

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.

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

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	Gluten	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	Suitable for coeliac sufferers	No

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	GNAW Milk Chocolate Buttons 150g
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, emulsifier (SOYA lecithin), flavouring (natural vanilla). Milk chocolate contains cocoa solids min 34%, MILK solids min 22%.

Containing Allergens

Celery	No	Gluten	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	Cereals containing gluten namely wheat 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)	2312	Energy (kcal)	557	Salt	0.07
Fat	35	of which saturates	21.5		
Carbohydrate	52.6	of which sugars	51.8		
Fibre		Protein	6.9		

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	Suitable for coeliac sufferers	No

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Mighty Fine Milk Chocolate Honeycomb Bar 30g
Manufacturer's Name and Address	Shoebury confectionery, 18 Terminal Cl, Shoeburyness, Southend-on-Sea, southend, essex, uk, SS3 9BN
Supplier Name and Address	Mighty Fine, unit 23 regents trade park, barwell lane, fareham, County, United Kingdom, PO13 0EQ
Ingredients	Honeycomb (61%) - Sugar, Glucose Syrup, Honey (4%), Raising agent: Sodium Bicarbonate, Rice Flour; Milk Chocolate (39%) - Sugar, Cocoa butter, Whole MILK Powder, Cocoa mass, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring.

Containing Allergens

Celery	No	Gluten	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	cool place
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1843	Energy (kcal)	437	Salt	0.39
Fat	11.3	of which saturates	6.9		
Carbohydrate	81.9	of which sugars	61.3		
Fibre	0.9	Protein	2.4		

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	Suitable for coeliac sufferers	Yes

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Dean's Extra Mature Cheddar and Cracked Black Pepper Bites 90g
Manufacturer's Name and Address	Dean's of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, Scotland, AB54 8FH
Supplier Name and Address	Dean's of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, Scotland, AB54 8FH
Ingredients	Cheddar Cheese (MILK) (29%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), OAT flakes, Vegetable Margarine (Sustainable Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavouring), Salted Butter(Butter (MILK) Salt), Sugar, Cracked Black Pepper (0.5%), White Pepper, Salt.

Containing Allergens

Celery	No	Gluten	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	Product of 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)	556	Energy (kcal)	2316	Salt	1.35
Fat	36.3	of which saturates	17.2		
Carbohydrate	42.3	of which sugars	1.3		
Fibre	3.8	Protein	13.1		

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	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	Suitable for coeliac sufferers	No

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Fairfields Farm Crisps Lightly Salted 150g
Manufacturer's Name and Address	Fairfields Farm Produce Ltd, Fairfields Farm, Wormingford, Essex, CO6 3AQ
Supplier Name and Address	Fairfields Farm Produce Ltd, Fairfields Farm, Wormingford, Essex, CO6 3AQ
Ingredients	Potatoes, Vegetable oil (Sunflower oil, Rapeseed oil - in varying proportions), Sea Salt

Containing Allergens

Celery	No	Gluten	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	
Country of Origin	UK
Storage Instructions	Store in a cool dark place, away from sunlight
Instructions for use	Ready to eat
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2084	Energy (kcal)	499	Salt	0.9
Fat	28.3	of which saturates	3.7		
Carbohydrate	56.2	of which sugars	0.1		
Fibre	2.5	Protein	6.1		

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

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Glastonbury Craft Spring Loaded Golden 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	malted BARLEY and WHEAT ,natural hops,yeast,lemongrass,citrus zests & water.

Containing Allergens

Celery	No	Gluten	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	No		

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	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	Suitable for coeliac sufferers	No

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Olives Et Al Lap Snacks Habas Fritas 201g
Manufacturer's Name and Address	Olives Et Al, Unit 1, Sturminster Newton, Dorset, United Kingdom, DT10 2GA
Supplier Name and Address	Olives Et Al, Unit 1, Sturminster Newton, Dorset, United Kingdom, DT10 2GA
Ingredients	Broad Beans 86%, Sunflower Oil, Salt

Containing Allergens

Celery	No	Gluten	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 Sesame
Country of Origin	Spain
Storage Instructions	Keep cool, dry and away from direct sunlight
Instructions for use	Once opened consume within 3 days
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1787	Energy (kcal)	427	Salt	1.97
Fat	15.9	of which saturates	1.71		
Carbohydrate	42.8	of which sugars	3.5		
Fibre	7.3	Protein	24.3		

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

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Love Popcorn Salted Caramel 80g
Manufacturer's Name and Address	Matthew Graham, sweet and savoury Unit 35B, Number One Industrial Estate, Consett, Durham, United Kingdom, DH8 6SZ
Supplier Name and Address	Sweet & Savoury Ltd (Love Popcorn), sweet and savoury Unit 35B, Number One Industrial Estate, Consett, Durham, United Kingdom, DH8 6SZ
Ingredients	Sugar, Popped Corn (23%), Butter (contains MILK), MILK chocolate callets (15%) (contains: sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavouring), Glucose Syrup, Golden Syrup, rapeseed Oil, Sea Salt, Bicarbonate of soda, natural flavouring. Emulsifier: SOYA Lecithin

Containing Allergens

Celery	No	Gluten	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	United Kingdom
Storage Instructions	store in a cool dry place
Instructions for use	once open consume within 2 hours
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2083	Energy (kcal)	498	Salt	1.1
Fat	24.5	of which saturates	14.9		
Carbohydrate	61.7	of which sugars	42.6		
Fibre	0	Protein	4.2		

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	Suitable for coeliac sufferers	Yes