

Alfred Enderby – Finest Cured Smoked Salmon

Ingredients: Salmon.

Marsh Pig – Rosemary and Garlic Salami

Ingredients: Free range pork 95.5%, salt, garlic, black pepper, rosemary, dextrose, preservative (sodium nitrite). Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml):

Energy 1573kJ / 379kcal

Fat 25g

Saturates 10g

Carbohydrates 1.2g

Sugars 0.7g

Protein 26g

Salt 3.6g

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

The Pea Green Boat - Original Cheese Sables

Ingredients: Organic Scottish WHEAT Flour (GLUTEN, with added Calcium, Iron, Niacin, Thiamin), Scottish Mature Cheddar Cheese (MILK) (31%), Italian Parmigiano Reggiano Cheese (MILK, Salt, Rennet) (15%), Butter (Milk, Salt), Sea Salt, Garlic Powder.

Nutrition Information (Per 100g or 100ml)

Energy 2323kJ / 558kcal
Fat 37.8g
Saturates 24.6g
Carbohydrates 35.7g
Sugars 0.9g
Protein 17.7g
Salt 1.4g

Emily Crisps - Simply Sea Salt Sweet Potato Chips

Ingredients: Sweet potato, sunflower oil, sea salt

Nutrition Information (Per 100g or 100ml)

Energy 2195kJ / 527kcal
Fat 31.8g
Saturates 3.2g
Carbohydrates 51.0g
Sugars 33.7g
Protein 4.5g

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

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

Godminster- Vintage Organic Cheddar Truckle

Ingredients: Made using organically produced cows' MILK including that from the Godminster dairy herd

Nutrition Information (Per 100g or 100ml)

Energy 1725kJ / 416kcal
Fat 34.9g
Saturates 21.7g
Carbohydrates 0.1g
Sugars 0.1g

Protein 25.4g
Salt 1.8g

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

The Simply Delicious Cake Company - Apricot and Ginger Cake

Ingredients: Vine fruits (27%) (sultanas, raisins, currants, sun flower oil), free range EGGS, demerara sugar, WHEAT flour, butter (MILK), apricots (8%), stem ginger (5%) ground ALMONDS, lime juice (lemon juice, preservative: potassium met bisulphate, natural lime flavour), mixed peel (orange, lemon, glucose fructose syrup, salt, preservative: SULPHUR DIOXIDE), ground ginger, glaze(glucose, water, sugar, gelling agent: pectin, acidifying agent: citric acid, preservative: potassium sorbate).

Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 321Kcal
Fat 10.9g
Carbohydrates 51g
Sugars 24.6g
Protein 16.6g
Salt 0g

The Real Smoked Nut Company - Hickory Smoked Almonds and Cashews

Ingredients: ALMONDS, CASHEWS, Sunflower oil, PALM oil, salt, hickory wood smoke.
PACKED IN FACTORY WHERE NUTS (INCLUDING PEANUTS) & SESAME SEEDS ARE PROCESSED

Nutrition Information (Per 100g or 100ml)

Energy 616Kcal
Fat 51.3g
Saturates 6.7g
Carbohydrates 17.3g
Sugars 6.2g
Protein 21.2g
Salt 2.83g

The Handmade Cake Co – Sultana Scones

Ingredients: WHEAT Flour (with Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring, Colours (Annatto, Curcumin)], Sugar, Sultanas (8%), Raising Agents (E450, E501), Skimmed MILK Powder, Pasteurised Free Range EGG. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 1409kJ / 335kcal
Fat 10.5g
Saturates 3.8g
Carbohydrates 56.5g
Sugars 19.1g
Protein 6.1g
Salt 0.89g

Roddas – Clotted Cream

Ingredients: 100% MILK. Allergy Advice: For allergens see ingredients in CAPITALS

Nutrition Information (Per 100g or 100ml)

Energy 2413kJ / 586kcal
Fat 63.5g
Saturates 39.7g
Carbohydrates 2.3g
Sugars 2.3g

Protein 1.6g

Salt 0.04

England Preserves - Red Onion Marmalade

Ingredients: Red onions 28%, sugar, cider vinegar, water, kibbled onion, beetroot extract

Nutrition Information (Per 100g or 100ml)

Energy 702kJ / 165kcal

Fat <0.1g

Saturates <0.1g

Carbohydrates 39.9g

Sugars 39.6g

Protein 0.9g

Salt 14mg