

Chocolate Fig Fiesta ...Chocolate, fig & crushed almond

INGREDIENTS		NUTRITION (per 100g)			
GB	Rice Syrup 32%, Figs 25%, Oatmeal 15%, Flaked Almonds 5%, Rice Crisps 5% (Rice Flour, Sugar, Malt Extract, Sunflower Oil, Sunflower Lecithin), Oats 4%, Whey Powder 4%, Chocolate Drops 3% (Cane Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: soya lecithin, Natural Vanilla), Soy Flour 2%, Shelled Hempseed 2%, Cocoa Powder 2%, Puffed Quinoa 1%, Allergen information: Contains Gluten, Soya, Dairy, Nuts & Seeds.	Energy kJ	1503	Calories kcal	359
ES	Jarabe de arroz 32%, Higos 25%, Harina de avena 15%, Almendras 5%, Harina de arroz (Harina de arroz, Azúcar, Extracto de malta, Aceite de girasol, Lecitina de girasol) 5%, Avena 4%, Suero en polvo 4%, Pedacitos de chocolate 3% (Azúcar de bastón, Masa de cacao, Mantequilla de cacao, Emulsionante natural: Lecitina de soja, Vanillina natural), Harina de soja 2%, Semilla de cáñamo sin cáscara 2%, Cacao en polvo 2%, Quinoa inflada 1%. Contiene gluten, soja, lácteos, frutos secos y semillas.	Protein	10g		
FR	Sirop de riz 32%, figues 25%, Farine d'avoine 15%, Amandes 5%, Farine de riz (Farine de riz, Sucre, Extrait de malt, huile de Tournesol, Lécithine de tournesol) 5%, Avoine 4%, Poudre de lactosérum 4%, Pastilles De Chocolat 3% (Sucre De Canne, Masse de cacao, Beurre de cacao, Emulsifiant naturel: Lécithine de soja, Vanille naturelle), Farine de soja 2%, Graines de chanvre 2%, Cacao en poudre 2%, Quinoa soufflé 1%. Contient du gluten, soja, lactose, fruits secs.	Carbohydrate	65g	of which Sugars	48g
		Fat	7g	of which Saturates	1g
		Fibre	5g	Sodium	0.18g
		España Tel: +34 600064687			

Hunza Nut ...Fairtrade, organic apricot and walnut

INGREDIENTS		NUTRITION (per 100g)			
GB	Apricots ^{1,2} 32%, Rice Syrup ² 27%, Oatmeal ² 20%, Walnut Pieces ^{1,2} 7%, Rice Crisps (Rice Flour ² , Sugar ² , Malt Extract ² , Sunflower Oil ² , Sunflower Lecithin ¹) 7%, Oats ² 4%, Soy Flour ² 3%, Shelled Hempseed ² 1%. Allergen information: contains Gluten, Soya, Dairy, Nuts & Seeds. ¹ 38% Certified to international Fairtrade standards, ² Denotes Organically grown. Organic certification UK5. * Denotes non organic ingredient.	Energy kJ	1502	Calories kcal	359
ES	Albaricoque 32%, Jarabe de arroz 27%, Harina de avena 20%, Nuez 7%, Harina de arroz (Harina de arroz, Azúcar, Extracto de malta, Aceite de girasol, Lecitina de girasol) 7%, Avena 4%, Harina de soja 3%, Semilla de cáñamo sin cáscara 1%, Contiene gluten, soja, lácteos, frutos secos y semillas.	Protein	6g		
FR	Abricot bio 32%, Sirop de riz 27%, Farine d'avoine 20%, Noix 7%, Farine de riz (Farine de riz, Sucre, Extrait de malt, huile de Tournesol, Lécithine de tournesol) 7%, Avoine 4%, Farine de soja 3%, Graines de chanvre 1%. Contient du gluten, soja, lactose, fruits secs.	Carbohydrate	68g	of which Sugars	39g
		Fat	6g	of which Saturates	1g
		Fibre	5g	Sodium	0.2g
		España Tel: +34 600064687			

Liquorice Allsports ...Liquorice, coconut & Fennel Seed

INGREDIENTS (per 100g)		NUTRITION (per 100g)			
GB	Rice Syrup ¹ 37%, Rolled Oats ² 24%, Coconut ¹ 20%, Rice Crisp (Rice Flour ¹ , Sugar ¹ , Malt Extract ¹ , Sunflower Oil ¹ , Sunflower Lecithin ¹) 6%, Whey Protein 5%, Liquorice (Mollasses ¹ , Wheat Flour ¹ , Sugar Syrup ¹ , Liquorice Extract ¹ , Sea Salt ¹ , Aniseed Oil ¹) 4%, Fennel Seeds ¹ 2%, Hemp Seed ¹ 2%. Allergen information: Contains Gluten, Soya, Dairy, Nuts & Seeds. ¹ Denotes Organically Grown, Organic Certification UK5. * Denotes Non-Organic Ingredient	Energy kJ	1736/1128	Calories kcal	415 /270
ESP	Jarabe De Arroz ¹ 37%, Avena Rodada ² 24%, Coco ¹ 20%, Harina De Arroz (Harina De Arroz ¹ , Azúcar ¹ , Extracto De Malta ¹ , Aceite De Girasol ¹ , Lecitina De Girasol ¹) 6%, Suero En Polvo ¹ 5%, Regaliz ¹ (Mollasses ¹ , Harina de trigo ¹ , Jarabe De Azúcar ¹ , Extracto De Regaliz ¹ , Sal Del Mar ¹ , Aceite Del Anís ¹) 4%, Semillas De Hinojo ¹ 2%, Cáñamo helado ¹ 2%. Contiene gluten, Soja, Lácteos, frutos secos y semillas. ¹ Denota La Certificación Biológico Crecida, Biológica UK5. * Denota el ingrediente No-Biológico	Protein	7g	/5g	
FR	Sirop De Arroz ¹ 37%, Harina De Avena ² 24%, Noix De Coco ¹ 20%, Farine De Riz (Farine De Riz ¹ , Sucre ¹ , Extrait De Malt ¹ , Huile De Tournesol ¹ , Lécithine De Tournesol ¹) 6%, Poudre De Lactosérum ¹ 5%, Régiliss ¹ (Mollasses ¹ , Farine De Blé ¹ , Sirop De Sucre ¹ , Extrait De Régiliss ¹ , Sel De Mer ¹ , Huile D'Anis ¹) 4%, Graines De Fenouil ¹ 2%, Graines De Chanvre ¹ 2%. Contient Du Gluten, Soja, Lactose, Fruits Secs. ¹ Denote La Certification Organiquement Développée Et Organique UK5. * Denote l'ingédient Non-Organique	Carbohydrate	61g	/40g	of which Sugars 40g /26g
		Fat	15g	/10g	of which Saturates 11g /7g
		Fibre	6g	/4g	Sodium 0.2g /0.1g
		Due to the natural content of this bar it may contain small pieces of shell.			
		España tel: +34 34 627443395			

Mango Tango ...Fairtrade, organic mango & cashew nuts

INGREDIENTS		NUTRITION (per 100g)			
GB	Rice Syrup ² 29%, Mango ^{1,2} 28%, Cashew Nuts ^{1,2} 9%, Rice Crisps (Rice Flour ² , Sugar ² , Malt Extract ² , Sunflower Oil ² , Sunflower Lecithin ¹) 9%, Whey Powder ² 7%, Oatmeal ² 7%, Oats ² 4%, Water ³ 3%, Soy Flour ² 2%, Shelled Hempseed ² 2%. ¹ 37% Certified to international Fairtrade standards, ² Denotes Organically grown. Organic certification UK5. * Denotes non organic ingredient. Allergen information: Contains Gluten, Soya, Dairy, Nuts & Seeds.	Energy kJ	1553	Calories kcal	371
ES	Jarabe de arroz 29%, Mango de cultivo biológico 28%, Anacardos 9%, Harina de arroz (Harina de arroz, Azúcar, Extracto de malta, Aceite de girasol, Lecitina de girasol) 9%, Suero en polvo 7%, Harina de avena 7%, Avena 4%, Agua 3%, Harina de soja 2%, Semilla de cáñamo sin cáscara 2%. Contiene gluten, soja, lácteos, frutos secos y semillas.	Protein	9g		
FR	Sirop de riz 29%, Mangue Bio 28%, Noix de cajou 9%, Farine de riz (Farine de riz, Sucre, Extrait de malt, huile de Tournesol, Lécithine de tournesol) 9%, Poudre de lactosérum 7%, Farine d'avoine 7%, Avoine 4%, Legu 3%, Farine de soja 2%, Graines de chanvre 2%, Contient du gluten, soja, lactose, fruits secs.	Carbohydrate	68g	of which Sugars	45g
		Fat	7g	of which Saturates	2g
		Fibre	3g	Sodium	0.2g
		España Tel: +34 600064687			

Piñacolada ...Pineapple, coconut and goji berry

INGREDIENTS		NUTRITION (per 100g)			
GB	Rice Syrup 36%, Pineapple 33%, Toasted Coconut 8%, Rice Crisps 5% (Rice Flour, Sugar, Malt Extract, Sunflower Oil, Sunflower Lecithin), Oatmeal 4%, Oats 4%, Whey Powder 3%, Soy Flour 2%, Shelled Hempseed 2%, Goji Berry 2%, Puffed Quinoa 1%. Allergen information: contains Gluten, Soya, Dairy, Nuts & Seeds.	Energy kJ	1634	Calories kcal	390
ES	Jarabe de arroz 36%, Piña 33%, Coco tostado 8%, Harina de arroz (Harina de arroz, Azúcar, Extracto de malta, Aceite de girasol, Lecitina de girasol) 5%, Harina de avena 4%, Avena 4%, Suero en polvo 3%, Harina de soja 2%, Semilla de cáñamo sin cáscara 2%, Gogi 2%, Quinoa inflada 1%. Contiene gluten, soja, lácteos, frutos secos y semillas.	Protein	7g		
FR	Sirop de riz 36%, Ananas 33%, Noix de coco grillée 8%, Farine de riz (Farine de riz, Sucre, Extrait de malt, huile de Tournesol, Lécithine de tournesol) 5%, Farine d'avoine 4%, Avoine 4%, Poudre de lactosérum 3%, Farine de soja 2%, Graines de chanvre 2%, Baie de Goji 2%, Quinoa soufflé 1%. Contient du gluten, soja, lactose, fruits secs.	Carbohydrate	73g	of which Sugars	57g
		Fat	7g	of which Saturates	5g
		Fibre	3g	Sodium	0.2g
		España Tel: +34 600064687			

Strudel ...Organic apple, raisin & cinnamon

Ingredients		Nutrition per 100g/65g Bar			
GB	Rice Syrup ¹ 34%, Rolled Oats ¹ 21%, Apple ¹ 10%, Whey Protein ¹ 7%, Apricot Kernel ¹ 6.6%, Apple Juice ¹ 6%, Raisins ¹ 5%, Rice Crisp (Rice Flour ¹ , Sugar ¹ , Malt Extract ¹ , Sunflower Seed Oil ¹ , Sunflower Lecithin ¹) 4%, Cranberries 2%, Hemp Seed ¹ 2%, Puffed Quinoa ¹ 2%, Cinnamon ¹ 0.4%. Allergen warnings contains: Nuts, Gluten, Milk products & Seeds. ¹ Denotes Organically Grown, Organic Certification UK5. * Denotes Non-Organic Ingredient	Energy kJ	1547/1006	Calories kcal	370 /240
ESP	Jarabe De Arroz ¹ 34%, Avena Rodada ² 21%, Manzana ¹ 10%, Suero En Polvo ¹ 7%, Semilla De Albaricoque ¹ 6.6%, Zum De Manzana ¹ 6%, Pasas 5%, Harina De Arroz (Harina De Arroz ¹ , Azúcar ¹ , Extracto De Malta ¹ , Aceite De Girasol ¹ , Lecitina De Girasol ¹) 4%, Alendanos ¹ 2%, Semilla De Cáñamo Helado ¹ 2%, Quinoa inflada ¹ 2%, Canela ¹ 0.4%. Contiene Gluten, Lácteos, frutos Secos Y Semillas. Denota La Certificación Biológico Crecida, Biológica UK5.	Protein	8g	/5g	
FR	Sirop De Riz ¹ 34%, Harina De Avena ² 21%, Pomme ¹ 10%, Gruau Poudre De Lactosérum ¹ 7%, Noyau D'abricot ¹ 6.6%, Jus De Pomme ¹ 6%, Farine De Riz (Farine De Riz ¹ , Sucre ¹ , Extrait De Malt ¹ , Huile De Tournesol ¹ , Lécithine De Tournesol ¹) 4%, Raisins Secs ¹ 5%, Airelles ¹ 2%, Graines De Chanvre Décortiquées ¹ 2%, Quinoa Soufflé ¹ 2%, Cannelle ¹ 0.4%. Contient Des Noix, Gluten, Lactose Et Fruits Secs. ¹ Denote La Certification Organiquement Développée Et Organique UK5.	Carbohydrate	70g	/45g	of which Sugars 53g /34
		Fat	6g	/2g	of which Saturates 1g /0.6g
		Fibre	5g	/1g	Sodium 0.2g /0.1g
		Due to the natural content of this bar it may contain small pieces of shell.			
		España tel: +34 627443395			

Summer Pudding ...Raspberry, Cranberry and Blackcurrant

Ingredients		Nutrition per 100g/55g Bar			
GB	Rice Syrup, Dried Apple 16%, Oatmeal, Rolled Oats, Whey Protein, Apple Juice, Rice Crisp (Rice Flour, Sugar, Malt Extract, Sunflower Oil, Sunflower Lecithin), Apricot Kernels, Dried Raspberry 2%, Juice infused Cranberries (Cranberry, Apple Juice, Sunflower Oil) 2%, Shelled Hempseed, Soy Flour, Puffed Quinoa, Blackcurrant Powder 1%	Energy kJ	1592 / 876	Calories kcal	381 / 210
		Protein	8g	/ 4g	
		Carbohydrate	73g	/ 40g	of which Sugars 53g / 29g
		Fat	6g	/ 3g	of which Saturates 1g / 0.6g
		Fibre	5g	/ 3g	Sodium 0.2g / 0.1g
		Allergen information: Contains Gluten, Soya, Dairy, Nuts & Seeds.			
		Due to the natural content of this bar it may contain small pieces of shell.			