CRANFIELD FITTED PICNIC HAMPER WITH ALCOHOL-FREE PRESSÉS CONTENTS INGREDIENTS

Luscombe, Organic Raspberry Crush Sparkling Pressé, 74cl

Ingredients & allergens

Spring water, Raspberry Juice* (19%), Raw Cane Sugar*, Sicilian Lemon Juice*, Damascene Rose water*, Lemon Oil*, Vanilla Extract*, Carbon Dioxide

*= produced to organic standards

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Nutrition

Nutritional Information per 100g/ml
Energy (kJ) 139
Energy (kcal) 33
Protein (g) 0.2
Carbohydrate (g) 7.9
of which sugars (g) 7.9
Fat (g) 0.1
of which saturates (g) 0.1
Salt (g) 0.1

Luscombe, Wild Elderflower Bubbly, 74cl

Ingredients & allergens

Spring Water, Raw Cane Sugar, Elderflower Infusion (Elderflowers, Spring water & Ascorbic Acid [vitamin C]) (2%), Sicilian Lemon Juice, White Wine Vinegar, Carbon Dioxide.

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Severn & Wye, Premium Smoked Salmon, 100g

Ingredients: Smoked Organic Farmed Salmon* (Salmo salar) (**Fish**) (97%), salt.

For allergens, including cereals containing gluten, see ingredients in **bold**.

Wainwright's Choice, Vintage Mature Cheddar Waxed Truckle, 150g

Suitable for vegetarians

Ingredients:Cheddar,(**Milk**) Salt,Rennet.

Allergy advice: For allergens including cereals see ingredients in**bold**

Nutritional Information per (100g):			
Energy kJ	1700	Carbohydrate	0.1
Energy kcal	410	of which are Sugars	0.1
Fat	34.4	Salt estimated from sodium	1.8
of which are Saturates	21.7		
Protein	25.0		

Store Below 6C

Simon Weaver, Organic Cotswold Brie, 100g

Simon Weaver
Cotswold Brie
A smooth and creamy brie style cheese with a gentle rounded flavour.
SUITABLE FOR VEGETARIANS
ALLERGY ADVICE: Contains **Cows' Milk**
STORAGE: Keep Refrigerated and consume within 5 days of opening.
Simon Weaver, Kirkham Farm, Gloucestershire, GL54 2JS
GB-ORG-05 Made with Organic Milk
ORGANIC

Claire's Handmade, Red Onion Marmalade, 206g

Ingredients (allergens in **bold**): red onions 71%, onions, sugar, red wine vinegar (**sulphites**), balsamic vinegar of Modena (**sulphites**), salt, acidity regulator: citric acid, spices

Nutrition per 100g

Energy	694kJ/163kcal
Fat (of which saturates 0g),	0.2g
Carbohydrate (of which sugars 31.4g),	37.3g
Fibre	2.6g
Protein	1.9g
Salt	0.8g

Stocken's, Orkney Oatcakes, 100g

INGREDIENTS
Wholegrain Oats (76%), Vegetable Oil (Sustainable Palm,Rapeseed), Fortified Wheat Flour (Wheat, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising agents (Potassium Bicarbonate, Disodium Diphosphate), For allergens including cereals containing gluten see ingredients in bold. May contain milk nuts and sesame. Suitable for vegetarians.
Nutritional Information Typical values per 100g
Energy 2105kJ/501Kcal, Fat 22.0g of which saturates 8.4g, Carbohydrates 62.4g of which sugars 1.0g, Fibre 9.0g, Protein 10.4g, Salt 1.5g

Arden's, Cheddar Cheese Twists, 125g

Nutritional Info	Per 100g	Per Twist (Approx 8g)
Energy	2126kJ 509Kcal	170kJ 41kcal
Fat of which saturates	27.5g 17.5g	2.2g 1.4g
Carbohydrate of which sugars	50.8g 3.3g	4.1g 0.3g
Fibre	3.2g	0.3g
Protein	13.0g	1.0g
Salt	1.63g	0.13g

Wheat Flour, BUTTER (**Milk**) (28%), CHEDDAR CHEESE (**Milk**) (10%), **Milk**, Salt, Skimmed **Milk** Powder, Salt, Yeast, **Barley** Malt Flour, Sugar.

Allergy Advice For allergens, including cereals containing gluten, see ingredients in **bold**.

Pipers Crisp Co, Lye Cross Cheddar & Onion Crisps, 40g

PIPERS CRISPS
APPROVED
CHEDDAR & ONION FLAVOUR POTATO CRISPS
SUNFLOWER, SUNFLOWER OIL, ONION POWDER, CHEESE POWDER (MILK), SEA SALT, YEAST EXTRACT POWDER, MILK POWDER, SUGAR, NATURAL COLOUR: PAPRIKA EXTRACT.
TYPICAL NUTRITIONAL INFORMATION PER 100G

ENERGY	2225kJ/535kCal
FAT	30.8g
OF WHICH SATURATES	3.5g
CARBOHYDRATES	56.0g
OF WHICH SUGARS	1.5g
FIBRE	3.5g
PROTEIN	4.0g
SALT	1.57g

ALLERGY ADVICE: SEE INGREDIENTS IN BOLD
5 033060 100149
STORE IN A COOL, DRY PLACE.
SUITABLE FOR VEGETARIANS.
VEGAN
Age

Short & Sweet, Original English Shortbread, 100g

Typical Values	Per 100g
Energy kj	2226 kJ
Energy kcal	533 kcal
Fat	30.3 g
of which saturates	18.9 g
Carbohydrate	58.4 g
of which sugars	16.2 g
Fibre	2.1 g
Protein	5.6 g
Salt	0.70 g

Ingredients
Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**Milk**) (32%), Sugar, Salt

Allergen Information
Contains Milk, May Contain Nuts, Contains Wheat

Allergy Information
May also contain Nuts

Claire's Handmade, Fine Cut Orange Marmalade, 227g

Ingredients & allergens

Spring Water, Raw Cane Sugar, Elderflower Infusion (Elderflowers, Spring water & Ascorbic Acid [vitamin C]) (2%), Sicilian Lemon Juice, White Wine Vinegar, Carbon Dioxide.

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Nutrition

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Claire's Handmade, Strawberry Jam, 227g

Ingredients & Nutrition

Ingredients: allergens in **bold**. Sugar, strawberries, gelling agent: fruit pectin, acidity regulator: citric acid. Prepared with 48g fruit per 100g. Total sugar content 63g per 100g.

Nutrition per 100g

Energy	1136kJ/267kcal
Fat (of which saturates 0g),	0g
Carbohydrate (of which sugars 66.2g),	66.3g
Fibre	0.8g
Protein	0.2g
Salt	0.01g

The Cotswold Gourmet, Steamed Lemon Pudding, 350g

280g
Steamed Lemon Pudding
INGREDIENTS: Forbid wheat flour (WHEAT, calcium carbonate, iron, niacin, thiamine), sugar, liquid whole EGG, rapeseed oil, water, lemon curd (9%) (sugar, water, glucose syrup, concentrated lemon juice, margarine (fat blend (palm, palm stearine, coconut oil, rapeseed oil), water, lemon juice), EGG powder, WHEAT starch, modified WHEAT starch, gelling agent (pectin), sicilian lemon oil, acidity regulators (citric acid, trisodium citrate), colours (lutein, curcumin)), humectant (vegetable glycerine), maize starch, WHEY powder (MILK), lemon flavouring (<1%), preservative (potassium sorbate), raising agents (diphosphates, sodium bicarbonates), WHEAT gluten, salt, emulsifiers (propylene glycol esters of fatty acids, mono- and diglycerides of fatty acids, polyglycerol esters of fatty acids).
ALLERGEN INFORMATION: For allergens, including cereals containing gluten, see ingredients in CAPITAL. May also contain SOYA and NUTS
NUTRITIONAL INFORMATION PER 100g ENERGY 1703kJ / 412kcal FAT 7.8g SATURATES 1.9g CARBOHYDRATE 54.4g SUGARS 42.5g PROTEIN 4.1g SALT 0.42g
PREPARATION GUIDELINES: Remove lid and label. Loosen lid.
TO MICROWAVE: Cook on full power for 90 seconds (time based on a 800W output. If different power, adjust cooking accordingly).
TO STEAM: Place in a steamer or boil in a saucepan filled to half depth of the pudding with water. Cook for 20 minutes. Do not boil dry.
SERVING: Once cooked invert baba onto a plate and allow to stand for 30 seconds.
CAUTION: Pudding may be hot. Store in a cool, dry place.
BATCH: 31528

Lindt, Swiss Luxury Chocolate Selection, 145g

Nutrition Facts:

Nutritional Information Per 100g		
Energy (kJ)	2264	
Energy (Kcal)	575	
Fat(g)	37	
- of which saturates(g)	21	
Carbohydrate(g)	52	
- of which sugars(g)	48	
Protein(g)	5.5	
Salt(g)	0.15	

Ingredients: Sugar, cocoa mass, cocoa butter, whole MILK powder, ALMONDS, vegetable fat (palm, coconut, palm kernel oils), emulsifiers MILK fat, skim MILK powder, LACTOSE, sweetener: maltitol, whey powder (MILK), hazelnut paste, WHEAT flour, humectant (sorbitol syrup), emulsifier (soya lecithin), WHEAT flour, cocoa kernels, rice flour, orange peel, coffee, BARLEY malt extract, egg white powder, egg yolk powder, MILK protein, hydrolysed egg white, WHEAT gluten, dextrose, puffed rice, colours (curcumin, annatto, paprika extract, titanium dioxide), WHEAT malt, stabilizer (sodium alginate), preservative, and (citric acid), WHEAT starch, raising agent (sodium bicarbonate), BARLEY malt, glazing agent (shellac), gelling agent (gum arabic).

Allergens: May contain other NUTS

Cocoa Solids % 90% chocolate contains: Cocoa solids: 37% min. Milk solids: 14% min. Dark chocolate contains: Cocoa solids: 67% min.

Taylors of Harrogate, Rich Italian Caletene Coffee, 45g

Ingredients

Arabica Coffee (100%)