

Waitrose Stock Number	54610405
Name	Waitrose & Partners Gourmet Christmas Hamper
Contents	Waitrose Christmas Torte Panettone 500g Waitrose Richly Fruited Christmas Pudding 400g Waitrose Christmas Dark Chocolate Orangettes 175g Waitrose Christmas Fruit & Nut Mix 300g Waitrose Christmas Savoury Biscuits for Cheese 300g Waitrose Christmas Rose & Lemon Turkish Delight 400g Waitrose Chocolate, Cherry & Amaretto Fudge 130g Waitrose Christmas Turkey & Stuffing Tortilla Shaped Christmas Trees 200g Waitrose Argentinian Malbec 75cl Waitrose Pinot Grigio Veneto Italy (Blueprint) 75cl Waitrose Prosecco (Blueprint) 75cl Waitrose Christmas Shortbread Stars 130g
Net Quantity	Individual product weights
Manufacturer's name and address	Packer: Virginia Hayward Ltd
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	N
Free from artificial flavours	Y
Free from artificial colours	Y

Refer to following sheets for individual product information.

DISCLAIMER

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information present here.

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.

If you require specific advice on any Waitrose branded product, please contact Customer Support on 0800 188884 or email customersupport@waitrose.co.uk. For all other products please contact the manufacturer. This information is supplier for personal use only. It may not be reproduced in any way whatsoever without the prior consent of Waitrose Limited nor without due acknowledgement.

**Ingredients and Allergy
Information**

Date of last review:

Version No.:V2

Name	Gianduia Torta da Festa
Ingredients	wheat flour, chocolate (18%) (cocoa mass, sugar, cocoa butter, milk fat, emulsifier (soya lecithin)), gianduia hazelnut and chocolate filling (16%) (glucose syrup, sugar, water, hazelnut paste, skimmed milk powder, fat reduced cocoa powder, butter (milk), milk whey powder, cocoa mass, cocoa butter, gelling agent (pectin), salt, flavouring, preservative (potassium sorbate)), pasteurised free range egg , concentrated butter (milk), sugar, hazelnuts , milk , yeast, fructose syrup, emulsifier (mono- and diglycerides of fatty acids), alcohol, salt, flavourings.
For allergens, including cereals containing gluten, see ingredients in bold	
May contain statements	Other nuts
Net Quantity	500g
Country of Origin	Italy
Storage Instructions	Store in a cool, dry place. For maximum freshness reseal bag after each usage.
Manufacturer's name and address	Maina Panettone, Via Bra (Tagliata), 109-12045 Fossano (CN), Italy
Instructions for use	Best served at room temperature. Remove all packaging and place on a flat surface, cut using a serrated knife and serve.
Nutrition Labelling: Typical value	Per 100g
energy	1774 kj/ 425 kcal
fat	23.1g
of which saturates	12.9g
carbohydrate	45.1g
of which sugars	24.9g
protein	7.4g
salt	0.62g

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	N
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

Version No.:V2

Name	Waitrose Richly Fruited Christmas Pudding 400g
Ingredients	mixed vine fruits (41%) (sultanas, raisins), sugar, fortified wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), cider (9%), palm oil, rum (4%), brandy (4%), humectant (vegetable glycerine), concentrated orange juice, sherry, orange peel, wheat glucose-fructose syrup, molasses, colour (plain caramel), salt, mixed spices, lemon peel, orange oil, acidity regulator (citric acid), yeast.
For allergens, see ingredients in bold	
May contain statements	May contain nuts
Net Quantity	400g e
Country of Origin	Ingredients from various countries. Packed in the UK
Storage Instructions	Store in a cool dry place
Manufacturer's name and address	Matthew Walker Heanor gate Industrial Estate Heanor Derbyshire DE75 7RJ
Instructions for use	Heating instructions: Microwave Instructions Microwave ovens vary. Refer to handbook Remove outer packaging. Pierce film lid. Place the basin on a microwaveable plate. Heat on full power for: 2½mins (800W), 2mins (900W) Stand for 1 minute before serving. Check food is piping hot - if not reheat for a further brief period Steam Time: 1 hour Remove outer packaging. Do not remove film lid. Place in a steamer over boiling water or alternatively, use a large saucepan with a trivet or an upturned heat-resistant saucer. Place the basin on the trivet/saucer and add boiling water to come halfway up the basin. Steam/simmer with saucepan lid on. Top up with boiling water as necessary. Do not allow to boil dry.

Nutrition Labelling: Typical value	Per 100g
energy	1448 KJ / 343kcal
fat	7.4g
of which saturates	4.3g
carbohydrate	65.2g
of which sugars	43.8g
protein	2.5g
salt	0.23g
Alcoholic Strength	1.5
Suitable for vegetarians	Y
Suitable for vegans	Y
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	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	N
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

27/06/2022

Version No.:V2

Name	Fairtrade Dark Chocolate Orangettes
Ingredients	Candied orange peel (62%) (orange peel, glucose-fructose syrup, sucrose, dextrose monohydrate, acidity regulator (citric acid), preservative (sulphur dioxide)), dark chocolate (38%) (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin, flavouring), orange oil
For allergens, see ingredients in bold	
May contain statements	peanuts, milk, nuts and sesame
Net Quantity	175 g
Country of Origin	Italy, France, Austria, Belgium, Germany, Spain, Cote D'Ivoire, Equatorial Guinea, Ghana, Bolivia, Brazil, India, Indonesia, Madagascar.
Storage Instructions	Store closed in a cool dry place away from heat source and direct sunlight
Manufacturer's name and address	V. Besana S.p.A. Via Ferrovia 210, 80040 S. Gennaro V.no (NA), Italy
Instructions for use	Ready to eat
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	1796 kj/428 kcal
fat	16.6 g/ml
of which saturates	10.6 g/ml
carbohydrate	62.3 g/ml
of which sugars	52.9 g/ml
protein	5.4 g/ml
salt	0.04 g/ml
Alcoholic Strength	N/A
Suitable for vegetarians	Y/N
Suitable for vegans	Y/N

Suitable for nut allergy sufferers	Y/N
Suitable for gluten allergy sufferers	Y/N
Suitable to wheat allergy sufferers	Y/N
Suitable for egg allergy sufferers	Y/N
Suitable for dairy allergy sufferers	Y/N
Suitable for soya allergy sufferers	Y/N
Free from alcohol	Y/N
Free from artificial flavours	Y/N
Free from artificial colours	Y/N

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

27/06/2022

Version No.:V2

Name	Fruit & Nut Mix
Ingredients	flame raisins, golden raisins, cashew nuts , dried cranberries, pistachio nuts , almonds , pineapple juice from concentrate, glazing agent (sunflower oil), preservative (sulphur dioxide)
For allergens, see ingredients in bold	
May contain statements	may contain peanuts, other nuts and sesame
Net Quantity	300 g
Country of Origin	Australia, USA, Canada, Chile, South Africa, Vietnam, Cote D'Ivoire, Brazil.
Storage Instructions	Store in a cool, dry place. Once opened store in an airtight container for freshness and consume within one week to maintain quality
Manufacturer's name and address	V. Besana S.p.A. Via Ferrovia 210, 80040 S. Gennaro V.no (NA), Italy
Instructions for use	Ready to eat
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	1793 kj/428 kcal
fat	18.8 g/ml
of which saturates	2.5 g/ml
carbohydrate	52.5 g/ml
of which sugars	42.1 g/ml
protein	9 g/ml
salt	0.03 g/ml
Alcoholic Strength	N/A
Suitable for vegetarians	Y/N
Suitable for vegans	Y/N

Suitable for nut allergy sufferers	Y/N
Suitable for gluten allergy sufferers	Y/N
Suitable to wheat allergy sufferers	Y/N
Suitable for egg allergy sufferers	Y/N
Suitable for dairy allergy sufferers	Y/N
Suitable for soya allergy sufferers	Y/N
Free from alcohol	Y/N
Free from artificial flavours	Y/N
Free from artificial colours	Y/N

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

Version No.:V2

Name	WAITROSE & PARTNERS CHRISTMAS ROSE AND LEMON TURKISH DELIGHT
Ingredients	SUGAR, WATER, MAIZE STARCH, ACIDITY REGULATOR (POTASSIUM TRATRATES), LEMON OIL (0.1%), FRUIT & VEGETABLE CONCENTRATES (HIBISCUS, APPLE, CARROT, RADISH, RED CABBAGE), FLAVOURING
For allergens, see ingredients in bold	
May contain statements	MAY CONTAIN PEANUT, NUTS AND SESAME
Net Quantity	400g
Country of Origin	TURKEY
Storage Instructions	STORE IN A COOL DRY PLACE
Manufacturer's name and address	SULTANS LTD, STEPHENSON WAY, THETFORD, NORFOLK, IP24 3RH
Instructions for use	NONE
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	1501 kj / 353 kcal
fat	<0.5g/ml
of which saturates	0.1g/ml
carbohydrate	87.1g/ml
of which sugars	75.3g/ml
protein	<0.5g/ml
salt	0.04g/ml
Alcoholic Strength	N/A
Suitable for vegetarians	Y
Suitable for vegans	Y

Suitable for nut allergy sufferers	N
Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

Version No.:V2

Name	Waitrose Dark Chocolate, Cherry & Amaretto Fudge
Ingredients	Sugar, glucose syrup, sweetened condensed milk (milk , sugar), Belgian dark chocolate (6%) (cocoa mass, sugar, cocoa butter, emulsifier (soya lecithin)), coconut oil, salted butter (butter (milk), salt), partially inverted refiners syrup, dried cherries (3%) (cherries, sugar, glucose-fructose syrup, lemon juice from concentrate, sunflower oil), cocoa powder, Amaretto liqueur (1.0%), salt, flavourings.
For allergens, see ingredients in bold	
May contain statements	May contain: peanuts and nuts.
Net Quantity	130g
Country of Origin	Produced in the UK
Storage Instructions	Store in a cool dry place Once opened store in an airtight container. For best quality we recommend you consume within 7 days.
Manufacturer's name and address	The Serious Sweet Co Ltd
Instructions for use	N/A
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	1835kJ/436kcal
fat	12.5g/ml
of which saturates	9.4g/ml
carbohydrate	78.4g/ml
of which sugars	61.7g/ml
protein	2.1g/ml
salt	0.27g/ml
Alcoholic Strength	N/A <1%
Suitable for vegetarians	Y

Suitable for vegans	N
Suitable for nut allergy sufferers	N
Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	N
Free from alcohol	N
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

Version No.:V2

Name	Turkey & Stuffing Christmas Tree Shaped Tortilla Chips	
Ingredients	maize flour, vegetable oils (rapeseed oil, sunflower oil), potato maltodextrin, yeast extract, onion powder, dried onion, salt, sugar, tomato powder, dried rosemary, acid (citric acid), garlic powder, dried sage, flavouring, smoked salt, sage extract, black pepper extract, dried thyme.	
For allergens, see ingredients in bold		
May contain statements	n/a	
Net Quantity	200g	
Country of Origin	UK	
Storage Instructions	Store in a cool dry place. Once opened store in an airtight container.	
Manufacturer’s name and address	Valeo Snack Foods, 273 Dukesway, Team Valley Trading Estate, Gateshead, NE11 0PZ	
Instructions for use	n/a	
Nutrition Labelling: Typical value	Per 100g	Per 25g
energy	2089 / 500 kJ/kcal	522 / 125kJ /kcal
fat	24.9g	6.2g
of which saturates	2.3g	0.2g
carbohydrate	60.4g	15.1g
of which sugars	0.5g	<0.5g
protein	5.8g	1.3g
salt	0.87g	0.22g
Alcoholic Strength	n/a	
Suitable for vegetarians	Y	
Suitable for vegans	Y	

Suitable for nut allergy sufferers	Y
Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

Not Known, date 08-06-22

Version No.:V2

Name	Waitrose Argentinian Malbec
Ingredients	Malbec grapes, Saccharomyces cerevisiae, yeast nutrient, sulphur dioxide , tartaric acid, pepsin, oak, cream of tartar
For allergens, see ingredients in bold – NOTE on label allergen is in a box, not in bold	
May contain statements	None
Net Quantity	750mL
Country of Origin	Argentina
Storage Instructions	Ambient temperature, out of direct light
Manufacturer's name and address	Bodegas Norton, c/o Berkmann Wines, 10-12 Brewery Road, London N7 9NH
Instructions for use	None
Nutrition Labelling: Typical value	Per / 100ml
energy	315kj 76kcal
fat	0 g/ml
of which saturates	0 g/ml
carbohydrate	0.22 g/ml
of which sugars	0.22 g/ml
protein	0.1 g/ml
salt	0 g/ml
Alcoholic Strength	14.5% abv
Suitable for vegetarians	Yes
Suitable for vegans	Yes
Suitable for nut allergy sufferers	Yes

Suitable for gluten allergy sufferers	Yes
Suitable to 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

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

06/06/2022

Version No.:V2

Name	WAITROSE PINOT GRIGIO VENEZIE DOC 75cl
Ingredients	Pinot Grigio and Chardonnay grapes.
For allergens, see ingredients in bold	
May contain statements	Sulphites stated on label as an allergen "contains preservatives" statement not required
Net Quantity	75cl
Country of Origin	ITALY
Storage Instructions	N/A
Manufacturer's name and address	C.V. S.C. – Via del Ponte, 31 – TRENTO - ITALY
Instructions for use	Enjoy alcohol in moderation. The UK chief medical officers recommend adults do not regularly drink more than 14 units per week. It is safest not to drink alcohol when pregnant.
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	309 kJ / 75 kcal
fat	g/ml
of which saturates	g/ml
carbohydrate	g/ml
of which sugars	g/ml
protein	g/ml
salt	g/ml
Alcoholic Strength	12% alc/vol
Suitable for vegetarians	Y
Suitable for vegans	Y
Suitable for nut allergy sufferers	Y

Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	N
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

15.6.2022

Version No.:V2

Name	Waitrose Christmas Shortbread Stars 682690
Ingredients	Fortified wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), salted butter (28%) (butter (milk), salt), sugar, sweetened dried cranberries (9%) (cranberries, sugar, sunflower oil), orange oil, mixed spices (cinnamon, ginger, nutmeg, cardamon, allspice, star anise, black pepper, tangerine oil, clove), salt, raising agent (ammonium carbonate), black pepper
For allergens, see ingredients in bold	
May contain statements	ALLERGY ADVICE : For allergens, including cereals, containing gluten, see ingredients in bold. May contain nuts.
Net Quantity	130g
Country of Origin	Scotland
Storage Instructions	Store in a cool dry place. Once opened store in an airtight container. For best before date see base of carton
Manufacturer's name and address	Walkers Shortbread Ltd, Aberlour on Spey, Scotland, AB38 9LD
Instructions for use	
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	504 kcal 2108 KJ
fat	26.2g
of which saturates	17.1g
carbohydrate	60.5g
of which sugars	20.2g
protein	5.5g
salt	0.60g
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	Y
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

29/06/2022

Version No.:V2

Name	Waitrose Prosecco
Ingredients	(Glera (White Wine, Grape Must) 85%, White Wine (Chardonnay, Pinot bianco) 15%, Potassium metabisulphite , Made using (Sucrose, Yeast powder, Diammonium Phosphate, Thiamine Hydrochloride, citric acid), Fining agents (Bentonite, Polyvinylpolypyrrolidone).
For allergens, see ingredients in bold	
May contain statements	Contains Sulphites
Net Quantity	75 cl
Country of Origin	Italy
Storage Instructions	Store in a cool, dry place
Manufacturer's name and address	Casa Vinicola Zonin Spa - Via Borgolecco, 9, 36053 Gambellara (VI) - Italy
Instructions for use	Best served chilled. Once opened, keep refrigerated and consume within 3 days.
Nutrition Labelling: Typical value	Per 100g / 100ml
energy	351 kj/ 84 kcal
fat	g/ml
of which saturates	g/ml
carbohydrate	g/ml
of which sugars	g/ml
protein	g/ml
salt	g/ml
Alcoholic Strength	11 % vol
Suitable for vegetarians	Y
Suitable for vegans	Y

Suitable for nut allergy sufferers	Y
Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	N
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here

**Ingredients and Allergy
Information**

Date of last review:

15.2.22

Version No.1

Name	Christmas biscuits for cheese (wholemeal wheat, seeded wheat, oat & chive, rosemary)
Ingredients	<p>Wholemeal wheat: Wholemeal wheat flour (51%), butter (milk), wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), sugar, salt, malted barley flour (0.5%), raising agent (sodium bicarbonate), glucose syrup, maize dextrose monohydrate.</p> <p>Seeded Wheat: Wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin) (57%), oat flakes, butter (milk) (24%), malted wheat flakes (2%), salt, mixed seeds (1.0%) (linseed, poppy seeds), barley malt flour.</p> <p>Oat & Chive: Oats (40%) (oat flakes, oatmeal), wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), butter (milk), dried chives (3%), salt.</p> <p>Rosemary rounds: Wheat flour (wheat flour, calcium carbonate, iron, niacin, thiamin), butter (milk) (26%), sugar, dried rosemary (1.0%), salt, raising agent (sodium bicarbonate).</p>
For allergens, including gluten, see ingredients in bold .	
May contain statements	May contain peanuts, nuts and sesame.
Net Quantity	300g
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place. Once opened store in an airtight container and consume within 3 days. For best before date see front of pack.
Manufacturer's name and address	Dorset Village Bakery, part of Burtons Biscuits, Pinesway Business Park, Station Rd, Stalbridge, Dorset, DT10 2RN
Instructions for use	n/a
Nutrition Labelling: Typical value	Per 100g
	Wholemeal wheat 2050 KJ/ 490 kcal

fat	23.1g
of which saturates	15.2g
carbohydrate	58g
of which sugars	13.1g
protein	10g
salt	1.65g
energy	Seeded Wheat 1999 kJ/ 478 kcal
fat	21.9g
of which saturates	13.8g
carbohydrate	56.7g
of which sugars	3g
protein	10.4g
salt	1.72g
energy	Oat and Chive 1979 kJ / 473 kcal
fat	22.4g
of which saturates	13.7g
carbohydrate	54.5g
of which sugars	2.7g
protein	10.1g
salt	2.19g
energy	Rosemary Round 2082 kJ/ 497kcal
fat	24.1g
of which saturates	17.0g
carbohydrate	59.7g
of which sugars	2.6g
protein	8.5g
salt	1.17g
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	Y
Suitable for dairy allergy sufferers	N
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y

Disclaimer

Please note that whilst we take every care to ensure the product information displayed on our website is correct, product recipes are regularly changed and this may affect nutrition and allergen information therefore you should always check product labels and not rely solely on the information presented here