

LAKELAND

CHEESE LOVERS  
HAMPER  
TOTE



HAMPER TOTE CONTAINS:

### MIXED FRUIT CHUTNEY 110g e

**Ingredients:** Cranberries (25%), Onions, Sugar, Bramley Apple (13%), Acetic Acid, Figs (10%), Apples (5%), Red Wine, Orange Juice, Dried Cranberries (3%), Salt, **MUSTARD SEEDS**, Black Pepper, Cinnamon.

May also contain traces of **EGGS, MILK, CELERY** and **SULPHUR DIOXIDE**.

**Nutritional values per 100g:** Energy 644kJ, 153kcal, Fat 0.4g (of which saturates 0g), Carbohydrate 33.1g (of which sugars 33.1g), Protein 1g, Salt 0.28g.

Suitable for Vegans.

Refrigerate after opening and use within one month.

### OATY BISCUITS FOR CHEESE, MATURE CHEDDAR 130g e

**Ingredients:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Sustainable Palm Oil), Cheddar Cheese (15%) (**MILK**, Potato Starch), **OATMEAL** (12%), Water, Sugar, Salt, Natural Flavouring, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate.

Not suitable for **NUT** and **SESAME** allergy sufferers.

May also contain traces of **EGG, MUSTARD, PEANUT, SOYA** and other **GLUTEN** sources (**SPELT, RYE, BARLEY**).

**Nutritional values per 100g:** Energy 1952kJ, 467kcal, Fat 25g (of which saturates 13g), Carbohydrate 47g (of which sugars 3g), Protein 11.1g, Salt 2.04g.

Once opened, keep in an airtight container consume within 30 days.

### OATY BISCUITS FOR CHEESE, RED PEPPER & PUMPKIN SEEDS 130g e

**Ingredients:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Sustainable Palm Oil), **OATMEAL** (13%), Pumpkin Seeds (9%), Water, Sugar, Salt, Dried Red Bell Pepper, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate.

Not suitable for **NUT** and **SESAME** allergy sufferers.

May also contain traces of **EGG, MILK, MUSTARD, PEANUT, SOYA** and other **GLUTEN** sources (**SPELT, RYE, BARLEY**).

**Nutritional values per 100g:** Energy 2028kJ, 485kcal, Fat 26g (of which saturates 11g), Carbohydrate 51g (of which sugars 4g), Protein 10.5g, Salt 1.90g.

Once opened, keep in an airtight container consume within 30 days.

### WORCESTER STYLE SAUCE 150ml

**Ingredients:** Water, Acetic Acid, Brown Sugar, Treacle, Balsamic Vinegar (6%) (Acetic Acid, Cooked Grape Must), Tamarind, Garlic, Salt, Cayenne Pepper, Caramel Extract, Cloves.

**Nutritional values per 100g:** Energy 301kJ, 71kcal, Fat 0g (of which saturates 0g), Carbohydrate 15g (of which sugars 15g), Protein 0g, Salt 0.92g.

Suitable for Vegans.

Refrigerate after opening and use within one month.

### BLACK GARLIC PICKLE 110g

**Ingredients:** Black Garlic (31%), White Wine Vinegar, Onions (16%), Dates, Brown Sugar, Tomato (5%), Balsamic Vinegar (Wine Vinegar, Cooked Grape Must), Olive Oil, Concentrated Lemon Juice, Garlic, Turmeric, Apple Extract, Halen Môn Sea Salt PDO, Black Pepper.

**Nutritional values per 100g:** Energy 742kJ, 176kcal, Fat 1.1g (of which saturates 0.2g), Carbohydrate 35g (of which sugars 26g), Protein 4.8g, Salt 0.01g.

Suitable for Vegans.

Refrigerate after opening and use within one month.

### RED ONION MARMALADE 120g e

**Ingredients:** Red Onion (62%), Sugar, Redcurrants, Brown Sugar, Balsamic Vinegar (5.8%), (Acetic Acid, Cooked Grape Must), Raisins, Olive Oil, Garlic, Salt, Gelling Agent - Pectin, Black Pepper, Thyme.

May also contain traces of **EGGS, MILK, CELERY, MUSTARD** and **SULPHUR DIOXIDE**.

**Nutritional values per 100g:** Energy 627kJ, 149kcal, Fat 2.1g (of which saturates 0.2g), Carbohydrate 31g (of which sugars 30g), Protein 1g, Salt 0.71g.

Suitable for Vegans.

Refrigerate after opening and use within one month.

### FARMHOUSE CHUTNEY 130g

**Ingredients:** Acetic Acid, Demerara Sugar, Onions, Dried Apricots (12%), Dates (12%), Prunes (6%), Salt, Ginger Purée, Allspice.

May contain traces of fruit stones.

**Nutritional values per 100g:** Energy 702kJ, 166kcal, Fat 0g (of which saturates 0g), Carbohydrate 37g (of which sugars 37g), Protein 1.3g, Salt 1.7g.

Suitable for Vegans.

Refrigerate after opening and use within one month.

- All food products of UK. Reusable tote bag product of India.
- Please store in a cool, dry place, away from direct sunlight.
- For all Allergens including cereals containing gluten see ingredients in **BOLD CAPITALS**.
- Suitable for Vegetarians.
- Contents as listed unless substitution is unavoidable.
- For further nutritional information please see individual packs.
- Please retain all information for future reference.
- Keep packaging away from children and animals.

Packed for Lakeland in the UK.