



vegan

# ORGANIC MULTI-SEED BREAD ROLL SELECTION

*easy bake bread rolls, perfect for  
breakfast and on-the-go*

- *no artificial preservatives*
- *source of protein*

4-6min  
200°C



## 3 ORGANIC PUMPKIN SEED ROLLS

Ingredients: **Wheat Flour\*** (49%), Water, Pumpkin Seeds\* (12%), Corn Semolina\*, Sunflower Seeds\* (2.1%), **Wheat Gluten\*** (0.97%), **Spelt Wheat Wholemeal Flour\***, Salt, Yeast, **Barley Malt Flour\***, Turmeric\*. \* = Certified Organic Ingredients. For allergens, including cereals containing **gluten**, see ingredients in **bold**.

## 3 ORGANIC MULTIGRAIN ROLLS

Ingredients: **Wheat Flour\*** (47%), Water, **Wheat Wholemeal Flour\*** (7.1%), **Wheat Flakes\*** (2.4%), Linseed\* (1.7%), Sunflower Seeds\* (1.7%), Rapeseed Oil\*, Yeast, **Spelt Wheat Wholemeal Flour\*** (1.1%), **Oat Flakes\*** (1.1%), Salt, **Barley Malt Flour\*** (1%), **Wheat Gluten\***, **Barley Flakes\*** (0.6%), **Rye Flakes\*** (0.6%) Poppy Seeds\* (0.5%), **Sesame Seeds\*** (0.5%), Millet\* (0.15%). \* = Certified Organic Ingredients.

For allergens, including cereals containing **gluten**, see ingredients in **bold**.

Average Nutritional Values per 100g	Pumpkin Seed Rolls	Multigrain Rolls
Energy	1251kJ/297kcal	1019kJ/241kcal
Fat	7.86g	4.1g
of which saturates	1.67g	0.48g
Carbohydrate	44g	42g
of which sugars	0.97g	0.86g
Fibre	2.59g	3.62g
Protein	12g	8.11g
Salt	0.99g	1.04g



PLEASE RECYCLE

**Preparation Instructions:** Remove rolls from packaging and place on a baking tray in the middle of a pre-heated oven at 200°C (180°C fan/Gas mark 6) for 4 - 6 minutes. For a crisper crust, lightly sprinkle with water before baking. Allow to cool for 2 minutes on a wire rack before serving. **Best before:** see front of pack. **Storage Instructions:** Store cool and dry. Once opened keep refrigerated and consume within 2 days. Packed in a modified atmosphere.

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