

### **Alfred Enderby – Finest Cured Smoked Salmon**

**Ingredients:** Salmon.

### **Marsh Pig – Rosemary and Garlic Salami**

**Ingredients:** Free range pork 95.5%, salt, garlic, black pepper, rosemary, dextrose, preservative (sodium nitrite). Allergy Advice: For allergens see ingredients in CAPITALS

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

**Energy** 1573kJ / 379kcal

**Fat** 25g

**Saturates** 10g

**Carbohydrates** 1.2g

**Sugars** 0.7g

**Protein** 26g

**Salt** 3.6g

### **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

### **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

### **Emily Crisps - Simply Sea Salt Sweet Potato Chips**

**Ingredients:** Sweet potato, sunflower oil, sea salt

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

**Energy** 2195kJ / 527kcal  
**Fat** 31.8g  
**Saturates** 3.2g  
**Carbohydrates** 51.0g  
**Sugars** 33.7g  
**Protein** 4.5g

### **Duncans of Deeside - Family Recipe Scottish Oatcakes**

**Ingredients:** Scottish OATMEAL (77%), Vegetable Oil (14% non hydrogenated Rapeseed Oil), WHEAT Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin) Sugar, Salt, Bicarbonate of Soda. Vegan Friendly

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

**Energy** 1933kJ / 462kcal  
**Fat** 19.7g  
**Saturates** 1.9g  
**Carbohydrates** 65.1g  
**Sugars** 3.5g  
**Protein** 9.7g  
**Salt** 2.25g

### **Cote Hill - Red**

**Ingredients:** contains MILK. Suitable for vegetarians. Allergy Advice: For allergens see ingredients in CAPITALS

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

**Energy** 1875kJ / 452kcal  
**Fat** 35.8g  
**Saturates** 23.5g  
**Carbohydrates** 5.4g  
**Sugars** 0.5g  
**Protein** 26.4g  
**Salt** 1.64g

### **Hawkshead Relish - Beetroot and Horseradish Chutney**

**Ingredients:** beetroot (20%), sugar, apple, acetic acid, onion, raisins, horseradish (4%), ginger, salt, pectin, spices.

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

**Energy** 159 kcal

**Fat** 0.2g

**Saturates** 0.0g

**Carbohydrates** 36.5g

**Sugars** 35.3g

**Protein** 1.1g

**Salt** 0.7g

### **The Simply Delicious Cake Company - Apricot and Ginger Cake**

**Ingredients:** Vine fruits (27%) (sultanas, raisins, currants, sun flower oil), free range EGGS, demerara sugar, WHEAT flour, butter (MILK), apricots (8%), stem ginger (5%) ground ALMONDS, lime juice (lemon juice, preservative: potassium met bisulphate, natural lime flavour), mixed peel (orange, lemon, glucose fructose syrup, salt, preservative: SULPHUR DIOXIDE), ground ginger, 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** 321Kcal

**Fat** 10.9g

**Carbohydrates** 51g

**Sugars** 24.6g

**Protein** 16.6g

**Salt** 0g

### **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

### **The Handmade Cake Co – Sultana Scones**

**Ingredients:** WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Sugar, Sultanas (8%), Raising Agents (E450, E501), Skimmed MILK Powder, Pasteurised Free Range EGG. Allergy Advice: For allergens see ingredients in CAPITALS

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

**Energy** 1409kJ / 335kcal

**Fat** 10.5g

**Saturates** 3.8g

**Carbohydrates** 56.5g

**Sugars** 19.1g

**Protein** 6.1g

**Salt** 0.89g

### **Roddas – Clotted Cream**

**Ingredients:** 100% MILK. Allergy Advice: For allergens see ingredients in CAPITALS

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

**Energy** 2413kJ / 586kcal

**Fat** 63.5g

**Saturates** 39.7g

**Carbohydrates** 2.3g

**Sugars** 2.3g

**Protein** 1.6g

**Salt** 0.04

### **Thursday Cottage – Strawberry Jam**

**Ingredients:** cane sugar, strawberries, Gelling agent: citrus pectin, concentrated lemon juice

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

**Energy** 238 kcal

**Fat** 0g  
**Saturates** 0g  
**Carbohydrates** 58g  
**Sugars** 58g  
**Protein** 0g  
**Salt** 0.02g

### **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

### **Taittinger - Brut Reserve Champagne**

**Ingredients:** Contains SULPHITES

### **Cropwell Bishop - Blue Stilton Cheese Jar**

**Ingredients:** Cheese 88% (MILK), Clarified butter 12% (MILK)

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

**Energy** 1938kJ / 468kcal  
**Fat** 42.8g  
**Saturates** 28.2g  
**Carbohydrates** 0.1g  
**Sugars** 0.1g  
**Protein** 20.9g  
**Salt** 2.2g

### **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