

THE TOWER OF BAGEL

The Tower of Bagel Allergen Information Sheet

Date: 12/3/2018

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

There may be traces of seeds in all non seeded varieties

There may be traces of gluten in the black pepper GF bagel

Variety	Ingredients	Note
Black pepper	organic wheat flour , water, sugar, salt, malt barley, yeast, black pepper	
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)	buckwheat flour, rice flour, tapioca flour, water, sugar, ground flax seed , salt, psyllium husks, yeast, malt barley, black pepper,	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, sesame and flax 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, sesame and flax seeds	Please note seeds

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Onion and sage	organic wheat flour , water, dried onion, sugar, salt, malt barley, yeast, fresh sage. (Seasonal)	
Rye and caraway	organic wheat flour, organic dark rye flour , water, sugar, salt, malt barley, yeast, caraway seeds, sesame and flax seeds	
Tumeric and cumin	organic wheat flour , water, sugar, salt, malt barley, tumeric , yeast, and cumin	Please note tumeric and cumin
Wild garlic (seasonal only)	organic wheat flour , water, sugar, wild garlic, salt, malt barley, yeast (Seasonal)	