

Thank you for your interest in our Lottie Shaw's hamper. Please find listed below the nutritional and allergen information for all of the treats in our hamper. All of our products are individually packaged and the information is also clearly printed on the back of every product.

If you require any information in relation to allergens or other dietary requirements, please contact us prior to purchase

Best wishes, Lottie x

Name of Product	Yorkshire Parkin
Ingredients	Oatmeal , (21%), Brown sugar, Partially Inverted syrup, Milk , Wheat flour (Wheat Flour , fortified with Calcium Carbonate, Iron, Niacin Thiamine), margarine (Vegetable Oils, (Rapeseed Oil, Palm Oil in various proportions, RSPO SOURCED) water, salt, Emulsifier Polyglycerol esters of fatty acids, colours Curcumin, Annatto, Flavourings.) Black treacle, (2%), Ginger, Raising Agent Sodium Bicarbonate. Allergens shown in BOLD

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1563kj	Energy (kcal)	371kcal	Salt	0.2g
Fat	9.9g	of which saturates	4.2g		
Carbohydrate	65.6g	of which sugars	43.7g		
Fibre		Protein	4.7g		

Name of Product	Yorkshire Parkin Biscuits
Ingredients	<p>Wheat flour (Wheat flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), Oatmeal (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water (1%), salt, Emulsifiers Polyglycerol Esters of Fatty Acids Colours E100. E160b, Flavourings, 14%) partially inverted syrup (11%), Free Range Egg (3%), Black Treacle (3%), Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).</p> <p>Allergens shown in BOLD</p>

Energy (kj)	1879kj	Energy (kcal)	447kcal	Salt	0.4g
Fat	13.9g	of which saturates	5.1g		
Carbohydrate	74.6g	of which sugars	40.7g		
Fibre	2.1g	Protein	6.9g		

Name of Product	Ginger Parkin & Chocolate Biscuits
Ingredients	<p>Wheat Flour (Wheat), fortified with Calcium Carbonate, Iron, Niacin, and Thiamine), Demerara Sugar, Margarine (Vegetable oils, (rapeseed and palm oil in various proportions, RSPO Sourced) Oatmeal (Oats, Gluten), Partially inverted syrup, Belgian Dark Chocolate Chips, (Sugar 58.5%, Cocoa Mass 33.0%, Cocoa Butter 8.0%, Emulsifier; Soya Lecithin (Soya) <1%, Natural Vanilla Flavouring<1%), Egg, Treacle, Raising agent; Sodium Bicarbonate, Ground Ginger 1.45%</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1846kj	Energy (kcal)	439kcal	Salt	1.6g
Fat	17g	of which saturates	6.5g		
Carbohydrate	68g	of which sugars	38g		
Fibre		Protein	5.0g		

Name of Product	Stem Ginger Savoury Biscuits
Ingredients	<p>Oatmeal (Oats), Water, Wheat Flour (Wheat fortified with calcium carbonate, iron, niacin, and thiamine), Stem Ginger in sugar syrup (stem ginger, sugar, water), vegetable oil (Soya Bean Oil and sunflower oil in various proportions (Soya), Yorkshire Rapeseed Oil, ground ginger 1.04%, Sodium Bicarbonate, Salt</p> <p>Allergen ingredients in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1535kj	Energy (kcal)	366kcal
Fat	16g	of which saturates	1.5g
Carbohydrate	49g	of which sugars	7.0g
Fibre		Protein	6.3g

Salt	0.5g
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Name of Product	Ginger Parkin Flapjack
Ingredients	<p>Oatmeal (6.23%), Rolled Oats 37.4%), Partially Inverted Syrup, Black treacle (1.87%), Ginger (0.75%), Brown Sugar, Margarine (vegetable oil, (Palm and rapeseed oil in various proportions RSPO SOURCED), Water, Salt Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin), (Annatto), Flavourings), Demerara sugar.</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1853kj	Energy (kcal)	441kcal
Fat	20.2g	of which saturates	6.4g
Carbohydrate	62.0g	of which sugars	33.7g
Fibre		Protein	5.4g

Salt	0.6g
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Name of Product	Chocolate Ginger Tiffin
Ingredients	<p><u>Parkin Biscuit</u>:(24.7%) Wheat flour, Demerara sugar, Oatmeal, Margarine, (vegetable oils, Water, salt, emulsifiers E475, Colours E100 E160b Flavourings), Partially inverted syrup, Egg, Black Treacle, Ginger, Raising Agents; Sodium Bicarbonate, <u>Shortbread Biscuit</u>. (11.4%) Wheat Flour Butter (contains milk), Sugar, Ground Rice White Chocolate Chunks (sugar, Whole Milk Powder (contains MILK), cocoa butter, SKIMMED MILK POWDER (contains MILK), emulsifier: SOYA LECITHIN (SOYA) natural vanilla flavouring) . <u>Milk Chocolate Couverture</u>, (17%) (Contains milk solids 21%, cocoa solids 35.1%, Sugar, Cocoa Butter, Whole milk powder, Cocoa Mass, Emulsifiers, E322, Natural Vanilla. <u>Digestive Biscuits</u>. (10.1%) Wheat Flour, Vegetable Oil, sugar, Whole meal Wheat flour, partially inverted syrup, Raising agents, sodium Bicarbonate, salt. Butter (contains milk)(15.2%), Partially inverted syrup (8.5%), Raisins (6.6%) <u>Drinking Chocolate</u>, (5.7%) sugar, whhey powder, (contains milk), Fat reduced cocoa powder, Hydrogenated vegetable fat, glucose syrup, salt, stabilisers, E340, E452, Milk Protein, Emulsifiers, E481, flavouring, Cocoa Powder (0.7%)</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	2165kj	Energy (kcal)	517kcal	Salt	0.4g
Fat	30.8g	of which saturates	16.9g		
Carbohydrate	58.6g	of which sugars	37.6g		
Fibre	1g	Protein	4.5g		