



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

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|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|
| Product Name           | CIABATTA (48hr) Gails - Spring_24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |             |
| Product Code           | NPD06643 B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |          |             |
| 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | no       | no          |
|                        | Sulphites                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | no       | no          |
|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Ingredients            | Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Water (7%), <b>Wheat</b> Flour <b>Wheat</b> Flour, Iron, Niacin, Thiamine, Calcium Carbonate, Flour (6%) ( <b>Wheat</b> Flour, Calcium, Iron, Niacin, Thiamine), Wholemeal <b>Rye</b> Flour, Flour ( <b>Wheat</b> Flour, Calcium, Iron, Niacin, Thiamine), Flour (1%) ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Wholemeal <b>Spelt</b> Flour (1%) ( <b>Wheat</b> ), Organic Wholemeal Emmer <b>Wheat</b> Flour (1%), Organic Wholemeal Emmer <b>Wheat</b> Flour, Wholemeal <b>Spelt</b> Flour ( <b>Wheat</b> ), Yeast |          |             |
| Claims                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Serving Size           | g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |             |
| Shelf Life             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Nutrition              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Per 100g | Per Serving |
|                        | Energy (kj)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 956.818  | 956.818     |
|                        | Energy (kcal)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 226.594  | 226.594     |
|                        | Fat (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 0.86403  | 0.86403     |
|                        | Saturates (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 0.16826  | 0.16826     |
|                        | Carbohydrates(g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 50.0778  | 50.0778     |
|                        | Total Sugars (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 0.60857  | 0.60857     |
|                        | Protein (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 7.40547  | 7.40547     |
|                        | Salt (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1.17049  | 1.17049     |
|                        | Fibre (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 2.97721  | 2.97721     |
| Storage Conditions     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Additional Information |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |