

Baked slowly in small batches to make a delicious crisp biscuit.

> Free from Palm Oil. Suitable for Vegetarians.



The name Roots & Wings comes from the saying: 'The best thing in life you can give your children is roots for stability and confidence and wings for aspiration.'

Roots & Wings donates 10% of its profits to charities devoted to the needs of children. Help us to choose the charities we donate to by voting on our website:

www.rootsandwingsorganic.com

Made in Britain to Roots & Wings' own recipe. Roots & Wings, 1 Mead House, Littlemead Industrial Estate, Alfold Road, Cranleigh, Surrey, GU6 8ND. Roots & Wings is a registered trademark © Food Revolution Ltd.









Best Before:

Ginger Shortbread:

Organic Wheat Flour (Organic Wheat Flour, Calcium Carbonate*, Iron*, Niacin*. Thiamin*), Organic Salted Butter (Organic Butter [Milk], Salt*), Organic Cane Sugar, Organic Stem Ginger (4.4%), Organic Ground Ginger, Organic Ground Nutmeg, Organic Ground Cinnamon.

Lemon Shortbread:

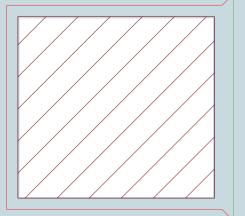
Organic Wheat Flour (Organic Wheat Flour, Calcium Carbonate*, Iron*, Niacin*. Thiamin*), Organic Salted Butter (Organic Butter [Milk], Salt*), Organic Cane Sugar. Organic Lemon Oil.

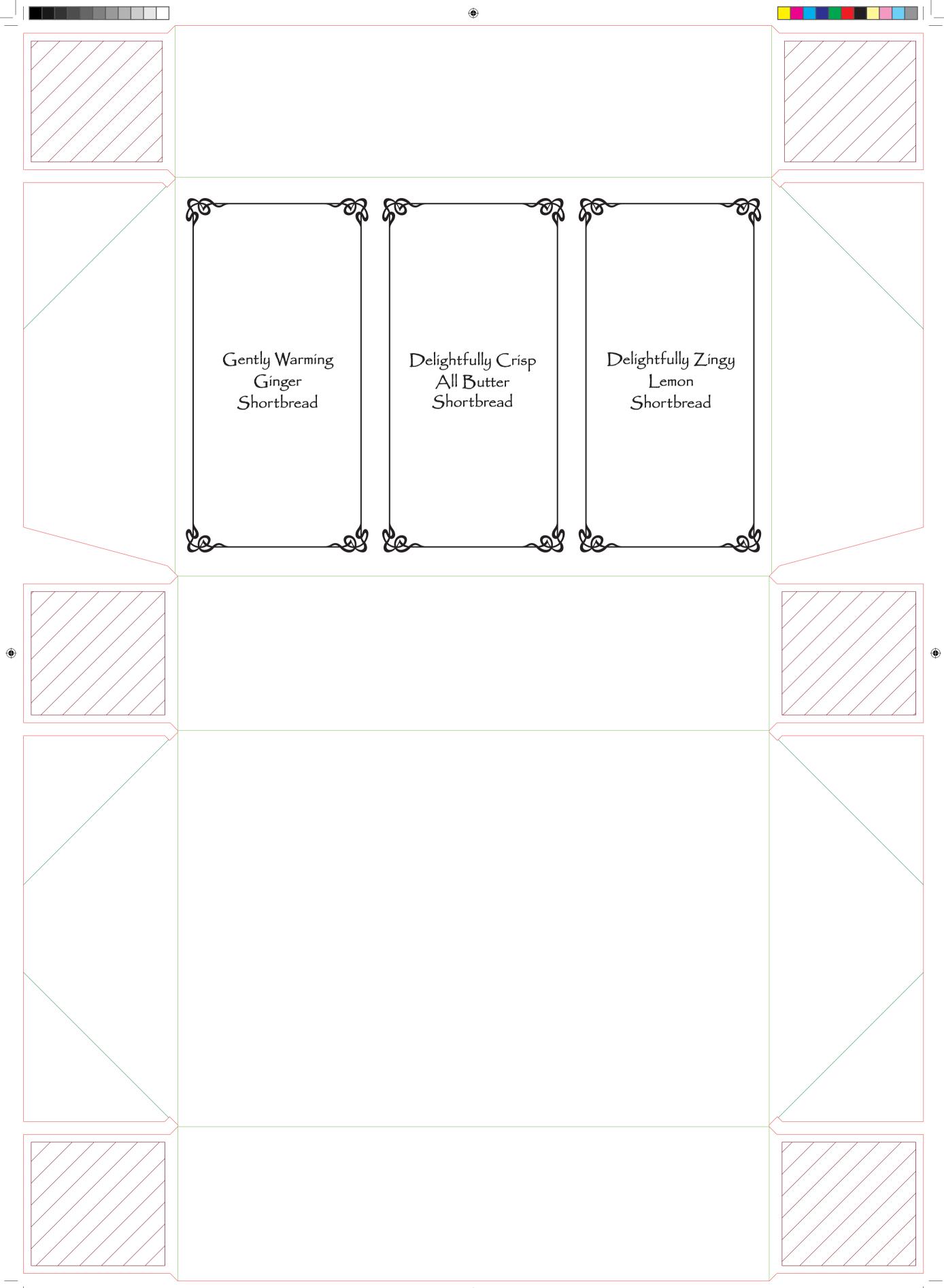
*Approved non-organic ingredient.

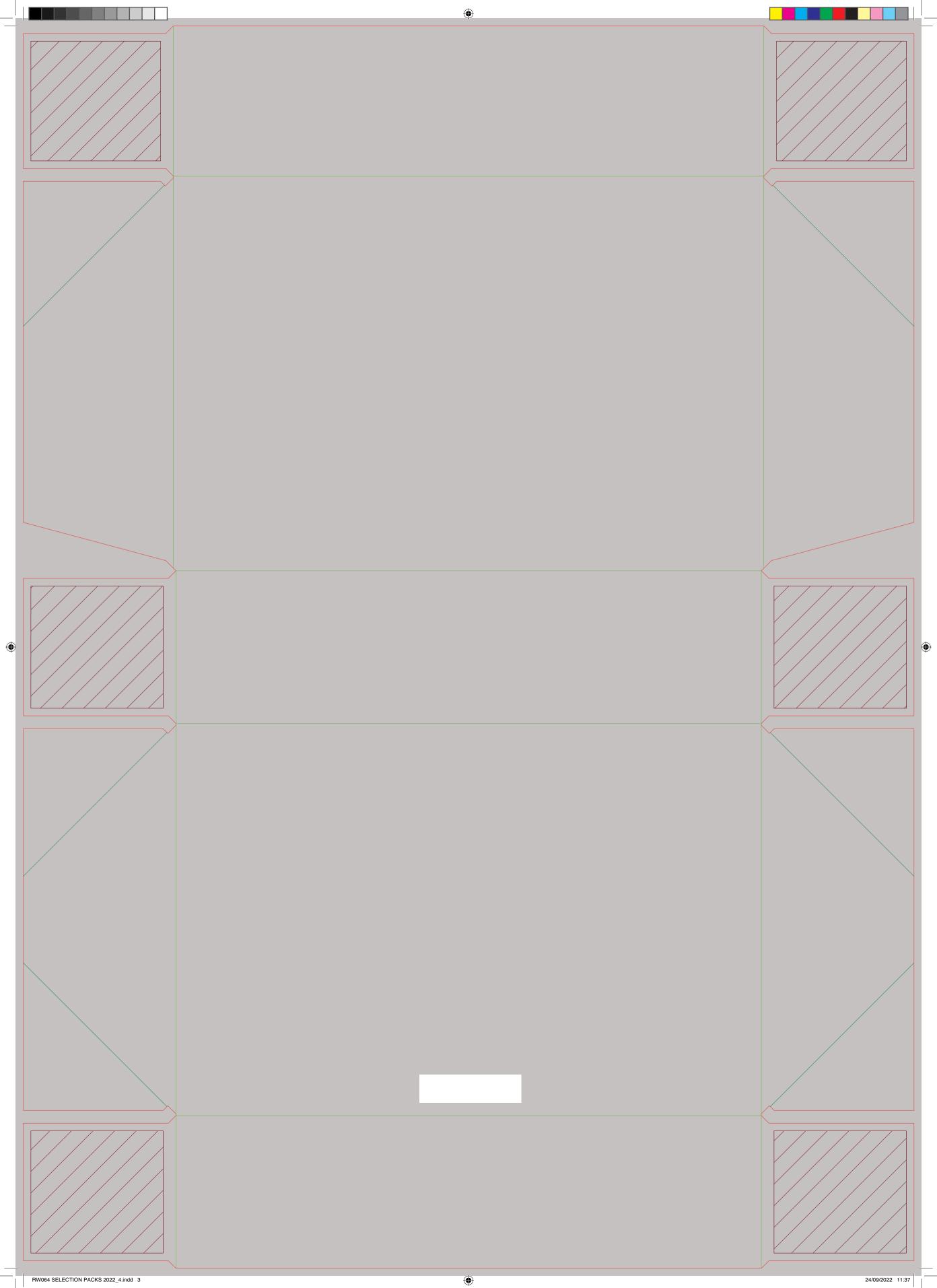
Allergen Information: contains wheat, gluten, milk. Made in a factory that handles nut products.

Nutritional information: Typical Values Per 100g				
	All Butter Shortbread	Lemon Shortbread	Ginger Shortbread	
Energy	2428kJ / 580 kcal	2409kJ / 575 kcal	2351kJ/561 kcal	
Fat	33g	32.8g	30.8g	
of which saturates	20.4g	20.2g	19.0g	
Carbohydrate	65.9g	65.4g	66.8g	
of which sugars	21.5g	21.4g	24.6g	
Fibre	1.9g	1.9g	0.5g	
Protein	5.4g	5.4g	1.1g	
Salt	0.7g	0.6g	0.1g	

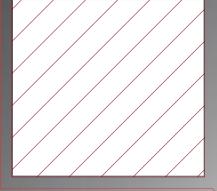
Storage information: Store in a cool, dry place. Once opened store in an airtight container











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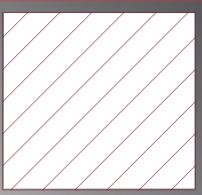


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360g €



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Seeded Biscuits with Chilli. Made with a delicious Mix of Seeds and Cheddar.

> Free from Palm Oil. Suitable for Vegetarians.



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Delicious with cold meats, salamis and ham





Best Before:

Organic Caraway Seeds, Organic Fennel Seeds, Organic Nigella Seeds), Salt*.

Organic Mixed Seeds (14%) (Organic Sesame Seeds,

Seeded Biscuits with Fennel:

Organic **Wheat** Flour (Organic *Wheat* Flour, Calcium Carbonate*, Iron*, Niacin*, Thiamin*), Organic Cheddar Cheese [**Milk**] (12%), Organic Sunflower Oil, Organic Mixed Seeds (16%) (Organic **Sesame** Seeds, Organic Fennel Seeds (5%), Organic Nigella Seeds, Organic Caraway Seeds), Salt*.

Seeded Biscuits with Chilli:

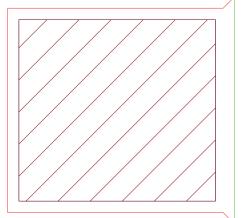
Organic Wheat Flour (Organic Wheat Flour, Calcium Carbonate*, Iron*, Niacin*, Thiamin*), Organic Cheddar Cheese [Milk] (12%), Organic Sunflower Oil, Organic Mixed Seeds (16%) (Organic Sesame Seeds, Organic Caraway Seeds, Organic Fennel Seeds, Organic Nigella Seeds), Salt*, Organic Cumin, Organic Chilli Flakes (0.1%).

*Approved non-organic ingredient.

Allergen Information: contains wheat, gluten, milk and sesame. Made in a factory that handles nut products.

Nutritional information: Typical Values Per 100g				
	Seeded Biscuits Original	Seeded Biscuits with Fennel	Seeded Biscuits with Chilli	
Energy	2406kJ / 579 kcal	2355kJ / 566 kcal	2397kJ / 576 kcal	
Fat	35.3g	35.1g	35.1g	
of which saturates	8.2g	8.1g	8.2g	
Carbohydrate	54.9g	53.5g	54.8g	
of which sugars	1.1g	1.1g	1.1g	
Fibre	3.7g	3.6g	3.8g	
Protein	15.4g	15.4g	15.4g	
Salt	0.7g	1.8g	1.8g	

Storage information: Store in a cool, dry place. Once opened store in an airtight container



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