

# Allergy Advice Flour Pot Bakery - Bread - 1st October 2018

Please note - all our doughs have traces of rapeseed oil, and all stonebaked loaves are baked on rice cones (roughly ground rice)



Breads	N	r	P	C	E	M	S	S	L	M	G	All other ingredients
	u	u	e	e	g	i	a	u	l	o	l	
	t	s	a	n	r	l	s	p	l	s	s	
	s	s	h	s	y	s	k	d	e	r	n	s
Rustic												Y Flours (1, 2 & 3), sea salt, yeast, malt extract, Leaven (1), water
Seeded rustic								Y				Y Flours (1, 2 & 3), sea salt, yeast, malt extract, Leaven (1), water, Seed mix (Oat flakes, sunflower, millet, golden linseed, sesame)
Ciabatta												Y Flour (1), sea salt, yeast, water, olive oil, Leaven (1)
Olive ciabatta												Y Flour (1), sea salt, yeast, water, olive oil, olives (olives, salt, sunflower oil, dried herbs), Leaven (1)
Focaccia												Y Flour (1), sea salt, yeast, water, olive oil, Leaven (1), Rosemary
White sourdough												Y Flours (1 & 4), salt, water, Leaven (1)
Brown sourdough												Y Flours (1, 2 & 3), salt, water, Leaven (1)
Seeded sourdough									Y			Y Flours (1, 2 & 3), salt, water, Leaven (1), malt extract, Seed mix (Sunflower, pumpkin, poppy, sesame, golden linseed, dark linseed, millet)
Gluten free					Y				Y			Gluten free flour (12 - see below), rice flour, salt, yeast, tapioca, chickpea flour, water, olive oil, Seed mix (Sunflower, pumpkin, poppy, sesame, linseed, mill
Walnut rye	Y											Y Flours (1, 2 & 3), salt, water, walnuts, malt extract, Leaven (1)
Sunflower rye												Y Flour (4), salt, yeast, water, sunflower seeds, Rye starter (Flour 4 and water)
100% Rye												Y Flour (4), salt, yeast, water, Rye starter (Flour 4 and water)
Farmhouse												Y Flour (1), salt, yeast, water, Leaven (1)
Baguette												Y Flour (1), water, salt, yeast
Baguette - seeded									Y			Y Flour (1), water, salt, yeast, seed mix (Sunflower, pumpkin, poppy, sesame, golden linseed, dark linseed, millet)
Brioche (burger buns, hotdogs & subs)					Y	Y						Y Flour (1), egg, milk, water, salt, sugar, yeast, butter (milk)
Brioche with sesame seeds					Y	Y		Y				Y Flour (1), egg, milk, water, salt, sugar, yeast, butter (milk), sesame seeds
Brioche with poppy seeds					Y	Y						Y Flour (1), egg, milk, water, salt, sugar, yeast, butter (milk), poppy seeds
Challah - plain topping					Y	Y						Y Flour (1), egg, water, salt, sugar, yeast, butter (milk)
Challah - sesame topping					Y	Y		Y				Y Flour (1), egg, water, salt, sugar, yeast, butter (milk), sesame seeds
Stoneground												Y Flour (6), salt, yeast, water, Rye starter (Flour 4 and water)
Spelt												Y Flour (5), salt, yeast, water, Rye starter (Flour 4 and water)
Caraway												Y Flours (1 & 4), salt, yeast, water, caraway seeds, Leaven (1)
English muffins												Y Flours (1&6), salt, sugar, yeast, water, semolina (gluten)
Fruit Loaf	Y								Y			Y Flours (1, 2 & 3) salt, yeast, malt extract, water, sultanas, apricots (sulphur dioxide), walnuts
Pizza dough												Y Flour (1), salt, leaven (1), water, olive oil
Flatbreads						Y						Y Flour (1) yoghurt (milk), milk, salt, yeast, rapeseed oil
Olive and cheese sticks						Y						Y Flour (1), salt, yeast, water, olives, herbs, cheddar (milk), semolina, Leaven
Cracked rye												Y Flours (1 & 3), water, salt, Rye starter (Flours 1 & 3 and water), cracked rye (rye grain)
Vegan burger buns												Y Flour (1), water, salt, yeast, malt extract, rapeseed oil, banana



## Pastries

## All other ingredients

	N	r		P	C	E	M	M	S	L	M	G	
	u	u	a	e	e	e	u	u	e	u	o	l	
	t	s	c	n	n	l	t	s	s	p	l	s	
	s	s		s	s	g	k	a	a	h	i	a	
Croissant						Y	Y		Y			Y	Croissant dough (see below)
Pain raisin						Y	Y		Y			Y	Croissant dough (see below), sugar, milk, egg, raisins, com flour, vanilla extract
Pain choc						Y	Y		Y			Y	Croissant dough (see below), dark chocolate (soy)
Bear claw	Y					Y	Y		Y			Y	Croissant dough (see below), egg, butter, flour (1), almonds, sugar, pear
Almond croissant	Y					Y	Y		Y			Y	Croissant dough (see below), egg, butter, flour (1), almonds, sugar
Cheese and ham croissant						Y	Y	Y	Y			Y	Croissant dough (see below), ham, gruyere cheese (milk), butter, flour (1), milk, mustard
Chcoolate sharsie						Y	Y		Y			Y	Croissant dough (see below) milk chocolate (soy)
Cinnamon roll/bun						Y	Y		Y			Y	Croissant dough (see below), cinnamon
Raspberry & white choc Danish	Y					Y	Y		Y			Y	Croissant dough (see below), white chocolate pastry cream (see below), raspberries, almonds (nuts), white chocolate (soy)
Banana pain choc						Y	Y		Y			Y	Croissant dough (see below), dark chocolate (soy), banana, coconut chips

**Croissant dough - Flours (1&6) (gluten)**, salt, sugar, yeast, **milk**, **butter** (milk), water, **egg**, **vinegar** (sulphur dioxide)

**White chocolate pastry cream** - **milk**, sugar, **cornflour**, **egg**, **butter** (milk), vanilla, white chocolate (sugar, cocoa butter, **milk powder** (milk), **soy lecithin**)

**Gluten free flour** - Potato starch, com starch, **egg white powder**, dextrose, rice starch, thickening agent (E461, E412), iodized salt, leavening agent (E450iii, E500ii), emulsifier (E475, E471) inulin, burnt sugar

**Leaven - White flour (1)**, water

### Flour codes

- (1) - Carrs Artisan white flour
- (2) - Carrs wholemeal flour
- (3) - Shipton Mill Dark Rye
- (4) - Shipton Mill Medium Rye
- (5) - Shipton Mill White Spelt
- (6) - Epistar Sterling T55

- (7) - Epistar Tradition Francaise T65
- (8) - Stoates Organic Strong White Stoneground Flour
- (9) - Tapioca Flour
- (10) - Rice flour
- (11) - Chickpea Flour
- (12) - Florine Gluten Free Flour Mix