



# 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
<b>DESSERTS</b>																					
Snickerella	365	21.3	18.1	9.1	32	Vegetarian	Dried fruit, peanuts, peanut butter, other nuts including Brazil, Pecan, Walnut, Almond and Hazelnut, coconut oil, erythritol, cacao powder, maltitol-based milk chocolate, cacao nibs, carob based syrup, belgian chocolate.							X			X	X		* - soy lecithin	X
Fruit & Nut	353	34.8	31.2	2.9	29	Vegetarian	Dried fruit, peanuts, other nuts including Brazil, Pecan, Walnut, Almond and Hazelnut, cacao powder, maltitol-based milk/flavoured chocolate, cacao nibs, carob based syrup, belgian chocolate..							X			X	X		* - soy lecithin	X
Rocky Road	348	36.6	30.1	2.2	28	Vegetarian	Dried fruit, peanuts, other nuts including Brazil, Pecan, Walnut, Almond and Hazelnut, cacao powder, maltitol-based sugar free marshmallows, maltitol-based milk/flavoured chocolate, carob based syrup, belgian chocolate..							X			X	X		* - soy lecithin	X
Reeses Peanut Butter Cup	505	39	31	16	38	Vegetarian	Peanut butter, erythritol, coconut oil, erythritol, cacao powder, maltitol-based chocolate spread, carob based syrup, belgian chocolate.							X			X	X		* - soy lecithin	X
Cookie Pie	485	55	38.8	5.2	31	Vegetarian	Gluten free flour, egg, unrefined sugar, belgian chocolate made with unrefined sugar, maltitol-based milk/flavoured chocolate. Variations may also contain PEANUT, HAZELNUT, sugar free maltitol-based marshmallow, maltitol-coated popcorn, sugar-free candy coated milk chocolate drops.				X			X			X	X		* - soy lecithin	X
Brownie	356	41	31	6.8	14.3	Vegetarian	Sweet potato, egg, cacao, gluten free flour, erythritol, honey, unrefined sugar, belgian 80% chocolate, baking powder, madagascan vanilla, MALTITOL compound chocolate coating.				X			X			M	M		* - soy lecithin	X
Flapjack	366	38	30	15	16	Vegetarian	Oats, honey, butter, erythritol, unrefined sugar, collagen hydrolysate, white/milk maltitol chocolate compound.		* - avenin similar to gluten					X			M	M			X

X - contains  
M - May contain