

Nutritional Information



Rocky Road

Contains peanuts, milk, soy & may have traces of other nuts & sulphites.

Ingredients: **Peanuts**, Chocolate (Milk 33% & Dark 53%; cocoa mass, sugar, cocoa butter, whole **Milk** powder, emulsifier: **Soya** lecithin, natural vanilla flavouring.), Marshmallows (Glucose, Sugar, Water, Gelatine, Dextrose Monohydrate, **Wheat** Starch, Maize Starch Flavour, Colour (122, 102, 133), Emulsifier(452), Preservative(220)), Cocoa Butter, Salt.

Nutrition Information

Servings per pack: 8
Serving size: 23.75 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	413 kJ	1740 kJ
Protein	4.1 g	17.1 g
Fat, total	9.8 g	41.0 g
- saturated	3.0 g	12.8 g
Carbohydrate	7.7 g	32.3 g
- sugars	6.2 g	25.9 g
Sodium	20 mg	82 mg

Raspberry Ling Shards

Contains soy & may contain traces of peanuts, other nuts & milk.

Ingredients: Cocoa mass (Min. cocoa: 53%); Sugar; Cocoa butter; Emulsifier: **soy** lecithin; Natural vanilla flavouring; Raspberry; Lemon

Nutrition Information

Servings per pack: 3
Serving size: 50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	270.5kJ	541kJ
Protein	2.50g	5.0g
Fat, total	17.75g	35.5g
- saturated	11.15g	22.3g
Carbohydrate	23.0g	46.0g
- sugars	21.6g	43.1g
Sodium	3.5mg	7mg

Almond Shards

Contains soy & may contain traces of peanuts, other nuts & milk.

Ingredients: Sugar; Cocoa butter; Whole **milk** powder; Cocoa mass (Min. cocoa: 33%); Emulsifier: **soy** lecithin; Natural vanilla flavouring; Almonds; Liqueur

Nutrition Information

Servings per pack: 3
Serving size: 50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	336kJ	672kJ
Protein	3.2g	6.4g
Fat, total	16.6g	33.2g
- saturated	10.5g	21.0g
Carbohydrate	27.1g	54.2g
- sugars	26.6g	53.2g
Sodium	38mg	76mg

Shards 70%
Dark Chocolate

Contains soy & may contain traces of peanuts, other nuts & milk.

Ingredients: Cocoa mass (Min. cocoa: 70%); Sugar; Fat-reduced cocoa powder; Emulsifier: **soy** lecithin; Natural vanilla flavouring

Nutrition Information

Servings per pack: 3
Serving size: 50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	268.5kJ	537kJ
Protein	4.35g	8.7g
Fat, total	19.35g	38.7g
- saturated	12.15g	24.3g
Carbohydrate	15.25g	30.5g
- sugars	13.1g	26.2g
Sodium	4.45mg	8.9mg

Shards 53%
Dark Chocolate

Contains soy & may contain traces of peanuts, other nuts & milk.

Ingredients: Cocoa mass (Min. cocoa: 53%); Sugar; Cocoa butter; Emulsifier: **soy** lecithin; Natural vanilla flavouring

Nutrition Information

Servings per pack: 3
Serving size: 50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	273.5kJ	547kJ
Protein	2.5g	5g
Fat, total	18.05g	36.1g
- saturated	11.35g	22.7g
Carbohydrate	23.05g	46.1g
- sugars	21.75g	43.5g
Sodium	3mg	6mg

Shards 33%
Milk Chocolate

Contains soy & may contain traces of peanuts, other nuts & milk.

Ingredients: Sugar; Cocoa butter; Whole **milk** powder; Cocoa mass (Min. cocoa: 33%); Emulsifier: **soy** lecithin; Natural vanilla flavouring

Nutrition Information

Servings per pack: 3
Serving size: 50 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	281.5kJ	563kJ
Protein	3.5g	7g
Fat, total	18.1g	36.2g
- saturated	11.45g	22.9g
Carbohydrate	25.5g	51g
- sugars	25g	50g
Sodium	41.05mg	82.1g

Nutritional information can vary and change without notice.

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The love of great chocolate