



PHAT PASTY CO - Deli product information

Product Name	Ingredients (Allergens are in BOLD CAPITALS)	Allergens	Other Caution	Nutritional values per 100g (typical pie serving = 270g)									
				Energy (kJ)	Energy (kcal)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Fibre (g)	Salt (g)	
Spicy Cauliflower & Spinach Balti Pie (Vegan-friendly)	Water, WHEAT Flour [WHEAT Flour, Calcium, Iron, Niacin, Thiamin], Shortening [Sustainable Palm Oil, Rapeseed Oil], Margarine [Rapeseed Oil, Sustainable Palm Oil, Water, Salt], Cauliflower (4%), Potato, Brown Lentils (3%), Butternut Squash, Sweet Potato, Chickpeas (3%), Chickpeas, Water, Salt], Spinach (2%), Courgettes, Peppers, Onion, Carrot, Creamed Coconut [Desiccated Coconut, Preservative: E220 (SULPHITES)], Balti Sauce (1%) [Thickener: E1422, Tomato Powder, Sugar, Garam Masala (Coriander, Cumin, Black Pepper, Allspice, Cardamom, Nutmeg, Turmeric, Ginger, Bay, Clove, Cassia, Ceyenne), Maltodextrin, Salt, Dehydrated Onion, Spices (Paprika, Black Pepper, Fenugreek, Cayenne), Red Pepper Granules, Yeast Extract, Garlic Powder, Onion Powder, Pepper, Acid: E330, Lemon Powder, Rapeseed Oil, Colour: E160c, Chilli, Coriander], Crumb [WHEAT Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Salt], Tomato Paste [Tomato Concentrate, Salt], Coriander, Vegetable Bouillon [Concentrated Vegetable Bouillon, Water, Carrot, Leek, Onion, Salt, Yeast Extract, Sugar, Mushroom Juice Concentrate, Gelling Agents: E415 & E410, Flavourings, Ground Bay Leaf], Ginger Purée, Garlic Purée, Glaze [Maize Starch], Paprika, Black Pepper, Dried Red Chillies, Thickener: E1422.	Wheat, Sulphites, May contain traces of Milk		634	152	7.1	3.8	17.1	1.2	3.4	2.9	0.6	
Steak and Cornish Ale Pie	Water, WHEAT Flour [WHEAT Flour, Calcium, Iron, Niacin, Thiamin], British Farm Assured Beef (22%), Shortening [Sustainable Palm Oil, Rapeseed Oil], Margarine [Rapeseed Oil, Sustainable Palm Oil, Water, Salt], Carrot, Mushroom, Ale (4%) [Water, BARLEY Malt, Hops, Yeast], Onion, Black Pepper, Thickener: E1422, Beef Flavour Bouillon [Salt, Thickener: E1422, Maltodextrin, Sugar, Flavourings, Onion Powder, Colour: E150c, Rapeseed Oil], Glaze [MILK Protein, Maltodextrin, Dextrose, Maize Starch, Sugar, Colour: E160a], Salt.	Wheat, Barley, Milk		1124	270	16.9	8.8	19.7	0.5	8.8	1.8	0.6	
Cheesy Chicken, Leek and Spinach Pie	Water, WHEAT Flour [WHEAT Flour, Calcium, Iron, Niacin, Thiamin], Grated Mild Cheddar Cheese (MILK), Potato, Shortening [Sustainable Palm Oil, Rapeseed Oil], Mature Cheddar Cheese (3%) [MILK], Cream (MILK), Leek (1%), Spinach (1%), Potato Flake [Potato, Emulsifier: E471], Vegetable Bouillon [Water, Carrot, Leek, Onion, Salt, Yeast Extract, Sugar, Mushroom Juice Concentrate, Gelling Agents: E415 & E410, Flavourings, Ground Bay Leaf], Chive, Glaze (MILK Protein, Maltodextrin, Dextrose, Maize Starch, Sugar, Colour: E160a), Salt, Garlic Purée, Black Pepper, Parsley, Nutmeg.	Wheat, Milk	May contain small bones	1023	245	13.6	7.4	18.2	0.6	11.5	1.8	0.59	
Vegan Sausage Roll	Water, WHEAT Flour [WHEAT Flour, Calcium, Iron, Niacin, Thiamin], Mushroom (15%), Margarine [Rapeseed Oil, Sustainable Palm Oil, Water, Salt], Rusk [WHEAT Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Salt], Onion, Seasoning (2%) [Salt, Potato Starch, Dextrose, Rice Flour, Dehydrated Apple, Emulsifier: E460 & E461, Preservative: E223 (SULPHITES)], Sage, Parsley, Acidity Regulator: E331, Antioxidant: E301, Spice Extracts], Cumin Seed, OAT Flakes, Rapeseed Oil, Salt, Vegan Beef Flavour Bouillon [Salt, Thickener: E1422, Maltodextrin, Sugar, Flavourings, Onion Powder, Colour: E150c, Rapeseed Oil], Maize Starch, Stabiliser: E461, Parsley.	Wheat, Oat, Sulphites, May contain traces of Milk.		942	225	11	6.3	25	2.3	4.4	4.4	1.37	

How to look after our products

1. The Use By date is printed on the side of the box, or on the bag label.
2. Keep refrigerated, normally at 5°C or below and ensure product is eaten before Use By date.
3. Not suitable for home freezing.
4. See our tips on how to reheat to enjoy the product.

Our tips on how to reheat to enjoy

1. We always recommend reheating in an oven.
2. Preheat oven to: 190°C / 375°F / 170°C Fan oven / Gas Mark 5.
3. Remove product from box and/or bag but leave in the foil.
4. Place product on a baking tray and carefully put into the pre-heated oven.
5. Cook for approximately 25 minutes. This is a guide as all appliances may be slightly different.
6. Ensure the centre of the product is piping hot before serving. Once hot, serve and do not reheat again.
7. To serve, take care when handling as the foil and product will be hot.