

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	Mr Filbert's Sweet Chilli Rice Crackers 40g
Manufacturer's Name and Address	7027999, Greens Barn, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Supplier Name and Address	Filbert's Fine Foods Limited, Greens Barn, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Ingredients	Ingredient Name (Including Compound Ingredients) Country of Origin Rice 41% Thailand Sunflower Oil Belgium, Malaysia Sugar Thailand Tapioca Starch Thailand SOY Sauce (water, salt, SOY bean, WHEAT) Thailand, Australia Salt Thailand Garlic Powder Thailand Colour: E160c Spain Maltodextrin China, Thailand Capsicum Extract India Liquorice Powder Thailand Flavour Enhancers: E631, E627 Korea, Indonesia, China Country of Final Processing UK

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	
Country of Origin	Thailand
Storage Instructions	Ambient
Instructions for use	Snacking
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2360	Energy (kcal)	566	Salt	2.6
Fat	37	of which saturates	3.4		
Carbohydrate	55	of which sugars	16		
Fibre	0.5	Protein	3.3		

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	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

Name of Product	Mr Filbert's Simply Sea Salt Mixed Nuts 40g
Manufacturer's Name and Address	Filbert's 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 NUTS 98%, PEANUTS 58%, CASHEW (NUTS) s 25%, ALMOND (NUTS) s 17%, Sea Salt 1.95%, Rape seed 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	Yes	Peanuts	Yes	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Gourmet Snacking
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2536	Energy (kcal)	612	Salt	1.1
Fat	49.9	of which saturates	5.9		
Carbohydrate	12.7	of which sugars	5.5		
Fibre	6.8	Protein	24.7		

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	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

Name of Product	Olly's Salted Original Pretzel Thins 35g
Manufacturer's Name and Address	Savimex LTD, 13 Voyvoda Dimitar Kalachliyata Str., Dobrich, Bulgaria, 9300
Supplier Name and Address	Olly's Olives Ltd, 66 Hazledene Road, London, Greater London, W4 3JB
Ingredients	WHEAT Flour, Sunflower Oil, Sugar, BARLEY Malt Extract, Salt, Emulsifier: SOYA Lecithin, Water, 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	Milk Sesame
Country of Origin	Bulgaria
Storage Instructions	Store in a cool, dry place.
Instructions for use	Once opened, use within 3 days and by best before shown.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1412	Energy (kcal)	333	Salt	2.5
Fat	5.2	of which saturates	0.7		
Carbohydrate	71	of which sugars	1.9		
Fibre	3.5	Protein	11.1		

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	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

Name of Product	Salcombe Brewery Ocean Cider 500ml
Manufacturer's Name and Address	Sheppy's Cider, Three Bridges, Bradford on Tone, Taunton, Somerset, UK, TA4 1ER
Supplier Name and Address	Salcombe Brewery, Estuary View, Ledstone, Devon, United Kingdom, TQ7 4BL
Ingredients	Apples, Water, Sugar, Malic Acid, Sodium MetabiSULPHITE , Co2

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	United Kingdom
Storage Instructions	Store in cool dry place away from direct sunlight, ideally chilled
Instructions for use	N/A
Alcoholic Strength	4.5

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	201	Energy (kcal)	52	Salt	0.01
Fat	0.1	of which saturates	0.1		
Carbohydrate	4.6	of which sugars	3.9		
Fibre	0	Protein	0.1		

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