



NY Bagels - List of Ingredients

Bagel Variety	Water	White High Protein Wheat Flour	Low Fat Soya Flour	Rye Meal (90/10)	Chia Flour	Farmers Grain Mix	Yeast,	High Enzyme Malt Wheat Flour	Sugar, brown	Salt, table, iodised	Gluten, from wheat (vital wheat gluten)	Malt Extract	Addition Ingredients
Plain	X	x	x				x	x	x	x	x	x	
Sesame	x	x	x				x	x	x	x	x	x	Sesame seeds (white)
Poppy	x	x	x				x	x	x	x	x	x	Poppy seeds
Everything	x	x	x				x	x	x	x	x	x	Sesame, poppy, linseed, onion
Cheese	x	x	x				x	x	x	x	x	x	Tasty cheese
Onion	x	x	x				x	x	x	x	x	x	Onion
Blueberry	x	x	x				x	x	x	x	x	x	Blueberry emulsion
Cinnamon/Raisin	x	x	x				x	x	x	x	x	x	Cinnamon, raisins, sultana
Sourdough Rye	x	x	x	x			x	x	x	x	x	x	
Seven Grain	x	x	x	x		x	x	x	x	x	x	x	Linseed
Soy & Linseed	x	x	x				x	x	x	x	x	x	Linseed
Herb	x	x	x				x	x	x	x	x	x	Mixed herbs
Sun Dried Tomato	x	x	x				x	x	x	x	x	x	Basil, Sun dried tomato
Fruit & Nut	x	x	x				x	x	x	x	x	x	Mixed fruit, mixed spice, walnut pieces
Chia	x	x	x	x	x		x	x	x	x	x		Sesame, poppy, linseed, onion
Dark Rye	x	x	x	x			x	x	x	x	x	x	Bakers caramel
Pumpernickel	x	x	x	x			x	x	x	x	x	x	Bakers caramel
Popeye (spinach)	x	x	x				x	x	x	x	x	x	Spinach, parmesan cheese