

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	Cartwright & Butler English Afternoon Blend 30g
Manufacturer's Name and Address	Cartwright & Butler, UNICORN HOUSE BROAD LANE, GILBERDYKE, EAST YORKSHIRE, United Kingdom, HU15 3TS
Supplier Name and Address	Moordale Foods, UNICORN HOUSE BROAD LANE, GILBERDYKE, EAST YORKSHIRE, United Kingdom, HU15 3TS
Ingredients	100% black tea

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	
Country of Origin	Sri Lanka
Storage Instructions	store in a cool, dry place and away from direct sunlight.
Instructions for use	brew 1 tea bag per 1 cup of hot water
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	0	Energy (kcal)	0	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0	of which sugars	0		
Fibre	0	Protein	0		

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	Coco Pzazz Fox & Boo Caramel & Honeycomb Milk Chocolate Bar 80g
Manufacturer's Name and Address	Rural Foodies Ltd, 1 Parc Derwen Fawr, , Llanidloes, Powys, Wales, SY18 6FE
Supplier Name and Address	Rural Foodies Ltd, 1 Parc Derwen Fawr, , Llanidloes, Powys, Wales, SY18 6FE
Ingredients	Ingredients: MILK chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: lecithins (SOYA), natural vanilla), honeycomb pieces: sugar, cocoa butter, glucose syrup, bicarbonate of soda, rice flour (3%), sea salt flakes (0.25%), natural caramel flavouring (<0.1%). Chocolate contains cocoa solids 29% minimum & MILK solids 21.7% minimum.

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
Country of Origin	Wales
Storage Instructions	Store in a cool, dry, place out of direct sunlight.
Instructions for use	NA
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2374	Energy (kcal)	568	Salt	0.4
Fat	36	of which saturates	22		
Carbohydrate	54	of which sugars	54		
Fibre	0.4	Protein	6.2		

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	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	Farmhouse Biscuits Lemon Biscuits 200g
Manufacturer's Name and Address	Farmhouse Biscuits Ltd, The bakery, Brook Street, Nelson, Lancashire, UK, BB9 9PX
Supplier Name and Address	Farmhouse Biscuits Ltd, The bakery, Brook Street, Nelson, Lancashire, UK, BB9 9PX
Ingredients	Flour (WHEAT Flour, Calcium, Niacin, Iron, Thiamin), Vegetable Oils (Sustainable Palm, Rapeseed), Sugar, Lemon Zest, Flavourings, Raising Agent: Sodium Hydrogen Carbonate; Colour: Annatto; 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	Eggs Milk Tree Nuts Soybeans
Country of Origin	Netherlands
Storage Instructions	Store in a cool, dry place out of direct sunlight.
Instructions for use	Once opened, keep in an airtight container and consumer within 2 weeks
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2277	Energy (kcal)	545	Salt	1.06
Fat	29.9	of which saturates	9.8		
Carbohydrate	63.3	of which sugars	22.8		
Fibre		Protein	4.6		

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	Suitable for coeliac sufferers	No

Name of Product	Yorkshire Flapjack Fruit Flapjack 85g
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	Margarine (Vegetable fat, Palm; Vegetable Oils, Rapeseed; (RSPO Sourced) Water, Natural flavouring), Brown Sugar, OATS 20%, Partially inverted refiners syrup, Cornflakes (Maize, Sugar, BARLEY , Malt Flavouring, Salt), Self Raising flour (WHEAT flour, Raising agents E500, E450), Currants 4.7% (Currants, Sunflower Oil) Sultanas 4.7% (Sultanas, Sunflower Oil)

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	Eggs Milk Tree Nuts Peanuts Soybeans 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)	1875	Energy (kcal)	443	Salt	-0.94
Fat	20	of which saturates	6.3		
Carbohydrate	61	of which sugars	37		
Fibre	1.9	Protein	2.8		

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	Suitable for coeliac sufferers	No

Name of Product	Yorkshire Flapjack White Chocolate Millionaire Slice 85g
Manufacturer's Name and Address	Yorkshire Flapjack Ltd, 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	Luxury Caramel 41.5% (Sweetened condensed skimmed (MILK), Glucose Syrup (SULPHITES), Golden Syrup, Palm Oil, Butter (MILK), Sugar, Water, Emulsifier; Mono – and diglycerides of fatty acids, Stabilisers; Pectin, Salt, Natural flavouring), White Chocolate Flavour Coating (Sugar, Palm Oil (RSPO Sourced, Whey Powder (MILK), Fortified WHEAT Flour (WHEAT Flour) Calcium Carbonate, Iron, Niacin, Thaimine), Emulsifier (SOYA Lecithin), WHEAT Flour 18.3% (WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1), Ascorbic Acid), Salted Butter, Sugar 6.5%, Lotus Biscoff Spread (Original caramelised biscuits 58% (WHEAT flour, sugar, vegetable oils; palm oil from sustainable and certified plantations, rapeseed oil) candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon) rapeseed oil, sugar, emulsifier SOYA lecithin, cirtic acid) Lotus Biscoff Biscuit (Original caramelised biscuits 58% (WHEAT flour, sugar, vegetable oils; palm oil from sustainable and certified plantations, rapeseed oil) candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon).

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	Yes		

May contain statements	Eggs Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	na
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1921	Energy (kcal)	459	Salt	-0.6
Fat	25	of which saturates	13		
Carbohydrate	54	of which sugars	38		
Fibre	0.7	Protein	4.8		

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