



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

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
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| Product Name        | SALAD Carrot Muhammara and Superstraccia (48hr) (NEW OIL)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |          |             |
| Product Code        | F SLD09765 CK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |             |
| Product Description | F SLD09765 CK LTBC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |          |             |
| Allergens           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Contains | Trace       |
|                     | (Tree) Nuts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | yes      | yes         |
|                     | Celery                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | trace    | trace       |
|                     | Crustaceans                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | no       | no          |
|                     | Eggs                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | trace    | trace       |
|                     | Fish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | trace    | trace       |
|                     | Gluten                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | trace    | trace       |
|                     | Lupin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | no       | no          |
|                     | Milk                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | trace    | trace       |
|                     | Molluscs                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | no       | no          |
|                     | Mustard                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | trace    | trace       |
|                     | Peanut                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | no       | no          |
|                     | Sesame                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | trace    | trace       |
|                     | Soya                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | yes      | yes         |
|                     | Sulphites                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | yes      | yes         |
|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Ingredients         | PR, Steamed carrots roundels (54%), Onion, Superstraccia (12%) ( <b>Soya</b> Milk, Coconut Oil, Water, Salt, Xanthan Gum, Carrageenan, Dextrose, Vegan Fermentation Cultures, Lactic Acid, Vegetable Fibres, <b>Soya</b> Lecithins), Muhammara (12%) Red Peppers (50%), <b>Walnut</b> (Nuts), Extra Virgin Olive Oil (15%), Red Wine Vinegar ( <b>Sulphites</b> ), Water, Salt, Tomato Paste, Cumin Seeds, Garlic, Chipotle Chillies., Rocket (6%), Oil Olive Pure Pomace [3x5Lt], White Wine Vinegar (White Wine Vinegar, Antioxidant (Potassium <b>Metabisulphite</b> ( <b>Sulphites</b> ))), Lemon Juice, Sugar, Garlic, Spring Onion, Coriander, Salt, Red Chilli, Cumin Seeds, Smoked Hot Paprika, Ground Ginger, Ground Cinnamon (Remove ALLERGEN if FP contains LESS THAN 10ppm) ( <b>Sulphites</b> ); PR, Steamed carrots roundels contains: Carrot (128%) |          |             |
| Claims              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Serving Size        | g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |             |
| Shelf Life          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |          |             |
| Nutrition           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Per 100g | Per Serving |
|                     | Energy (kj)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 644.246  | 824.634     |
|                     | Energy (kcal)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 154.088  | 197.232     |
|                     | Fat (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 11.3399  | 14.515      |
|                     | Saturates (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 3.54545  | 4.53818     |
|                     | Carbohydrates(g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 12.1208  | 15.5146     |
|                     | Total Sugars (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 6.01399  | 7.69791     |
|                     | Protein (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1.94259  | 2.48652     |
|                     | Salt (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 0.9632   | 1.2329      |
|                     | Fibre (g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 2.92614  | 3.74546     |

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|------------------------|--|
| Storage Conditions     |  |
| Additional Information |  |