

# TRIO OF MARMALADE

## FIVE FRUITS MARMALADE



A trio of  
delicious  
marmalades,  
made in the  
Lake District and  
perfect for  
morning toast.

## ORANGE AND WHISKY MARMALADE



## SEVILLE ORANGE MARMALADE



A trio of marmalade.

## Five Fruits Marmalade 130g e

Handmade in the English Lake District.  
A fruity, zesty marmalade with 5 different  
fruits, perfect spread on toast.

**Ingredients:** Sugar, Oranges (20%), Pink  
Grapefruit (9%), Lemons (7%), Water, Limes  
(3%), Kumquats (0.5%), Gelling Agent: Pectin.  
Prepared with 42g fruit per 100g.  
Total sugar content 54g per 100g.

### Nutritional Values

Typical Values	Per 100g
Energy	943kJ 222kcal
Fat	0g
of which Saturates	0g
Carbohydrate	55g
of which Sugars	54g
Protein	0g
Salt	0g

## Orange and Whisky Marmalade 130g e

Handmade in the English Lake District.  
With real fruit and peel pieces and a dash  
of whisky.

**Ingredients:** Sugar, Oranges (38%), Whisky  
(3%), Gelling Agent: Pectin.  
Prepared with 38g fruit per 100g.  
Total sugar content 56g.

### Nutritional Values

Typical Values	Per 100g
Energy	993kJ 234kcal
Fat	0g
of which Saturates	0g
Carbohydrate	56g
of which Sugars	56g
Protein	0g
Salt	0g

## Seville Orange Marmalade 130g e

Handmade in the English Lake District.  
A sweet yet zesty flavour, perfect  
spread on hot toast.

**Ingredients:** Sugar, Oranges (35%), Water,  
Gelling Agent: Pectin.  
Prepared with 35g fruit per 100g.  
Total sugar content 57g.

### Nutritional Values

Typical Values	Per 100g
Energy	975kJ 229kcal
Fat	0g
of which Saturates	0g
Carbohydrate	57g
of which Sugars	57g
Protein	0g
Salt	0g

For all allergens, including cereals  
containing gluten, see ingredients  
highlighted in **BOLD CAPITALS**.

Suitable for Vegans. Gluten free.

### Storage Conditions:

Once opened, refrigerate and use within  
one month.

Store in cool and dark place.

Made for Lakeland in UK.