



SONKO

PRODUCT CATALOG



CRISPY SANDWICH

CRISPY 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**.



CRISPY 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**.



CRISPY 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**.



3 CRISPY THINS



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.



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.



11



4950



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BARS



CORN AND RICE BAR WITH LIME FLAVOURED COATING 11 g

Ingredients: 45 % 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], 24,2 % brown rice, maize granulate (22,5 % maize flour, x ed oil), granulate with chlorella (maize flour, pumpkin seed flour, rapeseed oil, salt, chlorella powder). May contain **nuts** and **cereals** containing **gluten**.



CORN AND RICE BAR WITH RASPBERRY FLAVOURED COATING 11 g

Ingredients: 45 % 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], 24,2% brown rice, maize granulate (22,1% maize flour, rapeseed oil), granulate with concentrate (7,7 % corn flour, concentrate (radish, blackcurrant and apple), rapeseed oil). May contain **nuts**, **soybeans** and **cereals** containing **gluten**.



RICE AND CORN BAR WITH ORANGE FLAVOURED COATING 11 g

Ingredients: 44 % orange flavoured coating [sugar, vegetable fats (palm kernel, palm, shea), skimmed **milk** powder, emulsifiers: sorbitan tristearate, rapeseed lecithin; colour: lutein, natural flavourings], 29% brown rice, maize granulate (26,3 % maize flour, rapeseed oil). May contain **soybeans**, **nuts** and **cereals** containing **gluten**.



RICE AND CORN CAKES WITH MILK COATING 11 g

Ingredients: 45% milk coating [sugar, fully hydrogenated vegetable fats (coconut, palm kernel) in varying proportions, 7,2% whey powder (from **milk**), 1,8 % fat-reduced cocoa powder, emulsifiers: **soya** lecithins, polyglycerol polyricinoleate; flavouring: vanillin], 33% brown rice, maize granulate [(17,2% maize flour, rapeseed oil), cocoa granulate (4,1 % maize flour, 0,2% cocoa powder, rapeseed oil)]. May contain **nuts** and **cereals** contains **gluten**.



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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.



MILK CHOCOLATE COATED CORN CAKES 64 g

Ingredients: 59% milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, skimmed milk powder, emulsifier: soya lecithin), corn granulate (6,7 % corn flour, rapeseed oil), 16,8% corn grits, granulate with concentrate (2,8 % corn flour, concentrate [radish, blackcurrant and apple], rapeseed oil). May contain nuts.



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.



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.



COATED CAKES



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 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**.



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 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**.



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COATED CAKES

CORN CAKES WITH SUNFLOWER SEEDS IN MILK CHOCOLATE 32 G

Ingredients: 61 % milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, skimmed milk powder, emulsifier: soya lecithin), maize granulate (21,3 % maize our, rapeseed oil, salt), 14,8 % maize grits, 1,95 % sunflower.



CORN CAKES WITH PINK PEPPER IN DARK CHOCOLATE 32 G

SKŁADNIKI: 61 % chocolate (sugar, cocoa mass, cocoa butter, emulsifiers: soya lecithin and E 476, flavouring: vanillin), maize granulate (22,3 % maize flour, rapeseed oil, salt, 0,1 % crushed pink pepper), 15,6 % maize grits. May contain milk.



NEWS





CORN CAKES WITH SUNFLOWER SEEDS 32 G

Ingredients: maize granulate (54,7 % maize flour, repeseed oil, salt), 38% maize grits, 5 % sunflower.



CORN CAKES WITHOUT SALT 32 G

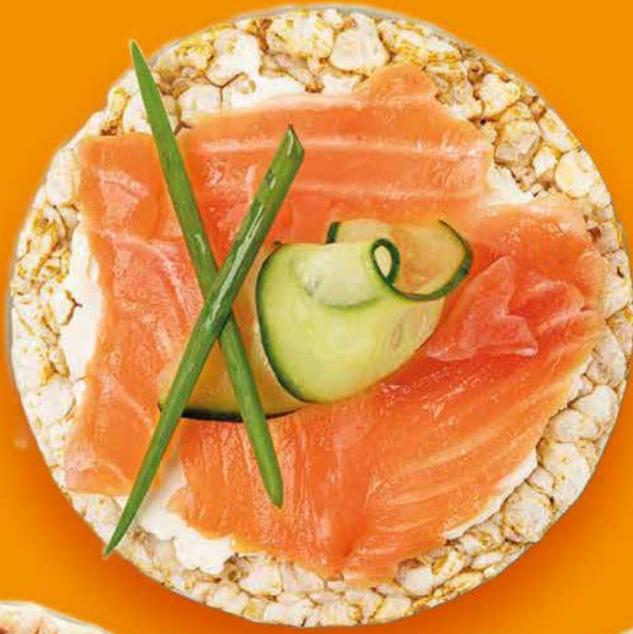
Ingredients: maize granulate (58,7 % maize flour, repeseed oil), 10% maize grits.



CORN CAKES WITH PINK PEPPER 32 G

Ingredients: maize granulate (57,22 % maize flour, repeseed oil, salt, 0,3 % crushed pink pepper), 40 % maize grits.







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.



CRISPBREAD



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 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.



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 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**.



20/10



560



12



7



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**.



20/10



560



12



7



CORN SNACKS



CORN 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**.



CORN 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**.



CORN 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**.



COMING SOON

20



560



12



7



CORN SNACKS



CORN 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**.



CORN 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-POMACE OIL



CORN CHIPS SALTED 20 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**.



COMING SOON



SONKO

Sonko is a brand that has been part of Polish families' lives for over 30 years — present during the morningrush, afternoon hunger pangs, and quiet evening moments. Our story began with grains of rice, from which a passion for creating everyday, natural products close to every home sprouted. Over time, Sonko flourished, enriching its portfolio with sweet waffles, light snacks, and chips, which quickly became companions for every stage of the day.

Today, we are number one in Poland in the category of rice, light bread, and rice wafers among branded products. It is not just a leading position – it is trust built over generations. We support our consumers when they need it most by offering essential products such as rice, groats, and bread substitutes that naturally fit into the rhythm of the day. To be always at hand, we have created handy packaging for sweet and savory snacks — ones that can be thrown into a bag, backpack, or even a pocket.

At Sonko, we believe that our products have power — they boost energy and improve mood. That's why every day we create something that brings a little lightness and pleasure to ordinary moments. Because everyday life can taste better — all you need is Sonko.

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SONKO



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