

John Lewis Stock Number	54640808
Name	<b>Perfect Pantry</b>
Contents	Brown Bag Crisps West Country Farmhouse Cheddar & Onion 150g Chiltern Cold Pressed Garlic Infused Rapeseed Oil 250ml Dean's Lemon Shortbread 130g Arran Fine Foods Caramelised Red Onion Chutney 195g Highfield Preserves Strawberry Jam 320g Joe & Seph's Sweet & Salty Gourmet Popcorn 60g Odysea Houmous 265g Rummo Rigatoni No 50 500g Popti Cornish Bakehouse Snaps Mature Cheddar 120g Pott's Katsu Curry Cooking Sauce 330g Pott's Neapolitan Puttanesca Cooking Sauce 330g Heartsease Farm Sparkling Fiery Ginger Beer 75cl
Net Quantity	Individual product weights
Manufacturer's name and address	Packer: <b>Virginia Hayward Ltd</b>
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	Y
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	N
Free from alcohol	Y
Free from artificial flavours	Y
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.:	V2 28/08/2019 08:47:00
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John Lewis Stock Number	
Name	Chiltern Cold Pressed Garlic Infused Rapeseed Oil 250ml
Ingredients	Cold pressed rapeseed oil, natural garlic flavouring

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	Chiltern Cold Pressed Rapeseed Oil, The Moors, Wilstone Green, Tring, Hertfordshire, UK, HP23 4NT
Instructions for use	Roasting, stir frying and drizzling

### Nutrition Labelling: Typical value

Energy (kj/kcal)	3696 / 899
Fat	91.5
Of which saturated	6.6
Carbohydrate	0.1
Of which sugars	0.1
Fibre	0.1
Protein	0.1
Salt	0

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	Arran Fine Foods Caramelised Red Onion Chutney 195g
Ingredients	Re-hydrated Red Onions (48%), Sugar, Red Grape Vinegar, Re-hydrated Onions, Thickening Agent (Modified Maize Starch), Colouring (Plain Caramel) (1%), Sea Salt, Ginger, Preservative (Potassium Sorbate), Cinnamon, Nutmeg

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	Scotland
Storage Instructions	Store in a cool dry place.
Manufacturer's Name and Address	Paterson Arran Ltd, The Old Mill, Lamlash, North Ayrshire, Scotland, KA27 8AR
Instructions for use	Ready to eat product.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	657 / 155
Fat	0
Of which saturated	0
Carbohydrate	37
Of which sugars	32
Fibre	1.2
Protein	1.1
Salt	0.32

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.:	V2 28/08/2019 08:47:00
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John Lewis Stock Number	
Name	Highfield Preserves Strawberry Jam 320g
Ingredients	Strawberries, Sugar, Gelling Agent: Fruit Pectin, Concentrated Lemon Juice, Acidity Regulator: Citric Acid. Prepared with 60g fruit per 100g. Prepared with 60g of fruit per 100g. Total sugar content 62g per 100g.

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Refrigerate after opening and use within six weeks.
Manufacturer's Name and Address	Highfield Preserves Ltd, Unit 4 Highmount Court, Mid Devon Business Park, WILLAND, Devon, United Kingdom, EX15 2FB
Instructions for use	Not applicable

Nutrition Labelling: Typical value	
Energy (kj/kcal)	998 / 235
Fat	0
Of which saturated	0
Carbohydrate	57
Of which sugars	57
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	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	Odysea Houmous 265g
Ingredients	Chickpeas (52%), Water, Tahini ( <b>SESAME</b> ) (10%), Sunflower Oil, Sugar, Extra Virgin Olive Oil, Lemon Juice, Acidity Regulator (Lactic Acid), Garlic Powder, Sea Salt, Cumin, Antioxidant (Ascorbic Acid), Red Pepper Powder.

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	Manufactured in Greece. Primary ingredient (chickpeas) are from Turkey, Italy, Germany.
Storage Instructions	Once opened, refrigerate and consume within 5 days.
Manufacturer's Name and Address	Pelopac SA, Industrial Area of Thessaloniki, Thessaloniki, Sindos, Greece, 57022
Instructions for use	Ready to eat.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	821 / 197
Fat	12
Of which saturated	1.5
Carbohydrate	15.7
Of which sugars	1.5
Fibre	0
Protein	4.8
Salt	1.4

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	Rummo Rigatoni NO.50 500g
Ingredients	Durum <b>WHEAT</b> Semolina

For allergens, see ingredients in bold or CAPS	
May contain statements	Soybeans
Country of Origin	Italy
Storage Instructions	Ambient
Manufacturer's Name and Address	Petty Wood, Livingstone Road, Walworth Business Park, Andover, Hampshire, United Kingdom, SP10 5NS
Instructions for use	N/A

Nutrition Labelling: Typical value	
Energy (kj/kcal)	1510 / 356
Fat	1.6
Of which saturated	0.3
Carbohydrate	69.5
Of which sugars	3.1
Fibre	2.9
Protein	14.5
Salt	0.005

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
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	Yes
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	Heartease Farm Sparkling Fiery Ginger Beer 75cl
Ingredients	Carbonated spring water, Sicilian lemon juice from concentrate 10%, Sugar, lemon comminute from concentrate 1%, Flavourings

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	United Kingdom
Storage Instructions	store at ambient temperatures
Manufacturer's Name and Address	Radnor Hills, Radnor Water, Heartsease Farm, Knighton, Powys, United Kingdom, Id7 1lu
Instructions for use	N/A

Nutrition Labelling: Typical value	
Energy (kj/kcal)	131 / 31
Fat	0.5
Of which saturated	1.1
Carbohydrate	7.8
Of which sugars	6.8
Fibre	0
Protein	1.5
Salt	1.01

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers/coeliac	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	Pott's Katsu Curry Cooking Sauce 330g
Ingredients	Water, Coconut Cream (15%), Tamari <b>SOY</b> Sauce (Water, <b>SOYBEANS</b> , Salt, Vinegar) (9%), Apple, Date Syrup, Cornflour, Curry Powder (Coriander, Turmeric, Fenugreek, Chili, Salt, Fennel, Cumin, <b>MUSTARD</b> , Black Pepper), Garlic, Ginger, Sunflower Oil, Concentrated Lemon Juice, Yuzu Juice (0.6%), Turmeric.

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	UK
Storage Instructions	Ambient. Once opened keep refrigerated and consume within 3 days.
Manufacturer's Name and Address	Potts Partnership LTD, Rutland House, Groundwell Industrial Estate, Swindon, Wiltshire, United Kingdom, SN25 5AZ
Instructions for use	To be cooked.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	397 / 95
Fat	5.9
Of which saturated	3.3
Carbohydrate	9.3
Of which sugars	3.5
Fibre	1
Protein	1.8
Salt	1.6

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers/coeliac	Yes
Suitable for wheat allergy sufferers	Yes
Suitable for egg allergy sufferers	Yes
Suitable for dairy allergy sufferers	Yes
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	Pott's Neapolitan Puttanesca Cooking Sauce 330g
Ingredients	Tomatoes, Water, Onions, Black Olives (5%), Capers (5%), Tomato Paste, Olive Oil, Sundried Tomatoes (2%), Basil, Garlic, Thyme, Cornflour, Salt, Concentrated Lemon Juice, Black Pepper, Dried Chillies.

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	UK
Storage Instructions	Ambient. Once opened keep refrigerated and consume within 3 days.
Manufacturer's Name and Address	Potts Partnership LTD, Rutland House, Groundwell Industrial Estate, Swindon, Wiltshire, United Kingdom, SN25 5AZ
Instructions for use	Ready to re-heat

Nutrition Labelling: Typical value	
Energy (kj/kcal)	264 / 63
Fat	3.3
Of which saturated	0.5
Carbohydrate	6.5
Of which sugars	3.9
Fibre	0
Protein	1.7
Salt	1

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers/coeliac	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	Joe & Seph's Sweet & Salty Gourmet Popcorn 60g
Ingredients	Corn (61%), Sugar, Rapeseed Oil, Salt.

For allergens, see ingredients in bold or CAPS	
May contain statements	Milk
Country of Origin	United Kingdom
Storage Instructions	Store in a cool, dry place away from direct sunlight.
Manufacturer's Name and Address	Joe's Gourmet Foods Ltd, 3 Willen Field Road, Park Royal, London, United Kingdom, NW10 7BQ
Instructions for use	Once open, consume within 5 days.

Nutrition Labelling: Typical value	
Energy (kj/kcal)	1950 / 468
Fat	19.2
Of which saturated	1.5
Carbohydrate	61.5
Of which sugars	21.2
Fibre	9.8
Protein	6.8
Salt	1.1

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers/coeliac	Yes
Suitable for wheat allergy sufferers	Yes
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	Dean's Lemon Shortbread Rounds 130g
Ingredients	Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Margarine (Sustainable Palm Oil, Rapeseed Oil, Water, Salt, Natural Flavouring), Sugar, Salted Butter (Butter ( <b>MILK</b> ), Salt), Candied Lemon Peel (6%) (Lemon Peel, Glucose-Fructose Syrup, Sugar, Citric Acid), Maize Starch, Natural Lemon Flavouring, Salt

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	United Kingdom
Storage Instructions	n/a
Manufacturer's Name and Address	Dean's of Huntly Ltd, Depot Road, Huntly, Aberdeenshire, United Kingdom, AB52 6RY
Instructions for use	n/a

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2148 / 515
Fat	27
Of which saturated	11
Carbohydrate	61
Of which sugars	20
Fibre	2.3
Protein	5.6
Salt	0.58

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	Yes
Suitable for gluten allergy sufferers/coeliac	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	Popti Cornish Bakehouse Snaps Mature Cheddar 120g
Ingredients	INGREDIENTS: <b>WHEAT</b> Flour ( <b>GLUTEN</b> , <b>WHEAT</b> , Calcium Carbonate, Iron, Niacin, Thiamine), Cheddar Cheese ( <b>MILK</b> ) (22.3%), Butter ( <b>MILK</b> ), Grana Padano ( <b>MILK</b> ), <b>MUSTARD</b> Powder, Salt, Dijon <b>MUSTARD</b> , White Pepper.

For allergens, see ingredients in bold or CAPS	
May contain statements	Tree Nuts Soybeans
Country of Origin	United Kingdom
Storage Instructions	Store in cool dark place
Manufacturer's Name and Address	Cornish Charcuterie Ltd., Norton Barton Artisan Food Village, Launcells, BUDE, Cornwall, United Kingdom, EX23 9LG
Instructions for use	Store in airtight container when opened

Nutrition Labelling: Typical value	
Energy (kj/kcal)	440 / 105
Fat	5
Of which saturated	3
Carbohydrate	11.9
Of which sugars	0.1
Fibre	3.3
Protein	1.8
Salt	0.4

Alcoholic Strength	0
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers/coeliac	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	No
Free from artificial colours	No



## 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	Brown Bag Crisps West Country Farmhouse Cheddar & Onion 150g
Ingredients	Potatoes, sunflower oil, seasoning (8%) (rice flour, onion, sea salt, dried Somerset mature cheddar cheese ( <b>MILK</b> , vegetarian rennet, starter culture, salt), sugar, garlic powder, yeast extract, natural flavour)

For allergens, see ingredients in bold or CAPS	
May contain statements	
Country of Origin	United Kingdom
Storage Instructions	Ambient
Manufacturer's Name and Address	Burts Snacks, The Klamp House, Belliver Way, Roborough, Devon, United Kingdom, PL6 7BP
Instructions for use	Open and enjoy!

Nutrition Labelling: Typical value	
Energy (kj/kcal)	2085 / 499
Fat	26.9
Of which saturated	2.3
Carbohydrate	58.6
Of which sugars	1.8
Fibre	2.5
Protein	5.5
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/coeliac	Yes
Suitable for wheat allergy sufferers	Yes
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