

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	Lyon coffee bag
Monty&Ridge product code	D-HC01
Manufacturer's name and address	UCC Coffee UK Ltd, Riverside Way, Dartford, Kent, DA1 5BS

Ingredients	Coffee
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Country of origin	Various
Storage instructions	
Instructions for use	Add coffee bag to mug, pour freshly boiled water, stir and brew for 3-4 minutes, squeeze gently, remove 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	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	Trek Protein flapjack - Smooth Lemon 50g
Monty&Ridge product code	F-GF01
Manufacturer's name and address	Natural Balance Foods, 45 Grosvenor Road, St Albans, Hertfordshire, AL1 3AW

Ingredients	Gluten free oats (25%), rice syrup, soya protein crisps (15%) (soya protein isolate, tapioca starch, salt), lemon curd flavour coating (14%) (sugar, vegetable fats (palm kernel, palm, shea), rice powder (dried rice syrup, rice starch, rice flour), natural flavouring, colour: carotenes, emulsifier: lecithins), vegetable oils (rapeseed, palm), soya flour, sugar, natural flavourings, lemon powder (0.5%), 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)	Yes
Fish	No
Peanuts	No
Crustaceans	No
Milk	No
Sesame	No
Soy	Yes

May contain statements:	Peanuts, nuts, 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?	No
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

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

Energy (kj)	1927
Energy (kcal)	964
Carbohydrate (g)	47
Of which sugars (g)	25
Fat (g)	21
Of which saturates (g)	9.1
Protein (g)	19
Fibre (g)	3.5
Salt (g)	0.63

Name of product	Tribe Protein recovery shake cocoa and sea salt 38g
Monty&Ridge product code	S-FP01
Manufacturer's name and address	Tribe HQ, 56 Shoreditch High St, E1 6JJ
Supplier's name and address	Tribe HQ, 56 Shoreditch High St, E1 6JJ

Ingredients	TRIBE vegan protein blend (59%) (pea protein, rice protein), coconut sugar, cocoa powder (13%), natural flavouring, sea salt (0.2%), cinnamon.
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Country of origin	UK
Storage instructions	n/a
Instructions for use	Fill shaker with 250ml of cool water (or milk). Add shake mix to the water. Shake well. Drink straight away.
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

May contain statements:	nuts, soya
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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?	No
Suitable for nut allergy sufferers?	No
Suitable for egg allergy sufferers?	Yes

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

Energy (kj)	1484
Energy (kcal)	354
Carbohydrate (g)	29
Of which sugars (g)	24
Fat (g)	2.2
Of which saturates (g)	0.8
Protein (g)	53
Fibre (g)	4.3
Salt (g)	1.7