

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	Ashley Chase Estate, Parks Farm, Litton Cheney,, Dorchester, Dorset,, Dorchester, Dorset, United Kingdom, DT2 9AZ
Supplier Name and Address	AJ & RG Barber Ltd, Maryland Farm, Smith Lane, Ditcheat, Somerset, United Kingdom, BA4 6PR
Ingredients	Cheddar Cheese: 100% Pasteurised Cows MILK : 98% Salt: 1.8% Rennet (Microbial) : 0.1 Starter Culture 0.1

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	Keep refrigerated below 5°C
Instructions for use	Once opened consume within 5 days and before 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	0	Protein	25.4		

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	Brown Bag Crisps West Country Farmhouse Cheddar & Onion 150g
Manufacturer's Name and Address	Burts Potato Chips, The Klamp House, Belliver Way, Roborough, Devon, United Kingdom, PL6 7BP
Supplier Name and Address	Brown Bag Crisps (t/a Ben & Bills Limited), Shepperton Studios, Building 14, Studios Road, Shepperton, Surrey, United Kingdom, TW17 0QD
Ingredients	Potatoes, rapeseed oil, seasoning (8%) (rice flour, onion, sea salt, dried Somerset mature cheddar cheese (MILK , vegetarian rennet, starter culture, salt), sugar, garlic powder, yeast extract, natural flavour)

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	Ambient (<20c)
Instructions for use	Open and enjoy
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	499	Energy (kcal)	2085	Salt	1.7
Fat	26.9	of which saturates	2.3		
Carbohydrate	58.6	of which sugars	1.8		
Fibre	2.5	Protein	5.5		

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	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 (MILK), 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	Charcuti Italian Antipasto Selection 135g
Manufacturer's Name and Address	Charcuti, 10-12 TheCircle, Queen Elizabeth Street, London, London, United Kingdom, SE1 2JE
Supplier Name and Address	Wessex Country Gammons Ltd, Unit 56, 59, 60, 61, 62 & 63 Azura Close, Woolsbridge Industrial Estate, Wimborne, Dorset, United Kingdom, BH21 6SZ
Ingredients	Prosciutto Crudo - Pork, Salt, Preservative: Potassium nitrate (made with 147g of raw pork per 100g of prosciutti Milano Salmi - Pork, Salt, Dextrose, Natural flavouring, Sucrose, Spices (Pepper, Garlic), Antioxidant: Sodium ascorbate, Preservative: Sodium nitrite, Potassium nitrate (Made with 130g of raw pork per 100g of Salami Spinata Romana - Pork (94.5%), Salt, Dextrose, Natural flavouring, Spices (Pepper), Antioxidant: Sodium ascorbate, Preservatives: Potassium nitrate

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	Milk
Country of Origin	EU
Storage Instructions	Keep chilled between 0-5C
Instructions for use	Once open use within 3 days
Alcoholic Strength	-1

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1167	Energy (kcal)	281	Salt	4.6
Fat	19.7	of which saturates	6.4		
Carbohydrate	1.2	of which sugars	1.1		
Fibre	0.5	Protein	253		

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	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	Miller's Grate Britain Cheddar Crackers in Pouch 45g
Manufacturer's Name and Address	Artisan Biscuits, Britannia House, , Ashbourne, Derby, United Kingdom, DE6 1HA
Supplier Name and Address	The Fine Cheese Co Ltd, Tolldown Farm, , Chippenham, South Gloucestershire, , SN14 8HZ
Ingredients	WHEAT flour (WHEAT flour, calcium, iron, niacin, thiamin), Wookey Hole Cheddar 37% (MILK), Butter 15% (MILK , salt), Rice flour, Roasted SESAME seeds, Autolysed seeds, Extra virgin olive oil, MUSTARD powder, Disodium diphosphate, Sodium hydrogen carbonate, Sea salt, Ground black pepper, Ground NUTmet

Containing Allergens

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

May contain statements	Celery Eggs Tree Nuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Cool and dry, keep out of direct sunlight
Instructions for use	Ready to eat
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2141	Energy (kcal)	512	Salt	1.2
Fat	29.9	of which saturates	16.4		
Carbohydrate	45.8	of which sugars	0.5		
Fibre	0	Protein	16.8		

Suitable for vegetarians	No	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	Otter Vale Apple with Westcountry Cider Chutney 225g
Manufacturer's Name and Address	Otter Vale Products Ltd, Unit 2a Granary Court, Kingsmill Industrial Estate, Cullompton, Devon, United Kingdom, EX15 1BS
Supplier Name and Address	Otter Vale Products Ltd, Unit 2a Granary Court, Kingsmill Industrial Estate, Cullompton, Devon, United Kingdom, EX15 1BS
Ingredients	Sugar, Cider Vinegar, Apples (20%), Onions, Sultanas, Cider (3.5%), Modified Starch (from Corn), Garlic Salt, MUSTARD Powder, Spices, MUSTARD Seed. Allergy Advice: for Allergens, see ingredients in Bold

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	United Kingdom
Storage Instructions	Ambient, cool, dark place.
Instructions for use	Open, decant and consume as desired
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1698	Energy (kcal)	194	Salt	0.4
Fat	0.9	of which saturates	0		
Carbohydrate	40.1	of which sugars	35.7		
Fibre	1	Protein	0.6		

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

Name of Product	Chilinerio Sauvignon Blanc 75cl
Manufacturer's Name and Address	AGUIRE, Fundo Santa Ana de Liucura,, , Villa Alegre, VALPAIRSIO, Chile, 70.77159
Supplier Name and Address	EWGA, HYNING HOME FARM, DOCK ACRES, WARTON, LANCASHIRE, UNITED, LA61HP
Ingredients	WINE GRAPES

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	Chile
Storage Instructions	AMBIENT
Instructions for use	OPEN BOTTLE SCREW CAP
Alcoholic Strength	-11

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	3	Energy (kcal)	81	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	3	of which sugars	10		
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	No	Free from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	Yes

Name of Product	Mr Filbert's Lemon & Oregano Olive Snack 50g
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 LIST & COUNTRY OF ORIGIN Ingredient Name (Including Compound Ingredients) Country of Origin Pitted Green Olives 93% Greece Salt Greece Lemon Juice 2% Greece Extra Virgin Olive Oil Greece Oregano 0.2% Greece Garlic Greece Coriander Greece Lemon Peel 0.1% Greece Country of Final Processing Greece

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	Greece
Storage Instructions	Ambient
Instructions for use	Snacking
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	440	Energy (kcal)	107	Salt	3
Fat	9.5	of which saturates	2.4		
Carbohydrate	2.9	of which sugars	0.1		
Fibre	2.5	Protein	1.1		

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	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	Yes

Name of Product	Mr Filbert's Tom Yum Mochi Rice Bites 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 59% Thailand Rice Bran Oil Thailand Tamari (SOYBEAN , water, salt, rice) Thailand Sugar Thailand Tom Yum Seasoning 5%: sugar, spices, salt, citric acid, rice bran oil, yeast extract, paprika extract, natural kaffir lime leaves flavour, natural lemongrass flavour Thailand Kaffir Lime Leaves Thailand Oleoresin Paprika China Country of Final Processing Thailand

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

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1803	Energy (kcal)	431	Salt	3
Fat	15	of which saturates	6.5		
Carbohydrate	68	of which sugars	10		
Fibre	0.9	Protein	6.3		

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	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	Popti Cornish Bakehouse Garden Thyme Thins est 120g
Manufacturer's Name and Address	Popti LTD, Norton Barton Artisan Food Village, , Bude, Cornwall, United Kingdom, EX23 9LG
Supplier Name and Address	Popti LTD, Norton Barton Artisan Food Village, Launcells, Bude, Cornwall, , EX23 9LG
Ingredients	WHEAT Flour (WHEAT , Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Butter (MILK), Salt, Thyme (0.3%), White Pepper

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery Mustard Tree Nuts Peanuts Sesame				
Country of Origin	United Kingdom				
Storage Instructions	Store in a cool, dry place. Once opened, store in an airtight container.				
Instructions for use	Eat and Enjoy				
Alcoholic Strength	0				

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1835	Energy (kcal)	436	Salt	1.6
Fat	19.8	of which saturates	12.2		
Carbohydrate	58.6	of which sugars	0.6		
Fibre	3.2	Protein	7.1		

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	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