



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2
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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	Per 2g Portion (Gingernut 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 (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
Carbohydrate	0.60g
Of which sugars	0.07g
Fibre	0.60g
Protein	0.60g
Salt	0.00g
Nutrition Labelling: Typical value	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
Nutrition Labelling: Typical value	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
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

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