

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

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

Willie's Cacao - Venezuelan Gold Luxury Chocolate

Ingredients: Contains cocoa solids 72% minimum. Ingredients: cocoa mass, cocoa butter, raw cane sugar. MAY CONTAIN TRACES OF NUT

Nutrition Information (Per 100g or 100ml)

Energy 535kcal

Fat 35.6g

Saturates 22.4g

Carbohydrates 40.8g

Sugars 29.9g

Protein 9.0g

Salt <0.1g

Cotswold Fudge Co - Crumbly Fudge

Ingredients: Sugar, CONDENSED MILK (MILK), Glucose, BUTTER (MILK), DRIED MILK (MILK), Glycerine, Salt.

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 402.6 kcal
Fat 8.4g
Saturates 5.3g
Carbohydrates 84.9g
Sugars 81.6g
Protein 2.1g
Salt 0.38g

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

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

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

All You Need - Red Onion Chutney

Ingredients: red onions (60%), dark brown sugar, Balsamic vinegar (10%), spirit vinegar, orange juice, cornflour, crystallised ginger, salt, allspice, orange zest.

Nutrition Information (Per 100g or 100ml)

Energy 112kcal

Fat 0.2g

Saturates 0.0g

Carbohydrates 25.1g

Sugars 22.3g

Protein 1.2g

Salt 0.51g

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 Real Smoked Nut Company - Hickory Smoked Almonds and Cashews

Ingredients: ALMONDS, CASHEWS, Sunflower oil, PALM oil, salt, hickory wood smoke.
PACKED IN FACTORY WHERE NUTS (INCLUDING PEANUTS) & SESAME SEEDS ARE PROCESSED

Nutrition Information (Per 100g or 100ml)

Energy 616Kcal
Fat 51.3g
Saturates 6.7g
Carbohydrates 17.3g
Sugars 6.2g
Protein 21.2g
Salt 2.83g