



Handmade desserts-in-a-jar
Yummy, Healthy, Package-free
Enjoy Desserts, Bring the jars back

ALLERGEN INFORMATION

Last updated in January 2019

	Gluten	Dairy	Eggs	Soy	Nuts	Peanuts	Sesame	Fish	Molluscs	Crustacea	Mustard	Sulphites	Celery	Lupin
HONEST TIRAMISU		X	X											
HONEST APPLE CRUMBLE														
HONEST CHOCOLATE MOUSSE														
HONEST BANANA PUDDING							X							
HONEST MATCHA PUDDING														
HONEST TURMERIC PUDDING														
HONEST SEASONAL COMPOTE														
HONEST CHOCOLATE OATS							X							
HONEST MAPLE SYRUP OATS							X							

All our desserts are handmade in same bakery and may contain traces of nuts, peanuts and sesame.



Contact us: +44 7401 417 556 - bao.quang@honestcake.com

Visit us: www.honestcake.com



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INGREDIENTS

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HONEST TIRAMISU: Mascarpone, **organic eggs**, organic demerara sugar, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), organic and fairtrade coffee, fairtrade cocoa powder, cognac, salt.

HONEST APPLE CRUMBLE: Organic apples, organic demerara sugar, gluten-free flour blend (rice, potato, tapioca, maize, buckwheat), organic gluten-free oats, margarine, organic ground cinnamon, organic and fairtrade vanilla extract.

HONEST CHOCOLATE MOUSSE: Organic and fairtrade dark chocolate 72.5%, organic aquafaba, organic demerara sugar, water.

HONEST BANANA PUDDING: Organic coconut milk, fairtrade bananas, water, tapioca pearls, organic demerara sugar, **organic sesame seeds**, organic and fairtrade vanilla extract, salt.

HONEST CHOCOLATE OATS: Organic gluten-free oats, organic oat milk, fairtrade cocoa powder, organic demerara sugar, organic poppy seeds, organic pumpkin seeds, **organic sesame seeds**, organic flaxseeds.

HONEST MAPLE SYRUP OATS: Organic gluten-free oats, organic gluten-free oat drink, organic maple syrup, organic poppy seeds, organic pumpkin seeds, **organic sesame seeds**, organic flaxseeds, organic and fairtrade vanilla extract.

HONEST TURMERIC PUDDING: Organic gluten-free oat drink, organic chia seeds, organic demerara sugar, organic ground turmeric, organic ground cinnamon, organic ground ginger, organic and fairtrade vanilla extract.

HONEST MATCHA PUDDING: Organic coconut milk, water, tapioca pearls, organic demerara sugar, pure grade matcha tea powder, organic lemon juice.

HONEST SEASONAL COMPOTE: Organic seasonal fruits included in title, organic spices included in title, fairtrade demerara sugar.

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