

MANNA DEW

GLUTEN FREE · DAIRY FREE · VEGAN BAKERY

PRODUCT HANDLING & SPECIFICATION

2026 Edition · All Current Products · For Customer & Wholesale Use

SHELF LIFE AT A GLANCE

AMBIENT

3

Days

CHILLED

5

Days

FROZEN

60

Days

Date on box label = Use By date. Second code is for traceability. Handle with care — fragile packaging.

BAKING GUIDE — TEMPERATURE & TIME PER PRODUCT

PRODUCT	SIZE	OVEN TEMP	OVEN FROM CHILLED	OVEN FROM FROZEN	AIR FRYER 165°C	NOTES
SMALL ITEMS · Oven 150°C · Air Fryer 165°C						
Mini Croissant	Small	150°C	4–6 min	6–8 min	4 min	
Mille Feuille	Small	150°C	4–6 min	6–8 min	4 min	Cool after baking
Cheese Sticks (all)	Small	150°C	4–6 min	6–8 min	4 min	Until golden & crisp
Mini Cronut (Empty)	Small	150°C	4–6 min	6–8 min	4 min	Cool before filling
Vol Au Vent (Empty)	Small	150°C	4–6 min	6–8 min	4 min	Cool before filling
REGULAR ITEMS · Oven 150°C · Air Fryer 165°C						
Croissant (standard)	Regular	150°C	8–13 min	13–16 min	8 min	
Pain Au Chocolat	Regular	150°C	8–13 min	13–16 min	8 min	
Chocolate Twist	Regular	150°C	8–13 min	13–16 min	8 min	
Cinnamon Swirl	Regular	150°C	8–13 min	13–16 min	8 min	
Pain Aux Raisins	Regular	150°C	8–13 min	13–16 min	8 min	
Apple Cinnamon Chausson	Regular	150°C	8–13 min	13–16 min	8 min	
Raspberry Passion Twist	Regular	150°C	8–13 min	13–16 min	8 min	
Almond Croissant	Regular	150°C	8–13 min	13–16 min	8 min	Topping in separate tub — do not bake
Pistachio Croissant	Regular	150°C	8–13 min	13–16 min	8 min	Lower temp = better flavour. Topping in separate tub — do not bake
White Choc Strawberry	Regular	150°C	8–13 min	13–16 min	8 min	
Spinach Feta VAV	Regular	150°C	8–13 min	13–16 min	8 min	
Mushroom Truffle VAV	Regular	150°C	8–13 min	13–16 min	8 min	
Mushroom Béchamel VAV	Regular	150°C	8–13 min	13–16 min	8 min	
Goats Cheese Chutney VAV	Regular	150°C	8–13 min	13–16 min	8 min	
Apricot Vol Au Vent	Regular	150°C	8–13 min	13–16 min	8 min	

PRODUCT	SIZE	OVEN TEMP	OVEN FROM CHILLED	OVEN FROM FROZEN	AIR FRYER 165°C	NOTES
Nutella Hazelnut VAV	Regular	150°C	8–13 min	13–16 min	8 min	
Cheese Twist (Cheddar)	Regular	150°C	8–13 min	13–16 min	8 min	
Vegan Croissant	Regular	150°C	8–13 min	13–16 min	8 min	
Vegan Pain Au Chocolat	Regular	150°C	8–13 min	13–16 min	8 min	
LARGE · Oven 150°C · Air Fryer 165°C						
Galette Des Rois (both)	Large	150°C	18–22 min	22–28 min	8 min	Must be cooked fully through
NO BAKE / MICROWAVE						
Fudge Brownie	—	No bake	Ready to eat	Defrost 2h	—	Microwave 15 sec @ 600W. Ambient 7 days
Choc Chip Cookies	—	No bake	Ready to eat	Defrost 1h	—	Ambient safe 14 days

Oven	All pastries bake at 150°C. Times are a guide — you will smell when ready. Do not place close to the heating element.
Air Fryer	Pre-heat to 165°C. Small items ~4 min, Regular items ~8 min. From frozen: add 2–3 min. Check regularly.
From Frozen	Defrost 25 min at room temp first, OR overnight in the fridge, then bake as above.

STORAGE & HANDLING	
Packaging	Fragile — handle with care at all times.
Recommended	Store at room temperature. Can also be chilled or frozen — see shelf life cards above.
From Frozen	Defrost overnight in fridge, OR 25 min at room temp, then bake per table above.
From Chilled	Bake directly from fridge for optimal results — follow times in baking table.
Topping Tubs	Almond and Pistachio Croissants are supplied with a separate tub of topping. Do not heat or bake the tub. Spoon onto the pastry after baking, or use as a dip. Supplied separately so it arrives intact rather than smudged in transit.
Fudge Brownie	Ready to eat. Microwave 15 seconds at 600W for a warm, gooey treat. Ambient safe for 7 days.
Focaccia Bread Mix	Full recipe printed on packaging. Step-by-step video tutorials also available — visit mannadew.co.uk or scan the QR.
Pancake Mix	Full recipe printed on packaging. Step-by-step video tutorials also available — visit mannadew.co.uk or scan the QR.

ALLERGEN DECLARATION

DECLARED ALLERGENS:

Allergens present as ingredients are highlighted in BOLD CAPITALS in the ingredient lists below, and shown in the allergen matrix at the end of this document.

MAY CONTAIN (Cross-contamination):

Our production site handles NUTS, PEANUTS, DAIRY, EGGS, SOYA, SESAME and FISH. ALL products may therefore contain trace amounts of these allergens regardless of declared ingredients. Customers with severe allergies must contact us before ordering.

INGREDIENT LISTS — ALL CURRENT PRODUCTS

CROISSANTS & PASTRIES

Croissant / Mini Croissant	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), MILK, Caster Sugar, Organic EGGS, Yeast, Salt, Xanthan Gum.
Almond Croissant	French Pastry BUTTER, Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), MILK, Caster Sugar, Organic EGGS, Yeast, Salt, Xanthan Gum, Ground ALMONDS (12%), Flaked ALMONDS, Agave, Vanilla Bean Paste.
Almond Topping (in tub)	ALMOND Butter, Organic Agave Nectar, French BUTTER (MILK), Vanilla Bean Paste.
Pistachio Croissant	French Pastry BUTTER, Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), MILK, Caster Sugar, Organic EGGS, Yeast, Xanthan Gum, Ground ALMONDS, Sicilian PISTACHIO Paste (Pistachio 45%, Sugar, MILK Powder, Extra Virgin Olive Oil, Vegetable Fat, Emulsifier: SOY Lecithin), Roasted PISTACHIOS (12%), Agave, Vanilla Bean Paste.
Pistachio Topping (in tub)	Sicilian PISTACHIO Paste (Pistachio 45%, Sugar, MILK Powder, Extra Virgin Olive Oil, Vegetable Fat, Emulsifier: SOY Lecithin). [CONFIRM — placeholder]
Chocolate Twist	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, MILK, EGGS, Belgian Chocolate (22%) (cocoa mass, sugar, cocoa butter, Emulsifier: SOY Lecithin E322, natural vanilla flavouring), Caster Sugar, Xanthan Gum, Corn Starch, Vanilla Bean Paste, Double Cream (MILK), Cinnamon.
Cinnamon Swirl	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Crème Pâtissière (Corn Starch, Vanilla, Double Cream DAIRY (MILK), Toffee Sauce (Coconut Palm Sugar, Caster Sugar, French BUTTER), Stabiliser E407, Emulsifier E472b, EGGS), Cinnamon (4%), Xanthan Gum.
Apple Cinnamon Chausson	French Pastry BUTTER, Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), MILK, Caster Sugar, Organic EGGS, Yeast, Salt, Xanthan Gum, Apple (11%), Lemon Juice, Cinnamon, Coconut Palm Sugar, Dairy Cream (MILK), Toffee Sauce (Coconut Palm Sugar, Caster Sugar, French BUTTER).
Pain Au Chocolat	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, MILK, EGGS, Chocolate (cocoa mass, sugar, cocoa butter, SOY Lecithin, Emulsifiers), Caster Sugar, Xanthan Gum.
Pain Aux Raisins	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Crème Pâtissière (EGG Yolk, Whole EGGS, Corn Starch, Madagascan Vanilla, MILK), Raisins (18%), Xanthan Gum, Vanilla.
Raspberry Passion Fruit Twist	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, MILK, EGGS, Caster Sugar, Xanthan Gum, Home Made Passionfruit Custard, Raspberry Jam.
Mille Feuille	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER (MILK), Caster Sugar, MILK, Organic EGGS, Xanthan Gum, Salt, Water, Yeast, Fresh Berries (Raspberries, Blueberries, Blackberries 22%).

VOL AU VENTS — SAVOURY

Cheese Twist (Vintage Cheddar)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, MILK, EGGS, Caster Sugar, Béchamel (Potato Starch, MILK, Pepper, Salt), Xanthan Gum, Nutmeg, Barber's CHEDDAR (22%) (Pasteurised Cow's MILK, Dairy Cultures, Salt, Vegetarian Rennet).
Spinach Feta Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Béchamel (Potato Starch, MILK), Spinach (7%), Feta CHEESE (15%) (Pasteurised sheep & goat's MILK, sea salt, microbial rennet), Olives, Olive Oil, Nutmeg.
Mushroom Truffle Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Béchamel (Potato Starch, MILK), Mushroom, Truffle Oil 0.5% (Black Truffle, Olive Oil), Parmesan (MILK), Truffle Paste 5% (Mushrooms 68%, Truffles 10%, Truffle Juice, EVOO, Salt, Parsley, ANCHOVIES, Garlic, Black Pepper), Barber's CHEDDAR (MILK).
Mushroom Béchamel Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Béchamel (Potato Starch, MILK), Mushroom, Salt, Pepper, Olive Oil.
Goats Cheese & Onion Chutney Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Béchamel (Potato Starch, MILK), Goats CHEESE (11%) (Full Fat Soft Goats' MILK), Onion Chutney (9%), Nutmeg.

VOL AU VENTS — SWEET

Apricot Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Apricot (8%), Xanthan Gum, Vanilla, Pastry Cream (Corn Starch, Vanilla Bean Paste, Double Cream DAIRY (MILK), Stabiliser E407, Emulsifier E472b, EGGS).
Nutella Hazelnut Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Xanthan Gum, Vanilla Bean Paste, Neutral Glaze, Nutella (30%) (Sugar, Vegetable Oil, HAZELNUTS 13%, Skimmed MILK Powder, Fat-Reduced Cocoa Powder, Emulsifier SOYA, Vanilla), HAZELNUTS.

White Chocolate Strawberry Vol Au Vent	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, White Chocolate Ganache (22%) (Sugar 46.5%, Cocoa Butter 29.5%, Whole MILK Powder 23.5%, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Double Cream (MILK), Fresh Strawberry, Organic Agave, Chia Seeds, Xanthan Gum, Vanilla.
Vol Au Vent (Empty)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER (MILK), Caster Sugar, Organic EGGS, Xanthan Gum, Salt, Water, Yeast.
CHEESE STICKS	
Cheese Sticks (x10)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Barber's CHEDDAR (35%) (Pasteurised Cow's MILK, Dairy Cultures, Salt, Vegetarian Rennet).
Truffle Cheese Sticks (x10)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Barber's CHEDDAR (35%) (Pasteurised Cow's MILK, Dairy Cultures, Salt, Vegetarian Rennet), Truffle Oil (Black Truffle, Olive Oil).
Zaatar Cheese Sticks (x10)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER, Caster Sugar, MILK, EGGS, Barber's CHEDDAR (35%) (Pasteurised Cow's MILK, Dairy Cultures, Salt, Vegetarian Rennet), Zaatar Spice Blend (Thyme, SESAME, Sumac, Salt, Oregano).
GALETTES & SPECIALS	
Galette Des Rois — Almond	French Pastry BUTTER (MILK), Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), Caster Sugar, Organic EGGS, Yeast, Salt, Xanthan Gum, ALMOND Butter (20%), Vanilla Bean Paste, Flaked ALMONDS (3%), Organic Agave Nectar.
Pistachio Galette Des Rois	French Pastry BUTTER (MILK), Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), Caster Sugar, Organic EGGS, Yeast, Salt, Xanthan Gum, PISTACHIO Cream (Pistachio 45%, Sugar, MILK Powder, Extra Virgin Olive Oil, Vegetable Fat, Emulsifier: SOY Lecithin), Agave, Chopped PISTACHIOS.
Mini Cronut (Empty)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), French BUTTER (MILK), Caster Sugar, Organic EGGS, Xanthan Gum, Salt, Water, Yeast.
BAKED GOODS	
Fudge Brownie	Dark Belgian Chocolate Valrhona (Cocoa mass, sugar, cocoa butter, Emulsifier: SOYA Lecithin, natural vanilla flavouring), EGGS, Corn Flour, Tapioca Flour, Coconut Palm Sugar, Agave Nectar, BUTTER.
Chocolate Chip Cookies	Manna Dew Flour Mix (Potato, Tapioca, Corn, Buckwheat, Rice), Coconut Palm Sugar, EGGS, Chocolate Chips 25% (Cocoa mass, sugar, cocoa butter, Emulsifier: SOYA Lecithin, natural vanilla flavouring), Vanilla Bean Paste, Xanthan Gum, Baking Powder.
VEGAN RANGE	
Vegan Croissant	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), ALMOND Milk, Caster Sugar, Egg Replacer (Potato Starch, Tapioca Starch, Calcium Carbonate, Citric Acid, Methylcellulose), SOYA Butter, Agave, Yeast, Salt, Xanthan Gum.
Vegan Pain Au Chocolat	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), SOYA Butter, ALMOND Milk, Caster Sugar, Egg Replacer (Potato Starch, Tapioca Starch, Calcium Carbonate, Citric Acid, Methylcellulose), Dairy-Free Chocolate (cocoa mass, sugar, cocoa butter, vanilla), Xanthan Gum.
PANTRY MIXES	
Focaccia Bread Mix (540g)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), Salt, Xanthan Gum, Yeast, Dried Herbs. No dairy, no nuts, no sugar. See product page for full recipe.
Pancake Mix (950g)	Manna Dew GF Flour Blend (Rice, Potato, Corn, Tapioca, Chickpea), Baking Powder, Salt, Xanthan Gum. No dairy, no nuts, no sugar. See product page for full recipe.

ALLERGEN MATRIX — ALL CURRENT PRODUCTS | ✓ ALL PRODUCTS ARE 100% GLUTEN FREE

PRODUCT	GLUTEN FREE ✓	DAIRY	EGGS	NUTS	PEANUTS	SOYA	SESAME	FISH / MOLLUSC
Croissant / Mini Croissant	✓	●	●	—	—	—	—	—
Almond Croissant	✓	●	●	●	—	—	—	—
Almond Topping (tub)	✓	●	—	●	—	—	—	—
Pistachio Croissant	✓	●	●	●	—	●	—	—
Pistachio Topping (tub)	✓	●	—	●	—	●	—	—
Chocolate Twist	✓	●	●	—	—	●	—	—
Cinnamon Swirl	✓	●	●	—	—	—	—	—
Apple Cinnamon Chausson	✓	●	●	—	—	—	—	—
Pain Au Chocolat	✓	●	●	—	—	●	—	—
Pain Aux Raisins	✓	●	●	—	—	—	—	—
Raspberry Passion Fruit Twist	✓	●	●	—	—	—	—	—
Mille Feuille	✓	●	●	—	—	—	—	—
Cheese Twist (Cheddar)	✓	●	●	—	—	—	—	—
Spinach Feta Vol Au Vent	✓	●	●	—	—	—	—	—
Mushroom Truffle Vol Au Vent	✓	●	●	—	—	—	—	●
Mushroom Bechamel Vol Au Vent	✓	●	●	—	—	—	—	—
Goats Cheese Chutney Vol Au Vent	✓	●	●	—	—	—	—	—
Apricot Vol Au Vent	✓	●	●	—	—	—	—	—
Nutella Hazelnut Vol Au Vent	✓	●	●	●	—	●	—	—
White Choc Strawberry Vol Au Vent	✓	●	●	—	—	●	—	—
Vol Au Vent (Empty)	✓	●	●	—	—	—	—	—
Cheese Sticks (x10)	✓	●	●	—	—	—	—	—
Truffle Cheese Sticks (x10)	✓	●	●	—	—	—	—	●
Zaatar Cheese Sticks (x10)	✓	●	●	—	—	—	●	—
Galette Des Rois - Almond	✓	●	●	●	—	—	—	—
Pistachio Galette Des Rois	✓	●	●	●	—	●	—	—
Mini Cronut (Empty)	✓	●	●	—	—	—	—	—
Fudge Brownie	✓	●	●	—	—	●	—	—
Chocolate Chip Cookies	✓	—	●	—	—	●	—	—
Vegan Croissant	✓	—	—	●	—	●	—	—
Vegan Pain Au Chocolat	✓	—	—	●	—	●	—	—
Focaccia Bread Mix	✓	—	—	—	—	—	—	—
Pancake Mix	✓	—	—	—	—	—	—	—

● CONTAINS = present as a declared ingredient. — = not present in this product.

MAY CONTAIN — ALL PRODUCTS

Due to the nature of our shared production facility, ALL products may contain trace amounts of: Nuts, Peanuts, Dairy, Eggs, Soya, Sesame and Fish — even where not listed as a declared ingredient in the matrix above. Customers with severe allergies should contact us before ordering.

SUPPLIER DETAILS

Supplier	Moda Food Ltd T/A Manna Dew
Address	169 Battersea High Street, Battersea, London, SW11 3JS
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Country	United Kingdom
Products	Ambient Stable Gluten Free Baked Goods

This document is for professional and retail handling reference only. All products are made in a facility handling nuts, peanuts, dairy, soya, sesame and eggs.

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