

NOTHS MAN GIFT HAMPER WITH BEER CONTENTS INGREDIENTS

Freedom Brewery, "Freedom" British Lager, 330ml

Ingredients

Water, **Malted Barley**, Yeast, Hops, Hops: First Gold & Challenger

Allergy Information

Contains: Barley

Tasting Notes

Light, Crisp, Clean, Refreshing

ABV

4.0% vol

Claire's Handmade, Red Onion Marmalade, 130g

Ingredients (allergens in bold): red onions 71%, onions, sugar, red wine vinegar (**sulphites**), balsamic vinegar of Modena (**sulphites**), salt, acidity regulator: citric acid, spices

Nutrition per 100g

Energy	694kJ/163kcal
Fat (of which saturates 0g),	0.2g
Carbohydrate (of which sugars 31.4g),	37.3g
Fibre	2.6g
Protein	1.9g
Salt	0.8g

Stockan's, Orkney Oatcakes, 100g

INGREDIENTS

Wholegrain Oats (76%), Vegetable Oil (Sustainable Palm, Rapeseed), Fortified Wheat Flour (Wheat, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising agents (Potassium Bicarbonate, Disodium Diphosphate). For allergens including cereals containing gluten see ingredients in **bold**. May contain milk nuts and sesame. Suitable for vegetarians.

Nutritional Information Typical values per 100g

Energy 2105kJ/501Kcal, Fat 22.0g of which saturates 8.4g, **Carbohydrates** 62.4g of which sugars 1.5g, Fibre 6.0g, Protein 10.4g, Salt 1.5g

The Snaffling Pig, Pork Crackling, 45g

PORK CRACKLING PERFECTLY SEASONED WITH SALT

INGREDIENTS

Pork Rind, Seasoning: Salt, Hydrolysed Vegetable Protein, Dextrose, Yeast Extract.

NUTRITIONAL VALUE

Typical analysis	per 100g
Energy	2613 KJ (629 kcal)
Fat	48.4g
of which saturates	18.4g
Carbohydrate	0.5g
of which sugars	0.5g
Protein	47.8g
Salt	1.10g

STORAGE

Store in a dry, cool place, away from bright light and vegetarians.

WARNING

Not suitable for those with weak gnashers (may contain bones) and those of a health obsessed disposition.



West Country Legends, Sea Salt & Rosemary Cheese Straws, 100g

Ingredient Information

Sea Salt and Rosemary Cheese Straws (Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine], Water, West Country Farmhouse Cheddar Cheese (Milk) (20%), Butter [Milk, Contains Colour: Beta Carotene], Herb Mix (5%) [Rice Flour, Sea Salt (20%), Sugar, Onion, Garlic Powder, Yeast Extract, Rosemary (3%), Sage, Oregano, Natural Flavouring, Parsley, Thyme], Salt, Mustard Powder)

Allergy Information

For Allergen Information, see Ingredients in **bold**.

Nutritional Information

Typical Values	Per 100g
Energy	2148 KJ
Energy	516 KCal
Fat	35 g
Of which Saturates	24 g
Carbohydrate	36 g
Of which Sugars	0.7 g
Protein	13 g
Salt	2.3 g

Filbert's, Salt Crust Peanuts, 40g

Ingredients

Peanuts 92%, Thickener: acacia gum, glucose and maltodextrin, Salt 2.9%, Rice Flour. **Allergy Advice**

For allergens please see ingredients in **bold**. Produced in a factory that also handles other tree nuts, soya, celery and gluten.

G GLUTEN FREE **D** DAIRY FREE **V** VEGETARIAN **Vg** VEGAN

Buttermilk, Caramel & Sea Salt Butter Fudge, 150g

	per 100g	per 30g serving
Energy (kJ)	1744	523
(KCal)	414	124
Fat (g)	11.0	3.3
of which Saturates (g)	6.9	2.1
Carbohydrates (g)	77.2	23.1
of which Sugars (g)	76.8	23.0
Protein (g)	1.6	0.5
Salt (g)	0.8	0.2

Ingredients

Sugar, Sweetened Condensed **Milk** (Whole **Milk**, Sugar), Butter (**Milk**), Golden Syrup, Glucose Syrup, Sea Salt (0.5%), Natural Caramel Flavouring, Salt