

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

Teoni's Cookies - All Butter Shortbread

Ingredients: WHEAT FLOUR [calcium carbonate, iron, niacin (vit B3), thiamin (vit B1)], BUTTER (30%), sugar CONTAINS GLUTEN, MILK PRODUCTS AND MAY CONTAIN TRACES OF NUTS

Nutrition Information (Per 100g or 100ml)

Energy 489Kcal

Fat 25.6g

Saturates 11.5g

Carbohydrates 59.9g

Sugars 26.7g

Protein 5.6g

Salt 0.1

Willies Cacao - Medellin Hot Chocolate

Ingredients: Cocoa solids 52% minimum, cocoa powder, raw cane sugar. Suitable for vegans. Free from dairy, alcohol, gluten, nuts and soya. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 447kJ / 107 Kcal

Fat 4.6g

Saturates 2.9g

Carbohydrates 10.8g

Sugars 10.1g

Protein 4.5g

Salt <0.1g

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

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

Lincoln Tea & Coffee Co - Sweet Brazil Filter Blend Coffee

Ingredients: Coffee beans

Willies Cacao - Dark Chocolate Sea Salt Praline Truffles

Ingredients: Cocoa mass, HAZELNUTS 27%, raw cane sugar, cocoa powder, HAZELNUT oil 0.8%, cocoa butter, sea salt 0.6%. MAY CONTAIN MILK.

Nutrition Information (Per 100g or 100ml)

Energy 573 kcal

Fat 41.4g

Saturates 15.4g

Carbohydrates 36.2g

Sugars 29.4g

Protein 9.2g

Salt 0.2g

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

The Natural Candy Shop - Jelly Beans

Ingredients: sugar, glucose syrup, modified maize, starch, malic acid, citric acid, natural flavourings, natural colours: curcumin, beetroot red, chlorophyllins, beta carotene vegetable carbon, glazing agents: pectin, carnauba wax NOT SUITABLE FOR NUT/PEANUT ALLERGY SUFFERERS

Nutrition Information (Per 100g or 100ml)

Energy 357kcal

Fat 0.5g

Saturates 0.43g

Carbohydrates 88.2g

Sugars 58.6g

Protein 0.1g

Salt 0.065g

All You Need - Red Onion Chutney

Ingredients: red onions (60%), dark brown sugar, Balsamic vinegar (10%), spirit vinegar, orange juice, cornflour, crystallised ginger, salt, allspice, orange zest.

Nutrition Information (Per 100g or 100ml)

Energy 112kcal

Fat 0.2g

Saturates 0.0g

Carbohydrates 25.1g

Sugars 22.3g

Protein 1.2g

Salt 0.51g

Cornish Artisan Confectionery - Caramel Sea Salt Crumbly Fudge

Ingredients: Sugar, sweetened condensed milk (WHOLE MILK, sugar), butter (MILK), golden syrup, glucose, sea salt, caramel flavouring Made in a factory that handles egg, soya, nuts and peanuts.

Nutrition Information (Per 100g or 100ml)**Energy** 1708kJ / 405kcal**Fat** 11.5g**Saturates** 7.3g**Carbohydrates** 74.1g**Sugars** 70.3g**Protein** 1.3g**Salt** 0.81g**Grate Britain - Smoked Cheese Biscuits**

Ingredients: WHEAT flour, Smoked Dorset Red Cheddar, (37%), (MILK) (with colour: Anatto), Butter (15%), (MILK, Salt), Rice Flour, Roasted SESAME Seeds, Autolysed Yeast, Extra Virgin Olive Oil, MUSTARD Powder, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Sea Salt, Ground Black Pepper, Ground Nutmeg.

Nutrition Information (Per 100g or 100ml)**Energy** 2141 kJ / 512 kcal**Fat** 29.9g**Saturates** 16.4g**Carbohydrates** 46.8g**Sugars** 0.5g**Protein** 16.8g**Salt** 2.2g**Lincoln Tea & Coffee Co - Earl Grey Tea**

Ingredients: Black Tea, natural flavour, type Bergamot

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**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

Hawkshead Relish - Seville Orange Marmalade

Ingredients: sugar, orange (35%), water, pectin(gelling agent), acidity, regulator (citric acid), prepared with 35g fruit per 100g. total sugar content 60g per 100g.

Nutrition Information (Per 100g or 100ml)

Energy 240 kcal
Fat 0.0g
Saturates 0.0g
Carbohydrates 59.7g
Sugars 59.2g
Protein 0.2g
Salt 0.0g

Lincoln Tea & Coffee Co - Traditional Breakfast Tea

Ingredients: Black tea

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

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