

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	GNAW Orange Crunch Oat Mylk Bar 100g
Manufacturer's Name and Address	Gnaw Chocolate Ltd, 64-65 Norwich Livestock Market, Hall Road, Norwich, Norfolk, United Kingdom, NR4 3EQ
Supplier Name and Address	Gnaw Chocolate Ltd, 64-65 Norwich Livestock Market, Hall Road, Norwich, Norfolk, United Kingdom, NR4 6EQ
Ingredients	Sugar, Cocoa Butter, Dried Gluten-free oat powder, Cocoa Mass, Vegan Orange Crisp (sugar, glucose syrup, coconut oil, natural flavour, natural colour (paprika), emulsifier (sunflower lecithin), Cocoa Nibs, Dried Rice Powder, Emulsifier (sunflower lecithin), Flavouring (natural vanilla, orange) Oat chocolate contains cocoa solids 43% min.

**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	Cereals containing gluten namely wheat    Milk    Tree Nuts Peanuts    Soybeans
Country of Origin	United Kingdom
Storage Instructions	Keep dry and away from direct sunlight and florescent lights.
Instructions for use	Unwrap the chocolate bar and enjoy
Alcoholic Strength	0

**Nutrition Labelling - Typical value Per 100g / 100ml**

Energy (kj)	2295	Energy (kcal)	549	Salt	0
Fat	34	of which saturates	20		
Carbohydrate	57	of which sugars	41		
Fibre	0	Protein	4		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Claire's Handmade Spicy Garlic & Tomato Salsa Dip 200g
Manufacturer's Name and Address	Claire's Handmade Ltd, Unit 1b-1c George Moore Estate, Fletchertown, Wigton, Cumbria, United Kingdom, CA7 1BA
Supplier Name and Address	Claire's Handmade Ltd, Unit 1b-1c George Moore Estate, Fletchertown, Wigton, Cumbria, United Kingdom, CA7 1BA
Ingredients	Tomatoes 73%, distilled malt vinegar (from BARLEY), onions, sugar, tomato puree 11%, garlic 5%, spices, dried red chilli, salt, acidity regulator: citric acid. This product contains malt vinegar which can be a source of GLUTEN. Our vinegar supplier has confirmed that once the vinegar has been fermented only a residual trace remains. By the time we have used this in our recipe, the amount of GLUTEN left is well below the 10ppm required to make the product 'GLUTEN free'.

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, away from sunlight. Once opened, refrigerate and use within 4 weeks.
Instructions for use	Ready to eat.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	353	Energy (kcal)	83	Salt	0.5
Fat	0.1	of which saturates	0		
Carbohydrate	18.2	of which sugars	15.9		
Fibre	1.2	Protein	1.8		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Cambrook Baked Hickory Smoke Seasoned Almonds 45g
Manufacturer's Name and Address	Cambrook Foods Ltd, Unit B1/B2, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Supplier Name and Address	Cambrook Foods Ltd, Unit B1/B2, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF
Ingredients	94% <b>ALMONDS (NUTS)</b> , 4% Hickory Smoke Seasoning (Salt, Maltodextrin, Yeast Extract, Dextrose, Smoke Flavouring, Rapeseed Oil, Acidity regulator: Citric Acid), 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	Yes	Peanuts	No	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Peanuts Sesame
Country of Origin	Various; Manufacture: UK
Storage Instructions	Store in a cool dry place.
Instructions for use	Eat as a snack anytime.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2399	Energy (kcal)	574	Salt	1.9
Fat	50.0	of which saturates	3.8		
Carbohydrate	9.2	of which sugars	5.5		
Fibre	7.3	Protein	21.2		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Joe & Seph's Vegan Coconut & Cacao Gourmet Popcorn 32g
Manufacturer's Name and Address	Joe's Gourmet Foods Limited, 3 Willen Field Rd, London, United Kingdom, United Kingdom, NW10 7BQ
Supplier Name and Address	Joe's Gourmet Foods Limited, 3 Willen Field Rd, London, United Kingdom, United Kingdom, NW10 7BQ
Ingredients	Corn, Sugar, Spring Water, Coconut (13%), Extra Virgin Olive Oil, <b>OATS</b> (3%), Glucose Syrup, Cocoa powder (2%), Sea Salt, Cold Pressed Sunflower Oil, Coconut Extract {Coconut Natural Extract, Inverted 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	Tree Nuts Peanuts Sesame
Country of Origin	United Kingdom
Storage Instructions	Ambient storage conditions. Store in a cool, dry, dark place. Once opened consume within 5 days.
Instructions for use	Ready to eat
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1422	Energy (kcal)	340	Salt	0.84
Fat	15	of which saturates	8.1		
Carbohydrate	51.1	of which sugars	32.1		
Fibre	5.4	Protein	4		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	nibnibs Rosemary Big Minis Breadsticks for Dipping 100g
Manufacturer's Name and Address	Nibnibs Ltd, SHAWFIELD ROAD, CARLTON, BARNSLEY, UK, S71 3HS
Supplier Name and Address	nibnibs Ltd, SHAWFIELD ROAD, CARLTON, BARNSLEY, UK, S71 3HS
Ingredients	<b>WHEAT</b> flour (contains Calcium, Iron, Niacin, Thiamin), Durum <b>WHEAT</b> Semolina, Extra Virgin Olive Oil (10%), Yeast, Salt, Rosemary (1%).

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	
Country of Origin	UK
Storage Instructions	Cool, dry place
Instructions for use	Ready to eat
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1779	Energy (kcal)	422	Salt	1.7
Fat	11	of which saturates	1.9		
Carbohydrate	72.6	of which sugars	2.5		
Fibre	2.9	Protein	10		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Mr Filbert's Marinated Mixed Olives with Rosemary & Garlic 65g
Manufacturer's Name and Address	Filbert's Fine Foods., Greens Barn, Page Lane, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Supplier Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, West Pennard, Glastonbury, Somerset, United Kingdom, BA6 8NX
Ingredients	Pitted Green Olives 46%, Pitted Kalamata Olives 46%, salt, lemon juice, red wine vinegar, (Marinade: extra virgin olive oil, rosemary 1%, Garlic 1%.

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	Greece
Storage Instructions	Ambient
Instructions for use	Snack
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	623	Energy (kcal)	151	Salt	2
Fat	14.2	of which saturates	1.5		
Carbohydrate	2.7	of which sugars	0.5		
Fibre	3.2	Protein	1.1		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Peter's Yard Anglesey Sea Salt & Cracked Pepper Sourdough Bites 90g
Manufacturer's Name and Address	The Celtic Bakers Ltd, Unit K2 -K5, Mowlem Industrial Estate, London, England, N17 0QJ
Supplier Name and Address	Peter's Yard Wholesale Ltd, 1 Brassey Road, Old Potts Way, Shrewsbury, Shropshire, England, SY3 7FA
Ingredients	Ingredients: <b>WHEAT</b> flour ( <b>WHEAT</b> flour, Calcium, Iron, Niacin, Thiamin), sourdough (RYE flour, water) 16%, wholemeal <b>WHEAT</b> flour, potato flakes, rapeseed oil, seasoning [maltodextrin, Anglesey sea salt, yeast extract, sugar, black pepper, mixed cracked peppercorns (black, green, pink), salt, spice extract], muscovado sugar, sea 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	Milk Tree Nuts Sesame Soybeans
Country of Origin	UK
Storage Instructions	ambient, cool and dry place
Instructions for use	A moreish snack to enjoy by itself or alongside drinks
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1571	Energy (kcal)	374	Salt	3.1
Fat	12	of which saturates	0.8		
Carbohydrate	56	of which sugars	3.8		
Fibre	4.2	Protein	8.5		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Mindful Bites Veganettone Organic Chocolate Christmas Cake 100g
Manufacturer's Name and Address	MINDFUL BITES LTD, 23 WIMPOLE STREET, LONDON, GREATER LONDON, UK, W1G 8GH
Supplier Name and Address	Mindful Bites Ltd, 23 WIMPOLE STREET, LONDON, GREATER LONDON, W1G 8GH
Ingredients	<b>WHEAT</b> flour*, Cane sugar*, Dark chocolate* 15% (cane sugar*, cocoa mass*, cocoa butter*, vanilla extract*), Sunflower oil*, Sourdough starter* 7% (contains <b>WHEAT</b> flour*, water), Shea butter*, Emulsifier: sunflower lecithin*, Pea flour*, <b>BARLEY</b> malt*, Sea salt, Natural citrus flavouring, Natural vanilla flavouring. * from organic farming

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   Tree Nuts   Peanuts   Sesame   Soybeans
Country of Origin	ITALY
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

Energy (kj)	1636	Energy (kcal)	391	Salt	0.51
Fat	18	of which saturates	9.1		
Carbohydrate	49	of which sugars	26		
Fibre	2.7	Protein	6.8		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	No	Suitable for wheat allergy sufferers	No
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	No
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Proudly Vegan Merlot 75cl
Manufacturer's Name and Address	Broadland Drinks Ltd, Broadland Drinks Ltd, The New Winery Chapel St Cawston, NORWICH, Norfolk, United Kingdom, NR10 4BG
Supplier Name and Address	Broadland Drinks Ltd, Broadland Drinks Ltd, The New Winery Chapel St Cawston, NORWICH, Norfolk, United Kingdom, NR10 4BG
Ingredients	Grapes (Contains <b>Sulphites</b> )

**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	Chile
Storage Instructions	from 5°C to 20 °C away from direct light
Instructions for use	N/A
Alcoholic Strength	12.5

**Nutrition Labelling - Typical value Per 100g / 100ml**

Energy (kj)	0	Energy (kcal)	0	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0	of which sugars	0		
Fibre	0	Protein	0		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes	Suitable for soya allergy sufferers	Yes
Suitable for nut allergy sufferers	Yes	Suitable for egg allergy sufferers	Yes
Free from alcohol	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Melting Pot Vegan Classic Chocolate Fudge 90g
Manufacturer's Name and Address	Melting Pot Fudge, 28 ballymacarrett road, belfast, antrim, northern ireland, BT4 1BT
Supplier Name and Address	Melting Pot Fudge Ltd, 28 ballymacarrett road, BELFAST, antrim, United Kingdom, BT4 1BT
Ingredients	sugar, rice drink (14%)(sunflower oil, sea salt), cocoa butter, golden syrup, glucose syrup, brown sugar, cocoa (3.5%), 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 Tree Nuts Peanuts Soybeans
Country of Origin	northern ireland
Storage Instructions	ambient
Instructions for use	none
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1428	Energy (kcal)	341	Salt	0.16
Fat	4.6	of which saturates	2.6		
Carbohydrate	77	of which sugars	73		
Fibre	0	Protein	0.7		

Suitable for vegetarians	Yes	Suitable for vegans	Yes
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	No	Suitable for soya allergy sufferers	No
Suitable for nut allergy sufferers	No	Suitable for egg allergy sufferers	Yes
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		