

Thank you for your interest in our Lottie Shaw's hamper. Please find listed below the nutritional and allergen information for all of the treats in our hamper. All of our products are individually packaged and the information is also clearly printed on the back of every product.

If you require any information in relation to allergens or other dietary requirements, please contact us prior to purchase

Best wishes, Lottie x

Name of Product	Yorkshire Parkin
Ingredients	<p>Oatmeal, (21%), Brown sugar, Partially Inverted syrup, Milk, Wheat flour (Wheat fortified with Calcium Carbonate, Iron, Niacin Thiamine), margarine (Vegetable Oils, (Rapeseed Oil, Palm Oil in various proportions, RSPO SOURCED) water, salt, Emulsifier Polyglycerol esters of fatty acids, colours Curcumin, Annatto, Flavourings.) Black treacle, (2%), Ginger, Raising Agent Sodium Bicarbonate.</p> <p>Allergens shown in BOLD</p> <p>Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1563kj	Energy (kcal)	371kcal
Fat	9.9g	of which saturates	4.2g
Carbohydrate	65.6g	of which sugars	43.7g
Salt	0.5g	Protein	4.7g

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Name of Product	Yorkshire Parkin Biscuits
Ingredients	<p>Wheat flour (Wheat flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), Oatmeal (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water, salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (curcumin, annatto) Flavourings, Oatmeal (12.4%) OATS, partially inverted syrup (11%), Black Treacle (3%), Free Range Egg (3%), Bicarbonate of Soda(1.5%) Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1851kj	Energy (kcal)	439kcal	Salt	1.89g
Fat	14.3g	of which saturates	4.8g		
Carbohydrate	73.9g	of which sugars	41.5g		
Fibre	2.4g	Protein	4.9g		

Name of Product	Traditional Oat Flapjack
Supplier Name and Address	Lottie Shaw's, Unit 1, Thornhill Beck Lane, Brighouse, West Yorkshire, HD6 4AH
Ingredients	<p>Rolled Oats (43.4%) Partially Inverted Syrup, Margarine (Vegetable Oil (palm and rapeseed in various proportions (RSPO SOURCED), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavouring, Demerara sugar, Butter flavour, (Preservative, Sulphur dioxide, Sulphites).</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1842kj	Energy (kcal)	439kcal
Fat	20.2g	of which saturates	6.5g
Carbohydrate	61.1g	of which sugars	34.2g
Salt	0.6g	Protein	5.2g

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Name of Product	Chocolate Chip Flapjack
Ingredients	<p>Rolled Oats (43%), Partially Inverted Syrup, Margarine (Vegetable oil, (palm and rapeseed in various proportions (RSPO Sourced), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavourings), Demerara sugar, Chocolate chips (5.9%) (Sugar (58.5%), Cocoa Mass (33.0%), Cocoa Butter (8.0%), Milk, Emulsifier; Soya Lecithin (0.25%), Natural Vanilla Flavouring (0.25%)] Butter flavour, (Preservative Sulphur Dioxide, Sulphites).</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1881kj	Energy (kcal)	448kcal
Fat	21.2g	of which saturates	8g
Carbohydrate	61.5g	of which sugars	35.9g
Salt	0.6g	Protein	5.1g

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Name of Product	Shortbread Biscuits
Ingredients	<p>Wheat flour (fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (48%) Unsalted Butter (27%) (contains Milk) Sugar, Ground Rice, Cornflour</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1985kj	Energy (kcal)	475kcal
Fat	26.0g	of which saturates	16.1g
Carbohydrate	59.0g	of which sugars	18.2g
Salt	0.5g	Protein	5.1g

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