

CURRANTS

Ingredients: Currants May contain stones or stone fragments.

Net Weight: 1kg



Product of Greece
Best Before End:
Lot Number:

Packed by: Afropol Fine Foods, Tel 020 7819 9990
Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in bold.

May also contain Nuts, Sesame, Gluten & Sulphites

NUTRITIONAL INFORMATION:

Energy(Kcal) 267, Energy(KJ) 1139, Fat(g/100g) 0.4, Saturates(g/100g) 0,
Carbohydrate(g/100g) 67.6, Sugars(g/100g) 67.6, Fibre(g/100g) 1.9,
Protein(g/100g) 2.3, Sodium(g/100g) 0.014, Salt(g/100g) 0.035



PITTED DATES

Ingredients: Dates (99.8%), Sunflower Oil (0.2%)
May contain stones or stone fragments.

Net Weight: 1kg



Product of Iran
Best Before End:
Lot Number:

Packed by: Afropol Fine Foods, Tel: 020 7819 9990
Unit 1, Avon House, Havering Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in bold.
May also contain Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:
Energy(kcal): 238, Energy(kJ): 1002, Fat(g/100g): 0.6, Saturates(g/100g): 0.3,
Carbohydrate(g/100g): 68.7, Sugars(g/100g): 68, Fibre(g/100g): 2.4,
Protein(g/100g): 2.4, Sodium(mg/100g): 0.010, Salt(g/100g): 0.027



DRIED FIGS

Ingredients: Figs.

May contain stones or stone fragments.

Net Weight: 1kg



Product of Turkey

Best Before End:

Lot Number:

Packed by: Afropol Fine Foods. Tel 020 7819 9990
Unit 1, Astro House, Havelock Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in hold.

May also contain Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:

Energy(Kcal) 227, Energy(KJ) 967, Fat(g/100g) 1.6, Saturates(g/100g) 0,
Carbohydrate(g/100g) 82.9, Sugars(g/100g) 62.9, Fibre(g/100g) 7.6,
Protein(g/100g) 3.4, Salt (g/100g) 0.062, Sodium(g/100g) 0.028



BLANCHED HAZELNUTS
Lightly Roasted

Ingredients: Hazelnuts May contain shells.

Net Weight: 1kg



Product of Turkey
Best Before End:
Lot Number:

Packed by Afropol Fine Foods, Tel 020 7819 9990
Unit 1, Avvo House, Havelock Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in bold.

May also contain Other Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:
Energy(Kcal) 580, **Energy(KJ)** 2688, **Fat(g/100g)** 53.5, **Saturates(g/100g)** 4.7,
Carbohydrate(g/100g) 5, **Sugars(g/100g)** 4, **Fibre(g/100g)** 8.3,
Protein(g/100g) 14.1, **Sodium(g/100g)** 0.006, **Salt(g/100g)** 0.015

GROUND HAZELNUTS

Ingredients: Hazelnuts

May contain shells.

Net Weight: 1kg

Product of Turkey

Best Before End:

Lot Number:



5 060090 200525

Packed by Afropol Fine Foods, Tel 020 7819 9990

Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS

Allergen advice: See Ingredients listed in bold.

May also contain Other Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:

Energy(Kcal) 680, Energy(KJ) 2888, Fat(g/100g) 62.5, Saturates(g/100g) 4.7,
Carbohydrate(g/100g) 6, Sugars(g/100g) 4, Fibre(g/100g) 8.5,
Protein(g/100g) 14.1, Sodium(g/100g) 0.006, Salt(g/100g) 0.018



HAZELNUTS WITH SKIN

May contain shells.

Net Weight : 1kg

Product of Turkey



Packed by Aytopol Fine Foods, Tel 020 7819 9990

Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS

Packed on a site that handles Nuts, Peanuts, Sesame, Gluten, Soya & Sulphites.

NUTRITIONAL INFORMATION:

Energy(Kcal) 640, Energy(KJ) 2185, Fat(g/100g) 63.5, Saturates(g/100g) 4.7,

Carbohydrate(g/100g) 6, Sugars(g/100g) 4, Fibre(g/100g) 6.5,

Protein(g/100g) 14.1, Sodium(g/100g) 0.006, Salt(g/100g) 0.018



MACADAMIAS

Ingredients: Macadamia nuts May contain shells.

Net Weight: 1kg



Product of South Africa
Best Before End:
Lot Number:

Packed by Afropol Fine Foods, Tel 020 7819 9990
Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in bold.

May also contain: Other Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:
Energy(Kcal) 715, Energy(KJ) 3004, Fat(g/100g) 78.77, Saturates(g/100g) 12.06,
Carbohydrate(g/100g) 13.82, Sugars(g/100g) 4.87, Fibre(g/100g) 5.6,
Protein(g/100g) 7.91, Sodium(g/100g) 0.005, Salt(g/100g) 0.0125



BLANCHED WHOLE PEANUTS

Ingredients: Peanuts

May contain shells.

Net Weight: 1kg



5 060090 200129

Product of China

Best Before End:

Lot Number:

Distributed by Afropol Fine Foods, Tel 020 7819 9990
Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS

Allergen advice: See Ingredients listed in bold.
May also contain Nuts, Sesame, Gluten & Soya

NUTRITIONAL INFORMATION:

Energy(Kcal) 567, Energy(KJ) 2374, Fat(g/100g) 49.24, Saturates(g/100g) 8.28,
Carbohydrate(g/100g) 16.13, Sugars(g/100g) 4.72, Fibre(g/100g) 8.8,
Protein(g/100g) 26.8, Sodium(g/100g) 0.004, Salt(g/100g) 0.01



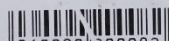
PECAN HALVES

May contain shells

Net Weight: 1kg

Ingredients: Pecan Nuts

Product of USA



5 060090 200082

Packed by Afrotop Fine Foods, Tel 020 7819 9990

Unit 1, Afro House, Havlock Terrace LONDON SW8 4AS

Packed on a site that handles Nuts, Peanuts, Soya, Gluten, Soya & Sulphites

NUTRITIONAL INFORMATION:

Energy(Kcal) 689, Energy(KJ) 2843, Fat(g) 100g) 9.1, Saturates(g) 100g) 5.7,
Carbohydrate(g) 100g) 5.8, Sugars(g) 100g) 4.3, Fibre(g) 100g) 4.7,
Protein(g) 100g) 9.2, Sodium(g) 100g) 0.001, Salt(g) 100g) 0.025



WHOLE CASHEW NUTS

May contain shells.

Net Weight: 1kg

Product of Vietnam



5 060090 200068

Packed by Avro Fine Foods, Tel 020 7819 9990
Unit 1, Avro House, Tavelock Terrace LONDON SW8 4AS
Packed on a site that handles: Nuts, Peanuts, Sesame, Gluten, Soya & Sulphites.

NUTRITIONAL INFORMATION:

Energy(Kcal) 574, Energy(KJ) 2416, Fat(g/100g) 46.35, Saturates(g/100g) 9.15,
Carbohydrate(g/100g) 32.60, Sugar (g/100g) 4.6, Fibre(g/100g) 3,
Protein(g/100g) 18.31, Sodium(g/100g) 0.016, Salt(g/100g) 0.04



SOUR CHERRIES

Ingredients: SOUR CHERRIES (80%), Apple Juice Concentrate (19%)
Sunflower Oil (1%).

May contain stones or stone fragments.

Net Weight: 1kg



5 060090 204813

Product of Poland

Best Before End:
Lot Number:

Packed by: Afrapol Fine Foods, Tel 020 7819 9990
Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in bold.

May also contain Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:

Energy(Kcal) 332, Energy(KJ) 1408, Fat(g/100g) 0.3, Saturates(g/100g) <0.1,
Carbohydrate(g/100g) 78.4, Sugars(g/100g) 72.3, Fibre(g/100g) 8.2,
Protein(g/100g) 2.1, Sodium(g/100g) 0.0049, Salt(g/100g) 0.012

CHIA SEEDS

Ingredients: Chia seeds

Net Weight: 1kg



Product of Bolivia
Best Before End:
Lot Number:

Packed by Afropol Fine Foods, Tel 020 7819 9990
Unit 1, Ayro House, Havelock Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in bold.

May also contain Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:

Energy(Kcal) 486, Energy(KJ) 2034, Fat(g/100g) 30.74, Saturates(g/100g) 3.3,
Carbohydrate(g/100g) 42.12, Sugars(g/100g) 0, Fibre(g/100g) 34.4,
Protein(g/100g) 16.54, Sodium(g/100g) 0.016, Salt(g/100g) 0.04



RAW COCONUT CHIPS
Ingredients: Coconut

Net Weight: 1kg

Product of Indonesia
Best Before End:
Lot Number:

Packed by: Abroad Fine Foods, Tel: 020 7819 9990
Unit 1, Astro House, Harehok Terrace LONDON NW9 4AS
Allergen advice: See Ingredients listed in bold.

May also contain: Nuts, Soya, Glucose & Sulphites

NUTRITIONAL INFORMATION:
Energy(kcal) 884, Energy(kJ) 3682, Fat(g) 100(g) 52, Carbohydrate(g) 100(g) 82.4,
Saturated Fat(g) 100(g) 5.4, Sugar(g) 100(g) 5.4, Fibre(g) 100(g) 12.7,
Protein(g) 100(g) 6.6, Sodium(g) 100(g) 0.008, Salt in 100(g) 0.07



TOASTED COCONUT CHIPS
(apricot, coconut)

Net Weight: 1kg

Product of Philippines
Best Before End:
Lot Number:

Packed to: Adipol Fine Foods, Tel: 020 7819 9999
Fax: 1, 800 800 8000, Bedford, Surrey, LONDON SW14 4AS
Allergen advice: See tag contents listed in bold.

May also contain: Nuts, Soy, Gluten & Sulphites.

NUTRITIONAL INFORMATION
Energy (kJ) 104, Energy (kcal) 24.5, Fat (g) 12.5, Carbohydrate (g) 12.5,
Protein (g) 1.5, Fibre (g) 1.5, Salt (g) 0.01

DESICCATED COCONUT FINE

Ingredients: Coconut

Net Weight: 1kg



Product of Indonesia
Best Before End:
Lot Number:

Packed by: Afropal Fine Foods, Tel 020 7819 9990
Unit 1, Ayre House, Havesham Terrace LONDON SW8 4AS
Allergen advice: See Ingredients listed in label.

May also contain Nuts, Sesame, Gluten & Sulphites

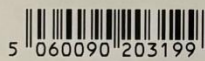
NUTRITIONAL INFORMATION:

Energy(Kcal) 604, Energy(KJ) 2492, Fat(g) 100g) 62, Saturates(g) 100g) 43.4,
Carbohydrate(g) 100g) 6.4, Sugars(g) 100g) 6.4, Fibre(g) 100g) 13.7,
Protein(g) 100g) 5.6, Sodium(g) 100g) 0.028, Salt (g) 100g) 0.07

COUSCOUS (GIANT)

Ingredients: **Wheat flour** (containing **Gluten**)

Net Weight: 1kg



5 060090 203199

Product of Italy

Best Before End:

Lot Number:

Packed by Afropol Fine Foods. Tel 020 7819 9990

Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS

Allergen advice: See Ingredients listed in bold.

May also contain Nuts, Sesame & Sulphites.

NUTRITIONAL INFORMATION:

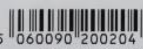
Energy(Kcal) 361, Energy(KJ) 1510, Fat(g/100g) 1.1, Saturates(g/100g) 0,
Carbohydrate(g/100g) 77, Sugars(g/100g) 2, Fibre(g/100g) 3,
Protein(g/100g) 10, Sodium(g/100g) 0.04, Salt (g/100g) 0.1



DRIED CRANBERRIES

Ingredients: CRANBERRIES (60%), Sugar (39%), Sunflower Oil (1%).

Net Weight: 1kg



Product of USA
Best Before End:
Lot Number:

Packed by Afropol Fine Foods, Tel 020 7819 9990
Unit 1, Avro House, Havelock Terrace LONDON SW8 4AS

Allergen advice: See Ingredients listed in bold.
May also contain Nuts, Sesame, Gluten & Sulphites

NUTRITIONAL INFORMATION:
Energy(Kcal) 364, Energy(KJ) 1828, Fat(g/100g) 1.37, Saturates(g/100g) 0.20,
Carbohydrate(g/100g) 88.90, Sugars(g/100g) 77.10, Fibre(g/100g) 3.80,
Protein(g/100g) 0.68, Sodium(g/100g) 0.008, Salt(g/100g) 0.018