



KATE'S[®] REAL FOOD

REAL FOOD.
REAL ENERGY.[®]



ENERGY BARS



Only sweetened
with organic honey.

2.2oz Bar | 12 Per Case | 1 Bar = 2 Servings



*Always Organic.
Always Real.[™]
-Kate*

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NET WT 2.2oz (62g)
1 bar - 2 servings

1. PEANUT BUTTER DARK CHOCOLATE



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 130, Total Fat 6g (8% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 65mg (3% DV), Total Carb. 17g (6% DV), Fiber 2g (7% DV), Total Sugars 9g (Incl. 6g Added Sugars, 12% DV), Protein 3g (6% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 60mg (6% DV) Potas. 20mg (2% DV)

INGREDIENTS: CERTIFIED GLUTEN FREE OATS*, HONEY*, PEANUT BUTTER* (DRY ROASTED PEANUTS*), BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), DARK CHOCOLATE* (CANE SUGAR*, COCOA LIQUOR*, COCOA BUTTER*), DRIED APRICOTS* (APRICOTS*, RICE FLOUR*), RAISINS* (RAISINS*, SUNFLOWER OIL*), SUNFLOWER SEEDS*, SESAME SEEDS*, SEA SALT.

CONTAINS: PEANUTS AND SESAME. MADE IN A FACILITY THAT ALSO PROCESSES TREE NUTS (COCONUT, ALMONDS), AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

*ORGANIC
MADE IN USA.



UNIT



CASE



MASTER CASE

DISTRIBUTED BY TRAM BAR, LLC D/B/A KATE'S REAL FOOD 7631 LUPINE LANE, SUITE E, VICTOR ID 83455 KATESREALFOOD.COM.

2. DARK CHOCOLATE CHERRY & ALMOND



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 130, Total Fat 4.5g (6% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 70mg (3% DV), Total Carb. 20g (7% DV), Fiber 2g (7% DV), Total Sugars 9g (Incl. 7g Added Sugars, 14% DV), Protein 3g (6% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 40mg (4% DV) Potas. 20mg (2% DV)

INGREDIENTS: CERTIFIED GLUTEN FREE OATS*, HONEY*, ALMOND BUTTER* (ALMONDS*), SWEETENED DRIED CHERRIES* (CHERRIES* (CANE SUGAR*, SUNFLOWER OIL*), BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), DARK CHOCOLATE* (CANE SUGAR*, COCOA LIQUOR*, COCOA BUTTER*), ALMONDS*, SEA SALT.

CONTAINS: TREE NUTS (ALMONDS), MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS (COCONUT), SESAME, AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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NEW - DARK CHOCOLATE MINT



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 160, Total Fat 10g (13% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 40 mg (2% DV), Total Carb. 16g (6% DV), Fiber 3g (11% DV), Total Sugars 8g (Incl. 7g Added Sugars, 14% DV), Protein 3g (6% DV), Vit. D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 60mg (6% DV) Potas. 20mg (2% DV)

INGREDIENTS: PEANUT BUTTER* (PEANUTS*, SALT), COCONUT*, HONEY*, CERTIFIED GLUTEN FREE OATS*, DARK CHOCOLATE* (CANE SUGAR*, COCOA LIQUOR*, COCOA BUTTER*), BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), CACAO NIBS*, CACAO POWDER*, PEPPERMINT EXTRACT* (CANE ALCOHOL*, WATER, PEPPERMINT OILS*), SEA SALT.

CONTAINS: PEANUTS AND TREE NUTS (COCONUT), MADE IN A FACILITY THAT ALSO PROCESSES TREE NUTS (ALMONDS), SESAME, AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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4. PEANUT BUTTER MILK CHOCOLATE



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 130, Total Fat 6g (8% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. 0mg(0% DV), Sodium 65mg (3% DV), Total Carb. 18g (7% DV), Fiber 2g (7% DV), Total Sugars 9g (Incl. 6g Added Sugars, 12% DV), Protein 3g (6% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 60mg (6% DV) Potas. 20mg (2% DV)

INGREDIENTS: CERTIFIED GLUTEN FREE OATS*, HONEY*, PEANUT BUTTER* (DRY ROASTED PEANUTS*), MILK CHOCOLATE* (CANE SUGAR*, CACAO BEANS*, MILK*, COCOA BUTTER*, SUNFLOWER LECITHIN), BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), DRIED APRICOTS* (APRICOTS*, RICE FLOUR*), RAISINS* (RAISINS*, SUNFLOWER OIL*), SUNFLOWER SEEDS*, SESAME SEEDS*, SEA SALT.

CONTAINS: PEANUTS, SESAME, AND MILK. MADE IN A FACILITY THAT ALSO PROCESSES TREE NUTS (COCONUT, ALMONDS), ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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5. PEANUT BUTTER HEMP AND FLAX



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 120, Total Fat 6g (8% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 70mg (3% DV), Total Carb. 18g (7% DV), Fiber 2g (7% DV), Total Sugars 7g (Incl. 6g Added Sugars, 12% DV), Protein 4g (8% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 40mg (4% DV) Potas. 20mg (2% DV)

INGREDIENTS: CERTIFIED GLUTEN FREE OATS*, HONEY*, PEANUT BUTTER* (DRY ROASTED PEANUTS*), BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), FLAX SEEDS*, DARK CHOCOLATE* (CANE SUGAR*, COCOA LIQUOR*, COCOA BUTTER*), HEMP SEEDS*, SEA SALT.

CONTAINS: PEANUTS. MADE IN A FACILITY THAT ALSO PROCESSES TREE NUTS (COCONUT, ALMONDS), SESAME, AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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6. LEMON COCONUT



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 150, Total Fat 10g (13% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 70mg (3% DV), Total Carb. 15g (5% DV), Fiber 3g (11% DV), Total Sugars 7g (Incl. 6g Added Sugars, 12% DV), Protein 3g (6% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 40mg (4% DV) Potas. 40mg (4% DV)

INGREDIENTS: COCONUT*, HONEY*, ALMOND BUTTER* (ALMONDS*), CERTIFIED GLUTEN FREE OATS*, BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), LEMON EXTRACT* (CANE ALCOHOL*, LEMON OILS*, WATER), GROUND GINGER*, SEA SALT.

CONTAINS: TREE NUTS (COCONUT, ALMONDS), MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, SESAME, AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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7. MANGO COCONUT



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 150, Total Fat 10g (13% DV), Sat. Fat 4g (20% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 130mg (6% DV), Total Carb. 17g (6% DV), Fiber 2g (7% DV), Total Sugars 8g (Incl. 5g Added Sugars, 10% DV), Protein 3g (6% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 60mg (6% DV) Potas. 20mg (2% DV)

INGREDIENTS: COCONUT*, HONEY*, ALMOND BUTTER* (ALMONDS*), DRIED MANGOS*, CERTIFIED GLUTEN FREE OATS*, BROWN RICE CRISPS* (WHOLE GRAIN BROWN RICE FLOUR*, HONEY*, SEA SALT), ALMONDS*, SEA SALT, LEMON EXTRACT* (CANE ALCOHOL*, LEMON OILS*, WATER).

CONTAINS: TREE NUTS (COCONUT, ALMONDS), MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, SESAME, AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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NEW - OATMEAL CRANBERRY & ALMOND



NUTRITION FACTS

Servings: 2, Serv. size: 1.1oz (31g)
Amount per serving: Calories 130, Total Fat 6g (8% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, Cholest. 0mg(0% DV), Sodium 65 mg (3% DV), Total Carb. 18g (7% DV), Fiber 2g (7% DV), Total Sugars 8g (Incl. 7g Added Sugars, 14% DV), Protein 4g (8% DV), Vit. D 0mcg (0% DV), Calcium 20mg (2% DV), Iron 60mg (6% DV) Potas. 20mg (2% DV)

INGREDIENTS: CERTIFIED GLUTEN FREE OATS*, ALMOND BUTTER* (ALMONDS*), HONEY*, SWEETENED DRIED CRANBERRIES* (CRANBERRIES*, APPLE JUICE CONCENTRATE*, SUNFLOWER OIL*), BROWN RICE CRISPS* (BROWN RICE FLOUR*, HONEY*, SEA SALT), ALMONDS*, VANILLA EXTRACT*, CINNAMON*, SEA SALT.

CONTAINS: TREE NUTS (ALMONDS), MADE IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS (COCONUT), SESAME, AND MILK. ORGANIC FOODS MAY CONTAIN PITS, STEMS AND/OR NUT SHELL FRAGMENTS.

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Product Specs:

Product	DMS (HxWxD)	Weight	Cube	Per Pallet	TL x HL	Pallet Weight
Unit (1 bar)	1" x 2.5" x 5"	2.2oz	N/A	6912	N/A	1,154lbs
Case (12 bars)	2.31" x 4.56" x 9.88"	1.9lbs	0.0603	516	N/A	1,154lbs
Master Case (12 cases)	7.25" x 10.19" x 19"	23lbs	0.8121	48	8 x 6	1,154lbs

