

# GRANOLA 100% ORGANIC HEALTHY NUTRITIOUS DELICIOUS

- . Organic Ingredients from Certified Producers
- . No refined Sugar Added
- . Gluten-free
- . Lactose-free
- . No Preservative
- . High Fiber / Source of Protein
- . Few Ingredientes, All Natural
- . Rich and Crunchy
- . Absolutely Tasty





# IGNORE THE CONVENTIONAL, DISCONNECT YOURSELF FROM "ALWAYS THE SAME".

If we all take an eattitude, healthy food will increasingly be an accessible and sustainable source of health for you and our planet.

Consume organic, support local and independent producers, pay the fair price for genuine products; this way you are supporting transparency and truth, you are valuing people, consumers, suppliers, producers, wild life and the planet. You are choosing quality and health, you are choosing happiness instead of profit. So eat your vegetables, your fruits, your granolas and smile every day, for every reason and for no reason.

#### [EATTITUDE MANIFESTO]



### OUR RANGE





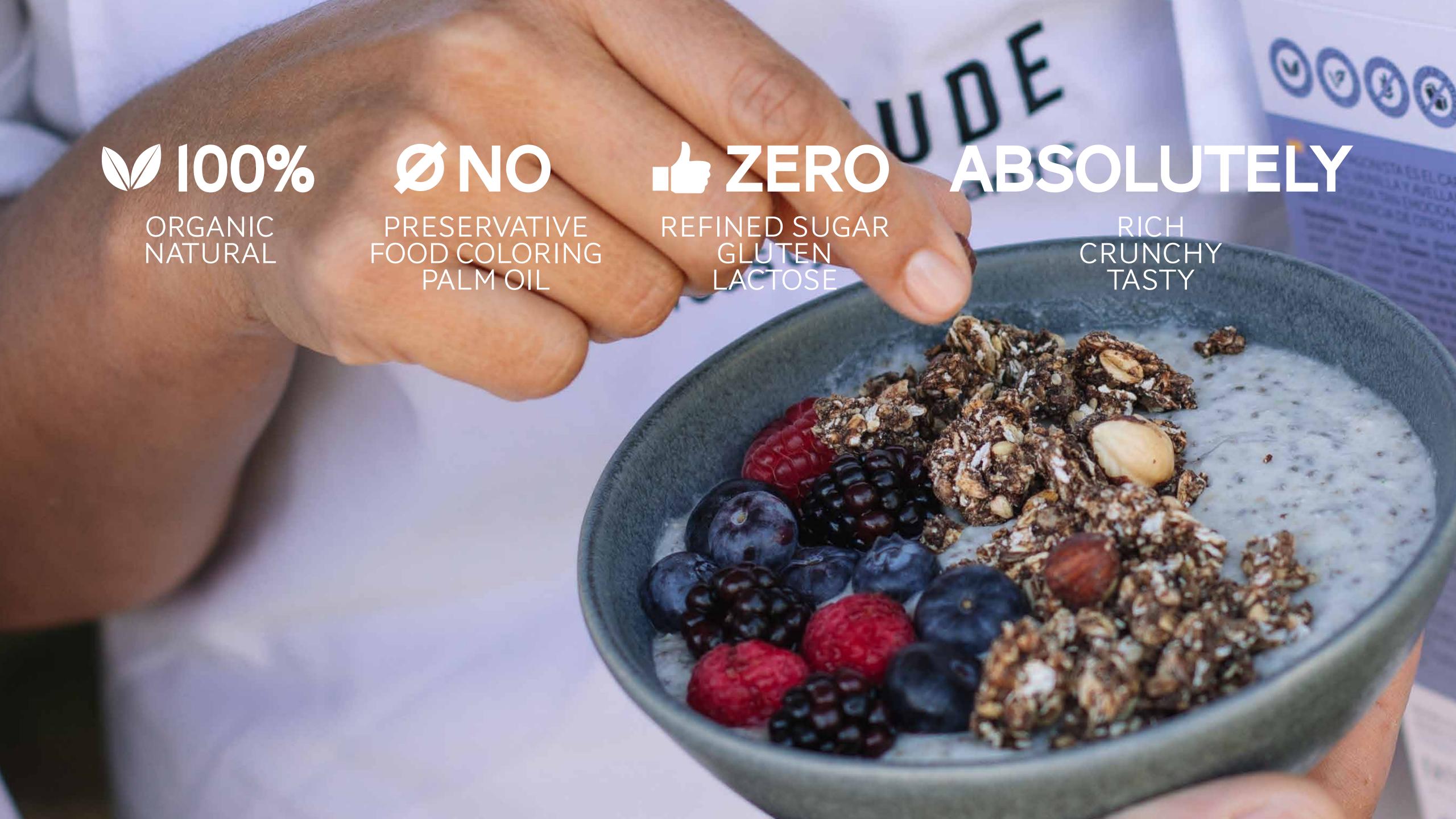
















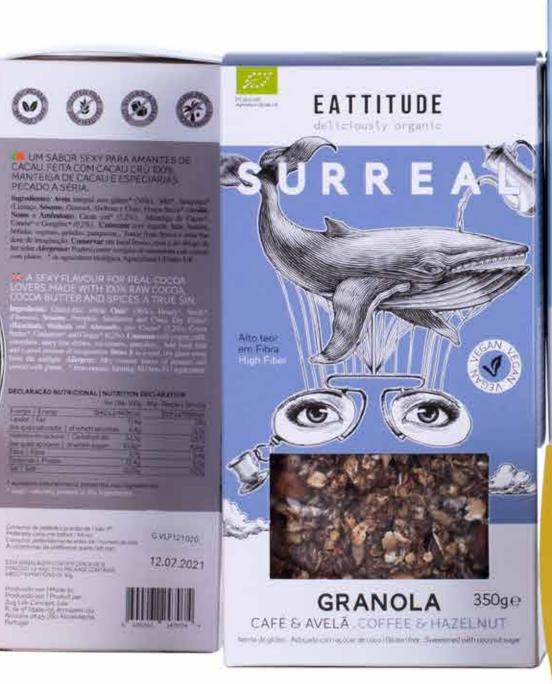




We are a family owned and operated business. Our production unit is located in Cascais, Portugal. It is where everything happens, from the reception of raw ingredients, to the dispatch of ready-to-eat granolas, going through the entire processing and packaging process.



# EATTITUDE GRANOLA 325ge ARROZ TUFADO PUFFED RICE EATTITUDE deliciously organic



### 325/350G RETAIL PACK



# BULK PACK: 1/3KG



### ORIGINAL: DRY FRUITS

THIS IS OUR ORIGINAL RECIPE, WITH SPICES AND NUTS. MARVELLOUS AND VERSATILE, IT GOES WELL WITH ALL THE FLAVOURS.

Ingredients: Gluten-free whole Oats\* (58%), Honey\*, Seeds\* (Flaxseed, Sesame, Sunflower, Pumpkin and Chia), Dry Fruits\* (Hazelnuts, Walnuts and Almonds - 9%), deodorized Coconut Oil\*, Cinnamon\* and Ginger\*.

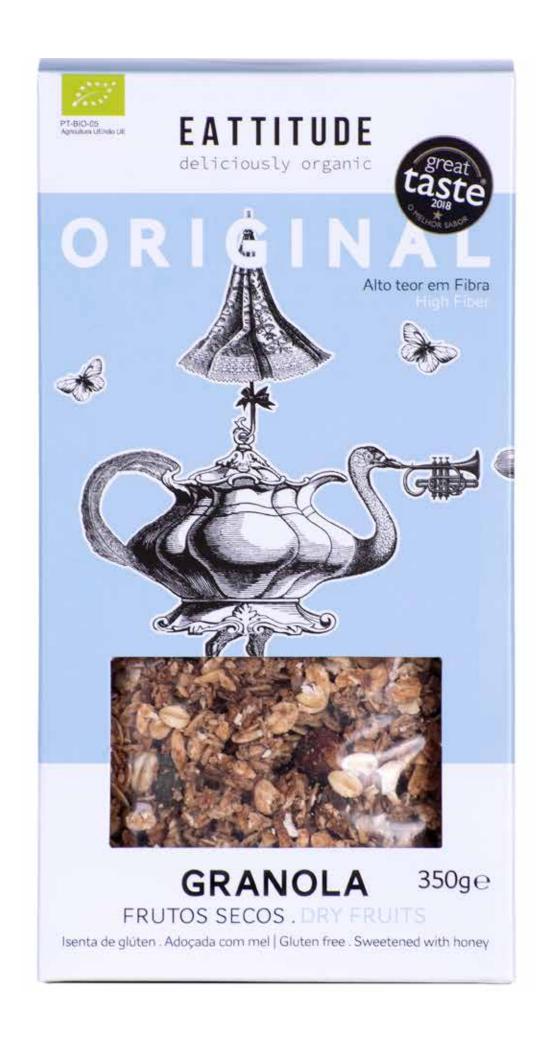
\* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1891 kJ/452Kcal Energy 19,6g of which saturates **4,4**g 53,2g Carbohydrate of which sugars 11,3g\* 8,6g Fibre Protein 11,4g Salt 0,02g









SWEETENED WITH HONEY FAT: DEODORIZED COCONUT OIL

# EXUBERANTE: COCONUT

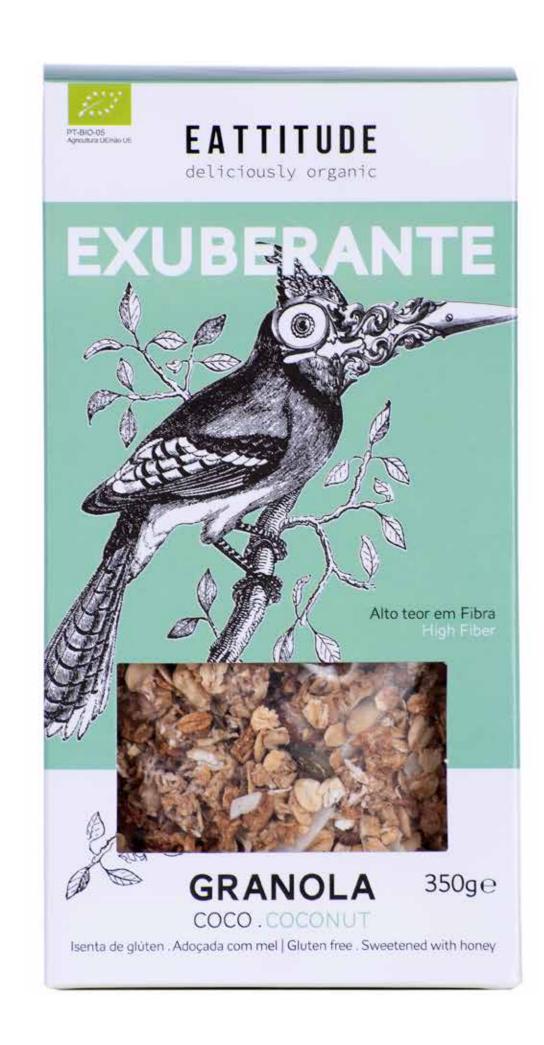
AN UNBELIEVABLY EXUBERANT FLAVOUR.
MADE WITH VIRGIN COCONUT OIL AND
DEHYDRATED COCONUT (GRATED AND CHIPS).
GORGEOUS.

**Ingredients:** Gluten-free whole **Oats**\* (56%), Honey\*, Seeds\* (Flaxseed, **Sesame**, Sunflower, Pumpkin and Chia), Dry Fruits\* (**Hazelnuts**, **Walnuts** and **Almonds**), dehydrated Coconut\* (chips and grated - 7.2%), virgin Coconut Oil\* (2,7%) and Cinnamon\*. \* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1989 kJ/475Kcal Energγ 24,1g of which saturates 11,3g 47,0g Carbohydrate of which sugars 12,0g\* Fibre 10,4g Protein 12,2g Salt 0,08g







SWEETENED WITH HONEY FAT: VIRGIN COCONUT OIL

### VOLÚPIA: COCCOA & GINGER

A SEXY FLAVOUR FOR REAL COCOA LOVERS. MADE WITH 100% RAW COCOA, COCOA BUTTER AND SPICES. A TRUE SIN. Ingredients: Gluten-free whole Oats\* (56%), Honey\*, Seeds\* (Flaxseed, Sesame, Pumpkin, Sunflower and Chia), Dry Fruits\* (Hazelnuts, Walnuts and Almonds), raw Cocoa\*

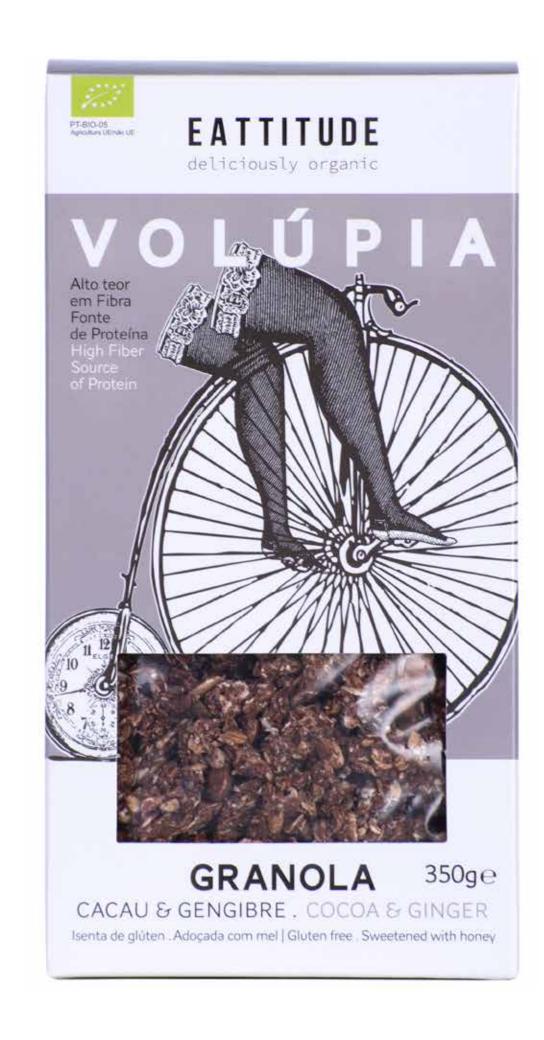
(3,2%), Cocoa Butter\*, Cinnamon\* and Ginger\* (0,2%).

\* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1842 kJ/440Kcal Energγ Fat 17,4g of which saturates **4,4g** 52,5g Carbohydrate 10,9g\* of which sugars 9,7g Fibre Protein 13,4g Salt 0,03g







### SWEETENED WITH HONEY FAT: COCOA BUTTER

### EGOÍSTA: PINEAPPLE & MINT

THE SENSATION IS UNIQUE: SWEET AND ACID, INTENSE AND FRESH, IMPOSSIBLE TO SHARE. MADE WITH THE BEST DRIED PINEAPPLE AND PEPPER MINT.

**Ingredients:** Gluten-free whole **Oats**\* (58%), Honey\*, Seeds\* (Flaxseed, **Sesame**, Sunflower, Pumpkin and Chia,), Dry Fruits\* (**Hazelnuts** and **Almonds**), dehydrated Pineapple\* (4,7%), deodorized Coconut Oil\*, Peppermint\* (0,5%) and Cinnamon\*. \* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1792 kJ/428Kcal Energγ 14,4g of which saturates 3,8g 59,6g Carbohydrate of which sugars 16,3g\* Fibre 7,5g **11,3**g Protein Salt 0,02g







SWEETENED WITH HONEY FAT: DEODORIZED COCONUT OIL

# REGUILA: PUFFED RICE

EXTRA CRUNCHY, LIGHT AND SWEET GRANOLA. WITH THE FREE SPIRITS IN MIND WE ADDED SWEETNESS AND PUFFED RICE.

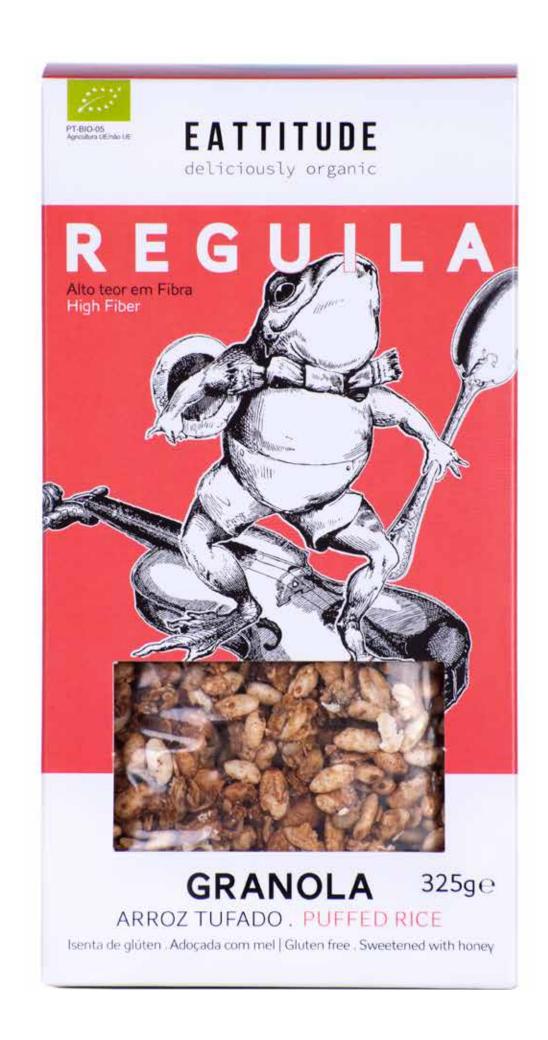
**Ingredients:** Gluten-free whole **Oats**\* (57%), Honey\*, Seeds\* (Flaxseed, **Sesame**, Sunflower, Pumpkin and Chia), Dry Fruits\* (**Hazelnuts, Walnuts, Almonds**), whole Puffed Rice\* (5,4%), deodorized Coconut Oil\* and Cinnamon\*.

\* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1880 kJ/449Kcal Energy 17,9g of which saturates **4,2**g 55,3g Carbohydrate 8,7g\* of which sugars 8,8g Fibre Protein 12,3g Salt 0,03g







SWEETENED WITH HONEY FAT: DEODORIZED COCONUT OIL

# ELEGANTE: OUINOA & GOJI BERRIES

THE DATES ADD THE SWEETNESS, THE SPICES THE AROMA, THE QUINOA THE LIGHTNESS AND THE GOJI BERRIES THE FINAL TOUCH.

VEGAN, VERY ELEGANT, AND WONDERFUL.

Ingredients: Gluten-free whole Oats\* (53%), Dates\* (17%), Seeds\* (Flaxseed, Sesame and Sunflower), whole Puffed Quinoa\* (5,1%), Goji Berries\* (4%), virgin Coconut Oil\*, Cinnamon\* and Ginger\*.

\* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1891 kJ/452Kcal Energγ 19,6g of which saturates **4,4**g 53,2g Carbohydrate of which sugars 11,3g\* 8,6g Fibre Protein 11,4g Salt 0,02g







SWEETENED WITH DATES FAT: VIRGIN COCONUT OIL

# SURREAL: COFFEE & HAZELNUT

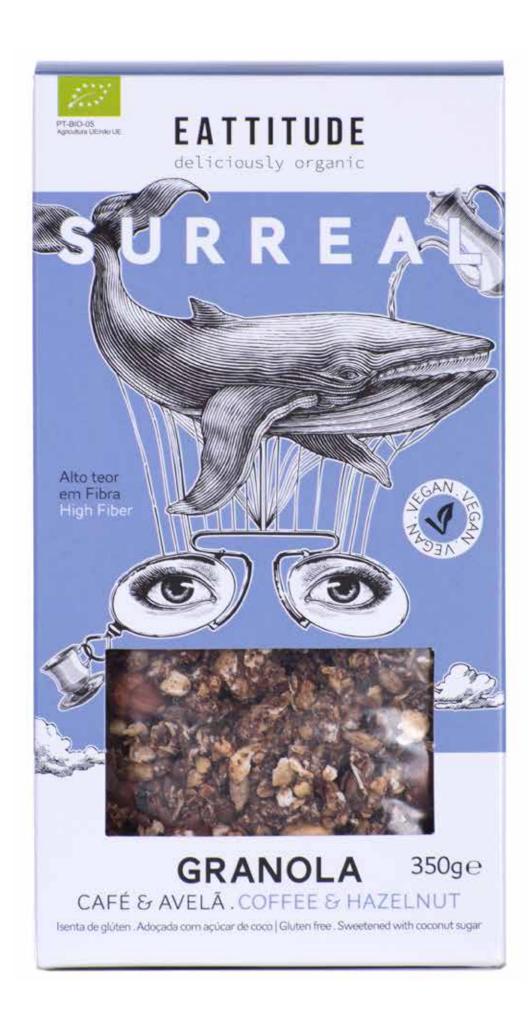
COFFEE IS THE THE PROTAGONIST, BUT WITH COCOA, VANILLA AND HAZELNUTS THIS JOURNEY IS EVEN MORE EXCITING.
AN EXPERIENCE FROM ANOTHER WORLD.
Ingredients: Gluten-free whole Oats\*, Buckwheat\*, Seeds\*
(Sunflower, Flaxseed and Sesame), Coconut Sugar\*, whole Rice Flakes\*, Hazelnut\* (3,5%), Coffee\* (3,5%), deodorized Coconut Oil\*, Cocoa\* (1,5%), Cinnamon\* and Vanilla extract\*.

\* from organic farming. EU/non-EU Agriculture

#### **NUTRITION DECLARATION**

Per 100g 1828 kJ/436Kcal Energγ Fat 16,6g of which saturates **5,1g** 55,5g Carbohydrate 9,5g of which sugars 7,4g Fibre Protein 12,4g Salt 0,06g







SWEETENED WITH COCONUT
SUGAR
FAT: DEODORIZED COCONUT OIL



## EATTITUDE deliciously organic

### STAY IN TOUCH

www.eattitude.pt tomas@eattitude.pt

Rua da Terceira Idade 155, Armazém 2 - Atrozela 2645-260 Alcabideche Portugal