

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	Anakena Vinedos De Chile Merlot 750ml
Manufacturer's Name and Address	Accolade Wines, The Park, Kings Weston Lane, Avonmouth, Bristol, United Kingdom, BS11 9FG
Supplier Name and Address	Accolade Wines, Thomas Hardy House, 2 Heath Road, Weybridge, Surrey, United Kingdom, KT13 8TB
Ingredients	N/A 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	Chile
Storage Instructions	N/A
Instructions for use	N/A
Alcoholic Strength	13

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	311	Energy (kcal)	75	Salt	0
Fat	0	of which saturates	0		
Carbohydrate	0	of which sugars	0		
Fibre	0	Protein	0		

Suitable for vegetarians	No	Suitable for vegans	No
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	Fairfields Farm Crisps Kelly Bronze Turkey with Sage & Onion 150g
Manufacturer's Name and Address	Robert Strathern, Fairfields Farm, Colchester, Essex, UK, CO63AQ
Supplier Name and Address	Fairfields Farm Produce Ltd, Fairfields Farm, Colchester, Essex, CO63AQ
Ingredients	Potatoes, Sunflower Oil, Whey Powder (MILK), Yeast Extract Powder, Onion Powder, Salt, Dextrose, Herbs (Sage, Parsley, Thyme), Natural Flavourings, Spices (Dill Seed, Paprika, Fenugreek), Turkey Extract.

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	No	Sulphites/Sulphur Dioxide	No		

May contain statements	
Country of Origin	UK
Storage Instructions	Cool, dry & out of direct sunlight.
Instructions for use	Ready to eat
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2047	Energy (kcal)	495	Salt	1.3
Fat	25.5	of which saturates	3.14		
Carbohydrate	60.85	of which sugars	4.56		
Fibre	6.22	Protein	6.1		

Suitable for vegetarians	No	Suitable for vegans	No
Suitable for gluten allergy sufferers	Yes	Suitable for wheat allergy sufferers	Yes
Suitable for dairy allergy sufferers	No	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	Linden Lady Small Gold Cracker filled with Chocolate Stars 50g
Manufacturer's Name and Address	Linden Lady Chocolates Ltd, WALNUT TREE FARM, COPFORD, COLCHESTER, United Kingdom, CO6 1DR
Supplier Name and Address	Linden Lady Chocolates Ltd, WALNUT TREE FARM, COPFORD, COLCHESTER, United Kingdom, CO6 1DR
Ingredients	MILK Chocolate: Sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, natural vanilla flavour, Min cocoa solids: 30%, MILK solids: 20%.

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	Tree Nuts
Country of Origin	UK
Storage Instructions	IN DRY OUT OF DIRECT SUNLIGHT +10 – 22C
Instructions for use	Ready to eat.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2357	Energy (kcal)	563	Salt	0.21
Fat	36.2	of which saturates	21.8		
Carbohydrate	51	of which sugars	50		
Fibre	0	Protein	7		

Suitable for vegetarians	Yes	Suitable for vegans	No
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		

Name of Product	Grandma Wild's 4 Luxury Mince Pies
Manufacturer's Name and Address	Grandma Wilds, The Bakery, Millennium Business park The Bakery, Millennium Business park Station road, Steeton, BD20 6RB
Supplier Name and Address	Grandma Wild's, The Bakery, Millennium Business park The Bakery, Millennium Business park Station road, Steeton, BD20 6RB
Ingredients	Brandy Mincemeat (53%) [Sugar, Apple Puree, Sultanas (Sultanas, Sunflower Oil), Currants (Currants, Sunflower Oil), Brandy (2%), Candied Mixed Peel (Orange Peel, Glucose-Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Glucose Syrup, Apricot Puree (Apricot, Sugar), Maize Starch, Acidity Regulator: Acetic Acid, Pectin, Ginger Pulp (Ginger, Sugar) Cinnamon Cassia, Allspice, Orange Oil], WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Natural Flavouring), Sugar, Maize Starch, 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 Peanuts Sesame Soybeans
Country of Origin	Uk
Storage Instructions	Storage Conditions: Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 30 days.
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1586	Energy (kcal)	377	Salt	0.14
Fat	14	of which saturates	5.5		
Carbohydrate	58	of which sugars	31		
Fibre	1.4	Protein	2.7		

Suitable for vegetarians	Yes	Suitable for vegans	No
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	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Gold Crown Christmas Pudding Wrapped in Gold Foil with Tag 350g
Manufacturer's Name and Address	Gold Crown Bakeries Ltd, Unit 1, 12 Wiltshire Road, Hull, HU4 6PA
Supplier Name and Address	Gold Crown Bakeries Ltd, Unit 1, 12 Wiltshire Road, Hull, HU4 6PA
Ingredients	Sultanas (25%) (sultanas, sunflower oil), sugar, breadcrumbs (fortified WHEAT flour (WHEAT , calcium carbonate, iron, niacin, thiamin), salt, yeast), fortified WHEAT flour (WHEAT , calcium carbonate, iron, niacin, thiamin), cider (7%) (preservative (SULPHUR DIOXIDE)), vegetable suet (vegetable fat blend (palm, rapeseed and sunflower oil), WHEAT flour), black treacle (cane molasses, invert sugar syrup), humectant (vegetable glycerine), mixed spice, colour (caramel E150c), salt, acidity regulator (citric acid), preservative (potassium sorbate), lemon flavouring.

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	Yes		

May contain statements	Eggs Milk Tree Nuts Soybeans
Country of Origin	UK
Storage Instructions	Store in a cool dry place away from sunlight.
Instructions for use	Once opened store in an airtight container and consume within 3 days.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1482	Energy (kcal)	354	Salt	0.25
Fat	8.1	of which saturates	4.2		
Carbohydrate	66.7	of which sugars	47.3		
Fibre		Protein	3.5		
Suitable for vegetarians	Yes	Suitable for vegans	No		
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	No	Free from artificial colours	Yes		
Free from artificial flavours	Yes				

Name of Product	Grandma Wild's Mini Bites for Sharing Mature Cheddar 100g
Manufacturer's Name and Address	Grandma Wilds, The Bakery, Millennium Business park The Bakery, Millennium Business park Station road, Steeton, BD20 6RB
Supplier Name and Address	Grandma Wild's, The Bakery, Millennium Business park The Bakery, Millennium Business park Station road, Steeton, BD20 6RB
Ingredients	WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar cheese (22%) (MILK , potato starch), vegetable oil (palm oil), OATS , water, sugar, salt, natural flavouring, raising agents: disodium diphosphate, sodium bicarbonate.

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 Mustard Tree Nuts Peanuts Sesame Soybeans Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Storage Conditions: Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 30 days.
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1952	Energy (kcal)	467	Salt	2.08
Fat	27	of which saturates	14		
Carbohydrate	42	of which sugars	3		
Fibre	2.8	Protein	12.7		

Suitable for vegetarians	Yes	Suitable for vegans	No
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	Maclean's Chocolate & Ginger Luxury Biscuits 150g
Manufacturer's Name and Address	Maclean's Highland Bakery, 16 West Road, Forres, Moray, United Kingdom, IV36 2GW
Supplier Name and Address	Maclean's Highland Bakery, 16 West Road, Forres, Moray, United Kingdom, IV36 2GW
Ingredients	WHEAT Flour [Calcium, Thiamin, Iron, Niacin], Butter (MILK), OATMEAL , Sugar, Golden Syrup, Chocolate Chips 4% (Sugar, Cocoa Mass (33%), Cocoa Butter (8%), Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring], Stem Ginger Shavings 1%, Raising Agents: Dissodium Diphosphate, Sodium Bicarbonate; Ground Ginger 1%.

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	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Ambient - Cool Dry place away from direct sunlight. Once opened store in a sealed container
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1876	Energy (kcal)	450	Salt	0.9
Fat	22.3	of which saturates	13.4		
Carbohydrate	57.3	of which sugars	24.6		
Fibre	3.4	Protein	5.4		

Suitable for vegetarians	Yes	Suitable for vegans	No
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	Shaws Caramelised Red Onion Chutney with Balsamic 195g
Manufacturer's Name and Address	Shaws (Huddersfield) Ltd, Shaw Park, Silver Street, Huddersfield, West Yorkshire, UK, HD5 9AF
Supplier Name and Address	Shaws (Huddersfield) Ltd, Shaw Park, Silver Street, Huddersfield, West Yorkshire, UK, HD5 9AF
Ingredients	Red onion (65%), Muscovado Sugar, Sugar, Red Wine Vinegar (SULPHITES), Balsamic Vinegar (Wine Vinegar, Grape Must) (7%)(SULPHITES), Cornflour, Salt, Black Pepper. For Allergens: see ingredients in CAPITALS.

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	United Kingdom
Storage Instructions	Once opened keep refrigerated and consume within 4 weeks
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	736	Energy (kcal)	174	Salt	1.3
Fat	2.7	of which saturates	2.4		
Carbohydrate	35.8	of which sugars	32.8		
Fibre	0	Protein	0.9		

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	The Original Cake Company Chocolate Truffle Cake
Manufacturer's Name and Address	The Original Cake Company, Unit 4 Pioneer Business Park, Pioneer Way, Lincoln, Lincolnshire, United Kingdom, LN6 3DH
Supplier Name and Address	The Original Cake Company, Unit 4 Pioneer Business Park, Pioneer Way, Lincoln, Lincolnshire, , LN6 3DH
Ingredients	MILK Chocolate (24%) (Sugar, Cocoa Butter, Whole MILK Powder, Cocoa Mass, Emulsifier (SOYA Lecithin), Vanilla Extract), Butter (MILK), Sugar, EGG, WHEAT Flour (Contains Calcium, Iron, Niacin, Thiamin), White Chocolate (8%) (Sugar, Whole MILK Powder, Cocoa Butter, Emulsifier: SOYA Lecithin (E322), Natural Flavouring), Glucose, Emulsifier: Vegetable Glycerine (E422), Dark Chocolate Flavoured Drizzle (Sugar, Vegetable Oil, Cocoa Powder, Emulsifier: SOYA Lecithin (E322), Stabiliser (E492), Cocoa Powder, ALMONDS (NUTS) , Gold Star Decoration (Sugar, Glucose Syrup, Non-Hydrogenated Palm Oil, Water, Emulsifier: Acacia Gum, Humectant: Vegetable Glycerine, Emulsifier E471, Stabiliser: Xanthan Gum, Colours: Titanium Dioxide, Iron Oxide, Glazing Agent: Shellac), Raising Agents: E500, E450 (WHEAT)

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	Yes	Peanuts	No	Sesame	No
Soybeans	Yes	Sulphites/Sulphur Dioxide	No		

May contain statements	Sulphites/Sulphur Dioxide
Country of Origin	United Kingdom
Storage Instructions	Ambient
Instructions for use	n/a
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2044	Energy (kcal)	490	Salt	0.21
Fat	27	of which saturates	16		
Carbohydrate	56	of which sugars	42		
Fibre	0	Protein	6.7		

Suitable for vegetarians	Yes	Suitable for vegans	No
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	Tregroes Toffee Waffles 260g
Manufacturer's Name and Address	Tregroes Waffle Bakery Ltd, Unit 2, Pecader Road, Llandysul, Carmarthenshire, GB, SA44 4AE
Supplier Name and Address	Tregroes Waffles, Unit 2, Pecader Road, Llandysul, Carmarthenshire, GB, 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 , Invert sugar syrup, 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	GB
Storage Instructions	Store in a cool, dry, place
Instructions for use	N/A Serving suggestion: Best served gently warmed.
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	1913	Energy (kcal)	456	Salt	0.63
Fat	18.5	of which saturates	7.6		
Carbohydrate	70.1	of which sugars	40.6		
Fibre	1.6	Protein	1.4		

Suitable for vegetarians	Yes	Suitable for vegans	No
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	Yes	Suitable for egg allergy sufferers	No
Free from alcohol	Yes	Free from artificial colours	Yes
Free from artificial flavours	Yes		

Name of Product	Hider Roasted & Salted Nut Selection 90g
Manufacturer's Name and Address	Hider Food Imports Ltd, Wiltshire Road, Hull, East Yorkshire, United Kingdom, HU4 6PA
Supplier Name and Address	Hider Food Imports Ltd, Wiltshire Road, Hull, East Yorkshire, United Kingdom, HU4 6PA
Ingredients	ALMONDS (NUTS) (24%), CASHEW NUTS (24%), HAZELNUTS (24%), Jumbo PEANUTS (24%), Rapeseed Oil, 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	Yes	Peanuts	Yes	Sesame	No
Soybeans	No	Sulphites/Sulphur Dioxide	No		

May contain statements	Sesame
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place, out of direct sunlight.
Instructions for use	N/A
Alcoholic Strength	0

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2642	Energy (kcal)	639	Salt	1.68
Fat	52.23	of which saturates	7.83		
Carbohydrate	15.83	of which sugars	3.6		
Fibre	5.3	Protein	23.4		

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	The Secret Truffletier Gold Foiled White Chocolate Truffles in Stick Pack 55g
Manufacturer's Name and Address	Lessiters Ltd, 61 London Road, Woolmer Green, Woolmer Green knebworth, Hertfordshire, United Kingdom, SG3 6JE
Supplier Name and Address	Lessiter's Ltd, 61 London Road, Woolmer Green, Woolmer Green knebworth, Hertfordshire, United Kingdom, SG3 6JE
Ingredients	sugar, cocoa butter, whole MILK powder, fresh cream (MILK), glucose, sorbitol, alcohol, skimmed MILK powder, (emulsifier) SOYA lecithin, natural flavouring. White chocolate contains minimum 30% cocoa butter, 20% MILK solids.

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	Tree Nuts
Country of Origin	United Kingdom
Storage Instructions	Cool (12 - 18oC), dry and out of direct light.
Instructions for use	N/A
Alcoholic Strength	1.2

Nutrition Labelling - Typical value Per 100g / 100ml

Energy (kj)	2187	Energy (kcal)	524	Salt	0.03
Fat	35.7	of which saturates	22.3		
Carbohydrate	45.8	of which sugars	41.9		
Fibre	0.4	Protein	5.5		

Suitable for vegetarians	Yes	Suitable for vegans	No
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	No	Free from artificial colours	Yes
Free from artificial flavours	Yes		