



Ingredients and Allergy Information

Date of last review:	24/06/2025	Version No.:	V2
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John Lewis Stock Number	
Name	Gourmet Advent Calendar
Ingredients	Salted Caramel - Popped Corn (23%), Sugar, Butter (contains Milk), Milk Chocolate Flavour Buttons (Sugar, Vegetable Fats (Palm, Shea), Whole Milk Powder, Cocoa Mass, Whey Milk Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavour), Glucose Syrup, Golden Syrup, Rapeseed Oil, Sea Salt (1%), Natural Flavouring, Emulsifier: Sunflower Lecithin, Raising Agent: Bicarbonate of Soda. Pecan Pie - Popped Corn (29.5%), Sugar (29%), Butter (contains Milk) (20%), Glucose Syrup (7%), Golden Syrup (7%), Pecan Halves (5%) (Nuts), Rapeseed Oil (1%), Salt (1%), Natural Flavouring (0.2%). Emulsifier: Sunflower Lecithin (0.2%). Raising agent: bicarbonate of soda (0.1%). Pop n Choc - Popped Corn (23%), Sugar, Butter (contains Milk), Milk Chocolate Flavour Buttons (Sugar, Vegetable Fats (Palm, Shea), Whole Milk Powder, Cocoa Mass, Whey Milk Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavour), Glucose Syrup, Golden Syrup, Cocoa Powder (6%), Rapeseed Oil, Salt, Emulsifier:, Raising Agent: Bicarbonate of Soda. Peanut Butter - Popped Corn (21.5%), Sugar (30%), Unsalted Roasted Peanuts (18.5%), Butter (contains Milk) (10%), Glucose Syrup (7%), Golden Syrup (7%), Rapeseed Oil (0.8%), Salt (0.9%). Emulsifier: Sunflower Lecithin (0.1%). Raising agent: Bicarbonate of Soda (0.3%) Berry-Licious - Popped Corn (23%), Glucose Syrup (29%), Sugar (22%), Dark Chocolate Flavour Buttons (Sugar, Cocoa Mass, Vegetable Fats (Palm, Shea), Emulsifier: Sunflower Lecithin, Natural Vanilla Flavour), Butter (contains Milk) (7%), Raspberry powder (1.4%), Rapeseed Oil (0.6%), Salt (0.6%), Natural Raspberry flavouring (0.2%), Emulsifier: Sunflower Lecithin (0.1%). Raising Agent: Bicarbonate of Soda (0.2%) Cinnamon Roll - Popped Corn, Glucose Syrup, Demerara Sugar, Butter (Milk), Cinnamon, Rapeseed

	Oil, Salt, Sunflower Lecithin, Bicarbonate of Soda, Natural Flavouring. Birthday Cake - Sugar, Popped Corn (21%), Glucose Syrup, White Chocolate Flavour (Sugar, Vegetable fats (Palm, Shea), Whole Milk Powder (MILK), Emulsifier (E322 Sunflower Lecithin) and Natural Vanilla Flavouring), Sugar Strands (Sugar, Sunflower Oil, Rice Flour, Potato Starch, Colourings (Radish, Black Currant, Apple and Spirulina Concentrate), Colour: E100, Vanilla), Butter (MILK), Rapeseed Oil, Natural Flavouring, Sea Salt, Raising Agent: Bicarbonate of Soda, Sunflower Lecithin Classic Caramel - Popped Corn, Sugar, Glucose Syrup, Coconut Oil, Golden Syrup, Rapeseed Oil, Salt, Emulsifier: Sunflower Lecithin, Raising Agent: Bicarbonate of Soda, Natural Flavouring. Red Velvet - Popped Corn (22%), Sugar, Glucose Syrup, White Chocolate Flavour Buttons (Sugar, Vegetable Fats (Palm, Shea), Whole Milk Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), Butter (Milk), Cheese Powder (2.9%) (Milk), Beetroot Juice, Cocoa Powder (1.0%), Salt, Rapeseed Oil, Emulsifier: Sunflower Lecithin, Raising Agent: Bicarbonate of Soda. White Chocolate - Popped Corn (23%), Sugar, Glucose Syrup, White Chocolate Flavour Buttons (Sugar, Vegetable Fats (Palm, Shea), Whole Milk Powder, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), Butter (Milk), Salt, Rapeseed Oil, Natural Flavouring, Emulsifier: Sunflower Lecithin, Raising Agent: Bicarbonate of Soda. Strawberries and Cream - Sugar, Glucose Syrup, Popcorn, Butter (Milk), Rapeseed Oil, Strawberries, Double Cream (Milk), Salt, Sunflower Lecithin, Bicarbonate of Soda, Natural Caramel Flavouring, Natural Strawberry Flavouring. Pumpkin Spice - Popped Corn, Glucose Syrup, Sugar, Demerara Sugar, Butter (Milk), Pumpkin, Rapeseed Oil, Salt, Cinnamon, Natural Flavouring, Nutmeg, Sunflower Lecithin, Bicarbonate of Soda
For allergens, see ingredients in bold	
May contain statements	May contain the occasional unpopped kernel. Made in a facility where Nuts, Peanuts and Gluten are present.
Net Quantity	380g
Country of Origin	UK
Storage Instructions	Store in a cool, dry place.

Manufacturer's name and address	Popcorn Shed Ltd - Unit 5 Globe Business Park, First Avenue, Marlow, Buckinghamshire, SL7 1YA
Instructions for use	Once opened, re-seal to ensure freshness.
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	Salted Caramel - 2082KJ / 498kcal Pecan Pie - 2026KJ / 483kcal Pop n Choc - 2067KJ / 494kcal Peanut Butter - 2046 KJ / 488kcal Berry-Licious - 2082KJ / 498kcal Cinnamon Roll - 1834KJ / 438kcal Birthday Cake - 1863KJ / 442kcal Classic Caramel - 1677 KJ / 401kcal Red Velvet - 1847KJ / 441kcal White Chocolate - 1832KJ / 438kcal Strawberries and Cream - 1767KJ / 422kcal Pumpkin Spice - 1714KJ / 410kcal
Fat	Salted Caramel - 24.5g Pecan Pie - 21.2g Pop n Choc - 23.4g Peanut Butter - 22.4g Berry-Licious - 22.4g Cinnamon Roll - 15.2g Birthday Cake - 12.4g Classic Caramel - 12.8g Red Velvet - 15.8g White Chocolate - 14.4g Strawberries and Cream - 11.0g Pumpkin Spice - 13.0g
Of which saturated	Salted Caramel - 14.9g Pecan Pie - 11.8g Pop n Choc - 14.3g Peanut Butter - 6.5g Berry-Licious - 13.6g Cinnamon Roll - 8.0g Birthday Cake - 6.7g Classic Caramel - 9.3g Red Velvet - 8.8g White Chocolate - 7.9g Strawberries and Cream - 5.8g Pumpkin Spice - 6.9g
Carbohydrate	Salted Caramel - 61.7g Pecan Pie - 67.2g Pop n Choc - 63.8g Peanut Butter - 63.1g Berry-Licious - 64.9g Cinnamon Roll - 69.0g Birthday Cake - 80.0g Classic Caramel - 65.4g Red Velvet - 68.3g White Chocolate - 70.8g Strawberries and Cream - 74.6g Pumpkin Spice - 67.6g
Of which sugars	Salted Caramel - 42.6g Pecan Pie - 45.6g Pop n Choc - 40.0g Peanut Butter - 55.4g Berry-Licious - 47.8g

	Cinnamon Roll - 35.6g Birthday Cake - 57.0g Classic Caramel - 36.1g Red Velvet - 40.4g White Chocolate - 41.8g Strawberries and Cream - 39.7g Pumpkin Spice - 36.4g
Fibre	Salted Caramel - 3.7g Pecan Pie - 4.4g Pop n Choc - 3.7g Peanut Butter - 4.2g Berry-Licious - 3.9g Cinnamon Roll - 5.2g Birthday Cake - 4.2g Classic Caramel - 4.4g Red Velvet - 3.9g White Chocolate - 3.7g Strawberries and Cream - 4.4g Pumpkin Spice - 4g
Protein	Salted Caramel - 4.2g Pecan Pie - 3.5g Pop n Choc - 5.2g Peanut Butter - 6.6g Berry-Licious - 4.2g Cinnamon Roll - 3.6g Birthday Cake - 3.6g Classic Caramel - 3.6g Red Velvet - 4.5g White Chocolate - 3.8g Strawberries and Cream - 3.6g Pumpkin Spice - 3.1g
Salt	Salted Caramel - 1.1g Pecan Pie - 1.1g Pop n Choc - 1.2g Peanut Butter - 1.2g Berry-Licious - 1.2g Cinnamon Roll - 1.0g Birthday Cake - 0.9g Classic Caramel - 0.4g Red Velvet - 1.1g White Chocolate - 1.0g Strawberries and Cream - 0.5g Pumpkin Spice - 0.6g
Alcoholic Strength	N/A
Suitable for vegetarians	Yes
Suitable for vegans	No
Suitable for nut allergy sufferers	No
Suitable for gluten allergy sufferers	Yes
Suitable to 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