

FOODHAK

Snack with intelligence



OUR MISSION

Foodhak's functional snack range combines irresistible taste with perfected science-backed nutrition.

With an emphasis on clean, free from labels, our snacks are **vegan, gluten free, dairy free, nut free, free from preservatives** and boast a range of functional health benefits.

Timeline

2017

Sakshi is diagnosed with OC when pregnant with first child and was recommended an Ayurvedic diet

2018

Researched to learn more about why this diet works

2019

Started building a team who can build on these hypotheses

2020

Fell pregnant again and didn't experience OC despite the odds

2021

Began development on an AI solution to undertake the huge amount of research

2022

Officially launched Foodhak and amassed more than a thousand subscribers in the first year

2023

Continued to grow online delivery and enters retail, including Selfridge's and Zapp

SELFRIDGES & CO
ZAPP

2024

Released Foodhak app, a free personalised nutritional assistant, and launched snacks in 30+ retailers including Ocado and in Dubai Hotels

Ocado   

2025 and beyond

Foodhak launches on CLF and continues to grow its snack range eyeing major retailers and international expansion

CLF
in it together 



Our Ambient Snack Range

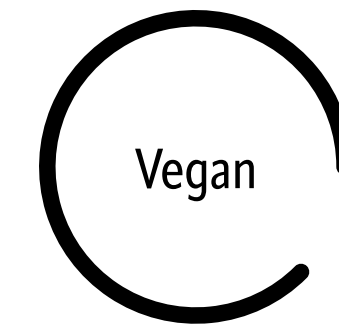


Ashwagandha Chocolate Chip Cookies 160g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 2155kJ |
| Energy kcal | 515kcal |
| Fat | 25g |
| of which saturates | 14g |
| Carbohydrate | 66g |
| of which sugars | 24g |
| Fibre | 3.1g |
| Protein | 5.3g |
| Salt | 2.1g |



Key Ingredients

ASHWAGANDHA

- Reduces cortisol level
- Aids stress, anxiety and depression

MILLET FLOUR

- Source of protein, fibre and minerals
- Protects cardiovascular health

CHIA SEEDS

- Source of vitamins, minerals and antioxidants
- Reduces risk of inflammation

MAPLE SYRUP

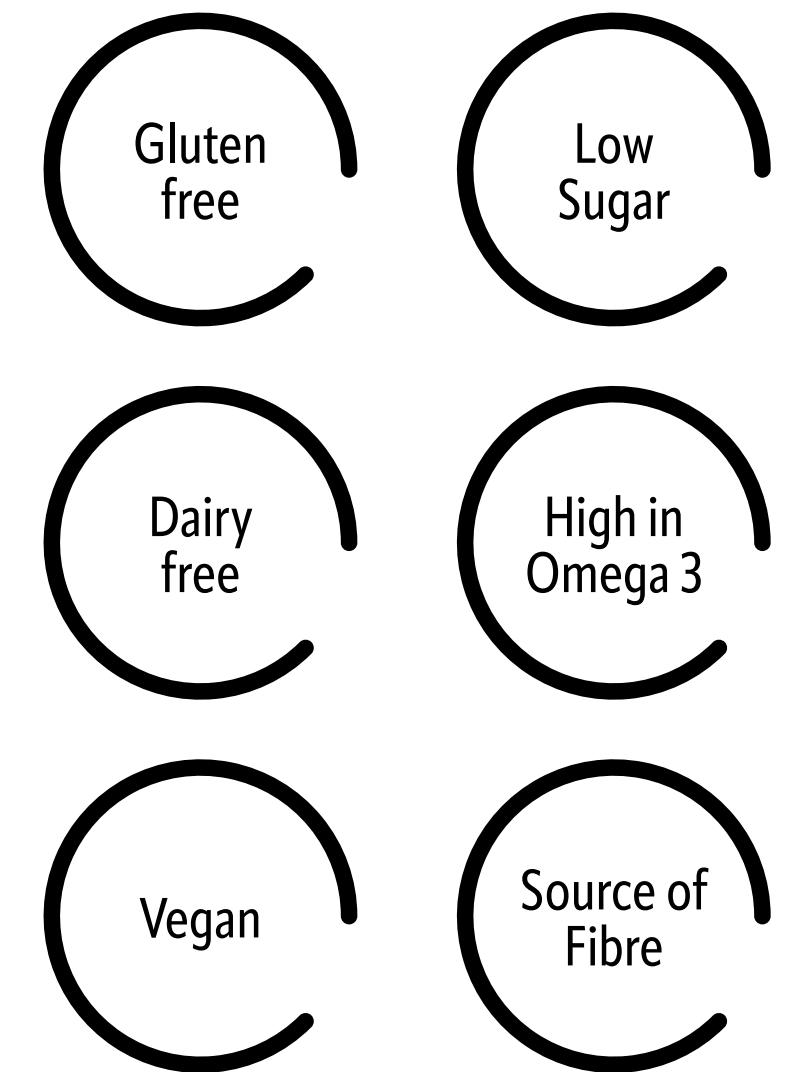
- Includes zinc, copper, calcium, iron, magnesium and potassium
- 33% of daily value of manganese for healthy bones

Seeded Omega and Millet Crackers 100g



Nutritional Information

| | Per 100g | | Per 100g |
|--------------------|----------|------------|----------|
| Energy kJ | 2019kJ | Phosphorus | 570mg |
| Energy kcal | 486kcal | Magnesium | 270mg |
| Fat | 32g | Copper | 1.2mg |
| of which saturates | 3.9g | Manganese | 1.5mg |
| Carbohydrate | 22g | Omega 3 | 8.6g |
| of which sugars | 1.2g | | |
| Fibre | 17g | | |
| Protein | 19g | | |
| Salt | 2.0g | | |



Key Ingredients

- MILLET FLOUR**
 - Source of protein, fibre and minerals
 - Protects cardiovascular health
- FLAXSEEDS**
 - Rich source of omega-3
 - Anti-inflammatory, antioxidant and helps lipid modulation
- CHIA SEEDS**
 - Source of vitamins, minerals and antioxidants
 - Reduces risk of inflammation
- SUNFLOWER SEEDS**
 - Lowers the risk of high blood pressure and heart disease
 - Boosts your energy levels
- PUMPKIN SEEDS**
 - Packed with nutrients and nutraceuticals

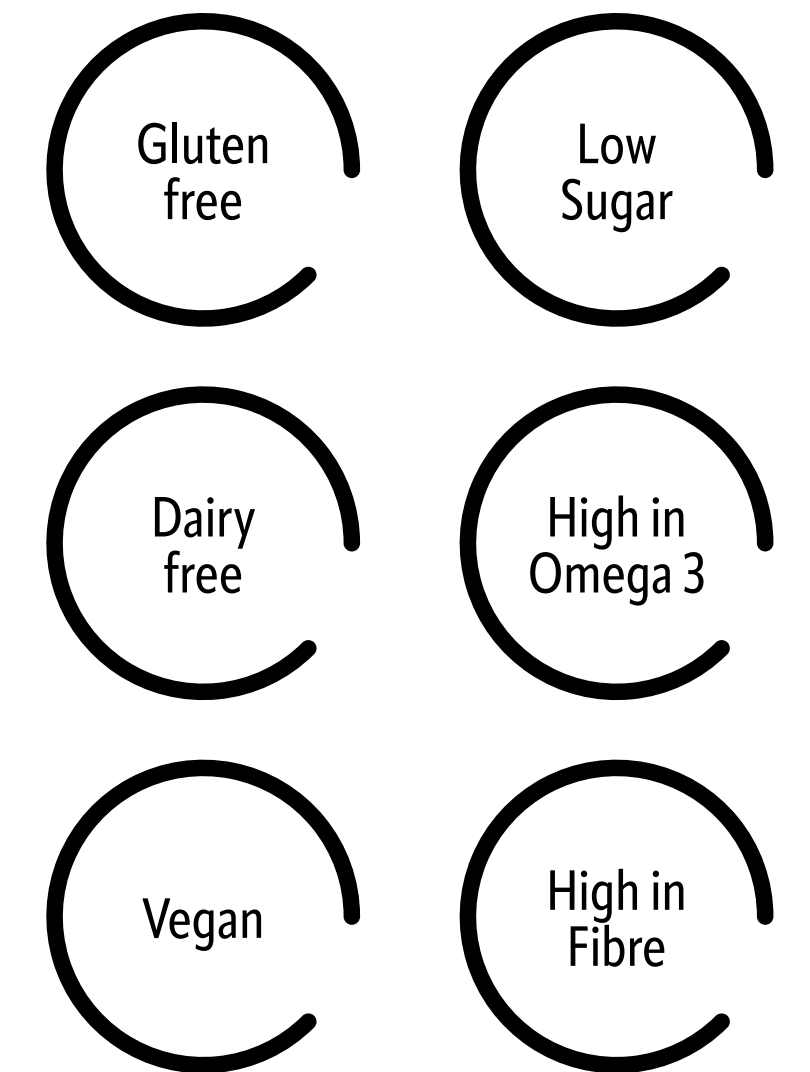
Sweet Beetroot Protein Crackers

100g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 1968kJ |
| Energy kcal | 471kcal |
| Fat | 23g |
| of which saturates | 2.8g |
| Carbohydrate | 29g |
| of which sugars | 16g |
| Fibre | 14g |
| Protein | 31g |
| Salt | 0.36g |



Key Ingredients

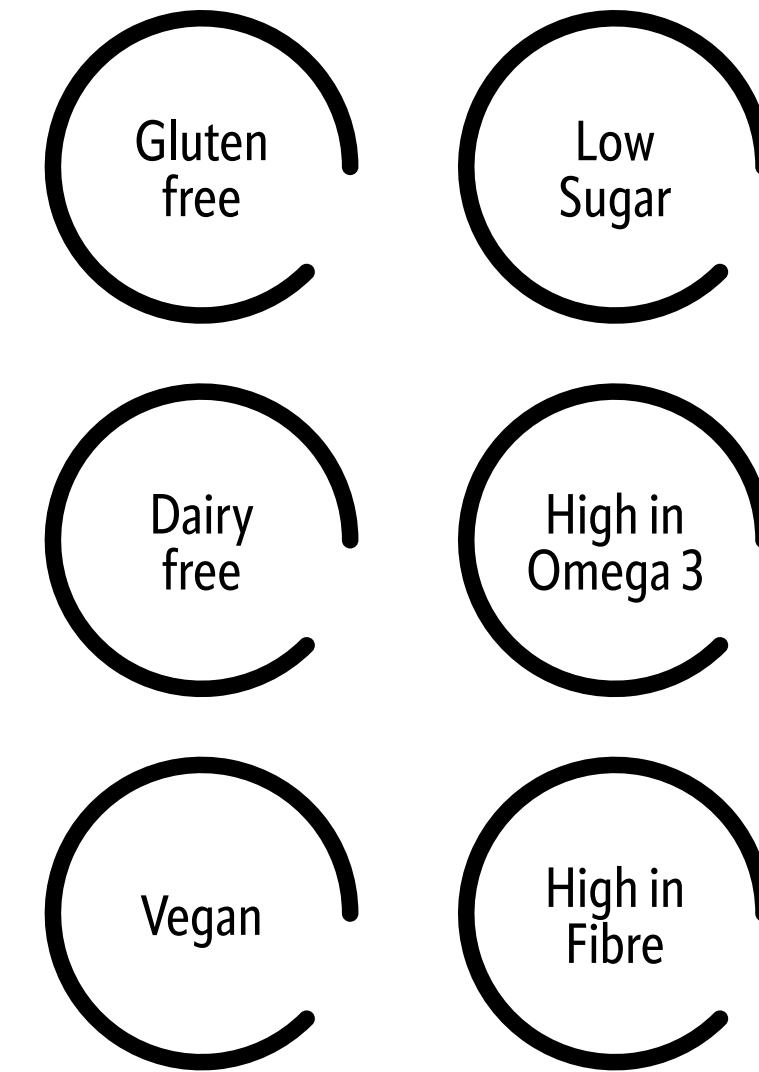
- MILLET FLOUR**
- Source of protein, fibre and minerals
 - Protects cardiovascular health
- FLAXSEEDS**
- Rich source of omega-3
 - Anti-inflammatory, antioxidant and helps lipid modulation
- CHIA SEEDS**
- Source of vitamins, minerals and antioxidants
 - Reduces risk of inflammation
- SUNFLOWER SEEDS**
- Lowers the risk of high blood pressure and heart disease
 - Boosts your energy levels
- PUMPKIN SEEDS**
- Packed with nutrients and nutraceuticals

Sweet Chilli Beetroot Protein Crackers 100g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 1987kJ |
| Energy kcal | 476kcal |
| Fat | 23g |
| of which saturates | 3.2g |
| Carbohydrate | 29g |
| of which sugars | 16g |
| Fibre | 14g |
| Protein | 30g |
| Salt | 4.9g |



Key Ingredients

MILLET FLOUR

- Source of protein, fibre and minerals
- Protects cardiovascular health

FLAXSEEDS

- Rich source of omega-3
- Anti-inflammatory, antioxidant and helps lipid modulation

CHIA SEEDS

- Source of vitamins, minerals and antioxidants
- Reduces risk of inflammation

PUMPKIN SEEDS

- Packed with nutrients and nutraceuticals

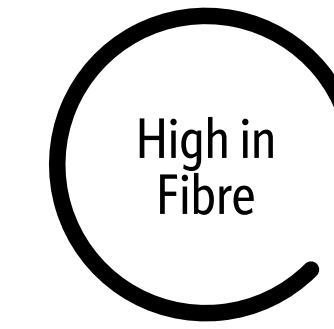
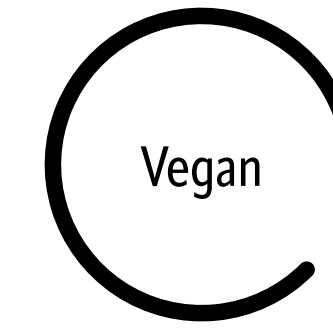
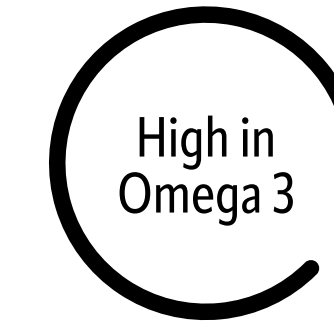
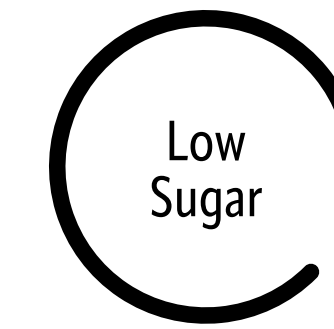
Rosemary Garlic Protein Crackers

100g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 2108kJ |
| Energy kcal | 506kcal |
| Fat | 27g |
| of which saturates | 3.7g |
| Carbohydrate | 24g |
| of which sugars | 4.8g |
| Fibre | 19g |
| Protein | 33g |
| Salt | 3.3g |



Key Ingredients

MILLET FLOUR

- Source of protein, fibre and minerals
- Protects cardiovascular health

FLAXSEEDS

- Rich source of omega-3
- Anti-inflammatory, antioxidant and helps lipid modulation

CHIA SEEDS

- Source of vitamins, minerals and antioxidants
- Reduces risk of inflammation

SUNFLOWER SEEDS

- Lowers the risk of high blood pressure and heart disease
- Boosts your energy levels

PUMPKIN SEEDS

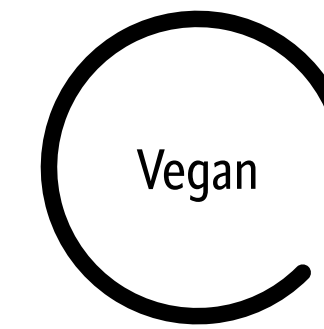
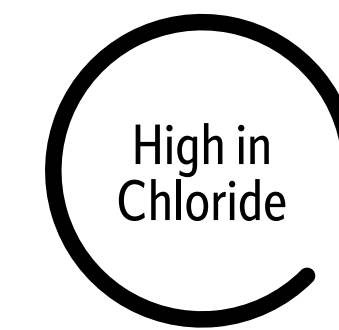
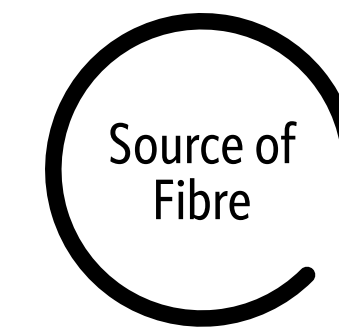
- Packed with nutrients and nutraceuticals

Ashwagandha and Cocoa Granola 300g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 1957kJ |
| Energy kcal | 469kcal |
| Fat | 26g |
| of which saturates | 14g |
| Carbohydrate | 43g |
| of which sugars | 9.1g |
| Fibre | 9.9g |
| Protein | 11g |
| Salt | 3.1g |
| Chloride | 1913mg |



Key Ingredients

ASHWAGANDHA

- Reduces cortisol level
- Aids stress, anxiety and depression

MAPLE SYRUP

- Includes zinc, copper, calcium, iron, magnesium and potassium
- 33% of daily value of manganese for healthy bones

CINNAMON

- Antioxidant, anti-inflammatory, anti-diabetic
- Shown to help fight neurological disorders

SUNFLOWER SEEDS

- Lowers the risk of high blood pressure and heart disease
- Boosts your energy levels

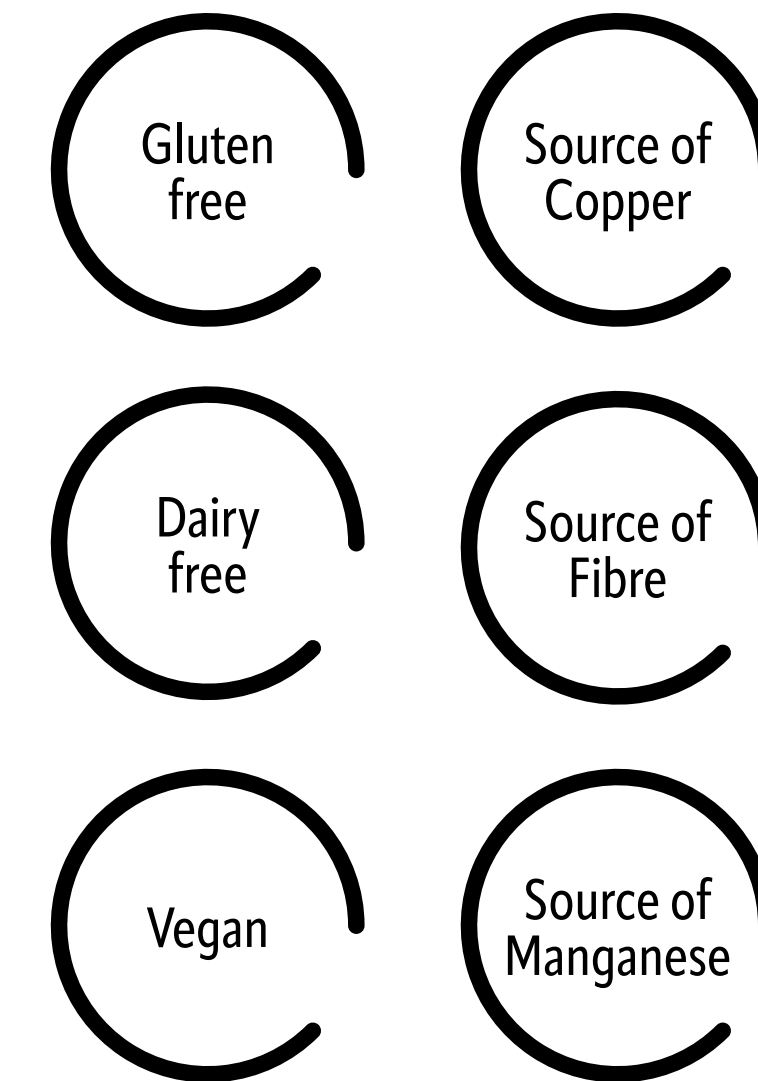
Pumpkin Spice Granola

300g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 2046kJ |
| Energy kcal | 490kcal |
| Fat | 25g |
| of which saturates | 7.6g |
| Carbohydrate | 50g |
| of which sugars | 16g |
| Fibre | 8.1g |
| Protein | 14g |
| Salt | 0.26g |
| Copper | 0.2891mg |
| Manganese | 0.7915mg |



Key Ingredients

- PUMPKIN SEEDS**
- Packed with nutraceuticals such as phytosterols, unsaturated fatty acids, phenolic compounds, tocopherols, cucurbitacins.
 - Antidiabetic bioactive compounds.
- DRIED CRANBERRIES**
- Exhibit highest levels of phenols.
 - Anti-cancer and anti-inflammatory effects. Lower blood pressure, improve eyesight, and improve cardiovascular health.
- MAPLE SYRUP**
- Contains zinc, copper, calcium, iron, magnesium and potassium
 - 33% of daily value of manganese for healthy bones.
- PUMPKIN POWDER**
- Rich in antioxidants that combat free radicals and prevent cell damage.
 - Reduce the risk of eye disease.

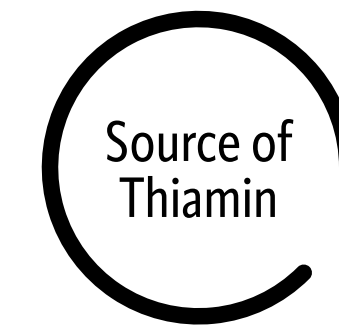
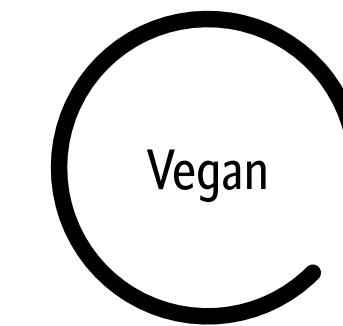
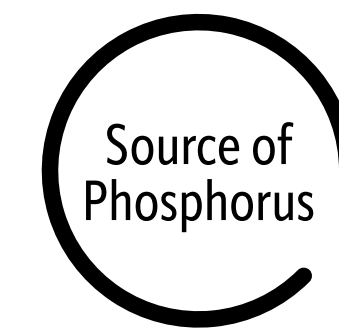
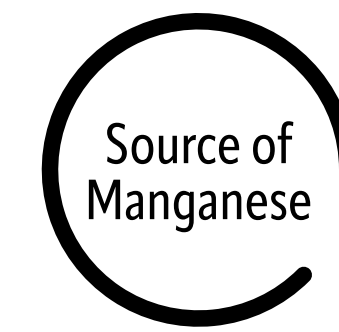
Homemade Granola

300g



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 1972kJ |
| Energy kcal | 470kcal |
| Fat | 17g |
| of which saturates | 2.3g |
| Carbohydrate | 65g |
| of which sugars | 20g |
| Fibre | 6.8g |
| Protein | 10g |
| Salt | 0.04g |
| Manganese | 1.9mg |
| Phosphorus | 202mg |
| Thiamin (B1) | 0.36mg |



Key Ingredients

MAPLE SYRUP

- Contains zinc, copper, calcium, iron, magnesium and potassium
- 33% of daily value of manganese for healthy bones.

CHIA SEEDS

- Source of vitamins, minerals and antioxidants
- Reduces risk of inflammation

Mélange 150g

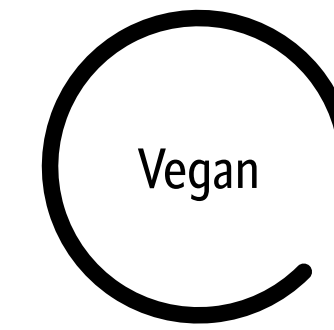
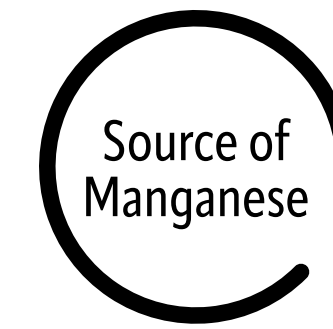
Ayurvedic Golden Latte Blend
with Ashwagandha

5g per serving



Nutritional Information

| | Per 100g |
|--------------------|----------|
| Energy kJ | 1541kJ |
| Energy kcal | 365kcal |
| Fat | 2.5g |
| of which saturates | 0.6g |
| Carbohydrate | 73g |
| of which sugars | 51g |
| Fibre | 17g |
| Protein | 4.3g |
| Salt | 0.11g |
| Manganese | 6.7mg |



HORMONAL
HEALTH

Key Ingredients

- FENNEL** May relieve pain and decrease bleeding length
- CINNAMON** May lessen cramping and flow
- GINGER** May relieve menstrual pain, nausea, and bloating
- TURMERIC** May help with PMS symptoms
- ASHWAGANDHA** May help relieve stress and anxiety.
May reduce symptoms of some mental health conditions
Ashwagandha contains compounds, including WA, that may help reduce inflammation in the body.

Pophaks 25g

Chillimon Ginseng

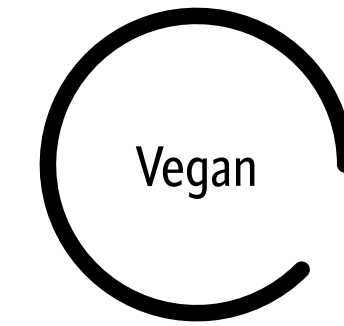
Salted Ashwagandha

Minty Moringa



Nutritional Information

| | Per 100g | | |
|--------------------|-------------------|--------------------|---------------|
| | Chillimon Ginseng | Salted Ashwagandha | Minty Moringa |
| Energy kJ | 1656kJ | 1653kJ | 1650kJ |
| Energy kcal | 393kcal | 392kcal | 391kcal |
| Fat | 9.3g | 8.9g | 9.1g |
| of which saturates | 1.1g | 1.1g | 1.1g |
| Carbohydrate | 66g | 67g | 67g |
| of which sugars | 3.5g | 4.4g | 3.8g |
| Fibre | 1.4g | 0.6g | 0.5g |
| Protein | 10g | 9.4g | 10g |
| Salt | 4.3g | 8.8g | 5.3g |



Key Ingredients

POPPED LOTUS SEEDS

- High in antioxidants and low GI
- Support weight loss

GINSENG

- Anti-inflammatory and contains antioxidants
- Benefit brain function, immune system and fights fatigue

ASHWAGANDHA


- Reduces cortisol level
- Aids stress, anxiety and depression


MORINGA


- Packed with potassium and vitamin C
- Full of calcium and protein for muscle health

REVIEWS

Don't just take our word for it, see what people are saying about our Foodhak snacks!

FE Felicity
2 reviews 




 20 Jan 2024

 Verified

Delicious snack bundle £16.99 recommended

Delicious snack bundle £16.99 really found the snacks delicious, really recommend x

Date of experience: 09 January 2024

 Useful  Share 

J Jessica B
1 review 


 17 May 2023


Best granola and with ashwagandha!

One of my friends recommended Foodhak so I tried the Ashwagandha & Cocoa Granola. I was pleasantly surprised with the great taste of this granola as ashwagandha can be a bit bitter but they have got the perfect balance of flavours on theirs that I not only have it for breakfast but for a snack on it's own. Well done Foodhak!

Date of experience: 10 May 2023

 Useful  Share 




MP Michele P
2 reviews 


 9 May 2023


My family can't get enough of the...

My family can't get enough of the snacks from Foodhak (in particular the Ashwagandha choc chip cookies which are Soooooo good!!!!!!) I am stocking up again as we keep running out, also love the seeded omega crackers, super addictive 10/10 Foodhak!

Date of experience: 08 May 2023

 Useful  Share 




AS A Sofianou
2 reviews 

 10 Jun 2023

So good !

I have tried several products from foodhak and they never disappoint! The granola with ashwagandha is particularly addictive and has a beautiful chocolate taste that goes with everything :) the best part is I can enjoy sweet delicious snacks that at not full of sugar and preservatives !

Date of experience: 10 June 2023

 Useful  Share 

KI Kiki
1 review 


 14 Aug 2023


Pophaks

Tried the Ashwagandha pophaks and I think they will become our alternative to popcorn for movie nights!

Date of experience: 10 August 2023

 Useful  Share 




RS Riya Sinha
2 reviews 

 11 May 2023

I love Ashwagandha choc chip cookies

I love these Ashwagandha choc chip cookies! They are a family favorite too! We love them with coffee and they're great to have around when we're feeling a little under the weather. They're soft and chewy and are definitely one of my go-to snacks!!


Date of experience: 12 May 2023

 Useful  Share 



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