

P.S. Occasionally we come up against supply problems which means we have to substitute bits in our hampers.

Don't worry anything we swap in will always be same value and quality (or higher) than the original, and we'll make sure it meets any dietary requirements.

Just bear in mind if we do have to do a swap, the nutritional and allergy summaries on here might not be quite right.

Name of Product	Guppy's Chocolates Orange Shards 90g
Manufacturer's Name and Address	Guppy's Chocolates, 22 Alan Farnaby Way, Sheriff Hutton Ind Park, Sheriff Hutton, North Yorkshire, United Kingdom, YO606PG
Supplier Name and Address	Guppy's Chocolates, 22 Alan Farnaby Way, Sheriff Hutton Ind Park, Sheriff Hutton, North Yorkshire, United Kingdom, YO606PG
Ingredients	Dark Chocolate: Cocoa mass, sugar, cocoa butter, emulsifier: <b>SOYA</b> lecithin, natural vanilla flavouring. (cocoa solids 54.5% min). Orange pieces: Concentrated apple puree, concentrated orange juice, humectant: glycerol, fructose glucose syrup, <b>WHEAT</b> fibre, sugar, palm fat (RSPO-SG), rice starch, gelling agent: pectin, acidity regulator: citric acid, natural orange flavouring, antioxidant: ascorbic acid, colour: curcumine.

**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 Tree Nuts Peanuts
Country of Origin	uk
Storage Instructions	STORE IN A COOL DRY PLACE
Instructions for use	n/a
Alcoholic Strength	0

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

Energy (kj)	2256	Energy (kcal)	539	Salt	0.01
Fat	35	of which saturates	20.9		
Carbohydrate	47.2	of which sugars	43.1		
Fibre	8.2	Protein	4.9		

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	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Santa Lucia Sauvignon Blanc vintage 2019 75cl
Manufacturer's Name and Address	Les Grands Chais de France, 1 Rue de la Division Leclerc, Petersbach, France, 67290
Supplier Name and Address	Les Grands Chais de France, 1 Rue de la Division Leclerc, Petersbach, France, 67290
Ingredients	Contains <b>SULPHITES</b>

**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	none on pack
Instructions for use	none on pack
Alcoholic Strength	12.5

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

Energy (kj)	294	Energy (kcal)	70	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0.35	of which sugars	0.35		
Fibre	0	Protein	0		

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	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		

Name of Product	Reids Salted Caramel Oat Crumbles 150g
Manufacturer's Name and Address	Reids of Caithness, Unit 17, Henderson Street, Thurso, Caithness, United Kingdom, KW14 7QU
Supplier Name and Address	Reids of Caithness, Unit 17, Henderson Street, Thurso, Caithness, United Kingdom, KW14 7QU
Ingredients	<b>OATS</b> (26%), <b>WHEAT</b> flour (with calcium carbonate, iron, niacin, thiamin), Butter ( <b>MILK</b> , salt), Sugar, Salted Caramel pieces (11%) (sugar, glucose syrup, vegetable fat (shea kernel, palm oil, emulsifiers (sunflower lecithin, <b>SOYA</b> lecithin), unsalted butter ( <b>MILK</b> ), water, skimmed & condensed <b>MILK</b> , salt, sugar icing, natural flavouring), Golden Syrup, Raising agents (sodium bicarbonates, diphosphates, sodium carbonates).

**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	No		

May contain statements	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	n/a
Alcoholic Strength	0

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

Energy (kj)	2179	Energy (kcal)	521	Salt	1.1
Fat	25.6	of which saturates	14.9		
Carbohydrate	64.8	of which sugars	31.8		
Fibre		Protein	5.8		

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	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	The Kindness Bakery Original Cheese Straws 100g
Manufacturer's Name and Address	Kindness Bakers Ltd, 69 Main Street, New Deer, Turriff, Aberdeenshire, United Kingdom, AB53 6SY
Supplier Name and Address	Kindness Bakers Ltd, 69 Main Street, New Deer, Turriff, Aberdeenshire, United Kingdom, AB53 6SY
Ingredients	<b>WHEAT</b> flour, vegetable oil, pastry margarine: (vegetable oils & fats, water, salt, Emulsifier E471). Mature Scottish cheddar cheese (20%) (pasteurised cow's <b>MILK</b> , colour annato E160(B), mature colour.), salt, flour treatment agent E920, acidity regulator E450a 500, colour E100.

### 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	
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry place out of direct sunlight. Once pack is opened the product should be kept in an airtight container
Instructions for use	N/A
Alcoholic Strength	0

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

Energy (kj)	1680	Energy (kcal)	505	Salt	2.7
Fat	34	of which saturates	13.9		
Carbohydrate	32	of which sugars	0.7		
Fibre	1.2	Protein	17.5		

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	Yes
Free from alcohol	Yes	Free from artificial colours	No
Free from artificial flavours	No		

Name of Product	The Dormen Moments Blend No 2 Mix of Nuts, Berries & Chocolate 50g
Manufacturer's Name and Address	Dormen Foods Limited, Unit 10, Dunbeath Court, Elgin Industrial estate, Swindon, Wiltshire, United Kingdom, SN2 8QE
Supplier Name and Address	Dormen Foods Limited, Unit 10, Dunbeath Court, Elgin Industrial estate, Swindon, Wiltshire, United Kingdom, SN2 8QE
Ingredients	Smoked <b>ALMONDS (NUTS)</b> (30%) [ <b>ALMONDS (NUTS)</b> (95%), Smoked Seasoning (4%) [Maltodextrin, Salt, Hydrolysed Vegetable Protein ( <b>SOYA</b> , Maize), Yeast Extract, Smoke Flavourings, Anticaking Agent (Silicon Dioxide, Tricalcium Phosphate), Olive Oil, Garlic Powder, Antioxidant (Rosemary Extract)], Rapeseed Oil], Caramelised <b>PEANUTS</b> (30%), [ <b>PEANUTS</b> (68%), Sugar, Glucose Syrup, Sunflower Oil, Emulsifier (Gum Arabic, Sunflower Lecithin) Honey], Cranberries (20%,) [Cranberries (65%), Sugar, Sunflower Oil], Chocolate Chips (20%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier ( <b>SOYA</b> Lecithin), Natural Vanilla Flavouring].

**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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Cereals containing gluten namely wheat Milk Sesame
Country of Origin	UK
Storage Instructions	Ambiant - Store in a cool dry place away from sunlight
Instructions for use	None
Alcoholic Strength	0

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

Energy (kj)	2167	Energy (kcal)	527	Salt	0.18
Fat	33	of which saturates	5.9		
Carbohydrate	47	of which sugars	37		
Fibre	9.1	Protein	12		

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	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		