

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	Mr Filbert's Sweet Chilli Rice Crackers 40g
Manufacturer's Name and Address	7027999, Greens Barn, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Supplier Name and Address	Filbert's Fine Foods Limited, Greens Barn, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Ingredients	Ingredient Name (Including Compound Ingredients) Country of Origin Rice 41% Thailand Sunflower Oil Belgium, Malaysia Sugar Thailand Tapioca Starch Thailand SOY Sauce (water, salt, SOY bean, WHEAT) Thailand, Australia Salt Thailand Garlic Powder Thailand Colour: E160c Spain Maltodextrin China, Thailand Capsicum Extract India Liquorice Powder Thailand Flavour Enhancers: E631, E627 Korea, Indonesia, China Country of Final Processing UK

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Thailand
Storage Instructions	Ambient
Instructions for use	Snacking
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2360	Energy (kcal)	566	Salt	2.6
Fat	37	of which saturates	3.4		
Carbohydrate	55	of which sugars	16		
Fibre	0.5	Protein	3.3		

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	Yes	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	No

Name of Product	Mighty Fine Salted Caramel Honeycomb Bar 30g
Manufacturer's Name and Address	Serious Sweet Co Ltd, 4th Avenue, Hornbeam Park, Harrogate, N Yorks, United Kingdom, HG2 8QT
Supplier Name and Address	Mighty Fine Honeycomb c/o The Serious Sweet Co Ltd, 4th Avenue, Hornbeam Park, Harrogate, N Yorks, United Kingdom, HG2 8QT
Ingredients	MILK Chocolate (32%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin, Flavourings), Sugar, Glucose Syrup, Honey (1%), Raising agent: Sodium Bicarbonate, Salt.

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	Store me in a cool, dry place away from sunlight.
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1285	Energy (kcal)	433	Salt	1.36
Fat	11.7	of which saturates	7.1		
Carbohydrate	79.7	of which sugars	61.1		
Fibre	0.5	Protein	2.3		

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

Name of Product	Popcorn Shed Butterscotch Snack Pack 24g
Manufacturer's Name and Address	Popcorn Shed, Unit 5 Globe Business Park, First Avenue, Marlow, Buckinghamshire, United Kingdom, SL7 1YA
Supplier Name and Address	Popcorn Shed, 483 Green Lanes, , London, London, United Kingdom, N13 4BS
Ingredients	Popped Corn (31%), Sugar, Glucose syrup, Golden syrup, Coconut Oil, Rapeseed Oil, Salt, Raising agent: Bicarbonate of Soda, Natural Flavouring (0.3%), Emulsifier: Sunflower Lecithin.

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	
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)	1837	Energy (kcal)	435	Salt	1.6
Fat	11.5	of which saturates	8.1		
Carbohydrate	80.6	of which sugars	50.7		
Fibre		Protein	4.1		

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

Name of Product	The Dormen Salted Bar Mix 50g
Manufacturer's Name and Address	Dormen Foods Limites, Unit 10, Dunbeath Court, Elgin Industrial Estate, Swindon, Wiltshire, United Kingdom, SN2 8QE
Supplier Name and Address	Dormen Foods Limited, Unit 10, Dunbeath Court, Elgin Industrial Estate, Swindon, Wiltshire, United Kingdom, SN2 8QE
Ingredients	PEANUTS (48%), CASHEW (NUTS)S (25%), ALMOND (NUTS)S (25%), 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	Yes	Peanuts	Yes	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Sesame
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)	2524	Energy (kcal)	608	Salt	0.87
Fat	53	of which saturates	7.6		
Carbohydrate	11	of which sugars	4.2		
Fibre	6.4	Protein	23		

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

Name of Product	Yorkshire Flapjack Billionaires Slice 85g
Manufacturer's Name and Address	Yorkshire Flapjack, Unit 4 Harrogate West Business Park, , Harrogate, North Yorkshire, United Kingdom, HG3 2FN
Supplier Name and Address	Yorkshire Flapjack, Unit 4 Harrogate West Business Park, , Harrogate, North Yorkshire, United Kingdom, HG3 2FN
Ingredients	Margarine (Vegetable fat, Palm; Vegetable Oils, Rapeseed; (RSPO Sourced) Water, Natural flavouring), Brown Sugar, OATS 20%, Partially inverted refiners syrup, Millionaires Caramel 13.2% (Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK , Sugar), Water, Unsalted Butter (MILK), Invert Sugar Syrup, Palm Oil, Salt, Emulsifiers (E322 Rapeseed / sunflower Lecithin, E491 Sorbitan Monostearate), Natural Flavouring), Cornflake (Maize, Sugar, BARLEY , Malt Flavouring, Salt), Self Raising flour (WHEAT flour, Raising agents E500, E450, Dark Chocolate Flavour Coating 3.5% (Sugar, Vegetable Oil (Fully Hydrogenated Palm Kernel, Palm Oil), Fat Reduced Cocoa Powder, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Whey Powder (MILK), Emulsifiers Lecithin (SOYA); Natural Flavouring), White Chocolate Flavour Coating 3.5% (Sugar, Vegetable Oil (Palm kernel, Palm), Whey Powder (MILK), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Emulsifier : Lecithin (SOYA), Flavouring)

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	Eggs Tree Nuts Peanuts Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	na
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2003	Energy (kcal)	479	Salt	-0.84
Fat	26	of which saturates	11		
Carbohydrate	58	of which sugars	30		
Fibre	2	Protein	3.2		

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	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

Name of Product	Stas Chocolate Milk Chocolate Star with White Chocolate Drizzle & Gold Sprinkles - Gold Ribbon 50g
Manufacturer's Name and Address	Stas Chocolatier, Boundary House, , Shaftesbury, Dorset, United Kingdom, SP7 9BT
Supplier Name and Address	Stas Chocolatier, Boundary House, , Shaftesbury, Dorset, United Kingdom, SP7 9BT
Ingredients	MILK Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK Fat, MILK Sugar, Emulsifier: SOYA Lecithin), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder, Emulsifier: Lecithins (SOYA), Natural Vanilla Flavouring), MILK Chocolate Flakes (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Natural Vanilla Flavouring), Coconut Oil, Gold Powder (Carrier: Potassium Aluminium Silicate, Colours (Titanium Dioxide, Iron Oxide).

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	Cereals containing gluten namely wheat Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place away from direct sunlight
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2299	Energy (kcal)	551	Salt	0.11
Fat	33	of which saturates	20		
Carbohydrate	56	of which sugars	56		
Fibre	2.2	Protein	10		

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	No	Suitable for coeliac sufferers	No