

Code	Product Name	Cooked Portion Size (g)	Energy per portion (kcal) **	Suitable For	Cereals containing gluten																	
					Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Mustard	Celery	Lupin	Crustaceans	Molluscs
FMSPPP	Phat Traditional Cornish Pasty (20 x 283g)	249	652		X										M	X						
FCTPP	Phat Traditional Cornish Cocktail Pasty (60 x 142g)	125	327		X										M	X						
FMCHPP	Phat Seriously Cheesy Pasty (20 x 283g)	249	752	V	X										X	X		X				
FPLYET20	Lye Cross Cheese & Onion Pasty 20 x 283g	249	745	V	X										X	X		X				
FPLAMT20	Phat Lamb and Mint Pasty (20 x 283g)	249	827		X										M	X						
FSCNPP	Phat Chicken and Chorizo Pasty 20 x 283g	249	662		X										M	X						
FPKCOT20	Phat Keralan Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	249	822	VE	X																	
FPCCT20	Curried Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	249	822	VE	X																	
FPBSP20	Phat Butternut Squash, Spinach and Vegan Feta Pasty (20 x 283g)	249	695	VE	X												X	X				
FMVSP20	Phat Peppered Steak-Less Pasty (Vegan) 20 x 283g	249	628	VE	X		X								M	M						
FPBOBP20	Phat Bobotie Jackfruit Pasty (Vegan) (20 x 283g)	249	675	VE	X																	X
FPTCOT20	Phat HTG Cornish Steak Pasty (20 x 250g)	220	592		X										M	X						
FPSCHT20	Phat HTG Seriously Cheesy Pasty (20 x 250g)	220	552	V	X										X	X		X				
FSPCT30	Phat HTG Peppered Steak Slice (30 x 195g)	172	499		X										X	X		X				
FSPCT30	Phat HTG Piri Piri Chicken Slice (30 x 195g)	172	462		X										X	X						
FTBCHT30	Phat HTG Cheese & Bacon Turnover (30 x 152g)	134	456		X										X	X						
FTCHTT30	Phat HTG Cheese & Tomato Turnover (30 x 147g)	129	428	V	X										X	X						
P866F	Phat Steak and Cornish Ale Pie (12)	270	729		X		X				M							M				
P864F	Phat Chicken Bacon and Mushroom Pie (12)	270	880		X										X			X				
P867F	Phat Sweet Potato, Spinach & Goats Cheese Pie (12)	270	535	V	X						M				X			M				
P861F	Phat Steak and Potato Pie (12)	270	632		X						M											
P868F	Phat Lamb, Rosemary & Potato Pie (12)	270	867		X		X															
P869F	Phat Spicy Cauliflower & Spinach Balti Pie (12)	270	410	VE	X																	X
FPGLP12	Phat GF Vegan Mushroom and Leek Pie (12)	230	455	GF, VE							X											X
FRNSRT35	Phat Jumbo Sausage Roll (35 x 215g)	189	596		X										M	X						
FRSARF60	Phat 6" Schools Sausage Roll (60 x 120g)	106	317		X											X						
FRXMAS40	Phat Festive Chunky Sausage Roll 40 x 155g	136	398		X										X	M						
NTHOGS45	Chunky Festive Hog Roast Roll (45 x 150g)	132	404		X										X	M						
FRNATT60	Premium Sausage Roll 60 x 155g	136	409		X										M	X						
FRSARF100	Phat 4" Schools Sausage Roll (100 x 90g)	79	246		X											X						
FRVMBF40	Phat Spicy Mexican Bean Vegan Roll (40 x 160g)	141	349	VE	X										M	M		X				
FRMEXF100	Phat Schools Mexican Bean Vegan Roll (100 x 90g)	79	196	VE	X													X				
WMSTKT20	Phat Wrapped Classic Peppered Steak Pasty (20 x 225g)	225	605		X		X								X							
WMMCHT2	Phat Wrapped Seriously Cheesy Pasty (20 x 225g)	225	610	V	X										X			X				
WMJSRT26	Phat Wrapped Sausage Roll (26 x 200g)	200	630		X										M	X						
WMHCTT20	Phat Wrapped Chicken Tikka Halal Pasty (20 x 225g)	225	513	H	X										X							
WMJJPT30	Phat Wrapped Jamaican Jerk Pattie (30 x 140g)	140	361	H	X																	X
PHT100003	Phat Mini Halal Chicken Roll (100 x 90g)	79	228	H	X																	
PHT100002	Phat Mini Jamaican Jerk Chicken Pattie (60 x 90g)	79	230	H	X																	X
PPSTKF60	Phat Mini Steak Pasty (60 x 90g)	79	217		X		X								X							
PPCHTF60	Phat Mini Cheese & Tomato Pasty (60 x 90g)	79	207	V	X										X							

V = Suitable for vegetarians. VE = Suitable for vegan diets. X - contains indicated allergen. M = may contain traces of indicated allergen (presence cannot be excluded). H = Halal. GF = Gluten Free.

This list is updated regularly to reflect the current status of our products and may vary from other printed materials.

\*\* Adults require approx 2,000 calories per day

Code	Product Name	Ingredients	Calories (kJ)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)
FMSPP	Phat Traditional Cornish Pasty (20 x 283g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potato, British Farm Assured Beer (1%), water, Sustainable Palm Oil, Swede, Onion, Salt,	1095	262	13.1	6.4	28.2	2.4	1.7
FCTPP	Phat Traditional Cornish Cocktail Pasty (60 x 142g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potato, British Farm Assured Beer (1.5%), water, Sustainable Palm Oil, Swede, Onion, Salt,	1095	262	13.1	6.4	28.2	2.4	1.7
FMCHPP	Phat Seriously Cheesy Pasty (20 x 283g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potatoes, Onions, Cheddar Cheese (Milk) (11%), water, Sustainable Palm Oil, Red Leicester	1261	302	18.0	9.6	25.2	1.7	1.6
FPLYET20	Lye Cross Cheese & Onion Pasty 20 x 283g	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potatoes, Onions (15%), Cheddar Cheese (12%) (Milk), Sustainable Palm Oil, water, Free	1247	299	17.7	9.3	25.0	1.7	1.6
FPLAMT20	Phat Lamb and Mint Pasty (20 x 283g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potatoes, Lamb (13%), Swede, Sustainable Palm Oil, Onions, water, Rapeseed Oil, Salt,	1380	332	23.7	6.5	23.9	1.1	1.7
FSCNPP	Phat Chicken and Chorizo Pasty 20 x 283g	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potatoes, Sustainable Palm Oil, Chicken (11%), Onions, Passata Sieved Tomato, Chorizo	1108	266	14.8	6.5	25.2	1.1	1.9
FPKOT20	Phat Keralan Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Cauliflower (12%), Chickpeas (5%) (Chickpeas, water, Salt, Ascorbic Acid), Sustainable Palm	1346	330	23.0	11.7	24.2	2.0	2.5
FPCCCT20	Curried Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Cauliflower (13%), Chickpeas (11%) (Chickpeas, water, Salt, Ascorbic Acid), RSP0	1346	330	23.0	11.7	24.2	2.0	2.5
FPBSP20	Phat Butternut Squash, Spinach and Vegan Feta Pasty (20 x 283g)	Wheat Flour (Calcium, Iron, Niacin, Thiamin), Sustainable Palm Oil, Potatoes (12%), Gottennot Squash (10%), Red Onions (9%), Vegan	1162	279	15.8	9.0	28.1	1.5	1.8
FMVSP20	Phat Peppered Steak-Less Pasty (Vegan) 20 x 283g	Water, WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Onion, Sustainable Palm Oil, Celery, Rapeseed Oil, Feta Protein (5%), Coconut Milk,	1040	252	14.5	6.1	22.4	1.3	1.5
FPBOBP20	Phat Bobotie Jackfruit Pasty (Vegan) (20 x 283g)	Wheat Flour (Calcium, Iron, Niacin, Thiamin), Potatoes, Sustainable Palm Oil, Water, Onions, Sweet Potato, Sweet Potato,	1133	271	13.9	6.6	31.3	7.6	1.9
FPTCOT20	Phat HTG Cornish Steak Pasty (20 x 250g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Potatoes, Onions, Sustainable Palm Oil, Cheddar Cheese (Milk), water, Egg, Red Leicester	1123	269	15.1	6.2	23.3	1.1	1.6
FPSCHT20	Phat HTG Seriously Cheesy Pasty (20 x 250g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Farm Assured Beer (1.5%), Potatoes, water, Sustainable Palm Oil, Onions, Cornflour,	1051	251	19.9	6.1	24.2	1.7	1.5
FSPCST30	Phat HTG Peppered Steak Slice (30 x 195g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Farm Assured Chicken (18%), Sustainable Palm Oil, Potatoes, water, Onions, Salt,	1212	291	17.0	7.3	24.7	1.0	1.4
FSPPCT30	Phat HTG Piri Piri Chicken Slice (30 x 195g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Farm Assured Chicken (12%), Sustainable Palm Oil, CRF The Prachi (Milk) (Cream (Milk),	1125	269	15.6	6.4	22.8	1.6	1.5
FTBCHT30	Phat HTG Cheese & Bacon Turnover (30 x 152g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Sustainable Palm Oil, Cheddar Cheese (Milk) (Cream (Milk), Cheddar (Milk),	1421	341	22.7	10.0	23.0	1.0	1.2
FTCHTT30	Phat HTG Cheese & Tomato Turnover (30 x 147g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Sustainable Palm Oil, Cheddar Cheese (Milk) (Cream (Milk), Cheddar (Milk),	1377	331	21.7	10.0	25.0	1.6	1.3
P866F	Phat Steak and Cornish Ale Pie (12)	WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Thiamin), Beef (23%), Water, Shortening (Sustainable Palm Oil, Rapeseed Oil),	1124	270	16.9	8.8	19.7	0.5	1.1
P864F	Phat Chicken Bacon and Mushroom Pie (12)	Mortar Crust Pastry (WHEAT Flour, Water, Salt, Manganese, Iron, Calcium Carbonate, Palm Oil, Water, Niacin), Shortening (Sustainable Palm Oil,	1360	326	19.0	7.9	28.0	0.9	-
P867F	Phat Sweet Potato, Spinach & Goats Cheese Pie (12)	Rapeseed Oil, Water, WHEAT Flour (WHEAT Flour, Firming Agent, Water) (5%), Sweet Potato (22%), Shortening (Sustainable Palm Oil,	830	198	9.9	4.4	24.5	2.0	1.6
P861F	Phat Steak and Potato Pie (12)	Wheat Flour (Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Shortening, Water, British Water Salt, Manganese, Iron, Calcium Carbonate,	979	234	13.8	5.8	23.1	0.6	1.4
P868F	Phat Lamb, Rosemary & Potato Pie (12)	Mortar Crust Pastry (WHEAT Flour, Water, Salt, Manganese, Iron, Calcium Carbonate, Palm Oil, Water, Niacin), Shortening (Sustainable Palm Oil,	1339	321	18.0	7.9	30.0	0.7	1.4
P869F	Phat Spicy Cauliflower & Spinach Balti Pie (12)	Rapeseed Oil, Water, WHEAT Flour (WHEAT Flour, Firming Agent, Water) (5%), Shortening (Sustainable Palm Oil), Rapeseed Oil, Margarine	634	152	7.1	3.8	17.1	1.2	2.9
FPGFLP12	Phat GF Vegan Mushroom and Leek Pie (12)	Gluten Free Flour (Corn Starch, Vegetable Fibres, Xanthan Gum), Fructose, Thickener (Guar Gum), E464, Salt (Corn), Enzymes,	826	198	7.7	2.0	27.9	2.5	2.8
FRNSRT35	Phat Jumbo Sausage Roll (35 x 215g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Pork (27%), water, Sustainable Palm Oil, Pork Fat, Rapeseed Oil, Free Range Eggs,	1313	315	18.8	7.9	26.3	1.8	1.5
FRSARF60	Phat 6" Schools Sausage Roll (60 x 120g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Farm Assured Pork (27%), water, Sustainable Palm Oil, Pork Fat, Rapeseed Oil, Free	1253	300	17.4	7.4	26.4	2.1	1.8
FRXMAS40	Phat Festive Chunky Sausage Roll 40 x 155g	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), British Farm Assured Pork (25%), water, Margarine (Sustainable Palm Oil,	1220	292	16.8	7.5	23.7	1.6	1.4
NTHOGS45	Chunky Festive Hog Roast Roll (45 x 150g)	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), water, British Farm Assured Pork (15%), Margarine (Sustainable Palm Oil,	1288	306	17.4	7.5	25.0	3.4	1.5
FRNATT60	Premium Sausage Roll 60 x 155g	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Pork (30%), water, Palm Oil, Rapeseed Oil, Free Range Eggs, Salt, Kusk (WHEAT Flour	1249	300	19.0	8.6	22.9	1.7	1.5
FRSARF100	Phat 4" Schools Sausage Roll (100 x 90g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Farm Assured Pork (30%), water, Sustainable Palm Oil, Rapeseed Oil, Free Range	1294	310	18.7	8.0	25.2	2.2	1.4
FRVMBF40	Phat Spicy Mexican Bean Vegan Roll (40 x 160g)	EGG Free Flour (Calcium, Iron, Niacin, Thiamin), Chopped Tomatoes, Sustainable Palm Oil, Sweet Potato, water, Chickpeas (Chickpeas,	1037	248	12.4	5.8	28.1	3.3	2.8
FRMEXF100	Phat Schools Mexican Bean Vegan Roll (100 x 90g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Chopped Tomatoes, Sustainable Palm Oil, Sweet Potato, water, Chickpeas (Chickpeas,	1037	248	12.4	5.8	28.1	3.3	2.8
WMSTKT20	Phat Wrapped Classic Peppered Steak Pasty (20 x 225g)	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), water, British Beer (17%), Potato (11%), Salt, Margarine (Rapeseed Oil,	1131	269	15.0	6.7	28.6	0.9	1.0
WMMCHT2	Phat Wrapped Seriously Cheesy Pasty (20 x 225g)	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), water, Cheddar Cheese (11%) (Milk), Onion, Oil, Margarine (Thickened	1139	271	14.8	7.6	28.7	0.8	1.0
WMSRT26	Phat Wrapped Sausage Roll (26 x 200g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), British Farm Assured Pork (27%), water, Sustainable Palm Oil, Pork Fat, Rapeseed Oil, Free	1313	315	18.8	7.9	26.3	1.8	1.5
WMHCTT20	Phat Wrapped Chicken Tikka Halal Pasty (20 x 225g)	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), water, British Farm Assured Chicken (13%), Sweet Potato (11%), Margarine	960	228	10.7	4.8	27.9	0.9	1.0
WMJJPT30	Phat Wrapped Jamaican Jerk Pattie (30 x 140g)	Water, WHEAT Flour (WHEAT Flour, Calcium, Niacin, Iron, Thiamin), Margarine (Rapeseed Oil, Sustainable Palm Oil), Onion, Spring Onion	1089	258	12.6	5.8	30.3	1.5	-
PHT100003	Phat Mini Halal Chicken Roll (100 x 90g)	Chicken (80%) (WHEAT Flour, Calcium, Niacin, Thiamin), water, Chicken (15%), Sweet Potato (12%), Shortening (Sustainable Palm	1211	288	18.0	8.6	26.9	0.7	0.3
PHT100002	Phat Mini Jamaican Jerk Chicken Pattie (60 x 90g)	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), water, British Farm Assured Beer (13%), Margarine (Vegetable Oil (Sustainable	996	291	12.2	4.7	26.1	1.6	1.4
PPSTKF60	Phat Mini Steak Pasty (60 x 90g)	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), water, Fattoria (11%) (Tomato, Onions, Garlic, Salt), Tomato, Tomato Juice,	1141	274	16.6	7.8	25.1	0.8	1.4
PPCHTF60	Phat Mini Cheese & Tomato Pasty (60 x 90g)	WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), water, Fattoria (11%) (Tomato, Onions, Garlic, Salt), Tomato, Tomato Juice,	1098	261	13.8	6.7	29.4	1.4	1.2

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## THE PHAT PASTY CO PRODUCT DATA SHEET

01.02.2022

Code	Product Name	Protein (g)	Salt (g)
FMSP	Phat Traditional Cornish Pasty (20 x 283g)	6.9	1.02
FCTPP	Phat Traditional Cornish Cocktail Pasty (60 x 142g)	6.9	1.02
FMCHPP	Phat Seriously Cheesy Pasty (20 x 283g)	8.2	0.91
FPLYET20	Lye Cross Cheese & Onion Pasty 20 x 283g	8.3	1.06
FPLAMT20	Phat Lamb and Mint Pasty (20 x 283g)	4.9	1.04
FSCNPP	Phat Chicken and Chorizo Pasty 20 x 283g	7.3	1.05
FPKCOT20	Phat Keralan Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	5.4	1.40
FPCCCT20	Curried Cauliflower, Chickpea and Onion Bhaji Pasty (20 x 283g)	5.4	1.40
FPBSFP20	Phat Butternut Squash, Spinach and Vegan Feta Pasty (20 x 283g)	4.3	0.84
FMVSP20	Phat Peppered Steak-Less Pasty (Vegan) 20 x 283g	5.8	0.99
FPBOBP20	Phat Bobotie Jackfruit Pasty (Vegan) ( 20 x 283g)	4.2	0.91
FPTCOT20	Phat HTG Cornish Steak Pasty ( 20 x 250g)	8.7	1.09
FPSCHT20	Phat HTG Seriously Cheesy Pasty (20 x 250g)	8.9	1.00
FSPCST30	Phat HTG Peppered Steak Slice (30 x 195g)	9.0	0.79
FSPPCT30	Phat HTG Piri Piri Chicken Slice (30 x 195g)	7.6	0.97
FTBCHT30	Phat HTG Cheese & Bacon Turnover (30 x 152g)	10.6	1.77
FTCHTT30	Phat HTG Cheese & Tomato Turnover (30 x 147g)	7.7	1.11
P866F	Phat Steak and Cornish Ale Pie (12 )	8.8	0.60
P864F	Phat Chicken Bacon and Mushroom Pie (12)	10.0	0.72
P867F	Phat Sweet Potato, Spinach & Goats Cheese Pie (12)	3.5	1.00
P861F	Phat Steak and Potato Pie (12)	5.6	0.90
P868F	Phat Lamb, Rosemary & Potato Pie (12)	8.3	0.52
P869F	Phat Spicy Cauliflower & Spinach Balti Pie (12)	3.4	0.57
FPGFLP12	Phat GF Vegan Mushroom and Leek Pie (12)	3.8	0.69
FRNSRT35	Phat Jumbo Sausage Roll (35 x 215g)	9.3	1.32
FRSARF60	Phat 6" Schools Sausage Roll (60 x 120g)	8.7	0.69
FRXMAS40	Phat Festive Chunky Sausage Roll 40 x 155g	11.1	1.52
NTHOGS45	Chunky Festive Hog Roast Roll (45 x 150g)	10.5	1.43
FRNATT60	Premium Sausage Roll 60 x 155g	8.5	1.20
FRSARF100	Phat 4" Schools Sausage Roll (100 x 90g)	9.6	0.69
FRVMBF40	Phat Spicy Mexican Bean Vegan Roll (40 x 160g)	4.7	0.83
FRMEXF100	Phat Schools Mexican Bean Vegan Roll (100 x 90g)	4.7	0.84
WMSTKT20	Phat Wrapped Classic Peppered Steak Pasty (20 x 225g)	7.0	1.10
WMMCHT2	Phat Wrapped Seriously Cheesy Pasty (20 x 225g)	7.2	1.20
WMJSRT26	Phat Wrapped Sausage Roll ( 26 x 200g)	9.3	1.32
WMHCTT20	Phat Wrapped Chicken Tikka Halal Pasty (20 x 225g)	6.6	1.10
WMJJPT30	Phat Wrapped Jamaican Jerk Pattie (30 x 140g)	7.3	1.40
PHT100003	Phat Mini Halal Chicken Roll (100 x 90g)	6.0	0.73
PHT100002	Phat Mini Jamaican Jerk Chicken Pattie (60 x 90g)	7.4	2.00
PPSTKF60	Phat Mini Steak Pasty (60 x 90g)	6.5	0.30
PPCHTF60	Phat Mini Cheese & Tomato Pasty (60 x 90g)	6.5	1.00

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