

## **I Am Nut OK Gourmet 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

### **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'è Dairy? - mature cheddary 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