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Cakes-To-Go Gluten Free Flapjack Ind Wrapped - Information

A rustic gluten free flapjack made with gluten free rolled and jumbo oats and plenty of golden syrup.

TFS Product Code: 031820
Suppliers Product Code:
Information Last Updated: 19/09/2025
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Contains: Gluten, Eggs, Nuts

May Contain: Sesame, Crustaceans, Lupin, Milk, Celery, Sulphur Dioxide, Soya, Cereal, Peanuts, Fish, Molluscs, Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	476.00
Energy (kJ)	1989.00
Protein (g)	5.90
Carb (g)	58.30
Of Which Sugars (g)	27.80
Fat (g)	23.30
Of Which Saturates (g)	8.30
Fibre (g)	4.60
Salt (g)	0.58

Dietary Information

Key: Suitable for

Kosher, Vegetarian, Halal, Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Gluten Free OATS (45%), Golden Syrup (25%), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring], Light Brown Sugar, Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat).

Handling Information

Directions for Use

Defrost whole case at room temperature for four hours. OR defrost individual packs at room temperature for two hours. Once defrosted, slices must be sold and comsumed within 21 days The 21 day Best Before Date MUST be applied by the retail/caterer. Do not refreeze once defrosted.

Storage Instructions

Keep Frozen Store at -18°C

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