

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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Name of Product	Apasserini Prosecco 75cl
Manufacturer's Name and Address	Perlino, 94 via Valgera, Valgera, Asti (AT), Italy, 14100
Supplier Name and Address	Broadland Drinks Ltd, The New Winery, Chapel Street, Cawston, Norfolk, UK, NR10 4BG
Ingredients	contains <b>SULPHITES</b>

**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	Yes		

May contain statements	
Country of Origin	Italy
Storage Instructions	Best enjoyed young
Instructions for use	Serve chilled
Alcoholic Strength	10.5

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

Energy (kj)	297	Energy (kcal)	71	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	2.5	of which sugars	1.5		
Fibre	0	Protein	0		

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	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	No	Free from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	Yes

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Name of Product	Maxwell & Franks Tiffin Traybake 320g
Manufacturer's Name and Address	Maxwell and Franks Ltd, Roman Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8SP
Supplier Name and Address	Maxwell and Franks Ltd, Roman Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8SP
Ingredients	Chocolate Flavour Coating (57%) [Sugar, Vegetable Fats (Palm Kernel, Palm), Fat Reduced Cocoa Powder, Cocoa Mass, Sunflower Oil, Whey Powder ( <b>MILK</b> ), Emulsifiers (Sunflower Lecithin, Polyglycerol Polyricinoleate, Sorbitan Tristearate), Natural Vanilla Flavouring], Digestive Biscuit (27%) [Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), Wholemeal <b>WHEAT</b> Flour, Vegetable Shortening (Palm Oil, Rapeseed Oil), Sugar, Partially Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt], Golden Syrup (Invert Sugar Syrup), Margarine (Vegetable Oils (Palm, Rapeseed), Salt, Citric Acid), White Chocolate (1%) (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavouring).

#### 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 Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
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)	2249	Energy (kcal)	539	Salt	0.29
Fat	32	of which saturates	21		
Carbohydrate	58	of which sugars	41		
Fibre	2.4	Protein	3.7		

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

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Name of Product	Mr Filbert's Spring Wild Garlic Mixed Nuts 100g
Manufacturer's Name and Address	Filberts 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> 94% ( <b>PEANUTS</b> 58%, <b>CASHEWS (NUTS)</b> (18%), <b>ALMONDS (NUTS)</b> (17%), <b>HAZELNUTS (NUTS)</b> (7%),sugar, Sea salt, basil,<1%, Rapeseed oil, garlic powder, black pepper, wild garlic leaves, ><1% oregano >

**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	Cereals containing gluten namely wheat
Country of Origin	Uk
Storage Instructions	Ambient
Instructions for use	Snacking
Alcoholic Strength	0

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

Energy (kj)	2503	Energy (kcal)	604	Salt	1.4
Fat	48.2	of which saturates	6.3		
Carbohydrate	16.3	of which sugars	9.9		
Fibre	6.2	Protein	23.1		

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	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	No

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Name of Product	Odysea Houmous 265g
Manufacturer's Name and Address	Pelopac SA, Industrial Area of Thessaloniki, Thessaloniki, Sindos, Greece, 57022
Supplier Name and Address	Odysea Limited, 2 Dorma Trading Park, Staffa Road, London, Greater London, United Kingdom, E10 7QX
Ingredients	Chickpeas (52%), Water, Tahini ( <b>SESAME</b> ) (10%), Sunflower Oil, Sugar, Extra Virgin Olive Oil, Lemon Juice, Acidity Regulator (Lactic Acid), Garlic Powder, Sea Salt, Cumin, Antioxidant (Ascorbic Acid), Red Pepper Powder.

**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	Yes
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Manufactured in Greece. Primary ingredient (chickpeas) are from Turkey, Italy, Germany.
Storage Instructions	Once opened, refrigerate and consume within 5 days.
Instructions for use	Ready to eat.
Alcoholic Strength	0

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

Energy (kj)	821	Energy (kcal)	197	Salt	1.4
Fat	12	of which saturates	1.5		
Carbohydrate	15.7	of which sugars	1.5		
Fibre	0	Protein	4.8		

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

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Name of Product	Olives Et Al Lap Snacks Habas Fritas 201g
Manufacturer's Name and Address	Olives Et Al, Olives Et Al, Unit 1, Sturminster Newton, Dorset, United Kingdom, DT10 2GA
Supplier Name and Address	Olives Et Al, Olives Et Al, Unit 1, Sturminster Newton, Dorset, United Kingdom, DT10 2GA
Ingredients	Broad Beans 86%, Sunflower Oil, 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	Tree Nuts Peanuts Sesame
Country of Origin	Spain
Storage Instructions	Keep cool, dry and away from direct sunlight
Instructions for use	Once opened consume within 3 days
Alcoholic Strength	0

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

Energy (kj)	1787	Energy (kcal)	427	Salt	1.97
Fat	15.9	of which saturates	1.71		
Carbohydrate	42.8	of which sugars	3.5		
Fibre	7.3	Protein	24.3		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy/coeliac 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	Ooh! Chocolata Fruity Jellies 200g
Manufacturer's Name and Address	Ooh! Chocolata, 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, glucose syrup, gelling agent: pectin, acidulant: citric acid, natural colours: anthocyanins, chlorophylls, curcumin, paprika extract), natural flavourings: apple, lemon, orange, raspberry, blackcurrant.

#### 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)	1539	Energy (kcal)	362	Salt	0.2
Fat	0.27	of which saturates	0.2		
Carbohydrate	88.2	of which sugars	61.7		
Fibre	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	Savoursmiths Somerset Cheddar and Shallot Potato Crisps 150g
Manufacturer's Name and Address	Savoursmiths, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4QF
Supplier Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4QF
Ingredients	Potatoes, Sunflower Oil, Somerset cheddar & shallot flavour Seasoning (Lactose ( <b>MILK</b> ), Salt, Onion Powder, Sugar, Dried Cheese Powder, <b>MILK</b> Powder, Yeast Extract, <b>ButterMILK</b> Powder, Dried Somerset Cheddar Cheese ( <b>MILK</b> ), Acidity Regulator (Citric Acid, Lactic Acid, Calcium Lactate), Garlic Powder, Natural Flavouring, Parsley, Paprika Extract).

#### 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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
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)	2095	Energy (kcal)	499	Salt	1.2
Fat	28	of which saturates	3		
Carbohydrate	53	of which sugars	2.8		
Fibre	5	Protein	8.2		

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	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

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Name of Product	Mr Filbert's Lemon & Oregano Olive Snack 50g
Manufacturer's Name and Address	Filberts 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	Pitted Green Olives 93%, Salt, Lemon juice 2%, Extra Virgin Olive oil, Oregano 0.2%, Garlic, Coriander, Lemon Peel 0.1%

**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	Ambinet
Instructions for use	Snack Olives
Alcoholic Strength	0

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

Energy (kj)	440	Energy (kcal)	107	Salt	3
Fat	9.5	of which saturates	2.4		
Carbohydrate	2.9	of which sugars	0.1		
Fibre	2.5	Protein	1.1		

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	Heartsease Farm Sparkling Wild Elderflower Presse 75cl
Manufacturer's Name and Address	Radnor Hills Mineral Water Company LTD, Radnor Hills, Heartsease Farm, Knighton, Powys, United Kingdom, LD7 1LU
Supplier Name and Address	Radnor Hills, Radnor Hills, Heartsease Farm, Knighton, Powys, United Kingdom, LD7 1LU
Ingredients	Carbonated spring water, Sugar, Lemon juice from concentrate 5%, Elderflower extract, Natural elderflower flavourings.

### 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	Wales
Storage Instructions	Store at ambient temperatures, out of direct sunlight
Instructions for use	Once opened, keep refrigerated and consume within 3 days. Best serve chilled
Alcoholic Strength	0

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

Energy (kj)	133	Energy (kcal)	31	Salt	0.01
Fat	0.5	of which saturates	0.1		
Carbohydrate	7.8	of which sugars	7.8		
Fibre	0	Protein	0.5		

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	Miller's Grate Britain Dorset Red Buttercrumb Biscuits 125g
Manufacturer's Name and Address	Artisan Biscuits Ltd, Britannia House, Ashbourne, Derbyshire, United Kingdom, DE6 1HA
Supplier Name and Address	Artisan Biscuits Ltd, Tolldown Farm, Chippenham, South Gloucestershire, United Kingdom, SN14 8HZ
Ingredients	<b>WHEAT</b> flour ( <b>WHEAT</b> flour, Calcium, Iron, Niacin, Thiamin), Smoked Dorset Red Cheddar ( <b>MILK</b> , Annatto) 31%, Autolysed yeast, Butter ( <b>MILK</b> , salt), Sea salt, <b>MUSTARD</b> powder, Sodium bicarbonate, Ground Nutmeg, Black pepper

#### Containing Allergens

Celery	No	Gluten	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	Yes
Tree Nuts	No	Peanuts	No	Sesame	Yes
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery Eggs Tree Nuts Soybeans Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Cool and dry, keep out of direct sunlight
Instructions for use	Ready to eat.
Alcoholic Strength	0

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

Energy (kj)	1579	Energy (kcal)	374	Salt	2.4
Fat	13	of which saturates	7.6		
Carbohydrate	52.3	of which sugars	0.4		
Fibre	0	Protein	16.3		

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

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Name of Product	Crunch & Crumble Shortbread Biscuits in Bag with Green Ribbon 150g
Manufacturer's Name and Address	Maxwell & Franks, Boundary House, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Supplier Name and Address	Maxwell & Franks Ltd, Boundary House, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Ingredients	Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salted Butter (40%) (Butter ( <b>MILK</b> ), Salt), Sugar, Cornflour.

### 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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs Tree Nuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place. Once opened consume within 3 days.
Instructions for use	N/A
Alcoholic Strength	0

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

Energy (kj)	1991	Energy (kcal)	479	Salt	0.75
Fat	34	of which saturates	21		
Carbohydrate	38	of which sugars	21		
Fibre	1.7	Protein	4.3		

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