

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	Reid's Shortbread Salted Caramel 150g
Monty&Ridge product code	F-BS03
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, salted caramel pieces (6%) (sugar, glucose syrup, vegetable fat (shea kernel, palm oil, emulsifiers (sunflower lecithin, soya lecithin), unsalted butter (milk), water, skimmed & condensed milk, salt, sugar icing, natural flavouring), cornflour, caramel flavour (1%).
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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	No
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)	
Energy (kcal)	
Carbohydrate (g)	
Of which sugars (g)	
Fat (g)	
Of which saturates (g)	
Protein (g)	
Fibre (g)	
Salt (g)	

Name of product	Annas Almond Thins 150g
Monty&Ridge product code	F-BO01
Manufacturer's name and address	AB Annas Pepparkakor, Radiovagen 23, 13548 Tyreso, Sweden

Ingredients	Wheat flour, sugar, vegetable oils (palm, rapeseed, coconut), sugar syrup, raising agent (sodium hydrogen carbonate), cinnamon, natural flavour, salt.
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Country of origin	Sweden
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	No
Sesame	No
Soy	No

May contain statements:	Traces of almond.
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Suitable for vegetarians?	Yes
Suitable for vegans?	Yes
Suitable for gluten allergy sufferers?	No
Suitable for wheat allergy sufferers?	No
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)	1976
Energy (kcal)	471
Carbohydrate (g)	69
Of which sugars (g)	33
Fat (g)	19
Of which saturates (g)	9
Protein (g)	5.4
Fibre (g)	1.9
Salt (g)	1.21

Name of product	LoveCocoa Congrats honeycomb milk chocolate 75g
Monty&Ridge product code	F-HB01
Manufacturer's name and address	Unit 4, Love Cocoa, 11-13 Benwell Studios, N7 7BL, UK

Ingredients	MILK Chocolate (sugar, cocoa butter, cocoa mass, MILK powder, emulsifier: SOYA lecithin; flavouring: natural vanilla), (4%) Honeycomb Granules (sugar, glucose syrup, raising agent: sodium bicarbonate, rice flour).  Cocoa solids min. 41%, Milk solids min. 15%.
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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	Yes

May contain statements:	Tree Nuts (almonds, hazelnuts), Peanuts and Wheat.
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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)	2411
Energy (kcal)	576
Carbohydrate (g)	55
Of which sugars (g)	46
Fat (g)	36
Of which saturates (g)	22
Protein (g)	5.7
Fibre (g)	
Salt (g)	0.19

Name of product	Kernow Milk choc - creme caramel 100g
Monty&Ridge product code	F-HB08
Manufacturer's name and address	Kernow Chocolate, 755 Orion Drive, St Eval, Wadebridge, Cornwall. PL27 7TU. UK

Ingredients	Sugar 44%, cocoa butter 27%, whole milk powder 23%, cocoa mass 5%, emulsifier: soya lecithin <1%, natural vanilla flavouring <1%, natural caramel flavouring <1%.
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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	Yes

May contain statements:	gluten, egg
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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?	Yes
Suitable for egg allergy sufferers?	No

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

Energy (kj)	2360
Energy (kcal)	564
Carbohydrate (g)	52.8
Of which sugars (g)	52.1
Fat (g)	356
Of which saturates (g)	21.5
Protein (g)	6.4
Fibre (g)	
Salt (g)	0.2

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	Yorkshire Crisps chardonnay wine vinegar crisps 50g drum
Monty&Ridge product code	F-YC03
Manufacturer's name and address	The Yorkshire Crisp Company, Units 1-4 Waleswood Industrial Estate, Wales Bar, Sheffield, S26 5PY

Ingredients	Potatoes, sunflower oil, Dried Malt Vinegar, Sea Salt, Whey powder (MILK), Maltodextrin, Sugar, Dried Chardonnay White Wine, Yeast Extract, Spirit Vinegar Powder, Dried Lemon Juice, Acidity Regulator: Citric acid
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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:	None
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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?	Yes
Suitable for egg allergy sufferers?	Yes

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

Energy (kj)	2108
Energy (kcal)	503
Carbohydrate (g)	65.5
Of which sugars (g)	2.7
Fat (g)	23.9
Of which saturates (g)	5.4
Protein (g)	6.6
Fibre (g)	
Salt (g)	1.5



Name of product	Cambrook salted peanuts packet 45g
Monty&Ridge product code	F-YN01
Manufacturer's name and address	Cambrook Foods Ltd, Unit B1/B2, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF

Ingredients	Peanuts (98%), salt, sunflower oil.
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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	No
Soy	No

May contain statements:	Other nuts, sesame
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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)	2491
Energy (kcal)	602
Carbohydrate (g)	7.1
Of which sugars (g)	3.8
Fat (g)	53
Of which saturates (g)	9.5
Protein (g)	24.5
Fibre (g)	6
Salt (g)	1.1

Name of product	Cartwright&Butler Chocolate fudge 175g
Monty&Ridge product code	F-FC01
Manufacturer's name and address	Cartwright & Butler, Unicorn House, Broad Lane, Gilberdyke Brough, East Riding of Yorkshire, HU15 2TS

Ingredients	Sugar, sweetened condensed milk, glucose syrup, butter (milk), cocoa mass (3%), golden syrup, humectant: glycerine
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Country of origin	United Kingdom
Storage instructions	Once opened store in a cool, dry place, in an airtight container
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:	May contain nuts and peanuts.
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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)	1800
Energy (kcal)	427
Carbohydrate (g)	80
Of which sugars (g)	72
Fat (g)	11
Of which saturates (g)	7
Protein (g)	2.6
Fibre (g)	<0.5
Salt (g)	0.2