

P.S. Occasionally we come up against supply problems which means we have to substitute bits in our hampers.

Don't worry anything we swap in will always be same value and quality (or higher) than the original, and we'll make sure it meets any dietary requirements.

Just bear in mind if we do have to do a swap, the nutritional and allergy summaries on here might not be quite right.

Name of Product	R&R Robert & Reeves White Zinfandel 18.7cl
Manufacturer's Name and Address	Broadland Drinks Ltd, Broadland Drinks Ltd, The New Winery Chapel St Cawston, NORWICH, Norfolk, United Kingdom, NR10 4BG
Supplier Name and Address	Broadland Drinks Ltd, Broadland Drinks Ltd, The New Winery Chapel St Cawston, NORWICH, Norfolk, United Kingdom, NR10 4BG
Ingredients	Grapes (contains <b>Sulphites</b> )

**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	
Country of Origin	USA
Storage Instructions	from 5°C to 20 °C away from direct light
Instructions for use	N/A
Alcoholic Strength	10.5

**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	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	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Joypots Premium ' Happy Birthday' Milk Chocolate Bar 100g
Manufacturer's Name and Address	Joypots Ltd, 112B Brooker Road, Waltham Abbey, Essex, UK, EN9 1JH
Supplier Name and Address	Joypots Ltd, 112B Brooker Road, Waltham Abbey, Essex, UK, EN9 1JH
Ingredients	Sugar, Cocoa butter, Full Cream <b>MILK</b> Powder, Cocoa Mass, Vegetable Oils (Blend of Palm Oil, Sal, Shea of Mango Kernel Oils). Emulsifiers: <b>SOYA</b> Lecithin, Polyglycerol Polyricinoleate. Flavourings: Cocoa Solids 28% minimum, <b>MILK</b> Solids 14% minimum. Contains Vegetable Fat in addition to Cocoa Butter.

**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	
Country of Origin	UK
Storage Instructions	No direct sunlight, max temp 18*c Max humidity 80% R/H
Instructions for use	Ready to eat
Alcoholic Strength	0

**Nutrition Labelling - Typical value Per 100g / 100ml**

Energy (kj)	2255	Energy (kcal)	540	Salt	0.2
Fat	31.3	of which saturates	19.1		
Carbohydrate	57.2	of which sugars	54.7		
Fibre	0	Protein	6.1		

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	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Mallow & Marsh Raspberry Marshmallow Bar Coated 70% Dark Chocolate 35g
Manufacturer's Name and Address	John Bull Confectioners, Unit 1 Lancaster Road, Carnaby Industrial Estate, Bridlington, Yorkshire, United Kingdom, YO15 3QY
Supplier Name and Address	Mallow & Marsh, 7 Bell Yard, London, Greater London, United Kingdom, WC2A 2JR
Ingredients	Dark Chocolate (33%) [Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier <b>SOYA</b> Lecithin, Natural Vanilla Flavouring], Sugar, Glucose Syrup, Dextrose, Water, Raspberry Powder (2.4%), Beef Gelatine, Humectant Glycerol, Cornflour, Salt. Dark Chocolate contains: Cocoa Solids 71% minimum.

### 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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Cereals containing gluten namely wheat Eggs Milk Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Store your marshmallows in cool dry conditions. Eat within 3 days of opening.
Alcoholic Strength	0

### Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1586	Energy (kcal)	376	Salt	0.16
Fat	12.8	of which saturates	7.6		
Carbohydrate	60	of which sugars	50.8		
Fibre	0	Protein	4.8		

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	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	Mini Chocolate Cake with Milk chocolate Chunks and White Chocolate Chips 125g
Manufacturer's Name and Address	Maxwell & Franks Ltd, 4 Centurion Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8BT
Supplier Name and Address	Maxwell & Franks Ltd, 4 Centurion Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8BT
Ingredients	Light Brown Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Whole <b>EGG</b> , Margarine (Vegetable Oils (Palm, Rapeseed), Salt, Citric Acid), Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Glucose Syrup (derived from <b>WHEAT</b> ), Dark Chocolate Chips (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring), Vegetable Glycerine (Rapeseed Oil), Fat Reduced Cocoa Powder, Dark Chocolate Icing [Sugar, Vegetable Oil (Rapeseed, Palm), Glucose Syrup (derived from <b>WHEAT</b> ), Fat Reduced Cocoa powder, Emulsifiers (Mono-and Diglycerides of Fatty Acids (Palm Oil), <b>SOYA</b> Lecithin), Salt, Preservative (Potassium Sorbate), Natural Flavouring], <b>MILK</b> Chocolate chunks (3%)(Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring), White Chocolate Chips (3%) (Sugar, Cocoa Butter, Full Cream <b>MILK</b> Powder, Whey Powder ( <b>MILK</b> ), Vegetable Oils (Blend of Palm, Sal, Shea and Mango Kernels), Emulsifier: <b>SOYA</b> Lecithin, Vanilla Flavouring), Raising Agent Diphosphates, Sodium Carbonates, Fortified <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Preservative (Potassium Sorbate)

#### Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	Yes	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 Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place
Instructions for use	Once opened consume within 3 days
Alcoholic Strength	0

#### Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1692	Energy (kcal)	404	Salt	0.47
Fat	19	of which saturates	7.9		
Carbohydrate	54	of which sugars	32		
Fibre	0	Protein	5.7		

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	No
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Dean's Extra Mature Cheddar and Caramelised Red Onion Bites 90g
Manufacturer's Name and Address	Dean's of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, Scotland, AB54 8JX
Supplier Name and Address	Dean's of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, Scotland, AB54 8JX
Ingredients	Cheddar Cheese ( <b>MILK</b> ) (28%), <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>OAT</b> flakes, Vegetable Margarine (Sustainable Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavouring), Salted Butter (Butter ( <b>MILK</b> ) Salt), Caramelised Red Onion Chutney (Sliced Red Onions, Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Modified Tapioca Starch, Red Kibbled Onions, Salt, Ground Black Pepper) (4%), Sugar, Salt.

#### 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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Scotland
Storage Instructions	Once opened, store in an airtight container.
Instructions for use	N/A
Alcoholic Strength	0

#### Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2271	Energy (kcal)	546	Salt	1.2
Fat	36.2	of which saturates	17.3		
Carbohydrate	40.9	of which sugars	2.2		
Fibre	3.6	Protein	12.2		

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	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	Popcorn Shed Strawberries & Creams Snack Pack 24g
Manufacturer's Name and Address	Honestly Made Ltd, Unit 5 Globe Business Park, First Avenue, Marlow, Buckinghamshire, United Kingdom, SL7 1YA
Supplier Name and Address	Popcorn Shed, 30 City Road, London, United Kingdom, EC1Y 2AB
Ingredients	Sugar, Glucose Syrup, Popcorn, Butter ( <b>MILK</b> ), Rapeseed Oil, Strawberries, Double Cream, Salt, Sunflower Lecithin, Bicarbonate of Soda, Natural Caramel Flavouring, Natural Strawberry Flavouring

**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	Cereals containing gluten namely wheat    Tree Nuts Peanuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place
Instructions for use	Once opened, re-seal bag to ensure freshness
Alcoholic Strength	0

**Nutrition Labelling - Typical value Per 100g / 100ml**

Energy (kj)	1767	Energy (kcal)	422	Salt	0.5
Fat	11	of which saturates	5.8		
Carbohydrate	74.6	of which sugars	39.7		
Fibre	0	Protein	3.6		

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	No
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Mr Filbert's Indonesian Pepper Inspired Cashews Eco-Box 35g
Manufacturer's Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, Glastonbury, Somerset, United Kingdom, BA6 8NX
Supplier Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, Glastonbury, Somerset, United Kingdom, BA6 8NX
Ingredients	Roasted <b>CASHEWS (NUTS)</b> (94%), Sea Salt (2.4%), Thickener: (acacia gum, glucose, maltodextrin), Pepper (0.9%)

### 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	Yes	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Peanuts
Country of Origin	United Kingdom
Storage Instructions	Ambient. Store in a cool, dry place.
Instructions for use	Ready To Eat.
Alcoholic Strength	0

### Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2437	Energy (kcal)	587	Salt	2.8
Fat	45.7	of which saturates	7.9		
Carbohydrate	21.3	of which sugars	6.1		
Fibre	5.2	Protein	20.1		

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	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		