

Ingredients

crunchy hazelnut - (hazelnuts (18%), 70% dark chocolate* (cocoa mass, cane sugar, cocoa butter, vanilla powder), dates, chicory fibre, pea protein, peanuts, protein crisp (pea protein, rice flour), rice syrup, concentrated grape juice, coconut oil, rice protein, emulsifier: sunflower lecithin, salt.)(hazelnuts,peanuts), peanut butter - (peanuts (30%), 70% dark chocolate* (cocoa mass, cane sugar, cocoa butter, vanilla powder), dates, chicory fibre, protein crisp (pea protein, rice flour), rice syrup, concentrated grape juice, pea protein, coconut oil, rice protein, emulsifier: sunflower lecithin, salt.)(peanuts), salted caramel - (peanuts (29%), 70% dark chocolate* (cocoa mass, cane sugar, cocoa butter, vanilla powder), dates, chicory fibre, protein crisp (pea protein, rice flour), rice syrup, concentrated grape juice, coconut oil, rice protein, emulsifier: sunflower lecithin, salt, natural flavouring.)(peanuts), mocha almond - (cashews (15%), dates, 70% dark chocolate* (cocoa mass, cane sugar, cocoa butter, vanilla powder), chicory fibre, almonds (10%), pea protein, protein crisp (pea protein, rice flour), rice syrup, concentrated grape juice, ground coffee (2%), coco nut oil, reduced fat cocoa powder, rice protein, emulsifier: sunflower lecithin, salt, natural vanilla flavour.)(almonds,cashews), peanut butter jelly - (peanuts (25%), dates, 70% dark chocolate* (cocoa mass, cane sugar, cocoa butter, vanilla powder), chicory fibre, pea protein, protein crisp (pea protein, rice flour), rice syrup, concentrated grape juice, sour cherries (3%) (cherries, sugar, sunflower oil), goji berries (3%), coconut oil, cranberries (2%) (sugar, cranberries, sunflower oil), rice protein, freeze dried raspberries (1%), emulsifier: sunflower lecithin, salt, natural flavouring.)(peanuts), orange obsession - (cashews, dates, chicory fibre, 54% dark chocolate** (13%) (cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring), almonds, pea protein, concentrated grape juice, rice syrup, rice protein, coco nut oil, cocoa powder, emulsifier: sunflower lecithin, salt, vitamin mineral complex (vitamin c, iron, zinc, copper, vitamin b6, vitamin a, folic acid, sodium selenite, vitamin d3, vitamin b12), orange oil, natural flavouring.)(almonds,cashews,soya), creamy coco nut - (cashews (15%), dates, chicory fibre, 54% dark chocolate** (13%) (cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring), coco nut (8.5%), pea protein, concentrated grape juice, rice syrup, rice protein, coco nut oil, cocoa powder, emulsifier: sunflower lecithin, salt, vitamin mineral complex (vitamin c, iron, zinc, copper, vitamin b6, vitamin a, folic acid, sodium selenite, vitamin d3, vitamin b12), natural flavouring.)(cashews,soya), cherry bakewell - (dates, almonds (14%), 54% dark chocolate** (13%) (cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring), chicory fibre, cashews, pea protein, cherries (6.5%) (cherries, sugar, sunflower oil), coco nut oil, coco nut, concentrated grape juice, rice syrup, rice protein, emulsifier: sunflower lecithin, cocoa powder, salt, vitamin mineral complex (vitamin c, iron, zinc, copper, vitamin b6, vitamin a, folic acid, sodium selenite, vitamin d3, vitamin b12), natural flavouring.)(almonds,cashews,soya), berry bliss - (dates, cashews, 54% dark chocolate** (13%) (cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring), chicory fibre, pea protein, almonds, cranberries (4%) (sugar, cranberries, sunflower oil), concentrated grape juice, rice syrup, rice protein, coco nut oil, goji berries (2%), cocoa powder, emulsifier:

sunflower lecithin, raspberries, salt, vitamin mineral complex (vitamin c, iron, zinc, copper, vitamin b6, vitamin a, folic acid, sodium selenite, vitamin d3, vitamin b12), natural flavouring.)(**almonds,cashews,soya**), gooey caramel - (55% dark chocolate* (cocoa mass, sugar, cocoa butter, emulsifier: **soy** lecithin, natural vanilla flavouring) (18%), caramel (17%) (glucose syrup, sugar, water, coconut oil, stabiliser: glycerol, coconut **milk** powder, apple fibre, salt, emulsifier: sunflower lecithin), chicory fibre, **cashews**, **pea** **nuts**, **almonds**, pea protein, coconut sugar, chicory inulin, glucose syrup, coconut **milk** powder (coconut **milk** powder, maltodextrin, starch), cocoa butter, rice syrup, grape juice concentrate, salt (<1%), natural flavouring, emulsifier: sunflower lecithin.)(**almonds,cashews,peanuts,soya**),

Allergen Information - Contains

For allergens, please see ingredients in **bold**

Peanuts

Nuts

Soya

May contain Allergens

Milk

Product Claims - Suitable For

Gluten Free

Vegans

Vegetarian

Nutritional Information

Portion Size 20 g

Energy - kJ 1782.00 per 100g / 356.00 Per Portion

Energy - kcal 426.00 per 100g / 85.00 Per Portion

Fat (g) 23.00 per 100g / 4.60 Per Portion

Fat of which Saturated (g) 8.40 per 100g / 1.70 Per Portion

Carbohydrates (g) 31.00 per 100g / 6.20 Per Portion

Carbohydrates of which Sugars (g) 24.00 per 100g / 4.80 Per Portion

Fibre (g) 14.00 per 100g / 2.80 Per Portion

Protein (g) 19.00 per 100g / 3.80 Per Portion

Salt (g) .70 per 100g / .14 Per Portion

Storage Information

Please store in a cool, dry place.

Preparation Instructions

Ready to eat

Country of Origin

United Kingdom

Online Food Disclaimer

While Selfridges takes reasonable care to ensure the information (including allergen) appearing on our website is correct, recipes and ingredients are subject to changes by our suppliers & manufacturers.

To ensure you are reviewing the most up to date information PLEASE CHECK THE PRODUCT PACKAGING BEFORE CONSUMPTION.