

Ingredients and Allergy Information

Date of last review: 19/03/2019 Version No.: V2

John Lewis Stock Number Unrefined Bars Almond Butter Flapjack		
Ingredients Gluten Free OATS, Coconut Syrup (Coconut Sugar, Water), ALMOND Butter, Coconut Sugar, Water), ALMOND Butter, Coconut Sugar, Extra Virgin Olive Oil, Maple Syrup, Cocoa Butter, Himalayan Pink Salt, Rosemary Extract. For allergens, see ingredients in bold May contain statements May contain traces of Eggs, Soya, Milk, Sulphites, Peanuts and Other Nuts Net Quantity 49g Country of Origin UK Storage Instructions Store in a cool, dry place The Unrefined Bakery Ltd, Kemp House, 152-160 City Road, London, Greater London, EC1V 2NX Instructions for use Store in a cool, dry place Nutrition Labelling: Typical value per 100g Energy (kJ/kcal) 1845kJ/442cal Fat 21.0g Of which saturates 5.2g Carbohydrate 52.9g Of which sugars 5.3g Fibre 9.3g Fibre 9.3g Fibre 9.3g Rotein 8.2g Salt Alcoholic Strength N/a Suitable for vegetarians Yes Suitable for vegans Yes Suitable for nut allergy sufferers No	John Lewis Stock Number	
Ingredients Sugar, Water), ALMOND Butter, Coconut Sugar, Extra Virgin Olive Oil, Maple Syrup, Cocoa Butter, Himalayan Pink Salt, Rosemary Extract. For allergens, see ingredients in bold May contain traces of Eggs, Soya, Milk, Sulphites, Peanuts and Other Nuts Net Quantity 49g Country of Origin UK Storage Instructions Store in a cool, dry place Manufacturer's name and address The Unrefined Bakery Ltd, Kemp House, 152-160 City Road, London, Greater London, ECIV 2NX Instructions for use Store in a cool, dry place Nutrition Labelling: Typical value per 100g Energy (kl/kcal) Fat 21.0g Of which saturates 5.2g Carbohydrate 52.9g Of which sugars 5.3g Fibre 5.3g Protein 8.2g Salt Alcoholic Strength N/a Suitable for vegetarians Yes Suitable for nut allergy sufferers No	Name	Unrefined Bars Almond Butter Flapjack
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Suitable for nut allergy sufferers No	Suitable for vegetarians	Yes
	Suitable for vegans	Yes
Suitable for gluten allergy sufferers Yes	Suitable for nut allergy sufferers	No
	Suitable for gluten allergy sufferers	Yes

Suitable to wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	May contain traces due to manufacturing processes
Suitable for dairy allergy sufferers	May contain traces due to manufacturing processes
Suitable for soya allergy sufferers	May contain traces due to manufacturing processes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes