

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	Frank's Luxury Rocky Road Mini Bites in Bag 50g
Manufacturer's Name and Address	Frank's Luxury Biscuits, Unit 4C, Ramsden Road, Rotherwas, Hereford, United Kingdom, United Kingdom, HR2 6NP
Supplier Name and Address	Frank's Luxury Biscuits, Unit 4C, Ramsden Road, Rotherwas, Hereford, United Kingdom, United Kingdom, HR2 6NP
Ingredients	Ingredients: <b>WHEAT</b> flour (calcium carbonate, iron, nicotinamide, thiamine, sodium carbonate, calcium phosphate), sugar, <b>OATS</b> (15%), margarine (vegetable oils (palm, rape), water, salt ), dark choc chunks (8%) ( cocoa mass, sugar, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring (possible traces of <b>MILK</b> )) ,golden syrup, white choc chunk (5%) (sugar, whole <b>MILK</b> powder, cocoa butter, <b>SOYA</b> lecithin, natural vanilla flavouring), marshmallows (4%) (glucose-fructose syrup, sugar, water, gelatine(pork), anticaking agent: maize starch, flavouring, processing aid: glycerol), cocoa, raising agent: sodium bicarbonate.

**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 Sesame
Country of Origin	United Kingdom
Storage Instructions	Cool and dry
Instructions for use	Eat
Alcoholic Strength	0

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

Energy (kj)	2011	Energy (kcal)	480	Salt	1.21
Fat	21.4	of which saturates	8.9		
Carbohydrate	64.8	of which sugars	38.4		
Fibre	0	Protein	5.5		

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	House of Fudge Chocolate Fudge Nut Sundae Fudge Log 100g
Manufacturer's Name and Address	Clarence & Bean Ltd, 12 Howden Road, , Tiverton, Devon, United Kingdom, EX16 5HW
Supplier Name and Address	Clarence & Bean Ltd, 12 Howden Road, , Tiverton, Devon, United Kingdom, EX16 5HW
Ingredients	Sugar, Glucose Syrup, Sweetened Condensed <b>MILK</b> , Refined Vegetable Oil (Palm), Butter ( <b>MILK</b> ), <b>PEANUTS</b> , <b>HAZELNUT (NUTS)s</b> , Clotted Cream ( <b>MILK</b> ), <b>ALMOND (NUTS)s</b> , Natural Flavouring, Emulsifier: Lecithins ( <b>SOYA</b> ), Salt. For allergens, see ingredients in Bold. Contains <b>PEANUTS, HAZELNUT (NUTS)s</b> and <b>ALMOND (NUTS)s</b> . May contain traces of other Tree <b>NUTS</b> .

**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	Yes	Peanuts	Yes	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	May contain traces of other treenuts
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)	1782	Energy (kcal)	423	Salt	0.19
Fat	13.2	of which saturates	7.1		
Carbohydrate	75.1	of which sugars	62.9		
Fibre	0	Protein	0.9		

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

Name of Product	Popcorn Shed Pop 'N' Choc Snack Pack 24g
Manufacturer's Name and Address	Popcorn Shed, Unit 5 Globe Business Park, First Avenue, Marlow, Buckinghamshire, United Kingdom, SL7 1YA
Supplier Name and Address	Popcorn Shed, 483 Green Lanes, , London, London, United Kingdom, N13 4BS
Ingredients	Popped Corn (23%), Sugar, Butter (contains <b>MILK</b> ), <b>MILK</b> Chocolate Flavour Buttons (Sugar, Vegetable Fats (Palm, Shea), Whole <b>MILK</b> Powder, Cocoa Mass, Whey <b>MILK</b> Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavour), Glucose Syrup, Golden Syrup, Cocoa Powder (6%), Rapeseed Oil, Salt, Emulsifier:, Raising Agent: Bicarbonate of Soda.

### 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	No	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)	2067	Energy (kcal)	494	Salt	0.8
Fat	23.4	of which saturates	14.3		
Carbohydrate	63.8	of which sugars	40.0		
Fibre		Protein	5.2		

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

Name of Product	Stas Chocolate Milk Chocolate Star with White Chocolate Drizzle & Gold Sprinkles - Purple Ribbon 50g
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), White Chocolate (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Skimmed <b>MILK</b> Powder, Emulsifier: Lecithins ( <b>SOYA</b> ), Natural Vanilla Flavouring), <b>MILK</b> Chocolate Flakes (Sugar, Cocoa Butter, Whole <b>MILK</b> Powder, Cocoa Mass, Natural Vanilla Flavouring), Coconut Oil, Gold Powder (Carrier: Potassium Aluminium Silicate, Colours (Titanium Dioxide, Iron Oxide).

**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      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)	2299	Energy (kcal)	551	Salt	0.11
Fat	33	of which saturates	20		
Carbohydrate	56	of which sugars	56		
Fibre	2.2	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	No	Suitable for coeliac sufferers	No

Name of Product	Yorkshire Flapjack Millionaires Slice 80g
Manufacturer's Name and Address	Yorkshire Flapjack, Unit 4 Harrogate West Business Park, , Harrogate, North Yorkshire, United Kingdom, HG3 2FN
Supplier Name and Address	Yorkshire Flapjack, Unit 4 Harrogate West Business Park, , Harrogate, North Yorkshire, United Kingdom, HG3 2FN
Ingredients	Millionaires Caramel 37% (Sugar, Glucose Syrup, Sweetened Condensed <b>MILK</b> ( <b>MILK</b> , Sugar), Water, Unsalted Butter ( <b>MILK</b> ), Invert Sugar Syrup, Palm Oil, Salt, Emulsifiers (E322 Rapeseed / sunflower Lecithin, E491 Sorbitan Monostearate), Natural Flavouring), Dark Chocolate Flavour Coating 21% (Sugar, Vegetable Oil ( Fully Hydrogenated Palm Kernel, Palm Oil), Fat Reduced Cocoa Powder, Fortified <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Whey Powder ( <b>MILK</b> ), Emulsifiers Lecithin ( <b>SOYA</b> ); Natural Flavouring), <b>WHEAT</b> Flour 20% ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1), Ascorbic Acid), Sugar, Salted Butter 7.5% ( <b>MILK</b> ), salt, Fat 80% min), Margarine (Vegetable fat, Palm; Vegetable Oils, Rapeseed; (RSPO Sourced) Water, Natural flavouring)

### 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 Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	na
Alcoholic Strength	0

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

Energy (kj)	2009	Energy (kcal)	480	Salt	-0.66
Fat	26	of which saturates	16		
Carbohydrate	58	of which sugars	37		
Fibre	0.8	Protein	3.5		

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	Yummycomb 70% Dark Orange Pocket Pack 40g
Manufacturer's Name and Address	Yummycomb, 3 Oak Tree Court, Main Street, Bubwith, SELBY, United Kingdom, YO8 6NF
Supplier Name and Address	Yummycomb, 3 Oak Tree Court, Bubwith, Selby, Yorkshire and the Humber, United Kingdom, YO8 6NF
Ingredients	Sugar, 70% Dark Chocolate (Cocoa Mass, Sugar, Fat-reduced Cocoa Powder, Emulsifier: <b>SOYA</b> Lecithin, Natural Vanilla Flavour. Contains: 70.5% Cocoa Solids Min) 38%, Glucose Syrup, Cocoa Butter, Raising Agent: Bicarbonate of Soda, Flavour

### 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	Eggs Milk Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Cool dry conditions out of direct sunlight
Instructions for use	NA
Alcoholic Strength	0

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

Energy (kj)	1884	Energy (kcal)	447	Salt	1.23
Fat	16.6	of which saturates	9.9		
Carbohydrate	68	of which sugars	60.3		
Fibre	5.3	Protein	3.3		

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	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	Yes