



Ingredients and Allergy Information

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

John Lewis Stock Number	
Name	Unrefined Bars Almond Butter Flapjack
Ingredients	Gluten Free OATS , Coconut Syrup (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
Manufacturer's name and address	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	25.3g
Fibre	5.3g
Protein	8.2g
Salt	0.46g
Alcoholic Strength	N/a
Suitable for vegetarians	Yes
Suitable for vegans	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