

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

John Lewis PLC Stock Number	77028008	
Name	Bird & Blend Sticky Chai Trio	
Ingredients	Traditional Sticky Chai: Wildflower Honey, Black Tea, Cardamom, Ginger, Cinnamon, Fennel, Cloves, Star Anise, Black Peppercorns, Coriander Seeds. , Gingerbread Chai Sticky Chai: Wildflower Honey, Rooibos, Cardamom, Ginger, Cinnamon, Fennel, Cloves, Black Peppercorns, Coriander Seeds, Mallow Blossoms, Flavouring. , Banana Bread Sticky Chai: Wildflower Honey, Rooibos, Ginger, Cinnamon, Cardamom, Freeze-Dried Banana, Fennel, Nutmeg, Cloves, Black Peppercorns, Coriander Seeds, Cacao Nibs, Vanilla Pieces, Natural Flavouring.	
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 10g Portion (Traditional Sticky Chai)	
Energy	13 kCal	
Fat	0.20g	
Of which saturated	0.00g	
Carbohydrate	3.30g	
Of which sugars	3.20g	
Fibre	0.00g	
Protein	0.20g	
Salt	0.00g	
Nutrition Labelling: Typical value	Per 10g Portion (Gingerbread Chai Sticky Chai)	
Energy	16 kCal	
Fat	0.20g	
Of which saturated	0.00g	
Carbohydrate	4.00g	
Of which sugars	3.60g	
Fibre	0.00g	
Protein	0.30g	
Salt	0.00g	
Nutrition Labelling: Typical value	Per 10g Portion (Banana Bread Sticky Chai)	
Energy	16 kCal	
Fat	0.20g	
Of which saturated	0.10g	
Carbohydrate	3.90g	
Of which sugars	3.50g	



Fibre	0.00g
Protein	0.30g
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