

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	<b>Oatmeal, (21%)</b> , Brown sugar, Partially Inverted syrup, <b>Milk, Wheat flour (Wheat Flour</b> , 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.  Allergens shown in <b>BOLD</b>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1563kj	Energy (kcal)	371kcal	Salt	0.2g
Fat	9.9g	of which saturates	4.2g		
Carbohydrate	65.6g	of which sugars	43.7g		
Fibre		Protein	4.7g		

Name of Product	Yorkshire Parkin Biscuits
Ingredients	<p><b>Wheat flour</b> (<b>Wheat</b> flour fortified with Calcium Carbonate, Iron, Niacin and Thiamine), (27%) Demerara sugar (27%), <b>Oatmeal</b> (12.4%), Margarine, (vegetable oils (rapeseed and palm oil in various proportions (RSPO SOURCED), Water (1%), salt, Emulsifiers Polyglycerol Esters of Fatty Acids Colours E100. E160b, Flavourings, 14%) partially inverted syrup (11%), Free Range <b>Egg</b> (3%), Black Treacle (3%), Ginger (1.5%), Raising Agents; Sodium Bicarbonate (1.5%).</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1879kj	Energy (kcal)	447kcal	Salt	0.4g
Fat	13.9g	of which saturates	5.1g		
Carbohydrate	74.6g	of which sugars	40.7g		
Fibre	2.1g	Protein	6.9g		

Name of Product	Traditional Oat Flap jack
Ingredients	<p><b>Rolled Oats (43.4%)</b>  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, <b>Sulphur dioxide</b>, <b>Sulphites</b>).</p> <p>Allergens shown in <b>BOLD</b></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	Millionaire Shortbread
Ingredients	<p>All Butter Shortbread  <b>Wheat Flour (11.4%)</b>, Butter <b>17%</b> (contains <b>milk</b>), Sugar, Ground Rice  <b>Milk Chocolate Couverture (17%)</b>  (Contains milk <b>solids 21%</b> (35.1%), Cocoa solids 35.1%, sugar, cocoa butter,  <b>whole milk powder</b>, cocoa mass, emulsifiers, <b>soya lecithin</b>, E322, Natural  Vanilla.  Caramel (33.3%)  Sugar, Glucose syrup, Sweetened Condensed <b>Milk</b>, Water, Unsalted Butter  (<b>contains milk</b>), partially inverted syrup, Vegetable Oil, Salt, Emulsifiers, <b>Soya  Lecithin</b>, E322, E473</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	2049kj	Energy (kcal)	489kcal
Fat	26.3g	of which saturates	16.5g
Carbohydrate	60.9g	of which sugars	36.7g
Fibre		Protein	3.7g

Salt	0.4g
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Name of Product	Millionaire Flap jack
Ingredients	<p>Flapjack Base  <b>Rolled Oats</b> (43.4%), Partially Inverted Syrup, Margarine Vegetable Oil (palm and rapeseed in various proportions,), Water, Salt, Emulsifier, E475 Colours, E100, E160b Demerara sugar, Butter flavour, (Preservative E220 <b>Sulphites</b>).</p> <p>Milk Chocolate Couverture,  (Sugar, Cocoa Butter, Whole milk powder (<b>milk</b>), Cocoa Mass, Emulsifiers, <b>Soya Lecithin</b>, E322 Natural Vanilla, Cocoa solids, 35.1%, <b>Milk Solids</b> 21.8%.)  Caramel,  Sugar, Glucose syrup, Sweetened Condensed <b>Milk</b>, Water, Unsalted Butter (contains <b>milk</b>), partially inverted syrup, Vegetable Oil (palm and rapeseed in various proportions RSPO Sourced), Salt, Emulsifiers, <b>Soya Lecithin</b>, E322, Natural vanilla, Cocoa solids 35.1% <b>milk</b> solids 21.8%</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	2061kj	Energy (kcal)	492kcal	Salt	0.4g
Fat	23g	of which saturates	13g		
Carbohydrate	67g	of which sugars	48g		
Fibre	4g	Protein	8g		

Name of Product	Chocolate Chip Flapjack
Ingredients	<p><b>INGREDIENTS: Rolled Oats (43%),</b>  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), Flavourings), Demerara sugar,  Chocolate chips (5.9%) (Sugar (58.5%), Cocoa Mass (33.0%), Cocoa Butter (8.0%), <b>Milk</b>, Emulsifier; <b>Soya Lecithin</b> (0.25%), Natural Vanilla Flavouring (0.25%)] Butter flavour, (Preservative <b>Sulphur Dioxide, Sulphites</b>).</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	1881kj	Energy (kcal)	448kcal	Salt	0.6g
Fat	21.2g	of which saturates	8g		
Carbohydrate	61.5g	of which sugars	35.9g		
Fibre		Protein	5.1g		

Name of Product	Chocolate Ginger Tiffin
Ingredients	<p><u>Parkin Biscuit</u>:(24.7%)  <b>Wheat flour</b>, Demerara sugar, <b>Oatmeal</b>, Margarine, (vegetable oils, Water, salt, emulsifiers E475, Colours E100 E160b Flavourings), Partially inverted syrup, <b>Egg</b>, Black Treacle, Ginger, Raising Agents; Sodium Bicarbonate,  <u>Shortbread Biscuit</u>. (11.4%)  <b>Wheat Flour Butter (contains milk)</b>, Sugar, Ground Rice  White Chocolate Chunks (sugar, Whole <b>Milk Powder (contains MILK)</b>, cocoa butter, SKIMMED <b>MILK POWDER (contains MILK)</b>, emulsifier: <b>SOYA LECITHIN (SOYA)</b> natural vanilla flavouring)  . <u>Milk Chocolate Couverture</u>, (17%)  <b>(Contains milk solids 21%</b>, cocoa solids 35.1%, Sugar, Cocoa Butter, <b>Whole milk powder</b>, Cocoa Mass, Emulsifiers, E322, Natural Vanilla.  <u>Digestive Biscuits</u>. (10.1%)  <b>Wheat Flour</b>, Vegetable Oil, sugar, Whole meal <b>Wheat flour</b>, partially inverted syrup, Raising agents, sodium Bicarbonate, salt. Butter <b>(contains milk)</b>_(15.2%), Partially inverted syrup (8.5%), Raisins (6.6%)  <u>Drinking Chocolate</u>, (5.7%) sugar, <b>whhey powder</b>, (contains milk), Fat reduced cocoa powder, Hydrogenated vegetable fat, glucose syrup, salt, stabilisers, E340, E452, <b>Milk Protein</b>, Emulsifiers, E481, flavouring, Cocoa Powder (0.7%)</p> <p>Allergens shown in <b>BOLD</b></p>

**Nutrition Labelling - Typical value Per 100g/100ml**

Energy (kj)	2165kj	Energy (kcal)	517kcal
Fat	30.8g	of which saturates	16.9g
Carbohydrate	58.6g	of which sugars	37.6g
Fibre	1g	Protein	4.5g

Salt	0.4g
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Name of Product	Cherry & Almond Flapjack
Ingredients	<p><b>Rolled Oats (41%),</b>  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, <b>Sulphur Dioxide</b>), Colour (Erythrosine), <b>Almond</b> Flavouring, (Sunflower oil, firming agent, (Xanthan Gum), Acidity regulator; (Citric Acid), Preservative (Potassium Sorbate).  May contain <b>Wheat and traces of Nuts</b></p> <p>Allergens shown in <b>BOLD</b></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, <b>Wheat Flour (Wheat flour</b> fortified with Calcium Carbonate, Iron, Niacin and Thiamine), Shortening (Vegetable Oils, Palm Oil and Rapeseed Oil in various proportions RSPO Sourced), <b>Oatmeal</b> (Oats 11.9%), Water, Raisins, (Sunflower Oil, 4.03%), Salt, Sodium Bicarbonate, Ground Cinnamon. Allergens shown in <b>BOLD</b>

**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		