

## BAGEL BUNS

### Plain Bagel Bun\* **V**, **VG**, **H**

**WHEAT** Flour (**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)
Energy (Kcal)	296Kcal
Energy (Kj)	1250kj
Fat	1.8g
of which Saturates	0.2g
Carbohydrates	57.5g
of which Sugars	5.8g
Fibre	3.6g
Protein	10.5g
Salt	0.73g

### Multigrain Bagel Bun\* **V**, **VG**, **H**

**WHEAT** Flour, Water, 10% Seed-Grain Mix (2,5% **SESAME** Seeds, 2,5% **RYE** Flakes, 1,7% Linseed, 1,7% Sunflower Seeds, 1,7% **OAT** Flakes), Sugar, Vegetable Oils (Palm, Rapeseed, Sunflower), **SOY** Flour, **SPELT WHEAT** Flour, Malt Flour (**SPELT WHEAT**, **WHEAT**), **WHEAT** Starch, Salt, Thickener: Guar Gum; Yeast, **BARLEY** Malt Extract, Emulsifiers: Lecithins (**SOY**), Mono- and Diglycerides of Fatty Acids.

Nutrition Facts	Per portion (100g)
Energy (Kcal)	267kcal
Energy (Kj)	1125kj
Fat	4.7g
of which Saturates	0.7g
Carbohydrates	46.0g
of which Sugars	2.6g
Fibre	3.9g
Protein	8.1g
Salt	1.03g

### Poppy Seed Bagel Bun\* **V**, **VG**, **H**

**WHEAT** Flour, Water, Sugar, 1% Poppy seeds, Vegetable Oils (Palm, Rapeseed, Sunflower), **SOY** Flour, **SPELT WHEAT** Flour, Malt Flour (**SPELT WHEAT**, **WHEAT**), **WHEAT** Starch, Salt, Thickener: Guar Gum; Yeast, Emulsifiers: Lecithins (**SOY**), Mono- and Diglycerides of Fatty Acids.

Nutrition Facts	Per portion (100g)
Energy (Kcal)	289kcal
Energy (Kj)	1224kj
Fat	2.6g
of which Saturates	0.8g
Carbohydrates	56.6g
of which Sugars	5.5g
Fibre	3.2g
Protein	8.3g
Salt	1.14g

\* Received frozen. \*\*Refer to a bagel prepared with a plain bun.

**V**=Vegetarian, **VG**=Vegan Friendly, **H**=Halal Friendly

For allergens, see ingredients in **BOLD**. Due to the nature of our business, we cannot guarantee that our food and drink products are allergen-free as cross contamination may occur. Our **Vegan Friendly** products do not intentionally contain animal-based ingredients, but there may be a risk of cross contamination as they are not made in a vegan environment. Therefore, they are not suitable for those with **dairy** and **egg** allergies.

Sesame Seed Bagel Bun\* **V, VG, H**

**WHEAT** Flour, Water, Sugar, 1% **SESAME** Seeds, Vegetable Oils (Palm, Rapeseed, Sunflower), **SOY** Flour, **SPELT WHEAT** Flour, Malt Flour (**SPELT WHEAT, WHEAT**), **WHEAT** Starch, Salt, Thickener: Guar Gum; Yeast, Emulsifiers: Lecithins (**SOY**), Mono- and Diglycerides of Fatty Acids.

Nutrition Facts	Per portion (100g)
Energy (Kcal)	290kcal
Energy (Kj)	1229kj
Fat	2.8g
of which Saturates	0.8g
Carbohydrates	56.4g
of which Sugars	5.5g
Fibre	3.1g
Protein	8.3g
Salt	1.07g

Cheese and Jalapeño Bagel Bun\* **V, H**

**WHEAT** Flour, Water, 6% Sliced Cheese (**MILK**, Starch, Salt), 2.5% Jalapeño Chilies (Jalapeños, Spirit Vinegar, Water, Salt), Sugar, Salt, Palm Fat, Rapeseed Oil, **SOY** Flour, **SPELT** Flour, Malt Flour (**SPELT, WHEAT**), Thickening Agent: Guar Gum; Yeast, Emulsifier: Lecithins (**SOY**), Mono- and Diglycerides of Fatty Acids.

Nutrition Facts	Per portion (100g)
Energy (Kcal)	296kcal
Energy (Kj)	1250kj
Fat	3.8g
of which Saturates	1.7g
Carbohydrates	54.5g
of which Sugars	2.7g
Fibre	3.0g
Protein	9.4g
Salt	1.55g

Everything Bagel Bun\* **V, VG, H**

**WHEAT** Flour, Water, Sugar, 2% Seed-Spice Mixture (0.85% **SESAME** Seeds, 0.6% Poppy Seeds, 0.54% Dried Onions, Dried Garlic), Vegetable Oils (Palm, Rapeseed, Sunflower), **SOY** Flour, **SPELT WHEAT** Flour, Malt Flour (**SPELT WHEAT, WHEAT**), **WHEAT** Starch, Salt, Thickener: Guar Gum; Yeast, Emulsifiers: Lecithins (**SOY**), Mono- and Diglycerides of Fatty Acids.

Nutrition Facts	Per portion (100g)
Energy (Kcal)	292kcal
Energy (Kj)	1234kj
Fat	2.9g
of which Saturates	0.8g
Carbohydrates	56.2g
of which Sugars	3.5g
Fibre	3.4g
Protein	8.4g
Salt	1.1g

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Plain Gluten-Free Bagel Bun\* **V, VG, H**

Maize Starch, Water, Rice flour, **SOYA** protein, Humectant (Glycerine), Fermented Rice Flour, Sunflower Oil, Sugar, Stabiliser (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Psyllium Fibre, Roasted Corn Flour, Yeast, Salt, Dextrose, Sugar, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid), Yeast Extract.

Nutrition Facts	Per portion (72g)
Energy (Kcal)	179kcal
Energy (Kj)	756kj
Fat	2.0g
of which Saturates	0.3g
Carbohydrates	34.7g
of which Sugars	3.5g
Fibre	4.7g
Protein	3.2g
Salt	0.8g

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