A Complete History of Spoons

10,000 BC
Early humans build a gigantic Spoon Henge. No one knows why.

100 AD
Roman gladiators fight each other with rusty spoons. It's a health and safety nightmare.

1066
Harold takes a spoon in the eye. Maybe wear goggles next time, champ?

1509
Henry VIII sits on the throne. Headless spoons suddenly become very popular.

1873
Alexander Graham Bowl invents the telespoone. It doesn't catch on.

2007
Launch of the first iSpoon. 64gb of memory, two minutes of battery.

2099
Hoverspoons are a thing now. No one knows why.

Hoverspoons are a long way off but the future of cereal is here already. Sure, Surreal doesn't have wifi or hyperdrive, but it does have 12 grams of protein and zilcho sugar in every bowl. Now that's something to phone home about.

Brush up on our numbers

SURREAL		LEADING FROSTED FLAVOURED CEREAL
0g	Sugar	12g
8g	Net carbs	28g
12g	Protein	1g
YES	High fibre	NO
YES	Gluten free	NO

based on 35g serving

Guess the O's in the jar

How many o's do you reckon there are in this jar? Must be at least six. Send your guesses to hello@eatsurreal.co.uk

Is this your birthday?

Best Before End:

5 070000 313825

World's smallest piano

SECRET MESSAGE: I

SECRET MESSAGE: E

Flap

Frosted

SMALL PRINT

Nutrition Information

6.5 servings per box

Typical values	Per 100g	Per 35g Serving	% RI*
Energy	1748kJ 416kcal	612kJ 146kcal	7% 7%
Fat	13g	4.55g	7%
of which saturates	1.3g	0.46g	2%
Carbohydrates	38.24g	13.38g	
of which sugars	0.9g	0.32g	0%
of which polyols	15g	5.25g	
Fibre	8.1g	2.84g	
Protein	33g	12g	
Salt	1.1g	0.39g	6%

*Reference Intake of an average adult (8400kJ/2000kcal)

Frosted Flavour Soy Protein Hoops with Sweeteners.

Ingredients: Soya Protein, Pea Protein, Pea Starch, Rapeseed Oil, Sweeteners (Erythritol, Sucralose), Inulin, **Soya** Lecithin, Natural Flavouring.
For allergens please see **Bold.**

PACKED IN A FACILITY WHICH ALSO HANDLES WHEAT AND NUTS.

Excessive consumption may produce laxative effects. For best before end see base of pack.

Storage: After opening, reclose tightly to keep fresh. Store in a cool, dry place like a cupboard or bank vault.

SECRET MESSAGE: T. KEEP IT HUSH.

Made in the EU.
Drop us a note at **hello@eatsurreal.co.uk** or waft smoke signals towards
UK: 20-22 Wenlock Road, London, N1 7GU.
EU: Surreal, Unit 3 Kylemore Industrial Estate, Killeen Road, D10 TY20, Ireland.

Net carbs per serving

13g Carbs
- 5g Erythritol

= 8g Net carbs

STAY IN THE LOOP · STAY IN THE LOOP · STAY IN THE LOOP ·
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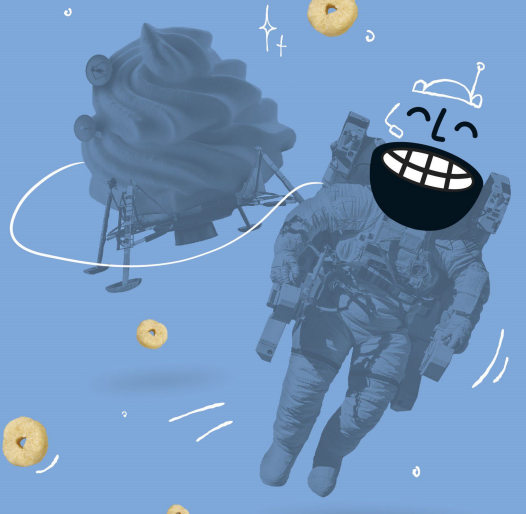
@EAT_SURREAL

Surreally healthy cereal

SECRET MESSAGE: G

Frosted
High Protein Cereal



12g Protein PER SERVING

8g Net carbs PER SERVING

0g Sugar PER SERVING

240g e

SURREAL TM

Flap

Frosted

- High protein
- Vegan
- Gluten free
- High fibre
- Keto friendly

SECRET MESSAGE: R

This box is very recyclable
This bag can be recycled with shopping bags at larger stores

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MIX Paper from responsible sources
FSC® C158964