

























Allergen Advice: See ingredients listed in bold.
Packed by A'topol Fine Foods. Tel 020 7819 9999
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) 570, Energy(KJ) 2397, Fat(g 100g) 45.4, Saturates(g 100g) 5.9,
Carbohydrate(g 100g) 10.2, Sugars(g 100g) 7.2, Fibre(g 100g) 11.6,
Protein(g 100g) 24.9, Sodium(mg 100g) 0.4, Salt(g 100g) 1





QUINOA BLACK

Ingredients: Quinoa

Net Weight: 1kg

Product of Peru
Best Before End:
Lot Number:



5 060090 203304

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) 368, Energy(KJ) 1539, Fat(g/100g) 0.07, Saturates(g/100g) 0.706,
Carbohydrate(g/100g) 64.16, Sugars(g/100g) 2.7, Fibre(g/100g) 7,
Protein(g/100g) 14.12, Sodium(g/100g) 0.008, Salt(g/100g) 0.0126



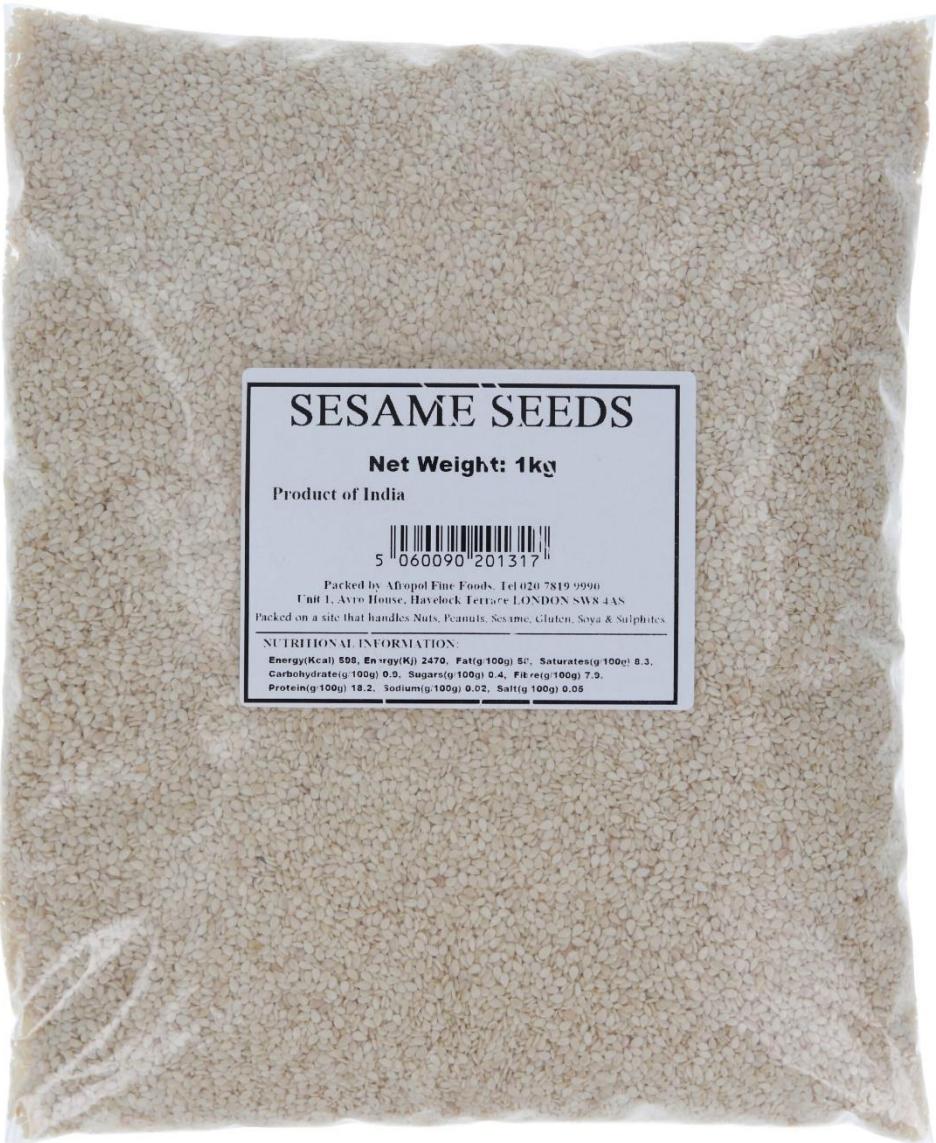




Packed by Abogel Inc Foods, Tel:020 7819 9990
Flat 1, A To House, Have not, Terrace LONDON SW8 4AS
Packed on a site that handles Nuts, Peanuts, Sesame, Gluten, Soya & Sulphites.

NUTRITIONAL INFORMATION:
Energy(Kcal) 272, Energy(KJ) 1159, Fibre(g 100g) 0.4, Saturates(g 100g) 0,
Carbohydrate(g 100g) 69.3, Sugars(g 100g) 69.3, Fibre(g 100g) 2,
Protein(g 100g) 2.1, Sodium(g 100g) 0.06, Salt (g 100g) 0.15





















BLANCHED ALMONDS

Ingredients: Almonds
May contain shells.

Net Weight: 1kg

Product of Spain
Best Before End:
Lot Number:

5 060090 20006

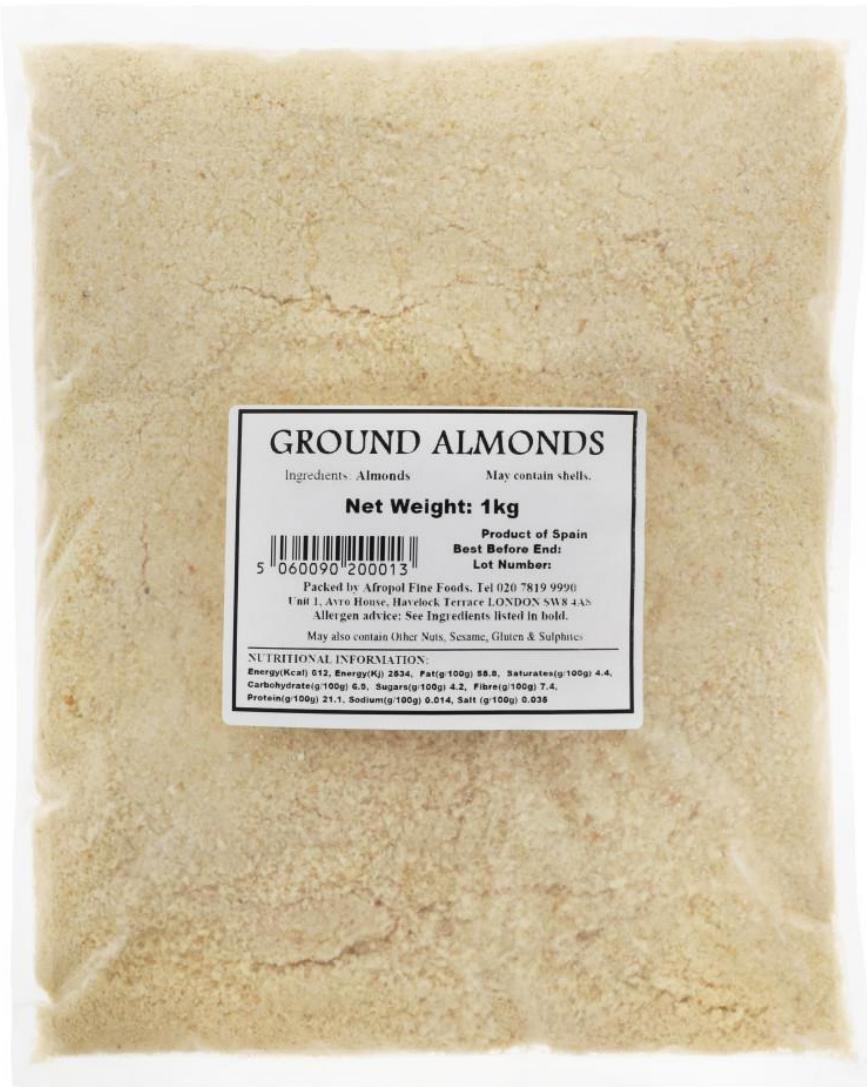
Packed by Afropol Fine Foods, Tel 020 7819 9990
UNIT 1, AVTO HOUSE, HAVELOCK TERRACE LONDON SW8 4AS

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

NUTRITIONAL INFORMATION

Energy(Kcal) 612, Energy(KJ) 2534, Fat(g(100g)) 58.8, Saturates(g(100g)) 4.4,
Carbohydrate(g(100g)) 6.5, Sugars(g(100g)) 4.2, Fibre(g(100g)) 7.4,
Protein(g(100g)) 21.1, Sodium(g(100g)) 0.014, Salt (g(100g)) 0.038







NIBBED ALMONDS

Ingredients: Almonds
May contain shells.

Net Weight: 1kg

5 060090 200037

Product of Spain
Best Before End:
Lot Number:

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

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

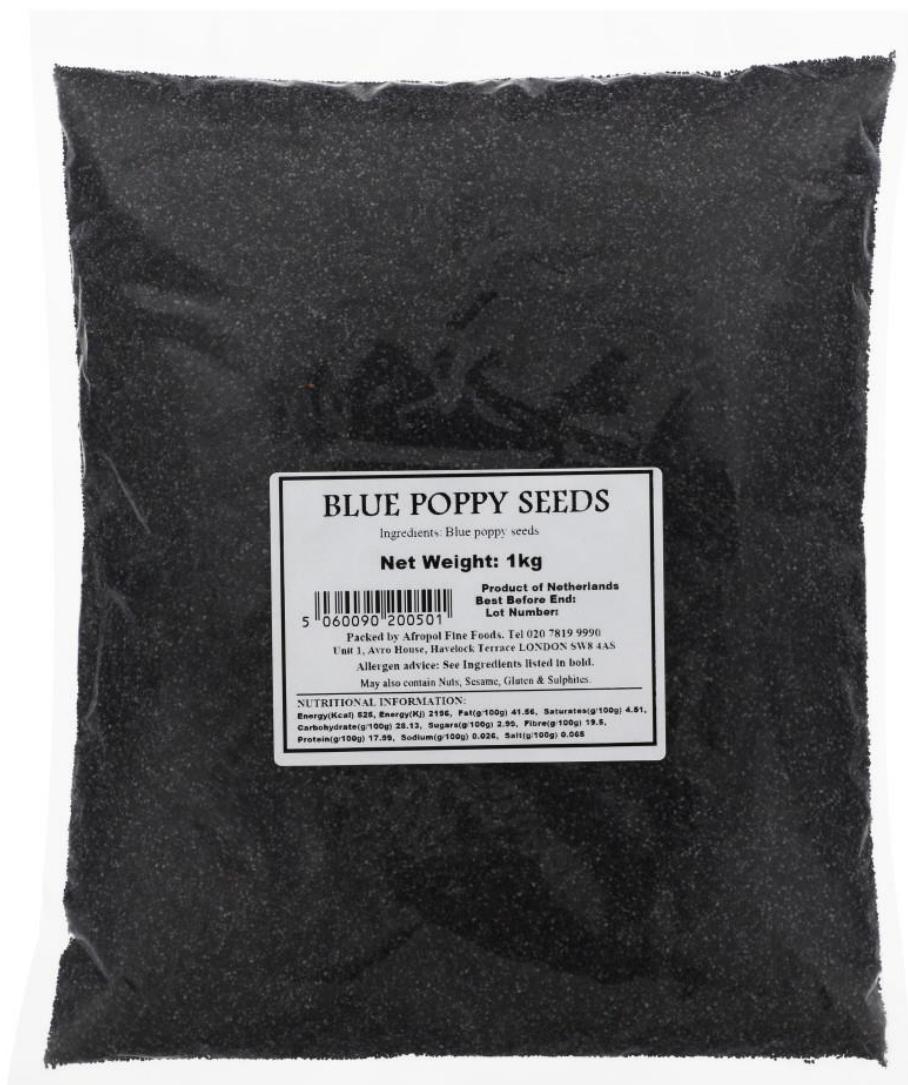
NUTRITIONAL INFORMATION:
Energy(Kcal) 512, Energy(KJ) 2134, Fat(g/100g) 55.0, Saturates(g/100g) 4.4,
Carbohydrate(g/100g) 6.0, Sugars(g/100g) 4.2, Fibre(g/100g) 7.4,
Protein(g/100g) 21.1, Sodium(g/100g) 0.014, Salt (g/100g) 0.035











BLUE POPPY SEEDS

Ingredients: Blue poppy seeds

Net Weight: 1kg

Product of Netherlands
Best Before End:
Lot Number:



5 060090 200501

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) 525, Energy(KJ) 2196, Fat(g/100g) 41.56, Saturates(g/100g) 4.81,
Carbohydrates(g/100g) 28.13, Sugars(g/100g) 2.99, Fibre(g/100g) 19.8,
Protein(g/100g) 17.59, Sodium(g/100g) 0.026, Salt(g/100g) 0.068

























