

Kent and Fraser - Lemon Butter Shortbread

Ingredients: butter (MILK) 35%. rice flour, icing sugar, corn flour, maize flour, lemon juice 4%, caster sugar, lemon zest 1.4%, stabiliser: xanthan gum, lemon oil, salt. Not suitable for NUT allergy sufferers.

Nutrition Information (Per 100g or 100ml)

Energy 519Kcal

Fat 29.1g

Saturates 18.3g

Carbohydrates 60.9g

Sugars 17.9g

Protein 3.1g

Salt 0.9g

Serious Pig - Corn Scratchings

Ingredients: Giant Corn (Corn, Sunflower Oil) 91%, Rapeseed Oil, Yeast Extracts, Sea Salt, Sugar, White Pepper, Sage. May contain traces of **Peanut, Tree Nut** and **Sesame**. Allergens in **bold**. Suitable for Vegetarians and Vegans. Caution: Small children can choke on nuts. STRONG HEALTHY TEETH REQUIRED.

Nutrition Information (Per 100g or 100ml)

Energy 1828kJ / 435 kcal

Fat 14.1g

Saturates 1.1g

Carbohydrates 66.3g

Sugars 1.4g

Protein 4.9g

Salt 3.1g

Kent & Fraser - Cherry, Pecan & Poppy Seed Toast

Ingredients: Gluten free flours (rice flour, corn flour, tapioca flour, gram flour) glace cherries 12% (cherries, glucose-fructose syrup, colour: anthocyanins from grapes, natural flavouring) dates, pecans 10%, poppy seeds 5%, sunflower oil, sugar, sweetened sour cherries 3% (cherries, sugar, sunflower oil), molasses, raising agents (sodium bicarbonate, disodium diphosphate) sea salt, stabiliser: xanthan gum, black pepper. Allergens in CAPITALS.

Nutrition Information (Per 100g or 100ml)

Energy 1720kJ / 409kcal

Fat 13.6g

Saturates 1.5g

Carbohydrates 66.3g

Sugars 23.1g

Protein 5.7g

Salt 1.8g

Olives Et Al - Rosemary & Garlic Olives

Ingredients: mixed pitted olives (pitted green olives, pitted kalamon olives) 60%, dressing oil (extra virgin olive oil, rapeseed oil) 39%, garlic, rosemary. Although these are pitted olives some fragments of olive stone may remain so please do eat with care. May contain traces of NUTS and SEEDS. Allergens in CAPITALS.

Nutrition Information (Per 100g or 100ml)

Energy 195kcal
Fat 20.5g
Saturates 1.3g
Carbohydrates 1.7g
Sugars 0.1g
Protein 1.5g
Salt 2.6g

Willies Cacao - Dark Chocolate Sea Salt Praline Truffles

Ingredients: Cocoa mass, HAZELNUTS 27%, raw cane sugar, cocoa powder, HAZELNUT oil 0.8%, cocoa butter, sea salt 0.6%. MAY CONTAIN MILK.

Nutrition Information (Per 100g or 100ml)

Energy 573 kcal
Fat 41.4g
Saturates 15.4g
Carbohydrates 36.2g
Sugars 29.4g
Protein 9.2g
Salt 0.2g

Emily Crisps - Simply Sea Salt Sweet Potato Chips

Ingredients: Sweet potato, sunflower oil, sea salt

Nutrition Information (Per 100g or 100ml)

Energy 2195kJ / 527kcal
Fat 31.8g
Saturates 3.2g
Carbohydrates 51.0g
Sugars 33.7g
Protein 4.5g
Salt 0.47g

The Simply Delicious Cake Co - Gluten Free Fruit Loaf Cake

Ingredients: Vine Fruits (35%) (Sultanas, Raisins, Currants, Vegetable Oil), EGGS, BUTTER, Light Soft Brown sugar, Rice Flour (11%) Ground ALMONDS, Apple, Dates,

Mixed Spice (Coriander, Cinnamon, Ginger, Dill, Nutmeg, Cloves), Xanthan Gum, Glaze (Glucose, Water, Sugar, Gelling Agent: Pectin, Acidifying Agent: Citric Acid, Preservative: Potassium Sorbate).

Nutrition Information (Per 100g or 100ml)

Energy 349kcal
Fat 13.8g
Carbohydrates 52.9g
Sugars 29.5g
Protein 16.1g

Willie's Cacao - Milk of the Gods Luxury Chocolate

Ingredients: Cocoa solids: 44% minimum. Ingredients: raw cane sugar, cocoa mass 25%, MILK powder 21% cocoa butter 19%**MAY CONTAIN TRACES OF NUTS**

Nutrition Information (Per 100g or 100ml)

Energy 560kcal
Fat 38.00g
Saturates 23.0g
Carbohydrates 46.0g
Sugars 35.0g
Protein 9.0g
Salt 0.17g

Thursday Cottage - Handmade Lemon Curd

Ingredients: cane sugar, lemon juice (14%) pasteurised free range EGG, pasteurised free range EGG yolk, butter (MILK, salt), gelling agent, citrus pectin, acidity regulator, citric acid, lemon zest (0.1%), lemon oil

Nutrition Information (Per 100g or 100ml)

Energy 354 kcal
Fat 13g
Saturates 6.4g
Carbohydrates 56g
Sugars 56g
Protein 3.5g
Salt 0.21g

Angelic - Rosemary & Sea Salt Savoury Biscuits

Ingredients: Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Margarine (Vegetable Fats: Palm, Vegetable Oil; Rapeseed, Water, Salt, Flavourings), Oat Flour, Sugar, Honey, Tapioca Starch, Rosemary (1%), Natural Onion Flavouring, Sea Salt.

Nutrition Information (Per 100g or 100ml)

Energy 436kcal
Fat 11.4g

Saturates 4g
Carbohydrates 76.1g
Sugars 5.4g
Protein 6.4g
Salt 1.9g

Sweet FA - Gluten Free Chewy Oat & Raisin Cookies

Ingredients: **OATS**** 27%, Sugar, Raisins 20% (Raisins, Sunflower oil), Margarine (Sunflower oil, Palm oil (sustainably sourced), Coconut oil, Carrot Juice Concentrate, Emulsifier: Sunflower Lecithin, Lemon Juice Concentrate), Ground **ALMONDS**, Tapioca Flour, Cinnamon, Raising Agent*: Ammonium Carbonate, Salt*. *Non Organic. **OATS used in this product are gluten free and have been specially produced, prepared and processed in a way to avoid contamination by cereal containing gluten. My contain **SOYA & PEANUTS**. Allergens in **BOLD**.

Nutrition Information (Per 100g or 100ml)

Energy 1740 kJ / 415 kcal
Fat 16g
Saturates 4g
Carbohydrates 62g
Sugars 36g
Protein 5.7g
Salt 0.4g

Yorkshire Crisps - Worcester Sauce flavour

Ingredients: Potatoes, Sunflower Oil, Sugar, Sea Salt, Rice Flour, Dried Worcester Sauce (Spirit vinegar, Sugar, Onion, Salt, Tamarind paste, Cloves, Ginger, Garlic), Garlic Powder, Natural Flavouring, Dried Lemon Juice, Dried Spirit Vinegar, Yeast Extract, Onion Powder, Acidity Regulator: Citric acid, Ginger, Black Pepper, Cinnamon, Pimento.

Nutrition Information (Per 100g or 100ml)

Energy 468.2Kcal
Fat 25.0g
Saturates 2.2g
Carbohydrates 54.1g
Sugars 3.0g
Protein 5.2g
Salt 1.4g