

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	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

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Name of Product	Ooh! Chocolata Dairy Free & Vegan Honeycomb Milk Chocolate 50g
Manufacturer's Name and Address	Gartona Ltd, Unit 42, Southfield Road Trading Estate, Southfield Road, Nailsea, Bristol, Nailsea, North Somerset, United Kingdom, BS48 1JE
Supplier Name and Address	Ooh! Chocolata, Unit 42, Southfield Road Trading Estate, Southfield Road, Nailsea, Bristol, Nailsea, North Somerset, United Kingdom, BS48 1JE
Ingredients	Sugar, cocoa butter, cocoa mass, rice flour, inulin (fibre), honeycomb (sugar, glucose syrup, sodium bicarbonate), emulsifier (sunflower lethicin), vanilla

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 away from direct sunlight.
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2360	Energy (kcal)	564	Salt	0
Fat	36.1	of which saturates	22.9		
Carbohydrate	53.7	of which sugars	52.8		
Fibre	0	Protein	2.1		

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	Sweet Lounge Fizzy Cola Bottles 65g
Manufacturer's Name and Address	Sweet Lounge Group Ltd, 7 Upper Priory Street, Grafton Street Industrial Estate, Northampton, Northamptonshire, United Kingdom, NN1 2PT
Supplier Name and Address	Sweet Lounge Group Ltd, 7 Upper Priory Street, Grafton Street Industrial Estate, Northampton, Northamptonshire, NN1 2PT
Ingredients	Sugar, glucose syrup, invert sugar syrup, sorbitol, gelling agent: pectin; fruit juice concentrate: apple; acid: citric acid; acid regulator: trisodium citrate, natural flavours: strawberry; colours: spirulina concentrate, turmeric, black carrot concentrate.

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 Tree Nuts Peanuts Soybeans Egg
Country of Origin	Turkiye
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)	1383	Energy (kcal)	331	Salt	0.07
Fat	0	of which saturates	0		
Carbohydrate	82.4	of which sugars	52.2		
Fibre	0	Protein	0.2		

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	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	Yes

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Name of Product	Easy Bean Chickpea, Turmeric & Nigella Seed Crackers 150g
Manufacturer's Name and Address	Casmadian Ltd, Maxwell & Franks, Roman Way, Centurion Park, Warminster, Wiltshire, UK, BA21 8SP
Supplier Name and Address	Casmadian Ltd, Maxwell & Franks, Roman Way, Centurion Park, Warminster, Wiltshire, , BA21 8SP
Ingredients	Gram Flour, Rice Flour, Maize Starch, OATS, Chia seed, Nigella Seed, Turmeric, Seasalt, Coconut Oil, Lemon zest, Rapeseed oil, water

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	Molluscs Sesame
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry environment out of direct sunlight
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2191	Energy (kcal)	523	Salt	1.4
Fat	24.5	of which saturates	10		
Carbohydrate	59	of which sugars	1.5		
Fibre	5.9	Protein	14.8		

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

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Name of Product	Forest Feast Slow Roasted Salt & Vinegar Nut Mix Sea Salt & Cider Vinegar in Small Bag 40g
Manufacturer's Name and Address	As above, Unit 8 Carn Drive, Carn Industrial Estate, Portadown, Armagh, United Kingdom, BT635WJ
Supplier Name and Address	Kestrel Foods Ltd, Unit 8 Carn Drive, Carn Industrial Estate, Portadown, Armagh, United Kingdom, BT635WJ
Ingredients	PEANUTS (36%), CASHEW NUTS (31%), ALMONDS (NUTS) (16%), Salt & Vinegar Seasoning (cider vinegar powder, natural flavouring, salt, acidity regulator (citric acid)), Jumbo Pumpkin Seeds (4%), PECAN NUTS (3.5%), Glazing Agent (gum arabic), Sunflower Oil, Sea Salt.

Containing Allergens

Celery	No	Gluten	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	Northern Ireland
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)	2330	Energy (kcal)	557	Salt	0.26
Fat	46.3	of which saturates	4.5		
Carbohydrate	17.8	of which sugars	4.4		
Fibre	6.3	Protein	21		

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	Olly's Olive Basil and Garlic Green Olives 50g
Manufacturer's Name and Address	Olly's Olives, 66 Hazledene Road, London, United Kingdom, W4 3JB
Supplier Name and Address	Olly's, 66 Hazledene Road, London, United Kingdom, W4 3JB
Ingredients	Green Olives, salt, garlic, extra virgin olive oil, basil, garlic 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	
Country of Origin	Greece
Storage Instructions	Ambient
Instructions for use	Eat within 3 days of opening
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	614	Energy (kcal)	149	Salt	3.1
Fat	14	of which saturates	2.4		
Carbohydrate	1.5	of which sugars	0.5		
Fibre	3.1	Protein	1.3		

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	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