



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

|                        |                                                                                                                                                                                                                                                                                                   |          |             |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|
| Product Name           | SOURDOUGH Wholemeal x4 [JS] - UPC 07972367                                                                                                                                                                                                                                                        |          |             |
| Product Code           | F SRD08303 BF                                                                                                                                                                                                                                                                                     |          |             |
| Product Description    |                                                                                                                                                                                                                                                                                                   |          |             |
| 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                                                                                                                                                                                                                                                                                            | no       | no          |
|                        | Soya                                                                                                                                                                                                                                                                                              | yes      | yes         |
|                        | Sulphites                                                                                                                                                                                                                                                                                         | no       | no          |
|                        |                                                                                                                                                                                                                                                                                                   |          |             |
| Ingredients            | Wholemeal <b>Wheat</b> Flour, Water, Vegetable Oil (Rapeseed Oil, Extra Virgin Olive Oil), Sea Salt, Dough Conditioner ( <b>Soy</b> Flour, <b>Wheat</b> Flour ( with Calcium, Niacin, Iron, Thiamine), Flour Treatment Agent (Ascorbic Acid)), <b>Wheat Gluten</b> , Fermented <b>Wheat</b> Flour |          |             |
| Claims                 |                                                                                                                                                                                                                                                                                                   |          |             |
| Serving Size           | g                                                                                                                                                                                                                                                                                                 |          |             |
| Shelf Life             |                                                                                                                                                                                                                                                                                                   |          |             |
| Nutrition              |                                                                                                                                                                                                                                                                                                   | Per 100g | Per Serving |
|                        | Energy (kj)                                                                                                                                                                                                                                                                                       | 981.009  | 981.009     |
|                        | Energy (kcal)                                                                                                                                                                                                                                                                                     | 231.132  | 231.132     |
|                        | Fat (g)                                                                                                                                                                                                                                                                                           | 3.2003   | 3.2003      |
|                        | Saturates (g)                                                                                                                                                                                                                                                                                     | 0.38322  | 0.38322     |
|                        | Carbohydrates(g)                                                                                                                                                                                                                                                                                  | 44.9647  | 44.9647     |
|                        | Total Sugars (g)                                                                                                                                                                                                                                                                                  | 0.92734  | 0.92734     |
|                        | Protein (g)                                                                                                                                                                                                                                                                                       | 8.25035  | 8.25035     |
|                        | Salt (g)                                                                                                                                                                                                                                                                                          | 1.00176  | 1.00176     |
|                        | Fibre (g)                                                                                                                                                                                                                                                                                         | 6.54452  | 6.54452     |
| Storage Conditions     |                                                                                                                                                                                                                                                                                                   |          |             |
| Additional Information |                                                                                                                                                                                                                                                                                                   |          |             |