

John Lewis Stock Number	54642211
Name	Christmas Eve Hat Box
Contents	Waitrose San Leo Prosecco DOC 75cl Stas Hot Cocoa Bombs 80g Popcorn Shed Christmas Pudding Popcorn 80g nibnibs All Butter Cheddar Stars 100g Maxwell & Franks Double Chocolate Slab with Gold Stars and Mini Gold Sprinkles 350g Mr Filbert's Peruvian Pink Peppercorn Cashews & Peanuts 100g Fairfields Farm Crisps Sweet Chilli 150g The Cambridge Confectionary Company Solid Chocolate Reindeers 130g Belvoir Fruit Farms Festive Edition Mulled Winter Punch 750ml Maxwell & Franks 4 Luxury Mince Pies with Holly and Berry Artwork Chioistro Italian Biscuit Selection Tin 240g Lily O'Briens Dark & Milk Choc Blend Caramel Sea Salt in Pouch 110g
Net Quantity	Individual product weights
Manufacturer's name and address	Packer: Virginia Hayward Ltd
Suitable for vegetarians	N
Suitable for vegans	N
Suitable for nut allergy sufferers	N
Suitable for gluten allergy sufferers	N
Suitable to wheat allergy sufferers	N
Suitable for egg allergy sufferers	N
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	N
Free from alcohol	N
Free from artificial flavours	N
Free from artificial colours	Y

Refer to following sheets for individual product information.

All information has been provided by the product manufacturers/suppliers and is correct at time of publication.

If you have a specific dietary requirement, we ask you to remain especially vigilant and to closely observe the individual nutrient and allergen information which exists on all of the individual components of the gift, prior to consumption.

If you have any doubts whatsoever as to whether the content may potentially be harmful to your health please refrain from consuming.



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V204/06/2020 09:31:00
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John Lewis Stock Number	
Name	Waitrose San Leo Prosecco DOC 75cl
Ingredients	Glera (White Wine, Grape Must) 85%, White Wine (Chardonnay, Pinot Bianco, Pinot grigio, Pinot noir white vinification) 15%, Potassium metabis SULPHITE , Made using (Sucrose, Yeast powder, Diammonium Phosphate, Thiamine Hydrochloride, Citric acid), Cleared using (Bentonite, Polyvinylpolypyrrolidone).

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	Italy
Storage Instructions	Store in a cool, dry place.
Manufacturer's Name and Address	Casa Vinicola Zonin Spa, Via Borgolecco, 9, Gambellara (VI), Veneto, Italy, 36053
Instructions for use	Once opened, keep refrigerated and consume within 3 days.
Alcoholic Strength	11
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	No
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2 28/08/2019 08:47:00
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John Lewis Stock Number	
Name	Stas Hot Cocoa Bombs 80g
Ingredients	Milk chocolate contains 34% Cocoa solids minimum and 22% MILK solids minimum. Ingredients: Sugar, Cocoa butter, Whole MILK powder, Cocoa mass, Coconut Oil, Glucose syrup, Dextrose, Sorbitol, Gelatine, Maize, Water, Emulsifier: SOYA lecithin, Flavour: Natural vanilla, Colour E120. For allergens see ingredients in Bold. May also contain NUTS.

For allergens, see ingredients in bold or CAPS

May contain statements	Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Store in a dark cool place between 15 and 20 degrees celsius away from direct sunlight but not in a fridge.
Manufacturer's Name and Address	The Stas Partnership Ltd, 19 Hailey Road Business Park, Erith, Kent, United Kingdom, TN6 2SB
Instructions for use	Simply drop one of the Bombs into a cup of hot milk and watch as it melts. Then stir the milk until all the Bomb has melted.

Nutrition Labelling: Typical value

Energy (kj/kcal)	2357 / 563
Fat	36.2
Of which saturated	21.8
Carbohydrate	50.9
Of which sugars	50.1
Fibre	0
Protein	7
Salt	0.2

Alcoholic Strength	0
Suitable for vegetarians	No
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2 28/08/2019 08:47:00
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John Lewis Stock Number	
Name	Popcorn Shed Christmas Pudding Popcorn 80g
Ingredients	Popped Corn, Sugar, Glucose syrup, Golden syrup, Butter (MILK), Mixed Spice (Cinnamon, Coriander, Ginger, Nutmeg, Cloves), Natural Flavouring, Rapeseed Oil, Bicarbonate of Soda, Salt, Emulsifier: SOYA Lecithin.

For allergens, see ingredients in bold or CAPS	
May contain statements	Cereals containing gluten namely wheat Tree Nuts Peanuts
Country of Origin	United Kingdom
Storage Instructions	Once opened, re-seal bag to ensure freshness
Manufacturer's Name and Address	Honestly Made, Lane End Industrial Park, Lane End, High Wycombe, Buckinghamshire, United Kingdom, HP14 3BY
Instructions for use	N/A

Nutrition Labelling: Typical value	
Energy (kj/kcal)	1529 / 365
Fat	11.4
Of which saturated	5.9
Carbohydrate	60.4
Of which sugars	37.2
Fibre	0
Protein	3.3
Salt	0.5

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers	No
Suitable for wheat allergy sufferers	No
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	nibnibs All Butter Cheddar Stars 100g
Ingredients	WHEAT Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar Cheese (MILK)(23%), Butter (MILK) (15%), Chicory Inulin, Raising Agents (Disodium diphosphate, Potassium Hydrogen Carbonate), Yeast, Salt, Antioxidant (Calcium Disodium EDTA).

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	UK
Storage Instructions	Cool dry place
Manufacturer's Name and Address	NIBNIBS LTD, SHAWFIELD ROAD, BARNSELEY, Yorkshire, United Kingdom, S71 3HS
Instructions for use	Ready to Eat

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2036 / 486
Fat	21
Of which saturated	13
Carbohydrate	59
Of which sugars	1.6
Fibre	5.1
Protein	13
Salt	1.7

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers	No
Suitable for wheat allergy sufferers	No
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	Maxwell & Franks Double Chocolate Slab with Gold Stars and Mini Gold Sprinkles 350g
Ingredients	Light Brown Sugar (Sugar, Cane Molasses, Invert Sugar Syrup), Whole EGG , Margarine (Vegetable Oils (Palm, Rapeseed), Salt, Citric Acid), Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Dark Chocolate Chips (10%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: SOYA Lecithin, Vanilla Flavouring), Glucose Syrup, Vegetable Glycerine (Rapeseed Oil), Fat Reduced Cocoa Powder, Dark Chocolate Icing [Sugar, Vegetable Oil (Rapeseed, Palm), Glucose Syrup, Fat Reduced Cocoa Powder, Emulsifiers (Mono-and Diglycerides of Fatty Acids (Palm Oil), SOYA Lecithin), Salt, Preservative: Potassium Sorbate, Natural Flavouring], MILK Chocolate Chunks [Sugar, Whole MILK Powder, Cocoa Butter, Cocoa Mass, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier: SOYA Lecithin, Vanilla Flavouring], Gold Star Decoration [Sugar, Glucose Syrup, Palm Oil, Emulsifier: Acacia Gum, Humectant: Glycerine, Emulsifier: Mono-and Diglycerides of Fatty Acids (Palm Oil), Stabiliser: Xanthan Gum, Colours (Titanium Dioxide, Iron Oxide), Glazing Agent: Shellac], Raising Agent (Diphosphates, Sodium Carbonates, Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Preservative: Potassium Sorbate, Mini Gold Star Decoration [Sugar, Potato Starch, Sunflower Oil, Rice Flour, Colours (Riboflavin, Titanium Dioxide, Iron Oxide), Glazing Agent: Shellac].

For allergens, see ingredients in bold or CAPS	
May contain statements	Tree Nuts Sulphites/Sulphur Dioxide
Country of Origin	UK
Storage Instructions	Store in a cool dry place
Manufacturer's Name and Address	Maxwell & Franks Ltd, Unit 4 Roman Way, Crusader Business Park, Warminster, Wiltshire, United Kingdom, BA12 8BT
Instructions for use	Once opened consume within 3 days

Nutrition Labelling: Typical value	
Energy (kj/kcal)	1684 / 402
Fat	19
Of which saturated	7.8
Carbohydrate	54
Of which sugars	32
Fibre	0
Protein	5.8
Salt	0.48

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers/ceciac	No
Suitable for wheat allergy sufferers	No
Suitable for egg allergy sufferers	No
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	Mr Filbert's Peruvian Pink Peppercorn Cashews & Peanuts 100g
Ingredients	Roasted CASHEWS (NUTS) 47% and PEANUTS 47%, Sugar, Sea Salt 1%, Cracked Pink Peppercorns<1%, Rapeseed

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Ambient. Store in a cool, dry place.
Manufacturer's Name and Address	Filbert's Fine Foods Limited, Greens Barn, Page Lane, Glastonbury, Somerset, United Kingdom, BA6 8NX
Instructions for use	Ready to Eat.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2493 / 601
Fat	46.3
Of which saturated	6.7
Carbohydrate	20.4
Of which sugars	7.7
Fibre	4.4
Protein	23.4
Salt	0.7

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers/ceciac	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2 28/08/2019 08:47:00
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John Lewis Stock Number	
Name	Fairfields Farm Crisps Sweet Chilli 150g
Ingredients	Potatoes, Sunflower Oil, Sugar, Salt, Onion Powder, Yeast Extract Powder, Spices (Cayenne, Paprika, Fennel, Aniseed, Birdseye Chilli), Garlic Powder, Colours: Caramel, Paprika, Natural flavourings (including natural chilli flavouring, natural garlic flavouring), acid: Citric Acid, Tomato powder, Herb (basil).

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	UK
Storage Instructions	Cool, dry & out of direct sunlight.
Manufacturer's Name and Address	Robert Strathern, Fairfields Farm, Colchester, Essex, UK, CO63AQ
Instructions for use	Ready to eat

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2155 / 516
Fat	29.7
Of which saturated	3.94
Carbohydrate	58.4
Of which sugars	4.2
Fibre	4.3
Protein	6
Salt	1.23

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	The Cambridge Confectionary Company Solid Chocolate Reindeers 130g
Ingredients	Sugar, Cocoa Butter, Whole MILK powder, Cocoa Mass, Emulsifier: SOYA Lecithin (E322), Natural Vanilla Flavouring Milk Chocolate Contains: Minimum 33.5% Cocoa Solids Minimum 22% MILK Solids

For allergens, see ingredients in bold or CAPS	
May contain statements	Cereals containing gluten namely wheat Eggs Tree Nuts Peanuts
Country of Origin	Sulphites/Sulphur Dioxide United Kingdom
Storage Instructions	STORE IN A COOL DRY PLACE AWAY FROM DIRECT SUNLIGHT AND STRONG ODOURS
Manufacturer's Name and Address	Calico Cittance, Unit 4, Arthur Park, March, Cambs, United Kingdom, PE150AZ
Instructions for use	None

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2279 / 544
Fat	34.2
Of which saturated	20.9
Carbohydrate	47.3
Of which sugars	43.8
Fibre	1.9
Protein	6.8
Salt	0.21

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers/ceciac	No
Suitable for wheat allergy sufferers	No
Suitable for egg allergy sufferers	No
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	Belvoir Fruit Farms Festive Edition Mulled Winter Punch 750ml
Ingredients	water, sugar, red grape juice, elderberry juice from concentrate, blackcurrant juice from concentrate, orange juice from concentrate, citric acid, spice extracts: clove, cinnamon and Nutmeg.

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dark place.
Manufacturer's Name and Address	Belvoir Farm Drinks Ltd, Barkestone Lane, Bottesford, Leicestershire, United Kingdom, NG130DH
Instructions for use	Some fruit may settle, turn the bottle gently before opening to wake its natural goodness.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	200 / 47
Fat	0
Of which saturated	0
Carbohydrate	12
Of which sugars	12
Fibre	0
Protein	0
Salt	0

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers/ceciac	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
Suitable for soya allergy sufferers	Yes
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	Maxwell & Franks 4 Luxury Mince Pies with Holly and Berry Artwork
Ingredients	Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Mincemeat (33%) [Sugar, Apple Puree, Currants (19%) (Currants, Sunflower Oil), Sultanas (10%) (Sultanas, Sunflower Oil), Mixed Peel (4%) (Orange Peel, Glucose–Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (3%) (Palm Oil, Rice Flour, Sunflower Oil), Mixed Spice, Acidity Regulator: Acetic Acid], Vegetable Oils (Palm Oil, Rapeseed Oil, Salt, Citric Acid, Colour: Natural Carotenes), Sugar, Preservative: Potassium Sorbate, Raising Agent: (Diphosphates, Sodium Carbonates, Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin)).

For allergens, see ingredients in bold or CAPS	
May contain statements	Eggs Milk Tree Nuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 7 days.
Manufacturer's Name and Address	Maxwell & Franks Ltd, Boundary House, Littledown, Shaftesbury, Dorset, United Kingdom, SP7 9BT
Instructions for use	Heating instructions: 1. Pre-heat oven to 180°C, 350°F, gas mark 4. 2. Remove all packaging, except foil container. 3. Place on a baking tray on the middle oven shelf. 4. Reheat for 8-10 minutes. Fan assisted ovens may require less time. Caution! The filling may be extremely hot. Take extra care when eating. Do not re-heat in the microwave.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	1713 / 408
Fat	17
Of which saturated	5.9
Carbohydrate	61
Of which sugars	29
Fibre	0
Protein	3.7
Salt	0.2

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers/ceciac	No
Suitable for wheat allergy sufferers	No
Suitable for egg allergy sufferers	No
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2
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John Lewis Stock Number	78443537
Name	Chiostro Italian Biscuit Selection Tin 240g
Ingredients	<p>AMARETTI CRUNCHY: sugar, apricot kernels (19%), EGG white.</p> <p>AMARETTI SOFT: sugar, apricot kernels (48%), ALMONDS (NUTS) (2%), EGG white.</p> <p>ALMOND CANTUCCINI: WHEAT flour, sugar, ALMONDS (NUTS) (17%), EGGS, EGG yolk, BUTTER, honey, partially skimmed MILK, raising agent: ammonium bicarbonate, salt, flavors.</p> <p>CRISP CHOCOLATE CANTUCCINI: fine WHEAT flour, sugar, chocolate 17% (sugar, cocoa mass, cocoa butter, emulsifier: SOY lecithin, flavour, vanillin), EGGS, EGG yolk, BUTTER, honey, partially skimmed MILK, raising agents: (ammonium bicarbonate), salt, flavors, vanillin.</p> <p>CANESTRELLI: WHEAT flour, vegetable margarine (palm oil, coconut oil, water, emulsifier: mono and diglycerides of vegetable fatty acids from palm, acidity corrector: citric acid), sugar, EGG yolks, flavors. Without hydrogenated fats.</p> <p>BACI DI SARONNO: WHEAT flour, vegetable margarine (palm oil, coconut oil, water, emulsifier: mono and diglyceride of fatty acids, acidity balancer: citric acid, flavorings), toasted HAZELNUTS (NUTS) (18%), sugar), chocolate (8%): (cocoa mass, sugar, cocoa butter , emulsifier: soy lecithin 0,4% E322, flavorings: vanillin 0,1%), cocoa, flavorings.</p>
For allergens, see ingredients in bold	
May contain statements	OTHER NUTS AND MUSTARD
Net Quantity	240 g
Country of Origin	Italy
Storage Instructions	Sore in a cool and dry place
Manufacturer's name and address	Paolo Lazzaroni e Figli SPA
Instructions for use	READY TO EAT
Nutrition Labelling: Typical value	Per 100g
energy	1869 / 447 kj/kcal
fat	20 g/ml
of which saturates	0.0 g/ml

carbohydrate	60.5 g/ml
of which sugars	40.0 g/ml
protein	9.0 g/ml
salt	0.20 g/ml
Alcoholic Strength	N/A
Suitable for vegetarians	Y
Suitable for vegans	N
Suitable for nut allergy sufferers	N
Suitable for gluten allergy sufferers	N
Suitable to wheat allergy sufferers	N
Suitable for egg allergy sufferers	N
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	N
Free from alcohol	Y
Free from artificial flavours	N
Free from artificial colours	Y



Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V228/08/2019 08:47:00
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John Lewis Stock Number	
Name	Lily O'Briens Dark & Milk Choc Blend Caramel Sea Salt in Pouch 110g
Ingredients	Dark Chocolate 42.8% [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], MILK Chocolate 32.2% [Sugar, Whole MILK Powder , Cocoa Butter, Cocoa Mass, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring], Sticky Toffee Caramel 24.8% [Sugar, Glucose Syrup, Coconut Oil, Water, Sweetened Skimmed Condensed MILK (MILK , Sugar, Lactose (MILK), MILK Chocolate (Sugar, Cocoa Butter, Cocoa Mass, Whole MILK Powder, Whey Powder (MILK), Emulsifier (SOYA Lecithin), Butter (MILK), Salt)], Sea Salt (0.1%), Natural Flavouring.

For allergens, see ingredients in bold or CAPS	
May contain statements	Cereals containing gluten namely wheat Tree Nuts Peanuts
Country of Origin	Poland
Storage Instructions	For maximum taste and enjoyment, please store your Lily O'Briens chocolates in a cool dry place 15-18°C away from moisture, strong sunlight and odours.
Manufacturer's Name and Address	Lily O'Brien's Chocolates (Co-Manufactured at Srebrna 22, 85-461 Bydgoszcz, Poland), IDA Business Park, Green Road,, Newbridge,, Co. Kildare, Ireland, W12 D424
Instructions for use	Open the bag and melt into your perfect moment. Keep it for yourself or share!

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2160 / 516
Fat	29
Of which saturated	18
Carbohydrate	58
Of which sugars	53
Fibre	2.1
Protein	5.4
Salt	0.29

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers/ceciac	No
Suitable for wheat allergy sufferers	No
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	No
Suitable for soya allergy sufferers	No
Free from alcohol	Yes
Free from artificial flavours	Yes
Free from artificial colours	Yes