

WINTER WARMER HAMPER WITH SPARKLING PROSECCO CONTENTS INGREDIENTS

Zonin 1821, Prosecco Doc Spumante, 37.5cl

Typical Values	per 100ml
Energy kj	275
Energy kcal	66
Fat (g)	0
of which saturates (g)	0
Carbohydrates (g)	1.35
of which sugars (g)	1.35
Fibre (g)	0
Protein (g)	0
Salt (g)	0

Ingredients
 Glera (White Wine, Grape Must), Pinot Bianco (White Wine, Grape Must), Chardonnay (White Wine, Grape Must), Potassium metabisulphite, Sucrose, Yeast Powder, Diammonium, Phosphate, Thiamine Hydrochloride, Citric Acid, Bentonite, Polyvinylpyrrolidone

Allergen Information
 Sulphur Dioxide/Sulphites - Contains

Dietary Information
 Contains added sugars

Filbert's, Pitted Marinated Olives with Chilli & Black Pepper, 65g

Ingredients: Green Olives 93%, salt, lemon juice, extra virgin olive oil, chilli, black pepper.

Nutritional Information per 100g:

Energy 425kJ / 101kcal; Fat 9.5g; of which saturates 2.4g; Carbohydrate 2.9g; of which sugars 0.1g; Fibre 3.2g; Protein 1.1g; Salt 3g

Stockan's, Orkney Cheese Oatcakes, 100g

Ingredients - UK Wholegrain Oats 70%, Vegetable Oil (Sustainable Palm; Rapeseed), Cheese Powder 12% (**Milk**), Fortified Wheat Flour, (**Wheat**; Calcium Carbonate; Iron; Niacin; Thiamin), Salt, Raising Agents (Potassium Bicarbonate; Disodium Diphosphate), Sugar, White Pepper

Allergen Information

- Contains gluten and milk
- May also contain nuts & sesame
- See ingredients above in **bold**

* Fibre 7.6g per 100g

Arden's, Tomato & Basil Puff Pastry Twists, 100g

Ingredients

Wheat Flour, Butter (Milk), Tomato Puree (9%), Yeast, Salt, Skimmed Milk Powder, Tomato Powder (1%), Dried Basil (0.6%), Garlic Powder, Barley Malt Extract, Chilli Powder, Acerola Powder on Cassava Starch

Allergy Information

For allergens, including Cereals containing Gluten, see ingredients in **bold**

Four Anjels, Christmas Shortbread Star Cookies, 100g

INGREDIENTS

Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salted Butter (Butter (Milk), Salt), (31%), Caster Sugar, Rice Flour, Corn Flour (Maize Starch)

ALLERGY ADVICE

**Allergens see ingredients in bold
 Produced in a factory that handles Nuts, Egg and Soya**

STORAGE

**Store in cool dry place out of direct sunlight.
 Consume immediately after opening.**

NUTRITIONAL Typical value per **100g**

Energy kJ/kcal	1990/476
Fat (g)	25.6
Of which saturates (g)	16.8
Carbohydrate (g)	57.7
Of which Sugars (g)	17.9
Protein (g)	5.1
Salt (g)	0.52

The Original Cake Company, Fruit & Nut Topped Fruit Cake, 225g

INGREDIENTS: Sultanas (46%)(sultanas, sunflower oil), flour (**wheat, calcium, iron, niacin, thiamin**), sugar, butter (**milk**), free range **eggs, whole pitted glace cherries (4%)(cherries, glucose/fructose syrup, anti-oxidant: citric acid, natural colour: anthocyanin, preservatives: sulphur dioxide), almonds (nuts)(3%),** humectant: glucose syrup ((from **wheat**) contain **sulphur dioxide**), water, black treacle (cane molasses, invert sugar syrup), golden glace cherries (2%) (cherries, glucose/fructose syrup, anti-oxidant: citric acid, preservatives: sulphur dioxide), humectant: vegetable glycerine, dusting powder (dextrose, cornflour, vegetable oil), edible star decoration (sugar, **almonds (nuts), glucose syrup, invert sugar syrup, preservative: potassium sorbate, colouring: lutein**) liquid glaze (water, glazing agent: dextrin; granulated sugar, glucose syrup, acidity regulator: citric acid; preservative: **potassium sorbate**), **whey powder (milk), baking powder.**

ALLERGEN INFORMATION:

For allergens, including cereals containing gluten, see ingredients in bold. May also contain soya.

CAUTION! Although every effort has been made to remove the cherry stones, some of them may remain.

Nutritional Information per 100g: Energy 1387kJ/328kcal, Fat 8.6g of which saturates 3.7g, Carbohydrate 61.6g of which sugars 50.3g, Fibre 1.0g, Protein 4.3g, Salt 0.5g.

Suitable for Vegetarians.

Store in a cool, dry place away from sunlight. **Once opened store in an airtight container.**

Cotswold Gourmet, Christmas Pudding, 400g

Christmas Pudding

INGREDIENTS: Sultanas (35%)(sultanas, sunflower oil), sugar, breadcrumbs (**WHEAT flour (contains calcium carbonate, iron, thiamine, niacin), salt, yeast**), liquid whole **EGG**, black treacle (cane molasses, invert sugar syrup), glucose syrup (contains preservative (**SULPHUR DIOXIDE**)), mixed peel (orange peel, lemon peel, glucose fructose syrup, salt, citric acid, contains preservative (**SULPHUR DIOXIDE**)), vegetable suet (vegetable fat blend (palm oil, rapeseed oil, sunflower oil), **WHEAT flour**), vegetable oil, flour (**WHEAT, ascorbic acid, calcium sulphate, nicotinamid, iron, vitamin B1, silica, calcium carbonate**), humectant (vegetable glycerine), mixed spice (coriander, cassia cinnamon, ginger, cardamom, cloves, fennel, nutmeg), colour (caramel E150c), salt, acidity regulator (citric acid), contains preservative (potassium sorbate), lemon flavouring.

ALLERGEN INFORMATION: For allergens, including cereals containing gluten, see ingredients in CAPITAL. May also contain SOYA, NUTS and MILK

NUTRITIONAL INFORMATION PER 100g ENERGY 1786kJ / 424kcal FAT 15.6g SATURATES 5.1g CARBOHYDRATE 65.9g SUGARS 49.0g PROTEIN 3.6g SALT 0.26g

PREPARATION GUIDELINES: Remove foil and label. Loosen lid. **TO MICROWAVE:** Cook on full power for 2 minutes (time based on a 800W output. If different refer to manufacturers handbook). **TO STEAM OR BOIL:** Place in a steamer or boil in a saucepan filled to half depth of the pudding with water. Cook for 45 minutes. Do not boil dry. **SERVING:** Once cooked invert basin onto a plate and allow to stand for 30 seconds. **CAUTION:** Pudding may be hot. Store in a cool, dry place.

Lindt, Mini Pralines, 100g

Assorted Pralines

Ingredients: sugar, cocoa butter, whole **milk powder**, cocoa mass, **almonds, hazelnuts, anhydrous milk fat, skimmed milk powder, glucose syrup, dextrose, pistachios, orange peels, lemon peels, invert sugar syrup, lactose, glucose fructose syrup, Marc de Champagne, Kirsch, emulsifier (soya and sunflower lecithin), alcohol, cream powder, whole milk, wheat flour, coffee, natural flavourings, humectant (invertase), barley malt extract, flavourings, cream, salt, low fat cocoa powder, lemon juice concentrate, natural orange flavouring, glazing agent (gum arabic), acidifier (citric acid), coconut fat, caramel sugar syrup.**
 May contain other nuts.
 Milk chocolate contains: cocoa solids: 30%min., milk solids: 14% min. White chocolate contains: cocoa solids: 20% min., milk solids: 14% min. Dark chocolate contains: cocoa solids: 41% min.
 *These chocolates contain alcohol.

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NUTRITION INFORMATION PER 100g:	
Energy / Valor energético	2195 kJ / 526 kcal
Fat / Grasas / Lípidos	30 g
- of wich saturates / de las cuales saturadas / dos quais saturados	14 g
Carbohydrate / Hidratos de carbono	54 g
- of wich sugars / de los cuales azúcares / dos quais açúcares	47 g
Protein / Proteínas	7,3 g
Salt / Sal	0,17 g