



THE PHAT PASTY COMPANY

Allergens Table (✓ = contains M = may contain trace)																			Suitable For (✓ = Yes)		
Product Name	Case Size	Case Label Code	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Barley	Wheat	Food for Life Bronze (see overleaf)	Coeliac	Halal

Phat Handcrimped Pasties

Phat Naked Traditional Steak Cornish Pasty	20 x 283g	FMSPP		✓		✓			M									✓	✓		
Phat Naked Peppered Steak Pasty	20 x 283g	FMPSP		✓		✓			✓								✓	✓	✓		
Phat Naked Chicken & Chorizo Pasty	20 x 283g	FSCNPP		✓		✓			M									✓			
Phat Naked Seriously Cheesy Pasty	20 x 283g	FMCHPP		✓		✓			✓		✓							✓	✓		
Phat Naked Curried Vegetable Pasty	20 x 283g	FVCYPP		✓		✓			✓									✓	✓		
Phat Keralan Cauliflower, Chickpea and Onion Bhaji Pasty Vegan	20 x 283g	FPKCOT20		✓														✓	✓		
Phat Butternut Squash, Spinach and Vegan Feta Pasty	20 x 283g	FPBSFP20	✓	✓		M			M		✓							✓	✓		
Phat Naked Lamb and Mint Pasty	20 x 283g	FPLAMT20		✓		✓			M									✓			
Phat Naked Trad Steak Cornish Cocktail Pasty	60 x 142g	FCTPP		✓		✓			M									✓	✓		
Phat Naked Small Cheese & Onion Cocktail pasty	60 x 142g	FCHCTPP		✓		✓			✓									✓	✓		

Phat Premium Sausage Rolls

Phat Jumbo 8" Sausage Roll	35 x 235g	FRNSRT35		✓		✓			M									✓	✓		
Phat 6" Sausage Roll	60 x 120g	FRSARF60		✓		✓			M									✓	✓		
Phat 4" Sausage Roll	100 x 90g	FRSARF100		✓		✓			M									✓	✓		
Phat Spicy Mexican Bean Vegan Roll	40 x 160g	FRVMBF40		✓		M			M		✓				✓			✓	✓		

Phat Hot To Go

Phat HTG Cornish Steak Pasty	20 x 250g	FPTCOT20		✓		✓			M									✓	✓		
Phat HTG Seriously Cheesy Pasty	20 x 250g	FPSCHT20		✓		✓			✓		✓							✓	✓		
Phat HTG Moroccan Lamb Pasty Halal	20 x 250g	FMHMLT20	✓	✓					✓		✓							✓			✓
Phat HTG Peppered Steak Slice	30 x 195g	FSPCST30		✓		✓			✓		✓							✓	✓		
Phat HTG Piri Piri Chicken Slice	30 x 195g	FSPPCT30		✓		✓			✓									✓	✓		
Phat HTG BBQ Pulled Pork Slice	30 x 195g	FSBPPT30		✓		✓			M							✓		✓	✓		
Phat HTG Pepperoni Slice	30 x 195g	FSPPT30		✓		✓			✓									✓	✓		
Phat HTG Cheese and Bacon Turnover	30 x 152g	FTBCHT30		✓		✓			✓									✓	✓		
Phat HTG Cheese and Tomato Turnover	30 x 147g	FTCHTT30		✓		✓			✓									✓	✓		

Phat Wrapped

Phat Wrapped Peppered Steak Pasty	20 x 225g	WMSTKT20		✓					✓								✓	✓	✓		
Phat Wrapped Seriously Cheesy Pasty	20 x 225g	WMMCHT20		✓					✓		✓							✓	✓		
Phat Wrapped Chicken Tikka Pasty Halal	20 x 225g	WMCHTT20		✓					✓									✓			✓
Phat Jamaican Jerk Chicken Patty Halal	30 x 140g	WMJJPT30		✓											✓			✓			✓
Phat Wrapped Sausage Roll	26 x 200g	WMJSRT26		✓		✓			M									✓	✓		

Phat Premium Pies

Phat Steak & Cornish Ale Pie	12 x 250g	P866F	✓	✓					✓						✓		✓	✓	✓		
Phat Steak and Potato Pie	12 x 250g	P861F		✓					✓						✓		✓	✓	✓		
Phat Chicken, Bacon and Mushroom Pie	12 x 250g	P864F	✓	✓					✓						✓		✓	✓	✓		
Phat Chicken Balti Pie	12 x 250g	P862F		✓					✓						✓		✓	✓	✓		
Phat Lamb, Rosemary and Garlic Potato Pie	12 x 250g	P868F		✓					✓						✓		✓	✓	✓		
Phat Sweet Potato Spinach & Goats Cheese Pie	12 x 250g	P867F	✓	✓					✓						✓		✓	✓	✓		
Phat Gluten Free Vegan Mushroom and Leek Pie	12 x 230g	FPGFLP12													✓	✓			✓	✓	

Phat Speciality & Seasonal

Pork, Turkey and Cranberry Sausage Roll	80 x 147g	FRXSRF80		✓		✓			M									✓	✓		
Phat Steak Pasty (mini)	60 x 90g	PPSTKF60		✓					✓								✓	✓	✓		
Phat Cheese & Tomato Pasty (mini)	60 x 90g	PPCHTF60		✓					✓								✓	✓	✓		
Phat Porridge	24 x 65g	PHATPORR			Oats				✓			M	M	M	M				✓		

DATABASE VERSION	7	PREPARED	04.02.19
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Nutritional values per 100g

Product Name	Case Size	Case Label Code	Energy kJ	Energy kCal	Fat g	Of which saturates g	Carbohydrate g	of which sugars g	Protein g	Fibre g	Salt g
Phat Handcrimped Pasties											
Phat Naked Traditional Steak Cornish Pasty	20 x 283g	FMSPP	1095	262	13.1	6.4	28.2	2.4	6.9	1.7	1.0
Phat Naked Peppered Steak Pasty	20 x 283g	FMPSP	1194	286	17.0	8.0	19.5	0.4	12.8	0.9	1.1
Phat Naked Chicken & Chorizo Pasty	20 x 283g	FSCNPP	1108	266	14.8	6.5	25.2	1.1	7.3	1.9	1.1
Phat Naked Seriously Cheesy Pasty	20 x 283g	FMCHPP	1261	302	18.0	9.6	25.2	1.7	8.2	1.6	0.9
Phat Naked Curried Vegetable Pasty	20 x 283g	FVCYPP	1146	274	14.9	7.7	27.2	3.0	5.9	2.1	0.9
Phat Keralan Cauliflower, Chickpea and Onion Bhaji Pasty Vegan	20 x 283g	FPKCOT20	1346	330	23.0	11.7	24.2	2.0	5.4	2.5	1.4
Phat Butternut Squash, Spinach and Vegan Feta Pasty	20 x 283g	FPBSFP20	1162	279	15.8	9.0	28.1	1.5	4.3	1.8	0.8
Phat Naked Lamb and Mint Pasty	20 x 283g	FPLAMT20	1380	332	23.7	6.5	22.7	1.1	4.9	1.7	1.1
Phat Naked Trad Steak Cornish Cocktail Pasty	60 x 142g	FCTPP	1095	262	13.1	6.4	28.2	2.4	6.9	1.7	1.0
Phat Naked Small Cheese & Onion Cocktail pasty	60 x 142g	FCHCTPP	1296	311	18.9	10.0	25.3	1.2	8.4	1.6	0.9
Phat Premium Sausage Rolls											
Phat Jumbo 8" Sausage Roll	35 x 235g	FRNSRT35	1249	300	19.0	8.6	22.9	1.7	8.5	1.5	1.2
Phat 6" Sausage Roll	60 x 120g	FRSARF60	1486	357	22.5	10.9	28.5	1.8	9.0	2.0	0.6
Phat 4" Sausage Roll	100 x 90g	FRSARF100	1486	357	22.5	10.9	28.5	1.8	9.0	2.0	0.6
Phat Spicy Mexican Bean Vegan Roll	40 x 160g	FRVMBF40	1082	259	13.5	6.5	28.4	2.8	4.8	2.1	0.8
Phat Hot To Go											
Phat HTG Cornish Steak Pasty	20 x 250g	FPTCOT20	1123	269	15.1	6.2	23.3	1.1	8.7	1.6	1.1
Phat HTG Seriously Cheesy Pasty	20 x 250g	FPSCHT20	306	251	18.4	9.8	25.0	1.7	8.4	1.6	1.1
Phat HTG Moroccan Lamb Pasty Halal	20 x 250g	FMHMLT20	919	220	12.0	5.9	24.4	1.5	3.8	1.6	0.1
Phat HTG Peppered Steak Slice	30 x 195g	FSPCST30	1212	291	17.0	7.3	24.7	1.0	9.0	1.4	0.8
Phat HTG Piri Piri Chicken Slice	30 x 195g	FSPPT30	1125	269	15.6	6.4	22.8	1.6	7.6	1.5	1.0
Phat HTG BBQ Pulled Pork Slice	30 x 195g	FSBPPT30	1187	284	16.2	6.7	25.5	2.9	8.1	1.7	0.9
Phat HTG Pepperoni Slice	30 x 195g	FSPPT30	1267	328	21.2	7.3	25.7	1.6	8.4	1.4	1.1
Phat HTG Cheese and Bacon Turnover	30 x 152g	FTBCHT30	1421	341	22.7	10.0	23.0	1.0	10.6	1.2	1.8
Phat HTG Cheese and Tomato Turnover	30 x 147g	FTCHTT30	1377	331	21.7	10.0	25.0	1.6	7.7	1.3	1.1
Phat Wrapped											
Phat Wrapped Peppered Steak Pasty	20 x 225g	WMSTKT20	1125	270	16.4	7.7	24.4	0.8	6.5	2.8	0.4
Phat Wrapped Seriously Cheesy Pasty	20 x 225g	WMMCHT20	889	213	12.3	6.1	21.4	1.0	4.1	0.5	0.3
Phat Wrapped Chicken Tikka Pasty Halal	20 x 225g	WMCHTT20	942	225	12.2	5.8	22.6	1.3	6.3	1.4	0.3
Phat Jamaican Jerk Chicken Patty Halal	30 x 140g	WMJJPT30	1089	261	13.7	5.6	26.9	2.1	7.3	1.5	2.1
Phat Wrapped Sausage Roll	26 x 200g	WMJSRT26	1249	300	19.0	8.6	22.9	1.7	8.5	1.5	1.2
Phat Premium Pies											
Phat Steak & Cornish Ale Pie	12 x 250g	P866F	1314	315	18.0	5.1	26.0	1.2	11.0	1.5	0.5
Phat Steak and Potato Pie	12 x 250g	P861F	1182	309	18.0	6.6	28.0	1.1	6.0	1.2	0.7
Phat Chicken, Bacon and Mushroom Pie	12 x 250g	P864F	1170	280	17.0	6.2	24.0	0.8	8.9	1.0	0.4
Phat Chicken Balti Pie	12 x 250g	P862F	1192	286	17.0	6.2	26.0	0.9	8.2	1.0	0.8
Phat Lamb, Rosemary and Garlic Potato Pie	12 x 250g	P868F	1435	344	22.0	7.2	27.0	0.7	7.9	1.8	0.4
Phat Sweet Potato Spinach & Goats Cheese Pie	12 x 250g	P867F	1333	320	20.0	5.2	30.0	3.7	4.9	1.8	0.4
Phat Gluten Free Vegan Mushroom and Leek Pie	12 x 230g	FPGFLP12	891	213	7.8	3.0	30.6	2.7	3.3	3.0	0.8
Phat Speciality & Seasonal											
Pork, Turkey and Cranberry Sausage Roll	80 x 147g	FRXSFR80	1243	297	15.8	6.5	29.8	1.4	9.6	1.5	1.5
Phat Steak Pasty (mini)	60 x 90g	PPSTKF60	1142	274	16.7	7.9	24.7	0.8	6.5	1.4	0.4
Phat Cheese & Tomato Pasty (mini)	60 x 90g	PPCHTF60	1054	253	15.0	7.6	23.8	1.5	6.0	1.2	0.2
Phat Porridge	24 x 65g	PHATPORR	1528	363	6.1	1.0	57.2	18.2	17.7	6.4	0.4
DATABASE VERSION	7	PREPARED									

Our standards and certifications

Food For Life

We are proud to be members of the Soil Association's Food For Life Supplier Scheme. Products meeting the Bronze Award requirements are listed overleaf.

This means our manufacturing is BRC grade A or higher

Our products are free from undesirable additives, artificial trans fats, genetically modified ingredients.

Our meat is from farms which satisfy UK animal welfare standards (e.g. RT, EBLEX, BQAP etc). All from British sources (no Irish meats).

Halal Certification

We cater for many dietary requirements and where products are shown as suitable for Halal diets, this is supported by certification from the Halal Authority Board.

Unique Reheat in Pack Packaging

Our wrapped range is packed in a 100% biodegradable paper and vegetable film wrap. There is no need to remove from pack to reheat these products. Simply take from the freezer and place in an oven at 170C until piping hot. You can also use a microwave or a rapid cook oven such as Merrychef or Turbochef. Serve direct to the customer or hold hot for a quick service, fully packaged solution.

Cooking Our Products

All our products are supplied frozen and are designed to be baked or reheated from frozen. Below are our recommended cooking instructions but please do note that your cooking equipment may perform differently.

Handcrimped, Hot To Go & Sausage Rolls. Supplied unbaked, frozen. Use baking parchment on baking trays to avoid sticking. Leave a 2cm gap between products. Bake in a fan oven at 180C to a core temperature of 95C which ensures the pastry is fully cooked through.

Premium Pies - Supplied baked, frozen. Reheat in a conventional oven at 180C to a core temperature of 85C. Remove from foil to serve.

Wrapped - Supplied baked, frozen. Reheat in sealed pack. For best results use a

Please do let us know if you have any queries, or need more information.

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