

Changed Nov 10, 2025 12:25

Reviewed Nov 10, 2025 12:25

Erudus ID 6dc9cec8b50a4cd19eb3eafa7e5853b5

Version 3.0

Status Published

# GF Cajun Spc Swt Pot Roul 195g (1 x 16)

Gf Cajun Spc Swt Pot Roul 195g (1 X 16) 1x1kg

## PRODUCT DESCRIPTION

Gluten-free, vegan Cajun spiced sweet potato roulade, filled with vegan soft 'cheese', sweet and spicy red pepper and red onion chutney. Palm from a sustainable source, RSPO certificate number BMT-RSPO-000160 (1 x 16)

Brand	Menuserve
Manufacturer	Central Foods Group Limited
Manufacturer Product Code	GFCSSPRB
Effective Date	Nov 10, 2025
Product Type	Food
Product Category	Other Vegetarian & Vegan Alternatives
Storage Type	Frozen
Erudus ID	6dc9cec8b50a4cd19eb3eafa7e5853b5
Specification Type	Alternatives (Vegetarian and Vegan)

Outer Case GTIN

5060062474404



## INGREDIENTS

### Ingredient Declaration

Water, Gluten-Free Self Raising Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum)), Coconut Preparations (14%) (Water, Coconut Oil, Stabilisers (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum, Acacia Gum), Coconut Cream, Salt, Stabiliser (Calcium Phosphate), Acidity Regulator (Citric Acid), Maltodextrin, Colour (Carrot Concentrate), Natural Flavouring (Vitamin D2, Vitamin B12)), Sweet Potato (11%), Caster Sugar, Red Peppers, Chopped Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Gluten-Free Suet (Non Hydrogenated Vegetable Oils (Palm, Sunflower), Rice Flour), Red Wine Vinegar, Red Onion, Chia Seeds, Modified Maize Starch, Cajun Spice (1%) (Salt, Red Bell Pepper, Maltodextrin, Cayenne Pepper, Chilli Powder, Oregano, Pimento, Coriander, Fennel, Black Pepper, White Pepper, Cumin, Cardamom, Ginger, Flavouring, Yeast Extract (Yeast Extract, Salt, Sunflower Oil, Acidity Regulator (Citric Acid))), Rapeseed Oil, Colour (Paprika Extract), Sage, Thyme, Anti-Caking Agent (Silicon Dioxide), Chives, Garlic, Oil Pomace Blend (Olive Oil Pomace, Rapeseed Oil), Oregano, Tabasco (Distilled Vinegar, Red Pepper, Salt), Smoked Paprika, Salt.

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	May Contain
Barley	No	Almond nuts	May Contain
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	May Contain
Wheat (including Spelt and Khorasan)	No	Hazelnuts	May Contain
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	May Contain
Fish	No	Pistachio nuts	May Contain
Lupin	No	Walnuts	May Contain
Milk	May Contain	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

Risk Source:

Milk (Risk Source)	Line	Tree Nuts (Risk Source)	Line
Almond nuts (Risk Source)	Line	Cashew nuts (Risk Source)	Line
Hazelnuts (Risk Source)	Line	Pecan nuts (Risk Source)	Line
Pistachio nuts (Risk Source)	Line	Walnuts (Risk Source)	Line

Allergen Statement On Pack

For allergens, see ingredients in CAPITALS.

Additional Allergen Information

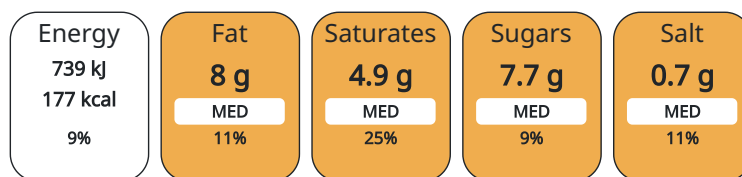
May contain ALMONDS, HAZELNUTS, WALNUTS, CASHEWS, PECANS, PISTACHIOS and MILK. Not suitable for Lactose Intolerant sufferers.

DIET SUITABILITY

Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	No

NUTRITIONAL INFORMATION AS SOLD

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 177kcal / 739kJ

Nutrient	per 100g	RI per 100g	per 195g serving	RI per 195g serving
Energy (kJ)	739 kJ	9%	1441 kJ	17%
Energy (kcal)	177 kcal	9%	345 kcal	17%
Fat	8 g	11%	15.6 g	22%
of which Saturates	4.9 g	25%	9.6 g	48%
of which Mono-unsaturates	1.5 g		2.9 g	
of which Polyunsaturates	0.7 g		1.4 g	
Carbohydrate	24 g	9%	46.8 g	18%
of which Sugars	7.7 g	9%	15 g	17%
Fibre	1.8 g		3.5 g	
Protein	1.7 g	3%	3.3 g	7%
Salt	0.66 g	11%	1.29 g	22%
Sodium	264 mg		514.8 mg	
Serving Size	195 g			

#### HANDLING & STORAGE INFORMATION

##### Directions For Use

From Frozen unless otherwise stated Oven: Remove all packaging. Pre-heat oven to 190°C/170°C (fan)/Gas Mark 5, place on a baking tray and cook for 20-22 mins. Ensure a core temperature of >75°C is achieved (or relevant national requirements) for at least 30 secs before serving. Do not refreeze after defrosting. To maintain gluten-free and vegan integrity, please ensure all equipment used for gluten-free and vegan preparation/cooking/serving is clean or dedicated for gluten-free and vegan use only.

##### Storage Instructions

Keep Frozen. Store at -18°C or below

#### ORIGIN

**Product Country of Origin** United Kingdom

**Origin of the Primary Ingredient** Not Applicable

#### MARKETING INFORMATION

##### Marketing Description

Gluten-free and vegan Cajun flavoured sweet potato roulade, filled with vegan cream 'cheeze' and a sweet and spicy red pepper and red onion Cajun flavoured chutney. IQF portions. Suitable for vegetarians, vegans and coeliacs. (1 x G-F Vegan Cajun Spiced Sweet Potato Roulade Portion)

#### CONTACT INFORMATION

##### Address

Central Foods Group Limited  
Maple Court  
Ash Lane  
NN4 0NB  
Collingtree  
Northamptonshire  
England

technical@centralfoods.co.uk  
01604 858 522

##### Technical

Chris Stobart  
technical@centralfoods.co.uk  
01604 878 276  
Technical Manager

##### Commercial

Oliver Sampson  
osampson@centralfoods.co.uk  
07715 073 273  
Managing Director

##### Complaints

Karen Wright  
kwright@centralfoods.co.uk  
01604 878 299  
Customer Care Admin Assistant

The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus.

We do not accept liability for any inaccuracies or incorrect information contained on this site.  
Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.