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)	Per 100g
Energy (Kcal)	295Kcal	257kcal
Energy (Kj)	1236kj	1075kj
Fat	1.8g	1.6g
of which Saturates	0.2g	0.2g
Carbohydrates	57.5g	50g
of which Sugars	5.7g	5g
Fibre	3.5g	3.1g
Protein	10.4g	9.1g
Salt	0.73g	0.64g

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

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Brown Linseed (5%), Sunflower Seeds (3%), **BARLEY** Flakes (2%), Poppy Seed (2%), Sugar, Malted **BARLEY** Flour, **WHEAT GLUTEN**, Yeast, Rapeseed Oil, Maize Grits, Salt, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	326kcal	284kcal
Energy (Kj)	1366kj	1188kJ
Fat	6.4g	5.6g
of which Saturates	1.2g	1.1g
Carbohydrates	58.6g	51g
of which Sugars	5.1g	4.5g
Fibre	7.8g	6.8g
Protein	12.2g	10.6g
Salt	0.67g	0.59 g

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

WHEAT Flour (**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Poppy Seeds (2%), Sugar, Maize, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	305kcal	266Kcal
Energy (Kj)	1292kj	1124Kj
Fat	2.8g	2.4 g
of which Saturates	0.3g	0.3g
Carbohydrates	57.5g	50g
of which Sugars	5.8g	5g
Fibre	3.9g	3.4g
Protein	10.8g	9.4g
Salt	0.72g	0.63g

* 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 (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, **SESAME** Seeds (3%), Sugar, Maize Grits, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260Kcal
Energy (Kj)	1265kj	1088Kj
Fat	2.3g	2.0g
of which Saturates	0.3g	0.3g
Carbohydrates	57.1g	49.7g
of which Sugars	5.7g	5.0g
Fibre	3.2g	2.8g
Protein	10.5g	9.2g
Salt	0.71g	0.63g

Raisin & Cinnamon Bagel Bun* V, VG, H

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Raisins (6%), Sugar, Yeast, Maize Grits, Rapeseed Oil, Salt, Cinnamon (Cassia) (0.6%), **WHEAT GLUTEN**, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260kcal
Energy (Kj)	1251kj	1088kj
Fat	1.6g	1.4g
of which Saturates	0.2g	0.2g
Carbohydrates	59.3g	51.6g
of which Sugars	10.9g	9.5g
Fibre	3.5g	3.1g
Protein	9.7g	8.5g
Salt	0.69g	0.6g

Cheese and Jalapeño Bagel Bun* V, H

White **WHEAT** Flour, Sugar, Salt, Malt Flour (**BARLEY**), Yeast, Water, Dextrose, Flour Treatment Agent (E300), Emulsifier (E472e), Grated Cheese (**MILK**), Jalapeño

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	281kcal	268kcal
Energy (Kj)	1304kj	1242kj
Fat	3.6g	3.4g
of which Saturates	0.4g	0.4g
Carbohydrates	57.4g	54.7g
of which Sugars	4.3g	4.1g
Fibre	2.4g	2.3g
Protein	9.6g	9.2g
Salt	0.63g	0.6g

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