

VEGAN & GLUTEN-FREE CHRISTMAS HAMPER WITH ALCOHOL-FREE PRESSÉS CONTENTS INGREDIENTS

Belvoir, Sparkling "Pink Lady" Apple Juice, 75cl

Ingredients

Pink Lady® Apple Juice from Concentrate 94%, Pink Lady® Apple Juice 5%, Elderberry Juice from Concentrate

Belvoir, Raspberry Lemonade, 75cl

Ingredients

Carbonated Spring Water, Sugar, Pressed Lemon Juice 7%, Pressed Raspberry Juice 4%

Claire's Handmade, Old Fashioned Plum Chutney, 200g

Ingredients & Nutrition

Ingredients: allergens in **bold**. Onions, spirit vinegar, plums 21%, sugar, dates dried (in rice flour), apples, raisins (in sunflower oil), demerara sugar, salt, spices, acidity regulator: citric acid. **May contain fruit stones.**

Nutrition per 100g

Energy	691kJ/162kcal
Fat (of which saturates 0g),	0.3g
Carbohydrate (of which sugars 36.5g),	37.7g
Fibre	1.9g
Protein	1.4g
Salt	1.4g

Filbert's, Pitted Marinated Olives with Chilli & Black Pepper, 65g

Ingredients: Green Olives 93%, salt, lemon juice, extra virgin olive oil, chilli, black pepper.

Nutritional Information per 100g:

Energy 425kJ / 101kcal; Fat 9.5g; of which saturates 2.4g; Carbohydrate 2.9g; of which sugars 0.1g; Fibre 3.2g; Protein 1.1g; Salt 3g

Nairn's, Gluten-Free Vegan Oatcakes, 213g

Ingredients

Gluten Free Wholegrain **Oats** (90%), Sustainable Palm Fruit Oil, Sea Salt, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate)

Allergy Information

Both our recipe and factory are Nut free., We cannot guarantee that our ingredients are Nut free., Manufactured on equipment that handles Milk., Not suitable if you react to Avenin - a Protein in Oats. For allergens, see ingredients in bold.

Filbert's, Chilli & Lime Peanuts, 40g

Ingredients

Roasted **Peanuts** 92%, sugar, lemon zest 1.5%, salt, ginger, chilli 0.7%, cumin, rapeseed oil, acidity regulator: citric acid, lime oil 0.2%.

Allergy Advice

Produced in a factory that also handles other tree **nuts**, **soya**, **celery** and **gluten**.

For allergens please see ingredients in **bold**.

Brown Bag Crisps, Oak Smoked Chilli, 150g

INGREDIENTS: Potatoes, Sunflower oil,seasoning (8%) (oak smoked sugar, sea salt, sugar, garlic powder, rice flour, onion powder, cumin, tomato powder, chilli, Scotch Bonnet Chilli, oak smoked salt, yeast extract powder, natural flavourings, acid: citric acid, paprika extract)

Suitable for vegetarians. Gluten Free

Yorkshire Popcorn, Salt & Sweet Popcorn, 40g

INGREDIENTS

Popped Corn Kernels, Rapeseed Oil, Sugar (Demerara Sugar 50%, White Sugar 50%), Sea Salt.

See ingredients in **BOLD**. May contain unpopped kernels and sugar crystals.



Typical values	Per 100g
Energy	2030kJ / 487kcal
Fat	25.7g
of which saturates	1.99g
Carbohydrate	47.50g
of which sugars	19.20g
Protein	8.10g
Salt	<0.1g

Lazy Day, Vegan Chocolate Chip Shortbread, 150g

Product Claims - Gluten Free. Milk Free. Egg Free. Suitable for Vegetarians and Vegans

Allergens are highlighted in **bold**. Produced in a nut free site.

Ingredients - Cornflour, Gluten Free **Oat** Flour, Sugar, Palm Oil, Belgian Dark Chocolate Chips (11%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**Soya** Lecithins), Flavouring], Rapeseed Oil, Water, Dextrose, Salt, Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Carotenes, Annatto, Curcumin).

Nairn's, Vegan & Gluten-Free Oaties, 160g

Ingredients

Gluten Free Wholegrain **Oats** (68%), Sustainable Palm Fruit Oil, Sugar, Partially Inverted Refiners Syrup, Lyle's Golden Syrup, Tapioca Starch, Raising Agent: Sodium Bicarbonate, Sea Salt

Allergy Information

Both our recipe and factory are Nut free., We cannot guarantee that our ingredients are Nut free., Manufactured on equipment that handles Milk. Not suitable if you react to avenin - a protein in Oats. For allergens, see ingredients in bold.

Claire's Handmade, Strawberry Jam, 227g

Ingredients & Nutrition

Ingredients: allergens in **bold**. Sugar, strawberries, gelling agent: fruit pectin, acidity regulator: citric acid. Prepared with 48g fruit per 100g. Total sugar content 63g per 100g.

Nutrition per 100g

Energy	1136kJ/267kcal
Fat (of which saturates 0g),	0g
Carbohydrate (of which sugars 66.2g),	66.3g
Fibre	0.8g
Protein	0.2g
Salt	0.01g

Lazy Day, Gluten, Milk & Egg-Free Dark Chocolate Tiffin, 150g

Product Claims - Gluten Free. Milk Free. Egg Free. Suitable for Vegetarians and Vegans

Allergens are highlighted in **bold**. Produced in a nut free site

Ingredients:

Belgian Dark Chocolate (30%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**Soya** Lecithin), Flavouring], Sultanas (16%), Rice Flour, Palm Oil, Rapeseed Oil, Sugar, Invert Sugar Syrup, Maize Starch, Water, Tapioca Starch, Dairy Free White Choc [Sugar, Cocoa Butter, Rice Syrup, Rice Starch, Rice Flour, Coconut Oil, Emulsifier (Sunflower Lecithin), Flavourings], Salt, Emulsifiers (Mono- and Diglycerides of Fatty Acids, **Soya** Lecithin), Flavouring, Colour (Carotenes).

*Palm oil is RSPO certified.

Booja Booja, Organic Gluten & Dairy-Free Signature Collection, 184g

Chocolate* (Cocoa Mass*, Cane Sugar*, Cocoa Butter*, Vanilla Powder*), Coconut Oil*, Cane sugar*, Coconut Syrup*, Cocoa Powder* Vanilla Extract*.

*Organically grown ingredients.

For allergens please see ingredients in **bold**. May contain other nuts.

Store in a cool place or fridge. Enjoy at room temperature.