

Teoni's Cookies – Spiced Fingers

Ingredients: WHEAT FLOUR (GLUTEN) [calcium carbonate, iron, niacin, (vit B3), thiamin (vit B1), BUTTER (MILK) (20%), oats (13%), golden syrup, bicarbonate of soda, mixed spice (1%). Made in factory that handles nuts. Free from Hydrogenated fats.

Allergy Advice: For allergens see ingredients in CAPITALS.

Nutrition Information (Per 100g or 100ml)

Energy 449kcal

Fat 17.4g

Saturates 7.8g

Carbohydrates 68.5g

Sugars 38.7g

Protein 5.5g

Salt 0.2mg

Hawkshead Relish – Christmas Chutney

Ingredients: apricot (28%), onion, acetic acid, sugar, orange, cranberry (4%), salt, ginger, garlic, coriander, cayenneMAY CONTAIN TRACES OF FRUIT STONE

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 180kcal

Fat 1.0g

Saturates 0.0g

Carbohydrates 37.0g

Sugars 36.0g

Protein 2.0g

Salt 2.0g

Forest Feast – Dark Chocolate Almonds

Ingredients: Almonds (39%), Cocoa mass, sugar, cocoa butter, salt, Cocoa Powder, emulsifier (soya lecithin), natural flavouring. Dark chocolate contains 55% cocoa solids minimum. Also, NOT suitable for PEANUT, TREE NUT, MILK and SESAME SEED allergy sufferers.

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 2356kJ / 566kcal

Fat 43.1g

Saturates 14.5g

Carbohydrates 30.9g

Sugars 28.1g

Protein 11.8g

Salt 0.72g

The Pea Green Boat – Original Cheese Sables

Ingredients: Organic Scottish WHEAT Flour (GLUTEN, with added Calcium, Iron, Niacin, Thiamin), Scottish Mature Cheddar Cheese (MILK) (31%), Italian Parmigiano Reggiano Cheese (MILK, Salt, Rennet) (15%), Butter (Milk, Salt), Sea Salt, Garlic Powder.

Nutrition Information (Per 100g or 100ml)

Energy 2323kJ / 558kcal

Fat 37.8g

Saturates 24.6g

Carbohydrates 35.7g

Sugars 0.9g

Protein 17.7g

Salt 1.4g

The Simply Delicious Cake Co – Handmade Christmas Cake

Ingredients: vine fruit (35%) (sultanas, sunflower oil) EGGS, butter, (MILK), dark soft brown sugar WHEAT flour, icing (sugar, glucose syrup, water, palm oil, humectant: vegetable glycerine, emulsifier: mono and di-glycerides of fatty acids, stabiliser: gum tragacanth, preservative: potassium sorbate, natural flavouring), marzipan: sugar, ALMONDS, glucose syrup, water, invert sugar syrup, preservative: potassium sorbate), cherries (cherries, glucose-fructose syrup, preservatives: SULPHUR DIOXIDE, acidity regulator: citric acid, fruit and vegetable juice for colour), black treacle, ALMONDS, mixed peel (orange, lemon, glucose fructose syrup, salt, preservative: SUPHUR DIOXIDE), lemon juice, preservative: potassium metabisulphate), Almond flavouring, glaze, (glucose, water, sugar, gelling agent: pectin, acidifying agent: citric acid, preservative: potassium sorbate

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 374kcal

Fat 9.6g

Carbohydrates 62.3g

Sugars 26.8g

Protein 10.4g

Hawkshead Relish – Fruity Cranberry Sauce

Ingredients: sugar, cranberries (23%), bramley apples, lemon juice, water

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 190kcal

Fat 0.0g

Saturates 0.0g

Carbohydrates 48.0g

Sugars 48.0g

Protein 0.0g

Salt 0.0g

The Real Smoked Nut Company - Hickory Smoked Almonds and Cashews

Ingredients: ALMONDS, CASHEWS, Sunflower oil, PALM oil, salt, hickory wood smoke.
PACKED IN FACTORY WHERE NUTS (INCLUDING PEANUTS) & SESAME SEEDS ARE PROCESSED

Nutrition Information (Per 100g or 100ml)

Energy 616Kcal

Fat 51.3g

Saturates 6.7g

Carbohydrates 17.3g

Sugars 6.2g

Protein 21.2g

Salt 2.83g

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

Shropshire Spice Co – Traditional Mulled Wine Spice

Ingredients: cinnamon, dried lemon peel, dried orange peel, nutmeg allspice, cloves

Cocoa Loco - Milk Chocolate Christmas Santas

Ingredients: milk chocolate containing cocoa solids 37% minimum & milk solids 21% minimum (sugar, cocoa butter, whole MILK powder, cocoa mass, vanilla powder)MAY CONTAIN SOYA, MADE IN A KITCHEN WHERE NUTS WHEAT FLOUR, OATS, EGGS AND SESAME SEEDS ARE USED.SUITABLE FOR VEGETARIANS

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 573kcal

Fat 38.1g

Saturates 23.2g

Carbohydrates 50.0g

Sugars 49.1g

Protein 6.7g

Salt 205mg

Hawkins - Original Grantham Gingerbread

Ingredients: Flour (WHEAT), Sugar, Butter (MILK), EGG, Bicarbonate of Soda, Baking Powder (WHEAT), Ground Ginger (1%)

Nutrition Information (Per 100g or 100ml)

Energy 2234kJ / 532kcal

Fat 20.6g

Saturates 13.0g

Carbohydrates 80g

Sugars 48.1g

Protein 5.7g

Salt 0.3g

Millers Toast - Cranberry & Raisin

Ingredients: BUTTERMILK, WHEAT Flour, Dried Sweetened Cranberries (25%) (Cranberries, Sugar, Sunflower Oil), Pumpkin Seeds (17%), Raisins (13%), Soft Brown Sugar, Honey, Extra Virgin Olive Oil, Raising Agent (Sodium Bicarbonate), Sea Salt

Nutrition Information (Per 100g or 100ml)

Energy 466kcal

Fat 10.7g

Saturates 3.0g

Carbohydrates 79.3g

Sugars 30.4g

Protein 10.2g

Salt 1.7g

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

Cornish Artisan Confectionery - Crunchy Peanut Brittle

Ingredients: Sugar, glucose syrup, roasted PEANUTS (30%), butter (MILK), salt Made in a factory that uses soya and nuts as an ingredient.

Nutrition Information (Per 100g or 100ml)

Energy 1977kJ / 472kcal

Fat 21.4g

Saturates 6.9g

Carbohydrates 60.8g

Sugars 48.8g

Protein 7.8g

Salt 0.52g

The Natural Candy Shop - Jelly Beans

Ingredients: sugar, glucose syrup, modified maize, starch, malic acid, citric acid, natural flavourings, natural colours: curcumin, beetroot red, chlorophyllins, beta carotene vegetable carbon, glazing agents: pectin, carnauba wax NOT SUITABLE FOR NUT/PEANUT ALLERGY SUFFERERS

Nutrition Information (Per 100g or 100ml)

Energy 357kcal

Fat 0.5g

Saturates 0.43g

Carbohydrates 88.2g

Sugars 58.6g

Protein 0.1g

Salt 0.065g

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

Cocoba Dark Chocolate Covered Orange Peel

Ingredients: Sugar, orange peel, cocoa mass, vegetable fat (palm), cocoa butter, whey (MILK), emulsifier: sunflower lecithin, glazing agents: shellac, gum arabic, preservative: citric acid

Nutritional Information (Per 100 g)

Energy 484 kcal

Fat 23.3g

Saturated 14.2g

Carbohydrates 63.7g

Sugars 62.1g

Protein 3.2g

Salt 0.3g

Cole's – Brandy Christmas Pudding

Ingredients: Vine Fruits (41%)(Sultanas, Raisins, Currants), Vegetable Suet (Palm Oil, Sunflower Oil, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Brandy (10%), Brown Sugar, Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Chopped WALNUTS, Golden Syrup, Chopped Orange Peel, Orange Juice From Concentrate, Lemon Juice From Concentrate, Humectant: Vegetable Glycerol, Mixed Spice, Salt, Malted BARLEY Extract. (Contains Alcohol), (Suitable for Vegetarians)

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 387Kcal

Fat 14g

Saturates 5.8g

Carbohydrates 53g

Sugars 43g

Protein 3.7g

Salt 0.6g

Lincoln Tea & Coffee Co - Traditional Breakfast Tea

Ingredients: Black tea

Yorkshire Popcorn - Salt & Sweet Popcorn

Ingredients: Popped corn kernels, Sugar, Rapeseed oil, Salt May contain MILK

Nutrition Information (Per 100g or 100ml)

Energy 460Kcal

Fat 19.25g

Saturates 1.5g

Carbohydrates 71g

Sugars 19.5g

Protein 6.5g

Salt 1.25g