

Specially Selected Earl Grey Tea



EARL GREY TEA BAGS

DIRECTIONS FOR USE

To enjoy this Earl Grey tea at its best, use one tea bag per person, pour on boiling water and brew according to taste. Add milk/sugar as required.

INGREDIENTS

Black Tea*, BERGAMOT FLAVOURING 2%, Lemon Flavouring.

Specially Selected Medjool Dates



MEDJOOOL DATES

NUTRITION This pack contains approx. 15 servings.

TYPICAL VALUES (edible portion only)	Per 100g	Per serving (30g)
Energy	1121kJ/265kcal	336kJ/79kcal
Fat	0.6g	0.2g
of which saturates	0.3g	0.1g
Carbohydrate	58.7g	17.6g
of which sugars	58.0g	17.4g
Fibre	7.5g	2.3g
Protein	2.4g	0.7g
Salt	0.03g	0.01g

DIETARY ADVICE: Suitable for vegetarian and vegans.
WARNING: Contains stones.

BEST BEFORE: See side of pack.

STORAGE: Store in a cool, dry place. Once opened, keep refrigerated and consume within 5 days.

*30g of this product will provide one of your five daily portions of fruit and vegetables.

Specially Selected Sea Salt Crisps



SEA SALTED POTATO CRISPS

INGREDIENTS
Potato, Seaflower® Sea Salt.

DIETARY ADVICE: Suitable for vegetarians
No artificial colours or flavourings.
STORAGE: Store in a cool, dry place. Once opened, store in an airtight container.

Best before:

NUTRITION This pack contains 15 servings.

TYPICAL VALUES	Per 100g	Per serving (20g)
Energy	2208kJ/528kcal	441kJ/106kcal
Fat	28.0g	5.6g
of which saturates	5.0g	1.0g
Carbohydrate	54.0g	10.8g
of which sugars	<0.1g	<0.1g
Fibre	4.0g	0.8g
Protein	0.8g	0.16g
Salt	0.80g	0.16g

Packaged in a protective atmosphere.

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