

**Romney's Kendal Mint Cake was carried to the summit of MOUNT EVEREST on 29 May 1953.**

*"We sat in the snow and looked at the country far below us ... we nibbled Kendal Mint Cake"*

A member of the successful Everest Expedition wrote  
*"It was easily the most popular item on our high altitude ration - our only criticism was that we did not have enough of it"*

### **INGREDIENTS**

WHITE SUGAR, GLUCOSE SYRUP, SOFT DARK BROWN SUGAR & WATER, PEPPERMINT FLAVOUR.

### **Nutritional Information**

	Unit	Per 100g
Energy	kJ	1612
Energy	Kcal	379
Protein	g	0.1g
Carbohydrate	g	97.7
Of which sugars	g	87.4
Fat	g	0
Of which saturates	g	0
Fibre	g	nil
Sodium	mg	39mg
Salt equivalent	g	0.09g

Romneys have been producing Kendal Mint Cake in the same traditional manner for over 80 years.

Kendal Mint Cake is still made by hand in open topped copper pans using only the finest raw materials.

Kendal Mint Cake has been an essential part of the supplies of all major expeditions throughout the world.



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**George Romney's Kendal Mint Cake**  
**Mintsfeet Trading Estate, Kendal,**  
**Cumbria, LA9 6NA**

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**MIN NET WEIGHT 340g**

**BATCH No : 0142**

**Product Code 50402**