



Recipe Ingredients and Nutrition

Contents - Breakfast Items

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3. **360 Vegetarian Breakfast**
4. **Bacon Roll**
5. **Beans on Toast**
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8. **Pancakes**
9. **360 Starter Breakfast**
10. **360 Children's Vegetarian**
11. **Sausage Brioche Roll**

360 - BREAKFAST - 2 SLICES OF TOAST

Ingredients

Product	Quantity
800g 20+2 White [Box 10FR] [40PLT]	72.72 g
Lakeland Dairies Butter Portions (6x100)	7.00 g
Duerrs Mixed Jam & marmalade Portions	20.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	May
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	May
Pecan Nuts:	No	Barley:	May
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

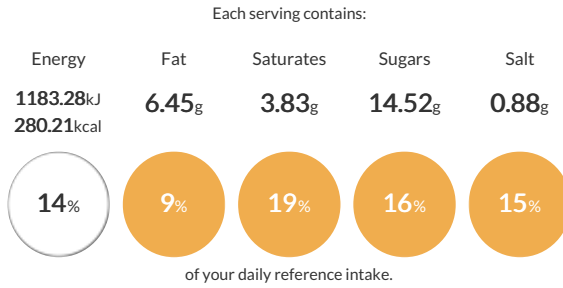
800g 20+2 White [Box 10FR] [40PLT] (73%) (**WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e, SOYA Flour, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.), Duerrs Mixed Jam & marmalade Portions (20%) (Strawberry Jam Glucose-Fructose Syrup, Strawberries, Sugar, Gelling Agent: (Pectin) Acidity Regulators: (Citric Acid, Sodium Citrate). Prepared with 35g of fruit per 100g, Sugar content 68g per 100g. Fine Cut Marmalade Glucose-Fructose Syrup, Oranges, Sugar, Gelling Agent: (Pectin) Acidity Regulators: (Citric Acid, Sodium Citrate). Prepared with 20g of fruit per 100g, Sugar content 68g per 100g. Blackcurrant Jam Glucose-Fructose Syrup, Blackcurrants, Sugar, Gelling Agent: (Pectin) Acidity Regulators: (Citric Acid, Sodium Citrate). Prepared with 25g of fruit per 100g, Sugar content 68g per 100g. Raspberry Jam Glucose-Fructose Syrup, Raspberries, Gelling Agent: (Pectin), Sugar, Acidity Regulators: (Citric Acid, Sodium Citrate). Prepared with 35g of fruit per 100g, Sugar content 68g per 100g.). Lakeland Dairies Butter Portions (6x100) (7%) (**Butter (MILK)** (Min fat content 80%), Salt.).

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Reference Intake



Nutritional Summary

Energy	1183.28kJ 280.21kCal
Protein	6.48g
Carbohydrates	47.98g
of which sugars	14.52g
Non Milk Extrinsic Sugars	0g
Fat	6.45g
of which saturates	3.83g
Fibre	2.43g
Salt	0.88g
Sodium	0.29g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - 360 VEGETARIAN

Ingredients

Product	Quantity
Vegetable Sausage 56g (1 x 48)	112.00 g
Medium Eggs 5 dozen	100.00 g
Button Mushroom	100.00 g
CSBC 10031 Baked Beans in Tomato Sauce 2620g	150.00 g
Fresh Tomato	100.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Does Not Contain Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	Yes
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

CSBC 10031 Baked Beans in Tomato Sauce 2620g (27%) (Haricot Beans (49%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavoursings.). Vegetable Sausage 56g (1 x 48) (20%) (Vegetables (55%) (In varying proportions (Carrots, Green Peppers, Peas, Cooked Cannellini Beans, Potatoes, Onions, Sweetcorn)), Cooked White Rice, Dehydrated Potato, Fortified Wheat Flour (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Rapeseed Oil, Potato Starch, Rice Flour, Gram Flour, Salt, Yeast Extract, Herbs, Cocoa Butter, **WHEAT Starch**, Sugar, White Pepper, Onion Powder, **WHEAT GLUTEN**, Garlic Powder, Anti-caking Agent (Silicon Dioxide), Mace Extract, Onion Oil). Medium Eggs 5 dozen (18%) (Hens EGGS). Button Mushroom (18%) (Mushroom). Fresh Tomato (18%).

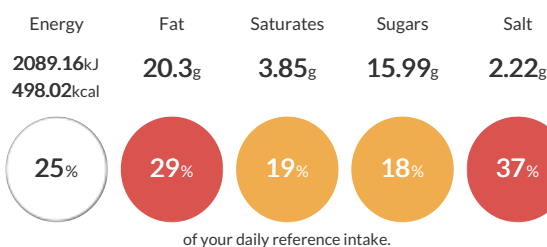
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Reference Intake

Each serving contains:



Nutritional Summary

Energy	2089.16kJ 498.02kCal
Protein	26.72g
Carbohydrates	48.43g
of which sugars	15.99g
Non Milk Extrinsic Sugars	0g
Fat	20.3g
of which saturates	3.85g
Fibre	11.03g
Salt	2.22g
Sodium	0.98g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - BACON ROLL

Ingredients

Product	Quantity
A1 Foodservice rindless back bacon 4 x 2.27 Kg with added water 4.5 mm	113.50 g
Kara Gourmet Brioche Bun	88.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	May Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	May
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	May
Pecan Nuts:	No	Barley:	May
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

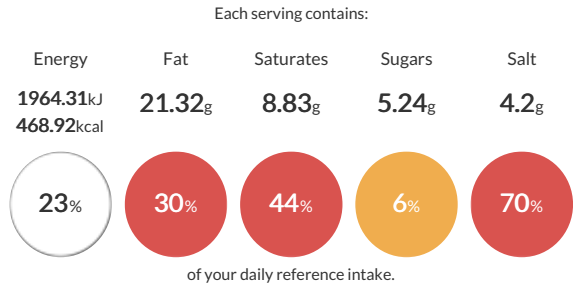
Ingredients
 A1 Foodservice rindless back bacon 4 x 2.27 Kg with added water 4.5 mm (56%) (Pork 85% Water Salt, Preservatives Sodium Nitrite E250 Potassium Nitrate E252 Antioxidant Sodium Ascorbate E301). Kara Gourmet Brioche Bun (44%) (**Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG (10%), Water, Unsalted Butter (MILK) (7%), Sugar, Rapeseed Oil, EGG White, Salt, Yeast, Flour Treatment Agent (E300).**)

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Reference Intake



Nutritional Summary

Energy	1964.31kJ 468.92kCal
Protein	27.28g
Carbohydrates	40.7g
of which sugars	5.24g
Non Milk Extrinsic Sugars	0g
Fat	21.32g
of which saturates	8.83g
Fibre	3.12g
Salt	4.2g
Sodium	1.76g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - ON TOAST - BEANS

Ingredients

Product	Quantity
800g 20+2 White [Box 10FR] [40PLT]	72.72 g
Kerrymaid Buttery Spread 6 x 2kg	8.00 g
CSBC 10031 Baked Beans in Tomato Sauce 2620g	180.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	May
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	May
Pecan Nuts:	No	Barley:	May
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal

Label Information

Ingredients

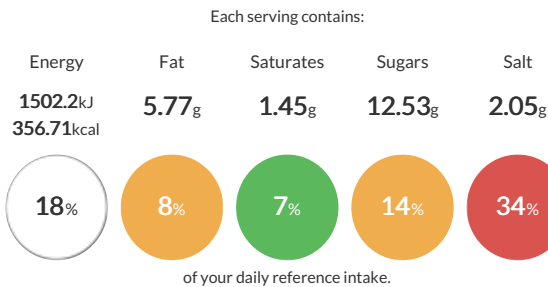
CSBC 10031 Baked Beans in Tomato Sauce 2620g (69%) (Haricot Beans (49%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavoursings.), 800g 20+2 White [Box 10FR] [40PLT] (28%) (**WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e, SOYA Flour, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.), Kerrymaid Buttery Spread 6 x 2kg (3%) (Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK 3%, Salt (1.5%), Emulsifier: Mono and Di Glyceride of Fatty Acids. Stabiliser: Sodium Alginate. Preservative: Potassium Sorbate. Vitamin A & D, Flavouring, Colour: Carotenes. Flavouring - Natural Colour - Natural).

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Reference Intake



Nutritional Summary

Energy	1502.2kJ 356.71kCal
Protein	15.62g
Carbohydrates	56.14g
of which sugars	12.53g
Non Milk Extrinsic Sugars	0g
Fat	5.77g
of which saturates	1.45g
Fibre	8.99g
Salt	2.05g
Sodium	0.94g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	64µg
Vitamin C	0mg

360 - BREAKFAST - ON TOAST - FRIED EGG

Ingredients

Product	Quantity
Medium Eggs 5 dozen	50.00 g
800g 20+2 White [Box 10FR] [40PLT]	72.72 g
Kerrymaid Buttery Spread 6 x 2kg	8.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No	Gluten Content: Gluten < 20ppm	

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal

Label Information

Ingredients

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	0kJ 0kcal
Protein	0g
Carbohydrates	0g
of which sugars	0g
Non Milk Extrinsic Sugars	0g
Fat	0g
of which saturates	0g
Fibre	0g
Salt	0g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - ON TOAST - SCRAMBLED EGG

Ingredients

Product	Quantity
Medium Eggs 5 dozen	100.00 g
800g 20+2 White [Box 10FR] [40PLT]	72.72 g
Kerrymaid Buttery Spread 6 x 2kg	8.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	May
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	May
Pecan Nuts:	No	Barley:	May
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

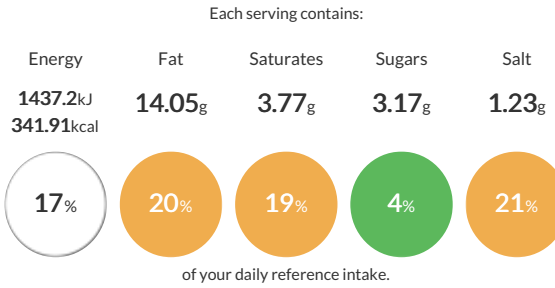
Medium Eggs 5 dozen (55%) (Hens EGGs). 800g 20+2 White [Box 10FR] [40PLT] (40%) (**WHEAT Flour** (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e. SOYA Flour, Preservative: E282. Rapeseed Oil, Flour Treatment Agent: E300.). Kerrymaid Buttery Spread 6 x 2kg (4%) (Rapeseed Oil, Palm Oil, Water, Reconstituted BUTTERMILK 3%, Salt (1.5%), Emulsifier: Mono and Di Glyceride of Fatty Acids. Stabiliser: Sodium Alginate. Preservative: Potassium Sorbate. Vitamin A & D, Flavouring, Colour: Carotenes. Flavouring - Natural Colour - Natural).

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Reference Intake



Nutritional Summary

Energy	1437.2kJ 341.91kCal
Protein	19.04g
Carbohydrates	34g
of which sugars	3.17g
Non Milk Extrinsic Sugars	0g
Fat	14.05g
of which saturates	3.77g
Fibre	2.33g
Salt	1.23g
Sodium	0.35g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	64µg
Vitamin C	0mg

360 - BREAKFAST - PANCAKES

Ingredients

Product	Quantity
American Pancakes 4.5" (45g) (1 x 120)	135.00 g
LYLES MAPLE SYRUP 6X454G TRAY (NT)	40.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains
Cereal

Contains
Milk

Contains
Eggs

Does Not
Contain
Peanuts

Does Not
Contain
Nuts

Does Not
Contain
Crustaceans

Does Not
Contain
Mustard

Does Not
Contain
Fish

Does Not
Contain
Lupin

Does Not
Contain
Sesame

Does Not
Contain
Celery

Does Not
Contain
Soya

Does Not
Contain
Molluscs

Does Not
Contain
SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No	Gluten Content: Gluten < 20ppm	

Dietary Information

Key: Suitable for

Suitable for
Vegetarian

May not be
suitable for
Vegan

May not be
suitable for
Kosher

May not be
suitable for
Halal

Label Information

Ingredients

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	0kJ 0kcal
Protein	0g
Carbohydrates	0g
of which sugars	0g
Non Milk Extrinsic Sugars	0g
Fat	0g
of which saturates	0g
Fibre	0g
Salt	0g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - 360 STARTER

Ingredients

Product	Quantity
CJ Butchers' Sausage meat Patties 2oz x 90	112.00 g
A1 Foodservice rindless back bacon 4 x 2.27 Kg with added water 4.5 mm	113.00 g
CSBC 10466 Hashbrowns 4 x 2.5 kg	130.00 g
Fresh Tomato	100.00 g
CSBC 10031 Baked Beans in Tomato Sauce 2620g	170.00 g
Medium Eggs 5 dozen	100.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

 Contains Cereal	 May Contain Milk	 Contains Eggs	 Does Not Contain Peanuts	 Does Not Contain Nuts	 Does Not Contain Crustaceans	 Does Not Contain Mustard
 Does Not Contain Fish	 Does Not Contain Lupin	 Does Not Contain Sesame	 Does Not Contain Celery	 Does Not Contain Soya	 Does Not Contain Molluscs	 Contains SO ₂

Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	Yes
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for

 May not be suitable for Vegetarian	 May not be suitable for Vegan	 May not be suitable for Kosher	 May not be suitable for Halal
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Label Information

Ingredients

CSBC 10031 Baked Beans in Tomato Sauce 2620g (23%) (Haricot Beans (49%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavours.). CSBC 10466 Hashbrowns 4 x 2.5 kg (18%) (Potato (91%), Palm Oil, Salt, Dextrose, Onion Powder, Emulsifier (Hydroxypropyl Methyl Cellulose), Pepper.). A1 Foodservice rindless back bacon 4 x 2.27 Kg with added water 4.5 mm (16%) (Pork 85% Water Salt, Preservatives Sodium Nitrite E250 Potassium Nitrate E252 Antioxidant Sodium Ascorbate E301). CJ Butchers' Sausage meat Patties 2oz x 90 (15%) (Pork, Water, Rusk (**WHEAT flour** (calcium carbonate, iron, niacin, thiamin) salt, raising agent E503(ii)), Seasoning (Salt, Sage, Rusk (**WHEAT flour** (calcium carbonate, iron, niacin, thiamin) salt), **Spices**, Dextrose, Stabilisers E450, Preservative E221 (**SULPHITES**), Flavour Enhancer E621, Spice Extracts (pepper, nutmeg, coriander), Herb Extracts (sage, thyme, marjoram), Antioxidant E301, Edible Beef Protein Casings). Fresh Tomato (14%). Medium Eggs 5 dozen (14%) (Hens EGGs).

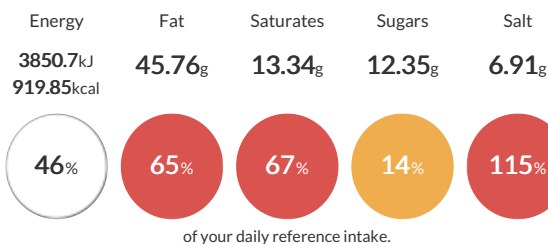
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Reference Intake

Each serving contains:



Nutritional Summary

Energy	3850.7kJ 919.85kCal
Protein	58.18g
Carbohydrates	64.79g
of which sugars	12.35g
Non Milk Extrinsic Sugars	0g
Fat	45.76g
of which saturates	13.34g
Fibre	11.31g
Salt	6.91g
Sodium	3.35g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - CHILDRENS 360 VEGETARIAN

Ingredients

Product	Quantity
Vegetable Sausage 56g (1 x 48)	56.00 g
CSBC 10031 Baked Beans in Tomato Sauce 2620g	150.00 g
Medium Eggs 5 dozen	50.00 g
Button Mushroom	75.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Does Not Contain Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

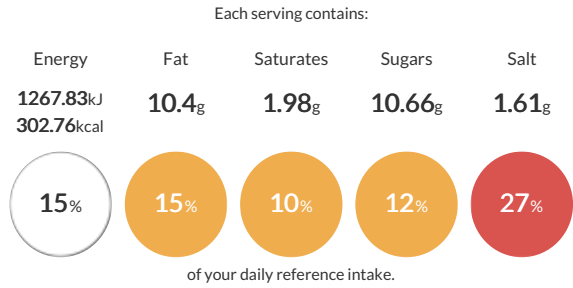
CSBC 10031 Baked Beans in Tomato Sauce 2620g (45%) (Haricot Beans (49%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavourings.). Button Mushroom (23%). Vegetable Sausage 56g (1 x 48) (17%) (Vegetables (55%) (In varying proportions (Carrots, Green Peppers, Peas, Cooked Cannellini Beans, Potatoes, Onions, Sweetcorn)), Cooked White Rice, Dehydrated Potato, Fortified Wheat Flour (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Rapeseed Oil, Potato Starch, Rice Flour, Gram Flour, Salt, Yeast Extract, Herbs, Cocoa Butter, WHEAT Starch, Sugar, White Pepper, Onion Powder, **WHEAT GLUTEN**, Garlic Powder, Anti-caking Agent (Silicon Dioxide), Mace Extract, Onion Oil.). Medium Eggs 5 dozen (15%) (Hens EGGs).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

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Reference Intake



Nutritional Summary

Energy	1267.83kJ 302.76kCal
Protein	17g
Carbohydrates	31.56g
of which sugars	10.66g
Non Milk Extrinsic Sugars	0g
Fat	10.4g
of which saturates	1.98g
Fibre	7.87g
Salt	1.61g
Sodium	0.83g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - BREAKFAST - SAUSAGE BRIOCHE ROLL

Ingredients

Product	Quantity
PENNY LANE PORK SAUSAGE 4.54 Pork 16s	84.00 g
Kara Gourmet Brioche Bun	88.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	May Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Contains SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	May
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	May
Pecan Nuts:	No	Barley:	May
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

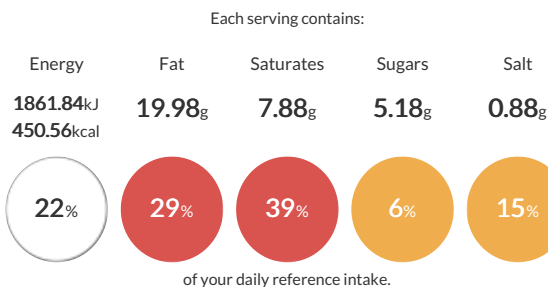
Kara Gourmet Brioche Bun (51%) (**Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG** (10%), Water, **Unsalted Butter (MILK)** (7%), Sugar, Rapeseed Oil, **EGG White**, Salt, Yeast, Flour Treatment Agent (E300).), PENNY LANE PORK SAUSAGE 4.54 Pork 16s (49%) (Pork (42%), Water, Rusk (**WHEAT**), Mechanically recovered chicken, Vegetable starch, Pork fat, Salt, **WHEAT flour** (Contains Calcium Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate (E451i)), Flavour enhancer (Monosodium Glutamate (E621)), Preservative (Sodium SULPHIYE (E221)), Hydrolysed vegetable protein (**SOYA**), Antioxidant: Ascorbic Acid (E300), Spice extracts.)

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	1861.84kJ 450.56kCal
Protein	17.54g
Carbohydrates	49.45g
of which sugars	5.18g
Non Milk Extrinsic Sugars	0g
Fat	19.98g
of which saturates	7.88g
Fibre	2.89g
Salt	0.88g
Sodium	0.33g
Iron	0.25mg
Calcium	11.76mg
Zinc	0.42mg
Folate	1.68µg
Vitamin A	0µg
Vitamin C	0mg