



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	X											
HONEST APPLE CRUMBLE	X													
HONEST CHOCOLATE MOUSSE														
HONEST BANANA PUDDING							X							
HONEST MAPLE SYRUP OATS	X						X							
HONEST CHOCOLATE OATS	X						X							

All our desserts are handmade in same kitchen and may contain traces of gluten, 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, wheat flour, fairtrade coffee, fairtrade cocoa powder, cognac, salt.

HONEST APPLE CRUMBLE: Organic apples, organic demerara sugar, wheat flour, organic 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 oats, fairtrade cocoa powder, organic demerara sugar, organic poppy seeds, organic pumpkin seeds, **organic sesame seeds**, organic flaxseeds.

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

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