

### **Lincolnshire Poacher Cheese - Traditional Lincolnshire Poacher**

**Ingredients:** Made with unpasteurised cow's MILK

Allergy Advice: For allergens see ingredients in CAPITALS

#### **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

### **Cote Hill Cheese - Cote Hill Red**

**Ingredients:** contains MILK. Suitable for vegetarians

Allergy Advice: For allergens see ingredients in CAPITALS

#### **Nutrition Information (Per 100g or 100ml)**

**Energy** 1875kJ / 452kcal

**Fat** 35.8g

**Saturates** 23.5g

**Carbohydrates** 5.4g

**Sugars** 0.5g

**Protein** 26.4g

**Salt** 1.64g

### **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.

Allergy Advice: For allergens see ingredients in CAPITALS

#### **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

### **Millers Toast - Cranberry & Raisin**

**Ingredients:** BUTTERMILK, WHEAT Flour, Dried Sweetened Cranberries (25%) (Cranberries, Sugar, Sunflower Oil), Pumpkin Seeds (17%), Raisins (13%), Soft Brown Sugar, Honey, Extra Virgin Olive Oil, Raising Agent (Sodium Bicarbonate), Sea Salt

Allergy Advice: For allergens see ingredients in CAPITALS

#### **Nutrition Information (Per 100g or 100ml)**

**Energy** 466kcal  
**Fat** 10.7g  
**Saturates** 3.0g  
**Carbohydrates** 79.3g  
**Sugars** 30.4g  
**Protein** 10.2g  
**Salt** 1.7g

### **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)

Allergy Advice: For allergens see ingredients in CAPITALS

#### **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

### **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.

Allergy Advice: For allergens see ingredients in CAPITALS

#### **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

### **Wold Top Beer - Scarborough Fair IPA**

**Ingredients:** Water, BARLEY MALT, Maize, Hops, Yeast

Allergy Advice: For allergens see ingredients in CAPITALS

### **Love Corn - Love Corn Sea Salt**

**Ingredients:** Corn, sunflower oil, sea salt

Allergy Advice: For allergens see ingredients in CAPITALS

### **Nutrition Information (Per 100g or 100ml)**

**Energy** 823kJ/196Kcal

**Fat** 6.0g

**Saturates** 0.6

**Carbohydrates** 29.7g

**Sugars** 0.3

**Protein** 3.3g

**Salt** 0.7g