

Thank you for your interest in our Lottie Shaw's hamper. Please find listed below the nutritional and allergen information for all of the treats in our hamper. All of our products are individually packaged and the information is also clearly printed on the back of every product.

If you require any information in relation to allergens or other dietary requirements, please contact us prior to purchase

Best wishes, Lottie x

Name of Product	Yorkshire Parkin
Ingredients	<p>Oatmeal, (21%), Brown sugar, Partially Inverted syrup, Milk, Wheat flour (Wheat fortified with Calcium Carbonate, Iron, Niacin Thiamine), margarine (Vegetable Oils, (Rapeseed Oil, Palm Oil in various proportions, RSPO SOURCED) water, salt, Emulsifier Polyglycerol esters of fatty acids, colours Curcumin, Annatto, Flavourings.) Black treacle, (2%), Ginger, Raising Agent Sodium Bicarbonate.</p> <p>Allergens shown in BOLD</p> <p>Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1563kj	Energy (kcal)	371kcal
Fat	9.9g	of which saturates	4.2g
Carbohydrate	65.6g	of which sugars	43.7g
Salt	0.5g	Protein	4.7g

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Name of Product	Yorkshire Parkin Biscuits
Ingredients	<p>Wheat flour (Wheat flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), Oatmeal (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water, salt, Emulsifier (Polyglycerol Esters of Fatty Acids), Colours (curcumin, annatto) Flavourings, Oatmeal (12.4%) OATS, partially inverted syrup (11%), Black Treacle (3%), Free Range Egg (3%), Bicarbonate of Soda(1.5%) Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1851kj	Energy (kcal)	439kcal	Salt	1.89g
Fat	14.3g	of which saturates	4.8g		
Carbohydrate	73.9g	of which sugars	41.5g		
Fibre	2.4g	Protein	4.9g		

Name of Product	Triple Chocolate Biscuits
Ingredients	<p>Wheat Flour (Wheat fortified with Calcium carbonate, Iron, Niacin and Thiamine), White Chocolate Chunks, (Sugar (53.0%), Whole Milk Powder (24%) (Contains Milk), Cocoa Butter (21.0%), Skimmed Milk Powder (1.5%) (contains Milk), Emulsifier; Soya lecithin (1%) (Soya), Natural Vanilla Flavouring. (Dark Chocolate Couverture (Sugar (44.77%), Cocoa Mass (42.78%), Cocoa Butter (11.94%), Soya Lecithin (0.50%) (Soya), Natural Vanilla Flavouring (0.01%). Margarine (Vegetable Oil (palm and rapeseed in various proportions (RSPO SOURCED), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavouring. Demerara Sugar, Free Range Pasteurised Egg, Butter (contains Milk), Cocoa Powder (cocoa powder, Potassium Carbonate), Raising Agent; Sodium Bicarbonate, Salt.</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	2135kj	Energy (kcal)	511kcal
Fat	33g	of which saturates	17g
Carbohydrate	47g	of which sugars	25g
Salt	1.4g	Protein	7.3g

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Name of Product	Traditional Oat Flapjack
Supplier Name and Address	Lottie Shaw's, Unit 1, Thornhill Beck Lane, Brighouse, West Yorkshire, HD6 4AH
Ingredients	<p>Rolled Oats (43.4%) Partially Inverted Syrup, Margarine (Vegetable Oil (palm and rapeseed in various proportions (RSPO SOURCED), Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin, Annatto), Flavouring, Demerara sugar, Butter flavour, (Preservative, Sulphur dioxide, Sulphites).</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1842kj	Energy (kcal)	439kcal
Fat	20.2g	of which saturates	6.5g
Carbohydrate	61.1g	of which sugars	34.2g
Salt	0.6g	Protein	5.2g

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Name of Product	Cherry & Almond Flapjack
Ingredients	<p>Rolled Oats (41%), Partially Inverted Syrup, Margarine (Vegetable Oil (palm and rapeseed in various proportions, RSPO SOURCED), water, salt, Emulsifiers (Polyglycerol esters of fatty acids), colours, (Curcumin, Annatto), Flavourings), Demerara sugar, Glazed Cherries (7.5%) (Glucose syrup, Sugar, Acidity regulator, (Citric Acid), Preservative (Potassium Sorbate, Sulphur Dioxide), Colour (Erythrosine), Almond Flavouring, (Sunflower oil, thickening agent, (Xanthan Gum), Acidity regulator; (Citric Acid), Preservative (Potassium Sorbate).</p> <p>Allergens shown in BOLD Please be aware we handle nuts in the bakery</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1815kj	Energy (kcal)	433kcal
Fat	19.6g	of which saturates	6.4g
Carbohydrate	61.6g	of which sugars	39.4g
Salt	0.6g	Protein	4.4g

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Name of Product	Oatmeal and Raisin Biscuits
Ingredients	Caster sugar, Wheat Flour (Wheat flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), Shortening (Vegetable Oils, Palm Oil and Rapeseed Oil in various proportions RSPO Sourced), Oatmeal (Oats 11.9%) , Water, Raisins, (Sunflower Oil, 4.03%), Salt, Sodium Bicarbonate, Ground Cinnamon. Allergens shown in BOLD Please be aware we handle nuts in the bakery

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1662kj	Energy (kcal)	364kcal
Fat	13g	of which saturates	4.4g
Carbohydrate	66g	of which sugars	35g
Salt	1.4g	Protein	4.2g

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Name of Product	Currant Pasty
Ingredients	<u>Pastry</u> Wheat Flour (fortified with Iron, Calcium Carbonate, Niacin and Thiamin), water, salt, Baking Powder, Sugar, Shortening, (Vegetable Oil, (rapeseed and palm oil in various proportions RSPO Sourced) in various proportions. <u>Filling</u> Currants, Sugar, Gel Set, (Pre-gelatinised starch) Allergens shown in BOLD

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1474kj	Energy (kcal)	350kcal
Fat	12.1g	of which saturates	5.7g
Carbohydrate	60.3g	of which sugars	38.4g
Salt	0.6g	Protein	3.5g

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