

UPDATED: SEPT 2024

PRODUCT	Average Cookie Size	ALLERGENS	ENERGY (kJ)	ENERGY (kcal)	Fat (g)	Saturates (g)	Carbohydrate (g)	Total Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Classic Chocolate Cookie	120g	Wheat (Gluten), Milk, Egg, Sulphites	2262.5	538.2	24.5	15	78.6	48.3	5.9	2.6	305
White Chocolate Cookie	120g	Wheat (Gluten), Milk, Egg, Sulphites	2284.3	543.6	25	15.2	78.1	47.9	6.6	1.5	328.4
Quadruple Chocolate Cookie	120g	Wheat (Gluten), Milk, Egg, Sulphites	2232.9	531.6	25.5	15.6	73.9	48.1	6.4	2.7	312.7
Raspberry & White Chocolate Cookie	120g	Milk, Egg, Sulphites	2261.8	538	24.5	15	78.6	48.3	5.9	2.6	304.8
Pumpkin Spiced Cookie	120g	Wheat (Gluten), Milk, Egg, Sulphites, Nuts (Pecans)	2642.1	629	32	20.9	83.2	52.9	7.5	2.1	328.7
Ultimate S'mores Cookie	120g	Wheat (Gluten), Milk, Egg, Sulphites	2259.8	536.8	22.2	13.1	82.9	47.4	6.7	2.5	435
Without Gluten Classic Chocolate Cookie	120g	Milk, Egg, Sulphites	2262.5	538.2	24.5	15	78.6	48.3	5.9	2.6	305
Without Gluten White Chocolate Cookie	120g	Milk, Egg, Sulphites	2284.3	543.6	25	15.2	78.1	47.9	6.6	1.5	328.4
Without Gluten Quadruple Chocolate Cookie	120g	Milk, Egg, Sulphites	2232.9	531.6	25.5	15.6	73.9	48.1	6.4	2.7	312.7
Without Gluten Raspberry & White Chocolate Cookie	120g	Milk, Egg, Sulphites	2261.8	538	24.5	15	78.6	48.3	5.9	2.6	304.8
Without Gluten Pumpkin Spiced Cookie	120g	Milk, Egg, Sulphites, Nuts (Pecans)	2642.1	629	32	20.9	83.2	52.9	7.5	2.1	328.7
Without Gluten Ultimate S'mores Cookie	120g	Milk, Egg, Sulphites	2259.8	536.8	22.2	13.1	82.9	47.4	6.7	2.5	435

Happy Crumb Cookies may contain traces of other allergens, including nuts, peanuts, soy and sulphates. If you have severe allergies or could be affected if trace amounts were consumed, sadly, the only way to ensure your safety is not to consume my products.