

Taste of Wales Letterbox Ingredients and Allergens

Bara Brith: Vine Fruit (20%) (Currants, Sultanas), Egg, Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Sugar, Crème Cake (Wheat Flour, Sugar, Modified Maize Starch, Whey Powder (Milk), Raising Agents E500, E450, Emulsifiers E472(b), E471, E477, Skimmed Milk Powder, Salt, Flavouring (Vanilla)), Vegetable Oil (Rapeseed, Palm), Water, Cane Molasses (Sulphite), Glycerine, Mixed Spice

Pecan Flapjack: Gluten free OATS (42%), golden syrup, vegetable oil (palm*, rapeseed), sugar, PECAN NUTS (6%), SOYA flour, salt, natural flavouring.

Shortbread: WHEAT flour (wheat flour, calcium carbonate, iron, niacin, thiamin), salted butter (MILK 30%), sugar.

Toffee Waffles: Wheat flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm1 & Rapeseed), Butter (14% of filling) (Milk), Free Range Eggs, Molasses, Soya Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.

Traditional Welsh Cakes: WHEAT Flour (WHEAT flour: Calcium Carbonate, Iron, Nicotinamide Thiamin; Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Butter (Butter (MILK), Salt), Sugar

Butter: Welsh Salted Butter (Milk) 58%, Rapeseed Oil 31%, Water, Salt 3%