

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	CCC Hot chocolate stirrer salted caramel 42g
Monty&Ridge product code	D-HH01
Manufacturer's name and address	Calico Cottage, Haddenham Business Park, CB6 3PT

Ingredients	<p>Chocolate ingredients: Sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier (soya lecithin (E322)), sea salt, flavourings: natural caramel, natural vanilla. Chocolate contains: minimum 30% cocoa solids, minimum 25.7% milk solids.</p> <p>Marshmallow ingredients: glucose-fructose syrup, sugar, water, gelatine*, anticaking agent: maize starch, flavouring, natural colour E162</p> <p>*marshmallows not suitable for vegetarians.</p>
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Country of origin	United Kingdom
Storage instructions	Store in a cool, dry place away from direct sunlight
Instructions for use	Stir into 300ml of hot milk and enjoy
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, peanuts, gluten, egg, sulfites
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Suitable for vegetarians?	No	*Marshmallows only
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)	2251
Energy (kcal)	538
Carbohydrate (g)	57.4
Of which sugars (g)	56.4
Fat (g)	31
Of which saturates (g)	19
Protein (g)	6.4
Fibre (g)	
Salt (g)	0.29

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	Kernow Dark chocolate - ginger 100g
Monty&Ridge product code	F-HB06
Manufacturer's name and address	Kernow Chocolate, 755 Orion Drive, St Eval, Wadebridge, Cornwall. PL27 7TU. UK

Ingredients	Dark chocolate 90% (cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavour), crystallised stem ginger 10% (ginger, sugar).
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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	Yes

May contain statements:	gluten, egg, dairy
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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?	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)	2209
Energy (kcal)	527
Carbohydrate (g)	49.1
Of which sugars (g)	46.6
Fat (g)	33
Of which saturates (g)	19.7
Protein (g)	4.6
Fibre (g)	
Salt (g)	0

Name of product	Fine Cheese Co crackers with gruyere 45g
Monty&Ridge product code	F-RS01
Manufacturer's name and address	The Fine Cheese Co, 29&31 Walcot Street, Bath BA1 5BN

Ingredients	Wheat flour, gruyere cheese (17%) (milk), emmental cheese (16%) (milk), autolysed yeast, butter (milk), mustard powder, raising agent (sodium bicarbonate) sea salt, sugar, ground nutmeg, ground 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)	1853
Energy (kcal)	440
Carbohydrate (g)	56.3
Of which sugars (g)	0.9
Fat (g)	16.3
Of which saturates (g)	9.9
Protein (g)	20
Fibre (g)	
Salt (g)	2

Name of product	MOR snap crackers wholemeal spelt and sourdough 115g
Monty&Ridge product code	F-RS03
Manufacturer's name and address	Artisan biscuits, Britannia House, Blenheim Road, Ashbourne, Derbyshire, DE6 1HA

Ingredients	Spelt flour, Wholemeal Spelt flour (49%), Buttermilk, Corn oil, Sea Salt, Whole milk powder, Deactivated rye sourdough (3%), Yeast.
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Country of origin	United Kingdom
Storage instructions	Consume within one week of opening.
Instructions for use	Serve with cheese.
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)	1855
Energy (kcal)	443
Carbohydrate (g)	81.5
Of which sugars (g)	3.3
Fat (g)	7.8
Of which saturates (g)	1.3
Protein (g)	16.9
Fibre (g)	
Salt (g)	3.2

Name of product	Joe&Sephs Popcorn caramelised sea salt and pepper 80g
Monty&Ridge product code	F-PL03
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 (3%), Cracked Black Pepper (2%)
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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)	2024
Energy (kcal)	483
Carbohydrate (g)	64.7
Of which sugars (g)	40.1
Fat (g)	22.6
Of which saturates (g)	15.1
Protein (g)	35
Fibre (g)	
Salt (g)	3.6

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 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