

Ploughman's Gift Set Ingredients and Allergens

Westcombe: Raw cows' milk (99.5%), Salt, Rennet, Starter culture

Typical Value per 100g: Energy: 1829Kj/441Kcal, Fat: 36.4g, of Which Saturated 24g, Carbohydrate: 2.7g, of Which Sugars 0.2g, Protein: 25.8g, Salt: 1.94g

Prospect Organic Pale Ale 4.5% ABV: Contains **Barley** malt. * = produced to organic standards. For allergens, including cereals containing gluten, please see ingredients in bold. Suitable for Vegetarians & Vegans

Ale Crackers: **Wheat** flour, Stoneground wholemeal flour (26%) (**Wheat**), Brown ale (**Barley**), Corn oil, Crushed malted **barley**, Crushed malted **wheat**, Crushed crystal **barley** malt, Malt extract (**Barley**), Soft brown sugar, Salt,

Fermented **wheat** flour, Autolysed yeast, Raising agent (Sodium bicarbonate), Hops

Not suitable for any **nut** allergy sufferers

Typical value per 100g: Energy 1712KJ, 406Kcal | Fat 10.4g of which saturates 1.4g | Carbohydrates 66.3g of which sugars 5.1g | Protein 10.7g | Salt 2.3g

Ale Chutney: Bramley apples, Tomatoes, White sugar, Sultanas, Raisins, Dates, Distilled malt vinegar (**Barley**), Old spot real ale (**Barley**), Mace, Cayenne pepper, Ground cloves, Ground black pepper, Ground ginger, Sea salt

Typical value per 100g: Energy 756KJ/179Kcal, Fat 0.2g of which saturates 0g, Carbohydrate 40.1g of which sugars 40g, Protein 1g, Salt 1g