

# ◡ SIMPLE NATURAL ◡ GOODNESS



## BAKING WITH OATS IN SCOTLAND SINCE 1896 ◡

# OUR AWARD WINNING LINE UP



## OATCAKES

|                                          | Pack Size | Per Case | Wholegrain Oats | Source of Fibre | Plant Based | No Artificial Colours, Flavours or Preservatives | Source of Protein | No GM Ingredients | No Hydrogenated Fats | Up to 55% Less Sugar* | No Added Sugar | Wheat Free Recipe | Gluten Free |
|------------------------------------------|-----------|----------|-----------------|-----------------|-------------|--------------------------------------------------|-------------------|-------------------|----------------------|-----------------------|----------------|-------------------|-------------|
| Scottish Oat Cracker                     | 250g      | 8        | ✓               | ✓               | ✓           | ✓                                                | -                 | ✓                 | ✓                    | -                     | ✓              | ✓                 | -           |
| Fine Milled Oatcakes                     | 218g      | 12       | ✓               | ✓               | ✓           | ✓                                                | -                 | ✓                 | ✓                    | -                     | ✓              | ✓                 | -           |
| Cheese Oatcakes                          | 200g      | 12       | ✓               | ✓               | -           | ✓                                                | -                 | ✓                 | ✓                    | -                     | ✓              | ✓                 | -           |
| Fruit & Seed Oatcakes                    | 225g      | 8        | ✓               | ✓               | ✓           | ✓                                                | ✓                 | ✓                 | ✓                    | -                     | -              | ✓                 | -           |
| NEW Mixed Peppercorn & Sea Salt Oatcakes | 200g      | 8        | ✓               | ✓               | ✓           | ✓                                                | ✓                 | ✓                 | -                    | -                     | ✓              | ✓                 | -           |
| Organic Super Seeded Cracker             | 200g      | 8        | ✓               | ✓               | ✓           | ✓                                                | ✓                 | ✓                 | -                    | ✓                     | ✓              | ✓                 | -           |
| Organic Oatcakes                         | 250g      | 12       | ✓               | ✓               | ✓           | ✓                                                | -                 | ✓                 | ✓                    | -                     | ✓              | ✓                 | -           |

## SWEET BISCUITS

|                                  |      |    |   |   |   |   |   |   |   |   |   |   |   |
|----------------------------------|------|----|---|---|---|---|---|---|---|---|---|---|---|
| Stem Ginger Oat Biscuits         | 200g | 10 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |
| Mixed Berry Oat Biscuits         | 200g | 10 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |
| Dark Chocolate Chip Oat Biscuits | 200g | 8  | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |
| Coconut & Chia Oat Biscuits      | 200g | 10 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |
| Chocolate Orange Oat Biscuits    | 200g | 6  | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |
| Salted Caramel Oat Biscuits      | 200g | 6  | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |
| NEW Toffee Oat Biscuits          | 160g | 6  | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | - |

## CEREALS

|                  |      |   |   |   |   |   |   |   |   |   |   |   |   |
|------------------|------|---|---|---|---|---|---|---|---|---|---|---|---|
| GF Porridge Oats | 450g | 5 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ |
|------------------|------|---|---|---|---|---|---|---|---|---|---|---|---|

## OATCAKES / CRACKERS

|                                            |      |   |   |   |   |   |   |   |   |   |   |   |   |
|--------------------------------------------|------|---|---|---|---|---|---|---|---|---|---|---|---|
| GF Wholegrain Cracker                      | 137g | 8 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Cracked Black Pepper Wholegrain Cracker | 137g | 8 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Seeded Cracker                          | 137g | 8 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Original Oatcake                        | 213g | 8 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | ✓ | ✓ | ✓ |
| GF Cheese Oatcake                          | 180g | 8 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ |
| GF Flatbreads Original                     | 150g | 6 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Flatbreads Rosemary & Sea Salt          | 150g | 6 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Flatbreads Caramelised Onion            | 150g | 6 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| NEW GF Sourdough Flatbread                 | 125g | 6 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |

## BISCUITS

|                                      |      |    |   |   |   |   |   |   |   |   |   |   |   |
|--------------------------------------|------|----|---|---|---|---|---|---|---|---|---|---|---|
| GF Salted Caramel Oat Biscuit Breaks | 160g | 6  | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Oats & Fruit Biscuit Breaks       | 160g | 12 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Oats & Dark Choc Biscuit Breaks   | 160g | 12 | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Oats & Stem Ginger Biscuit Breaks | 160g | 12 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Coconut & Chocolate Chunky        | 160g | 6  | ✓ | ✓ | - | ✓ | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Raspberry & Blueberry Chunky      | 160g | 6  | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Apple & Cinnamon Chunky           | 160g | 6  | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| GF Oaties                            | 160g | 8  | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| NEW GF Chocolate Oaties              | 160g | 8  | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |

## SNACKS

|                                |     |    |   |   |   |   |   |   |   |   |   |   |   |
|--------------------------------|-----|----|---|---|---|---|---|---|---|---|---|---|---|
| GF BBQ POP Oats                | 20g | 24 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Sour Cream & Chive Pop Oats | 20g | 24 | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |
| GF Salt & Vinegar Pop Oats     | 20g | 24 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - | - | ✓ | ✓ |

## BARS

|                                           |      |    |   |   |   |   |   |   |   |   |   |   |   |
|-------------------------------------------|------|----|---|---|---|---|---|---|---|---|---|---|---|
| Honey Crunchy Oat Bars                    | 160g | 10 | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| Belgian Chocolate Chunk Crunchy Oat Bars  | 160g | 10 | ✓ | ✓ | - | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |
| Raisin, Apple & Cinnamon Crunchy Oat Bars | 160g | 10 | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ | - | ✓ | ✓ |

GLUTEN FREE RANGE

# OATS FOR ALL OCCASSIONS



Wholegrain  
oats



High  
fibre



Plant  
based  
options



Great for  
on the go



## Biscuit Break Portion Packs (Chocolate Chip) 30g

Our Best Seller, The UK's No.1 GF Biscuit  
30% LESS SUGAR\*

48 PER CASE



## Biscuit Break Mixed Portion Packs (Salted Caramel, Fruit, Choc Chip) 30g

UP TO 40% LESS SUGAR\*, On the go portion packs,  
Gluten Free Wholegrain Oats.

48 PER CASE



## Honey Oat Bar 160g

Gluten free wholegrain oats,  
High fibre, On the go packs.

10 PER CASE



## Belgian Choc Chunk Bar 160g

No artificial colours, flavours or preservatives,  
No GM ingredients, No hydrogenated fat.

10 PER CASE



## Raisin, Apple & Cinnamon Bar 160g

Plant based, Certified Gluten Free,  
Great for on the go

10 PER CASE



## BBQ Pop Oats 20g

83 Calories Per Bag,  
60% Less Fat than Fried Crisps,  
Plant Based.

24 PER CASE



## Sour Cream & Chive Pop Oats 20g

83 Calories Per Bag,  
60% Less Fat than Fried Crisps,  
Popped Not Fried.

24 PER CASE



## Salt & Vinegar Pop Oats 20g

84 Calories Per Bag,  
60% Less Fat than Fried Crisps,  
No Hydrogenated Fat.

24 PER CASE



## Wholegrain Cracker Portion Pack 11g

Plant Based, High Fibre,  
On the go portion packs.

60 PER CASE



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\*see website for details