



## Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2
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John Lewis Stock Number	
Name	Unrefined Bars Chocolate Tiffin
Ingredients	Cacao Coating (Coconut Syrup (Coconut Sugar, Water), Cacao Butter, Creamed Coconut, <b>CASHEW</b> Butter, Cacao Powder), Gluten Free <b>OAT</b> Biscuit (Gluten Free <b>OATS</b> , Maple Syrup, Coconut Oil, Coconut Sugar), Raisins (Raisins, Sunflower Oil).
For allergens, see ingredients in <b>bold</b>	
May contain statements	May contain traces of eggs, milk, sulphites, soya, peanuts and other nuts
Net Quantity	48g
Country of Origin	UK
Storage Instructions	Store in a cool, dry place
Manufacturer's name and address	The Unrefined Bakery Ltd, Kemp House, 152-160 City Road, London, Greater London, EC1V 2NX
Instructions for use	Store in a cool, dry place
<b>Nutrition Labelling: Typical value</b>	Per 100g
Energy (kJ/kcal)	2057kJ/492kcal
Fat	31.4g
Of which saturated	22.2g
Carbohydrate	47.5g
Of which sugars	32.8
Fibre	4.9g
Protein	4.5g
Salt	0.05g
Alcoholic Strength	N/a
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	No

Suitable for gluten allergy sufferers	Yes
Suitable to wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	May contain traces due to manufacturing processes
Suitable for dairy allergy sufferers	May contain traces due to manufacturing processes
Suitable for soya allergy sufferers	May contain traces due to manufacturing processes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes