

P.S. Just to let you know, sometimes we come up against supply problems and have to swap bits in and out of our hampers.

Don't worry any new additions will always be the same value or higher, and for specific dietary hampers, we'll make sure suitable swaps are made. But it does mean that sometimes the allergy and nutritional info on the website don't quite match up.

Any worries, just get in touch.

Name of Product	Buttermilk Caramel Sea Salt Fudge 175g
Manufacturer's Name and Address	Buttermilk, The Buttermilk Kitchen, Bodmin, Cornwall, England UK, PL31 2qb
Supplier Name and Address	Buttermilk Confections Ltd, The Buttermilk Kitchen, Bodmin, Cornwall, United Kingdom, PL31 2qb
Ingredients	Ingredients : sugar, glucose syrup, sweetened condensed MILK (whole MILK , sugar), vegetable oil (sustainable palm), salted butter (MILK , salt), cornish sea salt (<1%), caramel flavouring, emulsifier: SOYA lecithin

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Storage: keep in cool, dark, dry conditions. Do not refrigerate. Once open keep tightly sealed and consumer within 2 weeks
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1740	Energy (kcal)	413	Salt	0.42
Fat	13.9	of which saturates	2.9		
Carbohydrate	70.8	of which sugars	63.8		
Fibre		Protein	1.4		

Suitable for vegetarians	Yes	Suitable for vegans	No
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Glastonbury Craft ZEN Botanical Infusion Beer 500ml
Manufacturer's Name and Address	Glastonbury Brewing Company Ltd, Park Corner Farm, Edgarley, Glastonbury, SOMERSET, United Kingdom, BA6 8JY
Supplier Name and Address	Glastonbury Brewing Company Ltd, Park Corner Farm, Edgarley, Glastonbury, SOMERSET, United Kingdom, BA6 8JY
Ingredients	GLUTEN ,malted BARLEY ,natural hops,yeast and water.cardamon pods,coriander seeds,kaffir lyme leaves,juniper berries Contains SULPHITES

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	Yes	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Please store in a cool dry place below 16 degrees
Instructions for use	drink
Alcoholic Strength	4.2

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	0	Energy (kcal)	0	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0	of which sugars	0		
Fibre	0	Protein	0		

Suitable for vegetarians	No	Suitable for vegans	No
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Glastonbury Real Ale Lady of the Lake Ale 500ml
Manufacturer's Name and Address	Glastonbury Brewing Company Ltd, Park Corner Farm, Edgarley, Glastonbury, SOMERSET, United Kingdom, BA6 8JY
Supplier Name and Address	Glastonbury Brewing Company Ltd, Park Corner Farm, Edgarley, Glastonbury, SOMERSET, United Kingdom, BA6 8JY
Ingredients	GLUTEN ,malted BARLEY and WHEAT ,natural hops,yeast and water (Contains SULPHITES)

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	Yes	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place away from direct sunlight
Instructions for use	Drink
Alcoholic Strength	4.2

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	0	Energy (kcal)	0	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0	of which sugars	0		
Fibre	0	Protein	0		

Suitable for vegetarians	Yes	Suitable for vegans	No
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	GNAW Fudge Crunch Milk Chocolate 100g
Manufacturer's Name and Address	Gnaw Chocolate Ltd, 64-65 Livestock Market, Hall Road, Norwich, Norfolk, United kingdom, NR4 6EQ
Supplier Name and Address	Gnaw Chocolate Ltd, 64-65 Livestock Market, Hall Road, Norwich, Norfolk, United Kingdom, NR4 6EQ
Ingredients	Ingredients: sugar, cocoa butter, whole MILK powder, cocoa mass, fudge pieces (7%) (sugar, glucose syrup, sweetened condensed MILK (MILK , sugar), palm oil SG, butter (MILK), emulsifier (SOYA lecithin), flavouring (vanilla), salt), shortcake biscuit (4%) (WHEAT flour (WHEAT flour, calcium carbonate, iron, thiamine, niacin), sugar, non-hydrogenated vegetable fat (palm oil SG, rapeseed oil), invert sugar syrup, tapioca starch, salt, raising agents sodium bicarbonate, ammonium bicarbonate), non-hydrogenated vegetable fat (shea kernel oil, palm oil SG, emulsifier (sunflower lecithin)), honeycomb pieces (2%) (sugar, glucose syrup, sodium bicarbonate, rice flour), emulsifier (SOYA lecithin), flavouring (natural vanilla). Milk chocolate contains cocoa solids 34% min, Milk solids 22% min.

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Ambient - . Store between 14-22°C, away from moisture and direct sunlight.
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2197	Energy (kcal)	526	Salt	0.2
Fat	30.1	of which saturates	18.8		
Carbohydrate	56.6	of which sugars	54.1		
Fibre		Protein	6.1		

Suitable for vegetarians	Yes	Suitable for vegans	No
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Mrs Bridges Red Pepper & Garlic Salsa 100g
Manufacturer's Name and Address	Mackays Ltd, Unit 4 James Chalmers Road, Kirkton Industrial Estate, Arbroath, Angus, United Kingdom, DD11 3LR
Supplier Name and Address	Mackays Ltd, Site 4 James Chalmers Road, Kirkton Industrial Estate, Arbroath, Angus, United Kingdom, DD11 3LR
Ingredients	Red Peppers (52%), Sugar, Onion, Garlic Puree (10%), White Wine Vinegar, Modified Maize Starch, Red Chilli Peppers, Coriander, Salt, Spices. Contains SULPHITES (Also may contain MUSTARD).

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	Mustard
Country of Origin	Scotland, UK
Storage Instructions	Once opened store in a cool area and use within 6 weeks.
Instructions for use	Use as required
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	533	Energy (kcal)	127	Salt	2
Fat	4	of which saturates	0.1		
Carbohydrate	21.3	of which sugars	19		
Fibre	0	Protein	1.3		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Peter's Yard Sea Salt Flatbreads 115g
Manufacturer's Name and Address	The Celtic Bakers Ltd., Unit K2 -K5, Mowlem Industrial Estate, London, UK, N17 0QJ
Supplier Name and Address	Peter's Yard Wholesale Ltd, 1 Brassey Road, Old Potts Way, Shrewsbury, Shropshire, UK, SY3 7FA
Ingredients	WHEAT flour (WHEAT flour, Calcium, Iron, Thiamin, Niacin), wholemeal WHEAT flour, sourdough 25% (RYE flour, water), rapeseed oil, muscovado sugar, sea salt 3%. Topping: Sea salt (Halen Môn PD).

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Milk Tree Nuts Sesame
Country of Origin	UK
Storage Instructions	Ambient, cool and dry place.
Instructions for use	NA
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1678	Energy (kcal)	399	Salt	1.6
Fat	9.4	of which saturates	0.7		
Carbohydrate	72	of which sugars	4.8		
Fibre	9.5	Protein	11		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Brown Bag Crisps Sea Salt & Malt Vinegar 150g
Manufacturer's Name and Address	Burts Chips Ltd are the manufacture - but Ben and Bills are responsible for the particulars on the bag, The Klamp House, Belliver Way, Roborough, Devon, United Kingdom, PL6 7BP
Supplier Name and Address	Brown Bag Crisps (t/a Ben & Bills Limited), Brown Bag Crisps, Terminal House, Shepperton, United Kingdom, TW17 9LP
Ingredients	Potatoes (65.45%), sunflower oil (26.55%) seasoning (8%) (salt, lactose (MILK), British dried malt vinegar, sugar, sea salt, acid: citric acid, acidity regulator: malic acid, yeast extract, dried balsamic vinegar)

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Open and enjoy!
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2055	Energy (kcal)	491	Salt	3
Fat	26.5	of which saturates	2.3		
Carbohydrate	58.3	of which sugars	3.1		
Fibre	2.3	Protein	4.8		

Suitable for vegetarians	Yes	Suitable for vegans	No
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Captain Tiptoes Remarkable Ready Salted Pnuts in Tub 51g
Manufacturer's Name and Address	Olives Et Al, Unit 1, North Dorset Business Park, Sturminster Newton, Dorset, United Kingdom, DT10 2GA
Supplier Name and Address	Olives Et Al, Olives Et Al, Unit 1, Sturminster Newton, Dorset, United Kingdom, DT10 2GA
Ingredients	Roasted PEANUTS (93%), Rapeseed Oil, Salt

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	Yes	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery Cereals containing gluten namely wheat Fish Milk Mustard Tree Nuts Sesame Soybeans Sulphites/Sulphur Dioxide
Country of Origin	China, USA, Argentina, Brazil, Nicaragua
Storage Instructions	Store in a cool, dry place, away from direct sunlight.
Instructions for use	Once opened, eat immediately or reseal
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2594	Energy (kcal)	626	Salt	2
Fat	51	of which saturates	7		
Carbohydrate	13	of which sugars	4		
Fibre	7	Protein	25		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Popcorn Kitchen Sweet & Salt 30g
Manufacturer's Name and Address	Honestly Made Popcorn Ltd, 11 Lane End Ind Est, High Wycombe, Buckinghamshire, United Kingdom, HP143BY
Supplier Name and Address	Popcorn Kitchen LTD, Unit 229, 14 Chertsey Road, Woking, Surrey, United Kingdom, GU21 5AH
Ingredients	Popped Corn, Sunflower oil, Sugar, Salt

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts Peanuts Milk Soya
Country of Origin	UK
Storage Instructions	Store in a cool dry place
Instructions for use	Open bag and eat and enjoy
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2035	Energy (kcal)	486	Salt	1.1
Fat	23	of which saturates	1.8		
Carbohydrate	59	of which sugars	21		
Fibre	6.3	Protein	7.7		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		