

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	Oatmeal , (21%), Brown sugar, Partially Inverted syrup, Milk , Wheat flour (Wheat Flour, 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. Allergens shown in BOLD

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1563kj	Energy (kcal)	371kcal	Salt	0.2g
Fat	9.9g	of which saturates	4.2g		
Carbohydrate	65.6g	of which sugars	43.7g		
Fibre	2.0g	Protein	4.7g		

Name of Product	Yorkshire Parkin Biscuits
Ingredients	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 (1%), salt, Emulsifiers Polyglycerol Esters of Fatty Acids Colours E100. E160b, Flavourings, 14%) partially inverted syrup (11%), Free Range Egg (3%) , Black Treacle (3%), Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%). Allergens shown in BOLD

Energy (kj)	1879kj	Energy (kcal)	447kcal	Salt	0.4g
Fat	13.9g	of which saturates	5.1g		
Carbohydrate	74.6g	of which sugars	40.7g		
Fibre	2.1g	Protein	6.9g		

Name of Product	Shortbread Biscuits
Supplier Name and Address	Lottie Shaw's, Unit 1, Thornhill Beck Lane, Brighouse, West Yorkshire, HD6 4AH
Ingredients	Wheat flour (fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (48%) Unsalted Butter (27.3%) (contains Milk) Sugar, Ground Rice
	Allergens shown in BOLD

Nutrition Labelling - Typical value Per 100g/100ml

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

Name of Product	Rich Fruit Cake
Ingredients	<p>Currants,(22%) Sultans, (12%) Raisins (8.5%) (sunflower oil), Cherries (5%) (Glucose-fructose syrup, sugar, Citric acid, preservatives potassium sorbate, Sulphur dioxide, Colour Erythrosine),Studley Stout (malt, oat flakes, hops, orange peel, yeast, Additives Brewers salt), Wheat flour (fortified with calcium carbonate, iron, niacin, Thiamine), salt, mixed spice(coriander, cinnamon, ginger, nutmeg, fennel, cloves, cardamom, Mixed peel (2.5%) (Glucose-fructose syrup, orange peel, inverted sugar, lemon peel, Acidity Regulator; citric acid, Preservative Sulphur Dioxide)Brown sugar, black treacle, Flaked Almonds (nuts), Butter contains (milk), Eggs, lemon juice.</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1433.1kj	Energy (kcal)	340.5kcal	Salt	0.49g
Fat	13.6g	of which saturates	6.3g		
Carbohydrate	54.0g	of which sugars	44.6g		
Fibre		Protein	4.1g		

Name of Product	Millionaire Shortbread
Ingredients	All Butter Shortbread Wheat Flour (11.4%), Butter 17% (contains milk), Sugar, Ground Rice Milk Chocolate Couverture (17%) (Contains milk solids 21% (35.1%), Cocoa solids 35.1%, sugar, cocoa butter, whole milk powder, cocoa mass, emulsifiers, soya lecithin , E322, Natural Vanilla. Caramel (33.3%) Sugar, Glucose syrup, Sweetened Condensed Milk , Water, Unsalted Butter (contains milk), partially inverted syrup, Vegetable Oil, Salt, Emulsifiers, Soya Lecithin , E322, E473 Allergens shown in BOLD

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	2049kj	Energy (kcal)	489kcal	Salt	0.4g
Fat	26.3g	of which saturates	16.5g		
Carbohydrate	60.9g	of which sugars	36.7g		
Fibre		Protein	3.7g		