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Kibbled Rye Wrap (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **Rye** Flakes, Rapeseed Oil, Humectant: Glycerol; Raising Agents: Diphosphates, Sodium Bicarbonate; Dried Fermented **Wheat** Flour, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Acidity Regulator: Citric Acid; **Wheat** Starch, Flour Treatment Agent: L-Cysteine), Avocado, Bell Pepper, Red Onion, Red Kidney Beans, Spinach, Sweetcorn, Haricot Beans, Pickled Onion (Red Onion, Cider Vinegar (**Sulphites**), Rice Vinegar (**Sulphites**), Sugar (**Sulphites**), Water), Tomato, **Celery**, Carrot, Black Eyed Beans, Borlotti Beans, Cannellini Beans, Water, Tomato Paste, Coriander, Rapeseed Oil, Garlic, Salt, Maize Starch, Lime Juice, Red Chilli, Dark Couverture Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Ground Spices (Smoked Paprika, Paprika, Black Pepper, Chilli, Lovage, Turmeric, White Pepper, Garlic, Mace, Nutmeg), Olive Oil, Cumin Seeds, Chilli Flakes, Oregano, Maltodextrin, Potato Starch, Yeast Extract, Sugar, Black Pepper, Onion Powder, Parsnip Powder, Sunflower Oil, Dried Parsley, Lovage Extract.

## Pret At Home

### Bircher Muesli

**Oats** (70%), Vanilla Pumpkin Seeds (7%) (Pumpkin Seeds, Vanilla Flavouring), Sweetened Dried Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Dried Apricot (6%) (Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Dried Apple (6%), Pumpkin Seeds (4.5%), Cinnamon, Salt.

### Classic Granola

**Oats** (50%), Golden Syrup (Partially Inverted Refiners Syrup), Pumpkin Seeds (7%), Sunflower Oil, Muscovado Sugar, Raisins (4.5%), Brown Sugar, Golden Linseed (3.5%), Concentrated Apple Juice, Buckwheat Flakes (3%), Cinnamon, Salt, Cassia.

### Oat Coconut Crunch

Jumbo **Oats** (40%), Golden Syrup (Partially Inverted Refiners Syrup), Desiccated Coconut (10%), Sunflower Oil, **Oats** (8%), Pumpkin Seeds (7%), Sunflower Seeds (7%), Toasted Coconut (5%), Brown Sugar, Salt.

### Dark Chocolate & Almond Granola

**Oats** (51%), Golden Syrup (Partially Inverted Refiners Syrup), Sunflower Oil, Whole Roasted **Almonds** (5%), Cocoa Powder (Cocoa Powder, Acidity Regulator: Potassium Carbonate), Dark Chocolate Curls (4%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin; Vanilla Flavouring), Flaked **Almonds** (2%), Vanilla Flavouring, Salt.