

## Kara Fully Baked Malted Wheat Baguettes 130g - Information

A fully baked French style malted wheat half baguette with 3 diagonal surface burst cuts on top

**TFS Product Code:** 012698  
**Suppliers Product Code:** F00441  
**Information Last Updated:** 08/02/2023  
**Date Produced:** 19/12/2025



### 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)	1085.00
Protein (g)	8.30
Carb (g)	50.60
Of Which Sugars (g)	1.00
Fat (g)	1.50
Of Which Saturates (g)	0.20
Fibre (g)	3.10
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.

# Kara Fully Baked Malted Wheat Baguettes 130g - Information

**TFS Product Code:** 012698  
**Suppliers Product Code:** F00441  
**Information Last Updated:** 08/02/2023  
**Date Produced:** 19/12/2025



## Ingredients

WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Malted BARLEY, Salt, WHEAT Bran, Yeast, WHEAT Gluten, BARLEY Fibre, Emulsifier (E472e), Flour Treatment Agent (E300).

## Handling Information

### Directions for Use

To defrost thoroughly before use. Remove from case and leave in liner at room temperature for 1-2 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight. Once defrosted do not refreeze. Best served: This product can be eaten once defrosted. Alternatively pop in an oven at 200°C, Gas Mark 6 for a few minutes to warm through. NOTE: The polythene inner is a liner and not intended to be used as a bag.

### Storage Instructions

Keep frozen at -18°C (0°F). Once defrosted do not re-freeze.

**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