

Baker Tom Ingredients Guidelines

Product	Ingredients	Any allergens traces	
Sweet treats			
Bakewell Tart	Butter (Milk), Sugar, Ground Almonds , White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Egg , Raspberry Jam (Raspberry Puree, Glucose Syrup, Sugar, Gelling Agent:Pectin, Acidity Regulators:Citric Acid, Trisodium Citrate, Colour:Anthocyanin), Flaked Almonds , Almond Essence, Salt.	Gluten, Milk, Nuts, Egg	Veg
Chocolate Caramel Flapjack	Oats , Butter (Milk), Soft Brown Sugar, Golden Syrup, Caramel (Sugar:Glucose syrup (Preservative: Sulphur Dioxide), Palm Oil, Rapeseed Oil, Water, Whey Powder, Emulsifier:Mono and Diglycerides of fatty acids, Colour:Plain Caramel, Ammonia Caramel, Flavouring, Preservative:Potasium Sorbate; Acid:Acetic Acid), Chocolate (21%) ((Min. Cocoa 44%) Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soya Lecithin).	Gluten, Milk, Soya, Sulphur Dioxide	Veg
Carrot Cake	White Wheat Flour ((with added Calcium Carbonate, Iron, Niacin & Thiamin) Sodium Bicarbonate, Monocalcium Phosphate), Carrot, Sunflower Oil, Soft Brown Sugar, Butter (Milk), Icing Sugar (Sugar, Anti-caking agent: Tricalcium Phosphate), Eggs , Walnuts , Raisins, Dates, Orange, Baking Powder (Raising agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin)), Cinnamon, Nutmeg, Salt	Gluten, Dairy, Egg, Nuts	Veg
Lumberjack	Soft Brown Sugar, Butter (Milk), Dates (Dates, Rice Flour), Water, Apples (Apples, Water, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Coconut, Eggs , Bicarbonate of Soda, Cinnamon, Salt	Gluten, Dairy, Egg	Veg
Flapjack	Oats , Butter (Milk), Soft Brown Sugar, Golden Syrup.	Gluten, Milk	Veg
Chocolate Brownie	Sugar, Chocolate (23%) ((Min. Cocoa 55.5%) Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter (Milk), Egg , Coffee, Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin)), Salt	Gluten, Milk, Egg, Soya	Veg
Croissant	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Butter (Milk), Caster Sugar, Yeast, Salt, Egg	Gluten, Milk, Egg	Veg
Pain Au Chocolat	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Butter (Milk), Chocolate (8%) ((Min. Cocoa 44%) Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Caster Sugar, Yeast, Salt, Egg	Gluten, Milk, Soya, Egg	Veg
Pain Aux Raisin	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Butter (Milk), Raisins (13.5%), Custard (Sugar, Modified Maize Starch (contains: Sulphur Dioxide), Skimmed Milk Powder, Vegetable Oils (Fully Hydrogenated Coconut Oil, Coconut Oil, Palm Oil), Whey Powder (Milk), Thickeners:Sodium Alginate, Calcium Sulphate, Potassium and Sodium Diphosphates, Flavouring, Colour:Carotene), Caster Sugar, Yeast, Salt, Egg	Gluten, Milk, Egg, Sulphur Dioxide	Veg

Fruit Scone	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Butter (Milk), Sugar, Egg , Raisins (4.5%), Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin))	Gluten, Milk, Egg	Veg
Plain Scone	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Butter (Milk), Sugar, Egg , Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin))	Gluten, Milk, Egg	Veg
Cherry Scone	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Butter (Milk), Sugar, Egg , Glace Cherries (4.5%)(Cherries (53%), Glucose-Fructose Syrup, Sucrose, Preservatives: Potassium Sorbate, Sulphur Dioxide , Acidity Regulator: Citric Acid; Colour: Erythrosine), Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin))	Gluten, Milk, Egg, Sulphur Dioxide	Veg
Saffron Bun	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Raisins, Milk , Water, Caster Sugar, Currants, Butter (Milk), Egg , Yeast, Orange, Lemon, Salt, Saffron.	Gluten, Milk, Egg	Veg
Teacake	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Currants, Palm Fat, Yeast, Sugar, Salt	Gluten	V
Kernow Curl	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter (Milk), Raisins, Milk , Water, Sugar, Egg , Currants, Mixed Peel, Yeast, Salt, Cinnamon	Gluten, Milk, Egg	Veg
Savoury			
Parmesan Twist	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter (Milk), Water, Parmesan Cheese (Milk) (10%), White Wine Vinegar, Salt, Black Pepper, Egg	Gluten, Milk, Egg	
Cheese Scone	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Cheddar Cheese (Milk) (21%), Butter (Milk), Wholegrain Mustard , Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin)), Sea Salt, Black Pepper, Thyme	Gluten, Milk, Mustard	Veg
Breads			
Organic White	Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water*, Sea Salt*, Yeast*	Gluten	V
Organic Wholemeal	Organic Wholemeal Wheat Flour, Water*, Sea Salt*, Yeast*	Gluten	V
Organic Malthouse	Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal Wheat Flour, Organic Malted Wheat Flakes, Organic Malted Barley Flour, Water*, Sea Salt*, Yeast*	Gluten	V
Organic Multi Seed	Water*, Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal Wheat Flour, Organic Seven Seed Mix (Organic Oat Flakes, Organic Chopped Rye , Organic Polenta, Organic Sunflower Seed, Organic Millet Seed, Organic Linseed, Organic Sesame Seed), Organic Rye Flour, Sea Salt*, Yeast*	Gluten, Sesame	V

Organic Seeded Spelt	Organic Spelt Wheat Flour, Water*, Organic Seven Seed Mix (Organic Oat Flakes, Organic Chopped Rye , Organic Polenta, Organic Sunflower Seed, Organic Millet Seed, Organic Linseed, Organic Sesame Seed), Sea Salt*, Yeast*	Gluten, Sesame	V
Organic 100% Rye	Organic Rye Flour, Water*, Sea Salt*	Gluten	V
Organic Grand Campagne	Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Rye Flour, Water*, Sea Salt*	Gluten	V
Seeded Sourdough	Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal Wheat Flour, Organic Malthouse Wheat Flour (Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal Wheat Flour, Organic Malted Wheat Flakes, Organic Malted Barley Flour), Pumpkin Seed, Water*, Organic Seven Seed Mix (Organic Oat Flakes, Organic Chopped Rye , Organic Polenta, Organic Sunflower Seed, Organic Millet Seed, Organic Linseed, Organic Sesame Seed), Sunflower Seed, Honey, Sea Salt*	Gluten, Sesame	Veg
Classic Sourdough	Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water*, Organic Rye Flour, Organic Wholemeal Wheat Flour, Sea Salt*	Gluten	V
Malted Sourdough	Water*, Organic Malthouse Wheat Flour (Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal Wheat Flour, Organic Malted Wheat Flakes, Organic Malted Barley Flour), Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Rye Flour, Sea Salt*	Gluten	V
Light Wholemeal	Organic Wholemeal Wheat Flour, White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Palm Fat, Yeast, Sea Salt	Gluten	V
Cinnamon and Raisin	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Milk , Water, Raisins (6%), Sugar, Sea Salt, Yeast, Cinnamon	Gluten, Milk	Veg
Carrot, Mustard and Thyme	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Carrot (7%), Mustard Seed (1.4%), Sea Salt, Yeast, Thyme	Gluten, Mustard	V
Parmesan and Red Onion	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Red Onion (4%), Parmesan (Milk) (3.7%), Sea Salt, Yeast	Gluten, Milk	
Rosemary and Seasalt Focaccia	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic Rye Flour, Olive Oil, Yeast, Sea Salt, Rosemary	Gluten	V
Ciabatta	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic Rye Flour, Olive Oil, Yeast, Sugar, Sea Salt	Gluten	V
French Stick	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sea Salt, Yeast	Gluten	V
Light Wholemeal Roll	Water, Wholemeal Wheat Flour, White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Palm Fat, Yeast, Sea Salt	Gluten	V
Ciabatta Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic Rye Flour, Olive Oil, Yeast, Sugar, Sea Salt	Gluten	V

Soft White Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Yeast, Palm Fat, Sugar, Salt.	Gluten	V
Sesame Seed Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sesame Seed (Sesame), Palm Fat, Sugar, Yeast	Gluten, Sesame	V
Glazed Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Milk , Sugar, Yeast, Egg , Palm Fat, Butter (Milk), Salt	Gluten, Milk, Egg	Veg
Slider Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Milk , Sugar, Yeast, Egg , Palm Fat, Butter (Milk), Salt	Gluten, Milk, Egg	Veg
Hot Dog Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Milk , Sugar, Yeast, Egg , Palm Fat, Butter (Milk), Salt	Gluten, Milk, Egg	Veg
Mini Hot Dog Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Milk , Sugar, Yeast, Egg , Palm Fat, Butter (Milk), Salt	Gluten, Milk, Egg	Veg
	Rapeseed oil is sometimes used to grease the non-organic bread tins		

Please Note

Veg = Suitable for a lacto - ovo vegetarian diet

V = Suitable for a vegan diet

Palm Fat - (Supporting the production of RSPO Certified Sustainable Palm Oil under the Green Palm Programme.)

Nuts and Seeds - All products are produced in an environment that use nuts and seeds (including Sesame) in other products.

Milk and Eggs - All products are produced in an environment that use milk and eggs in other products.

Gluten - All products are produced in an environment that uses gluten in other products.