



MADE WITHOUT REFINED SUGARS, GLUTEN, DAIRY, EGG, SOY OR PALM OIL. SUITABLE FOR VEGANS.

For allergens see ingredients in **bold**. Certified organic ingredients are marked *.

All our products are made in an environment where nuts + peanuts are used. Before reaching our kitchen some ingredients are processed in environments where these and other allergens may be present. Although we process everything by hand you may still find traces of date seeds and nut husks.

RAW CAKES

APRICOT MARZIPAN

67g serving, 15 servings per tray. Tray weight 1005g

*Dates, ***Almonds (Nuts)**, *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Apricot, ***Cashew Nuts (Nuts)**, *Pumpkin Seeds, *Desiccated Coconut, *Sunflower Seeds, *Coconut Oil, *Rice Puffed, Water, Sea Salt, *Flaxseed, ***Almond Extract (Nuts)**.

Typical Values Per 100g: Energy 1493kJ | 359.3kcal. Fat 31g. of which saturates 11.2g. Carbohydrate 34.2g. of which sugars 29.4g. Fibre 7.0g. Protein 10.3g. Salt 0.05g.

Typical Values Per 67g: Energy 1001kJ | 240.9kcal. Fat 20.8g. of which saturates 7.5g. Carbohydrate 22.9g. of which sugars 19.7g. Fibre 4.7g. Protein 6.9g. Salt 0.03g.

BERRIES & CREAM

68g serving, 15 servings per tray. Tray weight 1025g

*Desiccated Coconut, *Dates, *Cranberries, ***Cashew Nuts (Nuts)**, *Maple Syrup, *Coconut Cream, *Coconut Oil, *Buckwheat, ***Almonds (Nuts)**, *Sunflower Seeds, *Sultanas, *Raspberry Powder (freeze-dried), Sea Salt, *Chia Seeds.

Typical Values Per 100g: Energy 1719.0kJ | 414.2kcal. Fat 34.9g. of which saturates 24.4g.

Carbohydrate 34g. of which sugars 25.4g. Fibre 6.8g. Protein 6.2g. Salt 0.04g

Typical Values Per 68g: Energy 1175.3kJ | 283.2kcal. Fat 23.9g. of which saturates 16.7g. Carbohydrate 23.2g. of which sugars 17.3g. Fibre 4.6g. Protein 4.2g. Salt 0.02g.

BLACK FOREST BROWNIE

66g serving, 15 servings per tray. Tray weight 990g

*Dates, ***Hazelnuts (Nuts)**, *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Cacao Powder, ***Almonds (Nuts)**, Water, ***Brazil Nuts (Nuts)**, ***Cashew Nuts (Nuts)**, *Sunflower Seeds, *Coconut Oil, *Coconut Blossom Nectar, *Cranberries, *Sour Cherries, *Desiccated Coconut, *Maple Syrup, Sea Salt, Freeze Dried Cherries.

Typical Values Per 100g: Energy 1467.9kJ | 352.3kcal. Fat 29.8g. of which saturates 10.1g.

Carbohydrate 31.5g. of which sugars 26.5g. Fibre 9.1g. Protein 9.4g. Salt 0.04g

Typical Values Per 66g: Energy 969.0kJ | 232.5kcal. Fat 19.7g. of which saturates 6.7g. Carbohydrate 20.8g. of which sugars 17.5g. Fibre 6.0g. Protein 6.2g. Salt 0.03g

CARAMEL CRUNCH

64g serving, 15 servings per tray. Tray weight 957g

*Dates, *Almonds (Nuts), *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Pumpkin Seeds, *Buckwheat, *Coconut Oil, *Cashews (Nuts), *Sunflower Seeds, *Desiccated Coconut, *Chia Seeds, Sea Salt.

Typical Values Per 100g: Energy 1488.2kJ | 356.5kcal. Fat 28.5g. of which saturates 11.1g. Carbohydrate 39.5g. of which sugars 30.7g. Fibre 8g. Protein 10.3g. Salt 0.04g

Typical Values Per 64g: Energy 950.0kJ | 227.6kcal. Fat 18.2g. of which saturates 7.1g. Carbohydrate 25.2g. of which sugars 19.6g. Fibre 5.1g. Protein 6.6g. Salt 0.03g.

CARROT + ORANGE ZEST

68g serving, 15 servings per tray. Tray weight 1024g

*Apricot, *Dates, *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Almonds (Nuts), *Gluten Free Oats, *Walnuts (Nuts), *Cashew Nuts (Nuts), *Carrots, *Orange, *Sunflower Seeds, *Desiccated Coconut, *Chia Seeds, *Flaxseed, *Flaked Coconut, *Buckwheat, *Maple Syrup, Sea Salt, *Orange Oil.

Typical Values Per 100g: Energy 1373.2kJ | 329.9kcal. Fat 23.6g. of which saturates 7.2g. Carbohydrate 38.1g. of which sugars 25.9g. Fibre 7.2g. Protein 8.5g. Salt 0.05g

Typical Values Per 68g: Energy 931.6kJ | 225.2cal. Fat 16.1g. of which saturates 4.9g. Carbohydrate 26.0g. of which sugars 17.7g. Fibre 4.9g. Protein 5.8g. Salt 0.03g.

MAPLE PECAN

66g serving, 15 servings per tray. Tray weight 997g

*Dates, *Cashew Nuts (Nuts), *Almonds (Nuts), *Desiccated Coconut, *Sunflower Seeds, *Cacao Butter, *Pecans (Nuts), *Brazil Nuts (Nuts), *Coconut Butter, *Cranberries, *Coconut Oil, *Maple Syrup, *Pumpkin Seeds, *Flaxseed, Sea Salt, *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter).

Typical Values Per 100g: Energy 1672.8kJ | 402.8cal. Fat 38.3g. of which saturates 15.5g. Carbohydrate 32.7g. of which sugars 27.9g. Fibre 6.6g. Protein 8.9g. Salt 0.03g.

Typical Values Per 66g: Energy 1112.3kJ | 267.8cal. Fat 25.5g. of which saturates 10.3g. Carbohydrate 21.8g. of which sugars 18.6g. Fibre 4.4g. Protein 5.9g. Salt 0.02g.

SALTED MACA MILLIONAIRE

68g serving, 15 servings per tray. Tray weight 1020g

*Dates, *Cashew Nuts (Nuts), *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Desiccated Coconut, *Cranberries, *Coconut Flour, *Almonds (Nuts), *Sunflower Seeds, *Sultanas, *Coconut Oil, *Buckwheat, Water, *Maca Powder, Sea Salt, *Chia Seeds.

Typical Values Per 100g: Energy 1544.2kJ | 371.2kcal. Fat 28.2g. of which saturates 12.4g. Carbohydrate 40.4g. of which sugars 29.8g. Fibre 7.5g. Protein 8.8g. Salt 0.05g.

Typical Values Per 68g: Energy 1054.2kJ | 253.4kcal. Fat 19.3g. of which saturates 8.4g. Carbohydrate 27.6g. of which sugars 20.3g. Fibre 5.1g. Protein 6.0g. Salt 0.04g.

PEANUT PIE

64g serving, 15 servings per tray. Tray weight 959g

*Dates, *Peanuts (Peanuts), *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Almonds (Nuts), Water, *Sunflower Seeds, *Cashew Nuts (Nuts), *Desiccated Coconut, *Chia Seeds, *Cacao Powder, *Carob Flour, Sea Salt.

Typical Values Per 100g: Energy 1340.3kJ | 322.0cal. Fat 27.0g. of which saturates 8.6g. Carbohydrate 32.8g. of which sugars 28.7g. Fibre 9.3g. Protein 11.9g. Salt 1.09g

Typical Values Per 64g: Energy 856.9kJ | 205.8cal. Fat 17.2g. of which saturates 5.5g. Carbohydrate 21.0g. of which sugars 18.3g. Fibre 6g. Protein 7.6g. Salt 0.69g.

BLISS BALLS

RASPBERRY + ALMOND BLISS BALL

40g serving, 15 servings per tray. Approx. tray weight 600g

*Sunflower Seeds, *Dates, *Almonds (Nuts), *Cranberries, *Almond Butter, *Cashews (Nuts), *Cacao Nibs, Water, *Goji Berries, *Desiccated Coconut, *Flaked Coconut, *Chia Seeds, Salt, *Raspberry Powder (freeze-dried).

Typical Values Per 100g. Energy 1704.1kJ | 409.0cal. Fat 30.1g. of which saturates 7.2g. Carbohydrate 34.2g. of which sugars 25.5g. Fibre 8.5g. Protein 12.1g. Salt 0.50g

Typical Values Per 40g. Energy 681.6kJ | 163.6cal. Fat 12g. of which saturates 2.9g. Carbohydrate 13.7g. of which sugars 10.2g. Fibre 3.4g. Protein 4.8g. Salt 0.2g

LIME + COCONUT BLISS BALL

40g serving, 15 servings per tray. Approx. tray weight 600g

*Dates, *Cashew Nuts (Nuts), *Desiccated Coconut, *Pumpkin Seeds, *Sultanas, *Sunflower Seeds, *Lime, *Almonds (Nuts), *Chia Seeds, Sea Salt, *Turmeric.

Typical Values Per 100g. Energy 1476.3kJ | 356.0cal. Fat 31.1g. of which saturates 10.7g. Carbohydrate 30.3g. of which sugars 23.6g. Fibre 7.1g. Protein 11.3g. Salt 0.04g

Typical Values Per 40g. Energy 590.5kJ | 142.4cal. Fat 12.4g. of which saturates 4.3g. Carbohydrate 12.1g. of which sugars 9.4g. Fibre 2.8g. Protein 4.5g. Salt 0.01g

LEMON + BLUEBERRY BLISS BALL

40g serving, 15 servings per tray. Approx. tray weight 600g

*Dates, *Cranberries, *Sunflower Seeds, *Cashews (Nuts), *Almonds (Nuts), *Flaked Coconut, *Lemon, *Cashew Butter, *Desiccated Coconut, *Poppy Seeds, *Chia Seeds, *Blueberry Powder (freeze-dried), Salt, *Raspberry Powder (freeze-dried).

Typical Values Per 100g. Energy 1415kJ | 339.9cal. Fat 30.1g. of which saturates 10.6g. Carbohydrate 22.8g. of which sugars 15.7g. Fibre 7.4g. Protein 10.3g. Salt 0.4g

Typical Values Per 40g. Energy 566.3kJ | 136.0cal. Fat 12g. of which saturates 4.3g. Carbohydrate 9.1g. of which sugars 6.3g. Fibre 2.9g. Protein 4.1g. Salt 0.16g

GRANOLA BREAKFAST BARS

BANANA OAT BREAKFAST BAR

68g serving, 12 servings per tray. Approx. tray weight 820g

*Gluten Free Oats, *Coconut Oil, *Coconut Blossom Nectar, *Banana, *Sultanas, *Cranberries, *Molasses, *Sunflower Seeds, *Poppy Seeds, *Pumpkin Seeds, *Flaked Coconut.

Typical Values Per 68g. Energy 1172kJ | 281.2cal. Fat 15.9g. of which saturates 12.4g. Carbohydrate 35.3g. of which sugars 13.9g. Fibre 2.5g. Protein 3.9g. Salt 0.01g
Typical Values Per 100g. Energy 1721.3kJ | 411.5cal. Fat 23.3g. of which saturates 18.1g. Carbohydrate 51.7g. of which sugars 20.3g. Fibre 3.7g. Protein 5.7g. Salt 0.01g

FIG + APRICOT BREAKFAST BAR

67g serving, 12 servings per tray. Approx. tray weight 810g

*Gluten Free Oats, *Coconut Oil, *Coconut Blossom Nectar, *Banana, *Figs, *Apricot, *Molasses, *Sunflower Seeds, *Pumpkin Seeds, *Poppy Seed, *Hemp Seeds, *Flaked Coconut.

Typical Values Per 100g. Energy 1655kJ | 395cal. Fat 23g. of which saturates 18g. Carbohydrate 49g. of which sugars 18g. Fibre 4.3g. Protein 6g. Salt 0.01g
Typical Values Per 68g. Energy 1117kJ | 267cal. Fat 16g. of which saturates 12g. Carbohydrate 33g. of which sugars 12g. Fibre 2.9g. Protein 4.2g. Salt 0.01g

APPLE + CINNAMON BREAKFAST BAR

66g serving, 12 servings per tray. Approx. tray weight 792g

*Gluten Free Oats, *Coconut Oil, *Coconut Blossom Nectar, *Banana, *Dried Apple, *Sultanas, *Blackstrap Molasses, *Sunflower Seeds, *Poppy Seeds, *Pumpkin Seeds, *Cinnamon.

Typical Values Per 66g. Energy 1116.1kJ | 266.8cal. Fat 15.6g. of which saturates 12.1g. Carbohydrate 32.4g. of which sugars 12.1g. Fibre 2.9g. Protein 3.9g. Salt 0.02g
Typical Values Per 100g. Energy 1690kJ | 404cal. Fat 23.6g. of which saturates 18.4g. Carbohydrate 49g. of which sugars 18.3g. Fibre 4.4g. Protein 5.9g. Salt 0.03g

SEASONAL SPECIALS

LEMON LAYER:

64g serving, 15 servings per tray. Tray weight 965g

*Desiccated Coconut, *Dates, ***Cashew Nuts (Nuts)**, *Coconut Cream, *Lemon, *Maple Syrup, *Coconut Oil, *Buckwheat, ***Almonds (Nuts)**, *Sunflower Seeds, *Sultanas, Rose & Marigold Petals, Sea Salt.

Typical Values Per 100g: Energy 1600.5kJ | 385.7kcal. Fat 34.9g. of which saturates 24.3g. Carbohydrate 27.4g. of which sugars 20.7g. Fibre 6.6g. Protein 6.2g. Salt 0.04g
Typical Values Per 64g: Energy 1030.0kJ | 248.2kcal. Fat 22.5g. of which saturates 15.6g. Carbohydrate 3.2g. Of which sugars 13.3g. Fibre 4.2g. Protein 4.g. Salt 0.02g

PUMPKIN SPICE

69g serving, 15 servings per tray, Tray weight 1043g

*Dates, ***Almonds (Nuts)**, ***Cashew (Nuts)**, *Apricot, *Roasted Pumpkin, * Desiccated Coconut, *Maple Syrup, *Pumpkin Seeds, *Lemon, *Buckwheat, *Sunflower Seeds, *Coconut Butter, *Coconut Cream, *Chia Seeds, *Flaxseed, *Coconut Oil, *Cacao Butter, Sea Salt, *Cinnamon Ceylon, *Nutmeg, *Ground Ginger, *Vanilla Extract, Marigold Petals, *Cardamon.

Typical Values Per 100g: Energy 1394.8 KJ | 335.6kcal. Fat 27.9g. of which saturates 10.1g.

Carbohydrate 28.9g. of which sugars 20.2g. Fibre 6.9g. Protein 9.4g. Salt 0.03g

Typical Values Per 69g: Energy 970.2kJ | 233.4 kcal. Fat 19.4g. of which saturates 7.0g. Carbohydrate 20.1g. Of which sugars 14.1g. Fibre 4.8g. Protein 6.5g. Salt 0.02g

HINT OF MINT

61g serving, 15 servings per tray. Tray weight 918g

*Desiccated Coconut, *Dates, ***Cashew Nuts (Nuts)**, ***Almonds (Nuts)**, *Coconut Cream, *Maple Syrup, *Coconut Oil, *Coconut Flour, *Cacao Powder, *Buckwheat, *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), *Cacao Nibs, *Peppermint Oil, *Vanilla Extract, Sea Salt, *Matcha powder (caffeine).

Typical Values Per 100g: Energy 1831.7kJ | 441.1kcal . Fat 36.8g. of which saturates 24.1g.

Carbohydrate 28.4g. of which sugars 21.3g. Fibre 8.9g. Protein 7.9g. Salt 0.05g

Typical Values Per 61g: Energy 1120.8kJ | 269.9kcal. Fat 22.5g. of which saturates 14.7g. Carbohydrate 17.4g. Of which sugars 13.0g. Fibre 5.5g. Protein 4.9g. Salt 0.03g

COFFEE PEANUT POWER

* Dates, ***Peanuts**, *Raw Chocolate 72% (*Cacao Mass, *Coconut Blossom Sugar, *Cacao Butter), ***Almond (Nuts)**, *Sunflower Seeds, *Pumpkin Seeds, ***Cashews (Nuts)**, *Cacao Powder, *Pea Protein Isolate, *Chia Seeds, *Coconut Blossom Nectar, Salt, *Vanilla Extract, *Coffee (caffeine), *Hemp Seeds.

Typical Values Per 62g: Energy 905 kJ | 217 kcal. Fat 17g. of which saturates 3.4g. Carbohydrate 22g. Of which sugars 18g. Fibre 5.2g. Protein 10g. Salt 0.72g
Typical Values Per 100g: Energy 1415 kJ | 339 kcal. Fat 26g. of which saturates 5.3g. Carbohydrate 34g. of which sugars 29g. Fibre 8.1g. Protein 16g. Salt 1.1g

ORANGE + SPICE CHRISTMAS SLICE:

101g serving, 15 servings per tray, tray weight 1516g

***Almonds (Nuts)**, *Dates, ***Walnuts (Nuts)**, *Orange, ***Cashews (Nuts)**, *Mixed Dried Fruit, *Sunflower Seeds, *Buckwheat, *Lemon, *Apricot, *Figs, *Cacao Butter, *Maple Syrup, *Coconut Butter, *Chia Seed *Flax Seeds, Mixed Spices (Cinnamon, Star Anise, Cardamom, Clove,), *Pumpkin Seeds, Sea Salt, Vanilla Extract, *Orange Oil, Marigold Petals.

Typical Values Per 100g: Energy 1510.6 KJ | 363.2kcal, Fat 31.0g, of which saturates 6.2g, Carbohydrate 26.3g, of which sugars 19.5g, Fibre 6.0g. Protein 10.5g. Salt 0.04g
Typical Values Per 101g: Energy 1527.4KJ | 367.2 kcal. Fat 31.3g, of which saturates 6.3g, Carbohydrate 26.6g, of which sugars 19.7g, Fibre 6.0g, Protein 10.6g, Salt 0.04g.

BLACKBERRY + CAROB

62g serving, 15 servings per tray. Tray weight 932g

*Dates, ***Cashew Nuts (Nuts)**, *Raw Chocolate 72% (Cacao Mass, Coconut Blossom Sugar, Cacao Butter), **Almonds (Nuts)**, *Desiccated Coconut, *Sunflower Seeds, ***Brazil Nuts (Nuts)**, Blackberry, *Coconut Oil, *Cacao Nibs, *Maple Syrup, Salt, *Flaxseed, *Carob Flour, Caroboo (Cocoa butter, creamed coconut, carob powder, coconut sugar, chicory root fibre, vanilla powder, emulsifier: sunflower lecithin).

Typical Values Per 100g: Energy 1468.2kJ | 352.3kcal. Fat 32.6g. of which saturates 13.6g. Carbohydrate 32.7g. of which sugars 28.6g. Fibre 7.7g. Protein 9.3g. Salt 1.12g

Typical Values Per 62g: Energy 913.0kJ | 219.1kcal. Fat 20.2g. of which saturates 8.5g. Carbohydrate 20.3g. Of which sugars 17.8g. Fibre 4.8g. Protein 5.8g. Salt 0.70g