

ORGANIC
MANŪKO
LOVING LIFE

We're on a mission to make extraordinary products that create moments of pure joy for people, whilst fostering a healthier life and a more sustainable world.

That's why we're passionate about using organic ingredients, sourced from growers in Australia and around the world, and crafting these into the most delicious product imaginable.



PRODUCT FEATURES:



Certified organic ingredients.



100% plant based, vegan, gluten free, dairy free & soy free.



No refined sugar, artificial additives or preservatives.

Planting 10 trees a day
or 4,000 trees a year,
through Trees for the Future
forest garden initiative.





SALTED CARAMEL SLICE VG GF

A salted caramel filling - with house made peanut butter and a touch of locally harvested pink lake salt - on a hazelnut brownie base, topped with our signature raw chocolate and crushed Australian peanuts.

INGREDIENTS:

Organic brown rice malt syrup, peanuts, organic cacao butter, organic pitted dates, organic hazelnuts, organic cacao powder, organic mesquite, organic activated buckwheat, organic cold pressed coconut oil, organic coconut flour, organic cashews, organic vanilla bean paste, organic carob powder, locally harvested pink lake salt and organic ceylon cinnamon.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts) and peanuts. Made in a kitchen that handles other tree nuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy		1090kj	1940kj
Protein		3.5g	6.3g
Fat, total		17.2g	30.8g
- saturated		8.5g	15.1g
Carbohydrate		21.9g	39.1g
- sugars		13.5g	24.2g
Sodium		67mg	120mg



PEANUT BUTTER CRUNCH SLICE VG GF

A peanut butter filling combined with crunchy peanuts on a coconut cookie base, topped with our signature raw chocolate and whole Australian peanuts.

INGREDIENTS:

Peanuts, organic brown rice malt syrup, organic cacao butter, organic cashews, organic pitted dates, organic desiccated coconut, organic coconut flour, organic cold pressed coconut oil, organic mesquite, organic cacao powder, organic coconut, organic vanilla bean paste, locally harvested pink lake salt, organic carob powder and organic ceylon cinnamon.

ALLERGEN INFORMATION:

Contains tree nuts (cashews) and peanuts. Made in a kitchen that handles other tree nuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy		1100kj	1960kj
Protein		3.7g	6.6g
Fat, total		18.2g	32.5g
- saturated		9.7g	17.3g
Carbohydrate		20.2g	36g
- sugars		12.9g	23.1g
Sodium		64mg	114mg



TURKISH DELIGHT SLICE VG GF

A turkish delight filling infused with pure organic Damask rose essential oil, on a hazelnut brownie base, topped with our signature raw chocolate and organic rose petals.

INGREDIENTS:

Organic brown rice malt syrup, organic cashews, organic cacao butter, organic pitted dates, organic hazelnuts, organic cacao powder, organic cold pressed coconut oil, organic activated buckwheat, organic coconut flour, organic vanilla bean paste, organic carob powder, natural colour, organic rose petals, locally harvested pink lake salt, organic ceylon cinnamon and organic rose essential oil.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts). Made in a kitchen that handles other tree nuts, peanuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy		1250kj	2240kj
Protein		3.8g	6.9g
Fat, total		22.4g	40g
- saturated		10.1g	18g
Carbohydrate		19.8g	35.3g
- sugars		11.4g	20.4g
Sodium		19mg	34mg



LEMON & COCONUT SLICE VG GF

A lemon and coconut filling combining organic lemon, cashew butter and coconut, on a coconut cookie base, topped with our signature white mylk chocolate, organic desiccated coconut and purple cornflowers.

INGREDIENTS:

Organic brown rice malt syrup, organic raw cashews, organic cacao butter, organic coconut, organic pitted dates, organic coconut flour, organic cold pressed coconut oil, organic lemon, organic vanilla bean paste, natural colour, organic lemon essential oil, locally harvested pink lake salt and purple cornflowers.

ALLERGEN INFORMATION:

Contains tree nuts (cashews). Made in a kitchen where other tree nuts, peanuts and sesame are present and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy		1300kj	2330kj
Protein		3.4g	6g
Fat, total		25g	44.7g
- saturated		14.6g	26.1g
Carbohydrate		17.4g	31g
- sugars		10.8g	19.2g
Sodium		27mg	48mg



RASPBERRY CHEESECAKE SLICE VG GF

A creamy raspberry cheesecake filling with organic freeze dried raspberries and organic lemon essential oil, on a coconut cookie base, topped with our signature raw chocolate and organic freeze dried raspberries.

INGREDIENTS:

Organic cashews, organic brown rice malt syrup, organic cacao butter, organic coconut, organic pitted dates, organic desiccated coconut, organic cold pressed coconut oil, organic coconut flour, organic cacao powder, organic freeze dried raspberries, organic vanilla bean paste, organic carob powder, natural flavour, locally harvested pink lake salt, organic ceylon cinnamon and organic lemon essential oil.

ALLERGEN INFORMATION:

Contains tree nuts (cashews). Made in a kitchen that handles other tree nuts, peanuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy	1290kj	6.6g	2300kj
Protein	3.7g	43g	6.9g
Fat, total	24.1g	23.3g	37g
- saturated	13g	32.4g	16.8g
Carbohydrate	18.2g	19.7g	35.3g
- sugars	11g	19.7g	20.3g
Sodium	24mg	44mg	48mg



CHOC ESPRESSO SLICE VG GF

A smooth chocolate espresso filling combining organic cacao, coffee, hazelnut butter and cashew butter, on a hazelnut brownie base, topped with our signature raw chocolate and whole coffee beans.

INGREDIENTS:

Organic brown rice malt syrup, organic cashews, organic cacao butter, organic pitted dates, organic cacao powder, organic hazelnuts, organic cold pressed coconut oil, organic activated buckwheat, organic coconut flour, organic coffee, organic coffee beans, organic vanilla bean paste, organic carob powder, natural flavour, locally harvested pink lake salt and organic ceylon cinnamon.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts). Made in a kitchen that handles other tree nuts, peanuts and sesame and may contain traces. Contains real coffee and caffeine.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy	1190kj	2130kj	2130kj
Protein	3.9g	6.9g	6.9g
Fat, total	20.7g	37g	37g
- saturated	9.4g	16.8g	16.8g
Carbohydrate	19.8g	35.3g	35.3g
- sugars	11.4g	20.3g	20.3g
Sodium	27mg	48mg	48mg



CHOC MINT SLICE VG GF

A mint filling infused with pure organic peppermint essential oil and organic ceremonial matcha, on a hazelnut brownie base, topped with our signature raw chocolate and a crunchy mint topping.

INGREDIENTS:

Organic brown rice malt syrup, organic cashews, organic cacao butter, organic pitted dates, organic hazelnuts, organic cacao powder, organic cold pressed coconut oil, organic activated buckwheat, organic coconut flour, cashews, organic vanilla bean paste, organic carob powder, organic matcha powder, natural colour, locally harvested pink lake salt, organic ceylon cinnamon and organic peppermint essential oil.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts). Made in a kitchen that handles other tree nuts, peanuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy	1260kj	7.2g	2250kj
Protein	4g	40.4g	7.1g
Fat, total	22.6g	17.9g	40.2g
- saturated	10g	34.9g	18.2g
Carbohydrate	19.5g	20g	35.3g
- sugars	11.2g	20g	20g
Sodium	23mg	41mg	34mg



CHOC ORANGE SLICE VG GF

An orange filling combining organic cashew butter with pure organic orange essential oil, on a hazelnut brownie base, topped with our signature raw chocolate and crushed cacao nibs.

INGREDIENTS:

Organic brown rice malt syrup, organic cashews, organic cacao butter, organic pitted dates, organic hazelnuts, organic cacao powder, organic cold pressed coconut oil, organic activated buckwheat, organic cacao nibs, organic coconut flour, organic vanilla bean paste, natural colour, organic carob powder, locally harvested pink lake salt, organic ceylon cinnamon and organic sweet orange essential oil.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts). Made in a kitchen that handles other tree nuts, peanuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy	1260kj	2250kj	2250kj
Protein	4g	7.1g	7.1g
Fat, total	22.5g	40.2g	40.2g
- saturated	10.2g	18.2g	18.2g
Carbohydrate	19.8g	35.3g	35.3g
- sugars	11.2g	20g	20g
Sodium	19mg	34mg	34mg



HAZELNUT GANACHE SLICE VG GF

A hazelnut ganache filling combining a smooth organic hazelnut butter, cacao, and vanilla, on a hazelnut brownie base, topped with our signature raw chocolate and crushed locally grown hazelnuts.

INGREDIENTS:

Organic brown rice malt syrup, organic hazelnuts, organic cacao butter, organic cashews, organic pitted dates, organic cacao powder, organic cold pressed coconut oil, organic activated buckwheat, organic coconut flour, organic vanilla bean paste, organic carob powder, locally harvested pink lake salt and organic ceylon cinnamon.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts). Made in a kitchen that handles other tree nuts, peanuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 56g	Avg quantity per serving	Avg quantity per 100g
Energy	1260kj	2250kj	
Protein	4.1g	7.3g	
Fat, total	22.7g	40.5g	
- saturated	9.2g	16.4g	
Carbohydrate	18.9g	33.8g	
- sugars	11.2g	19.9g	
Sodium	18mg	33mg	



HAZELNUT BUTTER CUP VG GF

Combining a smooth hazelnut butter with locally grown, whole roasted hazelnuts, topped with our signature raw chocolate and a hazelnut chocolate crumb.

INGREDIENTS:

Organic hazelnuts, organic brown rice malt syrup, organic cacao butter, organic cacao powder, organic cashews, organic cold pressed coconut oil, organic vanilla bean paste, organic activated buckwheat, organic Australian carob powder, locally harvested pink lake salt and organic ceylon cinnamon.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts). Made in a kitchen that handles other tree nuts, peanuts and sesame may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 42g	Avg quantity per serving	Avg quantity per 100g
Energy	1040kj	2470kj	
Protein	3.2g	7.6g	
Fat, total	20.8g	49.5g	
- saturated	7.6g	18.2g	
Carbohydrate	11.5g	27.5g	
- sugars	6.5g	15.6g	
Sodium	17mg	41mg	



TOASTED ALMOND CARAMEL CUP VG GF

Combining house made almond butter, cashew butter and peanut butter with a natural caramel flavour from organic mesquite powder, topped with our signature raw chocolate and crushed almonds.

INGREDIENTS:

Organic brown rice malt syrup, organic cacao butter, organic cashews, almonds, peanuts, organic cacao powder, organic cold pressed coconut oil, organic vanilla bean paste, organic mesquite powder, organic carob powder, organic coconut blossom sugar, natural flavour, locally harvested pink lake salt and organic ceylon cinnamon.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and almonds) and peanuts. Made in a kitchen that handles other tree nuts and sesame and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 40g	Avg quantity per serving	Avg quantity per 100g
Energy	938kj	2340kj	
Protein	2.6g	6.4g	
Fat, total	18.2g	45.6g	
- saturated	8.8g	22g	
Carbohydrate	12.5g	31.2g	
- sugars	7.3g	18.1g	
Sodium	24mg	60mg	



RASPBERRY GANACHE CUP VG GF

Combining freeze dried raspberries with smooth organic hazelnut butter and raw chocolate, topped with our signature white mylk chocolate.

INGREDIENTS:

Organic brown rice malt syrup, organic cacao butter, organic cashews, organic hazelnuts, organic cacao powder, organic black tahini, organic cold pressed coconut oil, organic coconut, organic freeze dried raspberries, organic vanilla bean paste, organic carob powder, locally harvested pink lake salt and natural flavour.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and hazelnuts) and sesame (black tahini). Made in a kitchen that handles other tree nuts and peanuts and may contain traces.

NUTRITION INFORMATION:

	Serves per slice: 1 Serving size: 39g	Avg quantity per serving	Avg quantity per 100g
Energy	951kj	2440kj	
Protein	2.4g	6.1g	
Fat, total	18.9g	48.4g	
- saturated	9.4g	24.2g	
Carbohydrate	11.9g	30.5g	
- sugars	6.5g	16.6g	
Sodium	20mg	52mg	



ALMOND BUTTER DELUXE PROTEIN BITES VG GF

Combining organic hemp seeds, nuts and cacao with a layer of almond butter, and dipped in dark raw chocolate and crushed almonds.

INGREDIENTS:

Organic cashews, almonds, organic cacao butter, organic brown rice malt syrup, organic hemp seeds, organic pitted dates, organic cacao powder, organic coconut flour, pure maple syrup, organic vanilla bean paste, organic carob powder, organic black tahini, organic cold pressed coconut oil, natural flavour and locally harvested pink lake salt

ALLERGEN INFORMATION:

Contains tree nuts (cashews and almonds) and sesame. Made in a kitchen that handles other tree nuts and peanuts and may contain traces.

NUTRITION INFORMATION:

Serves per slice: 1 Serving size: 30g	Avg quantity per serving	Avg quantity per 100g
Energy	667kj	2220kj
Protein	4.1g	13.8g
Fat, total	12.2	40.6g
- saturated	3.4g	11.2g
Carbohydrate	7.1g	23.8g
- sugars	4.5g	14.9g
Sodium	16mg	55mg



SALTED CARAMEL EASTER EGG VG GF

Combining a salted caramel half made up of house made almond and peanut butter, with a raw chocolate half made with organic black tahini.

INGREDIENTS:

Organic brown rice malt syrup, organic cacao butter, organic black tahini, organic cacao powder, peanuts, organic cashews, organic cold pressed coconut oil, almonds, organic mesquite, organic vanilla bean paste, organic carob powder, locally harvested pink lake salt and natural flavour.

ALLERGEN INFORMATION:

Contains tree nuts (cashews and almonds), peanuts and sesame (black tahini). Made in a kitchen that handles other tree nuts and may contain traces.

NUTRITION INFORMATION:

Serves per slice: 1 Serving size: 20g	Avg quantity per serving	Avg quantity per 100g
Energy	481kj	2410kj
Protein	1.4g	7g
Fat, total	9.3g	46.7
- saturated	4.8g	23.8g
Carbohydrate	6.5g	32.3g
- sugars	3.4g	17g
Sodium	24mg	118mg



ORIGINAL 60% DARK HOT CHOCOLATE VG GF

Made with shavings of house-made 100% dark organic chocolate, two varieties of specialty cacao, sweetened with organic coconut blossom sugar and a touch of locally harvested pink lake salt.

INGREDIENTS:

Organic cacao (organic cocoa powder, organic cacao butter), organic coconut blossom sugar, cocoa powder, locally harvested pink lake salt. 60% min. cacao

ALLERGEN INFORMATION:

Made in a kitchen that handles tree nuts, peanuts & sesame & may contain traces. Store airtight & out of direct sunlight.

NUTRITION INFORMATION:

Serves per package: 25 Serving size: 20g	Avg quantity per serving	Avg quantity per 100g
Energy	343kj	1720gj
Protein	2.1g	10.5g
Fat, total	3.6g	17.9g
- saturated	2.2g	10.7g
Carbohydrate	9.6g	48.1g
- sugars	7.0g	35.2g
Sodium	50mg	252mg



MINT 60% DARK HOT CHOCOLATE VG GF

Made with shavings of house-made 100% dark organic chocolate, two varieties of specialty cacao, infused with organic peppermint essential oil and sweetened with organic coconut blossom sugar.

INGREDIENTS:

Organic cacao (organic cocoa powder, organic cacao butter), organic coconut blossom sugar, cocoa powder, organic peppermint essential oil, locally harvested pink lake salt. 60% min. cacao.

ALLERGEN INFORMATION:

Made in a kitchen that handles tree nuts, peanuts & sesame & may contain traces. Store airtight & out of direct sunlight.

NUTRITION INFORMATION:

Serves per package: 25 Serving size: 20g	Avg quantity per serving	Avg quantity per 100g
Energy	343kj	1720gj
Protein	2.1g	10.5g
Fat, total	3.6g	17.9g
- saturated	2.2g	10.7g
Carbohydrate	9.6g	48.1g
- sugars	7.0g	35.2g
Sodium	50mg	252mg



CHILLI 60% DARK HOT CHOCOLATE VG GF

Made with shavings of house-made 100% dark organic chocolate, two varieties of specialty cacao, organic chilli and sweetened with organic coconut blossom sugar.

INGREDIENTS:

Organic cacao (organic cocoa powder, organic cacao butter), organic coconut blossom sugar, cocoa powder, organic chilli powder, locally harvested pink lake salt. 60% min. cacao

ALLERGEN INFORMATION:

Made in a kitchen that handles tree nuts, peanuts & sesame & may contain traces. Store airtight & out of direct sunlight.

NUTRITION INFORMATION:

Serves per package: 25 Serving size: 20g	Avg quantity per serving	Avg quantity per 100g
Energy	343kj	1720gj
Protein	2.1g	10.5g
Fat, total	3.6g	17.9g
- saturated	2.2g	10.7g
Carbohydrate	9.6g	48.1g
- sugars	7.0g	35.2g
Sodium	50mg	252mg



ROSE 60% DARK HOT CHOCOLATE VG GF

Made with shavings of house-made 100% dark organic chocolate, two varieties of specialty cacao, infused with organic Damask pure rose essential oil and sweetened with organic coconut blossom sugar.

INGREDIENTS:

Organic cacao (organic cocoa powder, organic cacao butter), organic coconut blossom sugar, cocoa powder, organic Damask rose essential oil, locally harvested pink lake salt. 60% min. cacao

ALLERGEN INFORMATION:

Made in a kitchen that handles tree nuts, peanuts & sesame & may contain traces. Store airtight & out of direct sunlight.

NUTRITION INFORMATION:

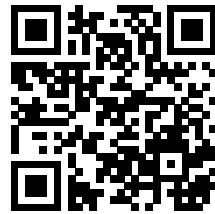
Serves per package: 25 Serving size: 20g	Avg quantity per serving	Avg quantity per 100g
Energy	343kj	1720gj
Protein	2.1g	10.5g
Fat, total	3.6g	17.9g
- saturated	2.2g	10.7g
Carbohydrate	9.6g	48.1g
- sugars	7.0g	35.2g
Sodium	50mg	252mg



Love to stock Manuko products at your business? We'd love that too!

Fill out our online wholesale application form for fast access to our products.

We are passionate about using the highest quality ingredients to make products with a high standard of excellence and consistency, with a naturally long shelf life, packaged securely and delivered with care!



manuko.com.au/wholesale

STORAGE INFORMATION:

Our treats can be stored airtight and refrigerated for up to two months, and best displayed refrigerated for up to 7 days.

OUR IMPACT PARTNER



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