

BY BUYING OUR PRODUCTS YOU ARE  
SUPPORTING AN INDEPENDENT BUSINESS WITH A  
SMALL TEAM OF PASSIONATE ARTISANS!

PERFECT TO SPRINKLE ON  
**PASTA, PIZZA,  
RISOTTO, SALADS, SOUPS,  
YOUR TONGUE!**  
IT'S SO GOOD - IT'S GRATE!

Nut based grated cheese alternative - 100g

**EN** Ingredientes: **CASHEW NUTS**, Nutritional Yeast,  
Sea Salt, Garlic Powder, Rapeseed Oil, Truffle  
Flavour. **ALLERGENS IN CAPS.**

**ES** Ingredientes: **ANACARDOS**, Levadura Nutricional,  
Sal Marina, Aceite de Colza, Sabor a Trufa.

**FR** Ingrédients: **NOIX DE CAJOU**, Levure D'épave,  
Sel de Mer, Ail, Huile de Colza,  
Arôme Truffe.

**IT** Ingredienti: **ANACARDI NOCI**, Lievito  
Dissidratato, Sale Marino, Aglio, Olio di Colza,  
Aroma al Tartufo.

**DE** Zutaten: **CASHEWNÜSSE**, Nährhefe, Meersalz,  
Knoblauch, Rapsöl, Trüffelschmack.

Nutrition values per 100g	
Energy / Calorien / Energía / Calorie / Energie	2203kJ 526kcal
Fat / Grasses / Matières grasses / Grassi / Fett	49g
of which saturates / de los cuales saturados / Dont pas saturés / di cui saturi / Dutton gesättigte	8.2g
Carbohydrate / Carbohidratos / Glucides / Carbohidrati / Polikarbydrater	10g
of which sugars / de los cuales azúcares / Dont sucrés / di cui zuccheri / Dutton Zucker	5g
Protein / Proteínas / Protéines / Proteine / Eiweiß	20g
Salt / Sal / Sel / Sale / Salz	3.4g

Contains NUTS. Made in a kitchen that also handles  
SOYA and MUSTARD. Store in a cool, dry place.

**I AM NUT OK LTD**  
4 Rothbury Road, E9 5HD London, UK  
www.iamnutok.com | follow us @iamnutok



100g

artisan not cheese

PLANT BASED

DAIRY FREE

grated alternative  
to a certain  
Italian cheese we  
cannot mention

**OH, GRATE!**  
GARLICKY • UMAMI • BOLD

**I AM NUT OK**  
MORE DARING THAN DAIRY

HANDMADE IN LONDON