

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.

DISCLAIMER: In the event of supply difficulties, we reserve the right to substitute any items with replacements of equal or higher quality and value that may or may not be listed in the contents section of the product descriptions. For special dietary hampers, suitable substitutions will be made.

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	Angelic Ginger & Chocolate Chip Biscuits 125g
Manufacturer's Name and Address	MacLean's Highland Bakery, 16 West Road, Forres, Moray, Scotland, IV36 2GW
Supplier Name and Address	Angelic Free From Limited, 7 Boswell Crescent, Inverness, Highland, Scotland, IV2 3ET
Ingredients	GLUTEN Free Flour (OAT, Rice), Sugar, Vegetable Oil (Palm, Rapeseed), Chocolate Chips (9%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Sunflower Lecithin), Stem Ginger (6%), GLUTEN Free OATS, Partially Inverted Refiners Syrup, Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Water, Ground Ginger (1%), Salt, Stabiliser (Xanthan gum), Flavouring. Made using Responsibly Sourced Palm Oil.

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	Scotland
Storage Instructions	Store in a cool dry place.
Instructions for use	NA
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2042	Energy (kcal)	486	Salt	1
Fat	22.9	of which saturates	10.5		
Carbohydrate	62.5	of which sugars	36.4		
Fibre	3.2	Protein	4.7		

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	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

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Name of Product	Delicioso Salsa Mojo Picon Rojo 165g
Manufacturer's Name and Address	Karimix UK Ltd, Stone Stile Farm, Faversham, Kent, United Kingdom, ME139SD
Supplier Name and Address	Delicioso UK Ltd., Unit 8 Tower Business Park, Tower Road Berinsfield, Oxford, Oxfordshire, United Kingdom, OX10 7LN
Ingredients	Piquillo peppers 56%, extra virgin olive oil, purple garlic, sherry vinegar, sugar, salt, cornflour, paprika, chillies, spice, stabiliser: xanthan gum

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	UK
Storage Instructions	Keep in a cool and dry place. After opening keep it refrigerated and consume within 7 days
Instructions for use	Sauce ready for consumption
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	351	Energy (kcal)	84	Salt	2.2
Fat	4	of which saturates	0.6		
Carbohydrate	10.2	of which sugars	3.5		
Fibre	0.5	Protein	1.3		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy/ceciac 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

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Name of Product	Easy Bean Fava Bean & Poppy Seed Crackers 160g
Manufacturer's Name and Address	Easy Bean Limited, 1 Mudford Business Park, Mudford, YEOVIL, Somerset, United Kingdom, BA221 5T
Supplier Name and Address	Easy Bean, 1 Mudford Business Park, Mudford, YEOVIL, Somerset, United Kingdom, BA221 5T
Ingredients	Fava bean flour 33%, water, rice flour, rapeseed oil, coconut oil, maize flour, OATmeal (GLUTEN-free), blue poppy seed 2%, sea salt.

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 Peanuts Sesame
Country of Origin	United Kingdom
Storage Instructions	Store in an airtight container after opening. Best kept in a cool dry place away from sunlight.
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2026	Energy (kcal)	484	Salt	1.3
Fat	22.1	of which saturates	9.4		
Carbohydrate	53.3	of which sugars	1.6		
Fibre	5.9	Protein	15.7		

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	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

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Name of Product	Mr Filbert's Simply Sea Salt Mixed Nuts 100g
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, Somerset, United Kingdom, BA6 8NX
Ingredients	Roasted Mixed NUTS 98% (PEANUTS 58%, CASHEWS (NUTS) 25%, ALMONDS (NUTS) 17%), sea salt 1.95%, Rapeseed oil,

Containing Allergens

Celery	No	Gluten	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	Yes
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)	2536	Energy (kcal)	612	Salt	1.1
Fat	49.9	of which saturates	5.9		
Carbohydrate	12.7	of which sugars	5.5		
Fibre	6.8	Protein	24.7		

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	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

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Name of Product	Mr Filbert's Sweet Chilli Rice Crackers 40g
Manufacturer's Name and Address	Filberts 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, Somerset, United Kingdom, BA6 8NX
Ingredients	Rice 41%, sunflower oil, sugar, tapioca starch, SOY water (water, salt, SOY bean, WHEAT), salt, garlic powder, colour:E160c, maltodextrin, capsicum extract, liquorice powder, flavour enhancers:E631, E627

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Snacking
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2452	Energy (kcal)	584	Salt	1
Fat	39	of which saturates	3.5		
Carbohydrate	54	of which sugars	13		
Fibre	0.7	Protein	3.5		

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	No
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	Suitable for coeliac sufferers	No

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Name of Product	HIP Gingerbread Cookie Milk Chocolate 70g
Manufacturer's Name and Address	Ruta, Tilžės g. 133, Šiauliai, Šiauliai, Lietuva / Lithuania, LT-76349
Supplier Name and Address	Love Cocoa, 11-13 Benwell Road, London, United Kingdom, N7 7BL
Ingredients	INGREDIENTS: Colombian OAT Milk Chocolate (sugar, dried GLUTEN-free OAT syrup 25%, cocoa butter, cocoa mass, emulsifier sunflower lecithin, vanilla extract), wafer crunch 5 % (WHEAT flour, sugar, coconut fat, emulsifier sunflower lecithin, caramelised sugar syrup, salt), natural gingerbread flavouring. Contains min. 41% cocoa solids. ALLERGENS: Please see allergens in bold. Made on equipment that processes MILK, SOY, PEANUTS and other NUTS.

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	Milk Tree Nuts Peanuts Soybeans
Country of Origin	Lithuania
Storage Instructions	Ambient Storage
Instructions for use	NA
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2270	Energy (kcal)	542	Salt	0.06
Fat	32.8	of which saturates	19		
Carbohydrate	58.2	of which sugars	40.5		
Fibre	4.7	Protein	4.1		

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

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Name of Product	Mighty Fine Vegan Salted Caramel Chocolate Honeycomb Dips 90g
Manufacturer's Name and Address	The Serious Sweet Company, Unit H2, Fourth Avenue, Hornbeam Park, Harrogate, North Yorkshire, UK, HG2 8QT
Supplier Name and Address	Mighty Fine Honeycomb c/o The Serious Sweet Co Ltd, Unit H2, Fourth Avenue, Hornbeam Park, Harrogate, North Yorkshire, , HG2 8QT
Ingredients	Caramel Flavour Chocolate (36%) (Sugar, Cocoa Butter, Dried OAT Powder, Cocoa Mass, Dried Rice Powder, Emulsifier: Lecithins, Flavourings), Sugar, Glucose Syrup, Raising agent: Sodium Bicarbonate, Salt.

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	Milk Tree Nuts Peanuts
Country of Origin	UK
Storage Instructions	Store in a cool, dry place, away from sunlight.
Instructions for use	Ready to eat
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1901	Energy (kcal)	451	Salt	0.7
Fat	13.5	of which saturates	8		
Carbohydrate	80.5	of which sugars	59.5		
Fibre	0.5	Protein	1.9		

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	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

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Name of Product	Oatopia Salted Caramel Oat Bake 120g
Manufacturer's Name and Address	Blackfriars Bakery, 185 Gloucester Crescent, Wigston, Leicester, GB, LE18 4YH
Supplier Name and Address	Oatopia LTD, Unit 11 G3 Business Park, Dolphin Road, Shoreham-By-Sea, West Sussex, GB, BN43 6AN
Ingredients	OATS (44%), Margarine (Plant Oils (Rapeseed, Sunflower, Palm*)), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Natural Flavouring, Vinegar, Vitamin A), Partially Inverted Sugar Syrup, Demerara Sugar, Biscuit Crumb (2%)(WHEAT Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Caramel Paste (2%)(Glucose Syrup, Caramelised Sugar, Invert Sugar Syrup, Natural Flavouring), Sea Salt. *From a Sustainable source

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs Milk Tree Nuts Peanuts Sesame Sulphites/Sulphur Dioxide
Country of Origin	Great Britain
Storage Instructions	Ambient storage out of direct sunlight
Instructions for use	NA
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1929	Energy (kcal)	461	Salt	0.38
Fat	23	of which saturates	4.5		
Carbohydrate	56	of which sugars	29		
Fibre	4.4	Protein	6.6		

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

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Name of Product	Savoursmiths Desert Salt Potato Crisps 150g
Manufacturer's Name and Address	Savoursmiths 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	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	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

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Name of Product	Love Popcorn Sweet Vanilla Snacking Bag 27g
Manufacturer's Name and Address	Matthew Graham, sweet and savoury Unit 35B, Number One Industrial Estate, Consett, Durham, United Kingdom, DH8 6SZ
Supplier Name and Address	Sweet & Savoury Ltd (Love Popcorn), sweet and savoury Unit 35B, Number One Industrial Estate, Consett, Durham, United Kingdom, DH8 6SZ
Ingredients	Popping Corn, Rapeseed Oil, Sugar, Brown Sugar, Vanilla 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	No
Soybeans	No	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	once open, consume within 2 hours
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2114	Energy (kcal)	503	Salt	0.1
Fat	21.4	of which saturates	1.8		
Carbohydrate	66.3	of which sugars	29.3		
Fibre	5.1	Protein	5.6		

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	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

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Name of Product	Lazy Day Salted Caramel Crispies 150g
Manufacturer's Name and Address	Lazy Day Foods Ltd, 1 Mossburn Avenue, Harthill, Shotts, North Lanarkshire, Scotland, ML7 5PX
Supplier Name and Address	Bramble Foods Ltd, Crosby Road, Market Harborough, Leicestershire, United Kingdom, LE16 9EE
Ingredients	Sugar, Belgian Dark Chocolate (18%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithins), Flavouring], Invert Sugar Syrup, Crisped Rice (12%) [Rice Flour, Rice Bran, Sugar, Rice Extract], Palm Oil, Rapeseed Oil, SOYA Flour, Water, Fructose, Dairy Free White Choc (2%) [Sugar, Cocoa Butter, Rice Syrup, Rice Starch, Rice Flour, Coconut Oil, Emulsifier (Sunflower Lecithin), Flavourings], Salt, Emulsifiers (SOYA Lecithins, Mono- and Diglycerides of Fatty Acids), Flavourings, Colour (Carotenes). Allergens are highlighted in bold.

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
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

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2031	Energy (kcal)	496	Salt	0.57
Fat	26.1	of which saturates	10.4		
Carbohydrate	58.3	of which sugars	47.6		
Fibre	2.7	Protein	4.3		

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	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