

## Baker Tom Ingredients Guidelines

Product	Ingredients	Any allergens traces	
<b>Sweet treats</b>			
Croissant	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter ( <b>Milk</b> ), Water, Sugar, Yeast, Whole <b>Milk</b> Powder, <b>Wheat Gluten</b> , Salt, Emulsifier (Rape Lecithin), Flour Treatment Agents (Ascorbic Acid, Alpha-Amylases, Hemicellulases).	Gluten, Milk	Veg
Pain Au Chocolat	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter ( <b>Milk</b> ), Water, Chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier( <b>Soya</b> Lecithin), natural vanilla flavour), Sugar, Yeast, Whole <b>Milk</b> Powder, <b>Wheat Gluten</b> , Salt, Emulsifier (Rape Lecithin), Flour Treatment Agents (Ascorbic Acid, Alpha-Amylases, Hemicellulases).	Gluten, Milk, Soya	Veg
Pain Aux Raisin	Water, White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter ( <b>Milk</b> ), Raisins (9%), <b>Eggs</b> , Sugar, Modified Starch, Yeast, Skimmed <b>Milk</b> Powder, Powdered Whey ( <b>Milk</b> ), Salt, <b>Wheat Gluten</b> , Emulsifier (Rape Lecithin), Vanilla, Stabilizers (Calcium Acetate, Tetrasodium Diphosphate), Fruit & Plant Extract (Carrot, Paprika, Tumeric), Flour Treatment Agent (Ascorbic Acid), Enzymes(Hemicellulases, Amylases), Natural Flavouring.	Gluten, Milk, Egg	Veg
Fruit Scone	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), <b>Milk</b> , Butter ( <b>Milk</b> ), Sugar, <b>Egg</b> , Raisins (4.5%), Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin))	Gluten, Milk, Egg	Veg
Plain Scone	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), <b>Milk</b> , Butter ( <b>Milk</b> ), Sugar, <b>Egg</b> , Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin))	Gluten, Milk, Egg	Veg
Saffron Bun	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Raisins, <b>Milk</b> , Water, Caster Sugar, Currants, Butter ( <b>Milk</b> ), <b>Egg</b> , Yeast, Orange, Lemon, Salt, Saffron.	Gluten, Milk, Egg	Veg
Teacake	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Currants, Certified Sustainable RSPO Palm Fat, Yeast, <b>Egg</b> , Sugar, Butter ( <b>Milk</b> ), Salt	Gluten, Milk, Egg	Veg
Kernow Curl	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter ( <b>Milk</b> ), Raisins, <b>Milk</b> , Water, Sugar, <b>Egg</b> , Currants, Mixed Peel, Yeast, Salt, Cinnamon	Gluten, Milk, Egg	Veg
Cinnamon Knots	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Butter ( <b>Milk</b> ), <b>Milk</b> , <b>Egg</b> Water, Yeast, Salt, Cinnamon.	Gluten, Milk, Egg	Veg
Boiled Fruit Cake with Cherries	Glacé Cherries (30%) (Cherries, Glucose Fructose Syrup, Sugar, Acidity Regulator: Citric Acid, Colour: Anthocyanin), <b>Wheat</b> Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sultanas (15%) (Sultanas, Sunflower Oil), Currants (15%) (Currants, Sunflower Oil), Pure Vegetable Margarine (Certified Sustainable Palm Oil, Rapeseed Oil, Salt), Dried Apricots (7%) ( <b>Sulphites</b> ), Water, Raising Agent: Bicarbonate of Soda.	Gluten, Sulphites	V

White Chocolate Blondies with Blueberries	Sugar, White Chocolate (sugar, cocoa butter, whole <b>Milk</b> powder, emulsifier: <b>soya</b> lecithin), Butter ( <b>Milk</b> ), White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), <b>Egg</b> , Blueberries, Vanilla Extract, Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate)	Gluten, Milk, Egg, Soya	Veg
Apple Spiced Muffin	Banana, <b>Wheat</b> Flour, Apple, Orange, Black Treacle, Cinnamon, Mixed Spice (Cinnamon, Coriander, Nutmeg, Ginger, All Spice, Cloves), Sugar, Oil (Sunflower), Coconut, Sultanas (Sunflower Oil, <b>Sulphur Dioxide</b> ), <b>Almond</b> Milk, Pumpkin Seeds, Gluten Free Baking Powder ( Raising agents (E450i, E500ii) Rice Flour), Apricot Jam	Gluten, Nut, Sulphur Dioxide (preservative in non-organic fruit)	V
Banana Chocolate Slice	Banana, <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Sunflower Seed, Oil, Sugar, Chocolate (6%)(min Cocoa Solids 70%) [Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier <b>Soya</b> Lecithin], Bicarbonate of Soda, Cinnamon, Apricot Jam [Glucose Syrup, Apricot Puree Concentrated, Granuated Sugar, Acidity Regulators: Citric Acid, Trisodium Citrate: Gelling Agent: Pectin; Natural Flavouring, Colour; Algal Carotenes; Preservative: Potassium Sorbate], Salt, Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel), flavourings]	Gluten, Soya	V
<b>Savoury</b>			
Cheese Scone	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), <b>Milk</b> , Cheddar Cheese ( <b>Milk</b> ) (21%), Butter ( <b>Milk</b> ), Wholegrain <b>Mustard</b> , Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate; Fortified <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin)), Sea Salt, Black Pepper, Thyme	Gluten, Milk, Mustard	Veg
<b>Breads</b>			
Organic White	Organic White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water*, Sea Salt*, Yeast*	Gluten	V
Organic Wholemeal	Organic Wholemeal <b>Wheat</b> Flour, Water*, Sea Salt*, Yeast*	Gluten	V
Organic Malthouse	Organic White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal <b>Wheat</b> Flour, Organic Malted <b>Wheat</b> Flakes, Organic Malted <b>Barley</b> Flour, Water*, Sea Salt*, Yeast*	Gluten	V
Organic Seeded Spelt	Organic Spelt <b>Wheat</b> Flour, Water*, Organic Seven Seed Mix (Organic <b>Oat</b> Flakes, Organic Chopped <b>Rye</b> , Organic Polenta, Organic Sunflower Seed, Organic Millet Seed, Organic Linseed, Organic <b>Sesame</b> Seed), Sea Salt*, Yeast*	Gluten, Sesame	V
Organic 100% Rye	Organic <b>Rye</b> Flour, Water*, Sea Salt*	Gluten	V
Organic Seeded Sourdough	Water*, Organic White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal <b>Wheat</b> Flour, Organic Malthouse <b>Wheat</b> Flour (Organic White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Organic Wholemeal <b>Wheat</b> Flour, Organic Malted <b>Wheat</b> Flakes, Organic Malted <b>Barley</b> Flour), Organic Pumpkin Seed, Organic <b>Rye</b> Flour, Organic Seven Seed Mix (Organic <b>Oat</b> Flakes, Organic Chopped <b>Rye</b> , Organic Polenta, Organic Sunflower Seed, Organic Millet Seed, Organic Linseed, Organic <b>Sesame</b> Seed), Organic Sunflower Seed, Organic Agave Syrup, Sea Salt*	Gluten, Sesame	V

Organic Classic Sourdough	Organic White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water*, Organic Rye Flour, Organic Wholemeal <b>Wheat</b> Flour, Sea Salt*	Gluten	V
Light Wholemeal	Organic Wholemeal <b>Wheat</b> Flour, White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Certified Sustainable RSPO Palm Fat, Yeast, Sea Salt	Gluten	V
Cinnamon and Raisin	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), <b>Milk</b> , Water, Raisins (6%), Sugar, Sea Salt, Yeast, Cinnamon	Gluten, Milk	Veg
Carrot, Mustard and Thyme	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Carrot (7%), <b>Mustard</b> Seed (1.4%), Sea Salt, Yeast, Thyme	Gluten, Mustard	V
Parmesan and Red Onion	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Red Onion (4%), Parmesan ( <b>Milk</b> ) (3.7%), Sea Salt, Yeast	Gluten, Milk	
Rosemary and Seasalt Focaccia	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Extra Virgin Olive Oil, Yeast, Sea Salt, Rosemary	Gluten	V
Goats Cheese and Red Onion Focaccia	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Goats Cheese ( <b>Milk</b> ), Red Onion, Extra Virgin Olive Oil, Yeast, Fine Sea Salt	Gluten, Milk	Veg
Mixed Olive Focaccia with a hint of chilli oil	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic <b>Rye</b> Flour, Olive Oil, Pitted Green Olives, Pitted Black Olives, Yeast, Red Chilli	Gluten	V
Cheddar & Wholegrain mustard	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Mature Cheddar( <b>Milk</b> ), White wine vinegar, water, <b>Mustard</b> seed (27%), honey, salt, brown <b>Mustard</b> husk (2%), natural spice flavouring, tarragon.), Sea Salt, Yeast.	Gluten, Dairy, Mustard	V
Ciabatta	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic <b>Rye</b> Flour, Olive Oil, Yeast, Sugar, Sea Salt	Gluten	V
Rustic Baguette	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sea Salt, Yeast	Gluten	V
Light Wholemeal Roll	Water, Wholemeal <b>Wheat</b> Flour, White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Certified Sustainable RSPO Palm Fat, Yeast, Sea Salt	Gluten	V
Ciabatta Roll	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic <b>Rye</b> Flour, Olive Oil, Yeast, Sugar, Sea Salt	Gluten	V
Soft White Roll / Soft White Hot Dog Roll	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Yeast, Certified Sustainable RSPO Palm Fat, Sugar, Salt.	Gluten	V
Glazed Roll	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, <b>Milk</b> , Sugar, Yeast, <b>Egg</b> , Certified Sustainable RSPO Palm Fat, Butter ( <b>Milk</b> ), Salt	Gluten, Milk, Egg	Veg
Hot Dog Roll	White <b>Wheat</b> Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, <b>Milk</b> , Sugar, Yeast, <b>Egg</b> , Certified Sustainable RSPO Palm Fat, Butter ( <b>Milk</b> ), 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.