

PRODUCT	SHORT DESCRIPTION	INGREDIENTS	ALLERGENS	NUTRITION
Rub Shaker - Smokey Chipotle BBQ	Authentic American BBQ rub, ideal for low 'n' slow brisket, pulled pork, ribs and burgers.	Ingredients: Brown sugar, salt, mustard , chipotle (8%), smoked paprika, paprika, chilli crush, coriander, cumin, ginger, fennel, garlic, pepper, Mexican oregano.	MUSTARD	Typical values per 100g: Energy 647kJ/254Kcal, Fat 6.9g (of which saturates 0.8g), Carbohydrate 32g (of which sugars 29g), Fibre 11g, Protein 8.2g, Salt 20g.
Rub Shaker - Piri Piri BBQ	Portuguese inspired BBQ rub, ideal for chicken, pork, prawns and fish.	Ingredients: Paprika, salt, garlic, tomato, Piri piri chilli blend (8%), Portuguese oregano, citric acid, pepper.	N/A	Typical values per 100g: Energy 394kJ/94Kcal, Fat 6.2g (of which saturates 1.0g), Carbohydrate 17g (of which sugars 8.4g), Fibre 20g, Protein 10g, Salt 19g.
Rub Shaker - Jamaican Jerk BBQ	Caribbean inspired BBQ rub, ideal for chicken, pork, lamb and rice dishes.	Ingredients: Salt, sugar, chilli crush, all spice, garlic, ginger, thyme, cayenne, cinnamon, oregano, coriander, pepper, nutmeg, onion powder, habanero, bay, clove.	N/A	Typical values per 100g: Energy 786kJ/187Kcal, Fat 6.2g (of which saturates 1.9g), Carbohydrate 41g (of which sugars 19g), Fibre 14g, Protein 6.9g, Salt 17g.
Rub Shaker - South Carolina BBQ	Mustard based BBQ rub. Ideal for pork belly, wings, ribs, chops and chicken.	Ingredients: Mustard , brown sugar, mustard seed , salt, tomato, chipotle chilli, smoked paprika, paprika, chilli flakes, coriander, cumin, ginger, fennel, garlic, pepper, citric acid, Mexican oregano.	MUSTARD	Typical values per 100g: Energy 937kJ/224Kcal, Fat 11g (of which saturates 0.8g), Carbohydrate 32g (of which sugars 26g), Fibre 5g, Protein 12g, Salt 17g.
Rub Shaker - Japanese Wasabi & Lime	Japanese inspired BBQ rub with coconut. Ideal for chicken, steak, white fish and sushi.	Ingredients: Salt, wasabi blend (horseradish, mustard , wasabi)(17%), lime powder(10%), sugar, onion, coconut, garlic, chilli crush, ginger, coriander leaf .	MUSTARD	Typical values per 100g: Energy 1309kJ/314Kcal, Fat 12g (of which saturates 6g), Carbohydrate 42g (of which sugars 18g), Fibre 6g, Protein 9.8g, Salt 20g.
Rub Shaker - Louisiana Cajun BBQ	Deep South inspired BBQ rub. Ideal for chicken, seafood, pork, gumbo and jambalaya.	Ingredients: Salt, paprika, garlic, chilli crush, onion, cayenne, pepper, Mexican oregano, thyme, coriander, cumin.	N/A	Typical values per 100g: Energy 670kJ/160Kcal, Fat 5.8g (of which saturates 0.9g), Carbohydrate 32g (of which sugars 11g), Fibre 16g, Protein 10g, Salt 20g.
Rub Shaker - Pitmaster BBQ	All purpose BBQ rub with hickory and ancho ideal for all meats.	Ingredients: Brown sugar, salt, smoked paprika, paprika, celery salt , hickory powder, ancho, onion, mustard , cumin, coriander, garlic, chilli, Mexican oregano, rusk (wheat).	MUSTARD, CELERY, WHEAT	Typical values per 100g: Energy 865kJ/207Kcal, Fat 7.0g (of which saturates 0.9g), Carbohydrate 42g (of which sugars 28g), Fibre 13g, Protein 8.3g, Salt 20g.
Rub Shaker - Lemon Chilli & Garlic	Fresh and zesty Spanish inspired rub. Ideal for chicken, pork, steak, fish and prawn dishes.	Ingredients: Salt, lemon (14%), lemon pepper (cracked black pepper, lemon, turmeric, onion), paprika, chilli crush (10%), garlic (10%), onion chips, sugar, coriander.	N/A	Typical values per 100g: Energy 683kJ/163Kcal, Fat 3.8g (of which saturates 0.4g), Carbohydrate 34g (of which sugars 16g), Fibre 9g, Protein 8.2g, Salt 19g.
Rub Shaker - Smokey Cocoa Chilli	Rich and smokey BBQ rub. Ideal for beef short ribs, stews, chilli con carne and steak.	Ingredients: Cocoa (14%), sugar, smoked paprika, salt, Mexican oregano, chipotle chilli, ancho chilli, habanero chilli, chilli crush, mustard , paprika, coriander, cumin, ginger, fennel, garlic, pepper.	MUSTARD	Typical values per 100g: Energy 571kJ/137Kcal, Fat 9.8g (of which saturates 2.9g), Carbohydrate 21g (of which sugars 16g), Fibre 19g, Protein 11g, Salt 19g.
Rub Shaker - Mexican Jalapeno & Lime	Mexican inspired BBQ rub, ideal for tacos and fajitas chicken, pork and steak.	Ingredients: Salt, green jalapeno (15%), red pepper, lime (10%), sugar, coriander leaf, garlic, onion, ancho chilli crush, cumin.	N/A	Typical values per 100g: Energy 799kJ/191Kcal, Fat 5.0g (of which saturates 0.7g), Carbohydrate 41g (of which sugars 23g), Fibre 15g, Protein 8.7g, Salt 20g.
Rub Shaker - Spiced Mango & Lime	Indian inspired BBQ rub, ideal for chicken, fish, lamb, paneer and rice dishes.	Ingredients: Curry (Mustard , cumin, pepper, fenugreek, ginger, onion, fennel), salt, sugar, mango powder (11%), lime powder (8%), coriander, garlic, turmeric, chilli, cardamom.	MUSTARD	Typical values per 100g: Energy 736kJ/175Kcal, Fat 4.2g (of which saturates 0.2g), Carbohydrate 34g (of which sugars 22g), Fibre 7g, Protein 5.1g, Salt 19g.
Rub Shaker - Brazilian Churrasco BBQ	South American inspired BBQ rub with pink peppercorns. Ideal for steak, lamb and chicken.	Ingredients: Paprika, pink peppercorns, salt, chilli blend, pepper, garlic, ginger, cumin, coriander, onion powder, all spice, cinnamon.	N/A	Typical values per 100g: Energy 237kJ/56Kcal, Fat 6.2g (of which saturates 1.1g), Carbohydrate 12g (of which sugars 7.5g), Fibre 18g, Protein 9.7g, Salt 19g.
Rub Shaker - Ancho Coffee BBQ	Robust and earthy BBQ rub ideal for beef, lamb, pork and chicken.	Ingredients: Ground coffee (20%), salt, sugar, ancho chilli (12%), paprika, mustard , garlic, lemon pepper (cracked black pepper, lemon, turmeric), cayenne, onion, Mexican oregano.	MUSTARD	Typical values per 100g: Energy 609kJ/145Kcal, Fat 5.2g (of which saturates 0.8g), Carbohydrate 25g (of which sugars 19g), Fibre 10g, Protein 9.6g, Salt 20g.
Rub Shaker - Charcoal BBQ	Texas inspired charcoal BBQ rub, ideal for steak, chicken, lamb and pork.	Ingredients: Brown sugar, salt, smoked paprika, garlic, chipotle, hickory (natural smoke flavouring, rusk (wheat)), paprika, cumin, coriander, pepper, onion, citric acid, activated charcoal (from coconut husks) (3%), Mexican oregano.	WHEAT	Typical values per 100g: Energy 618kJ/147Kcal, Fat 5.3g (of which saturates 0.7g), Carbohydrate 32g (of which sugars 29g), Fibre 10g, Protein 7.7g, Salt 20g.
Rub Shaker - Greek Gyros BBQ	Greek inspired shawarma seasoning, ideal for rotisserie pork, chicken, kebabs and gyros.	Ingredients: Salt, paprika, garlic, sugar, onion, oregano, coriander, tomato, lemon, mint, cumin, citric acid, thyme, cinnamon, spices.	N/A	Typical values per 100g: Energy 598kJ/142Kcal, Fat 5.3g (of which saturates 1g), Carbohydrate 30g (of which sugars 17g), Fibre 12g, Protein 8.7g, Salt 20g.
Rub Shaker - Tandoori Masala	Indian inspired BBQ rub, perfect for tandoori chicken, flame grilled lamb, pork and fish.	Ingredients: Salt, sugar, paprika, curry (mustard , cumin, fenugreek, ginger, fennel), beetroot, cayenne, onion, coriander, garlic, citric acid, yoghurt (skimmed cow's milk), mango, spices.	MUSTARD, DAIRY	Typical values per 100g: Energy 729kJ/174Kcal, Fat 5.8g (of which saturates 0.7g), Carbohydrate 34g (of which sugars 27g), Fibre 11g, Protein 7.7g, Salt 20g.
Rub Shaker - Al Pastor	Mexican inspired shawarma seasoning, ideal for spit grilled meats, tacos, kebabs and fajitas.	Ingredients: Salt, cumin, coriander, onion, sugar, annatto, garlic, ancho chilli, guajillo chilli, vinegar powder (spirit vinegar, potato maltodextrin), Mexican oregano, pepper, citric acid, spices.	N/A	Typical values per 100g: Energy 638kJ/152cal, Fat 6.6g (of which saturates 0.6g), Carbohydrate 32g (of which sugars 19g), Fibre 8g, Protein 8.8g, Salt 20g.
Rub Shaker - Steakhouse Gaucho BBQ Rub	Robust steak seasoning with pepper, garlic, flaked sea salt and spices, ideal for brisket, ribs and burger.	Ingredients: Black pepper, garlic, sea salt, onion, flaked sea salt, red bell pepper, lemon peel, parsley, dill, sugar, citric acid, celery , spices.	CELERY	Typical values per 100g: Energy 792kJ/189Kcal, Fat 2.2g (of which saturates 0.5g), Carbohydrate 41g (of which sugars 6.5g), Fibre 13g, Protein 9.7g, Salt 23g.
Rub Shaker - Chennai Masala BBQ Rub	East India inspired madras BBQ rub, ideal for chicken, lamb, beef, paneer, dhal and curries.	Ingredients: Curry (Mustard , cumin, pepper, fenugreek, ginger, onion, fennel), salt, sugar, chilli, garlic, coriander, tomato, lemon, cayenne, citric acid, red bell pepper, mint, spices.	MUSTARD	Typical values per 100g: Energy 905kJ/216Kcal, Fat 5.1g (of which saturates 0.3g), Carbohydrate 38g (of which sugars 24g), Fibre 10g, Protein 7.3g, Salt 20g.
Rub Shaker - Salt n Pepper Chinese Rub	Chinese-style salt 'n' pepper seasoning ideal for chicken, pork and ribs. Dust over wings and wedges.	Ingredients: Sugar, salt, five spice (fennel, star anise, cinnamon, pepper, clove), paprika, garlic, chilli, red pepper, soy sauce powder (soybeans , wheat , maltodextrin, salt), onion, spices.	SOY, WHEAT	Typical values per 100g: Energy 647kJ/154Kcal, Fat 6.6g (of which saturates 3g), Carbohydrate 33g (of which sugars 28g), Fibre 11g, Protein 8g, Salt 20g.
Rub Shaker - Honey Soy Chilli BBQ Rub	East Asia inspired BBQ rub ideal for chilli chicken, pork, wings, tempura and rice dishes.	Ingredients: Salt, garlic, honey (9%), chilli (9%), sugar, paprika, coriander, lemon, pepper, celery salt , five spice (fennel, star anise, cinnamon, clove), soy sauce (5%) (soybeans , maltodextrin, wheat , salt), spices.	SOY, WHEAT, CELERY	Typical values per 100g: Energy 734kJ/175Kcal, Fat 4.0g (of which saturates 0.5g), Carbohydrate 33g (of which sugars 17g), Fibre 10g, Protein 8.3g, Salt 18g.
Rub Shaker - Buffalo Dust BBQ Rub	Chicken seasoning with butter, ideal for wings, strips and thighs. Dust over fries and mac 'n' cheese.	Sugar, salt, butter powder (butter solids (min 51%), milk solids , milk protein), vinegar powder (spirit vinegar, potato maltodextrin), paprika, smoked paprika, mustard , garlic, cayenne, onion, spices.	MUSTARD, DAIRY	Typical values per 100g: Energy 1048kJ/250Kcal, Fat 13g (of which saturates 4.8g), Carbohydrate 34g (of which sugars 22g), Fibre 7g, Protein 6.8g, Salt 18g.
Jar - Chipotle & Bourbon BBQ sauce	Enjoy me with: Brisket, pulled pork, ribs and Burgers. The sauce that started it all, back in 2013! Perfect for pulled pork and basting ribs. Use as a condiment in burgers or dip for your wedges and sausages.	Ingredients: Tomato sauce (tomato, spirit vinegar, sugar, salt, spice and herb extracts, spice) (Celery), tomatoes, muscovado Sugar, onion, black treacle, cider vinegar, honey, garlic, Bourbon whiskey (2%), spices (Mustard), garlic, Chipotle chilli (1%), liquid smoke (water, natural mesquite smoke flavour).	MUSTARD, CELERY	Typical values per 100g: Energy 575kJ/136Kcal, Fat 0.3g (of which saturates 0.0g), Carbohydrate 31g (of which sugars 30g), Fibre 0.8g, Protein 1.6g, Salt 1.4g.

Jar - Scotch Bonnet Chilli Jam	Enjoy me with: Cheese, cold meats and fish. Soft set chilli jam with a kick and flavour from Scotch Bonnet.	Ingredients: Red pepper, sugar, tomato, red wine vinegar, cider vinegar, scotch bonnet (4%), garlic, ginger, pectin, salt, acidity regulator (citric acid).		Typical values per 100g: Energy 695kJ/166Kcal, Fat 0.1g (of which saturates 0.0g), Carbohydrate 39g (of which sugars 39g), Fibre 1.2g, Protein 0.9g, Salt 0.36g.
Jar - Spiced Pineapple & Nigella Seed Chutney	Enjoy me with: Cheese, cold cuts, gammon and curries. Fresh and fruity, the perfect pairing for cheese.	Ingredients: Pineapple (50%), sugar, onion, mango pulp (mango, sugar, water, acidity regulator (citric acid)), cider vinegar, garlic, mustard seed , ginger, Scotch Bonnet chilli, spices, salt, nigella seeds (1%), xanthan gum.	MUSTARD	Typical values per 100g: Energy 568kJ/135Kcal, Fat 0.6g (of which saturates 0.0g), Carbohydrate 33g (of which sugars 31g), Fibre 1.4g, Protein 1.1g, Salt 0.24g.
Jar - Smokey Chipotle Chilli Jam	Enjoy me with: Cheese, meats and Mexican dishes. Soft set chilli jam with smokey Mexican Chipotle.	Ingredients: Red pepper, sugar, tomato, red wine vinegar, cider vinegar, chipotle chilli (1.9%), garlic, ginger, pectin, salt, acidity regulator (citric acid).		Typical values per 100g: Energy 723kJ/173Kcal, Fat 0.2g (of which saturates 0.1g), Carbohydrate 41g (of which sugars 40g), Fibre 1.6g, Protein 1g, Salt 0.37g.
Jar - Korean BBQ Sauce	Umami-rich condiment/ marinade with gochujang, sesame, soy, miso and roasted garlic.	Tomato, muscovado sugar, Gochujang chilli paste (corn syrup, red pepper, rice, water, soybean , glutinous rice, rice flour, koji), soy sauce (water, soybeans , wheat , salt), sugar, toasted sesame oil , roasted garlic, onion, white miso (water, soybeans , rice, salt, yeast, koji culture), distilled vinegar, ginger, spices.	SOY, SESAME, WHEAT	Typical values per 100g: Energy 689kJ/163Kcal, Fat 3.1g (of which saturates 0.5g), Carbohydrate 32g (of which sugars 29g), Fibre 1g, Protein 1.5g, Salt 1.9g.
Jar - Korean Sweet Chilli Sauce	Sweet chilli dipping sauce/glaze with grapefruit juice, gochujang, sesame, soy, miso & confit garlic.	Red peppers, sugar, Gochujang chilli paste (corn syrup, red pepper, rice, water, soybean , glutinous rice, rice flour, koji), tomato, distilled vinegar, soy sauce (water, soybeans , wheat , salt), grapefruit juice, roasted garlic, white miso (water, soybeans , rice, salt, yeast, koji culture), toasted sesame oil , ginger, chilli, pectin, citric acid.	SOY, SESAME, WHEAT	Typical values per 100g: Energy 871kJ/208Kcal, Fat 2.5g (of which saturates 0.4g), Carbohydrate 43g (of which sugars 39g), Fibre 2g, Protein 1.5g, Salt 2.1g.
Bottle - Scotch Bonnet Hot Sauce	Enjoy me with: everything! Perfect for wings, mac 'n' cheese, burgers and BBQ meats. The perfect zingy accompaniment to any meal.	Spirit vinegar, water, scotch bonnet chilli (14%), sugar, pineapple, mango pulp (mango, sugar, water, acidity regulator (citric acid)), salt, malt vinegar , carrot, onion, mustard , spices, xanthan gum.	WHEAT, MUSTARD	Typical values per 100g: Energy 495kJ/118Kcal, Fat 0.7g (of which saturates 0.0g), Carbohydrate 25g (of which sugars 24g), Fibre 0.7g, Protein 1.2g, Salt 3.3g.
Bottle - Carolina BBQ Sauce	Enjoy me with: chicken, ribs, pulled pork, burgers and bangers. Sweet and tangy BBQ sauce, ideal for ribs.	Spirit vinegar, tomato, water, sugar, cider vinegar, onion, bourbon whiskey, black treacle, honey, garlic, chipotle, mustard , liquid smoke (water, natural mesquite smoke flavour), glucose syrup, maize starch, acidity regulator (citric acid), spices.	MUSTARD	Typical values per 100g: Energy 1046kJ/248Kcal, Fat 0.1g (of which saturates 0.0g), Carbohydrate 60g (of which sugars 59g), Fibre 0.6g, Protein 0.9g, Salt 1.2g.
Bottle - Pineapple Express	Enjoy me with: jerk chicken, pork and lamb stir-fries, curries and rice dishes. A fruity table sauce with a kick.	Pineapple (50%), sugar, onion, mango pulp (mango, sugar, water, acidity regulator (citric acid)), cider vinegar, water, spirit vinegar, scotch bonnet chilli, garlic, mustard , ginger, spices, salt, xanthan gum.	MUSTARD	Typical values per 100g: Energy 606kJ/144Kcal, Fat 0.5g (of which saturates 0.0g), Carbohydrate 33g (of which sugars 32g), Fibre 1.5g, Protein 1.2g, Salt 1.1g.