

P.S. Just to let you know, sometimes we come up against supply problems and have to swap bits in and out of our hampers.

Don't worry any new additions will always be the same value or higher, and for specific dietary hampers, we'll make sure suitable swaps are made. But it does mean that sometimes the allergy and nutritional info on the website don't quite match up.

Any worries, just get in touch.

| | |
|---------------------------------|--|
| Name of Product | The Dormen Salted Caramel & Chocolate Raisin Mix - Doy Bag 100g |
| Manufacturer's Name and Address | Dormen Foods limited, Unit 10, Dunbeath Court, Elgin Industrial estate, Swindon, Wiltshire, United Kingdom, SN2 8QE |
| Supplier Name and Address | Dormen Foods Limited, Unit 10, Dunbeath Court, Elgin Industrial estate, Swindon, Wiltshire, United Kingdom, SN2 8QE |
| Ingredients | Salted PEANUTS 40% (PEANUTS , Rapeseed oil, Salt), Caramelised PEANUTS 40% (PEANUT , Sugar, Glucose, Sunflower Oil, Emulsifier (Gum Arabic), Honey), MILK Chocolate Raisins 20%, Raisins [Raisins, Palm Oil, Preservative: SULPHUR DIOXIDE], MILK Chocolate [Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavour], Modified Tapioca Starch, Glucose Syrup (WHEAT), Coconut Oil, Glazing Agent (shellac), Emulsifier (Mono- And Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Preservative (Sorbic Acid)] |

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

| | |
|------------------------|--|
| May contain statements | Eggs Mustard Tree Nuts Sesame |
| Country of Origin | UK |
| Storage Instructions | Store in a cool dry place away from sunlight |
| Instructions for use | None |
| Alcoholic Strength | 0 |

Nutrition Labelling - Typical value Per 100g / 100ml

| | | | | | |
|--------------|------|--------------------|-----|------|-----|
| Energy (kj) | 2198 | Energy (kcal) | 528 | Salt | 0.3 |
| Fat | 35 | of which saturates | 8 | | |
| Carbohydrate | 44 | of which sugars | 30 | | |
| Fibre | 9 | Protein | 15 | | |

| | | | |
|---------------------------------------|-----|--------------------------------------|-----|
| 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 | | |

| | |
|---------------------------------|---|
| Name of Product | Guppy's Chocolates Fudge Biscuit Shards 90g |
| Manufacturer's Name and Address | Guppy's Chocolates, 22 Alan Farnaby Way, Sheriff Hutton Ind Park, Sheriff Hutton, North Yorkshire, United Kingdom, YO60 6PG |
| Supplier Name and Address | Guppy's Chocolates, 22 Alan Farnaby Way, Sheriff Hutton Ind Park, Sheriff Hutton, North Yorkshire, United Kingdom, YO60 6PG |
| Ingredients | Milk Chocolate: Sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavouring. (MILK solids 20.8% min; cocoa solids 33.6% min). Fudge pieces: Sugar, sweetened condensed MILK (MILK , sugar), glucose syrup, butter (MILK , salt), clotted cream 2% (MILK), invert sugar syrup, emulsifier: SOYA lecithin, salt. Cookie granules: WHEAT flour, sugar, butter (MILK), cocoa powder, margarine: vegetable oils and fat (palm, sunflower), glucose syrup (WHEAT), natural colour E153, salt, raising agent: ammonium bicarbonate E503ii. |

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 Tree Nuts Peanuts |
| Country of Origin | UK |
| 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) | 2331 | Energy (kcal) | 557 | Salt | 0.21 |
| Fat | 35.1 | of which saturates | 21.1 | | |
| Carbohydrate | 52 | of which sugars | 50.2 | | |
| Fibre | 2.1 | Protein | 6.9 | | |

| | | | |
|---------------------------------------|-----|--------------------------------------|-----|
| 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 | | |

| | |
|---------------------------------|---|
| Name of Product | Indie Bay Chocolate Pretzels Dark Oven Baked Spelt Bites 31g |
| Manufacturer's Name and Address | Indie Bay Snacks, Westbourne Studios, 242 Acklam Road, London, UK, W10 5JJ |
| Supplier Name and Address | Indie Bay Snacks, Westbourne Studios, 242 Acklam Road, London, UK, W10 5JJ |
| Ingredients | Dark Chocolate (50%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavour], Pretzels (49%) [SPELT Flour (49%), WHEAT Flour (49%), Sunflower Oil, Salt, BARLEY Malt Extract, Yeast], Glazing Agents [Gum Arabic, Zein (Maize Protein)]. |

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 | 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) | 1953 | Energy (kcal) | 465 | Salt | 0.98 |
| Fat | 20.3 | of which saturates | 11.1 | | |
| Carbohydrate | 61.3 | of which sugars | 22.3 | | |
| Fibre | 5.4 | Protein | 9.4 | | |

| | | | |
|---------------------------------------|-----|--------------------------------------|-----|
| 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 | | |

| | |
|---------------------------------|---|
| Name of Product | Mini Chocolate Cake with Milk chocolate Chunks and White Chocolate Chips 125g |
| Manufacturer's Name and Address | Maxwell & Franks Ltd, 4 Centurion Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8BT |
| Supplier Name and Address | Maxwell & Franks Ltd, 4 Centurion Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8BT |
| Ingredients | Light Brown Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Whole EGG , Margarine (Vegetable Oils (Palm, Rapeseed), Salt, Citric Acid), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Glucose Syrup (derived from WHEAT), Dark Chocolate Chips (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Vegetable Glycerine (Rapeseed Oil), Fat Reduced Cocoa Powder, Dark Chocolate Icing [Sugar, Vegetable Oil (Rapeseed, Palm), Glucose Syrup (derived from WHEAT), Fat Reduced Cocoa powder, Emulsifiers (Mono-and Diglycerides of Fatty Acids (Palm Oil), SOYA Lecithin), Salt, Preservative (Potassium Sorbate), Natural Flavouring], MILK Chocolate chunks (3%)(Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), White Chocolate Chips (3%) (Sugar, Cocoa Butter, Full Cream MILK Powder, Whey Powder (MILK), Vegetable Oils (Blend of Palm, Sal, Shea and Mango Kernels), Emulsifier: SOYA Lecithin, Vanilla Flavouring), Raising Agent Diphosphates, Sodium Carbonates, Fortified WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Preservative (Potassium Sorbate) |

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 | Tree Nuts Sulphites/Sulphur Dioxide |
| 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) | 1692 | Energy (kcal) | 404 | Salt | 0.47 |
| Fat | 19 | of which saturates | 7.9 | | |
| Carbohydrate | 54 | of which sugars | 32 | | |
| Fibre | 0 | 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 | No |
| Free from alcohol | Yes | Free from artificial colours | Yes |
| Free from artificial flavours | Yes | | |

| | |
|---------------------------------|---|
| Name of Product | Mighty Fine Dark Chocolate Honeycomb Bar 30g |
| Manufacturer's Name and Address | Mighty Fine, unit 23 regents trade park, barwell lane, fareham, United Kingdom, PO13 0EQ |
| Supplier Name and Address | Mighty Fine, unit 23 regents trade park, barwell lane, fareham, United Kingdom, PO13 0EQ |
| Ingredients | Honeycomb (61%) - Sugar, Glucose Syrup, Honey (4%), Raising agent: Sodium Bicarbonate, Rice Flour; Dark Chocolate (39%) - Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA lecithin) Natural Vanilla Flavouring) |

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 | Milk Tree Nuts Peanuts |
| Country of Origin | UK |
| Storage Instructions | cool dark place |
| Instructions for use | n/a |
| Alcoholic Strength | 0 |

Nutrition Labelling - Typical value Per 100g / 100ml

| | | | | | |
|--------------|------|--------------------|------|------|------|
| Energy (kj) | 1807 | Energy (kcal) | 430 | Salt | 0.05 |
| Fat | 16.3 | of which saturates | 10 | | |
| Carbohydrate | 71.1 | of which sugars | 59.3 | | |
| Fibre | 4.3 | Protein | 3 | | |

| | | | |
|---------------------------------------|-----|--------------------------------------|-----|
| 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 | | |

| | |
|---------------------------------|--|
| Name of Product | Popcorn Kitchen Chocolate Orange 30g |
| Manufacturer's Name and Address | Honestly Made Popcorn Ltd, Lane End Ind Estate, High Wycombe, Buckinghamshire, UK, HP143BY |
| Supplier Name and Address | Popcorn Kitchen LTD, Unit 229, 14 Chertsey Road, Woking, Surrey, GU21 5AH |
| Ingredients | Popped Corn, Sugar, Glucose Syrup, Dark Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin), Orange, Butter (contains MILK), Rapeseed Oil, Salt, Emulsifier: SOYA Lecithin, Raising Agent: Bicarbonate of Soda, Natural Flavouring. For allergens please see ingredients in bold. Warning: May contain the occasional unpopped corn kernel. Packed in a facility that handles PEANUTS and NUTS. |

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 | Tree Nuts Peanuts |
| 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) | 1825 | Energy (kcal) | 437 | Salt | 0.6 |
| Fat | 15.6 | of which saturates | 8.5 | | |
| Carbohydrate | 67.3 | of which sugars | 42.2 | | |
| Fibre | 3.9 | Protein | 4.1 | | |

| | | | |
|---------------------------------------|-----|--------------------------------------|-----|
| 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 | | |

| | |
|---------------------------------|---|
| Name of Product | Moores Chocolate Chip Biscuits 150g |
| Manufacturer's Name and Address | S Moores, The Biscuit Bakery, St. Andrew's Well, Bridport, Dorset, England, DT6 3BW |
| Supplier Name and Address | S Moores, The Biscuit Bakery, St. Andrew's Well, Bridport, Dorset, England, DT6 3BW |
| Ingredients | WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Palm Oil [from a sustainable source], Rapeseed Oil, Water, Salt), Chocolate Chips (17%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Sugar, Dark Brown Sugar, Golden Syrup, Pasteurised EGG , Raising Agents: Calcium Phosphate, Sodium Bicarbonate and Ammonium Bicarbonate, Natural Vanilla Extract. |

Containing Allergens

| | | | | | |
|-----------|-----|--|-----|-------------|----|
| Celery | No | Cereals containing gluten namely wheat | Yes | Crustaceans | No |
| Eggs | Yes | 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 | Tree Nuts |
| Country of Origin | United Kingdom |
| Storage Instructions | Once opened store in an airtight container |
| Instructions for use | n/a |
| Alcoholic Strength | 0 |

Nutrition Labelling - Typical value Per 100g / 100ml

| | | | | | |
|--------------|------|--------------------|------|------|-----|
| Energy (kj) | 2152 | Energy (kcal) | 514 | Salt | 0.8 |
| Fat | 24.9 | of which saturates | 10.5 | | |
| Carbohydrate | 65.7 | of which sugars | 32.6 | | |
| Fibre | 2.9 | 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 | Yes | 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 | | |

| | |
|---------------------------------|---|
| Name of Product | Stas Hot Milk Chocolate Spoon 40g |
| Manufacturer's Name and Address | The Stas Partnership Ltd, 19 Hailey Road Business Park, Erith, Kent, United Kingdom, TN6 2SB |
| Supplier Name and Address | The Stas Partnership Ltd, 19 Hailey Road Business Park, Erith, Kent, United Kingdom, TN6 2SB |
| Ingredients | Milk chocolate contains 34% Cocoa solids minimum and 22% MILK solids minimum. Ingredients: Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Coconut Oil, Glucose syrup, Dextrose, Sorbitol, Gelatine, Maize, Water, Emulsifier: SOYA lecithin, Flavour: Natural vanilla, Colour E120. For allergens see ingredients in Bold. May also contain NUTS. |

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 | Tree Nuts Peanuts |
| Country of Origin | United Kingdom |
| Storage Instructions | Store in a dark cool place between 15 and 20 degrees celsius away from direct sunlight but not in a fridge. |
| Instructions for use | Remove the spoon and chocolate from the bag and stir into a mug of hot milk. Once all the chocolate is melted sprinkle the marshmallows on to the top and enjoy! |
| Alcoholic Strength | 0 |

Nutrition Labelling - Typical value Per 100g / 100ml

| | | | | | |
|--------------|------|--------------------|------|------|-----|
| Energy (kj) | 2357 | Energy (kcal) | 563 | Salt | 0.2 |
| Fat | 36.2 | of which saturates | 21.8 | | |
| Carbohydrate | 50.9 | of which sugars | 50.1 | | |
| Fibre | 0 | Protein | 7 | | |

| | | | |
|---------------------------------------|-----|--------------------------------------|-----|
| Suitable for vegetarians | No | 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 | | |