



<b>Ingredients and Allergy Information</b>			
Date of last review:	19/03/2019	Version No.:	V2
John Lewis PLC Stock Number	78433801		
Name	Bird & Blend Matcha Advent		

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Ingredients	<p>Super Matcha: Japanese Matcha Green Tea, Acai Berry, Natural Flavouring Granules</p> <p>, Ice Cream Matcha: Japanese Matcha Green Tea (80%), Carob, Natural Flavouring Granules</p> <p>, Spiced Pumpkin Pie Matcha: Japanese Matcha Green Tea, Cinnamon, Ginger, Allspice Berry, Nutmeg, Maca</p> <p>, Butterscotch Matcha: Japanese Matcha Green Tea (70%), Maca, Natural Flavouring Granules</p> <p>, Carrot Cake Matcha: Japanese Matcha Green Tea, Maca, Cinnamon, Orange Peel, Cloves, Nutmeg, Natural Flavouring Granules.</p> <p>, Raspberry Ripple Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules</p> <p>, Honey Bunny Matcha: Japanese Matcha Green Tea, Lucuma, Natural Flavouring Granules</p> <p>, Banana Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules</p> <p>, Mint Choc Chip Matcha: Japanese Matcha Green Tea, Cocoa, Natural Flavouring Granules</p> <p>, Birthday Cake Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules</p> <p>, Candy Cane Matcha: Japanese Matcha Green Tea (94%), Natural Flavouring Granules, Peppermint</p> <p>, Eggnog Matcha: Japanese Matcha Green Tea (90%), Natural Flavouring Granules, Nutmeg</p> <p>, Gingerbread Chai Matcha: Ginger, Maca, Japanese Matcha Green Tea (15%), Rooibos, Cardamom Cinnamon, Natural Flavouring Granules, Liquorice</p> <p>, Gingernut Matcha: Japanese Matcha Green Tea (67%), Ginger, Cinnamon, Natural Flavouring Granules</p> <p>, Lemon Matcha: Japanese Matcha Green Tea (82%), Lemon Peel (10%), Natural Flavouring Granules</p> <p>, Mince Pie Matcha: Japanese Matcha Green Tea, Cinnamon, Ginger, Natural Flavouring Granules, Cloves</p> <p>, Peach Cobbler Matcha: Japanese Matcha Green Tea, Natural Flavouring Granules</p> <p>, Peaches &amp; Cream Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules</p> <p>, Pure Grade Matcha: Japanese ceremonial green tea powder.</p> <p>, Salted Caramel Matcha: Japanese Matcha Green Tea (48%), Cocoa, Natural Flavouring Granules</p> <p>, Strawberries &amp; Cream Matcha: Japanese Matcha Green Tea (60%), Lucuma, Natural Flavouring Granules</p> <p>, Toasted Marshmallow Matcha: Japanese Matcha Green Tea, Carob, Natural Flavouring Granules</p> <p>, Tutti Frutti Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules</p> <p>, Cinnamon Bun Matcha (Updated): Japanese Matcha Green Tea (62%), Cinnamon, Ashwagandha (11%), Natural Flavouring Granules</p>
For allergens, see ingredients <b>bold</b>	
May contain statements	May contain tree nuts, May contain peanuts
Net Quantity	N/A



Manufacturer's name and address	Bird & Blend Tea Ltd Unit 3, Woods Way Goring-by-Sea Worthing BN12 4QY
Instructions for use	
<b>Nutrition Labelling: Typical value</b>	per 2g serving (based on Pure Grade Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	2g portion (Super Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	per 2g Portion (Ice Cream Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	per 2g Portion (Spiced Pumpkin Pie Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Butterscotch Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g

Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	per 2g Portion (Carrot Cake Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Raspberry Ripple Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Honey Bunny Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Banana Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Mint Choc Chip Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g

Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	<b>Per 2g Portion (Birthday Cake Matcha)</b>
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	<b>Per 2g Portion (Candy Cane Matcha)</b>
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	<b>Per 2g Portion (Eggnog Matcha)</b>
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	<b>Per 2g Portion (Gingerbread Chai Matcha)</b>
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	<b>Per 2g Portion (Gingernut Matcha)</b>
Energy	7 kCal
Fat	0.70g

Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Lemon Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Mince Pie Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Peach Cobbler Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Peaches & Cream Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Pure Grade Matcha)
Energy	7 kCal

Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Salted Caramel Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Strawberries & Cream Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Toasted Marshmallow Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Tutti Frutti Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
<b>Nutrition Labelling: Typical value</b>	Per 2g Portion (Cinnamon Bun Matcha (Updated))



Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
Alcoholic Strength	-
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes