

Hawkshead Relish - Raspberry and Vanilla Jam

Ingredients: raspberries (35%), sugar, vanilla (2%), pectin (gelling agent)

Nutrition Information (Per 100g or 100ml)

Energy 216 kcal
Fat 0.2g
Saturates 0.1g
Carbohydrates 51.0g
Sugars 50.6g
Protein 0.7g
Salt 0.0g

Coco Chocolatier - Isle of Skye Sea Salt Dark Chocolate

Ingredients: Cocoa mass, sugar, cocoa butter, emulsifier: non-gmo SOYA lecithin, vanilla extract, isle of skye salt (<1%)

Nutrition Information (Per 100g or 100ml)

Energy 2422.5kJ / 579kcal
Fat 41.0g
Saturates 24.0g
Carbohydrates 49.0g
Sugars 38.0g
Protein 5.4g
Salt 0.3g

The Real Smoked Nut Company - Hickory Smoked Almonds and Cashews

Ingredients: ALMONDS, CASHEWS, Sunflower oil, PALM oil, salt, hickory wood smoke. PACKED IN FACTORY WHERE NUTS (INCLUDING PEANUTS) & SESAME SEEDS ARE PROCESSED

Nutrition Information (Per 100g or 100ml)

Energy 616Kcal
Fat 51.3g
Saturates 6.7g
Carbohydrates 17.3g
Sugars 6.2g
Protein 21.2g
Salt 2.83g

Yorkshire Popcorn - Salt & Sweet Popcorn

Ingredients: Popped corn kernels, Sugar, Rapeseed oil, Salt May contain MILK

Nutrition Information (Per 100g or 100ml)

Energy 460Kcal
Fat 19.25g
Saturates 1.5g
Carbohydrates 71g
Sugars 19.5g
Protein 6.5g
Salt 1.25g

Willies Cacao - Dark Chocolate Sea Salt Praline Truffles

Ingredients: Cocoa mass, HAZELNUTS 27%, raw cane sugar, cocoa powder, HAZELNUT oil 0.8%, cocoa butter, sea salt 0.6%. MAY CONTAIN MILK.

Nutrition Information (Per 100g or 100ml)

Energy 573 kcal

Fat 41.4g
Saturates 15.4g
Carbohydrates 36.2g
Sugars 29.4g
Protein 9.2g
Salt 0.2g

Hawkshead Relish - Seville Orange Marmalade

Ingredients: sugar, orange (35%), water, pectin(gelling agent), acidity, regulator (citric acid), prepared with 35g fruit per 100g. total sugar content 60g per 100g.

Nutrition Information (Per 100g or 100ml)

Energy 240 kcal
Fat 0.0g
Saturates 0.0g
Carbohydrates 59.7g
Sugars 59.2g
Protein 0.2g
Salt 0.0g

Miller's Elements - Smoked Flour and Red-Hot Chilli Crackers

Ingredients: WHEAT Flour, Stoneground Wholemeal Flour (WHEAT), Corn Oil, Oak, Smoked Dark Malt Flour (BARLEY) (4%), Autolysed Yeast, Salt, Dark Muscovado Sugar, Crushed Red Chillies (1%), Raising Agent (Sodium Bicarbonate)

Nutrition Information (Per 100g or 100ml)

Energy 425kcal
Fat 13.0g
Saturates 1.7g
Carbohydrates 64.6g
Sugars 3.1g
Protein 11.3g
Salt 2.9g

Serious Pig - Corn Scratchings

Ingredients: Giant Corn (Corn, Sunflower Oil) 91%, Rapeseed Oil, Yeast Extracts, Sea Salt, Sugar, White Pepper, Sage. May contain traces of **Peanut**, **Tree Nut** and **Sesame**. Allergens in **bold**. Suitable for Vegetarians and Vegans. Caution: Small children can choke on nuts. STRONG HEALTHY TEETH REQUIRED.

Nutrition Information (Per 100g or 100ml)

Energy 1828kJ / 435 kcal
Fat 14.1g
Saturates 1.1g
Carbohydrates 66.3g
Sugars 1.4g
Protein 4.9g
Salt 3.1g

Willie's Cacao - Venezuelan Gold Luxury Chocolate

Ingredients: Contains cocoa solids 72% minimum. Ingredients: cocoa mass, cocoa butter, raw cane sugar. MAY CONTAIN TRACES OF NUT

Nutrition Information (Per 100g or 100ml)

Energy 535kcal
Fat 35.6g
Saturates 22.4g
Carbohydrates 40.8g
Sugars 29.9g
Protein 9.0g
Salt <0.1g

Olives Et Al - Rosemary & Garlic Olives

Ingredients: mixed pitted olives (pitted green olives, pitted kalamon olives) 60%, dressing oil (extra virgin olive oil, rapeseed oil) 39%, garlic, rosemary. Although these are pitted olives some fragments of olive stone may remain so please do eat with care. May contain traces of NUTS and SEEDS.

Nutrition Information (Per 100g or 100ml)

Energy 195kcal
Fat 20.5g
Saturates 1.3g
Carbohydrates 1.7g
Sugars 0.1g
Protein 1.5g
Salt 2.6g

Lincoln Tea & Coffee Co - Traditional Breakfast Tea

Ingredients: Black tea

Kent & Fraser - Cherry, Pecan & Poppy Seed Toast

Ingredients: Gluten free flours (rice flour, corn flour, tapioca flour, gram flour) glace cherries 12% (cherries, glucose-fructose syrup, colour: anthocyanins from grapes, natural flavouring) dates, pecans 10%, poppy seeds 5%, sunflower oil, sugar, sweetened sour cherries 3% (cherries, sugar, sunflower oil), molasses, raising agents (sodium bicarbonate, disodium diphosphate) sea salt, stabiliser: xanthan gum, black pepper

Nutrition Information (Per 100g or 100ml)

Energy 1720kJ / 409kcal
Fat 13.6g
Saturates 1.5g
Carbohydrates 66.3g
Sugars 23.1g
Protein 5.7g

Mighty Fine - Dark Chocolate Coated Almonds

Ingredients: ALMONDS (60%), Dark Chocolate (38.3%)(Cocoa Mass, Sugar, Cocoa Butter, Emulsifier [SOYA LECITHIN], Natural Vanilla Flavouring), Cocoa Powder (0.5%), Glazing Agents (Gum Arabic), Salt and natural flavouring. For allergens, including cereals containing gluten, see ingredients in Bold. Also, NOT suitable for PEANUT, TREE NUT, MILK and GLUTEN allergy sufferers.

Nutrition Information (Per 100g or 100ml)

Energy 2352kJ / 568kcal
Fat 44g
Saturates 10.1g
Carbohydrates 17.6g
Sugars 12.3g
Protein 20.3g
Salt 0.01g

Emily Crisps - Simply Sea Salt Sweet Potato Chips

Ingredients: Sweet potato, sunflower oil, sea salt

Nutrition Information (Per 100g or 100ml)

Energy 2195kJ / 527kcal
Fat 31.8g
Saturates 3.2g
Carbohydrates 51.0g
Sugars 33.7g
Protein 4.5g