

Gluten Free 3 Seed

Wheat starch (without gluten), Sunflower kernels, Brown linseed, Dried Gluten-Free Sourdough, Pumpkin Kernels, Brown linseed flour, Sugar, Salt, Fresh Yeast, Caramel (Glucose Syrup, Sugar), Maltodextrin, Guar gum.

Amount Per 100 grams	
Calories 263	
% Daily Value*	
Total Fat	2.1%
Saturated fat 0.5 g	2%
Sodium	1.2%
Potassium 115 mg	2.8%
Total Carbohydrate 51 g	20.5%
Dietary fiber 5 g	18%
Protein 10 g	17%

BREAD INGREDIENTS AND ALLERGENS IN **BOLD**

COUNTRY SOURDOUGH TIN LOAF

- Stoneground organic **Wheat** flour (**gluten**), Salt , Water

Amount Per 100 grams			
Calories 289			
% Daily Value*			
Total Fat 1.8 g		2%	
Saturated fat 0.5 g		2%	
Sodium		2%	
Potassium 128 mg		3%	
Total Carbohydrate 56 g		18%	
Dietary fiber 2.4 g		9%	
Sugar 2.6 g			
Protein 12 g		24%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	19%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	7%

BREAD INGREDIENTS AND ALLERGENS IN **BOLD**

COUNTRY SOURDOUGH

- Stoneground **Wheat** flour (**gluten**), Salt , Water

Amount Per 100 grams			
Calories 289			
% Daily Value*			
Total Fat 1.8 g		2%	
Saturated fat 0.5 g		2%	
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Sugar 2.6 g			
Protein 12 g		24%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	19%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	7%

Ciabatta

- Stoneground **Wheat** flour (**gluten**), Fresh yeast, Salt , Olive oil, Water

Amount Per 100 grams			
Calories 250			
% Daily Value*			
Total Fat 8 g		12%	
Saturated fat 0.9 g		4%	
Sodium		2.2%	
Potassium 114 mg		3%	
Total Carbohydrate 36 g		12%	
Dietary fiber 1.8 g		7%	
Sugar 1.8 g			
Protein 9 g		18%	
Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	17%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	5%

Bagels

- Organic **Wheat** flour (**gluten**), Fresh yeast, Salt , Malt, Water , **Sesame** seeds, Poppy seeds.

Amount Per 100 grams			
Calories 312			
% Daily Value*			
Total Fat 9 g		16%	
Saturated fat 0.9 g		5%	
Sodium		2.2%	
Potassium 114 mg		3%	
Total Carbohydrate 36 g		11%	
Dietary fiber 1.8 g		7%	
Sugar 1.8 g			
Protein 9 g		18%	
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	22%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	5%

Multigrain

- Stoneground **Wheat** flour (**gluten**), Fresh yeast, Salt , Water , **Sesame** seeds, Konini seeds, Oats, Rye grain, linseed

Amount Per 100 grams			
Calories 250			
% Daily Value*			
Total Fat 5 g		10%	
Saturated fat 0.9 g		5%	
Sodium		2.3%	
Potassium 114 mg		3%	
Total Carbohydrate 36 g		13%	
Dietary fiber 1.8 g		12%	
Sugar 1.8 g			
Protein 9 g		19%	
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	22%
Vitamin D	0%	Vitamin B-6	7%
Cobalamin	0%	Magnesium	5%

WHOLEWHEAT SOURDOUGH

- Organic Stoneground **Wheat** flour (**gluten**), Organic Whole**wheat** flour (gluten), Salt , Water

Amount Per 100 grams			
Calories 289			
% Daily Value*			
Total Fat 1.8 g		2%	
Saturated fat 0.5 g		2%	
Sodium		2.2%	
Potassium 128 mg		3%	
Total Carbohydrate 56 g		18%	
Dietary fiber 2.4 g		9%	
Sugar 2.6 g			
Protein 12 g		24%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	19%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	7%

BREAD INGREDIENTS AND ALLERGENS IN **BOLD**

Brioche

Organic **Wheat** flour (**gluten**), Butter (**milk**), **Milk**, Organic eggs, (**egg**), Salt , Organic **Coconut** sugar, Yeast, Water

Seeded brioche (Sesame Seeds)

Amount Per 100 grams			
Calories 289			
% Daily Value*			
Total Fat 1.8 g			12%
Saturated fat 0.5 g			9%
Sodium			2%
Potassium 128 mg			3%
Total Carbohydrate 56 g			21%
Dietary fiber 2.4 g			9%
Sugar 2.6 g			
Protein 12 g			29%
Vitamin A	0%	Vitamin C	0%
Calcium	16%	Iron	19%
Vitamin D	0%	Vitamin B-6	8%
Cobalamin	0%	Magnesium	9%

SEEDED SOURDOUGH

Organic Stoneground **Wheat** flour (gluten), Organic Whole**wheat** flour (gluten), Organic Dark **Rye** Flour (gluten), **Sesame** seeds, Pumpkin seeds, Sunflower seeds

Amount Per 100 grams			
Calories 263			
% Daily Value*			
Total Fat 1.8 g		2%	
Saturated fat 0.5 g		2%	
Sodium		2.1%	
Potassium 128 mg		3%	
Total Carbohydrate 61 g		22%	
Dietary fiber 3.5 g		14%	
Sugar 2.9 g			
Protein 11 g		18%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	22%
Vitamin D	0%	Vitamin B-6	6%
Cobalamin	0%	Magnesium	7%

FOCCACIA

- Organic **Wheat** flour (**gluten**), Fresh Yeast, Olive Oil, Salt , Water

Amount Per 100 grams			
Calories 297			
% Daily Value*			
Total Fat 2 g		2%	
Saturated fat 0.9 g		2%	
Sodium		1.8%	
Potassium 160 mg		4%	
Total Carbohydrate 58 g		18%	
Dietary fiber 2.8 g		9%	
Sugar 1.8 g			
Protein		8%	
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	19%
Vitamin D	0%	Vitamin B-6	8%
Cobalamin	0%	Magnesium	7%

Wholewheat & Rye Sourdough

Organic Stoneground **Wheat** flour (**gluten**), Organic Whole**wheat** flour (**gluten**),
Organic Stoneground **Rye** flour (**gluten**), Salt , Water

Amount Per 100 grams	
Calories 263	
% Daily Value*	
Total Fat	2.1%
Saturated fat 0.5 g	2%
Sodium	2.2%
Potassium 115 mg	2.8%
Total Carbohydrate 51 g	20.5%
Dietary fiber 5 g	18%
Protein 10 g	17%