powder, raising agent, and preservative (calcium propionate).<br>Filling: Non dairy cream { High-fructose corn syrup, hydrogenated vegetable oil [palm-kernel oil], Water, Skim milk (dairy), Emulsifier, Stabilizer, Sugar, Preservative (potassium sorbate), Flavouring}.  | Wheat flour (gluten), Egg and Skim milk (cow's milk).                                 |
| <b>SWISS ROLL JAM</b>          | Sponge: Egg, wheat flour, sugar, water, emulsifier, raising agent, preservative (calcium propionate)<br>Jam filling: apricot jam (sugar, apricot fruit, pectin, citric acid, colourant, flavouring) and modified starch.   | Wheat flour (gluten) and Egg.   |
| <b>SWISS ROLL PLAIN</b>        | Sponge: Egg, wheat flour, sugar, water, emulsifier, raising agent and preservative (calcium propionate)<br>Filling: Non dairy cream { High-fructose corn syrup, hydrogenated vegetable oil [palm-kernel], Water, Skim milk (dairy), Emulsifier, Stabilizer, Sugar,   | Wheat flour (gluten), Egg and Skim milk (cow's milk).                                 |

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## INGREDIENTS LISTING / ALLERGENS

| PRODUCT GROUP NAME                                     | INGREDIENTS  | ALLERGENS            |
|--|--|----------------------|
|  | Preservative (potassium sorbate) and Flavoring).   |                      |
| <b>PAR BAKED PIZZA BASES</b>                           |  |                      |
| <b>PAR BAKED PIZZA BASES</b>                           | Wheat flour (gluten), yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, water, salt, olive oil blend, ascorbic acid and improvers.  | Wheat flour (gluten) |
| <b>PAR BAKED RECTANGULAR PIZZA WITH TOMATO TOPPING</b> | Wheat flour (gluten), tomato powder, yeast {bakers yeast ( <i>Saccharomyces cerevisiae</i> ), water}, water, salt, olive oil blend, ascorbic acid and improvers.   | Wheat flour (gluten) |
| <b>TOPPINGS</b>  |  |                      |
| <b>CREAM CHEESE TOPPING</b>                            | Non-dairy cream [water, hydrogenated palm kernel oil, dextrose, stabilizer, salt, preservative (potassium sorbate), flavouring, colourant], cream cheese (32% cream (cow's milk), full cream milk (cow's milk), salt, stabilizer, skim milk, powder (cow's milk), lactic acid, culture, calcium chloride, non-animal rennet], icing sugar and lemon juice. | Cow's milk           |
| <b>WONDER CRÉME</b>                                    |  |                      |
| <b>WONDER CRÉME</b>                                    | Water, Vegetable oil(Hydrogenated palm kernel oil) Dextrose monohydrate, Stabilizer, Sugar, Salt, Potassium Sorbate, Flavouring, Colourant.  | NIL                  |
| <b>WONDER CRÉME BLUEBERRY CHEESECAKE</b>               | Water, Vegetable oil ( Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt, Colourant.   | NIL                  |
| <b>WONDER CRÉME CHOCOLATE</b>                          | Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Cocoa Powder, Flavouring, Colourant, Potassium Sorbate, Salt, Sweetener (Acesulfame K, Sucralose).   | NIL                  |
| <b>WONDER CRÉME VANILLA CUSTARD</b>                    | Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt, Colourant.  | NIL                  |
| <b>WONDER WHIP</b>                                     |  |                      |
| <b>WONDERWHIP CARAMEL</b>                              | Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Colourant, Flavouring, Potassium Sorbate, Salt.  | NIL                  |
| <b>WONDERWHIP CHOCOLATE</b>                            | Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Cocoa powder, Flavouring, Colourant, Potassium Sorbate, Salt, Sweetener (Acesulfame K, Sucralose).   | NIL                  |
| <b>WONDERWHIP CREAM SODA</b>                           | Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt, Colourant.  | NIL                  |
| <b>WONDERWHIP STRAWBERRY</b>                           | Water, Vegetable oil ( Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Potassium Sorbate, Salt, Flavouring, Colourant .  | NIL                  |
| <b>WONDERWHIP VANILLA</b>                              | Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt.   | NIL                  |
| <b>BAVARIAN WHIP</b>                                   | Water, Hydrogenated vegetable oil (palm kernel), sugar, dextrose monohydrate, Stabilizer, salt, potassium sorbate, flavouring, and colourant.  | NIL                  |

# GOOSEBUMPS

## INGREDIENTS LISTING / ALLERGENS

| PRODUCT GROUP NAME          | INGREDIENTS  | ALLERGENS  |
|-----------------------------|--|--|
| <b>ZEELANDIA PRODUCTS</b>   |  |  |
| <b>COATINGS</b>             |  |  |
| <b>DIP BANANA</b>           | Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk protein,(dairy) flavouring, Colourant.  | Lactose (cow's milk), whey powder (cow's milk),milk protein (cow's milk) |
| <b>DIP CARAMEL</b>          | Sugar, vegetable oil, lactose (dairy), skimmed milk powder (dairy), flavouring, emulsifier, colourant  | Lactose (cow's milk), skimmed milk powder (cow's milk)                   |
| <b>DIP CHERRY</b>           | Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk Protein (dairy), flavouring colourant   | Lactose (cow'smilk), whey powder(cow's milk), milk protein (cow's milk)  |
| <b>DIP CHOCO</b>            | Vegetable oil, sugar, cocoa powder, lactose (dairy), whey powder (dairy), emulsifier, milk protein (dairy), flavouring.  | Lactose (cow'smilk), whey powder(cow's milk), milk protein (cow's milk)  |
| <b>DIP ORANGE</b>           | Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk protein (dairy), flavouring colourant.  | Lactose (cow'smilk), whey powder(cow's milk), milk protein (cow's milk)  |
| <b>DIP WHITE</b>            | Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk protein (dairy), flavouring colourant.  | Lactose (cow'smilk), whey powder(cow's milk), milk protein (cow's milk)  |
| <b>FRUIT FILLINGS</b>       |  |  |
| <b>FRUTAFILL APPLE</b>      | Fruit (apple), glucose syrup, water, modified starch, antioxidant, acidity regulator preservative (potassium sorbate), flavouring  | NIL  |
| <b>FRUTAFILL APRICOT</b>    | Fruit (apricot), water, sugar, glucose syrup, modified starch, acidity regulator, thickener, preservative (potassium sorbate), flavouring  | NIL  |
| <b>FRUTAFILL BLUEBERRY</b>  | Fruit (blueberry), glucose syrup, water, sugar, modified starch, acidity regulator thickener, preservative (potassium sorbate), flavouring   | NIL  |
| <b>FRUTAFILL CHERRY</b>     | Fruit (red cherry), glucose syrup, water, sugar, modified starch, Preservative (potassium sorbate), thickener, flavouring  | NIL  |
| <b>FRUTAFILL STRAWBERRY</b> | Fruit (strawberry, apple), glucose syrup, water, modified starch, sugar, acidity regulator, antioxidant, thickener, preservative (potassium sorbate), carrot extract, rowanberry puree, flavouring                                       | NIL  |
| <b>CUSTARD</b>              |  |  |
| <b>RAPIDO</b>               | Sugar, modified starch, whey powder (dairy), dextrose, vegetable oil, Glucose syrup, gelling agent, hydrogenated vegetable oil, thickener, emulsifier, acidity regulator, milk protein (dairy), salt, stabilizer, flavouring, colourant. | Whey powder (cow's milk), milk protein (cow's milk)                      |
| <b>OTHER</b>                |  |  |
| <b>BIANCA MERINGUE</b>      | Sugar, egg white powder (egg), thickener, acidity regulator, salt, flavouring.   | Egg solids (egg)   |
| <b>CARLEX 1000</b>          | Vegetable oil, vegetable wax, emulsifier, hydrogenated vegetable oil.  | NIL  |
| <b>QUICK 75</b>             | Stabiliser, emulsifier, water, carriers.   | NIL  |
| <b>ZEESAN NEUTRAL V</b>     | Sugar, dextrose, modified starch, thickener, gelling agent   | NIL  |