

Jenny's Jams – Raspberry Jam

Ingredients: Sugar 53%, raspberries 47%, butter Allergen: MILK. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 931kJ / 218kcal

Fat 0.2g

Saturates 0.1g

Carbohydrates 56.9g

Sugars 56.9

Protein 0.7g

Salt 0.0g

Duffy's - Corazon del Ecuador Milk Chocolate

Ingredients: Single origin cocoa beans, organic cane sugar, cocoa butter, milk powder, sunflower lecithin. No nuts, gluten or soya ingredients are used in this bar.

Nutrition Information (Per 100g or 100ml)

Energy 2381kJ / 569kcal

Fat 38g

Saturates 23g

Carbohydrates 51g

Sugars 38g

Protein 8g

Salt 0.1g

Hawkens - Original Grantham Gingerbread

Ingredients: Flour (WHEAT), Sugar, Butter (MILK), EGG, Bicarbonate of Soda, Baking Powder (WHEAT), Ground Ginger (1%)

Nutrition Information (Per 100g or 100ml)

Energy 2234kJ / 532kcal

Fat 20.6g

Saturates 13.0g

Carbohydrates 80g

Sugars 48.1g

Protein 5.7g

Salt 0.3g

Lincoln Tea & Coffee Co - Traditional Breakfast Tea

Ingredients: Black tea

Lincoln Tea & Coffee Co – Sweet Brazil Filter Blend Coffee

Ingredients: Coffee beans.

The Naked Marshmallow Co – Strawberry Marshmallows

Ingredients: Sugar, Glucose Syrup, Water, Bovine Gelatine (**Sulphites**), Corn Flour, Icing Sugar, Strawberry Powder (1%), Salt, Vanilla Natural Flavouring, Strawberry Natural Flavouring (0.1%), Natural Colouring (Radish, Apple, Blackcurrant).

Nutrition Information (Per 100g or 100ml)

Energy 1261kj / 301kcal

Fat 0.0g

Saturates 0.0g

Carbohydrates 73g

Sugars 56g

Protein 2.2g

Salt 0.46g

Slater Eyre – Lincolnshire Plum Bread

Ingredients: Flour (WHEAT flour with calcium carbonate, iron, nictinamide, thiamine hydrochloride, currants, sultanas, water. vegetable oil (rapeseed, palm oil), sugar, mixed peel (orange peel, glucose fructose syrup, invert sugar, lemon peel, citric acid, SULPHUR DIOXIDE), treacle, yeast, salt

Nutrition Information (Per 100g or 100ml)

Energy 1555kJ / 368kcal

Fat 8.9g

Saturates 3.6g

Carbohydrates 68.2g

Sugars 40.6g

Protein 5.8g

Salt 0.6g

Pipers – Biggleswade Sweet Chilli Crisps

Ingredients: Potatoes, Sunflower Oil, Sweet Chilli Flavour (Spices Including Chilli), Sugar, Salt, Cider Vinegar Powder (Maltodextrin, Cider Vinegar), Rice Flour, Garlic Powder, Spirit Vinegar Powder (Maltodextrin, Spirit Vinegar), Yeast Extract Powder, Dried Lemon Juice (Maltodextrin, Lemon Juice), Natural Colour: Paprika, Chilli Infused Rapeseed Oil (Chilli), Natural Flavouring. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 2175kJ / 521kcal

Fat 30.5g

Saturates 3.6

Carbohydrates 53.3g

Sugars 2.8g

Protein 5.8g

Salt 1.5g

Jenny's Jams - Faradays Chutney

Ingredients: Apples 59.5%, raisins 20%, onions 20%, vinegar 0.5%, garlic, brown sugar, cayenne pepper. **Allegens:** SULPHITES, BARLEY

Nutrition Information (Per 100g or 100ml)

Energy 1261kJ / 296kcal

Fat 0.3g

Saturates 0.0g

Carbohydrates 75.9g

Sugars 75.6g

Protein 1.2g

Salt 0.1g

Jenny's Jams – Seville Marmalade

Ingredients: Orange 75%, sugar 25%, water. **Allergy Advice:** For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 1158kJ / 272kcal

Fat 0.0g

Saturates 0.0g

Carbohydrates 72.2g

Sugars 71.7g

Protein 0.2g

Salt 0.0g