



Nutritional Information

Snacks: Flapjack, cookies, brownies, chocolate, fruit & musli cup

Brownie & Macaroon	<u>Calories (kcal)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>	<u>Protein (g)</u>
per unit sold					
Insomnia Brownie	215	8.6	33.4	0.5	3.1
Insomnia Macaroons	496	28.4	57.3	1.5	6.4
Cookies	<u>Calories (kcal)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>	<u>Protein (g)</u>
per unit sold					
Biscotti	176	4.4	20.5	0.8	13.2
Double Chocolate Cookie	474	22.9	65.2	2.0	5.8
Florentine (50g)	265	18.2	22.0	0.4	30.0
Rocky Road	547	36.3	48.6	2.7	5.1
Smarties Cookies	454	21.8	62.2	1.5	6.2
Twizzle Stick	327	1.8	83.1	0.0	3.9
Insomnia Bite Size Snacks	<u>Calories (kcal)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>	<u>Protein (g)</u>
per unit sold					
Altoids Mints 50g	250	0.0	25.0		0.0
Insomnia Melt Milk	527	32.3	57.5	2.8	7.3
Insomnia Melt Orange	461	25.7	60.1	2.9	5.7
Stroopwafel	134	6.3	18.5	0.3	1.0
Surf Seeds	140	11.7	6.4	1.9	4.7
Surf Seeds All Chocolate	138	10.8	6.4	1.9	4.7
Good Snack Co.	<u>Calories (kcal)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>	<u>Protein (g)</u>
per unit sold					
Chocolate Raisin Granola Chunks (75g)	412	14.8	66.6	5.9	6.0
Fruit & Nut Mix (70g)	438	29.1	40.7	5.1	10.8
Roasted & Salted Nut Mix (70g)	592	51.2	13.1	6.4	22.3
Brodericks Bars	<u>Calories (kcal)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>	<u>Protein (g)</u>
per unit sold					
Handmade Belgium Chocolate Caramel Nut Bar 55g	291	18.3	27.3	1.9	5.2
Handmade Caramel Slice 70g	312	13.9	42.3	0.4	4.2
Handmade Chocolate Cranberry Nut Bar 40g	190	10.6	20.1	1.6	4.2
Handmade Granola Slice 50g	244	14.6	26.6	2.7	2.9
Handmade Rocky Rock 75g	410	27.9	38.4	2.0	3.8
Handmade Tiffin Slice 65g	354	20.0	37.3	0.9	4.1
Handmade Winter Slice 75g	291	10.1	47.3	1.7	3.5
Handmade Yogurt, Mango & Papaya Bar 48g	221	9.9	29.1	1.5	4.3
Fruit / Muesli Cup	<u>Calories (kcal)</u>	<u>Fat (g)</u>	<u>Carbs (g)</u>	<u>Fibre (g)</u>	<u>Protein (g)</u>
per unit sold					
Fruit Cup	198	0.0	51.1	2.8	0.9
Musli Cup	469	19.6	45.2	1.9	10.3

gluten free
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made without gluten - can contain traces of gluten