



The Bread Factory
Unit 12, Garrick Road Industrial Estate, Irving Way, London NW9 6AQ
020 8457 2080

Product Name	Seeded Toast		
Product Code	SHOP00124		
Product Description	SHOP00124		
Allergens		Contains	Trace
	(Tree) Nuts	no	no
	Celery	no	no
	Crustaceans	no	no
	Eggs	no	no
	Fish	no	no
	Gluten	yes	yes
	Lupin	no	no
	Milk	no	no
	Molluscs	no	no
	Mustard	no	no
	Peanut	no	no
	Sesame	yes	yes
	Soya	no	no
	Sulphites	no	no
Ingredients	Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Flour (12%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water (12%), Sunflower Seeds (4%), Brown Linseeds (4%), Pumpkin Seeds (4%), White Sesame Seeds (4%), Black Sesame Seeds (4%), Wholemeal Rye Flour (3%), Malted Wheat Flour, Salt, Wheat Gluten , Wholemeal Spelt Flour (0%) (Wheat)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1494.26	1270.12
	Energy (kcal)	354.366	301.211
	Fat (g)	10.1939	8.66485
	Saturates (g)	1.63576	1.3904
	Carbohydrates(g)	56.3403	47.8893
	Total Sugars (g)	0.81516	0.692886
	Protein (g)	13.0808	11.1186
	Salt (g)	1.38676	1.17875
	Fibre (g)	4.75906	4.0452
Storage Conditions			
Additional Information			