

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

Yorkshire Crisps - Worcester Sauce flavour

Ingredients: Potatoes, Sunflower Oil, Sugar, Sea Salt, Rice Flour, Dried Worcester Sauce (Spirit vinegar, Sugar, Onion, Salt, Tamarind paste, Cloves, Ginger, Garlic), Garlic Powder, Natural Flavouring, Dried Lemon Juice, Dried Spirit Vinegar, Yeast Extract, Onion Powder, Acidity Regulator: Citric acid, Ginger, Black Pepper, Cinnamon, Pimento.

Nutrition Information (Per 100g or 100ml)

Energy 468.2Kcal
Fat 25.0g
Saturates 2.2g
Carbohydrates 54.1g
Sugars 3.0g
Protein 5.2g
Salt 1.4g

Miller's Elements - Smoked Flour and Red-Hot Chilli Crackers

Ingredients: WHEAT Flour, Stoneground Wholemeal Flour (WHEAT), Corn Oil, Oak, Smoked Dark Malt Flour (BARLEY) (4%), Autolysed Yeast, Salt, Dark Muscovado Sugar, Crushed Red Chillies (1%), Raising Agent (Sodium Bicarbonate)

Nutrition Information (Per 100g or 100ml)

Energy 425kcal
Fat 13.0g
Saturates 1.7g
Carbohydrates 64.6g
Sugars 3.1g
Protein 11.3g
Salt 2.9g

Lincolnshire Poacher Cheese - Traditional Lincolnshire Poacher

Ingredients: Made with unpasteurised cow's MILK

Nutrition Information (Per 100g or 100ml)

Energy 1847kJ / 446kcal
Fat 37.0g
Saturates 26.0g
Carbohydrates 2.2g
Sugars <0.5g
Protein 26.1g
Salt 1.45g

Jenny's Jams - Faradays Chutney

Ingredients: Apples 59.5%, raisins 20%, onions 20%, vinegar 0.5%, garlic, brown sugar, cayenne pepper. **Alergens:** SULPHITES, BARLEY

Nutrition Information (Per 100g or 100ml)

Energy 1261kJ / 296kcal

Fat 0.3g

Saturates 0.0g

Carbohydrates 75.9g

Sugars 75.6g

Protein 1.2g

Salt 0.1g