

Caliterra - Merlot Reserva

Ingredients: contains SULPHITES

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

Beech's Fine Chocolates - Dark Chocolate English Mint Creams

Ingredients: Sugar, Cocoa Mass, Glucose Syrup, Water, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring, Peppermint Oil, Stabilizer (Invertase). Dark chocolate contains cocoa solids 55% minimum. May contain traces of MILK, NUTS. Gluten Free

Nutrition Information (Per 100g or 100ml)

Energy 1729kJ / 411kcal
Fat 11.8g
Saturates 7.1g
Carbohydrates 72.2g
Sugars 67.9g
Protein 2.0g
Salt 0.04g

Mr Filberts - Mexican Sweet Chilli Mixed Nuts

Ingredients: Roasted mixed nuts 94%, (PEANUTS, ALMONDS, CASHEWS), sugar, chipotle chilli, sea salt, garlic, rapeseed oil, black pepper, fennel, chilli powder. Allergens in bold. Suitable for Vegetarians and Vegans.

Nutrition Information (Per 100g or 100ml)

Energy 2449kJ / 591kcal
Fat 46g
Saturates 7.4g
Carbohydrates 14.4g
Sugars 8.3g
Protein 25.7g
Salt 0.7g

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

Kent & Fraser - Olive, Walnut & Pimenton Toast

Ingredients: rice flour, black olives 18%, corn flour, WALNUTS 14%, tapioca flour, gram flour, sunflower oil, sunflower seeds, sugar, raising agent: (sodium bicarbonate), molasses, stabiliser: xanthan gum, sea salt, mixed herbs & spices, pimenton de la vera, pimenton picante. May contain olive stones. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 432Kcal

Fat 20.8g

Saturates 1.9g

Carbohydrates 53.3g

Sugars 5.7g

Protein 7.0g

Salt 1.8g

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

Serious Pig - Corn Scratchings

Ingredients: Giant Corn (Corn, Sunflower Oil) 91%, Rapeseed Oil, Yeast Extracts, Sea Salt, Sugar, White Pepper, Sage. May contain traces of **Peanut, Tree Nut** and **Sesame**. Allergens in **bold**. Suitable for Vegetarians and Vegans. Caution: Small children can choke on nuts. STRONG HEALTHY TEETH REQUIRED.

Nutrition Information (Per 100g or 100ml)

Energy 1828kJ / 435 kcal

Fat 14.1g

Saturates 1.1g

Carbohydrates 66.3g

Sugars 1.4g

Protein 4.9g

Salt 3.1g