

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	Bramble Foods Rich Cherry & Walnut Slab Cake
Manufacturer's Name and Address	MHT Foods Limited, Crosby Road, Market Harborough, Leicestershire, UK, LE169EE
Supplier Name and Address	MHT Foods Limited, Crosby Road, Market Harborough, Leicestershire, UK, LE169EE
Ingredients	Sultanas (36%), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamine), EGG , Sugar, Humectant: Vegetable Glycerine; Glace Cherries (5%) (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Erythrosine; Preservatives: Potassium Sorbate, SULPHUR DIOXIDE), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: Annatto, Curcumin; Flavourings), WALNUTS (5%), Glucose Syrup, Whey Powder (MILK), Raising Agents: Diphosphates, Sodium Carbonates; Salt, Preservative: Potassium Sorbate.

Containing Allergens

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

May contain statements	Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place, out of direct sunlight.
Instructions for use	Once opened store in an airtight container and consume within 7 days.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1415	Energy (kcal)	351	Salt	0.25
Fat	12	of which saturates	3.1		
Carbohydrate	56	of which sugars	39		
Fibre		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

Name of Product	Grandma Wild's Mini Bites for Sharing Mature Cheddar 100g
Manufacturer's Name and Address	Grandma Wilds, The Bakery, Millennium Business park The Bakery, Millennium Business park Station road, Steeton, BD20 6RB
Supplier Name and Address	Grandma Wild's, The Bakery, Millennium Business park The Bakery, Millennium Business park Station road, Steeton, BD20 6RB
Ingredients	WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar cheese (22%) (MILK , potato starch), vegetable oil (palm oil), OATS , water, sugar, salt, natural flavouring, raising agents: disodium diphosphate, 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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs Mustard Tree Nuts Peanuts Sesame Soybeans Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Storage Conditions: Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 30 days.
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1952	Energy (kcal)	467	Salt	2.08
Fat	27	of which saturates	14		
Carbohydrate	42	of which sugars	3		
Fibre	2.8	Protein	12.7		

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	Border Sweet Memories Butterscotch Crunch 135g
Manufacturer's Name and Address	Border Biscuits Ltd, South Faulds Road, Caldwellside Industrial Estate, Lanark, Strathclyde, UK, ML11 7SR
Supplier Name and Address	Springvale Foods Ltd, Cavendish House, 75 Cavendish Street, Ipswich, Suffolk, UK, IP13 6QT
Ingredients	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Butter, Vegetable Oil (Palm, Rapeseed), Butterscotch Chips (7%) (Sugar, Glucose Syrup, Brown Sugar, Vegetable Fat: Shea Oil, Palm Oil, Sunflower Lecithin, Butter, Sweetened Condensed Skimmed MILK , Salt, Emulsifier: SOYA Lecithin, Sugar Icing, Natural Flavouring), Cornflour, Raising Agents (Ammonium Bicarbonate, Disodium Diphosphate, Sodium Carbonate), Whole EGG Powder, Skimmed MILK Powder, Salt.

Containing Allergens

Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	Yes	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 Peanuts
Country of Origin	Baked in the UK
Storage Instructions	Store in a cool, dry place and a way from direct sunlight. Once opened best kept in an airtight container. Your own secret hiding place is optional.
Instructions for use	Not applicaple
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1779	Energy (kcal)	422	Salt	0
Fat	12.7	of which saturates	5.3		
Carbohydrate	71	of which sugars	30.2		
Fibre		Protein	0.4		

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	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	Cambrook Sweet & Spicy Nut Mix - Gold & White Label 75g
Manufacturer's Name and Address	Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Supplier Name and Address	Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Ingredients	PEANUTS (62.4%), Corn (15.8%), Sugar (11.1%), SESAME Seeds (3.4%), Salt, Dried SOY Sauce (Contains: SOY Beans, Spirit Vinegar), Garlic, Onion, Chilli, Tomato Powder, Red Bell Pepper, Spices, Rapeseed Oil, Natural Flavouring, Honey, Sunflower Oil, Maltodextrin, Paprika, Cumin, Oregano, Yeast Extract, Paprika Oil. Acidity Regulator: Citric Acid. Colour: Paprika Extract. Stabiliser: Gum Arabic.

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	Yes	Sesame	Yes
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Cool & dry, Under 23°C, Away from heat or direct sunlight
Instructions for use	Eat as a snack any time.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2233	Energy (kcal)	538	Salt	1.6
Fat	36.3	of which saturates	6.4		
Carbohydrate	32.4	of which sugars	13.8		
Fibre	5	Protein	19.2		

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	Yes	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	Cartwright & Butler Honey & Mustard Savoury Cheese Wafers 75g
Manufacturer's Name and Address	Confidential, Confidential, Confidential, Confidential, Confidential, Confidential, Conf.
Supplier Name and Address	Moordale Foods, Unicorn House, Staddlethorpe Broad Ln, Gilberdyke, East Riding of Yorkshire, United Kingdom, HU15 5TS
Ingredients	WHEAT Flour, Vegetable Fat [Responsibly Sourced Palm Fat, Water, Emulsifier: E471 (Mono And Diglycerides From Fatty Acids), Acidity Regulator: Citric Acid], Maltodextrin (From Corn), Cheese Powder (6.5%)(MILK , Salt, Starter, Rennet, Preservative: Sodium Nitrate, Colour: Carotene), Honey/ MUSTARD Seasoning (3.9%)[Sugar, Salt, Onion Powder, Preservative: Sodium Diacetate, Mixed Spices (Ginger Powder, Garlic Powder, MUSTARD Seed (2%), Coriander, Galangal, Turmeric, Cumin, Fennel Seed, Cayenne Pepper), Honey Powder (1%), Rice Flour, Liquorice Root Powder], Salt, EGG Powder, Honey (0.5%), SOYA Flour, Raising Agent: Sodium Bicarbonate, Pepper, Colouring: Beta Carotene.

Containing Allergens

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

May contain statements	Tree Nuts Peanuts Sesame
Country of Origin	Netherlands
Storage Instructions	Once opened store in a cool, dry place, in an airtight container.
Instructions for use	Ready to eat.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2021	Energy (kcal)	483	Salt	3.2
Fat	24	of which saturates	12		
Carbohydrate	57	of which sugars	2.7		
Fibre	1.4	Protein	9.5		

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	Clarence & Bean Milk Chocolate Honeycomb 100g
Manufacturer's Name and Address	Clarence & Bean Ltd, 12 Howden Road, , Tiverton, Devon, UK, EX16 5HW
Supplier Name and Address	Clarence & Bean Ltd, 12 Howden Road, Howden Industrial Estate, Tiverton, Devon, United Kingdom, EX165HW
Ingredients	Honeycomb (Sugar, Glucose Syrup, Bicarbonate of Soda, Rice Flour, MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Lecithin (SOYA), Natural Vanilla Flavouring). MILK Chocolate contains Cocoa Solids 34% min. MILK Solids 22% min. White Chocolate contains Cocoa Solids 28% min. MILK Solids 22% min.

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 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)	1987	Energy (kcal)	472	Salt	0.9
Fat	16.4	of which saturates	10.3		
Carbohydrate	76.9	of which sugars	64.3		
Fibre	0	Protein	4.8		

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	Heartsease Farm Sparkling Traditional Lemonade 75cl
Manufacturer's Name and Address	Radnor Hills Mineral Water Company LTD, Heartsease, , Knighton, Powys, United Kingdom, LD71LU
Supplier Name and Address	Radnor Hills Mineral Water Company LTD, Heartsease, , Knighton, Powys, Powys, LD71LU
Ingredients	Carbonated Spring Water, Sugar, Lemon Juice from concentrate(5%), Raspberry Juice (4%), Lemon Comminute, Orange Juice from Concentrate, Flavouring, Carrot and Hibiscus Extracts.

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	United Kingdom
Storage Instructions	Ambient storage, Store out of direct sunlight
Instructions for use	One opened, keep refrigerated and consume within 3 days.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	133	Energy (kcal)	31	Salt	0.01
Fat	0.5	of which saturates	0.1		
Carbohydrate	7.8	of which sugars	7.8		
Fibre	0	Protein	0.5		

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

Name of Product	Mr Filbert's Salted Caramel Mix 75g
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, UK, United Kingdom, BA6 8NX
Ingredients	Roasted Mixed NUTS 33%, (PEANUTS 57%, CASHEWS (NUTS) 24%, ALMONDS (NUTS) 16%) sea salt, rapeseed oil, dark chocolate raisins 28%, (raisins 42%, sugar, cocoa mass, cocoa butter, whey (MILK) palm oil, emulsifier: sunflower lecithin, glazing agents, gum arabic, shellac); Yoghurt covered honeycomb 17%, (sugar, vegetable fat (palm SG), whey (MILK), rice flour, yoghurt powder 3% (MILK), emulsifier: sunflower lecithin, glazing agents, gum arabic, shellac, (centre 23%, sugar, glucose, sodium bicarbonate), honey roast PEANUTS 12%, (PEANUTS 75%, sugar, sunflower oil, honey 1.9%, salt glucose syrup, stabilizer gum) Salted Caramel Fudge 10% (sugar, glucose, sweetened condensed MILK (MILK sugar) palm oil, butter oil (MILK), sea salt 0.2%, flavouring, salt) palm oil from RSPO source.

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	UK
Storage Instructions	Ambient
Instructions for use	Snack
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2286	Energy (kcal)	549	Salt	1.2
Fat	37	of which saturates	11		
Carbohydrate	39	of which sugars	35		
Fibre	4.7	Protein	14		

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	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	Silver & Green Spicy Cumin Olives in Pouch 220g
Manufacturer's Name and Address	Silver & Greeb, Norman House, North Lakes Business Park, Penrith, Cumbria, United Kingdom, CA11 0JG
Supplier Name and Address	Silver and Green, Norman House, North Lakes Business Park, Penrith, Cumbria, United Kingdom, CA11 0JG
Ingredients	Whole Kalamata Olives (76%), Rapeseed Oil (23%), Caraway, Cumin, Salt, Antioxidant: Ascorbic Acid

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	Tree Nuts Peanuts Soybeans
Country of Origin	UK
Storage Instructions	Store in a cool, dark place
Instructions for use	Ready to consume - WARNING CONTAINS STONES
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1177	Energy (kcal)	286	Salt	1.9
Fat	32	of which saturates	4.1		
Carbohydrate	0	of which sugars	0		
Fibre	1.7	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	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	Montecampo Prosecco DOC 75cl
Manufacturer's Name and Address	CASA VINICOLA ZONIN, VIA BORGOLECCO, 9, GAMBELLARA, Vicenza, Italia, 36053
Supplier Name and Address	Zonin 1821 UK, 8 Battersea Park Road, London, United Kingdom, SW8 4BG
Ingredients	100% GLERA GRAPES, TIRAGE LIQUEUR, CONCENTRATED GRAPE MUST (SULPHITES)

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	ITALY
Storage Instructions	NOT REQUIRED
Instructions for use	NOT REQUIRED
Alcoholic Strength	10.5

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	289	Energy (kcal)	69	Salt	0.01
Fat	0.5	of which saturates	0.1		
Carbohydrate	1.9	of which sugars	1.35		
Fibre	0	Protein	0.5		

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

Name of Product	Odysea Houmous 265g
Manufacturer's Name and Address	Pelopac SA, Industrial Area of Thessaloniki, Thessaloniki, Sindos, Greece, 57022
Supplier Name and Address	Odysea Limited, 2 Dorma Trading Park, Staffa Road, London, Greater London, United Kingdom, E10 7QX
Ingredients	Chickpeas (52%), Water, Tahini (SESAME) (10%), Sunflower Oil, Sugar, Extra Virgin Olive Oil, Lemon Juice, Acidity Regulator (Lactic Acid), Garlic Powder, Sea Salt, Cumin, Antioxidant (Ascorbic Acid), Red Pepper Powder.

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	Yes
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Manufactured in Greece. Primary ingredient (chickpeas) are from Turkey, Italy, Germany.
Storage Instructions	Once opened, refrigerate and consume within 5 days.
Instructions for use	Ready to eat.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	821	Energy (kcal)	197	Salt	1.4
Fat	12	of which saturates	1.5		
Carbohydrate	15.7	of which sugars	1.5		
Fibre	0	Protein	4.8		

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	Savoursmiths Desert Salt Crisps - Gold Bag 150g
Manufacturer's Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4Q
Supplier Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4Q
Ingredients	Potatoes, Sunflower Oil, Desert Salt.

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	UK
Storage Instructions	Store in a cool dry place away from light.
Instructions for use	Store in a cool dry place away from light.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2029	Energy (kcal)	485	Salt	0.8
Fat	26.5	of which saturates	2.8		
Carbohydrate	49	of which sugars	0.8		
Fibre	6.4	Protein	6.7		

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	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