

MOUNTAIN GIFT BOX

Ingredient Information:

Spiced Plum Chutney 290g

Ingredients: Plums (29%), Dark Brown Sugar, Spiced Malt Vinegar (malt vinegar from **barley**), Malt Extract (**barley**), Spices), Red Onions, Apple (Contains Preservative: sodium metabisulphite (**sulphites**)), Raisins, Salt, Ground Ginger, Garlic Powder, Cinnamon, All Spice, Ground Cloves.

Bramble Jam 340g

Ingredients: Sugar, Blackberries, Gelling Agent: Pectin, Acidity Regulator: Citric Acid.
Prepared with 48g of fruit per 100g. Total sugar content 68g per 100g. Made in Scotland.

Pear, Apple and Ginger Chutney 200g

Ingredients: Pears (26%), Brown Sugar, Apple (19%), Onion, Malt Vinegar (from **barley**), Ginger (2%), Garlic Puree, Salt, Spices, Red Chilli. May also contain **mustard**.. Made in the UK

Chicken Liver Pate 180g

Ingredients -, Pork Fat (23%), chicken liver, pork liver, pork meat, salt, Armagnac (0.9%) spices, nutmeg, pepper. Made in France

Raspberry Jam with Prosecco 113g

Ingredients: Sugar, Raspberries, Prosecco (3%), Gelling Agent: Fruit Pectin, Acidity Regulator: Citric Acid. Prepared with 45g of fruit per 100g. Total sugar content 65g per 100g. Made in the UK

Shortbread with Ginger 160g

Ingredients - Flour (**Wheat** Flour (Gluten), Calcium, Iron, Niacin, Thiamin), Butter (**Milk**, Salt), Sugar, Stem Ginger (6%), [Ginger, Sugar], Ground Rice, Vegetable Oils (Rapeseed and segregated sustainable palm oils), Ground Ginger. Made in the UK

Sesame Biscuits for Cheese & Pate 150g

Ingredients: **Wheat** flour, Water, Margarine (palm and rapeseed oil, salt 2%, emulsifier, colourings, flavourings), Shortening (palm and rapeseed oil), **Sesame** Seed (7.6%), Sugar, Salt, Skylark (raising agent E450, **wheat** flour, salt), Ammonium, Soda. Made in Scotland.

Allergy & Dietary Information:

For Allergens, see ingredients in **bold**

Not suitable for Vegetarians

Not suitable for Vegans

Not suitable for Gluten Allergy Sufferers

Not suitable for Wheat Allergy Sufferers

Not suitable for Dairy Allergy Sufferers

Not suitable for Sesame Allergy Sufferers

Not suitable for Mustard Allergy Sufferers

Not suitable for Sulphite Allergy Sufferers

Nutritional Information (Typical values per 100g):

Per 100g:

Spiced Plum Chutney 290g

Energy 627kJ/157kcal, Fat 0.1g (saturates 0g), Carbohydrates 37.6 (sugars 36.8g), Protein 0.7g, Salt 0.321g

Bramble Jam 340g

Energy 1224kJ/293kcal, Fat 0.1g (saturates 0.0g), Carbohydrates 68.9g (sugars 68.6g), Protein 0.4g, Salt 0.0g

Pear, Apple and Ginger Chutney 200g

Energy 597kJ/141kcal, Fat 0.2g (saturates 0g), Carbohydrates 34.1g (sugars 33.3g), Protein 0.5g, Salt 0.3g

Chicken Liver Pate 180g

Energy 1479kJ/358kcal, Fat 33.7g (saturates 13.6g), Carbohydrates 1.7g (sugars 0.2g), Protein 12.2g, Salt 1.34g

Raspberry Jam with Prosecco 113g

Energy 1170kJ/276kcal, Fat 0.2g (saturates 0.1g), Carbohydrates 65.7g (sugars 65.3g), Protein 0.2g, Salt 0.01g.

Shortbread with Ginger 160g

Energy 2195kJ/525kcal, Fat 28.5g (saturates 18.9g), Carbohydrates 61.6g (sugars 25.3g), Protein 4.6g, Salt 0.64g

Sesame Biscuits for Cheese & Pate 150g

Energy 2108kJ/502kcal, Fat 24.9g (saturates 19g), Carbohydrates 62g (sugars 20g), Protein 7.8g, Salt 3.6g