



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

Product Name	Avocado & Salsa Verde, Spicy Toasted Seeds, with Tomato Relish on Seeded Sourdough (oil con)		
Product Code	SHOP00026		
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	yes	yes
	Soya	no	no
	Sulphites	yes	yes
Ingredients	Avocado Chunks (Avocado), Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Peeled Tomatoes (Tomatoes, Tomato Juice, Acidity regulator (Citric Acid)), Water (5%), Oil Olive Extra Virgin [3x5Lt], Onion, Pumpkin Seeds (3%), Brown Sugar, Sunflower Seeds (2%), Brown Linseeds (2%), White Sesame Seeds (2%), Black Sesame Seeds (2%), Flour (1%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Wholemeal Rye Flour (1%), Red Wine Vinegar (Red Wine Vinegar, Antioxidant (Potassium Metabisulphite (Sulphites))), Salt, Parsley, Coriander, Mint, Lemon Juice, Garlic, Malted Wheat Flour, Wheat Gluten , Coriander (0%), Yellow Linseeds, White Sesame Seeds, Black Onion Seeds, Maple Syrup, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Sunflower Seeds, Fennel Seeds, Wholemeal Spelt Flour (Wheat), Red Chilli, Black Pepper, Green Chilli, Rosemary (0%), Wholemeal Spelt Flour (0%) (Wheat), Cayenne Pepper (Chilli Powder, Paprika)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1162.93	2337.49
	Energy (kcal)	276.794	556.355
	Fat (g)	15.7057	31.5684
	Saturates (g)	2.9202	5.8696
	Carbohydrates(g)	28.1491	56.5797
	Total Sugars (g)	3.05744	6.14545
	Protein (g)	6.78677	13.6414
	Salt (g)	0.96201	1.93364

	Fibre (g)	4.14786	8.3372
Storage Conditions			
Additional Information			