Thompsons Food Service Ltd.
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk
NR30 3PR

Tel: 01493 249649
Fax: 0845 051 8772
E-Mail: accounts@tfsltd.co.uk
Web: www.tfsltd.co.uk

We Love Cake Breakfast Muffin Gluten Free - Information

Individually wrapped. Sweet muffin with dried fruit and cinnamon, topped with oats and seeds. Wheat, gluten and milk-free. Suitable for vegetarians and coeliacs. Defrosted shelf-life = 28 days. (1 x 8)

TFS Product Code: 028866
Suppliers Product Code:
Information Last Updated: 04/07/2024
Date Produced: 04/11/2026



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)	399.00
Energy (kJ)	1673.00
Protein (g)	6.10
Carb (g)	52.70
Of Which Sugars (g)	22.00
Fat (g)	17.40
Of Which Saturates (g)	2.20
Fibre (g)	3.80
Salt (g)	0.34

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

We Love Cake Breakfast Muffin Gluten Free - Information

TFS Product Code: 028866
Suppliers Product Code:
Information Last Updated: 04/07/2024
Date Produced: 04/11/2026



Ingredients

EGG, Rapeseed Oil, Sugar, Rice Flour, Gluten-Free OATS (9%), Oligofructose, Glucose Syrup, Dried Apricots (4%), Tapioca Starch, Raisins (4%), Pumpkin Seeds (3%), Dates (2%), Dried Sweetened Cranberries (2%) (Cranberries, Sugar), Water, Cinnamon, Raising Agents (Sodium Bicarbonate, Calcium Phosphates), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Preservatives (Potassium Sorbate, Calcium Propionate), Linseed, Salt, Thickener (Xanthan Gum), Acidity Regulator (Acetic Acid).

Handling Information

Directions for Use

From Frozen unless otherwise stated Defrost at room temperature for 6 hours. Once defrosted do not refreeze. Once defrosted, label each individual product with Best Before Date: Day of defrost + 28 days.

Storage Instructions

Keep Frozen. Store at -18°C or below

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