

GOOSEBUMPS

INGREDIENTS LISTING / ALLERGENS

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
ROLLS		
BROTCHEN	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).
CIABATTA ROLL	Wheat flour (gluten), water, wheat gluten (gluten), yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, salt, improver, sesame seed (sesame seed), olive oil, acidity regulator and malt flour.	Wheat flour (gluten), wheat gluten (gluten) and sesame seed (sesame seed)
CONEY ROLL	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).
CRISPY BUN	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).
KAISER ROLL	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).
PORTUGUESE ROLL	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).
RYE ROLL	Wheat flour (gluten), water, rye flour (14%) (gluten), wheat gluten (gluten), {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, salt, fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], whey powder (dairy), soya flour (soya), caraway seeds, malt flour, improver, ascorbic acid, spices and enzymes.	Wheat flour (gluten), rye flour (gluten), wheat gluten (gluten), whey powder (dairy) and soya flour (soya).
WHOLE WHEAT BUN	Wheat flour {cake flour (gluten), whole 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, wheat gluten (gluten), salt, soya flour (soya), emulsifier, improver and ascorbic acid.	Wheat flour (gluten), whole wheat flour (gluten), soya flour (soya) and wheat gluten (gluten).
YELLOW CORN ROLL	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], salt, linseed, wheat gluten (gluten), caraway seed, soya flour (soya), malt flour, emulsifier, improver, ascorbic acid, colouring and enzymes.	Wheat flour (gluten), wheat gluten (gluten) and soya flour (soya).
SOFT ROLLS		
COCKTAIL WHITE ROLL	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).
HAMBURGER ROLL	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).
HOT DOG ROLL	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).
SEED ROLL	Wheat flour (gluten), water, crushed wheat (gluten), 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), sunflower seed, lin seed, sesame seed (sesame seed), poppy seed, emulsifier, improver and ascorbic acid.	Wheat flour (gluten), crushed wheat (gluten), soya flour (soya), wheat gluten (gluten) and sesame seed (sesame seed).

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STONEGROUND BUN	Wheat flour {Cake flour (gluten), whole wheat flour (gluten), brown bread 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), whole wheat flour (gluten), brown bread flour (gluten), soya flour (soya) and wheat gluten (gluten).
WHAMMY BURGER	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).
SPECIALITY ROLLS		
BAGEL WHOLE WHEAT	Cake Wheat Flour (gluten), Brown Bread Wheat Flour (gluten), Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Yeast (<i>Saccharomyces Cerevisiae</i>), Salt, Gluten (gluten), Flour Improvers, Colouring.	Wheat flour (gluten), gluten
BAGEL WHITE	Cake Wheat Flour (gluten) , Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Yeast (<i>Saccharomyces Cerevisiae</i>) Salt , Gluten, Malt Flour, Flour Improvers.	Wheat flour (gluten), gluten
BILTONG ROLL	Wheat flour (gluten), water, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, whey powder (dairy),soya lecithin (soya), preservative, antioxidant BHA, citric acid and colourant}, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten, biltong spice, biltong dust, salt, sugar, improvers and emulsifier.	Wheat flour (gluten), whey powder (dairy) and soya lecithin (soya).
SAVOURY CHEESE AND ONION SNAIL	Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], onion, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, improvers, sugar, cheese flavour and emulsifier.	Wheat flour (gluten) and wheat gluten (gluten).
SAVOURY CHEESE SNAIL	Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, improvers, sugar, colourant, cheese flavour and emulsifier.	Wheat flour (gluten) and wheat gluten (gluten).
SAVOURY GARLIC SNAIL	Wheat flour (gluten), water, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, improvers, garlic, sugar, cheese flavour and emulsifier.	Wheat flour (gluten) and wheat gluten (gluten).
VETKOEK PREFRIED	Cake Wheat Flour (gluten), Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Yeast (<i>Saccharomyces Cerevisiae</i>), Salt, Gluten (gluten), Flour Improvers, Palm Olein.	Wheat flour (gluten), gluten
BREAD		
CIABATTA LOAF	Wheat flour (gluten), water, wheat gluten (gluten), yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, salt, improver, sesame seed (sesame seed), olive oil, acidity regulator and malt flour.	Wheat flour (gluten), wheat gluten (gluten) and sesame seed (sesame seed)
FOCACCIA	Wheat flour (gluten), water, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, vegetable oil [sunflower seed], salt and improvers.	Wheat flour (gluten).
FRENCH LOAF	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).
VETKOEK ROLL	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).
WHITE SUB	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).
WHOLE WHEAT SUB	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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SWEET DOUGH		
CHELSEA BUN	Wheat flour (gluten), water, raisins, sugar, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant, BHA, citric acid], yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, salt, soya flour (soya), whole egg powder (egg), wheat gluten (gluten), emulsifier, colouring, enzyme and ascorbic acid.	Wheat flour (gluten), soya flour (soya), whole egg powder (egg) and wheat gluten (gluten).
COPENHAGEN BUN	Wheat flour (gluten), water, custard filling [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],raisins, sugar, vegetable fat/oil [(palm oil – fruit and or seed), antioxidant BHA, citric acid], yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, salt, soya flour (soya), whole egg powder (egg), wheat gluten (gluten), cinnamon, emulsifier, colouring, enzyme and ascorbic acid.	Wheat flour (gluten), soya flour (soya), whole egg powder (egg), wheat gluten (gluten) and milk protein (dairy).
DOUGHNUTS	Cake Wheat Flour (gluten) , Water , Whole Liquid Egg (egg), Yeast (<i>Saccharomyces Cerevisiae</i>) , 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)
ECLAIR SHELLS	Wheat flour (gluten), liquid egg (egg), Vegetable Fat (palm kernel oil, salt, emulsifiers and preservative),Bicarbonate of Soda, Salt, Nutmeg	Wheat flour (gluten), liquid egg (egg)
KOEKSISTER CAPE MALAY PRE FRIED	Cake Wheat Flour (gluten), Water , Sugar, Vegetable Shortening [Palm Oil (Palm Fruit, Palm Seed)], Whole Liquid Egg (egg), Yeast (<i>Saccharomyces Cerevisiae</i>), Salt, wheat gluten (gluten), Flour Improvers, Spices (Ground Ginger, Cinammon), Palm Olein, Colourant (Liquid Caramel).	Wheat flour (gluten) , liquid egg (egg), wheat gluten (gluten)
PASTRY		
CHEESE CROISSANT	Wheat flour (gluten), water, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, whey powder (dairy),soya lecithin (soya), preservative, antioxidant BHA, citric acid and colouring}, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, sugar, wheat gluten (gluten), salt, improver, whole egg powder (egg), artificial cheese flavour, colouring, artificial butter flavour and relaxer.	Wheat flour (gluten), whey powder (dairy), whole egg powder (egg) and soya lecithin (soya).
CHOCOLATE CROISSANT	Wheat flour (gluten), water, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, whey powder (dairy),soya lecithin (soya), preservative, antioxidant BHA, citric acid and colouring}, sugar, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, butter salted (dairy), improver, whole egg powder (egg), chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring and emulsifier], choc flavour, artificial butter flavour and relaxer.	Wheat flour (gluten), whey powder (dairy), salted butter (dairy), whole egg powder (egg) and soya lecithin (soya).
PLAIN BUTTER CROISSANT	Wheat flour (gluten), water, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, whey powder (dairy),soya lecithin (soya), preservative, antioxidant BHA, citric acid and colouring}, sugar, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, butter salted (dairy), improver, whole egg powder (egg), artificial butter flavour and relaxer.	Wheat flour (gluten), whey powder (dairy), salted butter (dairy), whole egg powder (egg) and soya lecithin (soya).
PLAIN BUTTER JUMBO CROISSANT	Wheat flour (gluten), water, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, whey powder (dairy),soya lecithin (soya), preservative, antioxidant BHA, citric acid and colouring}, sugar, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, butter salted (dairy), improver, whole egg powder (egg), artificial butter flavour and relaxer.	Wheat flour (gluten), whey powder (dairy), salted butter (dairy), whole egg powder (egg) and soya lecithin (soya).
CROISSANT TRIANGLE	Wheat flour (gluten), water, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, whey powder (dairy),soya lecithin (soya), preservative, antioxidant BHA, citric acid and colouring}, sugar, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), salt, butter salted (dairy), improver, whole egg powder (egg), artificial butter flavour and relaxer.	Wheat flour (gluten), whey powder (dairy), salted butter (dairy), whole egg powder (egg) and soya lecithin (soya).
PUFF PASTRY SQUARES	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).

GOOSEBUMPS

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PUFF PASTRY ROLL	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).
SAUSAGE ROLL	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}. Filling (50%) { water, mince meat, bread crumbs (gluten), sausage roll mix [vegetable protein, cereal (gluten), starch, dextrose, spices, MSG, sugar, preservative], bran (gluten), thickener, onion flakes, modified starch and dried parsley.	Wheat flour (gluten), bread crumbs (gluten), cereal (gluten) and bran (gluten)
SAUSAGE ROLL COCKTAIL	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}. Filling (50%) { water, mince meat, bread crumbs (gluten), sausage roll mix [vegetable protein, cereal (gluten), starch, dextrose, spices, MSG, sugar, preservative], bran (gluten), thickener, onion flakes, modified starch and dried parsley.	Wheat flour (gluten), bread crumbs (gluten), cereal (gluten) and bran (gluten)
FTO PASTRY		
FTO PLAIN BUTTER CROISSANT	Wheat flour (gluten), water, yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, wheat gluten (gluten), white sugar, vegetable fat {(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative, antioxidant BHA, citric acid and colourant}, butter salted (dairy), salt, artificial butter flavour,, improvers, relaxer and enzymes.	Wheat flour (gluten), wheat gluten (gluten), butter (dairy) and soya lecithin (soya).
FTO APPLE DANISH	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, 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 and flavouring].	Wheat flour (gluten) wheat gluten (gluten), butter (dairy) and soya lecithin (soya).
FTO BLUEBERRY DANISH	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, antioxidant BHA, citric acid and colourant}, salted butter (dairy), salt, butter flavor, improver, and enzymes], Blueberry filling 32% [fruit (blueberry, apple), glucose syrup, water, sugar, lemon juice, modified starch, acidity regulator, thickener, preservative and flavouring].	Wheat flour (gluten), wheat gluten (gluten), butter (dairy) and soya lecithin (soya).
FTO CUSTARD DANISH	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, 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 (dairy), whey powder (dairy), milk protein (dairy) and soya lecithin (soya).
FTO TROPICAL DANISH	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 and or palm seed) salt, water, butter flavour, soya lecithin (soya), preservative, antioxidant BHA, citric acid and colourant}, salted butter (dairy), salt, butter flavor, improver, and enzymes.] Tropical filling 32% [fruit (apricot, pineapple, mango, papaya), sugar, glucose syrup, water, lemon juice, modified starch, acidity regulator, thickener, preservative and flavouring].	Wheat flour (gluten) wheat gluten (gluten), butter (dairy) and soya lecithin (soya).
FTO COCKTAIL CHOC DANISH	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, 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 sweeteners) Salt, acidity regulator and preservative (potassium sorbate)	Wheat flour (gluten) wheat gluten (gluten), butter (dairy) and soya lecithin (soya).

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CONFECTIONARY AND SPONGES		
PLAIN SCONES	Wheat flour (gluten), sugar, vegetable fat(palm kernel oil, salt, emulsifiers, preservatives), milk (dairy),raising agent, emulsifier, salt, sorbex,egg (egg)	Wheat flour (gluten), milk (dairy) Liquid egg(egg)
FRUIT SCONES	Wheat f lour (gluten), sugar, vegetable fat(palm kernel oil, salt, emulsifiers, preservatives), milk (dairy), raising agent, emulsifier, raisins, salt, sorbex, liquid egg (egg)	Wheat flour (gluten), milk (dairy), Liquid egg (egg)
KOEKSISTER TWISTS	Wheat flour (gluten), sugar, water, full cream milk (dairy), egg, vegetable fat {palm fruit, sunflower seed and palm seed, salt}, whey powder (dairy), minerals and vitamins, emulsifier (soya), preservative (sodium benzoate), citric acid, flavouring, colourant, raising , lemon juice (sulphur dioxide), salt and cream of tartar.	Wheat flour (gluten), milk (dairy), Liquid egg (egg) and sulphur dioxide,
PLAIN SPONGE	Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier,raising agent, sorbitol syrup and potassium sorbate.	Wheat flour (gluten), liquid egg (egg)
CHOC SPONGE	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) .
PINK SPONGE	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) .
SLICES		
APPLE 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). 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).
CHEESE CAKE SLICE	Base {Wheat flour (gluten), sugar, vegetable fat [(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative, antioxidant BHA, citric acid and colourant], liquid egg (egg), corn starch, water, raising agent, emulsifier and apricot jam}. Topping {Cottage cheese [skimmed milk (dairy), cream (dairy), salt, lactic cultures, non-animal rennet, calcium chloride, potassium sorbate], water, sugar, wonder topping [high fructose corn syrup, hydrogenated palm kernel oil, water, emulsifiers, stabilizer, sugar, potassium sorbate, flavouring,colourant], lemon juice, modified starch, gelatine, vanilla essence and salt}.	Wheat flour (gluten), soya lecithin (soya), liquid egg (egg), skimmed milk (dairy) and cream (dairy).
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). 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 (dairy) and milk protein (dairy)
TIRAMISU CAKE	Coffee sponge cake: Wheat flour (gluten), egg (egg), sugar, water, emulsifier, raising agent, coffee (0.5%) 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).
DRY LINES		
ALMOND STICK	Persipan (Sucrose, lima beans, glucose, sorbitol, vegetable fat (cottonseed / sunflower seed) thickner, flavouring, acidity regulator and preservative (potassium sorbate)	NIL
CHOCOLATE BROWNIES	Brownie: Sugar, Wheat flour (gluten), Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, preservatives), Liquid Egg (egg), Cocoa, Flavouring, Sorbitol 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)

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COCONUT CUPS	Kokomix (Dessicated Coconut, Sucrose, Skim Milk Powder (dairy), Modified Starch, Wheat Flour (gluten), Raising Agents, Sodium Chloride, Flavourings and Colourant), Custard (Cane Sugar, Milk Solids (dairy), Starch, hydrogenated Vegetable Fat, Gelling Agent, Flavouring and Colourant), and Cherries	Skim milk powder (dairy), Milk solids (dairy), wheat flour (gluten).
CRUNCHIES	Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, Preservative), Oats (gluten), Sugar, Wheat flour (gluten), Coconut, Syrup, Bicarbonate of Soda	Wheat flour (gluten), oats (gluten)
FLORENTINE SLICE	Lemon peel, sugar, fresh cream (dairy), glucose, pecan nut (nut), syrup, almonds (nuts), cherries	Pecan nuts(nuts), almonds (nuts) cream (dairy)
PEANUT CLUSTER	Peanuts (46%) (nut), Sugar, Fresh Cream (dairy), Glucose, Syrup, wheat Flour (gluten),Vegetable fat (Palm Kernel Oil, Salt, Emulsifiers, Preservative) Liquid Egg (egg), Chocolate(Sucrose, Cocoa, Soya Lecithin (soya), Flavourant)	Peanuts (nuts), cream (dairy), Wheat flour (gluten), egg, soya lecithin (soya)
SEEDBAR	Sunflower seeds, sesame seeds (sesame seed), jam, peanuts (nuts), oats (gluten), vegetable fat (palm oil), cream (dairy), chockex nibs (sucrose, vegetable fat, cocoa powder, emulsifier, sodium chloride, flavourant) Base: Wheat flour (gluten), sugar, vegetable fat (palm oil), liquid egg (egg)	Wheat flour (gluten), liquid egg (egg),peanuts (nuts),oats (gluten), sesame seeds (sesame seeds), cream (dairy)
SNOWBALLS	Wheat flour (gluten), Sugar, liquid egg (egg), Emulsifier,raising agent, Sorbitol,Vegetable Fat (PalmKernel Oil, Salt, Emulsifiers, Preservatives), Apricot Jam, Coconut, Flavourant, Colouring	Wheat flour (gluten), liquid egg (egg)
TARTS AND TART BASES		
LARGE MILK TART	Pastry {Wheat flour (gluten), sugar, vegetable fat [(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative, antioxidant BHA, citric acid and colourant], liquid egg (egg), corn starch, salt and raising agent} Filling {Water, sugar, vegetable oil / fat [un-hydrogenated palm oil (fruit mesocarp), water, salt, emulsifiers (soya lecithin), preservative, flavouring and colourant], modified starch, skimmed milk powder (dairy), full cream milk powder (dairy), stabilizer, thickener, salt, vanilla essence and colourant}.	Wheat flour (gluten), liquid egg (egg), skimmed milk powder (dairy), full cream milk powder (dairy) and soya lecithin (soya).
TART BASES SWEET	Wheat flour (gluten), sugar, vegetable fat [(palm fruit, sunflower seed oil and or palm seed oil) salt, water, butter flavour, soya lecithin (soya), preservative, 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).
TIPSY TART	Wheat flour (gluten), sugar, pitted dates, water, margarine [vegetable oil (palm fruit and palm seed), water, salt, emulsifier (sunflower seed lecithin), preservative (sodium benzoate), citric acid, antioxidant (BHA) colourant], liquid egg (egg), glucose, bicarbonate of soda and salt.	Wheat flour (gluten), liquid egg (egg) .
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, 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).
TART FILLINGS		
APPLE TART FILLING	Apples 57%, (water, sugar, modified starch, cinnamon, lemon juice, thickener).	NIL
LEMON MERINGUE FILLING	Condensed milk (dairy), water,lemon juice and egg yolk powder (egg),	Condensed milk (dairy) and egg solids (egg).
MILK TART FILLING	Water, sugar, vegetable oil / fat [un-hydrogenated palm oil (fruit mesocarp), water, salt, emulsifiers (soya lecithin), preservative, flavouring and colourant], modified starch, skimmed milk powder (dairy), full cream milk powder (dairy), stabilizer, thickener, salt, vanilla essence and colourant.	Skimmed milk powder (dairy), full cream milk powder (dairy) and soya lecithin (soya).

GOOSEBUMPS

INGREDIENTS LISTING / ALLERGENS

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
BATTERS AND CUP CAKES		
ASSORTED MUFFIN BATTER	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 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, stabilizer, artificial flavouring and colourants,	Wheat flour (gluten) and liquid egg (egg),bran (gluten) , oats (gluten) and soya lecithin (soya).
BLACK FOREST MUFFIN BATTER	Sugar, wheat flour (gluten), liquid egg (egg), cherry filling (12%) {fruit (red cherry, apple), glucose syrup, water, sugar, modified starch, acidity regulator, thickener, preservative 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, stabilizer, flavouring and colourant,	Wheat flour (gluten) and liquid egg (egg).
BLUEBERRY MUFFIN BATTER	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, stabilizer and flavouring,	Wheat flour (gluten) and liquid egg (egg).
BRAN & RAISIN MUFFIN BATTER	Sugar, water,wheat flour (gluten), liquid egg (egg), raisins, vegetable oil [palm fruit, palm seed, citric acid], oats (gluten), vegetable oil (sunflower seed), digestive bran (gluten),raising agent, modified starch, emulsifier, preservative, stabilizer and flavouring,	Wheat flour (gluten), liquid egg (egg), oats (gluten), and digestive bran (gluten).
CAPPUCINNO MUFFIN BATTER	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, stabilizer and flavouring,	Wheat flour (gluten) and liquid egg (egg).
CARAMEL MUFFIN BATTER	Sugar,wheat flour (gluten), water, liquid egg (egg), caramel nibs [sugar, vegetable fat, maltodextrin, soya lecithin, cocoa powder, colourants, flavouring and salt] vegetable oil [palm fruit, palm seed, citric acid],vegetable oil (sunflower seed),raising agent, caramel paste, modified starch, emulsifier, preservative, stabilizer and flavouring,	Wheat flour (gluten), liquid egg (egg) and soya lecithin (soya).
CHOCOLATE MUFFIN BATTER	Sugar, wheat flour (gluten), water, vegetable oil (sunflower seed), liquid egg (egg), chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring and emulsifier], cocoa powder, baking powder, chocolate paste, modified starch, emulsifier, preservative, stabilizer, flavouring and colourant,	Wheat flour (gluten) and liquid egg (egg).
LEMON POPPY MUFFIN BATTER	Sugar,wheat flour (gluten), water, liquid egg (egg), vegetable oil [palm fruit, palm seed, citric acid],vegetable oil (sunflower seed), poppy seeds, lemon flavour, raising agent, modified starch, emulsifier, preservative, stabilizer, flavouring and colourant.	Wheat flour (gluten) and liquid egg (egg).
ORANGE MUFFIN BATTER	Sugar, wheat flour (gluten), water, liquid egg (egg), vegetable oil [palm fruit, palm seed, citric acid],vegetable oil (sunflower seed),raising agent, orange paste, modified starch, emulsifier, preservative, stabilizer and flavouring.	Wheat flour (gluten) and liquid egg (egg).
RED VEVEET CAKE BATTER	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.
ASSORTED CUPCAKES	Cup Cake: Wheat Flour (gluten), liquid egg (egg), Sugar,raising agent,, Emulsifier, Vegetable Fat (palm kernel) Sorbitol, Modified Starch Strawberry topping: Vegetable Fat (Palm Kernel), Fondant(Sugar, Water, Glucose Syrup, White Mineral Oil, Bleaching Agent, Soya Lecithin, Emulsifier), Strawberry Paste (Water, Propylene Glycol, Flavouring, Thickner, Preservative (Potassium Sorbate) and Colourants Chocolate topping: Vegetable Fat (Palm Kernel , Salt, Emulsifiers, Preservative), Fondant(Sugar, Water, Glucose Syrup, White Mineral Oil, Bleaching Agent, Soya Lecithin (soya), Emulsifier), Chocex nibs (Sucrose, Cocoa, Soya Lecithin, Flavouring)	Wheat flour (gluten), liquid egg (egg), Soya Lecithin (soya)

GOOSEBUMPS

INGREDIENTS LISTING / ALLERGENS

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
VANILLA MUFFIN BATTER	Sugar, Wheat flour (gluten), liquid egg (egg), water, sunflower oil, vegetable oil [palm fruit, palm seed, citric acid], raising agent, emulsifier, preservative, stabilizer, flavouring and salt.	Wheat flour (gluten) and liquid egg (egg).
SEASONAL PRODUCTS		
CHOC SPICE BUN	Wheat flour (gluten), water, chocolate nibs [sugar, hydrogenated vegetable fat/oil (palm kernel), cocoa, salt, flavouring and emulsifier], 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).
HOT CROSS BUN	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).
FRUIT MINCE PIE	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].	Wheat flour (gluten), liquid egg (egg), soya lecithin (soya).
FRESH ON TIME		
FOT ASSORTED CUPCAKES	Cup Cake Wheat Flour (gluten), liquid egg (egg), Sugar, raising agent, Emulsifier, Vegetable Fat (palm kernel) Sorbitol, Modified Starch Strawberry Topping: 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 Chocolate Topping: 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)	Wheat flour (gluten), liquid egg (egg) Soya Lecithin (soya)
FOT CHOC BROWNIE	Brownie: Sugar, Wheat Flour (gluten), Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, preservatives), Liquid Egg (egg), Cocoa, Flavouring, Sorbitol 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)
FOT COCONUT BROWNIE	Vegetable fat (Palm Kernel Oil, Salt, Emulsifiers, Preservatives), Sugar, Coconut, liquid egg (egg), Apricot Jam, wheat flour (gluten), Cocoa, Flavouring, Sorbitol, Salt, Vanilla	Wheat flour (gluten), liquid egg (egg)
FOT CRUNCHIE	Vegetable fat (Palm Kernel Oil, Salt, Emulsifiers, Preservatives), Sugar, Coconut, Jam, Wheat Flour (gluten), Cocoa, Flavouring, Sorbitol, Salt, Vanilla	Wheat flour (gluten)
FOT MINI SWISS ROLL	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)
MINI CARAMEL SWISS ROLL	Liquid egg (egg), Sugar, wheat flour (gluten), Cocoa Powder, Emulsifier, raising agent, Flavouring Filling: Vegetable Fat (palm kernel), Caramel { Vegetable Fat (Palm Kernel, Salt, Emulsifiers, Preservative), 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, Sodium Chloride}	Wheat flour (gluten), liquid egg (egg), milk solids (dairy). Soya lecithin (soya)
FOT PEANUT CLUSTER	Peanuts (46%) (nuts), Sugar, Fresh Cream (dairy), Glucose, Syrup, wheat flour (gluten), Vegetable fat (Palm Kernel, Salt, Emulsifiers, Preservative), liquid egg (egg), Chocolate	Wheat flour (gluten), egg, cream (dairy), soya lecithin (soya) peanuts (nuts)

GOOSEBUMPS

INGREDIENTS LISTING / ALLERGENS

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
FOT SNOWBALLS	Wheat flour (gluten), Sugar, liquid egg (egg), Emulsifier, raising agent, Sorbitol, Vegetable Fat (Palm Kernel Oil, Salt, Emulsifiers, Preservatives), Apricot Jam, Coconut, Flavouring, Colourant	Wheat flour (gluten), liquid egg (egg)
MISCELLANEOUS		
ASSORTED CUPCAKES	Wheat flour (gluten), sugar, liquid egg (egg), water, margarine [vegetable un-hydrogenated oil (fruit mesocarp), salt, emulsifiers (soya), preservative, flavouring and colourant], vegetable oil (sunflower seed), corn starch, glycerine, raising agent, salt, cocoa powder, vanilla essence, caramel spread, chocolate paste, emulsifier.	Wheat flour (gluten), liquid egg(egg) and emulsifier (soya).
BAKED HAMBURGER BUNS	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 and improver.	Wheat flour (gluten) and soya flour (soya).
BAKED HOT DOG ROLLS	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 and improver.	Wheat flour (gluten) and soya flour (soya).
BAKED MUFFINS	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 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 (soya), cocoa powder, colouring, flavourants 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, stabilizer, artificial flavouring and colourants,	Wheat flour (gluten) and liquid egg (egg) / bran (gluten) / oats (gluten) / caramel nibs (soya).
H L BAKED BURGER ROLL	Wheat flour (gluten), water, sugar, vegetable fat/oil {palm fruit, palm seed and citric acid}, yeast [bakers yeast (<i>Saccharomyces cerevisiae</i>), water] salt, soya flour (soya), improver and preservative.	Wheat flour (gluten) and soya flour (soya).
H L BAKED DIXIE ROLL	Wheat flour (gluten), water, sugar, vegetable fat/oil {palm fruit, palm seed and citric acid}, yeast [bakers yeast (<i>Saccharomyces cerevisiae</i>), water] salt, soya flour (soya), improver and preservative.	Wheat flour (gluten) and soya flour (soya).
JESTER	Wheat flour (gluten), vegetable fat [un-hydrogenated oil (fruit mesocarp), salt, emulsifiers (soya), preservative, flavouring and colourant], water, white sugar, apricot jam, liquid egg (egg), sodium bicarbonate, raising agent, mixed spice and vanilla essence.	Wheat flour (gluten), liquid egg (egg) and emulsifier (soya).
LAMINGTON CHOC	Sponge:{ Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, sorbitol syrup and potassium sorbate). Syrup: {Sugar, Water, Colourant (cocoa powder), vegetable fat [un-hydrogenated oil (fruit mesocarp), salt, emulsifiers (soya), preservative, flavourant and colourant], Water, Vanilla essence}. Decoration:{ Desiccated coconut}	Wheat flour (gluten), liquid egg (egg) and soya lecithin (soya).
LAMINGTON PINK	Sponge: {Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, sorbitol syrup and potassium sorbate}. Syrup: {Sugar, Water, Apricot jam, Thickener, Colourant}. Decoration: {Desiccated coconut}.	Wheat flour (gluten) and liquid egg (egg).
RAINBOW SLAB	Sponge:{ Wheat flour (gluten), sugar, liquid egg (egg), water, corn starch, emulsifier, raising agent, cocoa powder, sorbitol syrup, potassium sorbate and colouring}. Icing:{ Icing sugar, vegetable fat [un-hydrogenated oil (fruit mesocarp)], salt, emulsifiers (soya), preservative, flavouring and colourant], Water, Vanilla essence}. Rainbow vermicelli:{ Sucrose, Glucose, Vegetable fat [hydrogenated vegetable fat/oil (palm kernel)], Lecithin (soya), Flavouring, Colourants, Stabilizer}.	Wheat flour (gluten), liquid egg (egg) and soya lecithin (soya).
SWISS ROLL CHOC	Sponge: Egg, sugar, water, wheat flour, emulsifier, cocoa powder, raisinf agent, and preservative (calcium propionate). 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 (dairy).
SWISS ROLL JAM	Sponge: Egg, wheat flour, sugar, water, emulsifier, raising agent, preservative (calcium propionate) Jam filling: apricot jam (sugar, apricot fruit, pectin, citric acid, colourant, flavouring) and modified starch.	Wheat flour (gluten) and Egg.

GOOSEBUMPS**INGREDIENTS LISTING / ALLERGENS**

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
SWISS ROLL PLAIN	Sponge: Egg, wheat flour, sugar, water, emulsifier, raising agent and preservative (calcium propionate) Filling: Non dairy cream { High-fructose corn syrup, hydrogenated vegetable oil [palm-kernel], Water, Skim milk (dairy), Emulsifier, Stabilizer, Sugar, Preservative (potassium sorbate) and Flavoring}.	Wheat flour (gluten), Egg and Skim milk (dairy).
PAR BAKED PIZZA BASES		
PAR BAKED PIZZA BASES	Wheat flour (gluten), yeast {bakers yeast (<i>Saccharomyces cerevisiae</i>), water}, water, salt, olive oil blend, ascorbic acid and improvers.	Wheat flour (gluten)
PAR BAKED RECTANGULAR PIZZA WITH TOMATO TOPPING	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)
TOPPINGS		
WONDER CRÉME		
WONDER CRÉME	Water, Vegetable oil (Hydrogenated palm kernel oil) Dextrose monohydrate, Stabilizer, Sugar, Salt, Potassium Sorbate, Flavouring, Colourant.	NIL
WONDER CRÉME BLUEBERRY CHEESECAKE	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt, Colourant.	NIL
WONDER CRÉME CHOCOLATE	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Cocoa Powder, Flavouring, Colourant, Potassium Sorbate, Salt, Sweetener (Acesulfame K, Sucralose).	NIL
WONDER CRÉME VANILLA CUSTARD	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt, Colourant.	NIL
WONDER WHIP		
WONDERWHIP CARAMEL	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Colourant, Flavouring, Potassium Sorbate, Salt.	NIL
WONDERWHIP CHOCOLATE	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Cocoa powder, Flavouring, Colourant, Potassium Sorbate, Salt, Sweetener (Acesulfame K, Sucralose).	NIL
WONDERWHIP CREAM SODA	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt, Colourant.	NIL
WONDERWHIP STRAWBERRY	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Potassium Sorbate, Salt, Flavouring, Colourant.	NIL
WONDERWHIP VANILLA	Water, Vegetable oil (Hydrogenated palm kernel oil), Dextrose monohydrate, Sugar, Stabilizer, Flavouring, Potassium Sorbate, Salt.	NIL
BAVARIAN WHIP	Water, Hydrogenated vegetable oil (palm kernel), sugar, dextrose monohydrate, Stabilizer, salt, potassium sorbate, flavouring, and colourant.	NIL
CREAM CHEESE TOPPING	Non-dairy cream [water, hydrogenated palm kernel oil, dextrose, stabilizer, salt, preservative (potassium sorbate), flavouring, colourant], cream cheese (32%) (cream, full cream milk, salt, stabilizer, skim milk, powder, lactic acid, culture, calcium chloride, non-animal rennet), icing sugar and lemon juice.	Cows milk
ZEELANDIA PRODUCTS		
COATINGS		
DIP BANANA	Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk protein, (dairy) flavouring, Colourant.	Lactose (dairy), whey powder (dairy), milk protein (dairy)
DIP CARAMEL	Sugar, vegetable oil, lactose (dairy), skimmed milk powder (dairy), flavouring, emulsifier, colourant	Lactose (dairy), skimmed milk powder (dairy)
DIP CHERRY	Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk Protein (dairy), flavouring colourant	Lactose (dairy), whey powder (dairy), milk protein (dairy)

GOOSEBUMPS**INGREDIENTS LISTING / ALLERGENS**

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
DIP CHOCO	Vegetable oil, sugar, cocoa powder, lactose (dairy), whey powder (dairy), emulsifier, milk protein (dairy), flavouring.	Lactose (dairy), whey powder (dairy), milk protein (dairy)
DIP HAZELNUT	Sugar, hazelnut (nut), vegetable oil, low fat cocoa powder, emulsifier, flavouring.	Hazelnut (nut)
DIP ORANGE	Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk protein (dairy), flavouring colourant.	Lactose (dairy), whey powder (dairy), milk protein (dairy)
DIP WHITE	Vegetable oil, sugar, lactose (dairy), whey powder (dairy), emulsifier, milk protein (dairy), flavouring colourant.	Lactose (dairy), whey powder (dairy), milk protein (dairy)
FRUIT FILLINGS		
FRUTAFILL APPLE	Fruit (apple), glucose syrup, water, modified starch, antioxidant, acidity regulator preservative, flavouring	NIL
FRUTAFILL APRICOT	Fruit (apricot), water, sugar, glucose syrup, modified starch, acidity regulator, thickener, preservative, flavouring	NIL
FRUTAFILL BLUEBERRY	Fruit (blueberry), glucose syrup, water, sugar, modified starch, acidity regulator thickener, preservative, flavouring	NIL
FRUTAFILL CHERRY	Fruit (red cherry), glucose syrup, water, sugar, modified starch, preservative, thickener, flavouring	NIL
FRUTAFILL LEMON	Fruit (lemon, apple), water, sugar, modified starch, acidity regulator, thickener, preservative, colourant, flavouring	NIL
FRUTAFILL RUM & RAISIN	Water, raisins, sugar, modified starch, acidity regulator, thickener, preservative, flavouring	NIL
FRUTAFILL STRAWBERRY	Fruit (strawberry, apple), glucose syrup, water, modified starch, sugar, acidity regulator, antioxidant, thickener, preservative, carrot extract, rowanberry puree, flavouring	NIL
FRUTAFILL TROPICAL	Fruit (apricot, pineapple, mango, peach, papaya), water, glucose syrup, sugar, modified starch, acidity regulator, preservative, thickener, flavouring	NIL
CUSTARD		
RAPIDO	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 (dairy), milk protein (dairy)
YOGOFRESH	Sugar, modified starch, dextrose, curd cheese powder (dairy), vegetable oil, skimmed milk powder (dairy), glucose syrup, gelling agent, acidity regulator, thickener, milk protein (dairy), flavouring.	Cheese powder (dairy), skimmed milk powder (dairy), milk protein (dairy)
GLAZING AGENTS		
PALETTA APRICOT	Sugar, water, glucose syrup, gelling agent, acidity regulator, flavouring, preservative, colourant.	NIL
PALETTA NEUTRAL	Sugar, water, glucose syrup, gelling agent, acidity regulator, flavouring, preservative	NIL
PALETTA SPRAY APRICOT	Water, sugar, glucose syrup, gelling agent, acidity regulator, thickener, preservative, emulsifier, flavouring, concentrated fruit juice (elderberry), colourant	NIL
PALETTA STRAWBERRY	Sugar, water, glucose syrup, gelling agent, acidity regulator, flavouring, preservative, colourant.	NIL
OTHER		
BIANCA	Sugar, egg white powder (egg), thickener, acidity regulator, salt, flavouring.	Egg solids (egg)
CARLEX 1000	Vegetable oil, vegetable wax, emulsifier, hydrogenated vegetable oil.	NIL
GAMA 500	Wheat flour (gluten), anticaking agent, dextrose, enzyme, vegetable oil.	Wheat flour (gluten)
JELLO TOTAL	Wheat (gluten), egg (egg), milk protein (dairy), lactose (dairy).	Wheat (gluten), egg, milk protein (dairy), lactose (dairy)
JUNG HASELNUS - QUICK	Hazelnuts (nut), sugar, wheat gluten (gluten), lupine flour, modified starch, wheat Semolina (gluten), raising agent, egg white powder (egg), thickener, low fat cocoa powder, salt, cinnamon, flavouring	Hazelnuts (nuts), wheat gluten (gluten), wheat semolina (gluten) egg powder (egg)
JUNG MOHN - QUICK	Poppy seed, sugar, pregelatinised wheat flour (gluten), wheat semolina (gluten), modified starch, thickener, stabilizer, salt, flavouring	Wheat flour (gluten), wheat semolina (gluten)

GOOSEBUMPS

INGREDIENTS LISTING / ALLERGENS

PRODUCT GROUP / NAME	INGREDIENTS	ALLERGENS
OVEX POWDER ZK	Milk protein (dairy), dextrose, vegetable oil.	Milk protein (dairy)
QUICK 75	Stabiliser, emulsifier, water, carriers.	NIL
ZEE SAN NEUTRAL V	Sugar, dextrose, modified starch, thickener, gelling agent	NIL