

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	Barber's Farmhouse Mature Cheddar Truckle 200g
Manufacturer's Name and Address	Barbers Farmhouse Cheesemakers, Maryland Farm, Ditcheat, Somerset, United Kingdom, BA4 6PR
Supplier Name and Address	Ashley Chase Estate Limited, Ford Farm, Litton Cheney, Dorchester, Dorset, United Kingdom, DT2 9AZ
Ingredients	Cheddar Cheese (Cows' MILK)

**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	Egg Mustard Cereals containing gluten namely wheat Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Keep refrigerated below 5C
Instructions for use	Once opened consume within 7 days and by best before date.
Alcoholic Strength	0

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

Energy (kj)	1725	Energy (kcal)	416	Salt	1.8
Fat	34.9	of which saturates	21.7		
Carbohydrate	0.1	of which sugars	0.1		
Fibre		Protein	25.4		

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	Yes
Suitable for nut allergy sufferers	Yes	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	Barbers Farmhouse Red Leicester Prepack 200g
Manufacturer's Name and Address	AJ & RG Barber Ltd, Maryland Farm, Ditcheat, Shepton Mallet, Somerset, United Kingdom, BA4 6PR
Supplier Name and Address	AJ & RG Barber Ltd, Maryland Farm, Ditcheat, Shepton Mallet, Somerset, United Kingdom, BA4 6PR
Ingredients	Red Leicester cheese ( <b>MILK</b> ), Colour: Annatto Norbixin, Beta-Carotene.

**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	Refrigerate at below 5°C
Instructions for use	Once opened consume within 7 days and by best before date shown
Alcoholic Strength	0

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

Energy (kj)	1670	Energy (kcal)	403	Salt	1.7
Fat	33.6	of which saturates	21.1		
Carbohydrate	0.1	of which sugars	0.1		
Fibre	0	Protein	25		

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	Popti Cornish Bakehouse Cornish Water Biscuits 120g
Manufacturer's Name and Address	Cornish Charcuterie Ltd., Norton Barton Artisan Food Village, Launcells, BUDE, Cornwall, United Kingdom, EX23 9LG
Supplier Name and Address	Popti LTD, Norton Barton Artisan Food Village, Launcells, BUDE, Cornwall, United Kingdom, EX23 9LG
Ingredients	INGREDIENTS: <b>WHEAT</b> Flour ( <b>GLUTEN, WHEAT</b> , Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Salt

### 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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery Mustard Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Store in cool dark place - in air tight container when open
Instructions for use	Ready to eat - Enjoy
Alcoholic Strength	0

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

Energy (kj)	1671	Energy (kcal)	395	Salt	2.1
Fat	10.4	of which saturates	1		
Carbohydrate	68.4	of which sugars	0.5		
Fibre	3.5	Protein	8.1		

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

Name of Product	Arran Fine Foods Tomato & Red Pepper Chutney 185g
Manufacturer's Name and Address	Paterson Arran Ltd, The Old Mill, Lamlash, North Ayrshire, Scotland, KA27 8AR
Supplier Name and Address	Paterson Arran Ltd, The Old Mill, Lamlash, North Ayrshire, Scotland, KA27 8AR
Ingredients	Re-hydrated Onions, Sugar, Tomatoes (15%), Spirit Vinegar, Re-hydrated Red Peppers (13%), Tomato Paste (5%), Gherkins (Gherkins, Salt, Acetic Acid), Chargrilled Tomato Paste, Sea Salt, Thickening Agent (Modified Maize Starch), <b>MUSTARD</b> Seeds, Onion, Garlic, Preservative (Potassium Sorbate), Cayenne Pepper

**Containing Allergens**

Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	Yes
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Scotland
Storage Instructions	Store in a cool dry place.
Instructions for use	Ready to eat product.
Alcoholic Strength	0

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

Energy (kj)	491	Energy (kcal)	116	Salt	0.2
Fat	0	of which saturates	0		
Carbohydrate	26	of which sugars	22		
Fibre	1.4	Protein	1.4		

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

Name of Product	Long Clawson Blue Stilton Wedge 150g
Manufacturer's Name and Address	Long Clawson Dairy Limited, Long Clawson, Melton Mowbray, Leicestershire, UK, LE14 4PJ
Supplier Name and Address	Leopard Oceanic T/A Leopard Dairy Products, Home Farm, Iwerne Minster, Dorset, UK, DT11 8LT
Ingredients	Pasteurised Cow's <b>MILK</b> , Vegetarian Rennet, Salt

**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	UK
Storage Instructions	Keep Refrigerated below 5 degrees
Instructions for use	Consume within 5 days and before use by date shown
Alcoholic Strength	0

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

Energy (kj)	1698	Energy (kcal)	410	Salt	2
Fat	35	of which saturates	23		
Carbohydrate	0.1	of which sugars	0.1		
Fibre	0	Protein	23.7		

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