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	Cradoc's Chilli Ginger & Garlic Crackers 80g
Manufacturer's Name and Address	Cradoc's Savoury Biscuits Ltd., Unit K1 Ffrwdgrech Estate, Brecon, Powys, Wales, LD3 8LA
Supplier Name and Address	Cradoc's Savoury Biscuits Ltd, Unit K1 Ffrwdgrech Estate, Brecon, Powys, Wales, LD3 8LA
Ingredients	**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine. Raising Agent: Calcium Phosphate, Sodium Bi-carbonate), Rapeseed Oil, Ginger 1.33%, Fresh Garlic 0.81%, Fresh Chillies 0.70%, Salt, Cumin Seed, Turmeric, White Pepper, Nigella Seed, Chilli Flakes 0.16%

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery, Lupin, Tree Nuts, Peanuts, Sesame, Soybeans, Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry place out of direct sunlight. Once open store in an airtight container
Instructions for use	Perfect on a cheeseboard with your favourite tipple
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1534.7	Energy (kcal)	362
Fat	5.2	of which saturates	0.7
Carbohydrate	71.8	of which sugars	0.9
Fibre	4.2	Protein	8.8
Salt	1.28		

SUITABLE / FREE FROM			
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

Name of Product	Myrtle & Olive Tomato & Cheese Palmiers - Red & Gold Label 75g
Manufacturer's Name and Address	DE KROES FEUILLETAGE, rue champs de la perdrix, SEMUR EN AUXOIS, burgundy, France, 21140
Supplier Name and Address	De Kroes Feuilletage, rue champs de la perdrix, SEMUR EN AUXOIS, burgundy, France, 21140
Ingredients	**WHEAT** flour, Butter (**MILK**), Grated Emmental cheese (**MILK**), Rapeseed oil, Salt, tomato mix (Tomato powder 37,5%, sweet and hot pepper powder 34,5% , onion powder, coriander powder, cumin powder, oregano powder) (2,2%), Yeast, Blend of herbs with garlic and onions, Black pepper, Colour : E160b(ii), Colour : E160c

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, Tree Nuts, Sesame, Soybeans
Country of Origin	France
Storage Instructions	store in cool and dry place
Instructions for use	ready to eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2156	Energy (kcal)	516
Fat	28	of which saturates	17
Carbohydrate	54	of which sugars	1.8
Fibre		Protein	11
Salt	2.88		

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	Tooma River Reserve Shiraz 75cl
Manufacturer's Name and Address	Enotria Winecellars Ltd, 23 Cumberland Avenue, Park Royal, London, United Kingdom, NW10 7RX
Supplier Name and Address	Great Western Wine, Wells Road, Bath, Somerset, BA2 3AP
Ingredients	Grapes (Shiraz, Petit Verdot, Cabernet Sauvignon), Preservative (Potassium METABISULPHITE)

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	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	Milk
Country of Origin	Austria
Storage Instructions	Not applicable
Instructions for use	Not applicable
Alcoholic Strength	14

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	346	Energy (kcal)	83
Fat	0	of which saturates	0
Carbohydrate	0.8	of which sugars	0.9
Fibre	0	Protein	0
Salt	0		

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	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

Name of Product	Farrah's of Harrogate Olde English Creamy Caramels Drum 150g
Manufacturer's Name and Address	John Bull Ltd, Lancaster Road, Carnaby, Bridlington, North Yorkshire, United Kingdom, YO15 3QY
Supplier Name and Address	Farrah's of Harrogate Ltd, Pennine Range Mills, Harrogate, United Kingdom, HG1 4PY
Ingredients	Glucose Syrup, Sugar, Whey Powder (MILK), Butter (MILK), Vegetable Oil (Palm Kernel Oil, Palm Stearin Oil), Clotted Cream (MILK) 4%, Sweetened Condensed MILK, Flavour, Salt, Emulsifier: SOYA Lecithin E322.

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	Eggs Tree Nuts Penuts
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)	1870	Energy (kcal)	444
Fat	14.0	of which saturates	9.4
Carbohydrate	77.9	of which sugars	53.7
Fibre	0	Protein	1.6
Salt	0.21		

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

Name of Product	Mr Filbert's Teriyaki Mochi Rice Bites 150g
Manufacturer's Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, Glastonbury, Somerset, United Kingdom, BA6 8NX
Supplier Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, Glastonbury, Somerset, United Kingdom, BA6 8NX
Ingredients	Rice 59%, Rice Bran Oil, Tamari (**SOYBEAN,** water, salt, rice), Sugar, Teriyaki Seasoning 3.7% (sugar, garlic powder, onion powder, ginger powder, white pepper, hydrolysed vegetable protein powder, vinegar powder, salt, **SESAME** oil, maltodextrin, citric acid, natural smoke oil flavour), Roasted White **SESAME** Seed, Sweet Rice Wine (Mirin), Yeast Extract, Colour: Caramel E150a.

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Cereals containing gluten namely wheat, Crustaceans, Fish, Milk, Molluscs, Mustard, Tree Nuts, Peanuts
Country of Origin	Thailand
Storage Instructions	Ambient
Instructions for use	Ready to Eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1820	Energy (kcal)	435
Fat	14	of which saturates	3.4
Carbohydrate	69	of which sugars	9
Fibre	0.4	Protein	6.3
Salt	2		

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

Name of Product	Frank's Luxury Dark Chocolate & Raspberry Oaties 220g
Manufacturer's Name and Address	Franks Luxury Biscuits Company Limited, The bakery, Unit 4c, Ramsden Road, Rotherwas Industrial Estate, England, United Kingdom, HR2 6LR
Supplier Name and Address	Frank's Luxury Biscuits, The bakery, Unit 4c, Ramsden Road, Rotherwas Industrial Estate, England, United Kingdom, HR2 6LR
Ingredients	Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Folic Acid, Thiamine), Sodium Bicarbonate, Acid Phosphates, margarine Vegetable oil: Palm, Rapeseed; Water; Salt; Emulsifier: distilled monoglyceride (E471); Flavouring; Colouring: annatto bixin (E160b(i)), curcumin (E100), **OATS**(17%), Belgian choc chunks(7%) (cocoa mass, sugar, emulsifier **SOYA** lecithin, natural vanilla flavouring(possible traces of **MILK**)), golden syrup, raspberries(1%) natural raspberry flavouring(<1%), raising agent: sodium bicarbonate. Dark chocolate contains cocoa solids 50% minimum

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, Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Ambeint
Instructions for use	Ready to eat — no preparation required. Once opened, store in an airtight container and consume within 5 days.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	480	Energy (kcal)	2010
Fat	19.3	of which saturates	8.2
Carbohydrate	65.3	of which sugars	32.9
Fibre		Protein	5.2
Salt	1.36		

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	From Dorset with Love Handmade Raspberry Jam 215g
Manufacturer's Name and Address	From Dorset With Love, Unit 27 Glenmore Business Park, Wend-Al Road, Blandford, Dorset, United Kingdom, DT11 7HD
Supplier Name and Address	From Dorset With Love, Unit 27 Glenmore Business Park, Wend-Al Road, Blandford, Dorset, United Kingdom, DT11 7HD
Ingredients	Sugar, Raspberries, Gelling agent: Pectin, Citric Acid Prepared with 48g of fruit per 100g Total Sugar content 65g per 100g

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
Country of Origin	United Kingdom
Storage Instructions	Once opened, refridgerate and consume within 4 weeks
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1020	Energy (kcal)	244
Fat	0.3	of which saturates	0
Carbohydrate	59	of which sugars	56
Fibre		Protein	0.6
Salt	0.01		

SUITABLE / FREE FROM			
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

Name of Product	Grandma Wild's 4 Luxury Mince Pies - Red & White Foliage 0g
Manufacturer's Name and Address	Grandma Wild's, Millenium Business Park, Station Road, Steeton,, Keighley,, West Yorkshire, BD20 6RB
Supplier Name and Address	Grandma Wild's, Millenium Business Park, Station Road, Steeton,, Keighley,, West Yorkshire, BD20 6RB
Ingredients	Ingredients: Mincemeat (52%) (Sugar, Apple Puree (Apple Puree, Preservative: Acetic Acid), Vine Fruits (28%) (Sunflower Oil), Glucose Fructose Syrup, Mixed Peel (4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Acidity Regulator : Acetic Acid, Citric Acid, Modified Maize Starch, Mixed Spice, Roast **Barley** Malt Extract, Colour: Caramel, Salt, Orange Oil, Lemon Oil), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Natural Flavouring), Sugar, Maize Starch, Invert Sugar Syrup.

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs, Milk, Mustard, Tree Nuts, Peanuts, Sesame, 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 30 days.
Instructions for use	For best results serve warm: Directions: 1. Pre-heat oven to 180C (356F) Gas Mark 4. 2. Remove all packaging, except foil container. 3. Place on a baking tray on the middle oven shelf. 4. Reheat for 8-10 minutes. Fan assisted ovens may require less time. Caution, the filling may be extremely hot. Take extra care when eating. Do not re-heat in the microwave.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1591	Energy (kcal)	379
Fat	14	of which saturates	5.7
Carbohydrate	60	of which sugars	35
Fibre	1.5	Protein	2.3
Salt	0.21		

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	Forest Feast Slow Roasted Almonds & Peanuts with Serrano Chilli and Blossom Honey 120g
Manufacturer's Name and Address	Kestrel Foods Ltd, N/A, N/A, N/A, N/A, N/A, N/A
Supplier Name and Address	Kestrel Foods Ltd, Unit 8 Carn Drive, Carn Industrial Estate, Craigavon, Armagh, United Kingdom, BT635WJ
Ingredients	**PEANUTS** (36%), **ALMONDS (NUTS)** (20%), Sugar, Blossom Honey (3%), Salt, Rice Flour, Yeast Extract Powder, Onion Powder, Cayenne, Garlic Powder, Lemon Juice Powder, Dried Yeast, Serrano Chilli Powder, Natural Flavourings, Natural Colour (Paprika), Rosemary Extract.

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Sesame
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)	2184	Energy (kcal)	522
Fat	28.8	of which saturates	3.3
Carbohydrate	47.8	of which sugars	43.2
Fibre	5.4	Protein	15.5
Salt	0.69		

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	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

Name of Product	Linden Lady 12 Chocolate Fudge with Red Snowflake Disc and Red and White Sprinkles 180g
Manufacturer's Name and Address	LINDEN LADY CHOCOLATES, WALNUT TREE FARM, BIRCH ROAD, COPFORD, COLCHESTER, ESSEX, United Kingdom, CO61DR
Supplier Name and Address	Linden Lady Chocolate, WALNUT TREE FARM, BIRCH ROAD, COPFORD, COLCHESTER, ESSEX, United Kingdom, CO61DR
Ingredients	Fudge: Sugar, fondant (glucose, sugar, water), glucose syrup, condensed **MILK**, butter (**MILK**). **MILK** Chocolate; Sugar, cocoa butter, cocoa mass, fat reduced cocoa powder, whole **MILK** powder, emulsifier: **SOY** lecithin, flavour: natural vanilla. Chocolate: **MILK** chocolate min. Cocoa solids 33%, **MILK** solids 20%. PLAQUES: Sugar, glucose, non-hydrogenated palm oil, water, xanthan gum, humectant (glycerol), fondant (sugar, glucose syrup), thickener (maize starch), emulsifier (lecithin), sunflower oil and rapeseed oil. Colours: riboflavin and beetroot red. Stars;/ Hearts/ Sprinkles; Sugar, Sunflower oil, Potato Starch, Rice flour, Colour E171, E101, E120, Glazing agent; Shellac

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
Country of Origin	United Kingdom
Storage Instructions	IN THE DRY OUT OF DIRECT SUNLIGHT AT A TEMPERATURE CIRCA 18C
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1806	Energy (kcal)	429
Fat	14.2	of which saturates	9
Carbohydrate	71	of which sugars	65
Fibre		Protein	4.1
Salt	0.1		

SUITABLE / FREE FROM			
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	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	No	Suitable for coeliac sufferers	Yes

Name of Product	Linden Lady Milk Chocolate Covered Marshmallows with White Chocolate Drizzle & Mini Red Sprinkles 115g
Manufacturer's Name and Address	LINDEN LADY CHOCO;ATES LTD, WALNUT TREE FARM, BIRCH ROAD, COPFORD, COLCHESTER, ESSEX, United Kingdom, CO61DR
Supplier Name and Address	Linden Lady Chocolate, WALNUT TREE FARM, BIRCH ROAD, COPFORD, COLCHESTER, ESSEX, United Kingdom, CO61DR
Ingredients	**MILK** chocolate: sugar cocoa butter, whole **MILK** powder, cocoa mass, emulsifier: **SOYA** lecithin, flavour; vanilla. Min. cocoa solids 33%, **MILK** solids: 20%. Marshmallow: glucose syrup, sugar, dextrose, water, humectant: sorbitol syrup, gelatine, flavour. Decorations: Sugar, sunflower oil, Potato starch, rice flour, Colours (E1001 E120, E171), Glazing agent; Shellac.

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
Country of Origin	United Kingdom
Storage Instructions	in the dry out of direct sunlight at a temperature circa 18c
Instructions for use	n/a
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2027	Energy (kcal)	483
Fat	23.5	of which saturates	14.2
Carbohydrate	61.2	of which sugars	55.3
Fibre		Protein	4.6
Salt	-0.86		

SUITABLE / FREE FROM			
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	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	No	Suitable for coeliac sufferers	Yes

Name of Product	Market Town Bakery Top Iced Rich Fruit Christmas Cake
Manufacturer's Name and Address	MHT Foods Ltd, Crosby Road,, Market Harborough,, Leics, United Kingdom, LE16 9EE
Supplier Name and Address	MHT Foods Limited, Crosby Road, Market Harborough, Market Harborough,, Leics, United Kingdom, LE16 9EE
Ingredients	Sultanas (32%) (contains Sunflower Oil), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), **EGG**, Marzipan (8%) (Sugar, **ALMONDS (NUTS)**, Glucose Syrup, Water, Stabilisers: Sorbitol, Invertase; Thickener: Sodium Alginate; Colour: Carotenes; Preservative: Potassium Sorbate), Sugar Icing (8%) (Sugar, Palm Oil, Glucose Syrup, Water, Humectants: Glycerol, Sorbitol; Stabilisers: Tragacanth Gum, Xanthan Gum; Emulsifier: Mono- and Di- Glycerides of Fatty Acids, Preservative: Potassium Sorbate, Flavouring), Vegetable Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids; Colours: Curcumin, Annatto; Flavourings), Brown Sugar, Humectant: Vegetable Glycerine; Black Treacle (Invert Sugar Syrup, Cane Molasses), Glace Cherries (2.5%) (Cherries, Glucose-Fructose Syrup, Sugar, Acidity Regulator: Citric Acid; Colour: Erythrosine, Preservative: Potassium Sorbate, **SULPHUR DIOXIDE**), Glucose Syrup, Apricot Jam (Sugar, Apricots, Acidity Regulator: Citric Acid; Gelling Agent: Pectin), Mixed Peel (Orange Peel, Lemon Peel, Glucose-Fructose Syrup, Salt, Acid: Citric Acid; Preservative: **SULPHUR DIOXIDE**), Whey Powder (**MILK**), Raising Agent: Disodium Pyrophosphate, Potassium Bicarbonate; Acid: Citric Acid; Preservative: Potassium Sorbate, Colour, Iron Oxide.

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	uk
Storage Instructions	cool dry place out of direct sunlight, once opened air tight container and consume within 7 days
Instructions for use	consume
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1406	Energy (kcal)	334
Fat	7.4	of which saturates	2.5
Carbohydrate	67	of which sugars	44
Fibre		Protein	2.4
Salt	0.09		

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	No
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No

Name of Product	Odysea Big Halkidiki Pitted Olives 290g
Manufacturer's Name and Address	Odysea Ltd, Odysea Ltd, Unit 2, Dorma Trading Park, Staffa Road, LONDON, Greater London, United Kingdom, E10 7QX
Supplier Name and Address	Odysea Limited, Odysea Ltd, Unit 2, Dorma Trading Park, Staffa Road, LONDON, Greater London, United Kingdom, E10 7QX
Ingredients	Green Olives, Water, Sea Salt, Acidity Regulators (Lactic Acid, Citric 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
Country of Origin	Greece
Storage Instructions	Ambient. Once opened, keep covered in brine, refrigerate and consume within 2 weeks.
Instructions for use	Ready to eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	606	Energy (kcal)	145
Fat	13.6	of which saturates	2.5
Carbohydrate	2.0	of which sugars	0
Fibre	2.7	Protein	1.4
Salt	3.50		

SUITABLE / FREE FROM			
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

Name of Product	Popcorn Shed Raspberry & Dark Chocolate Caramel Popcorn - Red & White Design 80g
Manufacturer's Name and Address	Popcorn Shed, Unit 5 Globe Business Park, First Avenue, Marlow, Buckinghamshire, United Kingdom, SL7 1YA
Supplier Name and Address	Popcorn Shed, 483 Green Lanes, London, London, United Kingdom, N13 4BS
Ingredients	Popped Corn (27%), Glucose Syrup, Sugar, Dark Chocolate Flavour (Sugar, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier (E322 Sunflower Lecithin) and Natural Vanilla Flavouring), Butter (**MILK**), Rapeseed Oil, Freeze Dried Raspberry Powder (<1%), Natural Raspberry Flavouring with other Natural Flavourings, Sunflower Lecithin, Raising Agent: Bicarbonate of Soda, Sea Salt

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Once opened, re-seal bag to ensure freshness
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2006	Energy (kcal)	479
Fat	16.6	of which saturates	7.6
Carbohydrate	76.5	of which sugars	37.6
Fibre	4.6	Protein	3.7
Salt	0.35		

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	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 Wagyu Beef with Honey and Mustard Crisps 150g
Manufacturer's Name and Address	Savoursmiths Ltd, Russell Smith Farms, Manor Farm Barns, Gravel Pitt Hill Road, Thriplow, Royston Hertfordshire SG8 7RE, Russell Smith Farms, Manor Farm Barns, Gravel Pitt Hill Road, Thriplow, Royston Hertfordshire SG8 7RE, Royston, UK, UK, SG8 7RE
Supplier Name and Address	Savoursmiths Ltd, Russell Smith Farms, Manor Farm Barns, Gravel Pitt Hill Road, Thriplow, Royston Hertfordshire SG8 7RE, Russell Smith Farms, Manor Farm Barns, Gravel Pitt Hill Road, Thriplow, Royston Hertfordshire SG8 7RE, Royston, UK, UK, SG8 7RE
Ingredients	Potatoes, sunflower oil, wagyu beef honey & **MUSTARD** flavour (yeast extract powder, rice flour, sugar, salt, onion powder, natural flavouring, garlic powder, lemon juice powder, anti-caking agent (silicon dioxide), acidity regulator (citric acid), smoked sugar, wagyu beef extract powder, spice (star anise, pimento, cinnamon), honey 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	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	UK
Storage Instructions	Store in a cool dry place away from bright light
Instructions for use	Direct Eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	2014	Energy (kcal)	481
Fat	27	of which saturates	2.4
Carbohydrate	53	of which sugars	3.2
Fibre	4.2	Protein	7
Salt	0.78		

SUITABLE / FREE FROM			
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	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes	Suitable for coeliac sufferers	Yes

Name of Product	Stas Chocolate Milk Chocolate Tree Slab Lolly with White Chocolate Drizzle & Gold Sprinkles - Gold Ribbon 100g
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), White Chocolate (Sugar, Cocoa Butter, Whole **MILK** Powder, Skimmed **MILK** Powder, Emulsifier: Lecithins (**SOYA**), Natural Vanilla Flavouring), Coconut Oil, **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	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)	2300	Energy (kcal)	551
Fat	33	of which saturates	20
Carbohydrate	56	of which sugars	56
Fibre	2.2	Protein	10
Salt	0.11		

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	No
Free from artificial flavours	Yes	Suitable for coeliac sufferers	No

Name of Product	Tracklements Fresh Chilli Jam 210g
Manufacturer's Name and Address	The Tracklement Company Ltd, Whitewalls, Easton Grey, Malmesbury, Wiltshire, United Kingdom, SN16 0RD
Supplier Name and Address	The Tracklement Company Ltd, Whitewalls, Easton Grey, Malmesbury, Wiltshire, United Kingdom, SN16 0RD
Ingredients	CHILLI & RED PEPPER RELISH: RAW CANE SUGAR, RED PEPPERS (40%), CIDER VINEGAR, ONIONS, RED CHILLIES (9%), CONCENTRATED LEMON JUICE, GARLIC PURÉE, SEA 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	
Country of Origin	United Kingdom
Storage Instructions	Refrigerate after opening.
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml			
Energy (kj)	1057	Energy (kcal)	250
Fat	0	of which saturates	0
Carbohydrate	60	of which sugars	59
Fibre		Protein	1.1
Salt	0.37		

SUITABLE / FREE FROM			
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	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

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
Fat	0.5	of which saturates	0.1
Carbohydrate	1.9	of which sugars	1.35
Fibre	0	Protein	0.5
Salt	0.01		

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