

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.

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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 Bee Happy Milk Chocolate Bar with Honeycomb & Crunchy Caramel 100g
Manufacturer's Name and Address	Gnaw Chocolate Ltd, Unit 6, 55-59 Whiffler Road, Whiffler Road Ind. Est., Norwich, Norfolk, United Kingdom, NR3 2AW
Supplier Name and Address	Gnaw Chocolate Ltd, Unit 6, 55-59 Whiffler Road, Whiffler Road Ind. Est., Norwich, Norfolk, United Kingdom, NR3 2AW
Ingredients	Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Honeycomb (sugar, glucose syrup, bicarbonate of soda, rice flour), Caramel pieces (glucose syrup, sugar, sweetened condensed MILK , salted butter (MILK , salt), water, salt), Emulsifier (SOYA Lecithin), Flavouring (natural vanilla) Milk chocolate contains cocoa solids 34% min, MILK solids 22% min.

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
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2264	Energy (kcal)	542	Salt	0.4
Fat	32	of which saturates	19.7		
Carbohydrate	56.5	of which sugars	26.7		
Fibre	0	Protein	6.2		

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	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	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	Radfords Grab Bag - Crumbly Chocolate Fudge 113g
Manufacturer's Name and Address	Clarence and Bean Ltd, 12 Howden Road, Howden Industrial Estate, Tiverton, Devon, United Kingdom, EX16 5HW
Supplier Name and Address	Clarence & Bean Ltd, 12 Howden Road, Howden Industrial Estate, Tiverton, Devon, United Kingdom, EX16 5HW
Ingredients	Sugar, Full Fat Condensed MILK , Butter (MILK) (12%), Belgian Chocolate (9%) {Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring}, Glucose Syrup, Golden Syrup (Partially Inverted Refiners Syrup), Salt. Allergens highlighted in Bold. May contain traces of PEANUTS and treeNUTS.

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	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)	1815	Energy (kcal)	446	Salt	0.3
Fat	14.6	of which saturates	9.1		
Carbohydrate	77.3	of which sugars	74.2		
Fibre	0	Protein	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	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	Frank's Luxury Choc Chunk & Orange Oaties in Mini Bag 50g
Manufacturer's Name and Address	Franks Luxury Biscuits Company Limited, Unit 4c, Ramsden Road, Rotherwas, Hereford, County, United Kingdom, HR2 6LR
Supplier Name and Address	Frank's Luxury Biscuits Company Limited, Unit 4c, Ramsden Road, Rotherwas, Hereford, County, United Kingdom, HR2 6LR
Ingredients	WHEAT flour(calcium carbonate, iron, nicotinamide, thiamine, sodium carbonate, calcium phosphate), sugar, salted butter, OATS 17%, Belgian choc chunks(6%)(cocoa mass, sugar, emulsifier: SOYA lecithin, natural vanilla flavouring (possible traces of MILK)) golden syrup, cocoa(2%), natural orange flavouring <1%), raising agent: sodium bicarbonate.

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Not Applicable
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1994	Energy (kcal)	477	Salt	1.33
Fat	22.1	of which saturates	13.5		
Carbohydrate	62.5	of which sugars	34.3		
Fibre	4.1	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	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 Chocolate Orange 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, 483 Green Lanes, London, United Kingdom, N13 4BS
Ingredients	Popped Corn (22%), Sugar, Glucose Syrup, Dark Chocolate (15%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavour), Coconut Oil, Orange Peel (1.2%), Salt, Rapeseed Oil, Emulsifier: Sunflower Lecithin, Raising Agent: Bicarbonate of Soda, Natural Flavouring.

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	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)	1849	Energy (kcal)	442	Salt	0.9
Fat	16.1	of which saturates	11		
Carbohydrate	68.1	of which sugars	39.4		
Fibre	4.9	Protein	3.6		

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	Yes	Suitable for coeliac sufferers	Yes

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Name of Product	Mr Filbert's Salted Caramel Mix 75g
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, United Kingdom, BA6 8NX
Ingredients	Roasted Mixed NUTS 33%,(PEANUTS 57%, CASHEWS (NUTS) 24%, ALMONDS (NUTS) 16%) sea salt, rapeseed oil, dark chocolate raisins, 28%, (raisins 42%, sugar, coca mass, coca butter. whey (MILK) palm oil, emulsifier, sunflower letchin, glazing agents, gum arabic, shellac); Yoghurt cover honeycomb 17%, (sugar, vegetable fat (palm SG), whey(MILK),rice flour, yoghurt powder, 3%, (MILK), emulsifier, sunflower, letchin, glazing agents, gum arabic, shellac,(centre 23%, sugar, glucose, sodium bicarbonate), honey roast PEANUTS , 12%,(PEANUTS 75%, sugar, sunflower oil, honey, 1.9%, salt glucose syrup, stabilizer gum) Salted Caramel Fudge 10% (sugar, glucose, sweetened condense MILK (MILK sugar) palm oil, butter oil (MILK), sea salt 0.2%, flavouring salt) palm oil from RSP source.

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	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)	2282	Energy (kcal)	548	Salt	0.5
Fat	35.5	of which saturates	9.9		
Carbohydrate	42.3	of which sugars	34.7		
Fibre	2.9	Protein	13.8		

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	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	Crunch & Crumble Millionaire Shortbread Slice 80g
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	Caramel (34%) [Sugar, Glucose Syrup, Sweetened Condensed MILK (MILK, Sugar, Lactose (MILK)) , Water, Unsalted Butter (MILK), Golden Syrup (Partially Inverted Refines Syrup), Palm Oil, Salt, Emulsifiers (Lecithin (Sunflower, Rapeseed, SOYA), Sorbitan Monostearate), Natural Flavouring], Chocolate Flavour Coating (22%) [Sugar, Palm Oil, (Palm Oil, Hydrogenated Palm Oil), Whey Powder (MILK), Fat Reduced Cocoa Powder, Emulsifiers (Polyglycerol Polyricinoleate, SOYA Lecithin), Flavouring], WHEAT Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK, Salt), Sugar.

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs Tree Nuts
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)	2158	Energy (kcal)	516	Salt	0.45
Fat	27	of which saturates	19		
Carbohydrate	64	of which sugars	42		
Fibre	1.6	Protein	3.4		

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