Thompsons Food Service Ltd.
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Chef Approved MK5 Seeded Burger Buns - Information

A seeded white burger bun with a golden brown crust and a gentle dusting of sesame seeds. These soft white buns, which are perfect carriers for a variety of hot or cold fillings, provide the optimum in terms of convenience and freshness. Not only are they pre-sliced, but freshly frozen, so you only need to use the buns that you need. Reduce waste and defrost just the right amount at room temperature for approximately 2 hours. Once defrosted, store the buns in a cool, dry place (in a sealed container) and use within 4 days. Made in a dedicated bakery accredited by both The Vegetarian Society and The Vegan Society.

TFS Product Code: 032482
Suppliers Product Code:
Information Last Updated: 02/03/2026
Date Produced: 10/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	249.00
Energy (kJ)	1053.00
Protein (g)	8.70
Carb (g)	46.80
Of Which Sugars (g)	4.10
Fat (g)	2.20
Of Which Saturates (g)	0.30
Fibre (g)	3.40
Salt (g)	0.90

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

WHEAT Flour (contains Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, SESAME Seeds, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.

Handling Information

Directions for Use

Defrost at room temperature for 1 – 2 hours, or until fully defrosted and serve. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight and consume within 4 days.

Storage Instructions

Store frozen at -18°C. Once defrosted do not refreeze.

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