

SONKO

PRODUCT CATALOG 2025



LIGHT SANDWICH

LIGHT SANDWICH WITH COCONUT FLAVOURED FILLING 30 g

Ingredients: 40 % wholegrain crispbread [24 % wholemeal flour (**rye** and **wheat**), **rye** flour, buckwheat flour, **barley** malt extract, inulin, buckwheat fibre, maize bran, salt, **rye** sourdough, raising agent: sodium hydrogen carbonate], 36 % coconut flavoured filling [sugar, vegetable fat (palm, partially hydrogenated palm), whey powder (from **milk**), emulsifier: **soya** lecithins, flavourings], 24 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin). May contain **sesame seeds**, **peanuts** and **nuts**.



LIGHT SANDWICH WITH CHOCOLATE FILLING 30 g

Ingredients: 40 % wholegrain crispbread [24 % wholemeal flour (**rye** and **wheat**), **rye** flour, buckwheat flour, **barley** malt extract, inulin, buckwheat fibre, maize bran, salt, **rye** sourdough, raising agent: sodium hydrogen carbonate], 36 % chocolate filling [sugar, vegetable fat (palm, partially hydrogenated palm), fat-reduced cocoa powder, cocoa fibre, **soybean** flour, cocoa mass, emulsifier: **soya** lecithins, flavourings], 24 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin). May contain **sesame seeds**, **peanuts** and **nuts**.



LIGHT SANDWICH WITH HALVA FILLING 30 g

Ingredients: 40 % wholegrain crispbread [24 % wholemeal flour (**rye** and **wheat**), **rye** flour, buckwheat flour, **barley** malt extract, inulin, buckwheat fibre, maize bran, salt, **rye** sourdough, raising agent: sodium hydrogen carbonate], 36 % halva filling [sugar, vegetable fat (palm, partially hydrogenated palm), whey powder (from **milk**), 4,3 % **sesame seed** paste, **soybean** flour, fat-reduced cocoa powder, cocoa fibre, emulsifier: **soya** lecithins, flavouring], 24 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin). May contain **peanuts** and **nuts**.



NEWS

2

16



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18



COATED CRISPBREAD



WHOLEGRAIN EXTRUDED CRISPBREAD WITH CHOCOLATE 36 g

Ingredients: 57 % chocolate (sugar, cocoa mass, cocoa butter, emulsifiers: soya lecithin and E 476, flavouring: vanillin), 22,6 % wholemeal flour (**rye** and **wheat**), **rye** flour, **barley** malt extract, inulin, salt, **rye** sourdough, raising agent: sodium hydrogen carbonate. May contain **milk** and **hazelnuts**.



EXTRUDED CRISPBREAD WITH OAT AND MILK CHOCOLATE 36 g

Ingredients: 55 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: soya lecithin), maize grits, wholemeal **rye** flour, 9,9 % **oat** flake flour, **barley** malt extract, inulin, salt, raising agent: sodium hydrogen carbonate. May contain **hazelnuts**.



3 GRAINS EXTRUDED CRISPBREAD WITH MILK CHOCOLATE 36 g

Ingredients: 55 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: soya lecithin), 18 % wholemeal **rye** flour, 11,5 % **rye** flour, 9 % wholemeal **wheat** flour, 2 % buckwheat flour, **barley** malt extract, inulin, buckwheat fibre, maize bran, salt, **rye** sourdough, raising agent: sodium hydrogen carbonate. May contain **hazelnuts**.



WHOLEHGRAIN EXTRUDED CRISPBREAD WITH CARAMEL COATING 35 g

Ingredients: 57 % caramel coating [sugar, vegetable fat (palm, shea), 5,7 % caramel powder (skimmed **milk** powder, whey powder (from **milk**), sugar, milk fat), skimmed milk powder, whey powder (from **milk**), fat-reduced cocoa powder, emulsifier: sunflower lecithin, vanilla flavor, salt], 22,6 % wholemeal flour (**rye** and **wheat**), **rye** flour, **barley** malt extract, inulin, salt, **rye** sourdough starter, raising agent: sodium hydrogen carbonate. May contain traces of **soy** and **hazelnuts**.



11



4950



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COATED CAKES



MILK CHOCOLATE COATED RICE CAKES 65 g

Ingredients: 52 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin), 48 % brown rice. May contain **hazelnuts**. Milk chocolate – cocoa solids: 32 % minimum, milk solids: 21 % minimum.



MILK CHOCOLATE COATED RICE&CORN CAKES 65 g

Ingredients: 52 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin), 24,9 % brown rice, granulate (12,8 % corn flour, concentrate (radish, blackcurrant and apple), rapeseed oil), corn granulate (9,1 % corn flour, rapeseed oil). Milk chocolate – cocoa solids: 32 % minimum, milk solids: 21 % minimum.



DARK CHOCOLATE COATED RICE CAKES 65 g

Ingredients: 52 % chocolate (sugar, cocoa mass, cocoa butter, emulsifiers: **soya** lecithin and E 476, flavouring: vanillin), 48 % brown rice. May contain **milk** and **hazelnuts**. Chocolate – cocoa solids: 51 % minimum.



EXTRA DARK CHOCOLATE COATED RICE CAKES 69 g

Ingredients: 53 % dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: rapeseed lecithin, flavouring), 47 % brown rice. May contain **milk**, **hazelnuts** and **soybeans**. Dark chocolate – cocoa solids: 64 % minimum.



COATED CAKES



RICE-CORN CAKES WITH MANGO FLAVOURED COATING 70 g

Ingredients: 54 % mango flavoured coating [sugar, vegetable fats (palm kernel, palm, shea, rapeseed), emulsifiers: sorbitan tristearate, rapeseed lecithin; natural flavouring, colours: lutein, paprika extract], 24 % brown rice, maize granulate (21,6 % maize flour, rapeseed oil). May contain **soybeans**, **milk** and **nuts**.



RICE-CORN CAKES WITH RASPBERRY FLAVOURED COATING 65 g

Ingredients: 51 % raspberry flavoured coating [sugar, fully hydrogenated vegetable fat (palm kernel oil), skimmed **milk** powder, red beet concentrate, radish concentrate, spirulina concentrate, emulsifiers (rapeseed lecithin, sunflower lecithin, sorbitan tristearate), flavourings], 25,5 % brown rice, maize granulate (23 % maize flour, rapeseed oil). May contain **soybeans** and **nuts**.



RICE-CORN CAKES WITH LIME FLAVOURED COATING 70 g

Ingredients: 55 % lime flavoured coating [sugar, vegetable fats (palm kernel, palm, shea), skimmed **milk** powder, emulsifiers: sorbitan tristearate, lecithins (contain **soy**); flavourings, colour: copper complexes of chlorophylls and chlorophyllins], 23 % brown rice, maize granulate (21 % maize flour, rapeseed oil). May contain **nuts**.



RICE-CORN CAKES WITH ORANGE FLAVOURED COATING 65 g

Ingredients: 52 % orange flavoured coating [sugar, vegetable fats (palm kernel, palm, shea), skimmed **milk** powder, emulsifiers: sorbitan tristearate, rapeseed lecithin; colour: lutein, natural flavourings], 25 % brown rice, maize granulate (22,5 % maize flour, rapeseed oil). May contain **soybeans** and **nuts**.



NEWS

COATED CAKES



RICE-CORN CAKES WITH MILK COATING 67 g

Ingredients: 54 % milk coating [sugar, fully hydrogenated vegetable fats (coconut, palm kernel) in varying proportions, 8,6 % whey powder (from **milk**), 2 % fat-reduced cocoa powder, emulsifiers: **soya** lecithins, polyglycerol polyricinoleate; flavouring: vanillin], 24 % brown rice, maize granulate (21,6 % maize flour, rapeseed oil). May contain **nuts**.



RICE CAKES WITH YOGURT COATING 65 g

Ingredients: 52 % yogurt coating [sugar, vegetable oil (palm oil, emulsifier: E 492), skimmed milk powder, 4,7 % yogurt powder (skimmed **milk** powder with yogurt bacteria), whey powder (from **milk**), emulsifier: sunflower lecithin], 48 % brown rice. May contain **soybeans** and **nuts**.



RICE-CORN CAKES WITH COCOA COATING 65 g

Ingredients: 52 % cocoa coating [sugar, fully hydrogenated vegetable fats (coconut, palm kernel) in varying proportions, 7,8 % fat-reduced cocoa powder, emulsifier: **soya** lecithins, stabiliser: sorbitan tristearate, flavouring: vanillin], 25 % brown rice, maize granulate (22,5 % maize flour, rapeseed oil). May contain **milk** and **nuts**.



RICE-CORN CAKES WITH CARAMEL COATING 65 g

Ingredients: 52% caramel coating [sugar, vegetable oil (palm, shea), 10% caramel powder (skimmed **milk** powder, whey powder (from **milk**), sugar, **milk** fat), skimmed **milk** powder, whey powder (from **milk**)), fat-reduced cocoa powder, emulsifier: sunflower lecithin, vanilla flavouring, salt), 25% brown rice, maize granulate (22,5% maize flour, rapeseed oil). May contain **soybeans**, **nuts**, **peanuts** and **eggs**.



NEWS

12/28



1584/2016



12



6





WHITE CHOCOLATE WITH CARAMEL COATED RICE BAR 16 g

Ingredients: 60 % white chocolate with caramel [sugar, cocoa butter, whole **milk** powder, 6,3 % caramel powder (skimmed **milk** powder, whey powder (from **milk**), sugar, **milk** fat), skimmed **milk** powder, **milk** fat, 0,9 % caramelised sugar, cocoa mass, emulsifier: sunflower lecithin, natural vanilla flavouring, salt], 40 % brown rice. May contain **soy**, **hazelnuts** and **gluten**.



MILK CHOCOLATE COATED RICE BAR 16 g

Ingredients: 60 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin), 40 % brown rice. May contain **hazelnuts** and **gluten**.



RICE CAKES



RICE CAKES NATURAL 130 g

Ingredients: brown rice.



RICE CAKES WITH SEA SALT 130 g

Ingredients: 99,3 % brown rice,
0,7 % sea salt.



RICE CAKES WITH SUNFLOWER SEEDS 130 g

Ingredients: 96,4 % brown rice,
3 % sunflower seeds, salt.



RICE CAKES 7 GRAINS 130 g

Ingredients: 82,9 % brown rice,
maize granulate (9,8 % maize flour,
rapeseed oil), 2 % sunflower seeds, 1 %
black jasmine rice, 1 % amaranth, 1 %
unroasted buckwheat groats, 1 %
millet groats, salt, 0,5 % flax-seed.



RICE CAKES WITH PUMPKIN SEEDS AND ALGAE 130 g

Ingredients: 89,4 % brown rice,
granulate with chlorella (maize
flour, 0,4 % pumpkin seed flour,
rapeseed oil, salt, 0,08 % chlorella
powder), 2 % pumpkin seeds, salt.

16



672



12/15



7



LIGHT & CRISP BREAD



LIGHT & CRISP BREAD WHOLEGRAIN 170 g

Ingredients: 60 % wholemeal flour (rye and wheat), rye flour, buckwheat flour, barley malt extract, 2 % inulin, buckwheat fibre, maize bran, salt, rye sourdough, raising agent: sodium hydrogen carbonate.



LIGHT & CRISP BREAD WHOLEMEAL 170 g

Ingredients: 52,6 % wholemeal flour (rye (gluten) and wheat (gluten)), rye flour (gluten), barley malt extract (gluten), 2 % inulin, salt, rye sourdough (gluten), raising agent: sodium hydrogen carbonate.



LIGHT & CRISP BREAD RYE 170 g

Ingredients: 60,1 % rye flour (gluten), wheat flour (gluten), 2,6 % wheat fibre (gluten), barley malt extract (gluten), 2 % inulin, salt, raising agent: sodium hydrogen carbonate.



LIGHT & CRISP BREAD WITH SPELT & PUMPKIN SEEDS 170 g

Ingredients: maize grits, rye flour (gluten), 23 % spelt wheat flour (gluten), 4 % defatted minced pumpkin seeds, 2 % inulin, barley malt extract (gluten), salt, wheat fibre (gluten), raising agent: sodium hydrogen carbonate.

10



720



12



12



LIGHT & CRISP BREAD



LIGHT & CRISP BREAD 7 GRAINS 170 g

Ingredients: 57,9 % rye flour (**gluten**), 15 % maize grits, 9 % wheat flour (**gluten**), 7 % wholemeal wheat flour (**gluten**), 3 % barley flour (**gluten**), 2 % amaranth flour, 2 % inulin, 1 % buckwheat flour, 1 % rice flour, barley malt extract (**gluten**), salt, raising agent: sodium hydrogen carbonate.



LIGHT & CRISP BREAD WITH SUNFLOWER SEEDS 170 g

Ingredients: maize grits, rye flour, wheat flour, 2,9 % milled sunflower grains, 2 % inulin, salt, wheat fibre, barley malt extract, raising agent: sodium hydrogen carbonate.



LIGHT & CRISP BREAD EXTRA FIBRE 170 g

Ingredients: rye flour (**gluten**), maize grits, 23 % spelt wheat flour (**gluten**), 7 % wheat fibre (**gluten**), 5 % oat bran (**gluten**), rice flour, barley malt extract (**gluten**), 2 % inulin, salt, raising agent: sodium hydrogen carbonate.

10



720



12



12



CHICKPEA CHIPS



CHICKPEA CHIPS PAPRIKA 60 g

Ingredients: chickpea granulate (32 % chickpea flour, rice flour, dehydrated potato, potato starch, corn starch, salt), paprika flavour seasoning (salt, paprika powder, sugar, onion powder, hydrolysed vegetable protein (from **soy**), yeast extract, acidity regulator: citric acid, **mustard** seeds, colour: paprika extract, smoke flavouring), olive-pomace oil. May contain **milk**.



CHICKPEA CHIPS SMOKED HAM 60 g

Ingredients: chickpea granulate (32 % chickpea flour, rice flour, dehydrated potato, potato starch, corn starch, salt), smoked ham flavour seasoning [dextrose, maltodextrin, salt, onion powder, flavourings, garlic powder, paprika powder, spice extract (paprika), smoke flavouring], olive-pomace oil. May contain **milk**, **soy** and **mustard**.



CHICKPEA CHIPS CHEDDAR CHEESE 60 g

Ingredients: chickpea granulate (32 % chickpea flour, rice flour, dehydrated potato, potato starch, corn starch, salt), cheddar flavour seasoning [maltodextrin, whey powder (from **milk**), salt, cheese powder (from **milk**), sugar, natural flavouring (contains **milk**), onion powder, flavourings, acidity regulator: citric acid, spice extract (paprika)], olive-pomace oil. May contain **soy** and **mustard**.



20/10



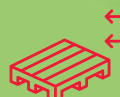
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CHICKPEA CHIPS



CHICKPEA CHIPS SWEET CHILLI 60 g

Ingredients: chickpea granulate (32 % chickpea flour, rice flour, dehydrated potato, potato starch, corn starch, salt), sweet chilli flavour seasoning [sugar, flavourings, rice flour, spices (onion, ginger), salt, glucose syrup, maltodextrin, acidity regulator: citric acid, paprika extract], olive-pomace oil. May contain milk, soy and mustard.



CHICKPEA CHIPS MUSHROOMS & CREAM 60 g

Ingredients: chickpea granulate (32 % chickpea flour, rice flour, dehydrated potato, potato starch, corn starch, salt), mushroom and cream flavour seasoning [glucose, dried vegetables (onion, garlic), maltodextrin, flavourings, salt, skimmed milk powder, black pepper, acidity regulator: citric acid], olive-pomace oil. May contain soy and mustard.



CHICKPEA CHIPS TOMATO & BASIL 60 g

Ingredients: chickpea granulate (32 % chickpea flour, rice flour, dehydrated potato, potato starch, corn starch, salt), tomato and basil flavour seasoning [whey powder (from milk), salt, sugar, tomato powder, onion powder, garlic powder, spices (basil, parsley, oregano), acidity regulator: citric acid, flavourings, extract of spices (paprika)], olive-pomace oil. May contain soy and mustard.

20



560



12



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CORN CHIPS



POPCORN CHIPS PAPRIKA 20 g

Ingredients: 57,5 % popcorn maize without hull, maize granulate (24,1 % maize flour, rapeseed oil), olive-pomace oil, salt, paprika powder, sugar, onion powder, hydrolysed vegetable protein (contains **soy**), yeast extract, acidity regulator: citric acid, **mustard** seeds, extract of spices (paprika), smoke flavouring. May contain **milk**.



POPCORN CHIPS GREEN ONION 20 g

Ingredients: 57,5 % popcorn maize without hull, maize granulate (24,1 % maize flour, rapeseed oil), olive-pomace oil, salt, dextrose, whey powder (from **milk**), onion powder, **lactose** (from **milk**), **milk** powder, natural flavourings, dried parsley leaves, acidity regulator: malic acid. May contain **soy** and **mustard**.

- **GLUTEN FREE**
- **LESS FAT THAN POTATO CHIPS**
- **NO MSG**
- **WITH OLIVE OIL**



24



768



12



8





POPCORN CHIPS PAPRIKA 60 g

Ingredients: 57,5 % popcorn maize without hull, maize granulate (24,1 % maize flour, rapeseed oil), olive-pomace oil, salt, paprika powder, sugar, onion powder, hydrolysed vegetable protein (contains **soy**), yeast extract, acidity regulator: citric acid, **mustard** seeds, extract of spices (paprika), smoke flavouring. May contain **milk**.



POPCORN CHIPS SALTED 60 g

Ingredients: 63,2 % popcorn maize without hull, maize granulate (24,5 % maize flour, rapeseed oil), olive-pomace oil, 4 % salt. May contain **milk**, **soy** and **mustard**.



POPCORN CHIPS GREEN ONION 60 g

Ingredients: 57,5 % popcorn maize without hull, maize granulate (24,1 % maize flour, rapeseed oil), olive-pomace oil, salt, dextrose, whey powder (from **milk**), onion powder, **lactose** (from **milk**), **milk** powder, natural flavourings, dried parsley leaves, acidity regulator: malic acid. May contain **soy** and **mustard**.

20



560



12



7



- 2** LIGHT SANDWICH
- 3** COATED CRISPBREAD
- 4** COATED CAKES
- 7** COATED BARS
- 8** RICE CAKES
- 9** LIGHT & CRISP BREAD
- 11** CHICKPEA CHIPS
- 13** CORN CHIPS



SONKO



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