



CALBOURNE CLASSICS  
ESTD 1989

# FLAPJACK GRAB & GO

## Nutritional & Allergen Information



### TRAYBAKES

#### DESCRIPTION

An oaty classic made with butter and syrup.  
Individually wrapped portions.

#### INGREDIENTS & ALLERGENS

Oats (44.5%), Brown Sugar (Sugar, Cane Molasses), Spread (Vegetable Oil, Water, Salt, Emulsifier: Mono-and Diglycerides Of Fatty Acids, Flavouring, Vitamin A & D, Colour: Beta Carotene), **Butter** (Pasteurised **Cream**, Salt), Golden Syrup (Invert Sugar Syrup).

**Allergen Advice:** For allergens, see ingredients in **BOLD**. Also may contain gluten.

#### NUTRITIONAL INFORMATION

| Typical values     | per 100g  | per 80g serving |
|--------------------|-----------|-----------------|
| Energy             | 1885.6kJ  | 1508.5kJ        |
|                    | 452.3kcal | 361.8kcal       |
| Fat                | 21g       | 16.8g           |
| of which saturates | 9.3g      | 7.5g            |
| Carbohydrate       | 58.4g     | 46.7g           |
| of which sugars    | 26.2g     | 21g             |
| Protein            | 5.1g      | 4g              |
| Salt               | 0.33g     | 0.26g           |

#### STORAGE INSTRUCTIONS

Once defrosted, use within 14 days.

VERSION 25.09.2026