



Ingredients and Allergy Information			
Date of last review:	19/03/2019	Version No.:	V2

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John Lewis PLC Stock Number	78433802
Name	Bird & Blend Tea Advent



Ingredients	<p>Apple Strudel: Rooibos, Cinnamon, Freeze-Dried Apple (13%), Air-Dried Apple (5%), Rosehip, Hibiscus, Vanilla Pieces, Orange Peel, Natural Flavouring.</p> <p>, Blackberries & Cream Oolong: Chinese Milk Oolong, Hibiscus, Apple Pieces, Rosehip, Freeze-dried Blackberry (2%), Cornflowers, Natural Flavouring.</p> <p>, Buttermint: Peppermint (40%), Apple Pieces, Rosehip, Fenugreek, Natural Flavouring.</p> <p>, Candy Cane: Sri Lankan Black Tea, Spearmint, Lime Leaves, Pink Cornflowers, Red Cornflowers, Stevia, Natural Flavouring.</p> <p>, Chocolate Digestives: Sri Lankan Black Tea, Cocoa Shells, Fenugreek, Cocoa Nibs, Liquorice Root, Natural Flavouring.</p> <p>, Creme Brulee: Indian Assam Black Tea, Sri Lankan Black Tea, Kenyan Black Tea, Calendula Petals, Natural Flavouring.</p> <p>, Cinnamon Bun Matcha: Japanese Matcha Green Tea (62%), Cinnamon, Ashwagandha (11%), Natural Flavouring Granules</p> <p>, Dozy Girl: Chamomile Blossoms, Lemon Verbena, Hibiscus, Rose Petals, Lemon Verbena Stalks, Lavender Blossoms.</p> <p>, Fire & Ice: Chinese Pu-Erh Tea, Ginger, Peppermint, Red Peppercorns, Chilli, Blue Cornflowers.</p> <p>, Fruits Of The Forage: Apple Pieces (20.78%), Hibiscus, Elderberries (15.5%), Cinnamon, Ginger, Rosehip, Cloves, Orange Peel (1.7%), Blackberry Leaves, Freeze-Dried Blackberry (1%), Freeze Dried Raspberry (1%), Freeze-Dried Strawberry (1%), Natural Flavouring.</p> <p>, Earl Grey Creme: Sri Lankan Black Tea, Cornflowers, Vanilla Pieces, Natural Flavouring</p> <p>, Gingerbread Chai: Gingerbread Chai: Rooibos, Ginger, Cardamom, Cinnamon, Mallow Flowers, Vanilla Pieces, Flavouring.</p> <p>, Gingersnap Green: Ginger (35%), Chinese Chunmee Green Tea, Apple Pieces, Hibiscus. Rosehip, Orange Peel, Natural Flavouring.</p> <p>, Granny Smith: Apple Pieces, Rosehip , Hibiscus, Calendula Petals, Natural Flavouring</p> <p>, Great British Cuppa: Indian Assam Black Tea, Sri Lankan Black Tea, Chinese Yunnan Tea.</p> <p>, Hot Cinnamon: Cinnamon (75%), Rooibos, Chilli, Stevia, Natural Flavouring.</p> <p>, Irish Cream: Rooibos, Cocoa Shells, Coffee Beans, Roasted Dandelion Root, Natural Flavouring.</p> <p>, MojiTEA: Chinese Green Tea, Peppermint, Lime Pieces, Lemongrass, Lime Leaves.</p> <p>, Morning Kick: Yerba Mate, Lemongrass, Lemon Verbena, Ginger, Lemon Peel, Calendula.</p> <p>, Mr. Happy: Sri Lankan Black Tea, Cocoa Shells, Apple Pieces, Rosehip, Hibiscus , Orange Peel, Sunflower Petals, Natural Flavouring.</p> <p>, Mulled Cider: Apple Pieces, Ginger, Rosehip, Hibiscus, Cinnamon, Cloves, Lemon Peel, Natural Flavouring.</p> <p>, Salted Caramel Lebkuchen: Sri Lankan Black Tea, Ginger, Apple Pieces, Cinnamon, Rosehip, Cardamom, Cloves, Orange Peel, Natural Flavouring.</p> <p>, Snowball: Sri Lankan Black Tea, Cocoa Shells, Cocoa Nibs, Desiccated Coconut, Cornflowers, Vegan Marshmallows (Sugar, glucose-fructose syrup, water, maize starch, dextrose, tapioca starch, gelling agent (carrageenan), hydrolyzed rice protein, natural flavouring, Red Beetroot colour), Natural Flavouring.</p> <p>, Starry Night: Apple Pieces, Rosehip, Hibiscus, Orange Peel, Eucalyptus, Elderberries, Lavender, Sunflower Petals, Mallow Flowers, Cornflowers, Natural Flavouring.</p> <p>, Yorkshire Rose: Sri lankan Black Tea, Apple Pieces, Hibiscus, Rosehip, Rose Petals (7%), Freeze-dried Rhubarb, Flavouring.</p>
For allergens, see ingredients bold	
May contain statements	May contain tree nuts



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	
Nutrition Labelling: Typical value	Per serving
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Apple Strudel)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Blackberries & Cream Oolong)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Buttermint)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Candy Cane)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g



Nutrition Labelling: Typical value	Per Tea Bag (Chocolate Digestives)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Creme Brulee)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per 2g Portion (Cinnamon Bun 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
Nutrition Labelling: Typical value	Per Tea Bag (Dozy Girl)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Fire & Ice)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Fruits Of The Forage)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g



Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value Per Tea Bag (Earl Grey Creme)	
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value Per Tea Bag (Gingerbread Chai)	
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value Per Tea Bag (Gingersnap Green)	
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value Per Tea Bag (Granny Smith)	
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value Per Tea Bag (Great British Cuppa)	
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g



Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Hot Cinnamon)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Irish Cream)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (MojitoTEA)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Morning Kick)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Mr. Happy)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Mulled Cider)
Energy	0 kCal
Fat	0.00g

Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Salted Caramel Lebkuchen)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Snowball)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Starry Night)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
Salt	0.00g
Nutrition Labelling: Typical value	Per Tea Bag (Yorkshire Rose)
Energy	0 kCal
Fat	0.00g
Of which saturated	0.00g
Carbohydrate	0.00g
Of which sugars	0.00g
Fibre	0.00g
Protein	0.00g
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