

Water, Wheat Protein, Soy Protein, Soy Products (Grist, Flakes), Flax Seeds, Sunflower Seeds, Wheat Wholemeal Flour, Powdered Wheat Sourdough, Salt, Barley Malt, Oat Fibre, Yeast, Preservative: Potassium sorbate.

Allergens:

Wheat

Oats

Soya

Barley

May contain traces of sesame, lupin and mustard.

This product is not suitable for milk, egg, gluten and rye allergy sufferers.

	PER 100G	PER 30G SLICE
ENERGY	960Kj 231Kcal	288Kj 69Kcal
FAT	10.8g	3.2g
of which saturates	1.5g	0.4g
CARBOHYDRATE	1.2g	0.3g
of which sugars	0.9g	0.3g
PROTEIN	25.8g	7.7g
FIBRE	14.2g	4.3g
SALT	1.21g	0.36g