



## Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2
----------------------	------------	--------------	----

John Lewis Stock Number	<b>77060707</b>
Name	<b>MOUNTAIN BOX</b>
Ingredients	<p><b>Spiced Plum Chutney 290g</b>  <b>Ingredients:</b> Plums (29%), Dark Brown Sugar, Spiced Malt Vinegar (malt vinegar from <u>barley</u>), Malt Extract (<u>barley</u>), Spices), Red Onions, Apple (Contains Preservative: <u>sodium metabisulphite</u>), Raisins, Salt, Ground Ginger, Garlic Powder, Cinnamon, All Spice, Ground Cloves.  <b>Allergens are underlined.</b></p> <p><b>Bramble Jam 340g</b>  <b>Ingredients:</b> Sugar, Blackberries, Gelling Agent: Pectin, Acidity Regulator: Citric Acid. Prepared with 48g of fruit per 100g. Total sugar content 68g per 100g. Made in Scotland.</p> <p><b>Pear, Apple and Ginger Chutney 200g</b>  <b>Ingredients:</b> Pears (26%), Brown Sugar, Apple (19%), Onion, Malt Vinegar (from <u>barley</u>), Ginger (2%), Garlic Puree, Salt, Spices, Red Chilli. May also contain <u>mustard</u>).  <b>Allergens are underlined. Made in the UK</b></p> <p><b>Chicken Liver Pate 180g</b>  <b>Ingredients -</b>, Pork Fat (23%), chicken liver, pork liver, pork meat, salt, Armagnac (0.9%) spices, nutmeg, pepper. Made in France</p> <p><b>Raspberry Jam with Prosecco 113g</b>  <b>Ingredients:</b> Sugar, Raspberries, Prosecco (3%), Gelling Agent: Fruit Pectin, Acidity Regulator: Citric Acid.  Prepared with 45g of fruit per 100g. Total sugar content 65g per 100g. Made in the UK</p> <p><b>Shortbread with Ginger 160g</b>  <b>Ingredients -</b> Flour (<u>Wheat</u> Flour (Gluten), Calcium, Iron, Niacin, Thiamin), Butter (<u>Milk</u>, Salt), Sugar, Stem Ginger (6%), [<u>Ginger</u>, Sugar], Ground Rice, Vegetable Oils (Rapeseed and segregated sustainable palm oils), Ground Ginger. <b>Allergens are underlined. Made in the UK</b></p> <p><b>Sesame Biscuits for Cheese &amp; Pate 150g</b>  <b>Ingredients:</b> <u>Wheat</u> flour, Water, Margarine (palm and rapeseed oil, salt 2%, emulsifier, colourings, flavourings), Shortening (palm and rapeseed oil), <u>Sesame Seed</u> (7.6%), Sugar, Salt, Skylark (raising agent E450, <u>wheat</u> flour, salt), Ammonium, Soda. <b>Allergens are underlined. Made in Scotland.</b></p>
May contain statements	Please note: These products are manufactured in premises that handle wheat, barley, gluten, crustacean, egg, fish, peanuts, nuts, soya, milk, celery, mustard, sulphur dioxide/sulphites.
Net Quantity	1433g

Country of Origin	UK
Storage Instructions	N/A
Manufacturer's name and address	Edinburgh Preserves, Expo House, Unit 21a, Macmerry Industrial Estate, East Lothian, EH33 1RD
Instructions for use	N/A
Nutrition Labelling: Typical value	<p><b>Nutritionals (per 100g)</b>  <b>Spiced Plum Chutney 290g</b>  Nutritionals: Energy 627kj/157kcal, Fat 0.1g (saturates 0g), Carbohydrates 37.6 (sugars 36.8g), Protein 0.7g, Salt 0.321g</p> <p><b>Bramble Jam 340g</b>  Nutritionals: Energy 1224kJ/293kcal, Fat 0.1g (saturates 0.0g), Carbohydrates 68.9g (sugars 68.6g), Protein 0.4g, Salt 0.0g</p> <p><b>Pear, Apple and Ginger Chutney 300g</b>  Nutritionals: Energy 597kj/141kcal, Fat 0.2g (saturates 0g), Carbohydrates 34.1g (sugars 33.3g), Protein 0.5g, Salt 0.3g</p> <p><b>Chicken Liver Pate 180g</b>  Nutritionals: Energy 1479kJ/358kcal, Fat 33.7g (saturates 13.6g), Carbohydrates 1.7g (sugars 0.2g), Protein 12.2g, Salt 1.34g</p> <p><b>Raspberry Jam with Prosecco 113g</b>  Nutritionals: Energy 1170kJ/276kcal, Fat 0.2g (saturates 0.1g), Carbohydrates 65.7g (sugars 65.3g), Protein 0.2g, Salt 0.01g.</p> <p><b>Shortbread with Ginger 160g</b>  Nutritionals: Energy 2195kJ/525kcal, Fat 28.5g (saturates 18.9g), Carbohydrates 61.6g (sugars 25.3g), Protein 4.6g, Salt 0.64g</p> <p><b>Sesame Biscuits for Cheese &amp; Pate 150g</b>  Nutritionals: Energy 2108kJ/502kcal, Fat 24.9g (saturates 19g), Carbohydrates 62g (sugars 20g), Protein 7.8g, Salt 3.6g</p>
Alcoholic Strength	N/A
Suitable for vegetarians	N
Suitable for vegans	N
Suitable for nut allergy sufferers	N as may contain traces of nuts
Suitable for gluten allergy sufferers	N
Suitable to wheat allergy sufferers	N
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	Y
Free from alcohol	N
Free from artificial flavours	Y
Free from artificial colours	Y