

HFB Product Code	Product Description	Long Description
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P520161

Barleycup with fibre 100g

Barleycup with fibre.  
Instant cereal drink with fibre

With its deliciously mild coffee taste, Barleycup is a drink to enjoy everyday! Made from roasted barley, rye and chicory, Barleycup naturally contains no caffeine.

This beverage contains an additional dose of fibre in the form of inulin from chicory root.

Ingredients	Shelf Life after opening (Months)	Storage Instructions	Ready to Eat? (Y/N)	Is the product Fairtrade? (Y/N)
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Instant cereal drink (barley, rye, chicory), inulin (from chicory).	1 month	Store in a cool dry place with the lid firmly closed. Store in the fridge to protect from a humid environment.	N	N
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Is the product Organic? (Y/N)	Certified low FODMAP? (Y/N)	GMO Free (Y/N)	Is the product suitable for a GLUTEN FREE diet? (Y/N)	Is the product suitable for coeliacs? (Y/N)	Is the product suitable for a VEGETARIAN DIET? (Y/N)	Is the product suitable for A VEGAN Diet? (Y/N)	Is the product Kosher? (Y/N)	Is the product Halal? (Y/N)
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Is the product suitable for Diabetics? (Y/N)	Has the product been made in a nut free environment (Y/N)	Dairy free? (Y/N)	Soya free? (Y/N)	Egg free? (Y/N)	Lactose free? (Y/N)	Nut free? (Y/N)	Peanut free? (Y/N)	Sesame seed free? (Y/N)
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Mustard free? (Y/N)	Celery free? (Y/N)	Wheat free? (Y/N)	Maize free? (Y/N)	Corn free? (Y/N)	Yeast free? (Y/N)	Fish free? (Y/N)	Crustacean free? (Y/N)	Mollusc free? (Y/N)
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Y                      Y                      N                      Y                      Y                      Y                      Y                      Y

Pork free? (Y/N)	Gelatin Free? (Y/N)	Citric Acid free? (Y/N)	Palm oil free? (Y/N)	Caffeine free? (Y/N)	Lupin free? (Y/N)	Has salt been added to the product? (Y/N)	Has sugar been added to the product? (Y/N)	Alcohol free? (Y/N)
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Y                      Y                      Y                      Y                      Y                      N                      N                      Y

Energy (kJ) * per 100g	Energy (kcal)* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydr ate (g)* per 100g	of which sugars (g)* per 100g	Fibre (g)* per 100g	Protein (g)* per 100g	Salt (g)* per 100g	Low fat?*( under 3g per 100g) (Y/N)
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1290	308	0.1	0.1	54	11	39	3.1	0.14	Y
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Fat free?*( under 0.5g per 100g) (Y/N)	Free from hydrogena ted fats? (Y/N)	Sugar free?*( under 0.5g per 100g) (Y/N)	High Fibre?* (at least 6g per 100g) (Y/N)	Low salt?*( under 0.12g per 100g) (Y/N)
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Y

Y

N

Y

N