

Baker Tom Ingredients Guidelines OCT 2020

Product	Ingredients	Any allergens traces	
Mince Pies	White wheat flour (with added calcium carbonate, iron, niacin & thiamin), sugar, apples, currants, raisins, butter (milk), shredded vegetable suet (vegetable oils (palm, sunflower), wheat flour (with added calcium carbonate, iron, niacin, thiamin)), brandy, cranberries (sugar, sunflower oil), orange juice, stem ginger (stem ginger, sugar, water), egg , orange zest, cinnamon, nutmeg, icing sugar (sugar, anti-caking agent: tricalcium phosphate), mixed peel (orange peel, glucose-fructose syrup, lemon peel, salt, citric acid, preservative (sulphur dioxide)), dried apricots with rice flour & preservative (sulphur dioxide).	Gluten, Milk, Egg, Sulphur Dioxide	Veg
Christmas Pudding	Raisins, Currants, Egg , Shredded Vegetable Suet (Vegetable Oils (Palm, Sunflower), Wheat Flour (With Added Calcium Carbonate, Iron, Niacin, Thiamin)), Apple, Breadcrumbs (White Wheat Flour (With Added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Yeast, Sea Salt), White Wheat Flour (With Added Calcium Carbonate, Iron, Niacin & Thiamin), Brandy, Chopped Dates (Dates, Rice Flour), Orange, Stem Ginger (Stem Ginger, Sugar, Water), Natural Coloured Glace Cherries (Cherries, Glucose-Fructose Syrup, Citric Acid, Fruit & Vegetable Juice, Preservative (Sulphur Dioxide)), Sugar, Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Salt, Citric Acid, Preservative (Sulphur Dioxide)), Cinnamon, Nutmeg, Orange Essence, Dried Apricots With Rice Flour & Preservative (Sulphur Dioxide).	Gluten, Egg, Sulphur Dioxide	Veg
Sourdough Stollen	white wheat flour (with added calcium carbonate, iron, niacin & thiamin), marzipan (sugar, almonds , glucose syrup, water, invert sugar syrup, humectant: sorbitol; preservative: potassium sorbate), butter (milk), rum, milk , raisins, dried apricots (rice flour, preservative: sulphur dioxide), icing sugar (sugar, anti-caking agent: tricalcium phosphate), natural coloured glace cherries (cherries, glucose-fructose syrup, citric acid, fruit & vegetable juice, preservative: sulphur dioxide), sugar, currants, mixed peel (orange peel, glucose-fructose syrup, lemon peel, salt, citric acid, preservative: sulphur dioxide), cranberries (sugar, sunflower oil), almonds, water, rye flour, orange, salt, cinnamon, cloves, vanilla essence, dusting sugar (sugar, dextrose, cornflour, hydrogenated vegetable oil).	Gluten, Milk, Sulphur Dioxide, Almonds	Veg
Sage and Onion 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, Onion, Fresh Sage, Sea Salt*	Gluten	V
Sweet treats			
Croissant	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter (Milk), Water, Sugar, Yeast, Whole Milk Powder, Wheat Gluten, Salt, Emulsifier (Rape Lecithin), Flour Treatment Agents (Ascorbic Acid, Alpha-Amylases, Hemicellulases).	Gluten, Milk	Veg
Pain Au Chocolat	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter (Milk), Water, Chocolate 10% (sugar, cocoa mass, cocoa butter, emulsifier(Soya Lecithin), natural vanilla flavour), Sugar, Yeast, Whole Milk Powder, Wheat Gluten, Salt, Emulsifier (Rape Lecithin), Flour Treatment Agents (Ascorbic Acid, Alpha-Amylases, Hemicellulases).	Gluten, Milk, Soya	Veg

Pain Aux Raisin	Water, White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Butter (Milk), Raisins (9%), Eggs , Sugar, Modified Starch, Yeast, Skimmed Milk Powder, Powdered Whey (Milk), Salt, Wheat Gluten , Emulsifier (Rape Lecithin), Vanilla, Stabilizers (Calcium Acetate, Tetrasodium Diphosphate), Fruit & Plant Extract (Carrot, Paprika, Turmeric), Flour Treatment Agent (Ascorbic Acid), Enzymes(Hemicellulases, Amylases), Natural Flavouring.	Gluten, Milk, Egg	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
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, Certified Sustainable RSPO Palm Fat, Yeast, Egg , Sugar, Butter (Milk), Salt	Gluten, Milk, Egg	Veg
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
Cinnamon Knots	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Sugar, Butter (Milk), Milk , Egg 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), Wheat 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%) (Sulphites), Water, Raising Agent: Bicarbonate of Soda.	Gluten, Sulphites	V
White Chocolate Blondies with Blueberries	Sugar, White Chocolate (sugar, cocoa butter, whole Milk powder, emulsifier: soya lecithin), Butter (Milk), White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Egg , Blueberries, Vanilla Extract, Baking Powder (Raising Agent: Sodium Pyrophosphate, Sodium Bicarbonate)	Gluten, Milk, Egg, Soya	Veg
Apple Spiced Muffin	Banana, Wheat Flour, Apple, Orange, Black Treacle, Cinnamon, Mixed Spice (Cinnamon, Coriander, Nutmeg, Ginger, All Spice, Cloves), Sugar, Oil (Sunflower), Coconut, Sultanas (Sunflower Oil, Sulphur Dioxide), Almond 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, Wheat 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 Soya 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
Savoury			

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 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 Seeded Sourdough	Water*, 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), Organic Pumpkin Seed, Organic Rye 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 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 Wheat Flour, Sea Salt*	Gluten	V
Light Wholemeal	Organic Wholemeal Wheat Flour, White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Certified Sustainable RSPO 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, Extra Virgin Olive Oil, Yeast, Sea Salt, Rosemary	Gluten	V

Goats Cheese and Red Onion Focaccia	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Goats Cheese (Milk), Red Onion, Extra Virgin Olive Oil, Yeast, Fine Sea Salt	Gluten, Milk	Veg
Mixed Olive Focaccia with a hint of chilli oil	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic Rye Flour, Olive Oil, Pitted Green Olives, Pitted Black Olives, Yeast, Red Chilli	Gluten	V
Cheddar & Wholegrain mustard	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Mature Cheddar(Milk), White wine vinegar, water, Mustard seed (27%), honey, salt, brown Mustard husk (2%), natural spice flavouring, tarragon.), Sea Salt, Yeast.	Gluten, Dairy, Mustard	V
Ciabatta	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Organic Rye Flour, Olive Oil, Yeast, Sugar, Sea Salt	Gluten	V
Rustic Baguette	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), Certified Sustainable RSPO 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 / Soft White Hot Dog Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Yeast, Certified Sustainable RSPO Palm Fat, Sugar, Salt.	Gluten	V
Glazed Roll	White Wheat Flour (with added Calcium Carbonate, Iron, Niacin & Thiamin), Water, Milk , Sugar, Yeast, Egg , Certified Sustainable RSPO 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 , Certified Sustainable RSPO 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.