Thursday Cottage - Strawberry Jam

Ingredients: cane sugar, strawberries, Gelling agent: citrus pectin, concentrated lemon juice

Nutrition Information (Per 100g or 100ml)
Energy 238 kcal
Fat 0g
Saturates 0g
Carbohydrates 58g
Sugars 58g
Protein 0g
Salt 0.02g

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

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
Kent & Fraser - Cherry, Pecan & Poppy Seed Toast

**Ingredients:** Gluten free flours (rice flour, corn flour, tapioca flour, gram flour) glace cherries 12% (cherries, glucose-fructose syrup, colour: anthocyanins from grapes, natural flavouring) dates, pecans 10%, poppy seeds 5%, sunflower oil, sugar, sweetened sour cherries 3% (cherries, sugar, sunflower oil), molasses, raising agents (sodium bicarbonate, disodium diphosphate) sea salt, stabiliser: xanthan gum, black pepper. Allergens in CAPITALS.

**Nutrition Information (Per 100g or 100ml)**
- **Energy** 1720kJ / 409kcal
- **Fat** 13.6g
- **Saturates** 1.5g
- **Carbohydrates** 66.3g
- **Sugars** 23.1g
- **Protein** 5.7g
- **Salt** 1.8g

Lincoln Tea & Coffee Co – Sweet Brazil Filter Blend Coffee

**Ingredients:** Coffee beans.

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
Yorkshire Crisps - Worcester Sauce flavour


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

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. Allergens in CAPITALS.

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

Lincoln Tea & Coffee Co - Traditional Breakfast Tea

Ingredients: Black tea
Beech's Fine Chocolates - Dark Chocolate English Mint Creams

**Ingredients:** Sugar, Cocoa Mass, Glucose Syrup, Water, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring, Peppermint Oil, Stabilizer (Invertase). Dark chocolate contains cocoa solids 55% minimum. May contain traces of MILK, NUTS. Gluten Free. Allergens in CAPITALS.

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

- **Energy** 1729kJ / 411kcal
- **Fat** 11.8g
- **Saturates** 7.1g
- **Carbohydrates** 72.2g
- **Sugars** 67.9g
- **Protein** 2.0g
- **Salt** 0.04g