

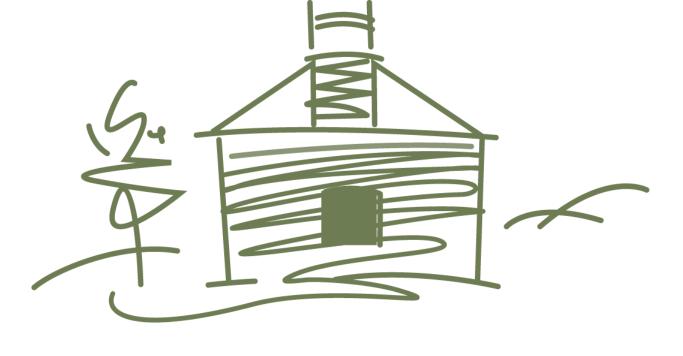


THE GREEK FARMER AIR DRIED PORK BELLY

INGREDIENTS:

Pork belly, red wine, salt, black pepper, curing salt (sodium nitrite & sodium nitrate), oak smoke.

BEST BEFORE: +3 MONTHS		
NUTRITIONAL INFORMATION		
Typical values per 100g		
ENERGY	2259kj/546Kcal	
FAT	47.9g	
OF WHICH SATURATES	21.4g	
CARBOHYDRATES	<0.1g	
OF WHICH SUGARS	0.2g	
PROTEIN	28.6g	
SALT	2.64g	



THE GREEK FARMER AIR DRIED LOIN

INGREDIENTS:

Pork loin, red wine, salt, coriander, black pepper, curing salt (sodium nitrite & sodium nitrate), natural beef casing, oak smoke.

BEST BEFORE: +3 MONTHS		
NUTRITIONAL INFORMATION		
Typical values per 100g		
ENERGY	951kj/225Kcal	
FAT	4.1g	
OF WHICH SATURATES	1.63g	
CARBOHYDRATES	1.2g	
OF WHICH SUGARS	<0.1g	
PROTEIN	45.9g	
SALT	5.96g	



THE GREEK FARMER AIR DRIED BEEF

INGREDIENTS:

Beef, red wine, salt, cumin, fresh garlic, paprika, black pepper, fenugreek, curing salt (sodium nitrite & sodium nitrate), natural beef casing, oak smoke.

BEST BEFORE: +3 MONTHS		
NUTRITIONAL INFORMATION		
Typical values per 100g		
ENERGY	917kj/217Kcal	
FAT	3.7g	
OF WHICH SATURATES	1.35g	
CARBOHYDRATES	5.0g	
OF WHICH SUGARS	0.2g	
PROTEIN	40.9g	
SALT	3.77g	





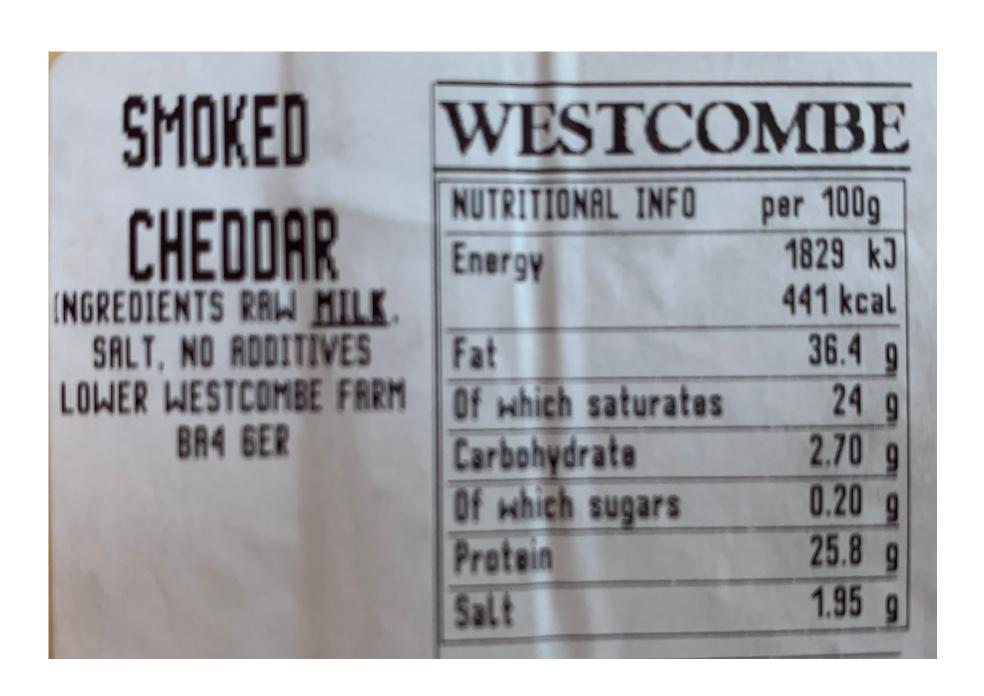
THE GREEK FARMER AIR DRIED HAM

INGREDIENTS:

Pork leg, red wine, salt, black pepper, curing salt (sodium nitrite & sodium nitrate), natural beef casing, oak smoke.

BEST BEFORE: +3 MONTHS		
NUTRITIONAL INFORMATION		
Typical values per 100g		
ENERGY	1202kj/286Kcal	
FAT	11.1g	
OF WHICH SATURATES	4.45g	
CARBOHYDRATES	<0.1g	
OF WHICH SUGARS	<0.1g	
PROTEIN	46.5g	
SALT	4.96g	

CHEDDAR & SMOKED CHEDDAR



CHEDDAR	WESTCO	MBE
	NUTRITIONAL INFO	per 100g
INCREDIENTS MILK.	Energy	1829 kJ 441 kcal
SALT. NO ADDITIVES	Fat	36.40 g
LOWER WESTCOMBE FARM	Of which saturates	24.00 g
BR4 GER	Carbohydrate	2.7 g
	Of which sugars	0.2 9
	Protein	25.8 g
	Salt	1.95 g

CHUTNEYS

MANGO

Ingredients: Mango (40%), Jaggery (15%), Water, Sunflower Oil, Ginger, Chilli flakes, Coriander Seeds, Cumin Seeds, Nigella Seeds, Salt Allergy advice: Prepared in a kitchen that uses mustard, sesame & peanuts. Origin: Handmade in UK, by Cheeky Food Company Ltd, London, W73HS. Nutritional Values per 100g 175kcal/720kj Energy Fat 5.3g 0.6g of which Saturates Carbohydrate 29.58 of which sugars 24.78 Fibre 2.6g Protien Ig Salt 0.98 Store in a cool, dry place. Once opened, refrigerate and use use within 8 weeks. Stir well before use.

RED ONION

Ingredients: Red Onions (9) Red Wine Vinegar(12.3%), (9) Sunflower Oil, Chilli powd Poppy seeds, Black Pepper Allergy advice: For allerge Prepared in a kitchen that	der, Mustard seeds,	
Origin: Handmade in UK, by Cheeky Food Company Ltd, London, W7 3HS.		
Nutritional Values per Energy 319kcal Fat of which Saturates Carbohydrate of which sugars Fibre Protien Salt Store in a cool, dry place. Use within 8 weeks. Stir we	er 100g / 1323kj 5.5g 0.6g 65g 57g 1.8g 2.1g 0.2g	

CRANBERRY

Ingredients: Cranberry (35%), Apple (19%), Jaggery, Water, Onion, Sunflower Oil, Cider Vinegar, Salt, Cinnamon, Nigella Seeds, Ginger, Spices. Allergy advice: Prepared in a kitchen that uses sesame, mustard & peanuts. Origin: Handmade in UK, by Cheeky Food Company Ltd, London, W73HS. Nutritional Values per 100g 175kcal/717kj Energy 6.5g Fat 0.8g of which Saturates Carbohydrate 27g of which sugars 25g Protein 0.8g Salt 0.9g Store in a cool, dry place. Once opened, refrigerate and eat Within 2 weeks. Stir well before use.

CAPRICE WAFER ROLLS

Nutrition Declaration / Dichiarazione nutrizionale / Näringsdeklaration / Ravintoarvoilmoitus	Per 100g
Energy / Energia / Energia / Energia	2002kJ / 477kcal
Fat / Grassi / Fett / Rasva	19g
of which / di cui / varay / josta	
Saturates / Acidi grassi saturi / Mättat fett / Tvvdvttvnvttä	8,49
Larbonydrate / Carboidrati / Kolhydrat / Hiilihydraatit	67g
of which / di cui / varav / josta	
Sugars / Zuccheri / Sockerarter / Sokereita	48g
Fibre / Fiber / Ravintokuitu	4,3g
Protein / Protein / Proteini	7,49
Salt / Sale / Salt / Suola	0,39g

El/l'ennese waiters with hazelnut and cocoa cream (63%) - Ingredients: Sugar, wheat flour, vegetable oils (palm oil, palm kernel oil, statose, hazelnut paste 6%, fat reduced cocoa powder 3,5%, milk proteins, stabiliser (sorbitol syrup), starch, fructose, skimmed milk protein product may contain traces of peanuts and other nuts.

Il viter viennesi con crema di nocciole e cacao (63%) - Ingredienti: Zucchero, farina di frumento, oli vegetali (olio di palma, do di panish, olio di karitè), lattosio, pasta di nocciole 6%, cacao magro in polvere 3,5%, proteine del latte, stabilizzante (sorbitol), andio, fruttosio, latte scremato in polvere, colorante (caramello ammoniacale), fibre alimentari, sale, emulsionante (lacina di sal), antiossidanti (palmitato di ascorbile, estratto ricco in tocoferolo), aromi.

Il viter viennese vaffior med hasselnot och kakaokräm (63%) - Ingredienser: Socker, vetemjöl, vegetabiliska oljor (palmolja, palmianada, stabil), lattos, hasselnotsmassa 6%, fettminskat kakaopulver 3,5%, mjölkprotein, stabiliseringsämne (sorbitolisirap), statosi, lattinjölkspulver, färgämne (sockerkulör), dietetiskt fiber, salt, emulgeringsmedel (sojalecitin), antioxidatonsnote houdien kan innehålla spår av jordnötter och andra nötter.

Il lönelela hasselpähkinä- ja kaakaotäytteellä (63%) - Ainesosat: Sokeri, vehnäjauho, kasviöliyt jamiojiy, palmuydinölly, sheaöliy), laktoosi, hasselpähkinätahna 6%, vähärasvainen kaakaojauhe, jaminoniummenetelmän sokerikulööri), ravintokuidut, suola, emulgointiaine (soijalesitiini), lude vi sisältää pieniä määriä maapähkinää tai muita pähkinöitä.

GREK PEPPERMINT TEA

Ingredients
Large-cut peppermint leaves.

Ethically farmed in the Peloponnese and West Macedonia regions of Greece – all of our ingredients are 100% organic