

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	New English Teas breakfast tea box of 10
Monty&Ridge product code	D-HT06
Manufacturer's name and address	New English Teas, Spitfire Close, Coventry Business Park, Coventry, CV56UR

Ingredients	Tea (Assam and Nilgiri)
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Country of origin	India
Storage instructions	
Instructions for use	For a full, fresh flavour, this tea should be brewed in boiling water for three to four minutes.
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)	0
Energy (kcal)	0
Carbohydrate (g)	0
Of which sugars (g)	0
Fat (g)	0
Of which saturates (g)	0
Protein (g)	0
Fibre (g)	0
Salt (g)	0

Name of product	Edinburgh Tea and Coffee co coffee 56g
Monty&Ridge product code	D-HC02
Manufacturer's name and address	Edinburgh Tea & Coffee Co Ltd, 15G, 214 Sir Harry Lauder Road, Edinburgh, United Kingdom, EH15 2QA

Ingredients	Coffee
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Country of origin	United Kingdom
Storage instructions	Store in cool dry area away from direct sunlight
Instructions for use	Cafetieres - 1. Boil water and warm jug 2. Spoon coffee into jug, one dessert spoon for every cup required 3. Pour in water and stir 4. Allow to stand for 3-5 minutes depending on strength preference
Alcoholic strength (%ABV)	

#### 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	Yes

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)	0
Energy (kcal)	0
Carbohydrate (g)	0
Of which sugars (g)	0
Fat (g)	0
Of which saturates (g)	0
Protein (g)	0
Fibre (g)	0
Salt (g)	0

Name of product	Reid's Shortbread White Chocolate and Hazelnut 150g
Monty&Ridge product code	F-BS02
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, white chocolate chips (6%) (sugar, cocoa butter, whole milk powder, whey powder (milk), lactose (milk), emulsifier (soya lecithin), vanilla extract), hazelnuts (6%), cornflour.
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Country of origin	United Kingdom
Storage instructions	Store in a cool, dry place. Once opened, keep in an airtight
Instructions for use	
Alcoholic strength (%ABV)	0

#### Allergens

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

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?	No
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

#### Nutrition labelling - typical value per 100g/100ml

Energy (kj)	2327
Energy (kcal)	557
Carbohydrate (g)	59.9
Of which sugars (g)	22.6
Fat (g)	32.4
Of which saturates (g)	18
Protein (g)	5.6
Fibre (g)	
Salt (g)	0.6

Name of product	Furniss Gingerbread 200g
Monty&Ridge product code	F-BO02
Manufacturer's name and address	Furniss of Cornwall, Unit 11, Druid Road, Redruth, Cornwall, TR15 3RH

Ingredients	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Invert Sugar Syrup, Sugar, Vegetable Oil and Fat, (Palm Oil, Rapeseed Oil, Water, Salt, Lemon Juice), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Rusk (WHEAT Flour, Salt, Raising Agent (Ammonium Bicarbonate), Spices (Ginger, Pimento, Cinnamon, Coriander)), Butter (MILK), Salt, Natural Lemon Flavouring.
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Country of origin	United Kingdom
Storage instructions	Store in a cool dry place and once opened 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
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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)	2008
Energy (kcal)	454
Carbohydrate (g)	72.5
Of which sugars (g)	39.1
Fat (g)	18.6
Of which saturates (g)	8.3
Protein (g)	5.1
Fibre (g)	
Salt (g)	1.1

Name of product	Hamlet Chocolates 125g gold
Monty&Ridge product code	F-HI02
Manufacturer's name and address	Hamlet nv, Kerkstraat 77, 77 KERKSTRAAT, BE-9120, VRASENE, Belgium

Ingredients	Assorted chocolates - Ingredients: sugar, whole milk powder, cocoa mass, cocoa butter, HAZELNUTS (NUTS) 6%, sweetened condensed whole mil, palm fat, glucose syrup, butter oil (milk), milk sugar, dextrose, alcohol, coffee extract 0.04%, emulsifier: soy lecithin, stabiliser: E420ii, flavourings, caramel, raspberry, orange and vanilla. Cocoa solids: chocolate: min 50%, milk chocolate min 29%, white chocolate min 23%. Milk solids: milk chocolate: min 24%, white chocolate: min 27%.
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Country of origin	
Storage instructions	Keep cool and dry
Instructions for use	
Alcoholic strength (%ABV)	

#### Allergens

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

May contain statements:	May contain traces of other nuts.
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Suitable for vegetarians?	Yes
Suitable for vegans?	No
Suitable for gluten allergy sufferers?	Yes
Suitable for wheat allergy sufferers?	Yes
Suitable for dairy allergy sufferers?	No
Suitable for soya allergy sufferers?	No
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

#### Nutrition labelling - typical value per 100g/100ml

Energy (kj)	2200
Energy (kcal)	526
Carbohydrate (g)	56
Of which sugars (g)	54
Fat (g)	30
Of which saturates (g)	16
Protein (g)	6.2
Fibre (g)	
Salt (g)	0.16

Name of product	CCC dark chocolate mint drizzle 36g
Monty&Ridge product code	F-HM01
Manufacturer's name and address	Calico Cottage, Haddenham Business Park, CB6 3PT

Ingredients	Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Emulsifier: SOYA Lecithin (E322), Natural Peppermint Oil, Natural Vanilla Flavouring, Colours: E172, E133.
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Country of origin	United Kingdom
Storage instructions	Store in a cool dry place away from sunlight.
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	Yes
Sesame	No
Soy	Yes

May contain statements:	May contain tree nuts, peanuts, gluten, egg, sulfites.
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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?	No
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	No

#### Nutrition labelling - typical value per 100g/100ml

Energy (kj)	2288
Energy (kcal)	546
Carbohydrate (g)	48.5
Of which sugars (g)	45.3
Fat (g)	35.2
Of which saturates (g)	21.6
Protein (g)	5.6
Fibre (g)	
Salt (g)	0.04

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&Seph's Popcorn Salted caramel 30g
Monty&Ridge product code	F-PM01
Manufacturer's name and address	Joe's Gourmet Foods Ltd, 3 Willen Field Rd, London NW10 7BQ

Ingredients	Corn, Sugar, Butter (Milk), Corn Syrup, Sea Salt
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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	Yes
Sesame	No
Soy	No

May contain statements:	Nuts, peanuts, sesame
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Suitable for vegetarians?	Yes
Suitable for vegans?	No
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)	2016
Energy (kcal)	481
Carbohydrate (g)	65.2
Of which sugars (g)	40.3
Fat (g)	22.1
Of which saturates (g)	14.4
Protein (g)	3.3
Fibre (g)	
Salt (g)	1.4

Name of product	Savoursmiths Bubbly and serrano chilli crisps 40g bag
Monty&Ridge product code	F-YC02
Manufacturer's name and address	Savoursmiths Ltd, College Farm, Grange Road, Duxford, Cambridge, CB22 4QF

Ingredients	Potatoes, Sunflower Oil, dried sparkling wine, rice flour, sugar, sea salt, dried chardonnay, dried spirit vinegar, yeast extract, acidity regulator (sodium bicarbonate, tartaric acid), cayenne chilli, Serrano chilli, natural flavouring, onion, red bell peppers.
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Country of origin	United Kingdom
Storage instructions	Store in a cool, dry place.
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:	None
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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)	2029
Energy (kcal)	485
Carbohydrate (g)	49
Of which sugars (g)	2.8
Fat (g)	26.5
Of which saturates (g)	2.8
Protein (g)	6.7
Fibre (g)	6.4
Salt (g)	0.8

Name of product	Cambrook caramel sesame peanuts packet 45g
Monty&Ridge product code	F-YN02
Manufacturer's name and address	Cambrook Foods Ltd, Unit B1/B2, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF

Ingredients	PEANUTS (61%), Sugar, SESAME Seeds (9%), Honey, 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	No
Cereals containing gluten (including wheat)	No
Fish	No
Peanuts	Yes
Crustaceans	No
Milk	No
Sesame	Yes
Soy	No

May contain statements:	Various nuts
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Suitable for vegetarians?	Yes
Suitable for vegans?	No
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)	2240
Energy (kcal)	541
Carbohydrate (g)	40.7
Of which sugars (g)	28.8
Fat (g)	31.9
Of which saturates (g)	5.8
Protein (g)	21
Fibre (g)	3.6
Salt (g)	0.6