

### **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

### **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

### **Willies Cacao - Medellin Hot Chocolate**

**Ingredients:** Cocoa solids 52% minimum, cocoa powder, raw cane sugar. Suitable for vegans. Free from dairy, alcohol, gluten, nuts and soya.

#### **Nutrition Information (Per 100g or 100ml)**

**Energy** 447kJ / 107 Kcal

**Fat** 4.6g

**Saturates** 2.9g

**Carbohydrates** 10.8g

**Sugars** 10.1g

**Protein** 4.5g

**Salt** <0.1g

### **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

**Yorkshire Crisps - Worcester Sauce flavour**

**Ingredients:** Potatoes, Sunflower Oil, Sugar, Sea Salt, Rice Flour, Dried Worcester Sauce (Spirit vinegar, Sugar, Onion, Salt, Tamarind paste, Cloves, Ginger, Garlic), Garlic Powder, Natural Flavouring, Dried Lemon Juice, Dried Spirit Vinegar, Yeast Extract, Onion Powder, Acidity Regulator: Citric acid, Ginger, Black Pepper, Cinnamon, Pimento.

**Nutrition Information (Per 100g or 100ml)**

**Energy** 468.2Kcal

**Fat** 25.0g

**Saturates** 2.2g

**Carbohydrates** 54.1g

**Sugars** 3.0g

**Protein** 5.2g

**Salt** 1.4g

**Lincoln Tea & Coffee Co – Sweet Brazil Filter Blend Coffee**

**Ingredients:** Coffee beans.

**Willies Cacao - Dark Chocolate Sea Salt Praline Truffles**

**Ingredients:** Cocoa mass, HAZELNUTS 27%, raw cane sugar, cocoa powder, HAZELNUT oil 0.8%, cocoa butter, sea salt 0.6%. MAY CONTAIN MILK.

**Nutrition Information (Per 100g or 100ml)**

**Energy** 573 kcal

**Fat** 41.4g

**Saturates** 15.4g

**Carbohydrates** 36.2g

**Sugars** 29.4g

**Protein** 9.2g

**Salt** 0.2g

### **Mr Filberts - Mexican Sweet Chilli Mixed Nuts**

**Ingredients:** Roasted mixed nuts 94%, (PEANUTS, ALMONDS, CASHEWS), sugar, chipotle chilli, sea salt, garlic, rapeseed oil, black pepper, fennel, chilli powder. Allergens in bold. Suitable for Vegetarians and Vegans.

#### **Nutrition Information (Per 100g or 100ml)**

**Energy** 2449kJ / 591kcal

**Fat** 46g

**Saturates** 7.4g

**Carbohydrates** 14.4g

**Sugars** 8.3g

**Protein** 25.7g

**Salt** 0.7g

### **Hawkshead Relish - Traditional English Mustard**

**Ingredients:** MUSTARD Seed, Water, Salt, Acetic Acid (SULPHITES).

#### **Nutrition Information (Per 100g or 100ml)**

**Energy** 274 kcal

**Fat** 16.1g

**Saturates** 0.8g

**Carbohydrates** 11.4g

**Sugars** 0.1g

**Protein** 16.2g

**Salt** 2.3g

### **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

### **Cornish Artisan Confectionery - Caramel Sea Salt Crumbly Fudge**

**Ingredients:** Sugar, sweetened condensed milk (WHOLE MILK, sugar), butter (MILK), golden syrup, glucose, sea salt, caramel flavouring Made in a factory that handles egg, soya, nuts and peanuts.

**Nutrition Information (Per 100g or 100ml)**

**Energy** 1708kJ / 405kcal

**Fat** 11.5g

**Saturates** 7.3g

**Carbohydrates** 74.1g

**Sugars** 70.3g

**Protein** 1.3g

**Salt** 0.81g

**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

**Lincoln Tea & Coffee Co - Earl Grey Tea**

**Ingredients:** Black Tea, natural flavour, type Bergamot

**Elegant and English - Strawberries & Cream Biscuits**

**Ingredients:** WHEAT FLOUR, BUTTER (28%), Sugar, Whole MILK Powder, Strawberry Juice Concentrate (2%), Clotted Cream (1%) (MILK), Natural Flavouring, Lemon Juice Concentrate, Emulsifier (SOYA Lecithin), Raising Agent (Sodium Bicarbonate) Contains WHEAT, GLUTEN, NUTS, MILK, SOYA – NOT SUITABLE FOR NUT ALLERGY SUFFERERS

Allergy Advice: For allergens see ingredients in CAPITALS

**Nutrition Information (Per 100g or 100ml)**

**Energy** 513 Kcal

**Fat** 25.3g

**Saturates** 15.7g  
**Carbohydrates** 68.6g  
**Sugars** 21.2g  
**Protein** 6.3g  
**Salt** 0.6g

### **Olives Et Al - Rosemary & Garlic Olives**

**Ingredients:** mixed pitted olives (pitted green olives, pitted kalamon olives) 60%, dressing oil (extra virgin olive oil, rapeseed oil) 39%, garlic, rosemary. Although these are pitted olives some fragments of olive stone may remain so please do eat with care. May contain traces of NUTS and SEEDS.

### **Nutrition Information (Per 100g or 100ml)**

**Energy** 195kcal  
**Fat** 20.5g  
**Saturates** 1.3g  
**Carbohydrates** 1.7g  
**Sugars** 0.1g  
**Protein** 1.5g  
**Salt** 2.6g

### **Hawkshead Relish - Seville Orange Marmalade**

**Ingredients:** sugar, orange (35%), water, pectin(gelling agent), acidity, regulator (citric acid), prepared with 35g fruit per 100g. total sugar content 60g per 100g.

### **Nutrition Information (Per 100g or 100ml)**

**Energy** 240 kcal  
**Fat** 0.0g  
**Saturates** 0.0g  
**Carbohydrates** 59.7g  
**Sugars** 59.2g  
**Protein** 0.2g  
**Salt** 0.0g

### **Lincoln Tea & Coffee Co - Traditional Breakfast Tea**

**Ingredients:** Black tea

### **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**Mighty Fine - Dark Chocolate Coated Almonds**

**Ingredients:** ALMONDS (60%), Dark Chocolate (38.3%)(Cocoa Mass, Sugar, Cocoa Butter, Emulsifier [SOYA LECITHIN], Natural Vanilla Flavouring), Cocoa Powder (0.5%), Glazing Agents (Gum Arabic), Salt and natural flavouring. For allergens, including cereals containing gluten, see ingredients in Bold. Also, NOT suitable for PEANUT, TREE NUT, MILK and GLUTEN allergy sufferers.

**Nutrition Information (Per 100g or 100ml)****Energy** 2352kJ / 568kcal**Fat** 44g**Saturates** 10.1g**Carbohydrates** 17.6g**Sugars** 12.3g**Protein** 20.3g**Salt** 0.01g