

INGREDIENT & ALLERGEN INFORMATION

Allergens are listed on each product.

DISCLAIMER

This information is based entirely on the information provided by our manufacturers and suppliers.

While every care has been taken to ensure product information is correct, food products are constantly being reformulated, so ingredients, nutrition content, dietary and allergens may change.

PLEASE BE AWARE THAT IN THE EVENT THAT A SUBSTITUTION IS MADE, THIS NUTRITIONAL AND ALLERGEN SUMMARY MAY NOT REFLECT THE TRUE CONTENTS OF THE GIFT.

United Flow Ltd. therefore accepts no liability or responsibility for any errors or omissions. You **MUST** always read the product label and not rely solely on this information.

If you have any concerns in relation to allergens or any other dietary requirements, please contact us prior to purchase.

Letterbox Friendly Tea and Snack Box	For allergens, see ingredients in bold
Products	Ingredients
TREK Cocoa Oat Protein Flapjack	<p>Ingredients Gluten Free Oats (25%), Rice Syrup, Soya Protein Crunchies (Soya, Tapioca Starch, Salt) (15%), Vegetable Oils (Palm*, Rapeseed, Sunflower), Dark Chocolate Flavour Coating (Sugar, Palm Oil*, Fat-Reduced Cocoa Powder, Emulsifier: Sunflower Lecithin) (13%), Soya Flour, Raw Cane Sugar, Salt & Natural Flavouring, *Sustainably sourced</p> <p>Allergen Information May Contain Milk, May Contain Nuts, Contains Oats, May Contain Peanuts, May Contain Sesame, Contains Soya</p> <p>Allergy Information May contain Sesame, Peanuts, other Nuts and Milk.</p> <p>Dietary Information Suitable for Vegans; Gluten free</p>
TRIBE Choc Salt Caramel Natural Plant Based Energy Bar	<p>Ingredients TRIBE Energy Grain Blend (Gluten Free Oats, Buckwheat, Teff), Brown Rice Syrup, Sunflower Seeds, Cashews, Coconut Sugar, Cocoa Nibs (5%), Cocoa Butter, Cocoa Powder (1.75%), Sunflower Oil, Sea Salt (0.25%), Natural Flavouring</p> <p>Allergen Information Contains Cashew Nuts, Free From Dairy, Free From Gluten, May Contain Nuts, May Contain Peanuts</p> <p>Allergy Information May also contain other Nuts and Peanuts</p> <p>Dietary Information Vegan, Gluten Free, Dairy Free, Source of Protein, High in Fibre</p>
Ombar Coco Mylk Organic Vegan Fair Trade Chocolate	<p>Ingredients Unroasted Cacao* **, Coconut Sugar* **, Creamed Coconut* (20%), Cocoa Butter*, Vanilla Extract*, Live Culture: Lactobacillus Acidophilus, *Certified Organic, **Fair Trade Certified according to the Fair for Life Standard (65%), Cocoa Solids 55% minimum</p> <p>Allergen Information May Contain Nuts</p> <p>Allergy Information May also contain Nuts.</p> <p>Dietary Information Suitable for Vegans; Organic; Gluten free</p>

<p>Creative Nature Goji Creative Nature Goji Goodness Raw Superfood Flapjack</p>	<p>Ingredients</p> <p>Ingredients</p> <p>Gluten Free Oats, Dried Fruit (67%)(Apricots, Cranberries, Sultanas, Sour Cherries, Goji Berries, Mango), Chicory Fibre, Vegetable Glycerine, Natural Flavouring</p> <p>Allergen Information Contains Gluten Free Oats</p> <p>Made in a Peanut and Tree Nut-Free Environment Top 14 Allergen Free Suitable for vegans; Kosher</p> <p>Dietary Information Suitable for Vegans; Low Fat; Kosher</p>
<p>Freee Organic Gluten Free Apricot & Chia Oat Bars</p>	<p>Ingredients</p> <p>Gluten Free Oats*41%, Agave Nectar*, Apricots*12%, Palm Oil*†, Acacia Gum*, Chia Seeds*4%, Salt, *Organic produce, †Responsibly sourced</p> <p>Allergen Information Free From Eggs, Free From Milk, Contains Oats, Free From Peanuts, Free From Soya</p> <p>Dietary Information Kosher; Gluten free; Organic; Suitable for Vegans</p>
<p>Perkier Madagascan Vanilla & Dark Chocolate Bar</p>	<p>Ingredients</p> <p>Peanuts (32%), Chicory Fibre, Dark Chocolate (18%) (Cocoa Mass, Sugar, Cocoa Butter, Soya Lecithin, Natural Vanilla Flavouring), Dates (Dates, Rice Flour), Protein Crisps (Soy Protein, Tapioca Starch, Salt), Puffed Quinoa, Sunflower Oil, Di-Calcium Phosphate, Natural Flavourings, Madagascan Vanilla (0.1%), Vitamin B5, Vitamin B12, Bifidobacteria Longum, Lactobacillus Rhamnosus (Microencapsulation: Vegetable Fatty Acids, Maltodextrin)</p> <p>Allergen Information May Contain Milk, May Contain Nuts, Contains Peanuts, May Contain Sesame, Contains Soya</p> <p>Allergy Information May contain traces of Sesame, Milk & Tree Nuts.</p> <p>Dietary Information Gluten free</p>
<p>Storage Instructions</p>	<p>See individual product specifications</p>
<p>May contain statements</p>	<p>May contain traces of nuts, peanuts, egg, mustard , sesame, milk, soya</p>

Suitable for NUT allergy sufferers	NO
Suitable to wheat allergy sufferers	No
Suitable for egg allergy sufferers	No
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
S	