

Carman's

Real food made with real passion.

FIND the right product FOR YOUR dietary NEEDS.

SUPER SEED & GRAIN CRACKERS



GF V LF NA
NS FF

MUESLI BARS



V LF FF V LF GI

OAT SLICE



NA FF NA

GRANOLA



FF V

CRUNCHY CLUSTERS



GI GI FF

BLISS BALLS



GF V NS

GOURMET PROTEIN BARS



GF FF

GF

GF

GF

GF FF

NUT BARS



GF

GF FF

GF V

LF FF

GF

GF

MUESLI



V GI

GF GI

GF V

FF

GI

V LF GI

NS

V NA

V LF

GI FF

GOURMET PORRIDGE SACHETS



V NS

FF

V NA

NS FF

V NS

V NA

NS

NA FF

DIETARY KEY

GF GLUTEN FREE

GI LOW GI

V VEGAN

NS NO ADDED SUGAR

LF LOW FODMAP

FF FRUIT FREE

NA NO NUTS ADDED*

*WHILE WE HAVE NOT ADDED ANY NUTS TO THIS RECIPE, WE MANUFACTURE OTHER PRODUCTS ON THE PREMISES THAT DO CONTAIN NUTS.

for our full range, head to CARMANSKITCHEN.COM.AU