

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	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

Name of Product	Angelic Double Chocolate Cookies 125g
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 (OAT, Rice), Sugar, Vegetable Oil (Palm, Rapeseed), Chocolate Chips (12%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), Partially Inverted Refiners Syrup, Cocoa Powder (5%), Raising Agents (Mono Calcium Phosphate, Sodium Bicarbonate), Natural Flavouring, Water, Tapioca Starch, Salt, Stabiliser (Xanthan gum). Made using Responsibly Sourced Palm Oil.

**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	Store in cool dry place.
Instructions for use	NA
Alcoholic Strength	0

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

Energy (kj)	2137	Energy (kcal)	509	Salt	1.1
Fat	25.2	of which saturates	11.9		
Carbohydrate	62	of which sugars	36		
Fibre	5.2	Protein	5.8		

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	Howdah Tandoor BBQ Poppadom Minis 80g
Manufacturer's Name and Address	Universal Flexible Packaging Ltd, 61 Lunsford Road, Leicester, Leicestershire, United Kingdom, LE5 0HJ
Supplier Name and Address	Mumbai Foods Ltd (T/A HOWDAH SNACKS), 11A Burford Lane, Lymm, Cheshire, United Kingdom, WA13 0SG
Ingredients	<b>WHEAT</b> flour, palm oil (RSPO), rice flour, gram flour, potato starch, salt, sugar, Tandoor seasoning: chilli powder, garlic powder, maltodextrin, spices, fructose, Kashmiri red chilli powder, hydrolysed <b>SOYA</b> protein, flavour enhancers (Disodium guanylate, Disodium inosinate), acid: malic acid; yeast extract, vinegar powder, <b>SOYABEAN</b> powder, colour: paprika extract; acidity regulator: citric acid; raising agent: sodium bicarbonate .

**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	Eggs Milk Tree Nuts Peanuts Sesame
Country of Origin	United Kingdom
Storage Instructions	Keep in a cool dry place
Instructions for use	Once opened keep in an airtight container
Alcoholic Strength	0

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

Energy (kj)	2042	Energy (kcal)	486	Salt	2
Fat	25	of which saturates	11		
Carbohydrate	58	of which sugars	5.2		
Fibre	3.9	Protein	6.7		

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	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	Lazy Day Rocky Road 150g
Manufacturer's Name and Address	Lazy Days, 1 Mossburn Avenue, , Harthill, Shotts, UK, ML7 5PX
Supplier Name and Address	Bramble Foods Ltd, Crosby Road,, , Market Harbrough, Leicestershire, United Kingdom, LE16 9EE
Ingredients	Belgian Dark Chocolate (22%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Flavouring], Pink Mallows (14%) [Glucose-Fructose Syrup, Sugar, Water, Dextrose, Gelling Agent (Carrageenan), Maize Starch, Hydrolysed Rice Protein, Flavouring, Colour (Beetroot Red), Stabiliser (Polyphosphate)], Rice Flour, Palm Oil, Rapeseed Oil, Sugar, Invert Sugar Syrup, Maize Starch, Water, Tapioca Starch, Crisped Rice (3%) [Rice Flour, Rice Bran, Sugar, Rice Extract], Salt, Emulsifiers (Mono- and Diglycerides of Fatty Acids, <b>SOYA</b> Lecithin), Flavouring, Colour (Carotenes). Dark Chocolate contains: Cocoa solids 55% minimum.

### 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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	UK
Storage Instructions	store in a cool dry place out of direct sunlight
Instructions for use	N/A
Alcoholic Strength	0

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

Energy (kj)	2070	Energy (kcal)	499	Salt	0.29
Fat	30	of which saturates	12		
Carbohydrate	54	of which sugars	33		
Fibre	1.9	Protein	2.5		

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	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

Name of Product	Melting Pot Vegan Honeycomb Fudge 90g
Manufacturer's Name and Address	Melting Pot Fudge, 28 Ballymacarrett Rd, , Belfast, Antrim, Northern Ireland, BT4 1BT
Supplier Name and Address	Melting Pot Fudge Ltd, 28 Ballymacarrett Rd, , Belfast, Antrim, , BT4 1BT
Ingredients	Sugar, rice drink (water, rice (14%), sunflower oil, sea salt), cocoa butter, golden syrup, glucose syrup , brown sugar, Madagascar vanilla extract, honeycomb (4%)(water, sugar, bicarbonate of soda, coconut oil), cocoa powder,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	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Milk Tree Nuts Peanuts Soybeans
Country of Origin	Northern Ireland
Storage Instructions	Store in cool dry place
Instructions for use	n/a
Alcoholic Strength	0

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

Energy (kj)	1629	Energy (kcal)	389	Salt	0.16
Fat	4.6	of which saturates	1.6		
Carbohydrate	79	of which sugars	73		
Fibre		Protein	0.7		

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

Name of Product	Olly's Olives Chilli and Rosemary Green Olives 50g
Manufacturer's Name and Address	Katsouris Brothers LTD, 100 Queensbury Road, , Wembley, London, United Kingdom, HA0 1QG
Supplier Name and Address	Olly's Snacks, 66 Hazledene Road, , Chiswick, London, , W4 3JB
Ingredients	Green Olives, Salt, Garlic, Extra Virgin Olive Oil, Basil, Garlic Powder

**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	Greece
Storage Instructions	Store in a cool, dry place. Once opened, keep refrigerated and use within 3 days and by best before shown. Packed in a protective atmosphere.
Instructions for use	Please chew with caution in case a small stone is inside.
Alcoholic Strength	0

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

Energy (kj)	614	Energy (kcal)	149	Salt	3.1
Fat	14.6	of which saturates	2.4		
Carbohydrate	1.3	of which sugars	0.5		
Fibre	3.1	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

Name of Product	Ooh! Chocolata Dairy Free & Vegan Honeycomb Milk Chocolate 50g
Manufacturer's Name and Address	Gartona Ltd, Unit 42, Southfield Road Trading Estate, , Nailsea, Bristol, United Kingdom, BS48 1JE
Supplier Name and Address	Ooh! Chocolata, Unit 42, Southfield Road Trading Estate, , Nailsea, Bristol, United Kingdom, BS48 1JE
Ingredients	Sugar, cocoa butter, cocoa mass, rice flour, inulin (fibre), honeycomb (sugar, glucose syrup, sodium bicarbonate), emulsifier (sunflower lecithin), vanilla.

**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	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	0.1
Fat	36.1	of which saturates	22.9		
Carbohydrate	53.7	of which sugars	50.8		
Fibre		Protein	2.3		

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

Name of Product	Olly's Multi-Seed Sesame Pretzel Thins 35g
Manufacturer's Name and Address	Savimex LTD, 13, Voyvoda Dimitar Kalachilyata Str, , Dobrich, n/a, Bulgaria, 9300
Supplier Name and Address	Olly's Snacks LTD, 66 Hazledene Road, , Chiswick, London, , W4 3JB
Ingredients	<b>WHEAT</b> Flour, White & Black <b>SESAME</b> , Sunflower Oil, <b>BARLEY</b> Malt Extract, Salt, Acidity Regulator: Sodium Hydroxide, <b>SOYA</b> Lecithin, Sodium Bicarbonate, Antioxidant: Rosemary Extract.

### 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	Yes
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Milk
Country of Origin	Bulgaria
Storage Instructions	Store in a cool, dry place.
Instructions for use	Eat within 24 hours of opening
Alcoholic Strength	-5

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

Energy (kj)	1765	Energy (kcal)	418	Salt	-0.8
Fat	6.7	of which saturates	0.9		
Carbohydrate	76.5	of which sugars	3.1		
Fibre	3.9	Protein	10.9		

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	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	No