| John Lewis Stock Number               | 54650708   |
|---------------------------------------|--|
| Name                                  | Spirit of Christmas  |
| Contents                              | Y KNOT Tempranillo Merlot Syrah 75cl Maple Falls Mulled Wine 75cl Cambrook Christmas Nuts 75g House of Fudge Mince Pie Fudge 100g Grandma Wild's Alcohol Free 4 Luxury Mince Pies Grandma Wild's Christmas Pudding Biscuits 150g Grandma Wild's Mini Bites For Sharing Cheddar & Chilli 100g Maxwell & Franks Alcohol Free Christmas Pudding Wrapped in Gold Foil with Tag and Red Ribbon 350g Truffle Hunter Black Truffle Crisps 125g Hotel Chocolat 8 Chocolate Selection Box 98g Waitrose San Leo Prosecco DOC75cl |
| 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 | Ν  |
| 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          | Υ  |

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.



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| John Lewis Stock Number              |           |  |
|--------------------------------------|-----------|--|
| Name                                 | Maple F   | alls Mulled Wine 75cl  |
| Ingredients                          | Grapes    | contains SULPHITES   |
| For allergens, see ingredients       | in bold o | r CAPS   |
| May contain statements               |           |  |
| Country of Origin                    |           | United Kingdom   |
| Storage Instructions                 |           | from 5°C to 20 °C away from direct light   |
| Manufacturer's Name and Ac           | ldress    | Broadland Drinks Ltd, The New Winery Chapel St Cawston, NORWICH, Norfolk, United Kingdom, NR10 4BG |
| Instructions for use                 |           | N/A  |
| Alcoholic Strength                   |           | 5  |
| Suitable for vegetarians             |           | Yes  |
| Suitable for vegans                  |           | Yes  |
| Suitable for nut allergy suffer      | ers       | Yes  |
| Suitable for gluten allergy suf      | ferers    | Yes  |
| Suitable for wheat allergy suf       | ferers    | Yes  |
| Suitable for egg allergy sufferers   |           | Yes  |
| Suitable for dairy allergy sufferers |           | Yes  |
| Suitable for soya allergy suffe      | erers     | Yes  |
| Free from alcohol                    |           | No   |
| Free from artificial flavours        |           | Yes  |
| Free from artificial colours         |           | Yes  |



| John Lewis Stock Number |   |
|-------------------------|---|
| Name                    | Cambrook Christmas Nuts 75g   |
| Ingredients             | 62.4% <b>PEANUTS</b> , 15.8% Corn, 11.1% Sugar, 3.4% <b>SESAME</b> Seeds, Salt, Dried <b>SOY</b> Sauce (Contains: <b>SOY</b> Beans, Spirit Vinegar), Garlic, Onion, Chilli, Tomato Powder, Red Bell Pepper, Spices, Rapeseed Oil, Natural Flavouring, Honey, Sunflower Oil, Maltodextrin, Paprika, Cumin, Oregano, Yeast Extract, Paprika Oil. Acidity Regulator: Citric Acid. Colour: Paprika Extract. Stabiliser: Gum Arabic. |

| For allergens, see ingredients in bold or CAPS |  |
|--|--|
| May contain statements                         | Tree Nuts  |
| Country of Origin                              | United Kingdom   |
| Storage Instructions                           | Cool & dry, Under 23°C, Away from heat or direct sunlight  |
| Manufacturer's Name and Address                | Cambrook Foods Ltd, Unit B1, Howard Tenens Estate, Macadam Way, Andover, Hampshire, United Kingdom, SP10 3LF |
| Instructions for use                           | Eat as a snack any time.   |

| Nutrition Labelling: Typical value | e          |
|------------------------------------|------------|
| Energy (kj/kcal)                   | 2233 / 538 |
| Fat                                | 36.3       |
| Of which saturated                 | 6.4        |
| Carbohydrate                       | 32.4       |
| Of which sugars                    | 13.8       |
| Fibre                              | 5          |
| Protein                            | 19.2       |
| Salt                               | 1.6        |

| Alcoholic Strength                            | 0   |
|---|-----|
| Suitable for vegetarians                      | Yes |
| Suitable for vegans                           | No  |
| Suitable for nut allergy sufferers            | No  |
| 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 |



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| John Lewis Stock Number |  |
|-------------------------|--|
| Name                    | Grandma Wild's Alcohol Free 4 Luxury Mince Pies  |
| Ingredients             | Mincemeat (52%) (Sugar, Apple Puree (Apple Puree, Preservative: Acetic Acid), Vine Fruits (28%) (Sunflower Oil), Glucose Fructose Syrup, Mixed Peel (4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Acidity Regulator: Acetic Acid, Citric Acid, Modified Maize Starch, Mixed Spice, Roast <b>Barley</b> Malt Extract, Colour: Caramel, Salt, Orange Oil, Lemon Oil), <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Natural Flavouring), Sugar, Maize Starch, Invert Sugar Syrup. |

| For allergens, see ingredients in bold or CAPS |   |  |
|--|---|--|
| May contain statements                         | Eggs Milk Mustard Tree Nuts Peanuts Sesame 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                | Grandma Wild's, Millenium Business Park, Station Road, Steeton, Keighley, West Yorkshire, United Kingdom, BD20 6RB  |  |
| Instructions for use                           | For best results serve warm: Directions: 1. Pre-heat oven to 180°C (356°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)                   | 1591 / 379 |
| Fat                                | 15         |
| Of which saturated                 | 5.7        |
| Carbohydrate                       | 60         |
| Of which sugars                    | 35         |
| Fibre                              | 1.5        |
| Protein                            | 2.3        |
| 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/coeliac | 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 |



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| John Lewis Stock Number |  |
|-------------------------|--|
| Name                    | Grandma Wild's Christmas Pudding Biscuits 150g   |
| Ingredients             | Mincemeat (52%) (Sugar, Apple Puree (Apple Puree, Preservative: Acetic Acid), Vine Fruits (28%) (Sunflower Oil), Glucose Fructose Syrup, Mixed Peel (4%) (Orange Peel, Glucose Fructose Syrup, Sugar, Lemon Peel, Acidity Regulator: Citric Acid), Vegetable Suet (Palm Oil, Rice Flour, Sunflower Oil), Acidity Regulator: Acetic Acid, Citric Acid, Modified Maize Starch, Mixed Spice, Roast <b>Barley</b> Malt Extract, Colour: Caramel, Salt, Orange Oil, Lemon Oil), <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Palm, Rapeseed, Water, Salt, Natural Flavouring), Sugar, Maize Starch, Invert Sugar Syrup. |

| For allergens, see ingredients in bold | or CAPS   |  |  |
|--|---|--|--|
| May contain statements                 | Eggs Milk Mustard Tree Nuts Peanuts Sesame 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        | Grandma Wild's, Millenium Business Park, Station Road, Steeton, Keighley, West Yorkshire, United Kingdom, BD20 6RB  |  |  |
| Instructions for use                   | For best results serve warm: Directions: 1. Pre-heat oven to 180°C (356°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)                   | 1591 / 379 |  |
| Fat                                | 15         |  |
| Of which saturated                 | 5.7        |  |
| Carbohydrate                       | 60         |  |
| Of which sugars                    | 35         |  |
| Fibre                              | 1.5        |  |
| Protein                            | 2.3        |  |
| 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/coeliac | 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 |



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| John Lewis Stock Number |  |
|-------------------------|--|
| Name                    | Grandma Wild's Mini Bites For Sharing Cheddar & Chilli 100g  |
| Ingredients             | WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cheddar cheese (22%) (MILK, potato starch), vegetable oil (palm oil), OATmeal, water, sugar, salt, chilli powder, natural flavouring, raising agents: disodium diphosphate, sodium bicarbonate. |

| For allergens, see ingredients in bold | or CAPS  |  |  |
|--|--|--|--|
| May contain statements                 | Eggs Mustard Tree Nuts Peanuts Sesame Soybeans Sulphites/Sulphur   |  |  |
| Country of Origin                      | Dioxide UK   |  |  |
| Storage Instructions                   | Storage Conditions: Store in a cool dry place avoiding direct sunlight. Once opened, keep in an airtight container and consume within 30 days. |  |  |
| Manufacturer's Name and Address        | Grandma Wilds, The Bakery, Millennium Business park Station road, Steeton, BD20 6RB, West Yorkshire, W Yorks, United Kingdom, BD20 6RB         |  |  |
| Instructions for use                   | N/A  |  |  |

| Nutrition Labelling: Typical value |            |
|------------------------------------|------------|
| Energy (kj/kcal)                   | 1948 / 466 |
| Fat                                | 27         |
| Of which saturated                 | 14         |
| Carbohydrate                       | 42         |
| Of which sugars                    | 3          |
| Fibre                              | 3          |
| Protein                            | 12.6       |
| Salt                               | 2.09       |

| 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    | 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 |



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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 metabi <b>SULPHITE</b> ), 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   |  |



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| John Lewis Stock Number |   |
|-------------------------|---|
| Name                    | Truffle Hunter Black Truffle Crisps 125g  |
| Ingredients             | Potatoes, Sunflower Oil, Rice Flour, Salt, Potato Maltodextrin, Flavouring, Black Pepper, Natural Flavouring, Black Summer Truffle Powder (0.10%) |

| For allergens, see ingredients in bold or CAPS |   |
|--|---|
| May contain statements                         |   |
| Country of Origin                              | United Kingdom  |
| Storage Instructions                           | Store in a cool, dry place away from direct sunlight. Once opened, consume within 24 hours.         |
| Manufacturer's Name and Address                | Savoursmiths, Russel Smith Farms, Manor Farm Barns, Royston, Hertfordshire, United Kingdom, SG8 7RE |
| Instructions for use                           | Once opened, consume within 24 hours.   |

| Nutrition Labelling: Typical value |            |
|------------------------------------|------------|
| Energy (kj/kcal)                   | 2103 / 504 |
| Fat                                | 29         |
| Of which saturated                 | 3.4        |
| Carbohydrate                       | 51         |
| Of which sugars                    | 0.1        |
| Fibre                              | 0          |
| Protein                            | 5.6        |
| Salt                               | 0.82       |

| 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                 | No  |
| Free from artificial colours                  | Yes |



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|                      |            |              |                       |

| John Lewis Stock Number |  |
|-------------------------|--|
| Name                    | House of Fudge Mince Pie Fudge 100g  |
| Ingredients             | Sugar, Glucose Syrup, Sweetened Condensed MILK, Refined Vegetable Oil (Palm), Dried Mixed Fruit (Sultanas, Raisins, Candied Citrus Peel (Glucose Syrup, Orange Peel, Lemon Peel, Sugar, Acidity Regulator (Citric Acid), Preservative (SULPHUR DIOXIDE)), Currants, Sunflower Oil), Butter (MILK), Clotted Cream (MILK), Natural Flavouring, Emulsifier: Lecithins (SOYA), Salt, Mixed Spice (Cinnamon, Coriander Seed, Nutmeg, Clove, Pimento, Ginger). For allergens, see ingredients in Bold. May contain traces of PEANUTS and TreeNUTS. |

| For allergens, see ingredients in bold or CAPS |   |
|--|---|
| May contain statements                         | Tree Nuts Peanuts   |
| Country of Origin                              | United Kingdom  |
| Storage Instructions                           | Store in a cool dry place, away from direct sunlight  |
| Manufacturer's Name and Address                | Clarence & Bean Ltd, 12 Howden Road, Howden Industrial Estate, Tiverton, Devon, United Kingdom, EX165HW |
| Instructions for use                           | n/a   |

| Nutrition Labelling: Typical value |            |
|------------------------------------|------------|
| Energy (kj/kcal)                   | 1761 / 418 |
| Fat                                | 12.6       |
| Of which saturated                 | 6.7        |
| Carbohydrate                       | 75.1       |
| Of which sugars                    | 63.2       |
| Fibre                              | 0          |
| Protein                            | 0.9        |
| Salt                               | 0.19       |

| Alcoholic Strength                            | 0   |
|---|-----|
| Suitable for vegetarians                      | Yes |
| Suitable for vegans                           | No  |
| Suitable for nut allergy sufferers            | No  |
| 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           | No  |
| Free from alcohol                             | Yes |
| Free from artificial flavours                 | Yes |
| Free from artificial colours                  | Yes |



|                                 |                                    |   |             |              | <u> </u>              |
|---------------------------------|------------------------------------|---|-------------|--------------|-----------------------|
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| John Lewis Stock Number         |                                    |   |             |              |                       |
| Name                            | Y KNOT                             | Temprai   | illo Merlot | Syrah 75cl   |                       |
| Ingredients                     | Red Gra                            | pes <b>SUL</b>  | PHITES      |              |                       |
| For allergens, see ingredients  | s in bold o                        | r CAPS  |             |              |                       |
| May contain statements          |                                    |   |             |              |                       |
| Country of Origin               |                                    | Spain   |             |              |                       |
| Storage Instructions            |                                    | Keep in cool dry place  |             |              |                       |
| Manufacturer's Name and Address |                                    | Bodegas Campoameno, Polígono Industrial, La Dehesilla, Jaén, Spain, 23690 |             |              |                       |
| Instructions for use            |                                    | Consume within 3 years  |             |              |                       |
| Nutrition Labelling: Typical v  | Nutrition Labelling: Typical value |   |             |              |                       |
| Energy (kj/kcal)                |                                    | 334 / 8   | 0           |              |                       |
| Fat                             |                                    | 30.1  |             |              |                       |
| Of which saturated              |                                    | 0.1   |             |              |                       |
| Carbohydrate                    |                                    | 3.4   |             |              |                       |
| Of which sugars                 |                                    | 0.9   |             |              |                       |
| Fibre                           |                                    | 0   |             |              |                       |
| Protein                         |                                    | 0.1   |             |              |                       |
| Salt                            |                                    | 0.25  |             |              |                       |
| Alcoholic Strength              |                                    |   | 13 5        |              |                       |

| Alcoholic Strength                            | 13.5 |
|---|------|
| Suitable for vegetarians                      | No   |
| 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          | Yes  |
| Suitable for soya allergy sufferers           | Yes  |
| Free from alcohol                             | No   |
| Free from artificial flavours                 | Yes  |
| Free from artificial colours                  | Yes  |



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| John Lewis Stock Number  |   |
|--------------------------|---|
| Joini Lewis Stock Number |   |
| Name                     | Hotel Chocolat 8 Chocolate Selection Box 98g  |
| Ingredients              | Ingredients: cocoa solids (cocoa butter, cocoa mass), sugar, full cream MILK powder, sweetened HAZELNUT (NUTS) paste (HAZELNUTS (NUTS), sugar, emulsifier (sunflower lecithin)), caramel half-salted butter (glucose-fructose syrup, sweetened condensed MILK, half-salted butter (from MILK), sugar, salt), butter oil (from MILK), PEANUT butter paste (PEANUTS, sea salt), skimmed MILK powder, stabilisers (sorbitol, glycerol), PECAN (NUTS) NUT paste, whipping cream (cream (from MILK), stabiliser (carrageenan)), vegetable fats (coconut, shea, sunflower), HAZELNUT (NUTS) paste, glucose syrup, cocoa biscuits (WHEAT flour, cocoa powder, sugar, butter (from MILK), sunflower oil, salt, raising agent (ammonium bicarbonate), flavouring), shortbread biscuits (WHEAT flour, coconut oil, sugar, cocoa butter, WHEAT starch, raising agents (sodium bicarbonate, ammonium bicarbonate)), salt), whole MILK, meringue granules (sugar, cocoa butter, WHEAT starch, EGG white), emulsifiers (SOYA lecithin, sunflower lecithin), freeze-dried fruit powders (strawberry, raspberry), raspberry juice concentrate, caramelised sugar, yoghurt powder (yoghurt powder (from MILK), sugar, acidity regulators (malic acid, citric acid), flavouring), freeze-dried fruit pieces (strawberry, raspberry), lactose (from MILK), flavourings, acidity regulator (citric acid), colours (paprika extract, annatto bixin), vanilla seeds. Dark chocolate contains minimum 70%cocoa solids. MILK chocolate contains minimum 40% cocoa solids, minimum 20% MILK solids. White chocolate contains minimum 36% cocoa butter, minimum 27%MILK solids. Caramel MILK chocolate contains minimum 36%cocoa solids, minimum 26%MILK solids. For allergens, including cereals |
|                          | containing GLUTEN, see ingredients in BOLD. All chocolates in this box may contain  |
|                          | PEANUTS, treeNUTS, MILK, SOYA, WHEAT, GLUTEN, EGG, SESAME. Ribbons are for  |
|                          | decoration. Supervision of an adult is recommended.   |

| For allergens, see ingredients in bold or CAPS |   |  |
|--|---|--|
| May contain statements                         | PEANUTS, TreeNUTS, MILK, SOYA, WHEAT, GLUTEN, EGG, SESAME   |  |
| Country of Origin                              | United Kingdom  |  |
| Storage Instructions                           | Store in a cool dry place away from strong odours.  |  |
| Manufacturer's Name and Address                | Hotel Chocolat, Hadley Park, 3 Redwongs Way, Huntingdon, Cambridgeshire, United Kingdom, PE29 7HF |  |
| Instructions for use                           | Store in a cool dry place away from strong odours.  |  |

| Nutrition Labelling: Typical value | e      |       |
|------------------------------------|--------|-------|
| Energy (kj/kcal)                   | 2427 / | / 580 |
| Fat                                | 42.3   |       |
| Of which saturated                 | 23.2   |       |
| Carbohydrate                       | 40.7   |       |
| Of which sugars                    | 37.8   |       |
| Fibre                              | 3.1    |       |
| Protein                            | 7.7    |       |
| Salt                               | 0.2    |       |
| Alcoholic Strength                 |        | 0     |
| Suitable for vegetarians           |        | Yes   |
| Suitable for vegans                |        | No    |

| 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            | No  |
| Suitable for dairy allergy sufferers          | No  |
| Suitable for soya allergy sufferers           | No  |
| Free from alcohol                             | No  |
| Free from artificial flavours                 | Yes |
| Free from artificial colours                  | Yes |



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| John Lewis Stock Number |   |
|-------------------------|---|
| Name                    | Maxwell & Franks Alcohol Free Christmas Pudding Wrapped in Gold Foil with Tag and Red Ribbon 350g   |
| Ingredients             | Sultanas (39%) (Sultanas, Sunflower Oil), Sugar, Whole <b>EGG</b> , Breadcrumbs (Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Yeast), Black Treacle (Cane Molasses, Invert Sugar Syrup), Glucose Syrup, Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin, <b>WHEAT GLUTEN</b> ), Mixed Peel (Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Preservative: Potassium Sorbate, Acidity Regulator: Citric Acid), Vegetable Suet (Vegetable Fat (Palm Oil), <b>WHEAT</b> Flour), Rapeseed Oil, Vegetable Glycerine, Orange Juice from Concentrate, Mixed Spice, Colour: Caramel, Salt, Acidity Regulator: Citric Acid, Orange Flavouring, Preservative: Potassium Sorbate. |

| For allergens, see ingredients in bold or CAPS |   |  |
|--|---|--|
| May contain statements                         | Milk Tree Nuts Soybeans   |  |
| Country of Origin                              | UK  |  |
| Storage Instructions                           | Store in a cool dry place.  |  |
| Manufacturer's Name and Address                | M&F - VH, Boundary House, Littledown Business Park, Shaftesbury, Dorset, United Kingdom, SP7 9BT  |  |
| Instructions for use                           | Preparation guidelines To Microwave: Pierce film lid and place in microwave on a microwavable place. Cook on full power for 3 minutes (time based on a 800w output. If different refer to manufacturers handbook). To Steam or Boil: Leave in basin with film lid on. Place in a steamer or boil in a saucepan filled to half depth of the pudding with water. Cook for 1 hour. Do not boil dry. Serving: Once cooked, remove film lid and invert basin onto a plate. Allow to stand for 30 seconds. Caution: Pudding may be hot. |  |

| Nutrition Labelling: Typical value |            |  |
|------------------------------------|------------|--|
| Energy (kj/kcal)                   | 1524 / 361 |  |
| Fat                                | 7.5        |  |
| Of which saturated                 | 2.3        |  |
| Carbohydrate                       | 69         |  |
| Of which sugars                    | 55         |  |
| Fibre                              | 1.7        |  |
| Protein                            | 3.5        |  |
| Salt                               | 0.53       |  |

| 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            | 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 |