Thompsons Food Service Ltd. **Nelsons Yard** South Denes Road Great Yarmouth Norfolk NR30 3PR



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Kara Wholemeal Hoagies 7" - Information

An unsliced large wholemeal finger roll with a coating of malted wheat grains

TFS Product Code: 030321

Suppliers Product Code:

Information Last Updated: 08/02/2023 **Date Produced:** 11/07/2025



Allergy Information

Key: Contains















Sesame Gluten Crustaceans

Eggs

Lupin Nuts











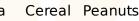




Milk

Celery Sulphur Dioxide

Soya



Nutritional Information

100g or 100ml Serving Unit:

Energy (kcal) 222.00 939.00 Energy (kJ) Protein (g) 10.10 38.70 Carb (q) Of Which Sugars (g) 3.20

Fat (g) 1.30

Of Which Saturates

0.50 (g) Fibre (g) 7.60 Salt (g) 0.68









Molluscs Mustard Fish

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

Wholemeal WHEAT Flour, Water, Kibbled Malted WHEAT (4%), Salt, WHEAT Flour, Fermented WHEAT Flour, Palm Oil, Yeast, Emulsifier (E472e), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent (E300), Rapeseed Oil.

Handling Information

Directions for Use

To defrost: remove from case and leave in pack at room temperature for approximately 2 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight. Once defrosted use within 4 days.

Storage Instructions

Keep frozen, store frozen at -18°C or below. Once defrosted do not refreeze.

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