



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



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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

SMOKED CHEDDAR
 (INGREDIENTS RAW MILK, SALT, NO ADDITIVES)
 LOWER WESTCOMBE FARM
 BA4 6ER

WESTCOMBE	
NUTRITIONAL INFO per 100g	
Energy	1829 kJ 441 kcal
Fat	36.4 g
Of which saturates	24 g
Carbohydrate	2.70 g
Of which sugars	0.20 g
Protein	25.8 g
Salt	1.95 g

CHEDDAR
 (INGREDIENTS MILK, SALT, NO ADDITIVES)
 LOWER WESTCOMBE FARM
 BA4 6ER

WESTCOMBE	
NUTRITIONAL INFO per 100g	
Energy	1829 kJ 441 kcal
Fat	36.40 g
Of which saturates	24.00 g
Carbohydrate	2.7 g
Of which sugars	0.2 g
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, W7 3HS.

Nutritional Values per 100g	
Energy	175kcal/720kj
Fat	5.3g
of which Saturates	0.6g
Carbohydrate	29.5g
of which sugars	24.7g
Fibre	2.6g
Protien	1g
Salt	0.9g

Store in a cool, dry place.
 Once opened, refrigerate and use within 8 weeks. Stir well before use.

RED ONION

Ingredients: Red Onions (51%), Jaggery (21.3%), Red Wine Vinegar(12.3%), Cider Vinegar, Water, Sunflower Oil, Chilli powder, Mustard seeds, Poppy seeds, Black Pepper
 Allergy advice: For allergens, see ingredients in bold. Prepared in a kitchen that uses sesame & peanuts.
 Origin: Handmade in UK, by Cheeky Food Company Ltd, London, W7 3HS.

Nutritional Values per 100g	
Energy	319kcal / 1323kj
Fat	5.5g
of which Saturates	0.6g
Carbohydrate	65g
of which sugars	57g
Fibre	1.8g
Protien	2.1g
Salt	0.2g

Store in a cool, dry place.
 Once opened, refrigerate and use within 8 weeks. Stir well before use.

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, W7 3HS.

Nutritional Values per 100g	
Energy	175kcal/717kj
Fat	6.5g
of which Saturates	0.8g
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 / Energi / Energia	2002kJ / 477kcal
Fat / Grassi / Fett / Rasva	19g
of which / di cui / varav / josta	
Saturates / Acidi grassi saturi / Mättat fett / Tyydyttyynyttä	8,4g
Carbohydrate / Carboidrati / Kolhydrat / Hiilihydraatit	67g
of which / di cui / varav / josta	
Sugars / Zuccheri / Sockerarter / Sokereita	48g
Fibre / Fibre / Fiber / Ravintokuitu	4,3g
Protein / Proteine / Protein / Proteiini	7,4g
Salt / Sale / Salt / Suola	0,39g

EN / Viennese wafers with hazelnut and cocoa cream (63%) - Ingredients: Sugar, wheat flour, vegetable oils (palm oil, palm kernel oil, shea oil), lactose, hazelnut paste 6%, fat reduced cocoa powder 3,5%, milk proteins, stabiliser (sorbitol syrup), starch, fructose, skimmed milk powder, colour (ammonia caramel), dietary fibre, salt, emulsifier (soya lecithin), antioxidants (ascorbyl palmitate, tocopherol-rich extract), flavourings. The product may contain traces of peanuts and other nuts.

IT / Wafer viennesi con crema di nocciole e cacao (63%) - Ingredienti: Zucchero, farina di frumento, oli vegetali (olio di palma, olio di palmetto, olio di karité), lattosio, pasta di nocciole 6%, cacao magro in polvere 3,5%, proteine del latte, stabilizzante (sciroppo di sorbitolo), amido, fruttosio, latte scremato in polvere, colorante (caramello ammoniacale), fibre alimentari, sale, emulsionante (lecitina di soia), antiossidanti (palmitato di ascorbico, estratto ricco in tocoferolo), aromi. Il prodotto può contenere tracce di arachidi e altra frutta a guscio.

SE / Viennese väfflor med hasselnöt och kakaokräm (63%) - Ingredienser: Socker, vetemjöl, vegetabiliska oljor (palmolja, palmkärnolja, sheaolja), laktos, hasselnötsmassa 6%, fettminskat kakaopulver 3,5%, mjölkprotein, stabiliseringsämne (sorbitolsirap), stärkelse, fruktos, lättmjölkpulver, färgämne (sockerkulör), dietetiskt fiber, salt, emulgeringsmedel (sojalecitin), antioxidationsmedel (askorbylpalmitat, tokoferolrika extrakt), smaken.

FI / Vohveleita hasselpähkinä- ja kaakaotäytteellä (63%) - Ainesosat: Sokeri, vehnäjauho, kasviöljyt (palmuöljy, palmuydinöljy, sheaöljy), laktoosi, hasselpähkinätahna 6%, vähärasvainen kaakaojauhe 3,5%, maitoproteiinit, stabilointiaine (sorbitolisirappi), tärkkelys, fruktoosi, rasvaton maitojauhe, väri (ammoniummeneteilmän sokerikulöön), ravintokuidut, suola, emulgointiaine (soijalesitiini), hapettumisenestoaine (askorbyylipalmitaatti, tokoferoliuute), mausteet. Tuote voi sisältää pieniä määriä maapähkinää tai muita pähkinöitä. Keep in a cool and dry place.

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