

All information about this hamper included below is correct at the time of going to press. Please be aware that in the event that a substitution is made, this nutrition information and allergy summary may not accurately reflect the contents of the gift. If you have any concerns in relation to allergens, or queries about dietary requirements, please contact us prior to purchase.

Name of product	Belvoir cucumber and mint presse 75cl
Monty&Ridge product code	D-SP01
Manufacturer's name and address	Belvoir Fruit Farms Ltd, Barkestone Lane, Bottesford, NG13 0DH.

Ingredients	Carbonated Spring Water, Real Pressed Cucumber Juice 9%, Sugar, Lemon Juice from Concentrate, Citric Acid, Cucumber Extract, Mint Extract, Geranium Extract
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Country of origin	United Kingdom
Storage instructions	Store in a cool dark place. Once opened please keep in the fridge and use within 3 days.
Instructions for use	
Alcoholic strength (%ABV)	0

Allergens

Celery	No
Eggs	No
Tree nuts	No
Cereals containing gluten (including wheat)	No
Fish	No
Peanuts	No
Crustaceans	No
Milk	No
Sesame	No
Soy	No

May contain statements:	
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Suitable for vegetarians?	Yes
Suitable for vegans?	Yes
Suitable for gluten allergy sufferers?	Yes
Suitable for wheat allergy sufferers?	Yes
Suitable for dairy allergy sufferers?	Yes
Suitable for soya allergy sufferers?	Yes
Suitable for nut allergy sufferers?	Yes
Suitable for egg allergy sufferers?	Yes

Nutrition labelling - typical value per 100g/100ml

Energy (kj)	134
Energy (kcal)	32
Carbohydrate (g)	7.9
Of which sugars (g)	7.4
Fat (g)	0
Of which saturates (g)	0
Protein (g)	0
Fibre (g)	0
Salt (g)	0

Name of product	Reid's Shortbread Luxury All Butter 150g
Monty&Ridge product code	F-BS01
Manufacturer's name and address	Reids Bakery (Thurso) Ltd T/A Reids of Caithness, Unit 17 Henderson Street, Thurso, Caithness, Scotland, KW14 7QU

Ingredients	Wheat flour (with calcium carbonate, iron, niacin, thiamin), butter (33%) (milk, salt), sugar, cornflour.
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Country of origin	United Kingdom
Storage instructions	Store in a cool, dry place. Once opened, keep in an airtight container
Instructions for use	
Alcoholic strength (%ABV)	0

Allergens

Celery	No
Eggs	No
Tree nuts	No
Cereals containing gluten (including wheat)	Yes
Fish	No
Peanuts	No
Crustaceans	No
Milk	Yes
Sesame	No
Soy	No

May contain statements:	Nuts and sesame seeds.
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Suitable for vegetarians?	Yes
Suitable for vegans?	No
Suitable for gluten allergy sufferers?	No
Suitable for wheat allergy sufferers?	No
Suitable for dairy allergy sufferers?	No
Suitable for soya allergy sufferers?	Yes
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

Nutrition labelling - typical value per 100g/100ml

Energy (kj)	2273
Energy (kcal)	544
Carbohydrate (g)	62.7
Of which sugars (g)	20.5
Fat (g)	30.1
Of which saturates (g)	18.8
Protein (g)	4.8
Fibre (g)	
Salt (g)	0.7

Name of product	Millers grate britain cheese cheddar crackers 45g
Monty&Ridge product code	F-RS02
Manufacturer's name and address	Artisan biscuits, Britannia House, Blenheim Road, Ashbourne, Derbyshire, DE6 1HA

Ingredients	Wheat flour (wheat flour, calcium iron, niacin, thiamin), Wookey Hole cheddar (33%) (milk), autolysed yeast, butter (milk, salt), sea salt, mustard powder, raising agent: sodium bicarbonate, ground nutmeg, black pepper.
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Country of origin	United Kingdom
Storage instructions	
Instructions for use	
Alcoholic strength (%ABV)	0

Allergens

Celery	No
Eggs	No
Tree nuts	No
Cereals containing gluten (including wheat)	Yes
Fish	No
Peanuts	No
Crustaceans	No
Milk	Yes
Sesame	No
Soy	No

May contain statements:	Not suitable for nut allergy sufferers.
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Suitable for vegetarians?	Yes
Suitable for vegans?	No
Suitable for gluten allergy sufferers?	No
Suitable for wheat allergy sufferers?	No
Suitable for dairy allergy sufferers?	No
Suitable for soya allergy sufferers?	Yes
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

Nutrition labelling - typical value per 100g/100ml

Energy (kj)	1825
Energy (kcal)	433
Carbohydrate (g)	55.3
Of which sugars (g)	0.6
Fat (g)	17
Of which saturates (g)	10.1
Protein (g)	18.7
Fibre (g)	
Salt (g)	4.4

Name of product	Joe&Sephs Popcorn Toffee apple and cinnamon vegan 30g
Monty&Ridge product code	F-PM03
Manufacturer's name and address	Joe's Gourmet Foods Ltd, 3 Willen Field Rd, London NW10 7BQ

Ingredients	Corn, Sugar, Spring Water, Extra Virgin Olive Oil, Apple Pieces (3%) {Concentrated Apple Puree, Concentrated Lemon Juice, Fructose, Glucose Syrup, Gelling Agent Pectin}, Gluten Free (Oats) (3%),Glucose Syrup, Cinnamon, Sea Salt, Natural Apple Flavour, Cold Pressed Sunflower Oil
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Country of origin	United Kingdom
Storage instructions	
Instructions for use	
Alcoholic strength (%ABV)	0

Allergens

Celery	No
Eggs	No
Tree nuts	No
Cereals containing gluten (including wheat)	No
Fish	No
Peanuts	No
Crustaceans	No
Milk	No
Sesame	No
Soy	No

May contain statements:	Nuts, peanuts, sesame, milk
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Suitable for vegetarians?	Yes
Suitable for vegans?	Yes
Suitable for gluten allergy sufferers?	Yes
Suitable for wheat allergy sufferers?	Yes
Suitable for dairy allergy sufferers?	No
Suitable for soya allergy sufferers?	Yes
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

Nutrition labelling - typical value per 100g/100ml

Energy (kj)	1249
Energy (kcal)	297
Carbohydrate (g)	57
Of which sugars (g)	35
Fat (g)	7.8
Of which saturates (g)	1.1
Protein (g)	3.5
Fibre (g)	
Salt (g)	0.1

Name of product	Cambrook salted mixed nuts jar 95g
Monty&Ridge product code	F-YN03
Manufacturer's name and address	Cambrook Foods Ltd, Unit B1/B2, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF

Ingredients	Peanuts (59%), cashew nuts (20%), almonds (15%), hazelnuts (5%), sunflower oil, salt.
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Country of origin	Various; Manufacture: UK
Storage instructions	Store in a cool dry place
Instructions for use	
Alcoholic strength (%ABV)	0

Allergens

Celery	No
Eggs	No
Tree nuts	Yes
Cereals containing gluten (including wheat)	No
Fish	No
Peanuts	Yes
Crustaceans	No
Milk	No
Sesame	No
Soy	No

May contain statements:	n/a
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Suitable for vegetarians?	Yes
Suitable for vegans?	Yes
Suitable for gluten allergy sufferers?	Yes
Suitable for wheat allergy sufferers?	Yes
Suitable for dairy allergy sufferers?	Yes
Suitable for soya allergy sufferers?	Yes
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

Nutrition labelling - typical value per 100g/100ml

Energy (kj)	2521
Energy (kcal)	609
Carbohydrate (g)	9.4
Of which sugars (g)	4.2
Fat (g)	53.7
Of which saturates (g)	8.7
Protein (g)	22.7
Fibre (g)	5.7
Salt (g)	1.1