

## Nutrition

	per 100g	per 135g
Energy	1180kJ/278kcal	1593kJ/375kcal
Fat	1.2g	1.6g
of which Saturates	0.3g	0.4g
Carbohydrate	56g	76g
of which Sugars	3.5g	4.7g
Protein	8.9g	12g
Salt	0.10g	0.14g

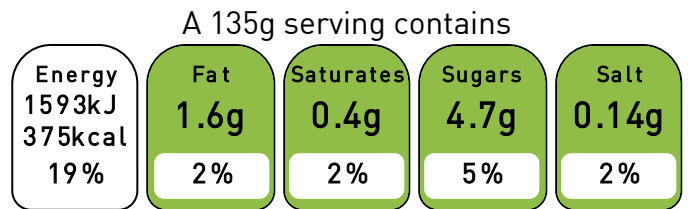
## Ingredient Declaration

Wheat Flour [Rye, Barley, Oats, Spelt, Sesame], Water, Yeast, Salt, Wheat Gluten, Malted Wheat Flour [Rye, Barley, Oats], Flour Treatment Agent (Ascorbic Acid)

## Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Oats
- Contains Spelt
- Suitable for Vegans and Vegetarians
- Contains Eggs
- Contains Sesame

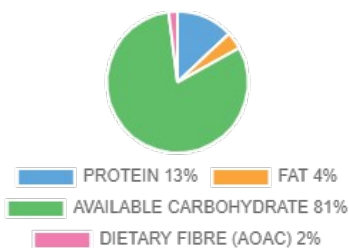
## Front of Pack



of an adult's reference intake

Typical values per 100g: 1180kJ/278kcal

## Energy Contributions



## 5 a Day

A 135g serving provides...

NO PORTIONS of your five-a-day

