

PINE NUTS (950 count)

May contain shells.

Net Weight: 1kg

Product of China



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

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

NUTRITIONAL INFORMATION:

Energy(Kcal) 573, Energy(Kj) 2816, Fat(g/100g) 18.4, Saturates(g/100g) 4.9,
Carbohydrate(g/100g) 13.1, Sugars(g/100g) 3.6, Fibre(g/100g) 3.7,
Protein(g/100g) 13.7, Sodium(g/100g) 0.002, Salt(g/100g) 0.005



PISTACHIO NUTS WITH SKIN

Ingredients: Pistachio

May contain shells.

Net Weight: 1kg



Product of Iran
Best Before End:
Lot Number:

Packed by Afropal 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 Other Nuts, Sesame, Gluten & Sulphites.

NUTRITIONAL INFORMATION:

Energy (Kcal) 565, Energy (KJ) 2376, Fat (g/100g) 41.4, Saturates (g/100g) 12.4,
Carbohydrate (g/100g) 23.2, Sugars (g/100g) 6.3, Fibre (g/100g) 4,
Protein (g/100g) 25.4, Sodium (g/100g) 0.03, Salt (g/100g) 0.075





JUMBO PISTACHIOS
ROASTED & SALTED

May contain shells

Ingredients: **PISTACHIOS (99%)** Salt, Anti caking agent

Net Weight: 1kg

Product of Iran



Allergen advice: See ingredients listed in bold

Packed by: Atropol 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) 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(g 100g) 0.5, Salt(g 100g) 1

PRUNES PITTED

Ingredients: Prunes, Preservative (Potassium sorbate E202), Sunflower oil
May contain stones or stone fragments.

Net Weight: 1kg

Product of Chile



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Packed by Afrofol Fine Foods, Tel 020 7819 9990

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

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

NUTRITIONAL INFORMATION:

Energy(kcals) 141, Energy(kJ) 601, Fat(g/100g) 0.4, Saturates(g/100g) 0,

Carbohydrate(g/100g) 34, Sugar(g/100g) 34, Fibre(g/100g) 8.7,

Protein(g/100g) 2.5, Salt(g/100g) 0.3

PUMPKIN SEEDS

Ingredients: Pumpkin seeds. May contain shells or shell fragments.

Net Weight: 1kg



5 060090 200136

Product of China

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) 559, Energy(KJ) 2335, Fat(g/100g) 49.05, Saturates(g/100g) 5.6,
Carbohydrate(g/100g) 10.71, Sugars(g/100g) 1.4, Fibre(g/100g) 6,
Protein(g/100g) 30, Sodium(g/100g) 0.007, Salt(g/100g) 0.0175

QUINOA BLACK

Ingredients: Quinoa

Net Weight: 1kg



Product of Peru
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) 368, Energy(KJ) 1539, Fat(g/100g) 6.07, 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) 0.0128

QUINOA RED

Ingredients: Quinoa

Net Weight: 1kg



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Product of Peru
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 & Sulphates.

NUTRITIONAL INFORMATION:

Energy(Kcal) 368, Energy(KJ) 1639, Fat(g/100g) 6.07, Saturates(g/100g) 0.708,
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) 0.0128

QUINOA WHITE

Ingredients: Quinoa

Net Weight: 1kg



Product of Peru

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) 368, Energy(KJ) 1539, Fat(g/100g) 6.07, 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) 0.0128



BROWN RAISINS

Ingredients: Raisins(99.5%), Sunflower Oil.
May contain stones or stone fragments.

Net Weight: 1kg

Product of Turkey



5 060090 200181

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

NUTRITIONAL INFORMATION:

Energy(Kcal): 272, Energy(KJ): 1159, Fat(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



GOLDEN RAISINS

Ingredients: Golden Raisins(99.5%), Sunflower oil dressing.

Preservative: **sulphur dioxide** (max 2000ppm)

May contain stones or stone fragments.

Net Weight: 1kg

Product of South Africa



5 060090 200174

Packed by Afropol Fine Foods, Tel 020 7819 9900

Unit 1, Astro House, Havelock Terrace LONDON SW8 4AA

Allergen advice: See ingredients listed in bold.

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

NUTRITIONAL INFORMATION:

Energy(Kcal) 275, Energy(KJ) 1171, Fat(g/100g) 0.4, Saturates(g/100g) 0.0,

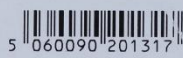
Carbohydrate(g/100g) 69.4, Sugars(g/100g) 69.4, Fibre(g/100g) 2.0,

Protein(g/100g) 2.7, Sodium(g/100g) 0.03, Salt(g/100g) 0.08

SESAME SEEDS

Net Weight: 1kg

Product of India



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

NUTRITIONAL INFORMATION:

Energy(Kcal) 505, Energy(KJ) 2470, Fat(g 100g) 51, Saturates(g 100g) 8.3,
Carbohydrate(g 100g) 0.5, Sugars(g 100g) 0.4, Fibre(g 100g) 7.9,
Protein(g 100g) 18.2, Sodium(g 100g) 0.02, Salt(g 100g) 0.05

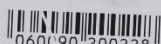


BROWN SULTANAS

Ingredients: Sultanas(99.5%), Sunflower Oil.
May contain stones or stone fragments.

Net Weight: 1kg

Product of Mexico



5 060090 200228

Packed by Afro-El Fine Foods, Tel:020 7819 9990
Unit 1, Astro House, Hays's Rd, Terrace LONDON SW8 4AS
Packed on a site that handles Nuts, Peanuts, Soya, Gluten, Soya & Sulphites.

NUTRITIONAL INFORMATION

Energy(Kcal) 275, Energy(KJ) 1171, Fat(g/100g) 0.4, Saturates(g/100g) 0.
Carbohydrate(g/100g) 69.4, Sugars(g/100g) 13.4, Fibre(g/100g) 2.
Protein(g/100g) 2.7, Sodium(g/100g) 0.019, Salt(g/100g) 0.0475



SUNFLOWER SEEDS

Net Weight: 1kg

Product of Bulgaria



Packed by: Topol 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) 581, Energy(KJ) 2 10, Fat(g/100g) 47.5, Saturates(g/100g) 4.5,
Carbohydrate(g/100g) 18.6, Sugars(g/100g) 1.7, Fibre(g/100g) 5,
Protein(g/100g) 19.8, Sodium(g/100g) 0.003, Salt(g/100g) 0.0075



WALNUT HALVES

May contain shell

Net Weight: 1kg

Product of Ukraine



5 060090 200044

Packed by Afropol Fine Foods, Tel: 020 7819 9990

Unit: Avro House, Havelock Terrace LONDON SW8 4AS

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

NUTRITION INFORMATION:

Energy(Kcal): 65, Energy(KJ): 2837, Fat(g:100g): 68.8, Saturates(g:100g): 8.6,
Carbohydrate(g:100g): 3.3, Sugars(g:100g): 2.1, Fibre(g:100g): 3.5,
Protein(g:100g): 14.7, Sodium(mg:100g): 0.007, Salt(g:100g): 0.02



WALNUT HALVES LIGHT

May contain shells.

Net Weight: 1kg

Product of U.S.



5 60090 204608

Packed by Afrotop Fine Foods, Tel:020 7819 9990

Unit 1, Astro House, Ha-chuck Terrace LONDON SW8 4AS

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

NUTRITIONAL INFORMATION:

Energy(Kcal) 702, Energy(Kj) 2900, Fat(g 100g) 67.0, Saturates(g 100g) 5,
Carbohydrate(g 100g) 8, Sugars(g 100g) 8, Fibre(g 100g) 7.5,
Protein(g 100g) 15, Sodium(g 100g) 0.0 2, Salt (g 100g) 0.03



WALNUT PIECES

Net Weight: 1kg

Product of China



Packed by: Annapol 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) 688, Energy(KJ) 2837, Fat(g/100g) 68.5, Saturates(g/100g) 8.6,
Carbohydrate(g/100g) 3.3, Su. acid(g/100g) 0, Fibre(g/100g) 3.5,
Protein(g/100g) 14.7, Sodium(g/100g) 0, Salt (g/100g) 0



**GREEN PEAS WITH
WASABI FLAVOURING**

Ingredients: 58.4% peas, corn starch, sunflower oil, sugar, maltodextrin, salt, 0.3% wasabi seasoning
(wasabi japonica, horseradish, maltodextrin, glucose, vitamin d10000), colouring: E102, E113.
This product contains azo-food colourant. May have an adverse effect on activity and attention in children.

Net weight: 1kg



Product of China
Best before End:
Lot no:

Packed by Afrotop 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 & Sulphates.

NUTRITIONAL INFORMATION:
Energy(Kcal) 413, Energy(KJ) 1734, Fat(g/100g) 12.7, Saturates(g/100g) 2,
Carbohydrate(g/100g) 68.4, Sugars(g/100g) 7.2, Fibre(g/100g) 8,
Protein(g/100g) 12.2, Sodium(g/100g) 0.76, Salt(g/100g) 1.8