

Alfred Enderby – Finest Cured Smoked Salmon

Ingredients: Salmon.

Marsh Pig – Rosemary and Garlic Salami

Ingredients: Free range pork 95.5%, salt, garlic, black pepper, rosemary, dextrose, preservative (sodium nitrite). Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml):

Energy 1573kJ / 379kcal

Fat 25g

Saturates 10g

Carbohydrates 1.2g

Sugars 0.7g

Protein 26g

Salt 3.6g

The Simply Delicious Cake Company - Apricot and Ginger Cake

Ingredients: Vine fruits (27%) (sultanas, raisins, currants, sun flower oil), free range EGGS, demerara sugar, WHEAT flour, butter (MILK), apricots (8%), stem ginger (5%) ground ALMONDS, lime juice (lemon juice, preservative: potassium met bisulphate, natural lime flavour), mixed peel (orange, lemon, glucose fructose syrup, salt, preservative: SULPHUR DIOXIDE), ground ginger, glaze(glucose, water, sugar, gelling agent: pectin, acidifying agent: citric acid, preservative: potassium sorbate.

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 321Kcal

Fat 10.9g

Carbohydrates 51g

Sugars 24.6g

Protein 16.6g

Salt 0g

Handmade Cake Co – Sultana Scones

Ingredients: WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Sugar, Sultanas (8%), Raising Agents (E450, E501), Skimmed MILK Powder, Pasteurised Free Range EGG. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 1409kJ / 335kcal

Fat 10.5g

Saturates 3.8g

Carbohydrates 56.5g

Sugars 19.1g

Protein 6.1g

Salt 0.89g

Roddas – Clotted Cream

Ingredients: 100% MILK. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 2413kJ / 586kcal

Fat 63.5g

Saturates 39.7g

Carbohydrates 2.3g

Sugars 2.3g

Protein 1.6g

Salt 0.04

Ruggeri - Prosecco Argeo

Ingredients: contains SULPHITES

Pimms – No1 Cup

Ingredients: Alcohol, Flavour(s), Caramel, Gin, Liqueur, Sugar(s)

Fever Tree – Premium Lemonade

Ingredients: Carbonated Spring Water, Sugar, Lemon Juice (2.5%), Acid: Citric Acid, Natural Lemon Lime Flavouring with other Natural Flavourings. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 35kcal

Carbohydrates 8.6g

Sugars 7.6g

Lincolnshire Poacher Cheese - Traditional Lincolnshire Poacher

Ingredients: Made with unpasteurised cow's MILK

Nutrition Information (Per 100g or 100ml)

Energy 1847kJ / 446kcal

Fat 37.0g

Saturates 26.0g

Carbohydrates 2.2g

Sugars <0.5g

Protein 26.1g

Salt 1.45g

Stag - Stornaway Water Biscuits

Ingredients: Flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, water, skimmed MILK powder, sugar, salt. May also contain NUTS. Suitable for Vegetarians.

Nutrition Information (Per 100g or 100ml)

Energy 1987 kJ / 473kcal

Fat 18g

Saturates 1.3g

Carbohydrates 68.0g

Sugars 8.2g

Protein 8.8g

Salt 1.1g

Galloway Lodge Preserves – Poachers Pickle

Ingredients: Tomatoes (38%), sugar, malt vinegar 9(from BARLEY), raisins (6%), apple flake (3.8%), onion flake (3.8%), water, salt, spices, MUSTARD seed. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 692kJ / 162kcal

Fat 0.2g

Saturates 0.0g

Carbohydrates 41g

Sugars 40g

Protein 1.2g

Salt 0.54g

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

Hawkshead Relish - Raspberry and Vanilla Jam

Ingredients: raspberries (35%), sugar, vanilla (2%), pectin (gelling agent)

Nutrition Information (Per 100g or 100ml)

Energy 216 kcal

Fat 0.2g

Saturates 0.1g

Carbohydrates 51.0g

Sugars 50.6g

Protein 0.7g

Salt 0.0g