

# TRAFALGAR HAMPER WITH REAL ALE CONTENTS INGREDIENTS

Old Speckled Hen Real Ale, 500ml

## Allergy Information

Contains Malted Barley

## Alcohol Units

2.5

## ABV

5% vol

## Alcohol Type

Beer

## Storage Type

Ambient

Wainwright's Choice, Vintage Mature Cheddar Waxed Truckle, 150g

*Suitable for vegetarians*

**Ingredients: Cheddar, (Milk) Salt, Rennet.**

Allergy advice: For allergens including cereals see **Ingredients in bold**

Nutritional Information per (100g):	
Energy kJ	1700
Energy kcal	410
Fat	34.4
of which are Saturates	21.7
Protein	25.0
Carbohydrate	0.1
of which are Sugars	0.1
Salt estimated	1.8
from sodium	

Store Below 6°C

Simon Weaver, Organic Cotswold Brie, 100g

**Simon Weaver Cotswold Brie**


A smooth and creamy brie style cheese with a gentle rounded flavour.

**SUITABLE FOR VEGETARIANS**

**ALLERGY ADVICE: Contains Cows' Milk.**

**STORAGE: Keep Refrigerated and consume within 5 days of opening.**

Simon Weaver, Kirkham Farm, Gloucestershire, GL54 2JS  
GB-ORG-05 Made with Organic Milk



Cottage Delight, Caramelised Onion Chutney, 105g

**Ingredients** Onion (51%), Sugar, Balsamic vinegar (Wine vinegar, Grape must, Colour: **SULPHITE ammonia caramel**, Preservative: **SULPHUR DIOXIDE**), Muscovado sugar, Sunflower oil, Spices, Concentrated lemon juice, Garlic powder, Acidity regulator: Citric acid, Salt.

Pop in the fridge after opening.

**Suitable for vegetarians** **Suitable for vegans**  
**Gluten Free**

Nutrition Typical values per 100g	
Energy	1122kJ/264kcal
Fat	1.4g
of which saturates	0.2g
Carbohydrate	60.9g
of which sugars	58.4g
Protein	1.2g
Salt	0.3g

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

Filbert's, Chilli & Lime Peanuts, 40g

**Ingredients** Roasted **Peanuts** 92%, sugar, lemon zest 1.5%, salt, ginger, chilli 0.7%, cumin, rapeseed oil, acidity regulator: citric acid, lime oil 0.2%.

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

Border Biscuits, Light & Chocolatey Viennese Whirls, 150g

Typical Values	Per 100g	Per biscuit
Energy kcal	501	85
kJ	2094	355
Fat	29.0g	4.9g
of which saturates	10.1g	1.7g
Carbohydrate	54.9g	9.3g
of which sugars	28.8g	4.9g
Protein	4.5g	0.8g
Salt	0.5g	0.1g

**Ingredients** **Wheat** Flour (Calcium, Iron, Niacin, Thiamin), Milk Chocolate (22%) (Sugar, Cocoa Mass, Cocoa Butter, Whole Milk Powder, Whey (Milk) Powder, Lactose, Emulsifier: **Soya** Lecithin), Sugar, Vegetable Oil (Palm, Rapeseed), **Butter**, Cornflour, Skimmed Milk Powder, Free Range Whole **Egg** Powder, Natural Flavouring, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Salt

**Dietary Information** Contains Eggs, Contains Milk, May Contain Nuts, May Contain Sesame, Contains Soya, Contains Wheat

Cottage Delight, Strawberry Extra Jam, 113g

**INGREDIENTS: Strawberries, Sugar, Gelling agent: Fruit pectin, Acidity regulator: Citric acid, Concentrated lemon juice.**

Prepared with 56g of fruit per 100g. Total sugar content 65g per 100g.

**Nutrition Typical values Per 100g** Energy 1040kJ /245kcal Fat 0.1g of which saturates 0.0g Carbohydrates 60.5g of which sugars 60.5g Protein 0.5g Salt 0.0g

Cottage Delight, Classic Orange Marmalade, 113g

**Sugar, Oranges, Acidity regulator: Citric acid, Concentrated lemon juice. Prepared with 46g of fruit per 100g. Total sugar content 67g per 100g.**

As a guide we recommend that this product provides	Per 100g
Energy	1232kJ/290kcal
Fat	0.1g
of which saturates	0.0g
Carbohydrates	71.7
of which sugars	71.7
Protein	0.6g
Salt	0.0g

Lindt, Mini Pralines, 100g


**Assorted Pralines**

Ingredients: sugar, cocoa butter, whole **milk** powder, cocoa mass, **almonds**, hazelnuts, anhydrous **milk** fat, skimmed **milk** powder, glucose syrup, dextrose,  **pistachios**, orange peels, lemon peels, invert sugar syrup, **lactose**, glucose fructose syrup, Marc de Champagne, Kirsch, emulsifier (**soya** and sunflower lecithin), alcohol, **cream** powder, **whole** milk, **wheat** flour, coffee, natural flavourings, humectant (invertase), **barley** malt extract, flavourings, **cream**, salt, low fat coca powder, lemon juice concentrate, natural orange flavouring, glazing agent (gum arabic), acidifier (citric acid), coconut fat, caramel sugar syrup.

May contain other **nuts**.

Milk chocolate contains: cocoa solids: 30%min., milk solids: 14% min. White chocolate contains: cocoa solids: 20% min., milk solids: 14% min. Dark chocolate contains: cocoa solids: 41% min. \*These chocolates contain alcohol.

THE LINDT DIFFERENCE  
Passion for Chocolate at Every Step



FROM BEAN TO BAR

NUTRITION INFORMATION PER 100g:	
Energy / Valor energético	2195 kJ / 526 kcal
Fat / Grasas / Lípidos	30 g
- of wich saturates / de las cuales saturadas / dos quais saturados	14 g
Carbohydrate / Hidratos de carbono	54 g
- of wich sugars / de los cuales azúcares / dos quais açúcares	47 g
Protein / Proteínas	7,3 g
Salt / Sal	0,17 g