

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	Stem Ginger Savoury Biscuits
Ingredients	<p>Oatmeal (Oats), Water, Wheat Flour (Wheat fortified with calcium carbonate, iron, niacin, and thiamine), Stem Ginger in sugar syrup (stem ginger, sugar, water), vegetable oil (Soya Bean Oil and sunflower oil in various proportions (Soya), Yorkshire Rapeseed Oil, ground ginger 1.04%, Sodium Bicarbonate, Salt</p> <p>Allergen ingredients in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1535kj	Energy (kcal)	366kcal	Salt	0.5g
Fat	16g	of which saturates	1.5g		
Carbohydrate	49g	of which sugars	7.0g		
Fibre		Protein	6.3g		

Name of Product	Traditional Oat Flap jack
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</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1842kj	Energy (kcal)	439kcal	Salt	0.4g
Fat	20.2g	of which saturates	6.5g		
Carbohydrate	61.1g	of which sugars	34.2g		
Fibre		Protein	5.2g		

Name of Product	Ginger Parkin Flapjack
Ingredients	<p>Oatmeal (6.23%), Rolled Oats 37.4%), Partially Inverted Syrup, Black treacle (1.87%), Ginger (0.75%), Brown Sugar, Margarine (vegetable oil, (Palm and rapeseed oil in various proportions RSPO SOURCED), Water, Salt Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin), (Annatto), Flavourings), Demerara sugar.</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1853kj	Energy (kcal)	441kcal	Salt	0.6g
Fat	20.2g	of which saturates	6.4g		
Carbohydrate	62.0g	of which sugars	33.7g		
Fibre		Protein	5.4g		

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, firming agent, (Xanthan Gum), Acidity regulator; (Citric Acid), Preservative (Potassium Sorbate). May contain Wheat and traces of Nuts</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

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

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

Nutrition Labelling - Typical value Per 100g/100ml

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

Name of Product	Coconut Oat Flap Jack
Ingredients	<p>Rolled Oats (36.3%), Desiccated Coconut (9.69%), Partially Inverted Syrup, Margarine [vegetable oil, (rapeseed and palm oil in various proportions RSPO SOURCED) Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Curcumin), (Annatto), Flavourings), Demerara sugar. Butter flavour, (Preservative, Sulphur dioxide, Sulphites).</p> <p>Allergens shown in BOLD</p>

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	1943kj	Energy (kcal)	464kcal	Salt	0.6g
Fat	25.4g	of which saturates	11.7g		
Carbohydrate	56.1g	of which sugars	33.5g		
Fibre		Protein	5.0g		

Name of Product	Dark Chocolate Orange Shards
Supplier Name and Address	Lottie Shaw's, Unit 1, Thornhill Beck Lane, Brighouse, West Yorkshire, HD6 4AH
Ingredients	Dark Orange Shard Ingredients: Dark Chocolate: Cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring. (Cocoa solids 54.5% min). Orange pieces: Concentrated apple puree, concentrated orange juice, humectant: glycerol, fructose glucose syrup, wheat Fibre, sugar, palm fat (RSPO-SG), rice starch, gelling agent: pectin, acidity regulator: citric acid, natural orange flavouring, antioxidant: ascorbic acid, colour: curcumine. Allergy advice: For allergens, see ingredients in bold . May contain traces of milk & nuts.

Nutrition Labelling - Typical value Per 100g/100ml

Energy (kj)	2256kj	Energy (kcal)	539kcal		
Fat	35g	of which saturates	20.9g		
Carbohydrate	47.2g	of which sugars	43.1g		
Fibre	1.4g	Protein	4.9g	Salt	0.01g