

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

John Lewis PLC Stock Number	77028006	
Name	Bird & Blend Matcha Selection Box	
Ingredients	Ice Cream Matcha: Japanese Matcha Green Tea (80%), Carob, Natural Flavouring Granules , Gingernut Matcha: Japanese Matcha Green Tea (67%), Ginger, Cinnamon, Natural Flavouring Granules , Salted Caramel Matcha: Japanese Matcha Green Tea (48%), Cocoa, Natural Flavouring Granules , Super Matcha: Japanese Matcha Green Tea, Acai Berry, Natural Flavouring Granules , Buttermint Matcha: Japanese Matcha Green Tea, Natural Flavouring Granules, Peppermint. , Peaches & Cream Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules , Lemon Matcha: Japanese Matcha Green Tea (82%), Lemon Peel (10%), Natural Flavouring Granules , Strawberries & Cream Matcha: Japanese Matcha Green Tea (60%), Lucuma, Natural Flavouring Granules , Pure Grade Matcha: Japanese ceremonial green tea powder. , Raspberry Ripple Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules , Birthday Cake Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules , Banana Matcha: Japanese Matcha Green Tea (92%), Natural Flavouring Granules	
For allergens, see ingredients bold		
May contain statements	May contain tree nuts	
Net Quantity	N/A	
Manufacturer's name and address	Bird & Blend Tea Co. 3, Wood Way, Goring Business Park, Goring-by-Sea, Worthing BN12 4QY	
Instructions for use		
Nutrition Labelling: Typical value	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	
Nutrition Labelling: Typical value		
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 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
Nutrition Labelling: Typical value	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
Nutrition Labelling: Typical value	Per 2g Portion (Buttermint Matcha)
Energy	7 kCal
Fat	0.70g
Of which saturated	0.02g
Carela a barrelara tra	0.60g
Carbohydrate	
Of which sugars	0.07g
Of which sugars Fibre	0.07g 0.60g
Of which sugars Fibre Protein	0.07g 0.60g 0.60g
Of which sugars Fibre Protein Salt	0.07g 0.60g 0.60g 0.00g
Of which sugars Fibre Protein Salt	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha)
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.07g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars Fibre	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.07g 0.60g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars Fibre Protein	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.60g 0.60g 0.60g 0.60g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars Fibre Protein Salt	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.07g 0.60g 0.60g 0.60g 0.60g 0.60g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.07g 0.60g 0.60g 0.60g 0.60g 0.60g 0.60g 0.90g Per 2g Portion (Lemon Matcha)
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.07g 0.60g 0.07g 0.60g 0.60g 0.60g 0.70g 0.60g 0.70g 0.60g 0.70g
Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value Energy Fat Of which saturated Carbohydrate Of which sugars Fibre Protein Salt Nutrition Labelling: Typical value	0.07g 0.60g 0.60g 0.00g Per 2g Portion (Peaches & Cream Matcha) 7 kCal 0.70g 0.02g 0.60g 0.07g 0.60g 0.60g 0.60g 0.60g 0.60g 0.60g 0.90g Per 2g Portion (Lemon Matcha)



Carbohydrate	0.60g	
Of which sugars	0.07g	
Fibre	0.60g	
Protein	0.60g	
Salt	0.00g	
Nutrition Labelling: Typical value	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	
Nutrition Labelling: Typical value	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	
Nutrition Labelling: Typical value	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	
Nutrition Labelling: Typical value	Per 2g Portion (Birthday 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	
Nutrition Labelling: Typical value Per 2g Portion (Banana Matcha)		
Energy	7 kCal	
Fat	0.70g	



06.111	0.00
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