

FESTIVE CRACKER HAMPER WITH ALCOHOL-FREE SICILIAN LEMONADE CONTENTS INGREDIENTS

Luscombe, Organic Sicilian Lemonade, 74cl

Energy	162kJ (38kcal)
Fat	0.1g
of which saturates	0.1g
Carbohydrate	9.5g
of which sugars	9.5g
Protein	0.1g
Salt	<0.1g

Devon Spring Water, Organic Sicilian Lemon Juice (14%), Organic Raw Cane Sugar, Organic Sicilian Lemon Oil, Organic Madagascan Vanilla Extract

Claire's Handmade, Sweet Piccalilli, 200g

Ingredients & Nutrition

Ingredients: allergens in **bold**. Onions 26%, white wine vinegar, sugar, distilled malt vinegar (from **barley**), vegetables in variable proportions 18%(cucumber, cauliflower), **mustard powder**, turmeric, cornflour, spices, salt.

Nutrition per 100g

Energy	505kJ/119kcal
Fat (of which saturates 0.1g)	0.9g
Carbohydrate (of which sugars 22.0g)	26.2g
Fibre	0.6g
Protein	1.3g
Salt	0.2g

Arden's, Cheddar Cheese Twists, 125g

Nutritional Info	Per 100g	Per Twist (Approx 8g)
Energy	2126kJ 509kcal	170kJ 41kcal
Fat	27.5g	2.2g
of which saturates	17.5g	1.4g
Carbohydrate	50.8g	4.1g
of which sugars	3.3g	0.3g
Fibre	3.2g	0.3g
Protein	13.0g	1.0g
Salt	1.63g	0.13g

Wheat Flour, BUTTER (Milk) (28%), CHEDDAR CHEESE (Milk) (10%); Milk, Salt; Skimmed Milk Powder, Salt, Yeast, **Barley** Malt Flour, Sugar.

Allergy Advice For allergens, including cereals containing gluten, see ingredients in **bold**.

Yorkshire Crisps, Natural Sea Salt, 95g

Hand fried in 100% sunflower oil and drizzled with completely natural Sea Salt seasoning.

INGREDIENTS

Potatoes, Sunflower Oil, Sea Salt.

See ingredients in **BOLD**. Suitable for Vegetarians and Vegans.



Typical values	Per 100g
Energy	2043kJ / 488kcal
Fat	23.8g
of which saturates	5.4g
Carbohydrate	61.9g
of which sugars	0.3g
Protein	6.5g
Salt	1g

Four Anjels, Double Chocolate Biscuits, 100g

Ingredients:

Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salted Butter (Butter (Milk), Salt), Chocolate Chips (16%) (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier (Soya Lecithin) (Cocoa Solids 51.3% Minimum)), Caster Sugar, Dark Chocolate (6 %) (Cocoa Mass, Sugar Emulsifier (Soya Lecithin) Natural Vanilla Flavouring (Cocoa Solids 47.8% Minimum)), Cocoa Powder, Baking Powder (Gluten Free Raising Agent (E450i, E500ii, Rice Flour).

Legal Disclaimer

Made in a factory that uses nuts

The Original Cake Company, Fruit & Nut Topped Fruit Cake, 225g

INGREDIENTS: Sultanas (46%)(sultanas, sunflower oil), flour (**wheat**, calcium, iron, niacin, thiamin), sugar, butter (**milk**), free range **eggs**, whole pitted glace cherries (4%)(cherries, glucose/fructose syrup, anti-oxidant: citric acid, natural colour: anthocyanin, preservatives: **sulphur dioxide**), **almonds (nuts)**(3%), humectant: glucose syrup ((from **wheat**) contain **sulphur dioxide**), water, black treacle (cane molasses, invert sugar syrup), golden glace cherries (2%) (cherries, glucose/fructose syrup, anti-oxidant: citric acid, preservatives: sulphur dioxide), humectant: vegetable glycerine, dusting powder (dextrose, **cornflour**, vegetable oil), edible star decoration (sugar, **almonds (nuts)**, glucose syrup, invert sugar syrup, preservative: potassium sorbate, colouring; lutein) liquid glaze (water, glazing agent: dextrin; granulated sugar, glucose syrup, acidity regulator: citric acid; preservative: potassium sorbate), **whye powder (milk)**, baking powder.

ALLERGEN INFORMATION:

For allergens, including cereals containing gluten, see ingredients in **bold**. May also contain soya.

CAUTION! Although every effort has been made to remove the cherry stones, some of them may remain.

Nutritional Information per 100g: Energy 1387kJ/328kcal, Fat 8.6g of which saturates 3.7g, Carbohydrate 61.6g of which sugars 50.3g, Fibre 1.0g, Protein 4.3g, Salt 0.5g.

Suitable for Vegetarians. Store in a cool, dry place away from sunlight. Once opened store in an airtight container.

Cotswold Gourmet, Alcohol-Free Christmas Pudding,

Christmas Pudding
INGREDIENTS: Sultanas (35%)(sultanas, sunflower oil), sugar, breadcrumb (WHEAT flour (contains calcium carbonate, iron, thiamine, niacin), salt, yeast), liquid whole EGG, black treacle (cane molasses, invert sugar syrup), glucose syrup (contains preservative (SULPHUR DIOXIDE)), mixed peel (orange peel, lemon peel, glucose fructose syrup, salt, citric acid, contains preservative (SULPHUR DIOXIDE)), vegetable suet (vegetable fat blend (palm oil, rapeseed oil, sunflower oil), WHEAT flour), vegetable oil, flour (WHEAT, ascorbic acid, calcium sulphate, nicotinamid, iron, vitamin B1, silica, calcium carbonate), humectant (vegetable glycerine), mixed spice (coriander, cassia cinnamon, ginger, cardamom, cloves, fennel, nutmeg), colour (caramel E150c), salt, acidity regulator (citric acid), contains preservative (potassium sorbate), lemon flavouring.
ALLERGEN INFORMATION: For allergens, including cereals containing gluten, see ingredients in **CAPITAL**. May also contain **SOYA, NUTS** and **MILK**
NUTRITIONAL INFORMATION PER 100g ENERGY 1786kJ / 424kcal
FAT 15.6g **SATURATES** 5.1g **CARBOHYDRATE** 65.9g **SUGARS** 49.0g **PROTEIN** 3.6g **SALT** 0.26g
PREPARATION GUIDELINES: Remove foil and label. Loosen lid.
TO MICROWAVE: Cook on full power for 2 minutes (time based on a 800W output. If different refer to manufacturers handbook). **TO STEAM OR BOIL:** Place in a steamer or boil in a saucepan filled to half depth of the pudding with water. Cook for 45 minutes. Do not boil dry. **SERVING:** Once cooked invert basin onto a plate and allow to stand for 30 seconds.
CAUTION: Pudding may be hot. Store in a cool, dry place.

Lindt, Lindor Assorted Swiss Chocolate Truffles, 200g

Nutritional Information Per 100g:	
Energy (kJ)	2614
Energy (Kcal)	630
Fat(g)	49
- of which saturates(g)	36
Carbohydrate(g)	41
- of which sugars(g)	40
Protein(g)	4.7
Salt(g)	0.17

Ingredients: Sugar, Vegetable Fat (Coconut, Palm Kernel), Cocoa Butter, Cocoa Mass, Whole MILK Powder, LACTOSE, Skimmed MILK Powder, Anhydrous MILK Fat, HAZELNUTS, Emulsifier (SOYA Lecithin), BARLEY Malt Extract, Flavourings, Vanilla Beans.

Allergens: May contain other NUTS

Cocoa Solids %: Milk chocolate contains: Cocoa solids: 31% min., Milk solids: 20% min. Extra Dark chocolate contains: Cocoa solids: 60% min.

Copperpot, Real English Butter Fudge, 150g

Butter fudge.
INGREDIENTS: Sugar, Salted Butter 18% (Milk, Salt), Sweetened Condensed Milk (Milk, Sugar), Glucose Syrup, Golden Syrup, Emulsifier Soya Lecithin.
 Suitable for vegetarians.
ALLERGY ADVICE: For allergens, see ingredients in **bold**. Gluten-Free. May contain traces of nuts.
STORAGE INSTRUCTIONS: Store in a cool, dry place away from direct sunlight. Once opened, store in an airtight container.
NUTRITION
 Typical Values per 100g
 Energy kJ 1924
 kcal 458
 Fat (g) 17.3
 of which saturates (g) 11.1
 Carbohydrate (g) 74.9
 of which sugars (g) 68.4
 Fibre (g) <0.5
 Protein (g) 1.1
 Salt (g) 0.40