



SONKO



# Product Catalog

# COATED BARS



## 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.

# Soooo RICE



16 g



18



9828



12



13



# 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**.



36 g



11



4950



12



18



# COATED CAKES



## MILK CHOCOLATE COATED RICE CAKES 65 g

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



## YOGURT COATED RICE CAKES 65 g

**Ingredients:** 52 % brown rice, 48 % yogurt coating (sugar, vegetable oil [palm oil, emulsifier: E 492], skimmed **milk** powder, 4,3 % yogurt powder [skimmed **milk** powder with yogurt bacteria], whey powder [from **milk**], emulsifier: sunflower lecithin). May contain **soybeans, nuts, peanuts** and **eggs**.



## DARK CHOCOLATE COATED RICE CAKES 65 g

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



## MILK CHOCOLATE COATED RICE & CORN CAKES 65 g

**Ingredients:** 48 % milk chocolate (sugar, cocoa butter, whole **milk** powder, cocoa mass, skimmed **milk** powder, emulsifier: **soya** lecithin), 27 % brown rice, granulate (13,9 % corn flour, concentrate (radish, blackcurrant and apple), rapeseed oil), corn granulate (9,8 % corn flour, rapeseed oil). May contain **hazelnuts**. Milk chocolate - cocoa solids: 32 % minimum, milk solids: 21 % minimum.

65 g



28



2016



12



6





## 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.



## DARK CHOCOLATE COATED MILLET CAKES 30 g

**Ingredients:** 52 % chocolate (sugar, cocoa mass, cocoa butter, emulsifiers: soya lecithin and E 476, flavouring: vanillin), 22 % millet seed, brown rice, 5,8 % millet flour, maize flour, rapeseed oil. May contain **milk** and **hazelnuts**. Chocolate - cocoa solids: 51 % minimum.



## MILK CHOCOLATE COATED MILLET CAKES 30 g

**Ingredients:** 52 % milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, skimmed milk powder, emulsifier: soya lecithin), 22 % millet seed, brown rice, 5,8 % millet flour, maize flour, rapeseed oil. May contain **hazelnuts**. Milk chocolate - cocoa solids: 32 % minimum, milk solids: 21 % minimum.



# NO SUGAR ADDED COATED CRISPBREAD



## WHOLEGRAIN CRISPBREAD WITH MILK CHOCOLATE WITH NO ADDED SUGAR 36 g

**Ingredients:** 55 % milk chocolate with no added sugar (cocoa butter, whole **milk** powder, sweetener: maltitol, resistant dextrin, cocoa mass, inulin, oligofructose, emulsifier: **soya** lecithins, sweetener: steviol glycosides from Stevia, natural vanilla flavouring), 27 % 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. May contain **hazelnuts**. Milk chocolate – cocoa solids: 43,7 % minimum, milk solids: 26,7 % minimum.



## WHOLEGRAIN CRISPBREAD WITH DARK CHOCOLATE WITH NO ADDED SUGAR 36 g

**Ingredients:** 55 % dark chocolate with no added sugar (cocoa mass, sweetener: maltitol, cocoa butter, emulsifier: **soya** lecithins, natural vanilla flavouring), 27 % 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. May contain **milk** and **hazelnuts**. Dark chocolate – cocoa solids: 53,9 % minimum.

36 g



11



4950



12



18



# NO SUGAR ADDED COATED RICE CAKES



## RICE CAKES WITH MILK CHOCOLATE WITH NO ADDED SUGAR 30 g

**Ingredients:** 58,5 % milk chocolate with no added sugar (cocoa butter, whole **milk** powder, sweetener: maltitol, resistant dextrin, cocoa mass, inulin, oligofructose, emulsifier: **soya** lecithins, sweetener: steviol glycosides from Stevia, natural vanilla flavouring), 41,5 % brown rice. May contain **hazelnuts**. Milk chocolate – cocoa solids: 43,7 % minimum, milk solids: 26,7 % minimum.



## RICE CAKES WITH DARK CHOCOLATE WITH NO ADDED SUGAR 30 g

**Ingredients:** 58,5 % dark chocolate with no added sugar (cocoa mass, sweetener: maltitol, cocoa butter, emulsifier: **soya** lecithins, natural vanilla flavouring), 41,5 % brown rice. May contain **milk** and **hazelnuts**. Dark chocolate – cocoa solids: 53,9 % minimum.



# RICE & CORN CAKES





# RICE & CORN 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.



## CORN-RICE CAKES WITH BLACK CUMIN 93 g

Ingredients: 43,3 % brown rice, 28,7 % maize grits, maize granulate (24,5 % maize flour, rapeseed oil), 2 % black cumin, iodized reduced sodium sea salt (sea salt, potassium chloride, enriching agent: potassium iodide).



## RICE-CORN CAKES WITH PINK PEPPER 93 g

Ingredients: 53,5 % brown rice, maize granulate (24,5 % maize flour, rapeseed oil), 19,7 % maize grits, iodized reduced sodium sea salt (sea salt, potassium chloride, enriching agent: potassium iodide), 0,8 % crushed pink pepper.

130 g / 93 g



16



672



12/15



7



# RUSKS / MATZO



## MINI RUSKS 120 g

**Ingredients:** 82 % wheat flour, sunflower oil, whey powder (from milk), dextrose, barley malt extract, yeast, wheat gluten, salt, soy flour, emulsifiers: E 472e and soy lecithin, antioxidant: ascorbic acid. May contain sesame seeds.



## RUSKS 225 g

**Ingredients:** 86 % wheat flour, sunflower oil, whey powder (from milk), glucose, barley malt extract, yeast, wheat gluten, salt, soy flour, emulsifiers: E 472e and soy lecithin, antioxidant: ascorbic acid. May contain sesame seeds.



## MATZO 200 g

**Ingredients:** wheat flour, water.

120 g/225 g/  
200 g



18/10/10



1134/640/  
720



14/14/12



7/8/6





## WHOLEMEAL MINI RUSKS 120 g

**Ingredients:** 35 % wholemeal wheat flour, wheat flour, sunflower oil, 3 % sesame seeds, whey powder (from milk), dextrose, wheat gluten, barley malt extract, yeast, salt, soy flour, emulsifiers: E 472e and soy lecithin, antioxidant: ascorbic acid.



## WHOLEMEAL RUSKS 225 g

**Ingredients:** 48 % wholemeal wheat flour, wheat flour, sunflower oil, whey powder (from milk), glucose, barley malt extract, yeast, wheat gluten, salt, soy flour, emulsifiers: E 472e and soy lecithin, pea fiber, antioxidant: ascorbic acid. May contain sesame seeds.



## WHOLEMEAL MATZO 200 g

**Ingredients:** wheat flour, 40 % wholemeal rye flour, water.

120 g/225 g/

200 g



18/10/10



1134/640/

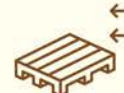
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14/14/12



7/8/6



# 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 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.



## 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.



# 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 7 GRAINS 20 g

**Ingredients:** 57,9 % rye flour, 15 % maize grits, 9 % wheat flour, 7 % wholemeal wheat flour, water, 3 % barley flour, 2 % amaranth flour, 2 % inulin, 1 % buckwheat flour, 1 % rice flour, barley malt extract, salt, raising agent: sodium hydrogen carbonate. May contain milk, nuts, peanuts, soybeans and eggs.



## LIGHT & CRISP BREAD WITH SUNFLOWER SEEDS 20 g

**Ingredients:** maize grits, rye flour, water, wheat flour, 2,9 % milled sunflower grains, 2 % inulin, salt, wheat fibre, barley malt extract, raising agent: sodium hydrogen carbonate. May contain milk, nuts, peanuts, soybeans and eggs.

170 g / 20 g



10/9



720/4950



12



12/22



# 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**.



# 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**.

60 g



20



560



12



7



**NEW**

# 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**.



## POPCORN CHIPS PAPRIKA 20 g



## POPCORN CHIPS GREEN ONION 20 g

60 g



20/10



560



12



7







## MOUNTAIN OAT FLAKES 500 g

**Ingredients:** Mountain oat flakes. May contain **sesame** seeds.



## INSTANT OAT FLAKES 500 g

**Ingredients:** Instant oat flakes. May contain **sesame** seeds.



500 g



10



960



10



8



# RICE





5 902180 020104

### WHITE RICE 400 g

Ingredients: white rice.



5 902180 740101

### ROUND GRAIN WHITE RICE 400 g

Ingredients: round grain white rice.



5 902180 300138

### WHITE RICE WITH BLACK RICE 400 g

Ingredients: white rice (92 %), black jasmine rice (8 %).



5 902180 160602

### BASMATI RICE 400 g

Ingredients: long grain white rice - basmati.



5 902180 150603

### JASMINE RICE 400 g

Ingredients: long grain white rice - jasmine.



5 902180 140604

### NATURAL BROWN RICE 400 g

Ingredients: long grain brown rice (natural).

400 g



6/12



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24



7



# RICE



**PARBOILED RICE 400 g**  
Ingredients: parboiled white rice.



**PARBOILED RICE WITH RED RICE 400 g**  
Ingredients: parboiled white rice (92 %),  
wholegrain red rice (8 %).



**EUROPEAN WHITE RICE 400 g**  
Ingredients: long grain white rice.



**AMERICAN WHITE RICE 400 g**  
Ingredients: long grain white rice.





**WHITE QUINOA 200 g**  
**Ingredients:** white quinoa.



**3 COLOUR QUINOA 200 g**  
**Ingredients:** 3 colour quinoa: white quinoa (60 %), red quinoa (20 %), black quinoa (20 %).



200 g



6



1008



24



7



# PREMIUM RICE



# PREMIUM RICE



5 902180 700105

## BLACK JASMINE RICE 200 g

Ingredients: black jasmine rice.



5 902180 430101

## 3 COLOUR RICE 200 g

Ingredients: parboiled white rice (79 %), wholegrain red rice (11 %), wild rice (10 %).



5 902180 310106

## SUSHI RICE 200 g

Ingredients: round grain white rice.



5 902180 320105

## RISOTTO RICE 200 g

Ingredients: medium grain white rice – Carnaroli.



5 902180 300107

## WILD RICE 200 g

Ingredients: wild rice.



5 902180 510100

## RED RICE 200 g

Ingredients: wholegrain red rice.

200 g



6



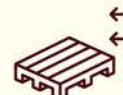
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24



7



# GROATS







**ROASTED BUCKWHEAT GROATS 400 g**  
**Ingredients:** roasted buckwheat groats.  
 May contain cereals containing gluten.



**6 MINUTES BUCKWHEAT GROATS 200 g**  
**Ingredients:** quick cook roasted buckwheat groats. May contain cereals containing gluten.



**COUNTRY STYLE BARLEY GROATS 400 g**  
**Ingredients:** thick country style barley groats.



**HULLED BARLEY GROATS 400 g**  
**Ingredients:** hulled barley groats.



**PEARL BARLEY GROATS 400 g**  
**Ingredients:** Masurian pearl barley groats.

400 g/200 g



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7



# GROATS



## BULGUR 200 g

Ingredients: bulgur groats (from durum wheat).



## MILLET GROATS 400 g

Ingredients: millet groats.



## SPELT GROATS 200 g

Ingredients: spelt groats (from spelt wheat).



## COUSCOUS 200 g

Ingredients: couscous groats (from durum wheat).

400 g/200 g



6



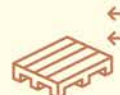
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<b>2</b>	<b>COATED BARS</b>
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<b>4</b>	<b>COATED CAKES</b>
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<b>7</b>	<b>NO SUGAR ADDED COATED RICE CAKES</b>
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**SONKO SP. Z O. O.**  
ul. Ryżowa 1  
Bielany Wrocławskie  
55-040 Kobierzyce  
e-mail: [export@sonko.pl](mailto:export@sonko.pl)

 /sonko\_dbajosiebie

 /sonkodbajosiebie

[www.sonko.pl](http://www.sonko.pl)

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