

Reivers - Dark Chocolate Orange Batons

Ingredients: Dark Chocolate (66%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithin), Flavouring), Candied Orange Peel (33%) (Orange Peel, Sucrose, Fructose, Dextrose, Maltose, Preservative (Potassium Sorbate), Acid (Citric Acid)), Glazing Agents (Gum Arabic, Zein (Maize Protein)). May contain traces of tree NUTS and MILK.

Nutrition Information (Per 100g or 100ml)

Energy 1951kJ / 470Kcal

Fat 27.4g

Saturates 16.9g

Carbohydrates 47.6g

Sugars 43.2g

Protein 4.5g

Salt 0.11g

The Original Cake Company - Fruit Cake

Ingredients: Sultanas (48%), Cherries (Cherries, Glucose Fructose Syrup, Citric Acid (E330), Colour (E163), Sulphur Dioxide (E220) (SULPHITES) (15%), Sugar, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), EGG, Butter (MILK), WALNUTS (NUTS) (2%), ALMONDS (NUTS) (2%), Black Treacle, PECAN NUTS (1%), Caramel Colour (E150c), Raising Agents (E500, E450) (WHEAT), Mixed Spice, Natural Flavouring, Flavouring (NUTS)

Nutrition Information (Per 100g or 100ml)

Energy 1576kJ / 374kcal

Fat 11g

Saturates 4.9g

Carbohydrates 63g

Sugars 55g

Protein 4.6g

Salt 0.12g

Miller's Elements - Smoked Flour and Red-Hot Chilli Crackers

Ingredients: WHEAT Flour, Stoneground Wholemeal Flour (WHEAT), Corn Oil, Oak, Smoked Dark Malt Flour (BARLEY) (4%), Autolysed Yeast, Salt, Dark Muscovado Sugar, Crushed Red Chillies (1%), Raising Agent (Sodium Bicarbonate)

Nutrition Information (Per 100g or 100ml)

Energy 425kcal

Fat 13.0g

Saturates 1.7g

Carbohydrates 64.6g

Sugars 3.1g

Protein 11.3g

Salt 2.9g

The Pea Green Boat - Original Cheese Sables

Ingredients: Organic Scottish WHEAT Flour (GLUTEN, with added Calcium, Iron, Niacin, Thiamin), Scottish Mature Cheddar Cheese (MILK) (31%), Italian Parmigiano Reggiano Cheese (MILK, Salt, Rennet) (15%), Butter (Milk, Salt), Sea Salt, Garlic Powder.

Nutrition Information (Per 100g or 100ml)

Energy 2323kJ / 558kcal
Fat 37.8g
Saturates 24.6g
Carbohydrates 35.7g
Sugars 0.9g
Protein 17.7g
Salt 1.4g

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

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

Millers Toast - Cranberry & Raisin

Ingredients: BUTTERMILK, WHEAT Flour, Dried Sweetened Cranberries (25%) (Cranberries, Sugar, Sunflower Oil), Pumpkin Seeds (17%), Raisins (13%), Soft Brown Sugar, Honey, Extra Virgin Olive Oil, Raising Agent (Sodium Bicarbonate), Sea Salt

Nutrition Information (Per 100g or 100ml)

Energy 466kcal
Fat 10.7g
Saturates 3.0g
Carbohydrates 79.3g
Sugars 30.4g
Protein 10.2g
Salt 1.7g

Lincoln Tea & Coffee Co - Sweet Brazil Filter Blend Coffee

Ingredients: Coffee beans

Hawkshead Relish - Seville Orange Marmalade

Ingredients: sugar, orange (35%), water, pectin(gelling agent), acidity, regulator (citric acid), prepared with 35g fruit per 100g. total sugar content 60g per 100g.

Nutrition Information (Per 100g or 100ml)

Energy 240 kcal
Fat 0.0g
Saturates 0.0g
Carbohydrates 59.7g
Sugars 59.2g
Protein 0.2g
Salt 0.0g

Hawkshead Relish - Traditional English Mustard

Ingredients: MUSTARD Seed, Water, Salt, Acetic Acid (SULPHITES).

Nutrition Information (Per 100g or 100ml)

Energy 274 kcal
Fat 16.1g
Saturates 0.8g
Carbohydrates 11.4g
Sugars 0.1g
Protein 16.2g
Salt 2.3g

Willies Cacao - Medellin Hot Chocolate

Ingredients: Cocoa solids 52% minimum, cocoa powder, raw cane sugar. Suitable for vegans. Free from dairy, alcohol, gluten, nuts and soya. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 447kJ / 107 Kcal

Fat 4.6g

Saturates 2.9g

Carbohydrates 10.8g

Sugars 10.1g

Protein 4.5g

Salt <0.1g

Mighty Fine - Dark Chocolate Coated Almonds

Ingredients: ALMONDS (60%), Dark Chocolate (38.3%)(Cocoa Mass, Sugar, Cocoa Butter, Emulsifier [SOYA LECITHIN], Natural Vanilla Flavouring), Cocoa Powder (0.5%), Glazing Agents (Gum Arabic), Salt and natural flavouring. For allergens, including cereals containing gluten, see ingredients in Bold. Also, NOT suitable for PEANUT, TREE NUT, MILK and GLUTEN allergy sufferers.

Nutrition Information (Per 100g or 100ml)

Energy 2352kJ / 568kcal

Fat 44g

Saturates 10.1g

Carbohydrates 17.6g

Sugars 12.3g

Protein 20.3g

Salt 0.01g

Lincoln Tea & Coffee Co - Traditional Breakfast Tea

Ingredients: Black tea

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

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

Grate Britain - Smoked Cheese Biscuits

Ingredients: WHEAT flour, Smoked Dorset Red Cheddar, (37%), (MILK) (with colour: Anatto), Butter (15%), (MILK, Salt), Rice Flour, Roasted SESAME Seeds, Autolysed Yeast, Extra Virgin Olive Oil, MUSTARD Powder, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Sea Salt, Ground Black Pepper, Ground Nutmeg.

Nutrition Information (Per 100g or 100ml)

Energy 2141 kJ / 512 kcal

Fat 29.9g

Saturates 16.4g

Carbohydrates 46.8g

Sugars 0.5g

Protein 16.8g

Salt 2.2g

Teoni's Cookies - All Butter Shortbread

Ingredients: WHEAT FLOUR [calcium carbonate, iron, niacin (vit B3), thiamin (vit B1)], BUTTER (30%), sugar CONTAINS GLUTEN, MILK PRODUCTS AND MAY CONTAIN TRACES OF NUTS

Nutrition Information (Per 100g or 100ml)

Energy 489Kcal

Fat 25.6g

Saturates 11.5g

Carbohydrates 59.9g

Sugars 26.7g

Protein 5.6g

Salt 0.1

Galloway Lodge Preserves - Scottish Raspberry Jam

Ingredients: Sugar, raspberries (44%), lemon juice, pectin

Nutrition Information (Per 100g or 100ml)

Energy 954kJ / 224kcal

Fat 0.1g

Saturates 0.0g

Carbohydrates 58g

Sugars 58g

Protein 0.6g
Salt 0.02g

Cornish Artisan Confectionery - Caramel Sea Salt Crumbly Fudge

Ingredients: Sugar, sweetened condensed milk (WHOLE MILK, sugar), butter (MILK), golden syrup, glucose, sea salt, caramel flavouring Made in a factory that handles egg, soya, nuts and peanuts.

Nutrition Information (Per 100g or 100ml)

Energy 1708kJ / 405kcal

Fat 11.5g

Saturates 7.3g

Carbohydrates 74.1g

Sugars 70.3g

Protein 1.3g

Salt 0.81g

Mr Filberts - Mexican Sweet Chilli Mixed Nuts

Ingredients: Roasted mixed nuts 94%, (PEANUTS, ALMONDS, CASHEWS), sugar, chipotle chilli, sea salt, garlic, rapeseed oil, black pepper, fennel, chilli powder. Allergens in bold. Suitable for Vegetarians and Vegans.

Nutrition Information (Per 100g or 100ml)

Energy 2449kJ / 591kcal

Fat 46g

Saturates 7.4g

Carbohydrates 14.4g

Sugars 8.3g

Protein 25.7g

Salt 0.7g

Beech's Fine Chocolates - Dark Chocolate English Mint Creams

Ingredients: Sugar, Cocoa Mass, Glucose Syrup, Water, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring, Peppermint Oil, Stabilizer (Invertase). Dark chocolate contains cocoa solids 55% minimum. May contain traces of MILK, NUTS. Gluten Free

Nutrition Information (Per 100g or 100ml)

Energy 1729kJ / 411kcal

Fat 11.8g

Saturates 7.1g

Carbohydrates 72.2g

Sugars 67.9g

Protein 2.0g

Salt 0.04g

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

Willie's Cacao - El Blanco Luxury Chocolate

Ingredients: Cocoa solids: 36% minimum. Ingredients: cocoa butter 36%, MILK powder 34%, raw cane sugar.MAY CONTAIN TRACES OF NUT

Nutrition Information (Per 100g or 100ml)

Energy 612kcal
Fat 45.7g
Saturates 28.4g
Carbohydrates 41.3 g
Sugars 39.2 g
Protein 8.6 g
Salt 0.2 g

Coco Chocolatier - Salted Caramel Milk Chocolate

Ingredients: Sugar, cocoa mass, cocoa butter, MILK powder 21%, emulsifier: non-gmo SOYA lecithin, natural vanilla flavour, isle of skye salt (<1%), natural caramel flavour, cocoa solids.

Nutrition Information (Per 100g or 100ml)

Energy 2430kJ / 580kcal
Fat 37.0g
Saturates 22.0g
Carbohydrates 53.0g
Sugars 44.0g
Protein 6.0g
Salt 0.3g