

# 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.



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## 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.



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## 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.



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2 NEWS



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# COATED CRISPBREAD



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## 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**.



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## 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**.



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## 3 GRAINS EXTRUDED CRISPBREAD WITH MILK CHOCOLATE 36 g

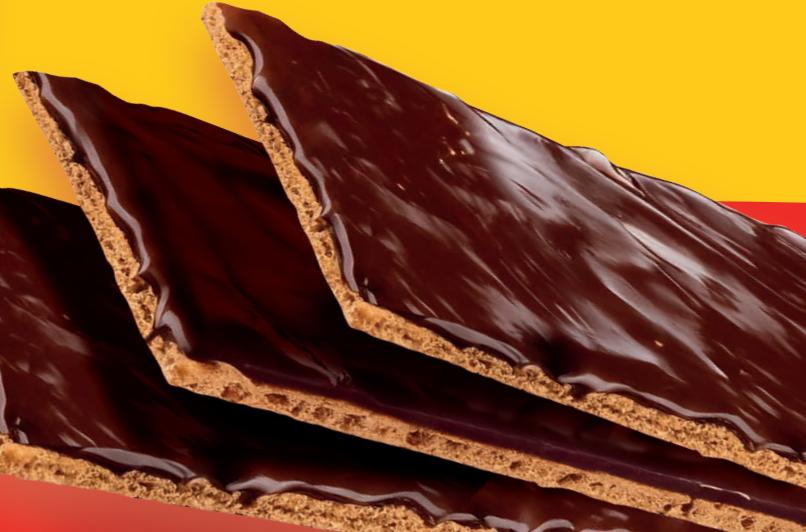
**Ingredients:** 55 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin), 18 % wholemeal **rye** flour, 11,5 % **rye** flour, 9 % wholemeal **wheat** flour, 2 % buckwheat flour, **barley** malt extract, inulin, buckwheat fibre,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



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## WHOLEGRAIN 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**.



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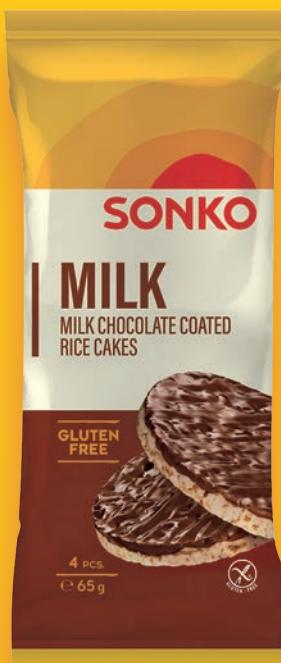
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# COATED CAKES



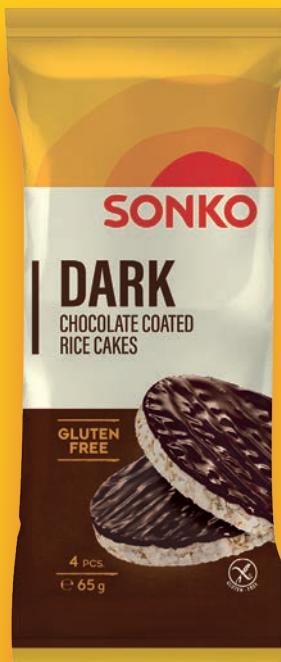
## MILK CHOCOLATE COATED RICE CAKES 65 g

**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.



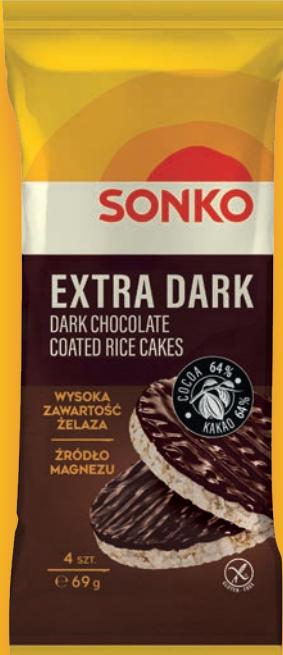
## MILK CHOCOLATE COATED RICE & CORN CAKES 65 g

**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.



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# 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**.



# COATED BARS



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## 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, emulsifier: sunflower lecithin, natural vanilla flavouring, salt], 40 % brown rice. May contain **soy, hazelnuts** and **gluten**.



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## 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



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## RICE CAKES NATURAL 130 g

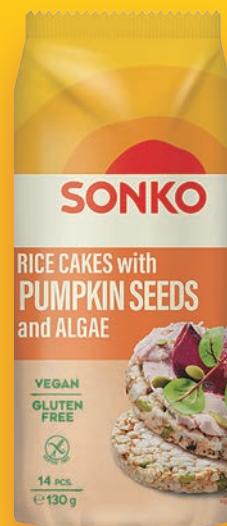
Ingredients: brown rice.

## 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.



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## 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.



# LIGHT & CRISP BREAD



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## 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.



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## 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.



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## 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.



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## 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.



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# LIGHT & CRISP BREAD



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## 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.



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## 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.



# CHICKPEA CHIPS



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## 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**.



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## 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**.



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## 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**.



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# CHICKPEA CHIPS



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## 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**.



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## 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**.



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## 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**.



# CORN CHIPS



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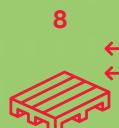
## POPCORN CHIPS PAPRIKA 20 g

**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



# CORN CHIPS



## 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**.



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# SONKO



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