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	Birchall tea lemon and ginger
Monty&Ridge product code	D-HT01
	Birchall Tea, Imporient (UK) Ltd, 54 Willow Way, London SE26
Manufacturer's name and address	4QP United Kingdom

	lemongrass, ginger root, liquorice root, turmeric, natural
Ingredients	flavouring, lemon peel

Country of origin	Various
Storage instructions	Store in a cool, dry place away from strong aromas
	Recommended Brew Time: 3 minutes
Instructions for use	Recommended Brew Temperature: 100°
Alcoholic strength (%ABV)	0

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

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

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	Birchall tea peppermint
Monty&Ridge product code	D-HT02
	Birchall Tea, Imporient (UK) Ltd, 54 Willow Way, London SE26
Manufacturer's name and address	4QP United Kingdom

Ingredients	peppermint

Country of origin	Various
Storage instructions	Store in a cool, dry place away from strong aromas
	Recommended Brew Time: 3 minutes
Instructions for use	Recommended Brew Temperature: 100°
Alcoholic strength (%ABV)	0

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

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

real real range typical value per 100g/100iiii	
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	Birchall tea decaf
Monty&Ridge product code	D-HT03
	Birchall Tea, Imporient (UK) Ltd, 54 Willow Way, London SE26
Manufacturer's name and address	4QP United Kingdom

Ingredients	black tea (caffeine content less than 0.2%)

Country of origin	Various
Storage instructions	Store in a cool, dry place away from strong aromas
	Recommended Brew Time: 3 minutes
Instructions for use	Recommended Brew Temperature: 100°
Alcoholic strength (%ABV)	0

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/100m	
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
	Natural Balance Foods, 45 Grosvenor Road, St Albans,
Manufacturer's name and address	Hertfordshire, AL1 3AW

	Gluten free oats (25%), rice syrup, soya protein crispies (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,
Ingredients	lemon powder (0.5%), salt.

Country of origin	United Kingdom
Storage instructions	
Instructions for use	
Alcoholic strength (%ABV)	0

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

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	Active Root Energy gel powder 35g
Monty&Ridge product code	S-FE01
Manufacturer's name and address	Active Root Ltd, 8 Glengyle Terrace, Edinburgh, EH39LL
Supplier's name and address	Active Root Ltd, 8 Glengyle Terrace, Edinburgh, EH39LL

	Cane sugar blend (natural disaccharide, 50% glucose 50%
Ingredients	fructose), citric acid, sea salt, ginger root extract

Country of origin	UK
Storage instructions	Store in cool dry place out of direct sunlight
Instructions for use Add to 500ml water, shake until dissolved.	
Alcoholic strength (%ABV)	0

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

lay contain statements:	

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

reaction labelling typical value per 1006, 100iiii	
Energy (kj)	1617
Energy (kcal)	384
Carbohydrate (g)	94.81
Of which sugars (g)	94.4
Fat (g)	0.63
Of which saturates (g)	0.05
Protein (g)	0.01
Fibre (g)	0
Salt (g)	1.14

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

	TRIBE vegan protein blend (59%) (pea protein, rice protein),	
	coconut sugar, cocoa powder (13%), natural flavouring, sea	
Ingredients	salt (0.2%), cinnamon.	

Country of origin	UK
Storage instructions	n/a
	Fill shaker with 250ml of cool water (or milk). Add shake mix
Instructions for use	to the water. Shake well. Drink straight away.
Alcoholic strength (%ABV)	0

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

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	