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	Matthew Walker Melt in the Middle Chocolate Pudding 227g
Manufacturer's Name and Address	Bakery Foods Ltd T/A Matthew Walker, Heanor Gate Road, Heanor, Derbyshire, United Kingdom, DE75 7RJ
Supplier Name and Address	Bakery Foods Ltd T/A Matthew Walker, Heanor Gate Road, Heanor, Derbyshire, DE75 7RJ
Ingredients	Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium carbonate, Iron, Niacin, Folic Acid, Thiamin), Sugar, Chocolate Sauce 15% (Glucose Syrup, Sugar, Water, Humectant (Glycerol), Cocoa Mass, Maize Starch, Sweetened Condensed **MILK** [**MILK**, Sugar], Cocoa Butter, Whipping Cream (**MILK**), Fat Reduced Cocoa Powder, Unsalted Butter (**MILK**), Whey Powder (**MILK**), Whole **MILK** Powder, Flavouring, Preservative (Potassium Sorbate), Emulsifier (**SOYA** Lecithin), Pasteurised Liquid **EGG**, Humectant (Glycerol), Palm Oil, Water, Belgian Chocolate Pieces (5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Lecithin (**SOYA**)), Flavouring), Partially Inverted Sugar Syrup, Single Cream (**MILK**), Rapeseed Oil, Fat-reduced Cocoa Powder, Acidity Regulator (Citric acid), Salt, Yeast, Raising Agents (Calcium phosphate, Potassium carbonate), Emulsifiers (Mono- and diglycerides of fatty acids, Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), Preservative (Potassium sorbate), **WHEAT** Protein, Spirit Vinegar, Molasses, Flour Treatment Agent (Ascorbic acid), Palm Fat.

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
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry place.
Instructions for use	Remove outer packaging. TO MICROWAVE: This is a guideline only. We suggest that you consult your Instruction Manual. Remove film lid and invert bowl onto a microwaveable plate. Heat on full power: 800W for 1 minute. Leave to stand for 1 minute before serving. Check product is piping hot before serving. Remove outer packaging. TO STEAM: Leave in basin with film lid on. Place the basin in a steamer over boiling water and steam for 30 minutes. Ensure the water does not enter the pudding. Do not allow the steamer to boil dry. Take care when removing film lid, as hot steam will escape.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1435	Energy (kcal)	343
Fat	12.5	of which saturates	5.6
Carbohydrate	51.8	of which sugars	24.8
Fibre	1.7	Protein	3.8
Salt	0.17		

SUITABLE / FREE FROM			
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	House of Fudge Belgian Chocolate Fudge 100g
Manufacturer's Name and Address	Clarence & Bean, 12 Howden Road, Tiverton, Devon, United Kingdom, EX16 5HW
Supplier Name and Address	Clarence & Bean Ltd, 12 Howden Road, Tiverton, Devon, UK, EX16 5HW
Ingredients	Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Belgian Dark Chocolate (8%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Lecithins (**SOYA**), Natural Vanilla Flavouring), Refined Vegetable Oil (Palm), Butter (**MILK**), Clotted Cream (**MILK**), Emulsifier: Lecithins (**SOYA**), Salt. Dark Chocolate contains Cocoa Solids 55% 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)	1826	Energy (kcal)	434
Fat	14.2	of which saturates	8.4
Carbohydrate	71.6	of which sugars	60.3
Fibre		Protein	0.9
Salt	-0.61		

SUITABLE / FREE FROM			
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	Dean's Chocolate Chip Shortbread 130g
Manufacturer's Name and Address	Deans of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, United Kingdom, AB54 8JX
Supplier Name and Address	Dean's of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, United Kingdom, AB54 8JX
Ingredients	Flour (**WHEAT** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin), Vegetable Margarine (Sustainable Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavouring), Sugar, Mini Chocolate Chip (15%) (Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavour), Salted Butter (Butter (**MILK**), Salt), Maize Starch.

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	
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)	2211	Energy (kcal)	529
Fat	29.0	of which saturates	13.0
Carbohydrate	59.0	of which sugars	22
Fibre	2.6	Protein	5.1
Salt	0.7		

SUITABLE / FREE FROM			
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	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	Hamlet Praline Collection in Gold Box (No Bow) 60g
Manufacturer's Name and Address	Hamlet nv, Grote Kerkstraat 77, Vrasene, Oost-Vlaanderen, Belgium, 9220
Supplier Name and Address	Hamlet Chocolates Uk Ltd, SHEARWAY BUSINESS PARK, SHEARWAY ROAD, FOLKESTONE, Kent, GREAT-BRITAIN, CT19 4RH
Ingredients	Ingredients: sugar, whole **MILK** powder, cocoa butter, cocoa mass, vegetable oils (palm, rapeseed) in varying proportions, **HAZELNUTS (NUTS)** 2,2%, butter oil (**MILK**), glucose syrup, coffee extract 0,09%, emulsifiers: lecithins (incl. **SOY**), flavourings: strawberry, caramel, orange and vanilla.

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	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Belgium
Storage Instructions	Keep cool and dry. Min. +5°C - Max. +20°C
Instructions for use	n/a
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2360	Energy (kcal)	565
Fat	37	of which saturates	20
Carbohydrate	50	of which sugars	49
Fibre	2.6	Protein	6.1
Salt	0.16		

SUITABLE / FREE FROM			
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	Joybars Chocoholic Flapjack 90g
Manufacturer's Name and Address	Joypots, Unit A, Grangewood House, 43 Oakwood Hill Industrial Estate, Loughton, Essex, United Kingdom, IG10 3TZ
Supplier Name and Address	Joypots, Unit A, Grangewood House, 43 Oakwood Hill Industrial Estate, Loughton, Essex, United Kingdom, IG10 3TZ
Ingredients	**OATS** (35%), Chocolate Fudge Icing (21%)(Sugar, Vegetable Oil (Palm & Rapeseed Oil), Glucose Syrup, Water, Fat Reduced Cocoa Powder, Whey Powder (**MILK**), Humectant: E422, Emulsifier: E492, E471, Salt, Preservative: E202, Flavouring), Golden Syrup, Vegetable Margarine (Palm & Rapeseed Oil, Water, Salt), Compound Coating (6%) (Sugar, Vegetable Fat (Palm Kernel), Fat-reduced Cocoa Powder, Emulsifier: **SOYA** Lecithin, Natural flavouring). Allergy Advice: For allergens, including cereals containing **GLUTEN** see ingredients in bold. May contain**NUTS**, **PEANUTS** & **EGG**. Suitable for Vegetarians.

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	Eggs, Tree Nuts, Peanuts
Country of Origin	United Kingdom
Storage Instructions	Store in cool, dry conditions, out of direct sunlight
Instructions for use	Ready to eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1945	Energy (kcal)	464
Fat	21	of which saturates	7.4
Carbohydrate	61	of which sugars	35
Fibre	4.7	Protein	5.3
Salt	0.2		

SUITABLE / FREE FROM			
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	Untamed Chocolate Co. Hot Chocolate Spoon with Marshmallows 30g
Manufacturer's Name and Address	The Untamed Chocolate Co, Boundary House, Little Down Business Park, Shaftesbury, Dorset, United Kingdom, SP79BT
Supplier Name and Address	The Untamed Chocolate Co, Boundary House, Little Down Business Park, Shaftesbury, Dorset, United Kingdom, SP79BT
Ingredients	**MILK** Chocolate (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: Lecithins (**SOYA**); Natural Vanilla Flavouring), Mini Marshmallows (Glucose-Fructose Syrup, Sugar, Water, Gelatine, Maize Starch, Flavouring)

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	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

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2121	Energy (kcal)	539
Fat	33	of which saturates	20
Carbohydrate	53	of which sugars	51
Fibre	1.9	Protein	13
Salt	0.18		

SUITABLE / FREE FROM			
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	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No

Name of Product	Untamed Chocolate Co. Milk Chocolate Decorated Bar 100g
Manufacturer's Name and Address	The Untamed Chocolate Co, Boundary House, Little Down Business Park, Shaftesbury, Dorset, United Kingdom, SP79BT
Supplier Name and Address	The Untamed Chocolate Co, Boundary House, Little Down Business Park, Shaftesbury, Dorset, United Kingdom, SP79BT
Ingredients	**MILK** Chocolate (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: Lecithins (**SOYA**); Natural Vanilla Flavouring), 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., Coconut Oil, Gold Powder (Carrier: Potassium Aluminium Silicate, Colours (Titanium Dioxide, Iron Oxide)

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	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

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2355	Energy (kcal)	536
Fat	36	of which saturates	22
Carbohydrate	50	of which sugars	50
Fibre	2.0	Protein	14
Salt	0.20		

SUITABLE / FREE FROM			
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	Yes
Free from alcohol	Yes	Free from artificial colours	No
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No