

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	Mr Filbert's Honey & Peppercorn Mixed Nuts 40g
Manufacturer's Name and Address	Filbert's Fine Foods, Greens Barn, Page Lane, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Supplier Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Ingredients	Roasted Mixed <b>NUTS</b> 93%, ( <b>PEANUTS</b> 58%, <b>CASHEWS (NUTS)</b> 25%, <b>ALMONDS (NUTS)</b> 17%), Sugar, Sea Salt, Rapeseed Oil, Honey, 1%, Cracked Pink Peppercorns 1%,

**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	
Country of Origin	UK
Storage Instructions	Ambient
Instructions for use	Snack
Alcoholic Strength	0

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

Energy (kj)	2455	Energy (kcal)	592	Salt	0.9
Fat	47.2	of which saturates	5.7		
Carbohydrate	14.8	of which sugars	10.9		
Fibre	8	Protein	23.2		

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	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

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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	Angelic Multi Seed Savoury Biscuits 142g
Manufacturer's Name and Address	MacLeans Highland Bakery, 16 West Road, Forres, Moray, Scotland, IV36 2GW
Supplier Name and Address	Angelic Free From Limited, 9 Kirkfield Place, Auchterarder, Perthshire, PH3 1FP
Ingredients	GLUTEN Free Flour (Rice, Potato, Tapioca, Maize, BuckWHEAT), Vegetable Oil (Palm, Rapeseed), GLUTEN Free OATS, Sunflower Seeds (4%), Pumpkin Seeds (4%), Linseeds (3%), Sugar, Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Water, Tapioca Starch, Onion Granules, Salt, Natural Flavouring, Stabiliser (Xanthan Gum).

#### 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	United Kingdom
Storage Instructions	Keep in a cool dry place, and once opened, seal in a container.
Instructions for use	NA
Alcoholic Strength	0

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

Energy (kj)	1812	Energy (kcal)	433	Salt	2
Fat	22.4	of which saturates	8.6		
Carbohydrate	50.4	of which sugars	4.5		
Fibre	2	Protein	4.5		

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	Lazy Day Millionaire's Shortbread 150g
Manufacturer's Name and Address	Lazy Day Foods Ltd, 1 Mossburn Avenue, Harthill, Shotts, Lanarkshire, UK, ML7 5PX
Supplier Name and Address	Bramble Foods Ltd, Crosby Road, Market Harborough, Leicestershire, United Kingdom, LE16 9EE
Ingredients	Sugar, Palm Oil, Invert Sugar Syrup, Rice Flour, Rapeseed Oil, Belgian Dark Chocolate (9%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Flavouring], <b>SOYA</b> Flour, Maize Starch, Water, Fructose, Tapioca Starch, Dairy Free White Choc [Sugar, Cocoa Butter, Rice Syrup, Rice Starch, Rice Flour, Coconut Oil, Emulsifier (Sunflower Lecithin), Flavourings], Flavourings, Emulsifiers ( <b>SOYA</b> Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Colour (Carotenes).

#### 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	
Country of Origin	UK
Storage Instructions	Store in a cool dry place Once opened store in an airtight container
Instructions for use	NA
Alcoholic Strength	0

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

Energy (kj)	2160	Energy (kcal)	519	Salt	0.44
Fat	34.8	of which saturates	12.9		
Carbohydrate	48	of which sugars	31.9		
Fibre	1.5	Protein	3.1		

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	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	No	Suitable for coeliac sufferers	Yes

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Name of Product	Ooh! Chocolata Dairy Free & Vegan Honeycomb Milk Chocolate 100g
Manufacturer's Name and Address	Gartona Ltd, Unit 42, Southfield Road Trading Estate, Southfield Road, Nailsea, Bristol, Nailsea, North Somerset, United Kingdom, BS48 1JE
Supplier Name and Address	Ooh! Chocolata, Unit 42, Southfield Road Trading Estate, Nailsea, North Somerset, United Kingdom, BS48 1JE
Ingredients	Sugar, cocoa butter, cocoa mass, rice flour, inulin (fibre), honeycomb (sugar, glucose syrup, sodium bicarbonate), emulsifier (sunflower lethicin), vanilla.

**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	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)	2360	Energy (kcal)	564	Salt	0
Fat	36.1	of which saturates	22.9		
Carbohydrate	53.7	of which sugars	52.8		
Fibre	0	Protein	2.1		

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

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Name of Product	Sweet Lounge Fizzy Cola Bottles 65g
Manufacturer's Name and Address	Sweet Lounge Group Ltd, 7 Upper Priory Street, Grafton Street Industrial Estate, Northampton, Northamptonshire, United Kingdom, NN1 2PT
Supplier Name and Address	Sweet Lounge Group Ltd, 7 Upper Priory Street, Grafton Street Industrial Estate, Northampton, Northamptonshire, NN1 2PT
Ingredients	Sugar, glucose syrup, invert sugar syrup, sorbitol, gelling agent: pectin; fruit juice concentrate: apple; acid: citric acid; acid regulator: trisodium citrate, natural flavours: strawberry; colours: spirulina concentrate, turmeric, black carrot concentrate.

**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	Milk Tree Nuts Peanuts Soybeans Egg
Country of Origin	Turkiye
Storage Instructions	Store in a cool, dry place.
Instructions for use	N/A
Alcoholic Strength	0

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

Energy (kj)	1383	Energy (kcal)	331	Salt	0.07
Fat	0	of which saturates	0		
Carbohydrate	82.4	of which sugars	52.2		
Fibre	0	Protein	0.2		

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	No
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	Yorkshire Crisps Natural Sea Salt 50g
Manufacturer's Name and Address	Yorkshire Crisps, Unit 1-4 Waleswood Industrial Estate, Wales Bar, Sheffield, South Yorkshire, United Kingdom, S26 5PY
Supplier Name and Address	The Yorkshire Crisp Company, Unit 1-4 Waleswood industrial Estate, Wales Bar, Sheffield, South Yorkshire, United Kingdom, S26 5PY
Ingredients	Potatoes, Sunflower Oil, 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	United Kingdom
Storage Instructions	Store in a cool dry place
Instructions for use	Ready to eat
Alcoholic Strength	0

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

Energy (kj)	2043	Energy (kcal)	488	Salt	1
Fat	23.8	of which saturates	5.4		
Carbohydrate	61.9	of which sugars	0.3		
Fibre	0	Protein	6.5		

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	Popcorn Kitchen Lemon Drizzle 30g
Manufacturer's Name and Address	Honesty Made Ltd, Unit 5 Globe business Park, First Avenue, Marlow, Bucks, United Kingdom, SL7 1YA
Supplier Name and Address	Popcorn Kitchen LTD, Unit 229, 14 Chertsey Road, Woking, Surrey, United Kingdom, GU21 5AH
Ingredients	Popped Corn, Sugar, Glucose Syrup, Butter (contains <b>MILK</b> ), Rapeseed Oil, Salt, Raising Agent: Bicarbonate of Soda, Natural Flavouring Emulsifier: <b>SOYA</b> 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	Tree Nuts Peanuts Sesame Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place
Instructions for use	Open and enjoy
Alcoholic Strength	0

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

Energy (kj)	1771	Energy (kcal)	423	Salt	0.5
Fat	11.6	of which saturates	6		
Carbohydrate	74.3	of which sugars	41.7		
Fibre	4.1	Protein	3.4		

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