

THE TOWER OF BAGEL

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The Tower of Bagel Allergen Information Sheet

Date: 20/7/2020

This information is also available on www.thetowerofbagel.co.uk/bagels

1. Bagels

There may be traces of seeds in all non seeded varieties

There may be traces of gluten in the black pepper very low gluten bagel

Variety	Ingredients	Note
Beetroot and cumin	organic wheat flour , water, sugar, salt, malt barley, beetroot, yeast, cumin	Please note cumin
Black olive	organic wheat flour , water, kalamata olives, sugar, salt, malt barley, yeast	
Black pepper (Very Low Gluten)	GF flour, water, yeast, malt barley syrup, black pepper, sugar salt, psyllium husks ,	Please note that while made from GF ingredients, this bagel is not made in a controlled GF environment. As a result traces of gluten may be present. So if gluten is highly toxic to you please avoid.
Cinnamon and raisin	organic wheat flour , water, sugar, raisins, salt, cinnamon, malt barley, yeast	
Jalapeno	organic wheat flour , water, jalapeno, sugar, salt, malt barley, yeast	
Plain	organic wheat flour , water, sugar, salt, malt barley, yeast	
Plain seeded	organic wheat flour , water, sugar, salt, malt barley, yeast, poppy seeds	Please note seeds
Onion	organic wheat flour , water, dried onion, sugar, salt, malt barley, yeast	
Onion seeded	organic wheat flour , water, dried onion, sugar, salt, malt barley, yeast, poppy seeds	Please note seeds
Tumeric and cumin	organic wheat flour , water, sugar, salt, malt barley, tumeric , yeast, and cumin	Please note tumeric and cumin

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2. Other bread

Bread	Ingredients	Notes
Baguettes	Organic white flour , yeast, salt	
Challah	Organic white flour , yeast, salt, sunflower oil, honey, eggs, poppy seeds	
Cinnamon and raisin sourdough	Organic white flour , organic wholemeal flour , salt, cinnamon, raisins, malt extract, demerara sugar	
Farmhouse white	Organic white flour , yeast, salt, olive oil	
Wholemeal cob	Organic wholemeal flour , yeast, salt, olive oil, honey	
Wholemeal sourdough	Organic white flour , organic wholemeal flour , salt	