

## Chef Approved Ciabatta Sandwich Roll Thaw and Serve - Information

A baked traditional style Ciabatta made with extra virgin olive oil. Bulk fermented to provide a more open structure with increased flavour. Product is supplied frozen.

**TFS Product Code:** 032391  
**Suppliers Product Code:**  
**Information Last Updated:** 27/11/2025  
**Date Produced:** 06/05/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	274.00
Energy (kJ)	1159.00
Protein (g)	8.70
Carb (g)	50.90
Of Which Sugars (g)	3.10
Fat (g)	3.30
Of Which Saturates (g)	0.60
Fibre (g)	3.00
Salt (g)	0.90

### Dietary Information

Key: **Suitable for**



**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.

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## Ingredients

<b>WHEAT</b> Flour (with Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil (2.0%), <b>RYE</b> Flour, Salt, <b>WHEAT</b> Flour, Sugar, Malted <b>WHEAT</b> Flour, Malted <b>BARLEY</b> Flour, Flour Treatment Agents (E300, E920)

## Handling Information

### Directions for Use

Defrost at room temperature for approx. 1 hour and serve. Alternatively for a crisp crust, bake from frozen at 200oC (Gas Mark 6) for 8 - 10 minutes. Bake from defrost at 180 - 200oC for approx. 5 - 8 minutes. For oven with steam injection facility, inject steam for 10 seconds at the start of baking. Settings may vary depending on oven type.

### Storage Instructions

Can be stored until the best before date if stored at -18oC or below. Consume within one day of defrosting. DO NOT REFREEZE AFTER THAWING.

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