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Menuserve Cajun Spice Sweet Potato Roulade Gluten Free - Information

Gluten free and vegan Cajun sweet potato roulade, filled with vegan soft cheese, a sweet and spicy red pepper and red onion chutney. (16 x 195g)

TFS Product Code: 021167
Suppliers Product Code:
Information Last Updated: 05/04/2024
Date Produced: 23/11/2026



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)	177.00
Energy (kJ)	739.00
Protein (g)	1.70
Carb (g)	24.00
Of Which Sugars (g)	7.70
Fat (g)	8.00
Of Which Saturates (g)	4.90
Fibre (g)	1.80
Salt (g)	0.66

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

Water, Gluten-Free Self Raising Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum)), Coconut Preparations (14%) (Water, Coconut Oil, Stabilisers (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum, Acacia Gum), Coconut Cream, Salt, Calcium Phosphate, Acidity Regulator (Citric Acid), Maltodextrin, Colour (Carrot Concentrate), Natural Flavouring (Vitamin D2, Vitamin B12)), Sweet Potato (11%), Caster Sugar, Red Peppers, Chopped Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Gluten-Free Suet (Non Hydrogenated Vegetable Oils (Palm, Sunflower), Rice Flour), Red Wine Vinegar, Red Onion, Chia Seeds, Modified Maize Starch, Cajun Spice (1%) (Salt, Maltodextrin, Red Bell Pepper, Cayenne Pepper, Chilli Powder, Garlic Powder, Coriander, Oregano, Pimento, Cardamom, Ginger, Black Pepper, Cumin, Fennel, White Pepper, Flavouring Substance, MUSTARD Powder, Yeast Extract, Colour (Paprika Oleoresin), Sage, Thyme, Rapeseed Oil, Anti-Caking Agent (Silicium Dioxide)), Chives, Garlic, Oil Pomace Blend (Olive Oil Pomace, Rapeseed Oil), Oregano, Tabasco (Distilled Vinegar, Red Pepper, Salt), Smoked Paprika, Salt.

Handling Information

Directions for Use

From Frozen unless otherwise stated Oven: Remove all packaging. Place on a plate and defrost in a refrigerator overnight. Pre-heat oven to 170°C, place on a baking tray and cook for 15-17 mins. Oven from frozen: as from defrost but cook for 20-22 mins. Do not refreeze. Ensure a core temperature of >75°C is achieved (or relevant national requirements) for at least 30 secs before serving. To maintain gluten-free and vegan integrity, please ensure all equipment used for gluten-free and vegan preparation/cooking/serving is clean or dedicated for gluten-free and vegan use only.

Storage Instructions

Keep Frozen. Store at -18°C or below

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