

Katsu Curry

STIR-IN SAUCE

This classic Japanese curry sauce is fragrant and packed with flavour, yet Low FODMAP*, Gluten Free and Vegan!

Gluten Free, Dairy Free and Vegan.
Certified Low FODMAP* For Half Jar (130g serve).
Simmer the sauce in a pan for 2 minutes until hot.

Bay's Kitchen create award-winning, tasty foods which are free from Gluten & Dairy and are Low FODMAP* certified. See our full range at www.bayskitchen.com.



GLASS JAR, METAL LID

BEST BEFORE END:



BAY'S
KITCHEN

Katsu Curry

STIR-IN SAUCE



VEGAN & LOW FODMAP*

Ingredients Water, Coconut Cream (31%), Wheat Free **Soy** Sauce (Water, **Soya** Beans, Salt, Rice, Alcohol) (8%), Dextrose, Cornflour, Curry Powder (Coriander, Turmeric, Fenugreek, Chilli, Salt, Cumin, Fennel, **Mustard**, Black Pepper) (2.7%), Ginger, Rapeseed Oil, Concentrated Lemon Juice, Turmeric.

For allergens, see ingredients in **bold**. **Suitable for vegans & vegetarians**. Store in a cool dry place. Refrigerate once opened & consume within 2 days.

*Certified by FODMAP Friendly, trading name of Fodmap Pty Ltd of Australia. Compared to many similar stir-in sauces, these sauces are Low FODMAP as they are > 90% free of Galacto-oligosaccharides (GOS), Excess Fructose, Lactose, Sorbitol and Mannitol.

Nutrition Per 100g

Energy	575kJ/138kcal
Fat	9.4g
of which Saturates	6.4g
Carbohydrates	10.5g
of which Sugars	4.4g
Fibre	1.2g
Protein	2.2g
Salt	0.87g

Low FODMAP* Info Per 100g

Total Fructans	0.2g
GOS	< 0.1g
Fructose	0.2g
Glucose	3.4g
Lactose	0g
Mannitol	< 0.1g
Sorbitol	< 0.1g

260g



MADE IN
THE UK

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