

INSTANT PORRIDGE, INSTANTLY LOVELY.

THE GREAT BRITISH PORRIDGE CO



SPECIFICATION SHEETS 2024 V3

Red Berry & Pumpkin Seed

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
34% FRUIT & SEEDS
GLUTEN FREE

FLAVOUR	Red Berry & Pumpkin Seed
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970006
RETAIL 4 BOX BARCODE	35060559970007
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Red Berry & Pumpkin Seed 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Pumpkin Seeds (6.2%), Coconut Cream, Goji Berries (4%), Chia Seeds, Freeze Dried Raspberries (1%), Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS

For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1575kJ/371kcal	756kJ/178kcal
Fat	10g	5.0g
of which saturates	4.1g	2.0g
Carbohydrate	57g	27g
of which sugars*	16g	7.7g
Fibre	8.9g	4.3g
Protein	11g	5.4g
Salt	0.01g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristic		
Water Activity	Aw	<0.6



Blueberry & Banana

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
30% FRUIT & SEEDS
GLUTEN FREE

FLAVOUR	Blueberry & Banana
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970013
RETAIL 4 BOX BARCODE	35060559970014
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Blueberry & Banana 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS		
Wholegrain Oats , Dates, Sunflower Seeds, Coconut Cream, Freeze Dried Banana (3%), Freeze Dried Blueberries (2%), Freeze Dried Raspberries (1%), Chia Seeds, Flaxseed, Pink Himalayan Salt.		
ALLERGENS AND WARNINGS		
For allergens see ingredients in bold . May contain peanuts, nuts, tree nuts, milk, egg .		
WARNING: May contain stones/pits from the fruit.		
NUTRITIONALS		
Typical values	Per 100g	Per 48g serving
Energy	1594kJ/376kcal	765kJ/181kcal
Fat	11g	5.1g
of which saturates	3.5g	1.7g
Carbohydrate	56g	27g
of which sugars*	13g	6.4g
Fibre	9.6g	4.6g
Protein	10g	5.0g
Salt	0.01g	0g
*contains naturally occurring sugars only		
8 SERVINGS PER BAG		
MICRO AND WATER ACTIVITY STANDARDS		
Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Strawberry & Peanut

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR 36%
FRUIT, PEANUTS & SEEDS
GLUTEN FREE

FLAVOUR	Strawberry and Peanut Butter
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970020
RETAIL 4 BOX BARCODE	35060559970021
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Strawberry and Peanut Butter 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, **Peanuts** (11%), Coconut Cream, Freeze Dried Strawberries (2.4%), Chia Seeds, Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS



For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1667kJ/392kcal	800kJ/188kcal
Fat	14g	6.6g
of which saturates	4.7g	2.3g
Carbohydrate	53g	26g
of which sugars*	14g	6.7g
Fibre	9.2g	4.4g
Protein	12g	5.6g
Salt	0.01g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Caffè Latte Porridge

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
2% ARABICA COFFEE
GLUTEN FREE

FLAVOUR	Caffè Latte Porridge
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970075
RETAIL 4 BOX BARCODE	15060559970072
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Caffè Latte 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Coconut Cream, Cocoa Nibs, Arabica Coffee (2%), Chia Seeds, Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS



For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1545kJ/363kcal	742kJ/174kcal
Fat	9.4g	4.5g
of which saturates	4.6g	2.2g
Carbohydrate	57g	27g
of which sugars*	14g	6.7g
Fibre	9.2g	4.4g
Protein	10g	4.9g
Salt	0.1g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Classic Chocolate

100% natural instant porridge | Instant porridge, instantly lovely.



**PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
REAL CHOCOLATE PIECES
GLUTEN FREE**

FLAVOUR	Classic Chocolate
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970082
RETAIL 4 BOX BARCODE	15060559970089
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Classic Chocolate 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Dark Chocolate Pieces (7%) (Cocoa Butter, Cocoa Powder, Dates), Coconut Cream, Chia Seeds, Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS



For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1583kJ/373kcal	760kJ/179kcal
Fat	10g	4.9g
of which saturates	5.1g	2.4g
Carbohydrate	58g	28g
of which sugars*	15g	7.4g
Fibre	9.0g	4.3g
Protein	9.9g	4.8g
Salt	0.1g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Oatrageously Original

100% natural instant porridge | Instant porridge, instantly lovely.



**PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
23% FRUIT & SEEDS
GLUTEN FREE**

FLAVOUR	Oatrageously Original
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970181
RETAIL 4 BOX BARCODE	15060559970188
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Oatrageously Original 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Coconut Cream, Chia Seeds, Flaxseed, Pink Himalayan Salt

ALLERGENS AND WARNINGS



For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1521kJ/358kcal	730kJ/172kcal
Fat	7.6g	3.6g
of which saturates	3.3g	1.6g
Carbohydrate	60g	29g
of which sugars*	14g	6.7g
Fibre	8.8g	4.2g
Protein	10g	4.8g
Salt	0.1g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

High Protein & Low Sugar

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
16% FRUIT & SEEDS
GLUTEN FREE

FLAVOUR	High Protein & Low Sugar
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970198
RETAIL 4 BOX BARCODE	5060559970195
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	High Protein & Low Sugar 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Fava Bean Protein Power (10%), Dates, Coconut Cream, **Cashews, Almonds, Hazelnuts**, Chia Seeds, Flaxseed, Cinnamon, Vanilla Extract, Pink Himalayan Salt.

ALLERGENS AND WARNINGS



For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1628kJ/549kcal	781kJ/264kcal
Fat	16g	7.4g
of which saturates	3.9g	1.8g
Carbohydrate	50g	22g
of which sugars*	5.0g	2.4g
Fibre	8.8g	4.2g
Protein	20g	9.4g
Salt	0.01g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Apple & Cinnamon

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
32% FRUIT & SEEDS
GLUTEN FREE

FLAVOUR	Apple & Cinnamon
BAG WEIGHT	385g / 13.6oz
BAG GROSS WEIGHT	400g
CASE GROSS WEIGHT	1738g
CASE DIMENSIONS	257 (L) x 172 (W) x 247 (H) mm
BAG DIMENSIONS	175 (L) x 63.25 (W) x 240 (H) mm
BAGS PER CASE (SRP)	4
STANDARD PALLET	120 (L) x 100 (W) x 165 (H) cm 1.65m high including pallet 25 boxes per layer 6 layers high Total = 150 boxes x 4 = 600 bags
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.65m high including pallet 20 boxes per layer 6 layers high Total = 120 boxes x 4 = 480 bags
SINGLE BAG BARCODE	5060559970136
RETAIL 4 BOX BARCODE	15060559970133
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Apple & Cinnamon 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Apples (9%), Coconut Cream, Chia Seeds, Flaxseed, Cinnamon (0.5%), Pink Himalayan Salt

ALLERGENS AND WARNINGS



For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 48g serving
Energy	1539kJ / 363kcal	739kJ / 174kcal
Fat	8.0g	3.9g
of which saturates	3.7g	1.8g
Carbohydrate	60g	29g
of which sugars*	16g	7.9g
Fibre	9.5g	4.5g
Protein	9.6g	4.6g
Salt	0.01g	0g

*contains naturally occurring sugars only

8 SERVINGS PER BAG

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Blueberry and Banana – Pot

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
30% FRUIT & SEEDS
GLUTEN FREE

FLAVOUR	Blueberry & Banana
POT WEIGHT	60g / 2.1oz
POT GROSS WEIGHT	75g
CASE GROSS WEIGHT	710g
CASE DIMENSIONS	195 (L) x 195 (W) x 190 (H) mm
POT DIMENSIONS	90 (L) x 95 (W) x 87 (H) mm
POTS PER CASE (SRP)	8
STANDARD PALLET	120 (L) x 100 (W) x 180 (H) cm 1.75m high including pallet 30 boxes per layer 8 layers high Total = 240 boxes x 8 = 1,920 pots
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.75m high including pallet 24 boxes per layer 8 layers high Total = 192 boxes x 8 = 1,536 pots
SINGLE POT BARCODE	5060559970068
RETAIL 8 BOX BARCODE	15060559970065
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Blueberry & Banana 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Sunflower Seeds, Coconut Cream, Freeze Dried Banana (3%), Freeze Dried Blueberries (2%), Freeze Dried Raspberries (1%), Chia Seeds, Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS

For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg, soya**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 60g serving
Energy	1594kJ / 376kcal	957kJ / 226kcal
Fat	11g	6.4g
of which saturates	3.5g	2.1g
Carbohydrate	56g	34g
of which sugars*	13g	8.0g
Fibre	9.6g	5.7g
Protein	10g	6.3g
Salt	0.01g	0g

*contains naturally occurring sugars only

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Caffè Latte – Pot

100% natural instant porridge | Instant porridge, instantly lovely.



PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
2% ARABICA COFFEE
GLUTEN FREE

FLAVOUR	Caffè Latte Porridge
POT WEIGHT	60g / 2.1oz
POT GROSS WEIGHT	75g
CASE GROSS WEIGHT	710g
CASE DIMENSIONS	195 (L) x 195 (W) x 190 (H) mm
POT DIMENSIONS	90 (L) x 95 (W) x 87 (H) mm
POTS PER CASE (SRP)	8
STANDARD PALLET	120 (L) x 100 (W) x 180 (H) cm 1.75m high including pallet 30 boxes per layer 8 layers high Total = 240 boxes x 8 = 1,920 pots
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.75m high including pallet 24 boxes per layer 8 layers high Total = 192 boxes x 8 = 1,536 pots
SINGLE POT BARCODE	5060559970044
RETAIL 8 BOX BARCODE	15060559970041
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Caffè Latte 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Coconut Cream, Cacao Nibs, Arabica Coffee (2%), Chia Seeds, Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS

For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg, soya**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 60g serving
Energy	1545kJ / 363kcal	927kJ / 218kcal
Fat	9.5g	5.7g
of which saturates	4.6g	2.8g
Carbohydrate	57g	34g
of which sugars*	14g	8.4g
Fibre	9.2g	5.5g
Protein	10g	6.1g
Salt	0.1g	0g

*contains naturally occurring sugars only

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000
Chemical characteristics		
Water Activity	Aw	<0.6

Classic Chocolate – Pot

100% natural instant porridge | Instant porridge, instantly lovely.



**PLANT BASED
HIGH IN FIBRE
NO ADDED SUGAR
REAL CHOCOLATE PIECES
GLUTEN FREE**

FLAVOUR	Classic Chocolate
POT WEIGHT	60g / 2.1oz
POT GROSS WEIGHT	75g
CASE GROSS WEIGHT	710g
CASE DIMENSIONS	195 (L) x 195 (W) x 190 (H) mm
POT DIMENSIONS	90 (L) x 95 (W) x 87 (H) mm
POTS PER CASE (SRP)	8
STANDARD PALLET	120 (L) x 100 (W) x 180 (H) cm 1.75m high including pallet 30 boxes per layer 8 layers high Total = 240 boxes x 8 = 1,920 pots
EUR PALLET	120 (L) x 80 (W) x 165 (H) cm 1.75m high including pallet 24 boxes per layer 8 layers high Total = 192 boxes x 8 = 1,536 pots
SINGLE POT BARCODE	5060559970037
RETAIL 8 BOX BARCODE	15060559970034
STORAGE CONDITIONS	Ambient
DESCRIPTIONS	Classic Chocolate 100% natural instant porridge
SHELF LIFE FROM PRODUCTION	13 months
STORAGE INSTRUCTIONS	Store in a cool dry place
COUNTRY OF ORIGIN	West Sussex, UK

INGREDIENTS

Wholegrain **Oats**, Dates, Dark Chocolate Pieces (7%) (Cocoa Butter, Cacao Powder, Dates), Coconut Cream, Chia Seeds, Flaxseed, Pink Himalayan Salt.

ALLERGENS AND WARNINGS

For allergens see ingredients in **bold**. May contain **peanuts, nuts, tree nuts, milk, egg, soya**.

WARNING: May contain stones/pits from the fruit.

NUTRITIONALS

Typical values	Per 100g	Per 60g serving
Energy	1583kJ / 373kcal	950kJ / 224kcal
Fat	10g	6.1g
of which saturates	5.1g	3.0g
Carbohydrate	58g	35g
of which sugars*	15g	9.2g
Fibre	9.0g	5.4g
Protein	9.9g	5.9g
Salt	0.1g	0g

*contains naturally occurring sugars only

MICRO AND WATER ACTIVITY STANDARDS

Microbiological criteria	Unit	Limit
E.Coli	cfu/g	≤20
Staphylococcus aureus	cfu/g	≤100
Salmonella	/25g	Not detected
Moulds	cfu/g	≤10,000
Yeast	cfu/g	≤10,000

Chemical characteristics

Water Activity	Aw	<0.6
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