

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	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 SOYA 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	Gluten	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	Suitable for coeliac sufferers	No

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Name of Product	Mighty Fine Salted Caramel Honeycomb Bar 30g
Manufacturer's Name and Address	Mighty Fine, unit 23 regent trade park, , gosport, hampshire, UK, po13 0eq
Supplier Name and Address	Mighty Fine Chocolate, unit 23/24 regent trade park, barewell lane, gosport, hampshire, po13 0eq
Ingredients	Honeycomb (61%) - Sugar, Glucose Syrup, Honey (4%), Raising agent: Sodium Bicarbonate, Salt, Rice Flour; Milk Chocolate (39%) - Sugar, Cocoa butter, Whole MILK Powder, CocoaHoneycomb (61%) - Sugar, Glucose Syrup, Honey (4%), Raising agent: Sodium Bicarbonate, Salt, Rice Flour; Milk Chocolate (39%) - Sugar, Cocoa butter, Whole MILK Powder, Cocoa mass, Emulsifier: SOYA Lecithin; Natural Flavouring and Vanilla flavouring. mass, Emulsifier: SOYA Lecithin; Natural Flavouring and 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	uk
Storage Instructions	ambient, cool our of sunlight
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1869	Energy (kcal)	427	Salt	0.62
Fat	12.7	of which saturates	7.6		
Carbohydrate	79.7	of which sugars	68.4		
Fibre	1	Protein	3.1		

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	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

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Name of Product	Oloves Lemon & Rosemary Natural Green Pitted Olives 30g
Manufacturer's Name and Address	Brand Stand Limited T/A OLOVES, Unit 2-3 Downsbrook Trading Estate, Southdownview Way, Worthing, West Sussex, United Kingdom, BN14 8NQ
Supplier Name and Address	Brand Stand Ltd T/a OLOVES, Unit 2-3 Downsbrook Trading Estate, Southdownview Way, Worthing, West Sussex, United Kingdom, BN14 8NQ
Ingredients	Green olives pitted (95%), sunflower oil, lemon oil (0.5%), garlic powder, rosemary 0.2%.

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	Greece
Storage Instructions	Ambient
Instructions for use	Each packet: once opened refrigerate and consume within 3 days
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	590	Energy (kcal)	141	Salt	4.0
Fat	14.1	of which saturates	2.3		
Carbohydrate	0.8	of which sugars	<0.1		
Fibre	3.0	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	Suitable for coeliac sufferers	Yes

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Name of Product	GNAW Milk Chocolate 'A Little Something To Make You Smile' Bar 100g
Manufacturer's Name and Address	Gnaw Chocolate, Unit 6, 55-59 Whiffler Road, Norwich, Norfolk, United Kingdom, NR3 2AW
Supplier Name and Address	Gnaw Chocolate Ltd, Unit 6, 55-59 Whiffler Road, Norwich, Norfolk, NR3 2AW
Ingredients	Sugar Cocoa Butter Whole MILK Powder Cocoa Mass Emulsifier (SOYA Lecithin) Natural Flavouring (vanilla) MILK chocolate contains cocoa solids 36% min, MILK solids 23% min For allergens see ingredients in bold. May contain traces of GLUTEN, treeNUTS and PEANUTS.

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	Keep dry and away from direct sunlight and florescent lights at 14c to 22c
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2333	Energy (kcal)	560	Salt	0.2
Fat	35	of which saturates	21.4		
Carbohydrate	53.1	of which sugars	52.2		
Fibre	0	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

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Name of Product	Popcorn Shed Berry-licious Snack Pack 24g
Manufacturer's Name and Address	BARE Snacks 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	Popped Corn (23%), Glucose Syrup (29%), Sugar (22%), Dark Chocolate (15.4%) (contains: Sugar, Cocoa butter, Cocoa Mass, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Butter (contains MILK) (7%), Raspberry powder (1.4%), Rapeseed Oil (0.6%), Salt (0.6%), Natural Raspberry flavouring (0.2%), Emulsifier: SOYA Lecithin (0.1%). Raising Agent: Bicarbonate of Soda (0.2%)

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	Once opened, re-seal bag to ensure freshness
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2100	Energy (kcal)	498	Salt	1.2
Fat	22.4	of which saturates	13.6		
Carbohydrate	64.9	of which sugars	47.8		
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	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

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Name of Product	The Dormen Salted Bar Mix 50g
Manufacturer's Name and Address	Dormen Foods Limited, Unit 10 Dunbeath Court Elgin Industrial Estate, Elgin Industrial estate, Swindon, Wiltshire, United Kingdom, SN2 8QE
Supplier Name and Address	Dormen Foods Limited, Unit 10 Dunbeath Court Elgin Industrial Estate, Elgin Industrial estate, Swindon, Wiltshire, United Kingdom, SN2 8QE
Ingredients	PEANUTS (48%), CASHEWS (NUTS) (24%), ALMONDS (NUTS) (24%), rapeseed oil, salt

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	Yes	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery Cereals containing gluten namely wheat Eggs Milk Mustard Sesame Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place
Instructions for use	None
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2572	Energy (kcal)	621	Salt	0.2
Fat	52.8	of which saturates	6.4		
Carbohydrate	13.6	of which sugars	5		
Fibre	5.4	Protein	22.3		

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	Suitable for coeliac sufferers	No

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Name of Product	Crunch & Crumble Shortbread Biscuit with Chocolate Candy Beans in Bag with Orange Ribbon 50g
Manufacturer's Name and Address	Maxwell and Franks, Boundary House, Littledown Business Park, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Supplier Name and Address	Maxwell and Franks, Boundary House, Littledown Business Park, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Ingredients	Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salted Butter (40%) (Butter (MILK), Salt), Sugar, Cornflour, Chocolate Coated in a Crisp Candy Shell [Sugar, Skimmed MILK Powder, Cocoa Mass, Cocoa Butter, WHEAT Flour, Starch, Butter Oil (MILK), Whey Powder Product (MILK), Rice Starch, Emulsifier: Lecithins, Colours (Beetroot Red, Carotene, Curcumin), Spirulina Concentrate, Glazing Agents (Arabic Gum, Carnauba Wax, Beeswax White), Vegetable and Juice Concentrates (Safflower, Radish, Grape, Blackcurrant, Lemon, Red Beet), Extracts (of Carthamus, Malt from BARLEY , Algae Concentrate)].

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	Eggs Tree Nuts Soybeans
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)	2242	Energy (kcal)	537	Salt	0.63
Fat	30	of which saturates	19		
Carbohydrate	62	of which sugars	22		
Fibre	1.5	Protein	3.9		

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