

## **The Hamper for Him Ingredients and Allergens**

Monarchs Pure Cheese Crisps:

Cheddar cheese (pasteurised cow's MILK, salt, vegetarian rennet, dairy cultures)

Welsh Digestives:

Wholemeal WHEAT flour (36%), vegetable oil (palm, rapeseed, water, salt), OATMEAL, sugar, water, salt

Monty's Sunshine - Golden Ale:

Water, malted barley, yeast, hops

Red Devil - Red Leicester & Habanero Chillies:

Red Leicester Cheese (96%) (Cheese [Milk], Colour (Annatto), Whey Powder [Milk], Sugar, Chilli, Sea salt, Onion, Cayenne chilli extract, Natural flavouring, Spices, Habanero extract)

Halen Môn Sea Salt and Vinegar Crisps:

Ingredients: Welsh Potatoes, High Oleic Sunflower Oil, Halen Mon Sea Salt & Vinegar Flavouring [Lactose, Spirit Vinegar Powder, Halen Mon Sea Salt, Malt Vinegar Extract Powder, Salt, Citric Acid, Potassium Chloride, Skimmed Milk Powder, Yeast Extract Powder].

Allergy Advice: Contains Barley and Milk.

Welsh Cider and Leek Chutney:

Leeks (25%), apples, onions, cyder vinegar, sugar, Hallet's Dabinett Cider (5%), sea salt, mustard, chilli flakes. Allergens: contains mustard.

Heist Dark Chocolate Bar:

Ingredients: Dark chocolate (organic cocoa beans, sugar, organic cocoa butter).

Spiced Honey Roasted Peanuts:

Contains Peanuts