

















Power Kitchen DESSERTS

We cannot guarantee that any DESSERT items on our menu are nut free due to food preparation procedures

Menu Item	Macros					Vegan Vegetarian	Ingredients														
	Kcal	Carbs	Net carbs	Protein	Fat			Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
DESSERTS																					
Power Bombs (pack 2)	120	10.2	4.6	8.3	7.8	Vegan	Dried fruit, coconut, coconut oil, MCT oil, Vegan protein, sucralose based flavourings. MAY CONTAIN NUTS depending on flavour.										X	X		X	X
Krispie slice	196.3	17.3	10.1	3.5	13.3	Vegetarian	Gluten free toasted rice, no added sugar peanut butter, coconut oil, honey, creamed coconut, cacao powder, no added sugar milk chocolate, carob based syrup.										X	X			
Snicks	360	19.3	14.6	8.6	36.9	Vegan	Dried fruit, peanuts, peanut butter, coconut oil, erythritol, cacao powder, cacao nibs, carob based syrup.										X	X			X
Snickerella	390	21.3	18.1	9.1	37.9	Vegetarian	Dried fruit, peanuts, peanut butter, coconut oil, erythritol, cacao powder, maltitol-based milk chocolate, cacao nibs, carob based syrup.						X				X	X			X
Fruit & Nut	373	34.8	31.2	2.9	31.1	Vegetarian	Dried fruit, peanuts, other nuts including Brazil, Pecan, Walnut, Almond and Hazelnut, cacao powder, maltitol-based milk chocolate, cacao nibs, carob based syrup.						X				X	X			X
Cabana	391	7.64	4.2	7.2	38.1	Vegetarian	Desiccated coconut, coconut oil, erythritol, cacao powder, maltitol-based milk chocolate, dried fruit, cacao nibs, carob based syrup.						X					M			X
Cakes (sponge base only)	227.8	8.2	5.7	6.7	18.9	Vegetarian	Bespoke - ingredients provided on request.				X		X				X	M			X

X - contains

M - May contain