

ALL INFORMATION INCLUDED BELOW IS CORRECT AS AT THE TIME THAT OUR BROCHURE WENT TO PRESS BUT PLEASE BE AWARE THAT IN THE EVENT THAT A SUBSTITUTION IS MADE, THIS NUTRITIONAL AND ALLERGEN SUMMARY MAY NOT REFLECT THE TRUE CONTENTS OF THE GIFT.

IF YOU HAVE ANY CONCERNS IN RELATION TO ALLERGENS OR ANY OTHER DIETARY REQUIREMENTS, PLEASE CONTACT US PRIOR TO PURCHASE.

Name of Product	Azouro Negrinha Do Douro Olives 350g
Manufacturer's Name and Address	Azouro Ltd., Av. Marechal Gomes da Costa, 1551, Porto, Porto, Portugal, 4150-360
Supplier Name and Address	Azouro Ltd, 13 Devitt Villas, Glenageary, Dublin, Ireland, A96 D6X9
Ingredients	Olives, water, salt, garlic (1%), oregano (0.1%), acidity regulators: lactic acid, citric acid, calcium lactate.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Portugal
Storage Instructions	Store in cool dry place, refrigerate after opening, use within 2 weeks.
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	614	Energy (kcal)	149	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	14.8	of which saturates	2.2	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	0.6	of which sugars	0.4	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Fibre	4.7	Protein	-42.5	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	4			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Butlers Chocolates Caramel & Nut Collection 240g
Manufacturer's Name and Address	Butlers Chocolates, Clonshaugh Business & Technology Park, Coolock, Dublin 17, Dublin, Ireland, D17 A076
Supplier Name and Address	Butlers Chocolates Ltd, Clonshaugh Business & Technology Park, Coolock, Dublin 17, Dublin, Ireland, D17 A076
Ingredients	Sugar, glucose syrup, cocoa mass, cocoa butter, whole MILK powder, sweetened condensed MILK (MILK, sugar), butter (MILK), invert sugar syrup, ALMONDS (NUTS) (4.95%), HAZELNUTS (NUTS) (2.7%), dark muscovado sugar, water, butterscotch pieces (brown sugar, glucose syrup, butter (MILK), palm oil), butter oil (MILK), emulsifier: SOYA lecithin, sunflower oil, natural flavourings, cocoa nibs, desiccated coconut, Sea Salt, Himalayan rose pink crystal salt, emulsifier: mono- and diglycerides of fatty acids, coffee powder, salt, preservative: sorbic acid. (MILK chocolate contains: 32% cocoa solids minimum, 20% MILK solids minimum. Dark chocolate contains: 58% cocoa solids minimum. White chocolate contains: 26% cocoa solids minimum, 20% MILK solids minimum). There is no alcohol in this selection, which contains 16 chocolates. This product is vegetarian.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	Ireland
Storage Instructions	Please store in a cool, dry and odourless place.
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2000	Energy (kcal)	478	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	27	of which saturates	15	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	53	of which sugars	46	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre		Protein	5.2	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	0.3			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Cambrook Sweet & Spicy Nut Mix - Gold & White Label 75g
Manufacturer's Name and Address	Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Supplier Name and Address	Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Ingredients	PEANUTS (62.4%), Corn (15.8%), Sugar (11.1%), SESAME Seeds (3.4%), Salt, Dried SOY Sauce (Contains: SOY Beans, Spirit Vinegar), Garlic, Onion, Chilli, Tomato Powder, Red Bell Pepper, Spices, Rapeseed Oil, Natural Flavouring, Honey, Sunflower Oil, Maltodextrin, Paprika, Cumin, Oregano, Yeast Extract, Paprika Oil. Acidity Regulator: Citric Acid. Colour: Paprika Extract. Stabiliser: Gum Arabic.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	Yes	Sesame	Yes
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Cool & dry, Under 23°C, Away from heat or direct sunlight
Instructions for use	Eat as a snack any time.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2233	Energy (kcal)	538	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	36.3	of which saturates	6.4	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	32.4	of which sugars	13.8	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	No
Fibre	5	Protein	19.2	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	1.6			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Myrtle & Olive Tomato & Cheese Palmiers - Gold Label 75g
Manufacturer's Name and Address	DE KROES FEUILLETAGE, rue champs de la perdrix, SEMUR EN AUXOIS, burgundy, France, 21140
Supplier Name and Address	De Kroes Feuilletage, rue champs de la perdrix, SEMUR EN AUXOIS, burgundy, France, 21140
Ingredients	WHEAT flour, Butter (MILK), Grated Emmental cheese (MILK), Rapeseed oil, Salt, tomato mix (Tomato powder 37,5%, sweet and hot pepper powder 34,5% , onion powder, coriander powder, cumin powder, oregano powder) (2,2%), Yeast, Blend of herbs with garlic and onions, Black pepper, Colour : E160b(ii), Colour : E160c

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs, Tree Nuts, Sesame, Soybeans
Country of Origin	France
Storage Instructions	store in cool and dry place
Instructions for use	ready to eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2156	Energy (kcal)	516	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	28	of which saturates	17	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	54	of which sugars	1.8	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre		Protein	11	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Salt	2.88			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Furniss Orginal Gingerbread (Gold Christmas Design) 160g
Manufacturer's Name and Address	Furniss of Cornwall Ltd, Druids Road, Redruth, Cornwall, United Kingdom, TR15 3RH
Supplier Name and Address	Furniss of Cornwall Ltd, Druids Road, Redruth, Cornwall, United Kingdom, TR15 3RH
Ingredients	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Folic Acid), Sugar, Vegetable Fat (Vegetable Oils And Fats (Palm, Rapeseed), Water, Salt, Lemon Juice), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Butter (MILK), Ground Ginger, Salt, Spices, Natural Lemon Flavouring

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place away from strong light and once opened store in an airtight container.
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2006	Energy (kcal)	478	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	24	of which saturates	8.3	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	72	of which sugars	39	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Fibre		Protein	5	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	1.1			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	No		

Name of Product	Grandma Wild's 4 Mince Pies - Gold House Design 0g
Manufacturer's Name and Address	Grandma Wild's, The Bakery, Millennium Business Park, Station Road, Steeton, West Yorkshire, United Kingdom, BD20 6RB
Supplier Name and Address	Grandma Wild's, The Bakery, Millennium Business Park, Station Road, Steeton, West Yorkshire, United Kingdom, BD20 6RB
Ingredients	Mincemeat (44%) (Sugar, Vine Fruits (29%) (Raisins, Sultanas, Currants, Sunflower Oil) Apple Puree (Apple Puree, Potassium Sorbate), Glucose-Fructose Syrup, Mixed Peel (4%) (Orange Peel, Glucose-Fructose Syrup, Lemon Peel, Sugar, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Modified Maize Starch, Mixed Spice, Acidity Regulator: Citric Acid, Colour: Caramel, Orange Oil, Lemon Oil), Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Flavouring), Sugar, Water, Invert Sugar Syrup.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs, Milk, Mustard, Tree Nuts, Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 7 days.
Instructions for use	For best results serve warm. Directions: 1. Pre-heat oven to 180 °C (356 °F) Gas Mark 4. 2. Remove all packaging, except foil container. 3. Place on a baking tray on the middle oven shelf. 4. Reheat for 8-10 minutes. Fan assisted ovens may require less time. Caution, the filling may be extremely hot. Take extra care when eating. Do not re-heat in the microwave.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1600	Energy (kcal)	382	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	16	of which saturates	6	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	56	of which sugars	30	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	1.1	Protein	3.1	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Salt	0.33			Free from alcohol	No	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Highfield Preserves Sticky Onion Marmalade with Jalapeno 220g
Manufacturer's Name and Address	Highfield Preserves Ltd, 4 Highmount Court, Mid Devon Business Park, Willand, WILLAND, Devon, United Kingdom, EX15 2FB
Supplier Name and Address	Highfield Preserves Ltd, 4 Highmount Court, Mid Devon Business Park, Willand, WILLAND, Devon, United Kingdom, EX15 2FB
Ingredients	Onions (52%), balsamic vinegar, demerara sugar, soft dark brown sugar, Jalapeno chillies (2%), sugar, fruit pectin and salt.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Refrigerate after opening and use within six weeks.
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	769	Energy (kcal)	181	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	0	of which saturates	0	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	42	of which sugars	40	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Fibre		Protein	1.1	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	0.11			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Orchard Preserves Strawberry Jam - White & Gold Geometric Label 227g
Manufacturer's Name and Address	Highfield Preserves Limited, Unit 4 Highmount Court, Mid Devon Business Park, Willand, Devon, United Kingdom, EX15 2FB
Supplier Name and Address	Highfield Preserves Limited, Unit 4 Highmount Court, Mid Devon Business Park, Willand, Devon, United Kingdom, EX15 2FB
Ingredients	Sugar, Strawberries, Gelling Agent: Fruit Pectin, Acidity Regulator: Citric Acid. Prepared with 48g of fruit per 100g. Total sugar 65g per 100g

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry place, once opened keep refrigerated and consume within 8 weeks.
Instructions for use	n/a
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1130	Energy (kcal)	266	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	0	of which saturates	0	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	65	of which sugars	64	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Fibre		Protein	0	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	0			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Joypouch Cookie & Fudge Clusters est 100g
Manufacturer's Name and Address	Chocoladefabriek "De Beemster" B.V, Insulindeweg 29, 1462 MJ, Middenbeemster, Middenbeemster, Netherlands, NA
Supplier Name and Address	Joypots, Grangewood House, Oakwood Hill Industrial Park, Oakwood Hill, Loughton, Essex, United Kingdom, IG10 3TZ
Ingredients	60.0% MILK chocolate (sugar, cocoa butter, whole MILK powder, cocoa mass, whey MILK powder, MILK sugar, emulsifier: SOYA lecithin [E322], natural vanilla aroma), 30.0% Vanilla cookie (WHEAT flour, sugar, vegetable oils (rapeseed, shea, coconut), Water, Fructose, Dextrose, raising agent: sodium bicarbonate [E500], WHEAT starch, salt, Aroma, raising agent: ammonium bicarbonate [E503]), 10.0% Mini fudge (Fudge (sugar, sweetened condensed MILK (MILK , sugar), glucose syrup, salted butter (MILK , salt), SOYA lecithin [E322], salt)).

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Eggs, Milk, Peanuts
Country of Origin	Netherlands
Storage Instructions	No direct sunlight, Max temp: 16■c, Max Humidity: 65% R/H
Instructions for use	n/a
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2012	Energy (kcal)	480	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	22	of which saturates	12	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	64	of which sugars	52	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	1	Protein	4.7	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Salt	0.54			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Forest Feast Praline Crisp Milk Chocolate Hazelnuts 100g
Manufacturer's Name and Address	Kestrel Foods Ltd, Unit 8 Carn Drive, Carn Industrial Estate, Portadown, Armagh, United Kingdom, BT63 5WJ
Supplier Name and Address	Kestrel Foods Ltd, Unit 8 Carn Drive, Carn Industrial Estate, Portadown, Armagh, United Kingdom, BT63 5WJ
Ingredients	HAZELNUTS (NUTS) (32%), Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, WHEAT Flour, Concentrated Butter (MILK), Emulsifier (SOYA lecithin), Natural Flavourings, Salt, Glazing Agent (gum Arabic), Glucose syrup, MILK Sugar, MILK Protein, Malt Extract (BARLEY), Raising Agent (sodium bicarbonate). White chocolate contains cocoa solids 30% minimum, MILK solids 25% minimum. MILK chocolate contains cocoa solids 34% minimum, MILK solids 22% minimum.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Peanuts
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place
Instructions for use	Ready to eat product
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2379	Energy (kcal)	568	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	41	of which saturates	14	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	42	of which sugars	39	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	3.2	Protein	8.4	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	0.36			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Luscombe Elderflower Bubbly - Black & Gold Label 740ml
Manufacturer's Name and Address	Luscombe Drinks Ltd, Luscombe Drinks Ltd, Dean Court, Buckfastleigh, Devon, United Kingdom, TQ11 0LT
Supplier Name and Address	Luscombe Drinks Ltd, Luscombe Drinks Ltd, Dean Court, Buckfastleigh, Devon, United Kingdom, TQ11 0LT
Ingredients	Devon Spring Water, Organic Cane Sugar, Organic Elderflower Extract (4%) (Water, Organic Elderflowers, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Organic Sicilian Lemon Juice, Acidity Regulator (Citric acid), Organic Rose Water, Carbon Dioxide.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Ambient best served chilled
Instructions for use	Tip to ensure properly mixed. Once opened keep chilled and consume within 3 days
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	98	Energy (kcal)	24	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	0.4	of which saturates	0.2	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	4.9	of which sugars	4.9	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Fibre		Protein	0.1	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	0.1			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Popcorn Shed Classic Caramel 80g
Manufacturer's Name and Address	Popcorn Shed, Unit 5 Globe Business Park, First Avenue, Marlow, Buckinghamshire, United Kingdom, SL7 1YA
Supplier Name and Address	Popcorn Shed, 483 Green Lanes, London, London, United Kingdom, N13 4BS
Ingredients	Sugar, Glucose Syrup, Popped Corn (28%), Coconut Oil, Rapeseed Oil, Sea Salt, Raising Agent: Bicarbonate of Soda, Sunflower Lecithin, Natural Flavouring

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Once opened, re-seal bag to ensure freshness
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1955	Energy (kcal)	467	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	13.4	of which saturates	9.5	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	81.6	of which sugars	38.2	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Fibre	3.7	Protein	3.2	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	0.48			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Savoursmiths Desert Salt Crisps - Gold Bag 150g
Manufacturer's Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4Q
Supplier Name and Address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambs, UK, CB22 4Q
Ingredients	Potatoes, Sunflower Oil, Desert Salt.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Milk
Country of Origin	UK
Storage Instructions	Store in a cool dry place away from light.
Instructions for use	Store in a cool dry place away from light.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2029	Energy (kcal)	485	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	26.5	of which saturates	2.8	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	49	of which sugars	0.8	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Fibre	6.4	Protein	6.7	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	0.8			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Tenuta Marmorelle Classic Handwrapped Panettone - White/Gold Wrap 500g
Manufacturer's Name and Address	Tenuta Marmorelle, Tenuta Marmorelle, Unit 5-7 Avon Park, Colthrop Lane, Thatcham, West Berkshire, United Kingdom, RG19 4AJ
Supplier Name and Address	Tenuta Marmorelle Limited, Tenuta Marmorelle, Unit 5-7 Avon Park, Colthrop Lane, Thatcham, West Berkshire, United Kingdom, RG19 4AJ
Ingredients	Ingredients: WHEAT flour, EGGS , candied orange – citrus and lemon peels (orange – citrus – lemon peels, glucose – fructose syrup, sugar, acidity regulator: citric acid), sultanas, butter, sugar, natural yeast (WHEAT flour, water), rehydrated whole MILK powder, EGG yolk, emulsifiers: Mono- and diglycerides of fatty acids; natural flavours, salt, cocoa butter. May contain NUTS , SOY and MUSTARD .

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	Yes	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Mustard, Tree Nuts, Peanuts, Soybeans
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	Open and Consume
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1517	Energy (kcal)	360	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	14	of which saturates	7.5	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	51	of which sugars	25	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	0.6	Protein	7	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Salt	-0.4			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Tenuta Marmorelle Soft Tiramisu Nougat Cake Slice 170g
Manufacturer's Name and Address	Tenuta Marmorelle Limited, Avon Park, Colthrop Lane, Thatcham, Berkshire, United Kingdom, RG19 4AJ
Supplier Name and Address	Tenuta Marmorelle Limited, Avon Park, Colthrop Lane, Thatcham, Berkshire, United Kingdom, RG19 4AJ
Ingredients	sugar, ALMONDS (NUTS) , glucose syrup, honey, tiramisu paste 4% (marsala wine, EGG yolk, sugar, condensed MILK , coffee, sunflower oil, colour: caramel colouring, alcohol, flavourings, stabiliser: carrageenan), EGG white, moka paste (glucose syrup,coffee extract, colour: caramel colouring, powdered coffee, sunflower oil, flavourings), gelling agent (pectin, sodium alginate, dextrose), cocoa powder, wafer (potato starch, water, sunflower oil).

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	Yes	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	Yes	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		
May contain statements	Peanuts Sesame				
Country of Origin	Italy				
Storage Instructions	Ambient				
Instructions for use	Ready to eat				
Alcoholic Strength	0				

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1990	Energy (kcal)	472	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	18	of which saturates	1.5	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	66	of which sugars	61	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Fibre	4	Protein	10	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Salt	0.138			Free from alcohol	No	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	The Bay Tree Honey & Mustard Dressing 250g
Manufacturer's Name and Address	Condiment Company, The Walled Garden, Watergate, West Marden, Chichester, West Sussex, United Kingdom, PO18 9EQ
Supplier Name and Address	The Bay Tree Food Company, 36 East Way, Lee Mill Industrial Estate, Ivybridge, Devon, PL21 9GE, Plymouth, Devon, United Kingdom, PL21 9GE
Ingredients	Rapeseed Oil, Honey (13%), Wholegrain MUSTARD (13%) (water, MUSTARD seeds, spirit vinegar, salt), White Wine & Spirit Vinegar, Water, MUSTARD Powder (2%), Lemon Juice Concentrate, Salt.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	Yes
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Celery, Cereals containing gluten namely wheat, Eggs, Fish, Milk, Sesame, Soybeans, Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Unopened: Ambient, out of direct sunlight. Opened: 28 days Refrigerate
Instructions for use	Pour over salad
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2151	Energy (kcal)	521	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	52.1	of which saturates	3.4	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	10.8	of which sugars	10.2	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre		Protein	1.4	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	No
Salt	1.17			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	The Carved Angel Luxury Sticky Toffee Pudding 290g
Manufacturer's Name and Address	Freshfield Bakery, Unit 6, Abercrombie Road, Knowsley Industrial Park, Knowsley, Merseyside, UK, L33 7YN
Supplier Name and Address	The Carved Angel, c/o Armoric international, 14, Barn Close, Langage Industrial Estate, Plymouth, Devon, PL7 5HQ
Ingredients	Toffee Sauce (32%) (Partially Inverted Sugar Syrup, Glucose Syrup (Preservative SULPHUR DIOXIDE); Sugar; Salted Butter (MILK), Salt); Sweetened Condensed MILK (MILK , Sugar); Modified Corn Starch, Salt, Stabiliser: Pectin, Emulsifier: SOYA LECITHIN; Preservative: Potassium Sorbate; Flavouring (contains MILK); Dates (15%) (Dates, Rice Flour) WHEAT flour (Calcium, Iron, Niacin, Thiamin)), Unsalted Butter (MILK), Dark Soft Brown Sugar, Whole Free Range EGG , Margarine (Vegetable Fat (Palm), Vegetable Oil (Rapeseed Oil)), Water, Raising Agent: Sodium Bicarbonate, Diphosphate; Flavouring: Natural Vanilla; Preservative: Potassium Sorbate; Salt.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	Yes	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	Yes		

May contain statements	Tree Nuts, Sesame
Country of Origin	UK
Storage Instructions	Store in a cool dry place between 15°C and 20°C, away from direct sunlight. Once opened, reseal and refrigerate. Consume within 72 hours
Instructions for use	Reheating: Remove wrap but not film lid. Either steam for 50 minutes or microwave 800w for 1 minute 30 seconds. Stand for 2 mins before carefully removing film lid.
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1454	Energy (kcal)	345	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	12	of which saturates	7.3	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	57.1	of which sugars	47.2	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre		Protein	1	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	No
Salt	0.8			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	The Fine Cheese Co. Spelt Sourdough Crackers 115g
Manufacturer's Name and Address	The Fine Cheese Co., Tolldown Farm, Chippenham, South Gloucestershire, United Kingdom, SN14 8HZ
Supplier Name and Address	The Fine Cheese Co Ltd, Tolldown Farm, Chippenham, South Gloucestershire, United Kingdom, SN14 8HZ
Ingredients	SPELT flour, Sourdough (23%) (Wholemeal SPELT Flour, Water), Buttermilk, Wholemeal SPELT Flour, SPELT Flakes (5%), Extra Virgin Olive Oil, Whole MILK Powder, Sea Salt.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Cool and dry, keep out of direct sunlight.
Instructions for use	Ready to eat
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1631	Energy (kcal)	386	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	4.8	of which saturates	1.0	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	74	of which sugars	2.2	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	Yes
Fibre	6.8	Protein	15	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	1.8			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Untamed Chocolate Co. Milk Chocolate Tree Lolly - Drizzle, Sprinkles, 2 Stars 200g
Manufacturer's Name and Address	The Untamed Chocolate Co, Boundary House, Little Down Business Park, Shaftesbury, Dorset, United Kingdom, SP79BT
Supplier Name and Address	The Untamed Chocolate Co, Boundary House, Little Down Business Park, Shaftesbury, Dorset, United Kingdom, SP79BT
Ingredients	MILK Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier: Lecithins (SOYA); Natural Vanilla Flavouring), White Chocolate (Sugar, Cocoa Butter, Whole MILK Powder, Skimmed MILK Powder, Emulsifier: Lecithins (SOYA), Natural Vanilla Flavouring), MILK Chocolate Flakes, Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Natural Vanilla Flavouring., Coconut Oil, Gold Powder (Carrier: Potassium Aluminium Silicate, Colours (Titanium Dioxide, Iron Oxide)

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Cereals containing gluten namely wheat, Tree Nuts, Peanuts
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place away from direct sunlight
Instructions for use	n/a
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	2359	Energy (kcal)	564	Suitable for vegetarians	No	Suitable for vegans	No
Fat	36	of which saturates	22	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	No
Carbohydrate	49	of which sugars	50	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	1.9	Protein	14	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Salt	0.20			Free from alcohol	Yes	Free from artificial colours	No
				Free from artificial flavours	Yes		

Name of Product	Tregroes Toffee Waffles in Bag 260g
Manufacturer's Name and Address	Tregroes Waffle Bakery LTD, Unit 2, Pencader Rd., Llandysul, Carmarthenshire, United Kingdom, SA44 4AE
Supplier Name and Address	Tregroes Waffle Bakery LTD, Unit 2, Pencader Rd, Llandysul, Carmarthenshire, United Kingdom, SA44 4AE
Ingredients	WHEAT flour (Calcium carbonate, Iron, Niacin, Thiamin), Glucose syrup, Sugar, Non-hydrogenated vegetable oils (Palm & Rapeseed), Butter (14% of filling) (MILK), Free Range EGGS , Molasses, Emulsifier: SOYA Lecithin, Raising agent: Sodium bicarbonate, Salt, Cinnamon.

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	Yes	Crustaceans	No
Eggs	Yes	Fish	No	Lupin	No
Milk	Yes	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Store in dry, cool area away from direct sunlight. Store right way up to prevent toffee oozing out of waffle, do not stack more than 3 packets high to prevent toffee oozing.
Instructions for use	N/A
Alcoholic Strength	0

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	1868	Energy (kcal)	445	Suitable for vegetarians	Yes	Suitable for vegans	No
Fat	16.4	of which saturates	7.67	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	70.92	of which sugars	33.7	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	0.6	Protein	3	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	No
Salt	0.72			Free from alcohol	Yes	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Ripper Shiraz 75cl
Manufacturer's Name and Address	Virgin Wines Online LTD, St James' Mill, Whitefriars, Norwich, Norwich, United Kingdom, NR3 1TN
Supplier Name and Address	Virgin Wines Online LTD, St James' Mill, Whitefriars, Norwich, Norfolk, NR3 1TN
Ingredients	Wine (Contains SULPHITES)

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	
Country of Origin	South Eastern Australia
Storage Instructions	Store in a cool, dry place
Instructions for use	N/A
Alcoholic Strength	12.3

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	322	Energy (kcal)	77	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	0	of which saturates	0	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	0	of which sugars	0	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Fibre	0	Protein	0	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	0			Free from alcohol	No	Free from artificial colours	Yes
				Free from artificial flavours	Yes		

Name of Product	Ripper Vermentino 75cl
Manufacturer's Name and Address	Virgin Wines Online LTD, St James' Mill, Whitefriars, Norwich, Norfolk, England, NR3 1TN
Supplier Name and Address	Virgin Wines Online LTD, St James' Mill, Whitefriars, Norwich, Norfolk, England, NR3 1TN
Ingredients	Wine (Contains SULPHITES)

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	
Country of Origin	South Eastern Australia
Storage Instructions	Store in a cool, dry place
Instructions for use	N/A
Alcoholic Strength	11.5

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	322	Energy (kcal)	77	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	0	of which saturates	0	Suitable for gluten allergy sufferers/coeliac	No	Suitable for wheat allergy sufferers	No
Carbohydrate	0	of which sugars	0	Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Fibre	0	Protein	0	Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Salt	0			Free from alcohol	No	Free from artificial colours	No
				Free from artificial flavours	No		

Name of Product	Montecampo Prosecco 75cl
Manufacturer's Name and Address	Casa vinicola Zonin 1821, VIA BORGOLECCO 9, GAMBELLARA (VI), VICENZA, Italia, 36053
Supplier Name and Address	Zonin 1821 UK, Priory House Cloisters Business Centre, LONDON, UK, UK, SW8 4BG
Ingredients	INGREDIENTI: UVE,SCIROPPO ZUCCHERINO,MOSO DI UVE CONCENTRATO REGOLATORI DI ACIDITA': ACIDO TARTARICO [L(+)-], ACIDO MALICO (D,L- L-) AGENTI STABILIZZANTI: CARBOSSIMETILCELLULOSA CONSERVANTI E ANTIOSSIDANTI: SOLFITI

CONTAINING ALLERGENS					
Celery	No	Cereals containing gluten namely wheat	No	Crustaceans	No
Eggs	No	Fish	No	Lupin	No
Milk	No	Molluscs	No	Mustard	No
Tree Nuts	No	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	Yes		

May contain statements	
Country of Origin	Italia
Storage Instructions	IN AMBIENTE FRESCO
Instructions for use	SERV. TEMPERATURE Best served cool, around 6°-8° C (42° - 46° F)
Alcoholic Strength	7.5

NUTRITION LABELLING - TYPICAL VALUE PER 100g / 100ml				SUITABLE / FREE FROM			
Energy (kj)	289	Energy (kcal)	67	Suitable for vegetarians	Yes	Suitable for vegans	Yes
Fat	0.5	of which saturates	-0.9	Suitable for gluten allergy sufferers/coeliac	Yes	Suitable for wheat allergy sufferers	Yes
Carbohydrate	1.9	of which sugars	0.4	Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Fibre		Protein	0.5	Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Salt	0.01			Free from alcohol	No	Free from artificial colours	Yes
				Free from artificial flavours	Yes		