

new

INTRODUCING SPOKES

air-puffed potato snack

hello...

40 CALORIES PER CUP



SIMPLE
INGREDIENTS



GREAT
TASTE



"bye bye bad stuff..."



NEVER OIL FRIED



NO PRESERVATIVES



GLUTEN-FREE



PEANUT-FREE
FACILITY



VISIT US ONLINE AT:

SPOKES.CA
INFO@LEFTFIELDFOODS.CA

SPOKES

air-puffed potato snack



BORN AS A SIMPLE SNACKING OPTION IN ONE MOM'S KITCHEN.

THE POTATO SNACKS ARE HOT-AIR PUFFED (NEVER OIL FRIED).

THEN MISTED WITH SUNFLOWER OIL AND SEASONED WITH MOUTH-WATERING FLAVOURS FOR A NATURALLY DELICIOUS CRUNCH.



- Just Potatoes - #1 Snack Category
- GREAT Nutrition and Ingredients !!
- Lowest Calorie Snack !!
- Best of all ... they TASTE GREAT.

hello... 40 CALORIES PER CUP

Nutrition Facts / Valeur nutritive

	Per 8 cups (200 g) / 100 g	Per 1 cup (25 g) / 100 g
Calories / Calories	320	40
Fat / Lipides	8 g 12%	1 g 1%
Saturated / saturés	1 g 4%	0.1 g 1%
Trans / trans	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg
Sodium / Sodium	1070 mg 46%	136 mg 6%
Carbohydrate / Glucides	63 g 21%	8 g 3%
Fibre / Fibre	2 g 8%	0 g
Sugars / Sucres	1 g	0 g
Protein / Protéines	2 g	0.2 g
Vitamin A / Vitamine A	0%	0%
Vitamin C / Vitamine C	2%	0%
Calcium / Calcium	0%	0%
Iron / Fer	6%	0%

NO DAIRY | GLUTEN | SOY | EGGS
PRESERVATIVES | ARTIFICIAL FLAVOURS AND COLOURS
NO TRANS FAT. NO CHOLESTEROL.

hello... 40 CALORIES PER CUP

Nutrition Facts / Valeur nutritive

	Per 8 cups (200 g) / 100 g	Per 1 cup (25 g) / 100 g
Calories / Calories	310	40
Fat / Lipides	8 g 12%	1 g 1%
Saturated / saturés	1 g 4%	0.1 g 1%
Trans / trans	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg
Sodium / Sodium	1050 mg 44%	130 mg 5%
Carbohydrate / Glucides	62 g 21%	8 g 3%
Fibre / Fibre	2 g 8%	0 g
Sugars / Sucres	0 g	0 g
Protein / Protéines	2 g	0.2 g
Vitamin A / Vitamine A	0%	0%
Vitamin C / Vitamine C	2%	0%
Calcium / Calcium	0%	0%
Iron / Fer	6%	0%

NO DAIRY | GLUTEN | SOY | EGGS
PRESERVATIVES | ARTIFICIAL FLAVOURS AND COLOURS
NO TRANS FAT. NO CHOLESTEROL.

hello... 40 CALORIES PER CUP

Nutrition Facts / Valeur nutritive

	Per 8 cups (200 g) / 100 g	Per 1 cup (25 g) / 100 g
Calories / Calories	320	40
Fat / Lipides	8 g 12%	1 g 1%
Saturated / saturés	1 g 4%	0.1 g 1%
Trans / trans	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg
Sodium / Sodium	1050 mg 44%	130 mg 5%
Carbohydrate / Glucides	65 g 23%	8 g 3%
Fibre / Fibre	2 g 8%	0 g
Sugars / Sucres	7 g	1 g
Protein / Protéines	2 g	0.2 g
Vitamin A / Vitamine A	0%	0%
Vitamin C / Vitamine C	10%	2%
Calcium / Calcium	0%	0%
Iron / Fer	6%	0%

NO DAIRY | GLUTEN | SOY | EGGS
PRESERVATIVES | ARTIFICIAL FLAVOURS AND COLOURS
NO TRANS FAT. NO CHOLESTEROL.

DESCRIPTION	PACK
Sea Salt & Vinegar	12 / 80g
Sea Salt	12 / 80g
Mango Habanero	12 / 80g
Barbecue	12 / 80g
Dill Pickle	12 / 80g
Sea Salt & Vinegar	16 / 24g
Sea Salt	16 / 24g
Mango Habanero	16 / 24g
Barbecue	16 / 24g

hello... 40 CALORIES PER CUP

Nutrition Facts / Valeur nutritive

	Per 8 cups (200 g) / 100 g	Per 1 cup (25 g) / 100 g
Calories / Calories	320	40
Fat / Lipides	8 g 12%	1 g 1%
Saturated / saturés	1 g 4%	0.1 g 1%
Trans / trans	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg
Sodium / Sodium	1050 mg 44%	130 mg 5%
Carbohydrate / Glucides	64 g 23%	8 g 3%
Fibre / Fibre	2 g 8%	0 g
Sugars / Sucres	4 g	0.5 g
Protein / Protéines	2 g	0.2 g
Vitamin A / Vitamine A	0%	0%
Vitamin C / Vitamine C	4%	0%
Calcium / Calcium	0%	0%
Iron / Fer	6%	0%

NO DAIRY | GLUTEN | SOY | EGGS
PRESERVATIVES | ARTIFICIAL FLAVOURS AND COLOURS
NO TRANS FAT. NO CHOLESTEROL.

hello... 40 CALORIES PER CUP

Nutrition Facts / Valeur nutritive

	Per 8 cups (200 g) / 100 g	Per 1 cup (25 g) / 100 g
Calories / Calories	320	40
Fat / Lipides	8 g 12%	1 g 1%
Saturated / saturés	1 g 4%	0.1 g 1%
Trans / trans	0 g	0 g
Cholesterol / Cholestérol	0 mg	0 mg
Sodium / Sodium	1070 mg 46%	136 mg 6%
Carbohydrate / Glucides	64 g 23%	8 g 3%
Fibre / Fibre	2 g 8%	0 g
Sugars / Sucres	4 g	0.5 g
Protein / Protéines	2 g	0.2 g
Vitamin A / Vitamine A	0%	0%
Vitamin C / Vitamine C	2%	0%
Calcium / Calcium	0%	0%
Iron / Fer	6%	0%

NO DAIRY | GLUTEN | SOY | EGGS
PRESERVATIVES | ARTIFICIAL FLAVOURS AND COLOURS
NO TRANS FAT. NO CHOLESTEROL.