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.

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Maxwell & Franks Christmas Pudding Wrapped in Gold Foil with Tag 350g
Manufacturer's Name and Address	Maxwell & Franks Ltd, 4 Centurion Way, Crusader Park, Warminster, Wiltshire, UK, BA12 8BT
Supplier Name and Address	Maxwell & Franks Ltd, 4 Centurion Way, Crusader Park, Warminster, Wiltshire, UK, BA12 8BT
Ingredients	Sultanas 25% (Sultanas, Sunflower Oil), Sugar, Breadcrumbs (Fortified WHEAT flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin Thiamin), Salt, Yeast) Fortified WHEAT flour ((WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), WHEAT GLUTEN) Somerset Cider (7%)(Preservative (Sodium MetabiSULPHITE)), Vegetable Suet (Vegetable Fat (Palm Oil, WHEAT Flour) Black Treacle (Cane Molasses, Invert Sugar Syrup), Vegetable Glycerine (Rapeseed Oil), Glucose Syrup (derived from WHEAT), Mixed Spice, Colour (Caramel E150a), Salt, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Lemon Flavouring.

Containing Allergens

Celery	No	Gluten	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	Yes		

May contain statements	Eggs Milk Tree Nuts Soybeans
Country of Origin	UK
Storage Instructions	Store in a cool dry place
Instructions for use	Remove foil & label. TO MICROWAVE: Cook on full power for 2 minutes (time based on a 800w output. If different refer to manufacturers handbook) TO STEAM OR BOIL: Place in a steamer or boil in a saucepan filled to half depth of the pudding with water. Cook for 45 minutes. Do not boil dry.
Alcoholic Strength	6

Energy (kj)	1672	Energy (kcal)	376	Salt	0.31
Fat	7.9	of which saturates	4.1		
Carbohydrate	66.4	of which sugars	46.5		
Fibre	0	Protein	3.6		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	What A Pickle! Christmas Chutney for Cheese 180g
Manufacturer's Name and Address	Kits Kitchen, Upper Wolverton Farm, Egdon, Worcester, Worcestershire, UK, WR7
	4QP
Supplier Name and Address	What A Pickle!, Whitbatch Farm, Ludlow, Shropshire, UK, SY8 3DU
Ingredients	Apple, Peach, Onion, Red Wine Vinegar (Contains SULPHITES), Sugar, Raisins,
	Dates, Ginger, Garlic and Spices

Containing Allergens

Celery	No	Gluten	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	UK
Storage Instructions	Ambient
Instructions for use	Once open store in refrigerator and consume with 4 weeks
Alcoholic Strength	0

Energy (kj)	610	Energy (kcal)	145	Salt	0.02
Fat	0.1	of which saturates	0		
Carbohydrate	32	of which sugars	30.4		
Fibre	0	Protein	0.8		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	England Preserves Bermondsey Bramble Jam 225g
Manufacturer's Name and Address	England Preserves, Arch 2 148 Spa Road, London, Greater London, United Kingdom, SE16 4EJ
Supplier Name and Address	England Preserves, Arch 2 148 Spa Road, London, Greater London, United Kingdom, SE16 4EJ
Ingredients	Blackberries 57% Sugar 40% Lemon Juice 3% Fruit Pectin 1% For allergens, see ingredients in CAPITALS. This product may contain traces of PEANUTS, other NUTS, SESAME, EGG and GLUTEN!

Containing Allergens

Celery	No	Gluten	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	Mustard Tree Nuts Peanuts Sesame Egg Cereals containing Gluten
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Refrigerate once open and eat within 4 weeks
Alcoholic Strength	0

Energy (kj)	886	Energy (kcal)	204	Salt	0.094
Fat	0.2	of which saturates	0.1		
Carbohydrate	48.9	of which sugars	42		
Fibre		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	Yes	Suitable for soya allergy sufferers	Yes
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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Joe & Seph's Cinnamon Roll Gourmet Popcorn 80g
Manufacturer's Name and Address	Joe's Gourmet Foods Limited, 3 Willen Field Road, London, London, United Kingdom, NW10 7BQ
Supplier Name and Address	Joes Gourmet Foods Limited, 3 Willen Field Road, London, London, NW10 7BQ
Ingredients	Corn, Sugar, Butter (MILK), Custard (25%) {Whole MILK, Whipping Cream (MILK) (30%), Sugar, Pasteurised Free Range EGG Yolk, Tapioca Starch, Madagascan Vanilla Extract, Vanilla Seeds}, Corn Syrup, Double Cream (MILK), Cinnamon, Madagascan Vanilla, Sea Salt

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	Yes	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	Tree Nuts Peanuts Sesame
Country of Origin	United Kingdom
Storage Instructions	Ambient. Store in a cool, dry, dark place.
Instructions for use	Once open consume within 5 days.
Alcoholic Strength	0

Energy (kj)	1668	Energy (kcal)	400	Salt	0.47
Fat	23.2	of which saturates	14.2		
Carbohydrate	48.3	of which sugars	33.5		
Fibre	2.2	Protein	2.9		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Forest Feast Salted Caramel Milk Chocolate Almonds in Tub 140g
Manufacturer's Name and Address	Kestrel Foods Ltd, Unit 8 Carn Drive, Carn Industrial Estate, Craigavon, Armagh, United Kingdom, BT63 5WJA
Supplier Name and Address	Kestrel Foods Ltd, Unit 8 Carn Drive, Carn Industrial Estate, Craigavon, Armagh, United Kingdom, BT63 5WJ
Ingredients	Belgian MILK Chocolate (59%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifiers (SOYA lecithin, natural vanilla flavouring), Salted Caramel ALMONDS

Belgian MILK Chocolate (59%) (sugar, cocoa butter, whole MILK powder, cocoa mass emulsifiers (SOYA lecithin, natural vanilla flavouring), Salted Caramel ALMONDS (NUTS) (40%) ALMONDS (NUTS), sugar, salt, golden syrup, sunflower oil, vanilla seasoning (dextrose, sugar, natural flavouring), Maltodextrin, Glucose Syrup, Sugar, Vegetable Oils (coconut, palm, sunflower), Glazing Agents (gum arabic, shellac). MILK Chocolate contains 34% cocoa solids minimum, 22% MILK solids minimum.

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Peanuts Sesame
Country of Origin	UK
Storage Instructions	Store in a cool dry place.
Instructions for use	N/A
Alcoholic Strength	0

Energy (kj)	2330	Energy (kcal)	557	Salt	0.15
Fat	39.1	of which saturates	14.4		
Carbohydrate	39.9	of which sugars	38		
Fibre	3.8	Protein	10.5		

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	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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	The Black Stump Chardonnay Pinot Grigio 75cl
Manufacturer's Name and Address	Laithwaite's Wine Ltd, Arlington Business Park, One Waterside Drive, Theale,
	Reading, GB, RG7 4SW
Supplier Name and Address	Laithwaite's Wine Ltd, Arlington Business Park, One Waterside Drive, Theale,
	Reading, RG7 4SW
Ingredients	N/A Contains SULPHITES

Containing Allergens

Celery	No	Gluten	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	Australia
Storage Instructions	0
Instructions for use	0
Alcoholic Strength	12.5

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	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	Suitable for coeliac sufferers	Yes

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	The Black Stump Durif Shiraz 75cl
Manufacturer's Name and Address	Laithwaite's Wine Ltd, Arlington Business Park, One Waterside Drive, Theale,
	Reading, GB, RG7 4SW
Supplier Name and Address	Laithwaite's Wine Ltd, Arlington Business Park, One Waterside Drive, Theale,
	Reading, RG7 4SW
Ingredients	N/A Contains SULPHITES

Containing Allergens

Celery	No	Gluten	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	Australia
Storage Instructions	0
Instructions for use	0
Alcoholic Strength	14.5

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	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	Suitable for coeliac sufferers	Yes

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Odysea Big Halkidiki Pitted Olives 290g
Manufacturer's Name and Address	Pelopac SA, Industrial Area of Thessaloniki, Sindos, Thessaloniki, Greece, 57022
Supplier Name and Address	Odysea Limited, 2 Dorma Trading Park, London, E10 7QX
Ingredients	Green Olives, Water, Sea Salt, Acidity Regulators (Lactic Acid, Citric Acid)

Containing Allergens

Celery	No	Gluten	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
Country of Origin	Greece
Storage Instructions	Store in a cool and dry place.
Instructions for use	Once opened, keep covered in brine, refrigerate and consume within 2 weeks.
Alcoholic Strength	0

Energy (kj)	606	Energy (kcal)	145	Salt	3.5
Fat	14.6	of which saturates	2.5		
Carbohydrate	2	of which sugars	0		
Fibre	2.7	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	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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

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	Gluten	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

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Seggiano Sesame Seed Grissini Handmade Breadsticks 150g
Manufacturer's Name and Address	Peregrine Trading, 4, 3 Wedmore St, Archway, London, Islington, United Kingdom, N19 4RU
Supplier Name and Address	Peregrine Trading, 4, 3 Wedmore St, Archway, London, Islington, United Kingdom, N19 4RU
Ingredients	Italian WHEAT flour, SESAME seeds 8.5%, Italian extra virgin olive oil, sea salt, natural yeast, BARLEY malt.

Containing Allergens

Celery	No	Gluten	Yes	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	Tree Nuts Soybeans
Country of Origin	Italy
Storage Instructions	Always store this product away from light and heat.
Instructions for use	Once opened, seal the packet to make it airtight and consume within two weeks.
Alcoholic Strength	0

Energy (kj)	1657	Energy (kcal)	392	Salt	1.8
Fat	7.2	of which saturates	1.2		
Carbohydrate	67.9	of which sugars	1.4		
Fibre	4.2	Protein	11.9		

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	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	No

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Hebridean Baker Whisky Shortbread 150g
Manufacturer's Name and Address	Stag Bakeries Ltd, 8 Cannery Road, STORNOWAY, Isle of Lewis, United Kingdom, HS1 2SF
Supplier Name and Address	Stag Bakeries Ltd, 8 Cannery Road, STORNOWAY, Isle of Lewis, United Kingdom, HS1 2SF
Ingredients	WHEAT flour [calcium carbonate, iron, niacin, thiamin], Margarine [palm oil, rapeseed oil, water, salt, emulsifier: E475, colour: E100; E160b, flavourings], Cornflour, Sugar, Butter [MILK], Malt whisky 92%), Natural whisky essence (1.6%), Caramel flavouring [MILK caramel (glucose-fructose syrup, sugar, sweetened condensed MILK, water), caramel (glucose-fructose syrup, sugar, water), caramelised sugar (sugar, water)].

Celery	No	Gluten	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 Eggs Mustard Tree Nuts Sesame Soybeans
Country of Origin	Scotland
Storage Instructions	Once opened, store in an airtight container in a cool, dry place.
Instructions for use	N/A
Alcoholic Strength	0

Energy (kj)	2212	Energy (kcal)	529	Salt	0.7
Fat	28.4	of which saturates	13		
Carbohydrate	63	of which sugars	18.3		
Fibre	1.4	Protein	3.5		

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	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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Miller's Harvest Three Seed Crackers 125g
Manufacturer's Name and Address	Artisan Biscuits, Blenheim Road, Ashbourne, Derbyshire, UK, DE61HA
Supplier Name and Address	The Fine Cheese Co Ltd, Tolldown Farm, Dyrham, Chippenham, Wiltshire, UK, SN148HZ
Ingredients	Stoneground Wholemeal Flour (WHEAT) 78%, Corn Oil, Autolysed Yeast, SESAME Seeds 6%, Linseeds 6%, Poppy Seeds 5%, Malt Extract, Salt, Sodium Bicarbonate.

Containing Allergens

Celery	No	Gluten	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk		Molluscs	No	Mustard	No
Tree Nuts		Peanuts	No	Sesame	Yes
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery Eggs Milk Mustard Tree Nuts Soybeans
Country of Origin	UK
Storage Instructions	Dry and cool. Store in an airtight container once opened.
Instructions for use	Eat with cheese or canapes.
Alcoholic Strength	0

Energy (kj)	1942	Energy (kcal)	463	Salt	3.1
Fat	20.4	of which saturates	2.6		
Carbohydrate	52.8	of which sugars	2.1		
Fibre		Protein	15.9		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Williams Handbaked Milk Chocolate Oat Biscuits 290g
Manufacturer's Name and Address	Williams Handbaked Ltd, Unit B5, Anchorage Business Park, Preston, Lancashire, United Kingdom, PR2 2YL
Supplier Name and Address	Williams Handbaked Ltd, Unit B5, Anchorage Business Park, Chain Caul Way, Preston, Lancashire, PR2 2YL
Ingredients	OATS (30%), MILK Chocolate (17%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: SOYA Lecithin; Natural Vanilla Flavouring), Sugar, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: Curcumin, Annatto; Flavouring), Palm Oil, Rapeseed Oil, Wholemeal WHEAT Flour, WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), EGG, Raising Agents: Sodium Acid Pyrophosphate, Sodium Bicarbonate; Salt.

Containing Allergens

Celery	No	Gluten	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	United Kingdom
Storage Instructions	Store in a cool dry place out of direct sunlight. Once opened, store in an airtight container.
Instructions for use	NA
Alcoholic Strength	0

Energy (kj)	2247	Energy (kcal)	538	Salt	0.95
Fat	30.5	of which saturates	13.8		
Carbohydrate	59.1	of which sugars	29		
Fibre		Protein	6.8		

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	No
Free from artificial flavours	No	Suitable for coeliac sufferers	No

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Little's Christmas Flavour Ground Coffee in Pouch 100g
Manufacturer's Name and Address	Little's Ltd, Unit 8 Blackdown Park, Southview Industrial Estate, Cullomtpon, Devon,
	United Kingdom, EX15 2FS
Supplier Name and Address	Little's Ltd, Unit 8 Blackdown Park, Southview Industrial Estate, Cullompton, Devon,
	EX15 2FS
Ingredients	Arabica coffee (roast and ground), Nature-identical flavourings, Natural flavourings

Containing Allergens

Celery	No	Gluten	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	Store in a cool, dry place. Once opened use within one month. Keep reseal strip tightly sealed.
Instructions for use	Best enjoyed as a drip filter, cafetiere or French press. Not suitable for home espresso machines.
Alcoholic Strength	0

Energy (kj)	15	Energy (kcal)	4	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0.7	of which sugars	0.1		
Fibre	0.5	Protein	0.2		

Suitable for vegetarians	Yes	uitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	uitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes	uitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	uitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	Yes

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Butlers Chocolates Caramel & Nut Collection 240g
Manufacturer's Name and Address	Butlers Chocolates, Clonshaugh Business & Technology Park, Coolock, Dublin 17, Dublin, Ireland, D17 A076
Supplier Name and Address	Butlers Chocolates Ltd, Clonshaugh Business & Technology Park, Coolock, Dublin 17, Dublin, Ireland, D17 A076
Ingredients	Sugar, glucose syrup, cocoa mass, cocoa butter, whole MILK powder, sweetened condensed MILK (MILK, sugar), butter (MILK), invert sugar syrup, ALMONDS (NUTS) (4.95%), HAZELNUTS (NUTS) (2.7%), dark muscovado sugar, water, butterscotch pieces (brown sugar, glucose syrup, butter (MILK), palm oil), butter oil (MILK), emulsifier: SOYA lecithin, sunflower oil, natural flavourings, cocoa nibs, desiccated coconut, Sea Salt, Himalayan rose pink crystal salt, emulsifier: mono- and diglycerides of fatty acids, coffee powder, salt, preservative: sorbic acid. (MILK chocolate contains: 32% cocoa solids minimum, 20% MILK solids minimum. Dark chocolate contains: 58% cocoa solids minimum. White chocolate contains: 26% cocoa solids minimum, 20% MILK solids minimum). There is no alcohol in this selection, which contains 16 chocolates. This product is vegetarian.

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Ireland
Storage Instructions	Please store in a cool, dry and odourless place.
Instructions for use	N/A
Alcoholic Strength	0

Energy (kj)	2000	Energy (kcal)	478	Salt	0.3
Fat	27	of which saturates	15		
Carbohydrate	53	of which sugars	46		
Fibre	0	Protein	5.2		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Tenuta Marmorelle Soft Gianduia & Amaretto Round Nougat Log Slice 165g
Manufacturer's Name and Address	Tenuta Marmorelle, Avon Park, Colthrop Lane, Thatcham, West Berkshire, United Kingdom, RG19 4AJ
Supplier Name and Address	Tenuta Marmorelle Limited, Avon Park, Colthrop Lane, Thatcham, West Berkshire, United Kingdom, RG19 4AJ
Ingredients	sugar, glucose syrup, ALMONDS , HAZELNUTS (NUTS) 12%, dark chocolate (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin, natural vanilla flavour), honey, amaretto nibs 2% (sugar, apricot kernels, EGG white, rasing agents: sodium bicarbonate, ammonium bicarbonate, flavours), EGG white, chocolate paste (powdered chocolate (cocoa, sugar), vegetable oils (sunflower, coconut), fat reduced cocoa powder, flavourings, emulsifier: SOYA lecithin), gianduia paste 0,5% (HAZELNUTS (NUTS) 44%, sugar, fat reduced cocoa powder, cocoa powder, cocoa butter, sunflower oil, starch, flavourings), gelling agent,(pectin, sodium alginate), concentrated BUTTER , cocoa powder, flavour.

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	Yes	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Cereals containing gluten namely wheat Peanuts Sulphites/Sulphur Dioxide
Country of Origin	Italy
Storage Instructions	Ambient
Instructions for use	Open and Consume
Alcoholic Strength	0

Energy (kj)	1990	Energy (kcal)	472	Salt	0.86
Fat	18	of which saturates	1.5		
Carbohydrate	66	of which sugars	61		
Fibre	4	Protein	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	Yes	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Free from alcohol	Yes	ree from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Grandma Wild's 4 Luxury Mince Pies - Gold Box
Manufacturer's Name and Address	Grandma Wild's (J Wild - Confectioners Ltd), The Bakery, Millennium Business Park, Station Road, Steeton, West Yorkshire, United Kingdom, BD20 6RB
Supplier Name and Address	Grandma Wild's (J Wild - Confectioners Ltd), The Bakery, Millennium Business Park, Station Road, Steeton, West Yorkshire, United Kingdom, BD20 6RB
Ingredients	Mincemeat (44%) (Sugar, Vine Fruits (29%) (Raisins, Sultanas, Currants, Sunflower Oil) Apple Puree (Apple Puree, Potassium Sorbate), Glucose-Fructose Syrup, Mixed Peel (4%) (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spice, Acidity Regulator: Citric Acid, Colour: Caramel, Orange Oil, Lemon Oil), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Flavouring), Sugar, Water, Invert Sugar Syrup.

Containing Allergens

Celery	No	Gluten	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 Mustard Tree Nuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 7 days.
Instructions for use	For best results serve warm: Directions: 1. Pre-heat oven to 180 °C (160 °C), 356 °F or Gas Mark 4. 2. Leave the Pie in its foil container and place it on a baking tray and put it on the middle shelf of the oven. 3. Heat for 8-10 minutes. Daution, the filling may be extremely hot. Take extra care when eating. Do not re-heat in the microwave
Alcoholic Strength	0

Energy (kj)	1600	Energy (kcal)	382	Salt	0.33
Fat	16	of which saturates	6		
Carbohydrate	56	of which sugars	30		
Fibre	1.1	Protein	3.1		

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	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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

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 (Contains SULPHITES)

Containing Allergens

Celery	No	Gluten	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

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Cheese Nibbles Chilli Sables 120g
Manufacturer's Name and Address	Farmhouse Biscuits Ltd, The Bakery, Brook Street, Nelson, Lancashire, United Kingdom, BB9 9PX
Supplier Name and Address	What A Pickle!, Whitbatch Farm, Whitbatch, Ludlow, Shropshire, United Kingdom, SY8 3DU
Ingredients	Gran Moravia Cheese (33%) (MILK, Salt, Vegetable Rennet, Preservative: EGG Lysozyme), Flour (WHEAT Flour, Calcium, Niacin, Iron, Thiamin), Salted Butter (18%) (MILK, Salt), Vegetable Oils (Sustainable Palm Oil, Rapeseed Oil, Water, Salt, Flavourings), Ground Cayenne Pepper.

Containing Allergens

Celery	No	Gluten	Yes	Crustaceans	No
Eggs	Yes	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	Tree Nuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a Cook, dry place out of direct sunlight. Once opened, keep in airtight container and consume within 2 weeks
Instructions for use	A delicious snack with drinks, great in a picnic or as a canapé base
Alcoholic Strength	0

Energy (kj)	2273	Energy (kcal)	578	Salt	1.25
Fat	42.3	of which saturates	22.5		
Carbohydrate	27.5	of which sugars	0.2		
Fibre	0	Protein	13.6		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Kingsdown Cloudy Lemonade 750ml
Manufacturer's Name and Address	KINGSDOWN WATER, WALMER COURT FARM, 466 DOVER ROAD, UPPER WALMER,
	KENT, ENGLAND, CT14 7NA
Supplier Name and Address	CMB Water Limited T/A Kingsdown Water, WALMER COURT FARM, 466 DOVER
	ROAD, UPPER WALMER, KETN, ENGLAND, CT14 7NA
Ingredients	CARBONATED SPRING WATER, SICILIAN LEMON JUICE, SUGAR, NATURAL LEMON
	FLAVOUR, ASCORBIC ACID

Containing Allergens

Celery	No	Gluten	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	ENGLAND
Storage Instructions	CHILL BEFORE SERVING STORE UPRIGHT OUT OF DIRECT SUNLIGHT
Instructions for use	INVERT BEFORE OPENING
Alcoholic Strength	0

Energy (kj)	161	Energy (kcal)	38	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	9.5	of which sugars	8.6		
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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Inessence Truffle Potato Crisps 125g
Manufacturer's Name and Address	Rubio, calle rio mula, parcela, bullas, murcia, spain
Supplier Name and Address	The Cress Company, queensferry view, pitreavie way, dumferline, fife, United Kingdom, ky11 8hn
Ingredients	Potatoes, Sunflower Oil, Olive Oil and Truffle Flavor [Maltodextrin, Aroma, Salt, Acidity Corrector (Citric Acid).

Containing Allergens	
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Celery	No	Gluten	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	Spain
Storage Instructions	store in a dark cool place
Instructions for use	n/a
Alcoholic Strength	0

Energy (kj)	2208	Energy (kcal)	530	Salt	0.5
Fat	32.4	of which saturates	3.2		
Carbohydrate	48.3	of which sugars	1		
Fibre	3	Protein	7.8		

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

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Maxwell & Franks 5.5 inch Round Cherry & Almond with Gold Star & Gold Dusting 500g
Manufacturer's Name and Address	Maxwell & Franks, Roman Way, Crusader Park, Warminster, Wiltshire, United Kingdom, BA12 8SP
Supplier Name and Address	Casmadian Ltd, Tramway, Hirwaun, Aberdare, Rhondda Cynon Taf, United Kingdom, CF44 9NY
Ingredients	INGREDIENTS: Sultanas (47%) (Sultanas, Sunflower Oil), Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine) Whole & Broken Glacé Cherries (11%) [Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid, Preservatives (Potassium Sorbate, SULPHUR DIOXIDE), Colours (Anthocyanin, Erythrosine)], Sugar, Blanched Whole & Flaked ALMONDS (NUTS) (6%), Whole EGG, Margarine (Vegetable Oils (Palm, Rapeseed), Salt, Citric Acid), Glucose Syrup, Black Treacle (Cane Molasses, Invert Sugar Syrup), Vegetable Glycerine, Icing [Sugar, Glucose Syrup (Preservative: SULPHUR DIOXIDE), Palm Fat, Water, Rapeseed Oil, Skimmed MILK Powder, Emulsifier: Mono-and Diglycerides of Fatty Acids, Colour: Titanium Dioxide, Natural Flavouring, Acidity Regulator: Acetic Acid, Gold Star Decoration [Sugar, Glucose Syrup, Palm Oil, Added Water, Emulsifier: Acacia Gum, Humectant: Glycerine, Emulsifier: Mono- and Diglycerides of Fatty Acids, Stabiliser: Xanthan Gum, Colours (Titanium Dioxide, Iron Oxide) Glazing Agent: Shellac Glaze], Whey Powder (MILK), Edible Gold Dust (Potassium Aluminium Silicate, Titanium Dioxide, Iron Oxide), Raising Agent (Diphosphates, Sodium Carbonates, Flour (WHEAT Flour,

Containing Allergens

Celery	No	Gluten	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		

Calcium Carbonate, Iron, Niacin, Thiamine)).

May contain statements	Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry place out of direct sunlight.
Instructions for use	n/a
Alcoholic Strength	0

0.31

Energy (kj)	1491	Energy (kcal)	359	Salt
Fat	9.1	of which saturates	2.2	
Carbohydrate	63	of which sugars	51	
Fibre	0	Protein	4.5	

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	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Free from alcohol	No	ree from artificial colours	No
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No

In the event that a substitution is made, the nutritional and allergen summaries on our website may not reflect the true contents of the hamper.

Name of Product	Stas Chocolate Milk Chocolate Bauble with White Chocolate Drizzle & Gold Sprinkles - Gold Ribbon 200g
Manufacturer's Name and Address	Stas Chocolatier, Boundary House, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Supplier Name and Address	Stas Chocolatier, Boundary House, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Ingredients	MILK Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Skimmed MILK Powder, MILK
	Fat, MILK Sugar, Emulsifier: SOYA Lecithin), Coconut Oil, White Chocolate (Sugar,
	Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder, Emulsifier: Lecithins
	(SOYA), Natural Vanilla Flavouring), MILK Chocolate Flakes (Sugar, Cocoa Butter,

Whole MILK Powder, Cocoa Mass, Natural Vanilla Flavouring), Gold Powder (Carrier:

Potassium Aluminium Silicate, Colours (Titanium Dioxide, Iron Oxide).

Containing Allergens

Celery	No	Gluten	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	Cereals containing gluten namely wheat 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

Energy (kj)	2297	Energy (kcal)	550	Salt	0.11
Fat	33	of which saturates	20		
Carbohydrate	57	of which sugars	56		
Fibre	2.3	Protein	10		

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	No
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No