

L'Avenir - Horizon Pinotage

Ingredients: Contains sulphites.

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

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

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.

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

The Simply Delicious Cake Co - Gluten Free Fruit Loaf Cake

Ingredients: Vine Fruits (35%) (Saltanas, 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

Lincoln Tea & Coffee Co - Sweet Brazil Filter Blend Coffee

Ingredients: Coffee beans

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

England Preserves - Red Onion Marmalade

Ingredients: Red onions 28%, sugar, cider vinegar, water, kibbled onion, beetroot extract

Nutrition Information (Per 100g or 100ml)

Energy 702kJ / 165kcal
Fat <0.1g
Saturates <0.1g
Carbohydrates 39.9g
Sugars 39.6g
Protein 0.9g
Salt 14mg

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.

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

Thursday Cottage - Strawberry Jam

Ingredients: cane sugar, strawberries, Gelling agent: citrus pectin, concentrated lemon juice

Nutrition Information (Per 100g or 100ml)

Energy 238 kcal
Fat 0g
Saturates 0g
Carbohydrates 58g
Sugars 58g
Protein 0g
Salt 0.02g

L'Avenir Horizon Chenin Blanc

Ingredients: Contains sulphites