

I Am Nut OK Deluxe Vegan Hamper

Contains: Foiegeddaboutit - truffle & mushroom faux grais pate 150g, MinerThreat - smoky charcoal 120g, C'é Dairy? - mature cheddary 120g, Cranberry vegan Wensleydale 120g, Rosemary Gourmet Butter Not Butter 150g, Oh, Grate! 100g, Fetamorphosis 210g, Fig Salami 180g, Rigotta – Vegan Ricotta in Garlic Oil 150g, Truffle Gourmet Not Butter 150g

Foiegeddaboutit - truffle & mushroom faux grais pate 150g

Ingredients

Cashew **nuts**, water, coconut oil, truffle oil (6.6%) (black truffles, olive oil, black truffle flavour), dried mushroom mix (4.5%), tamari (**soya** beans, water, salt, distilled alcohol, koji seed), organic miso (**soya**), onion, nutritional yeast, Himalayan salt, spices, herbs

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 1812kJ/437kcal

Fat 39g

Of which saturates 14g

Carbohydrate 13.4g

Of which sugars 3.6g

Protein 10g

Salt 0.76g

MinerThreat - smoky charcoal 120g

Ingredients

Cashew **nuts**, filtered water, coconut oil, nutritional yeast, sea salt, garlic, onion, hickory smoke (1.5%), activated charcoal (0.26%), tapioca, live cultures

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 1530kJ/367kcal

Fat 36g

Of which saturates 11g

Carbohydrate 17g

Of which sugars 0.4g

Protein 9.8g

Salt 1.7g

C'é Dairy? - mature cheddar 120g

Ingredients

Cashew **nuts**, filtered water, coconut oil, nutritional yeast, organic miso (**soya**), sea salt, **mustard**, acai, cultures

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 1551kJ/372kcal

Fat 37g

Of which saturates 11g

Carbohydrate 15g

Of which sugars 0.4g

Protein 10g

Salt 1.5g

Cranberry vegan Wensleydale 120g

Ingredients

Cashew **nuts**, filtered water, coconut oil, nutritional yeast, organic miso (**soya**), sea salt, **mustard**, cranberries, cultures

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 1561kJ/374kcal

Fat 36g

Of which saturates 11g

Carbohydrate 17g

Of which sugars 0.4g

Protein 10g

Salt 1.6g

Rosemary Gourmet Butter Not Butter 150g

Ingredients

Coconut oil, cashew **nuts**, rapeseed oil, water, nutritional yeast, sunflower lecithin, sea salt 2%, rosemary 1%, lactic acid, cultures

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 2091.6kJ/705kcal

Fat 76.4g

Of which saturates 61.7g

Carbohydrate 2.3g

Of which sugars 0.6g

Protein 2.4g

Salt 1.6g

Oh, Grate! 100g

Ingredients

Cashew **nuts**, nutritional yeast, Himalayan salt, garlic, truffle oil

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 2219kJ/535.3kcal

Fat 42.7g

Of which saturates 8.4g

Carbohydrate 18.7g

Of which sugars 5g

Protein 20.1g

Salt 0.05g

Fetamorphosis 210g,

Ingredients

Cashew **nuts**, rapeseed oil, coconut oil, sea salt, water, garlic, herbs, lemon juice, cultures

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 1565kJ/375kcal

Fat 37g

Of which saturates 11g

Carbohydrate 16g

Of which sugars 0.1g

Protein 9.3g

Salt 1.5g

Fig Salami 180g

Ingredients

Organic Turkish figs, spice blend, tapioca flour

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 938.5kJ/220kcal

Fat 1.7g

Of which saturates 0g

Carbohydrate 48.9g

Of which sugars 48.9g

Protein 3.7g

Salt 0.15g

Rigotta – Vegan Ricotta in Garlic Oil 150g

Ingredients

Cashew **nuts**, water, coconut oil, rapeseed oil, lemon juice, sea salt, garlic 2%, cultures.

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 1565kJ/375kcal

Fat 37g

Of which saturates 11g

Carbohydrate 16g

Of which sugars 0.1g

Protein 9.3g

Salt 1.5g

Truffle Gourmet Not Butter 150g

Ingredients

Coconut oil, cashew **nuts**, rapeseed oil, water, nutritional yeast, sunflower lecithin, sea salt, truffle oil 2%, olive oil, lactic acid, cultures

Allergen Information

For allergens, see ingredients in **bold**

Nutritional Information

Per 100g

Energy 2904.9kJ/705.7kcal

Fat 76.5g

Of which saturates 61.7g

Carbohydrate 2.2g

Of which sugars 0.6g

Protein 2.4g

Salt 1.6g