

HARROGATE HAMPER WITH ALCOHOL-FREE PRESSÉ CONTENTS INGREDIENTS

Luscombe, Organic Sicilian Lemonade, 74cl

Energy	162kJ (38kcal)
Fat	0.1g
of which saturates	0.1g
Carbohydrate	9.5g
of which sugars	9.5g
Protein	0.1g
Salt	<0.1g

Devon Spring Water, Organic Sicilian Lemon Juice (14%), Organic Raw Cane Sugar, Organic Sicilian Lemon Oil, Organic Madagascan Vanilla Extract

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 6°C

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



Arden's, Cheddar Cheese Twists, 125g

Nutritional Info	Per 100g	Per Twist (Approx 8g)
Energy	2126kJ 509kcal	170kJ 41kcal
Fat	27.5g	2.2g
of which saturates	17.5g	1.4g
Carbohydrate	50.8g	4.1g
of which sugars	3.3g	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**.

Yorkshire Crisps, Natural Sea Salt, 100g

Hand fried in 100% sunflower oil and drizzled with completely natural Sea Salt seasoning.

INGREDIENTS

Potatoes, Sunflower Oil, Sea Salt.

See ingredients in **BOLD**. Suitable for Vegetarians and Vegans.



SUITABLE FOR VEGETARIANS



VEGAN FRIENDLY

Typical values	Per 100g
Energy	2043kJ / 488kcal
Fat	23.8g
of which saturates	5.4g
Carbohydrate	61.9g
of which sugars	0.3g
Protein	6.5g
Salt	1g

Border Biscuits, Strawberry Drizzle Melts, 150g

Ingredients: **Wheat Flour** (Calcium, Iron, Niacin, Thiamin), Sugar, **Butter**, Vegetable Oil (Palm, Rapeseed), Strawberry Drizzle (13%) (Sugar, Vegetable Oil (Palm, Coconut), **Whey (Milk) Powder**, **Whey (Milk) Protein Concentrate**, Emulsifier: **Soya Lecithin**, Citric Acid, Natural Flavouring, Colour: Beetroot Red), Cornflour, Raising Agents (Ammonium Bicarbonate, Disodium Diphosphate, Sodium Carbonate), Skimmed Milk Powder, Salt.

Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **bold**. Also, may contain traces of egg, nut and sesame seeds.

Nutritional Information/UK&EU Typical Values	Per 100g	Per biscuit
Energy	kcal 490 kJ 2049	83 347
Fat	27.9g	4.7g
of which saturates	11.5g	1.9g
Carbohydrate	55.4g	9.4g
of which sugars	26.7g	4.5g
Protein	3.9g	0.7g
Salt	0.8g	0.1g

PLEASE RECYCLE THE CARD

150g e Suitable for Vegetarians

We are happy to declare that the palm oil contained within the ingredients we use is certified as sustainable.

The Cotswold Gourmet, Steamed Lemon Pudding, 350g

280g Steamed Lemon Pudding

INGREDIENTS: Fortified 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 1723kJ / 412kcal
FAT 7.9g SATURATES 1.6g CARBOHYDRATE 54.4g SUGARS 42.8g
PROTEIN 4.1g SALT 0.42g

PREPARATION GUIDELINES: Remove foil and label. Loosen lid.
TO MICROWAVE: Cook on full power for 90 seconds (time based on a 800W output. If different refer to manufacturers handbook).
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 basin onto a plate and allow to stand for 30 seconds.
CAUTION: Pudding may be hot. Store in a cool, dry place.

BATCH: **31520**

Lily O'Brien's, Mint Cremes Collection, 200g

Fondant 63% (Sugar, Glucose Syrup, Water), Dark Chocolate 36% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin), Peppermint Oil, Stabilisers: Invertase, Dark Chocolate contains Cocoa Solids 55% minimum

Allergen Information

For allergens, see ingredients in **bold**.

Also may contain Milk and Nuts

Nutritional Information

Typical	per 100g
Energy	425kcal/ 1793kJ
Fat	11.1g
of which saturates	6.8g
Carbohydrate	77.8g
of which sugars	65.8g
Protein	2.7g
Salt	0.01g