

GLUTEN FREE GIFT BOX

A COLLECTION OF DELECTABLE TREATS,
AND THEY'RE ALL GLUTEN FREE!

HAMPER CONTAINS:

Cole's Gluten Free Christmas Pudding 112g e

A rich and hearty pudding, a must for Christmas Day! Simply heat and serve with your choice of accompaniment.

Vine Fruits (41%) (Sultanas, Raisins, Currants), Gluten Free Flour (Flour Blend (Rice, Potato, Tapioca), Stabilizer: Xantham Gum), Brown Sugar, Vegetable Suet (Palm Oil, Sunflower Oil, Rice Flour), Apple Juice from Concentrate, Sugar Syrup, Orange Juice from Concentrate, Candied Citrus Peel (Orange Peel, Lemon Peel, Glucose-Fructose Syrup, Salt, Acidity Regulator: Citric Acid), Orange Peel (Sugar Syrup, Oranges), Lemon Juice from Concentrate, Molasses, Mixed Spice, Salt, Lemon Oil.

Nutritional values per 100g:

Energy: 1414kJ, 335kcal, Fat: 8.7g (of which saturates 4.9g), Carbohydrate: 61g (of which sugars 48g), Protein: 2.0g, Salt: 0.57g.

Suitable for Vegetarians and Vegans.

Cambrook Baked & Salted Mixed Nuts 45g e

Created from a request at a top London hotel, these nuts are packed with flavour with a salty hit.

CASHEW NUTS (59%), **ALMONDS** (27%), **HAZELNUTS** (12%), Salt, Sunflower Oil.

Nutritional values per 100g:

Energy: 2542kJ, 612kcal, Fat: 53.0g (of which saturates 7.7g), Carbohydrate: 14.1g (of which sugars 5.2g), Protein: 20.2g, Salt: 1.0g.

May contain traces of sesame and various nuts including peanuts.

Suitable for Vegetarians and Vegans.

Claire's Handmade Figgy Pudding Chutney with Armagnac 200g e

Festive throughout with onions, juicy raisins and a good splash of Armagnac. A must for the cheeseboard!

Onions, Distilled Malt Vinegar (from

BARLEY), Sugar, Raisins (in Sunflower Oil), Carrots, Figs Dried (10%), Apples, Dates Dried (in Rice Flour), Dark Brown Sugar, Armagnac (2%), Spices, Salt, Acidity Regulator: Citric Acid.

Nutritional values per 100g:

Energy: 711kJ, 167kcal, Fat: 0.4g (of which saturates 0.1g), Carbohydrate: 38.4g (of which sugars 35.5g), Protein: 1.4g, Salt: 0.8g.

May contain date stones.

Suitable for Vegetarians and Vegans.

Once opened, refrigerate and use within 4 weeks.

New English Teas Earl Grey - 10 Teabags 20g e

A traditional tea with the added aroma of Bergamot creates this popular delicately scented drink.

Tea, Bergamot Flavouring.

Suitable for Vegetarians and Vegans.

Mighty Fine Milk Chocolate Honeycomb Bar 43g e

Made with real Honey this bar is light and crisp. To add to the indulgence it has been covered in a delicious, creamy Belgian milk chocolate.

Honeycomb (61%) – Sugar, Glucose Syrup, Honey (4%), Raising Agent: Sodium Bicarbonate, Rice Flour; Milk Chocolate (39%) – Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin; Natural Vanilla.

Milk Chocolate contains: Milk Solids 23.4% and Cocoa Solids 30% minimum.

Nutritional values per 100g:

Energy: 1804kJ, 427kcal, Fat: 12.4g (of which saturates 7.7g), Carbohydrate: 79.3g (of which sugars 68.6g), Protein: 2.9g, Salt: 0.62g.

May also contain **NUTS, PEANUTS, MILK, EGGS**.

Suitable for Vegetarians.

Do not refrigerate.

Prewett's Rich Quadruple Chocolate Cookies 150g e

Buttery cookies crammed with triple chocolate chunks, if that wasn't enough they are then half coated in Belgian milk chocolate, you won't be disappointed!

Belgian Milk, Dark and White Chocolate Chunks (21%), Belgian Milk Chocolate (19%), Gluten Free **OAT** Flour, Butter (**MILK**) (16%), Sugar, Gluten Free **OATS**, Tapioca Flour, Golden Syrup, Cocoa Powder, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Flavouring, Stabiliser (Xanthan Gum).

Belgian Milk, White and Dark Chocolate Chunks: Sugar, Cocoa Mass, Cocoa Butter, Dried Whole **MILK**, Whey Powder (**MILK**), Emulsifier (**SOYA** Lecithins), Dried Skimmed **MILK**, Vanilla Extract.

Belgian Milk Chocolate contains: Sugar, Cocoa Butter, Dried Whole **MILK**, Cocoa Mass, Emulsifier (**SOYA** Lecithins), Vanilla Extract.

Nutritional values per 100g:

Energy: 2123kJ, 508kcal, Fat: 26.2g (of which saturates 15.8g), Carbohydrate: 60.4g (of which sugars 40.4g), Protein: 5.8g, Salt Equivalent: 0.8g.

May contain **NUTS**.

Suitable for Vegetarians.

Once opened store in an airtight container.

- All these products are Gluten Free.
- For all allergens see ingredients in **BOLD**.
- Reusable storage box.
- Contents as listed unless substitution is unavoidable.
- For further nutritional information please see individual packs.
- Please store in a cool dry place away from direct sunlight.
- Please retain all information for future reference.
- Packed for Lakeland in the UK.