

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	Cambrook Sweet & Spicy Nut Mix - Gold & White Label 75g
Manufacturer's Name and Address	Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Supplier Name and Address	Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Ingredients	<b>PEANUTS</b> (62.4%), Corn (15.8%), Sugar (11.1%), <b>SESAME</b> Seeds (3.4%), Salt, Dried <b>SOY</b> Sauce (Contains: <b>SOY</b> Beans, Spirit Vinegar), Garlic, Onion, Chilli, Tomato Powder, Red Bell Pepper, Spices, Rapeseed Oil, Natural Flavouring, Honey, Sunflower Oil, Maltodextrin, Paprika, Cumin, Oregano, Yeast Extract, Paprika Oil. Acidity Regulator: Citric Acid. Colour: Paprika Extract. Stabiliser: Gum Arabic.

### 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	Yes	Sesame	Yes
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Cool & dry, Under 23°C, Away from heat or direct sunlight
Instructions for use	Eat as a snack any time.
Alcoholic Strength	0

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

Energy (kj)	2233	Energy (kcal)	538	Salt	1.6
Fat	36.3	of which saturates	6.4		
Carbohydrate	32.4	of which sugars	13.8		
Fibre	5	Protein	19.2		

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	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	Crunch & Crumble Triple Chocolate Biscuits 150g
Manufacturer's Name and Address	Grandma Wild's, Millennium Business Park, Station Road, Steeton, Keighley, English, United Kingdom, BD20 6RB
Supplier Name and Address	Grandma Wild's (J Wild - Confectioners Ltd), Millennium Business Park, Station Road, Steeton, Keighley, English, United Kingdom, BD20 6RB
Ingredients	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Flavouring), Sugar, Brown Sugar (Cane Molasses), Dark Chocolate Chips & Chunks (11%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Sweetened Condensed <b>MILK</b> ( <b>MILK</b> , Sugar), <b>EGG</b> , Partially Inverted Sugar Syrup, Cocoa Powder (Acidity Regulator: Potassium Carbonate), <b>MILK</b> Chocolate Chunks (2%) (Sugar, Whole <b>MILK</b> Powder, Cocoa Butter, Cocoa Mass, Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin; Natural Vanilla Flavouring), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate). Dark Chocolate Chunks & Chips Contains: Cocoa Solids 42% Minimum <b>MILK</b> Chocolate Chunks Contains Cocoa Solids 33% Minimum, <b>MILK</b> Solids 23% Minimum

### Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	Yes	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	Mustard Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Storage Conditions: Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 30 days.
Instructions for use	N/A
Alcoholic Strength	0

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

Energy (kj)	2015	Energy (kcal)	480	Salt	0.88
Fat	20	of which saturates	8.3		
Carbohydrate	68	of which sugars	45		
Fibre	2.9	Protein	5.6		

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	Joypouch Cookie & Fudge Clusters 100g
Manufacturer's Name and Address	Chocoladefabriek "De Beemster" B.V, Insulindeweg 29, 1462 MJ, Middenbeemster, Middenbeemster, Netherlands, NA
Supplier Name and Address	Joypots, Grangewood House, Oakwood Hill Industrial Park, Oakwood Hill, Loughton, Essex, United Kingdom, IG10 3TZ
Ingredients	60.0% <b>MILK</b> chocolate (sugar, cocoa butter, whole <b>MILK</b> powder, cocoa mass, whey <b>MILK</b> powder, <b>MILK</b> sugar, emulsifier: <b>SOYA</b> lecithin [E322], natural vanilla aroma), 30.0% Vanilla cookie ( <b>WHEAT</b> flour, sugar, vegetable oils (rapeseed, shea, coconut), Water, Fructose, Dextrose, raising agent: sodium bicarbonate [E500], <b>WHEAT</b> starch, salt, Aroma, raising agent: ammonium bicarbonate [E503]), 10.0% Mini fudge (Fudge (sugar, sweetened condensed <b>MILK</b> ( <b>MILK</b> , sugar), glucose syrup, salted butter ( <b>MILK</b> , salt), <b>SOYA</b> lecithin [E322], salt)).

### 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 Milk Peanuts
Country of Origin	Netherlands
Storage Instructions	No direct sunlight, Max temp: 16°C, Max Humidity: 65% R/H
Instructions for use	n/a
Alcoholic Strength	0

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

Energy (kj)	2012	Energy (kcal)	480	Salt	0.54
Fat	22.0	of which saturates	12.0		
Carbohydrate	64	of which sugars	52		
Fibre	1.0	Protein	4.7		

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	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 Broken Milk Chocolate with Honeycomb in Bag - Gold Ribbon 150g
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	<b>MILK</b> Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed <b>MILK</b> Powder, <b>MILK</b> Fat, <b>MILK</b> Sugar, Emulsifier: <b>SOYA</b> Lecithin), Honeycomb Granules (Sugar, Glucose Syrup, Non-Hydrogenated Vegetable Fat (Palm Kernel Oil, Palm Oil) Bicarbonate Of Soda, Rice Flour), Coconut Oil.

### 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 Egg 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)	2283	Energy (kcal)	547	Salt	0.16
Fat	32	of which saturates	21		
Carbohydrate	58	of which sugars	56		
Fibre	2.3	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	Yes	Suitable for coeliac sufferers	No

Name of Product	Montecampo Prosecco DOC 75cl
Manufacturer's Name and Address	CASA VINICOLA ZONIN, VIA BORGOLECCO, 9, GAMBELLARA, Vicenza, Italia, 36053
Supplier Name and Address	Zonin 1821 UK, 8 Battersea Park Road, London, United Kingdom, SW8 4BG
Ingredients	100% GLERA GRAPES, TIRAGE LIQUEUR, CONCENTRATED GRAPE MUST ( <b>SULPHITES</b> )

### 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	Yes		

May contain statements	
Country of Origin	ITALY
Storage Instructions	NOT REQUIRED
Instructions for use	NOT REQUIRED
Alcoholic Strength	10.5

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

Energy (kj)	289	Energy (kcal)	69	Salt	0.01
Fat	0.5	of which saturates	0.1		
Carbohydrate	1.9	of which sugars	1.35		
Fibre	0	Protein	0.5		

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

Name of Product	Myrtle & Olive Cheese Palmiers - Black & Gold Label 80g
Manufacturer's Name and Address	DE KROES FEUILLETAGE, rue champs de la perdrix, SEMUR EN AUXOIS, Burgundy, France, 21140
Supplier Name and Address	De Kroes Feuilletage, rue champs de la perdrix, SEMUR EN AUXOIS, Burgundy, France, 21140
Ingredients	<b>WHEAT</b> flour, Butter ( <b>MILK</b> ), Gouda (pasteurised cow <b>MILK</b> , salt, starter, Microbial rennet) (12%), Edam (pasteurised cow <b>MILK</b> , salt, starter, Microbial rennet) (5,9%), Salt, Yeast, Colour : E160c.

### 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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs Tree Nuts Sesame Soybeans
Country of Origin	France
Storage Instructions	store in cool and dry place
Instructions for use	ready to eat
Alcoholic Strength	0

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

Energy (kj)	2159	Energy (kcal)	517	Salt	3.1
Fat	30	of which saturates	20		
Carbohydrate	48	of which sugars	1.3		
Fibre	0	Protein	13		

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	Savoursmiths Desert Salt Crisps - Gold Bag 150g
Manufacturer's Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4Q
Supplier Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4Q
Ingredients	Potatoes, Sunflower Oil, Desert 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
Country of Origin	UK
Storage Instructions	Store in a cool dry place away from light.
Instructions for use	Store in a cool dry place away from light.
Alcoholic Strength	0

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

Energy (kj)	2029	Energy (kcal)	485	Salt	0.8
Fat	26.5	of which saturates	2.8		
Carbohydrate	49	of which sugars	0.8		
Fibre	6.4	Protein	6.7		

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	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