

Allergen & Ingredient Information

B15770A THE GLUTEN FREE HAMPER

We have taken care to ensure that the ingredient and allergen information provided in this document is accurate and up to date at the time of preparation.

However, manufacturers may occasionally change their ingredients, recipes, production methods or allergen information without prior notice. **We therefore strongly recommend that you always read the individual product packaging and allergen information carefully before consumption**, particularly if you have a food allergy or intolerance.

The information contained within this document should be used as a guide and should not replace the information provided on the product packaging.

Updated: 24 September 2026

Current edition: September 2026

Mano Masa Chilli & Hone

SKU: 111394

Ingredients

Whole White Corn Flour, Sunflower Oil, Whole Green Lentils, Sugar, Rice Flour, Salt, Green Chillies, Cilantro Herb (Coriander), Dried Onion, Yeast Extract, Dried Garlic, Yucatan Honey Powder, Serrano Chilli Powder, Dried Tomato, Cayenne Chilli, Cumin, Dried Balsamic Vinegar, Ginger, Dried Lemon Juice, Paprika Extract, Acid: Citric Acid, Natural Flavouring, Star Anise

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	N	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	N
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	N	Sesame	N
Soya Beans	N	Sulphites/sulphur Dioxide	N

May contain statements

No statement provided.

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	Y
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	Y	Suitable for soya allergy sufferers	Y
Suitable for nut allergy sufferers	Y	Suitable for egg allergy sufferers	Y
Free from alcohol	Y		

A&P Classic Salsa Dip 200

SKU: 111207

Ingredients

Tomato (67%), Onion, Sugar, Garlic Puree, Salt, Coriander (0.8%), Sunflower Oil, White Grape Vinegar, Dried Green Jalapeño (0.3%), Stabiliser: Xanthan Gum

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	N	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	N
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	N	Sesame	N
Soya Beans	N	Sulphites/sulphur Dioxide	N

May contain statements

No statement provided.

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	Y
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	Y	Suitable for soya allergy sufferers	Y
Suitable for nut allergy sufferers	Y	Suitable for egg allergy sufferers	Y
Free from alcohol	Y		

Mr Filberts Dry Roasted P

SKU: 1111973

Ingredients

PEANUTS 94%, Sea Salt, Yeast Extract, Smoked Paprika <1%, Ground CELERY Seed, Onion Powder, Rapeseed Oil, Garlic Powder.

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	Y	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	N
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	Y	Soya Beans	N
Sulphites/sulphur Dioxide	N		

May contain statements

May contain Tree Nuts.

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	Y
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	Y	Suitable for soya allergy sufferers	Y
Suitable for nut allergy sufferers	N	Suitable for egg allergy sufferers	Y
Free from alcohol	Y		

Yummy Comb 70% Dark Choc

SKU: 1111366

Ingredients

Sugar, 70% Dark Chocolate (Cocoa Mass, Sugar, Fat-reduced Cocoa Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavour. Contains: 70.5% Cocoa Solids Min) 38%, Glucose Syrup, Cocoa Butter, Raising Agent: Bicarbonate of Soda,

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	N	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	N
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	N	Sesame	N
Soya Beans	Y	Sulphites/sulphur Dioxide	N

May contain statements

Also, may contain nuts, peanuts, egg, milk

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	Y
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	N	Suitable for soya allergy sufferers	N
Suitable for nut allergy sufferers	N	Suitable for egg allergy sufferers	N
Free from alcohol	Y		

Whitakers Strawberry Cream

SKU: 113582

Ingredients

Ingredients: Fondant 63% (sugar, glucose syrup, water), Fairtrade Dark Chocolate 36% (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin), Natural Strawberry Flavour, Colour: beetroot red, Stabiliser: invertase Fairtrade Dark Chocolate contains: cocoa solids 55% minimum

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	N	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	N
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	N	Sesame	N
Soya Beans	Y	Sulphites/sulphur Dioxide	N

May contain statements

may contain milk & nuts

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	Y
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	N	Suitable for soya allergy sufferers	N
Suitable for nut allergy sufferers	N	Suitable for egg allergy sufferers	Y
Free from alcohol	Y		

Mrs Crimbles Coconut Macaroon

SKU: 113638

Ingredients

Coconut 30%, sugar, glucose syrup, egg white, potato starch, dextrose

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	N	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	Y
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	N	Sesame	N
Soya Beans	N	Sulphites/sulphur Dioxide	N

May contain statements

No statement provided.

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	N
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	Y	Suitable for soya allergy sufferers	Y
Suitable for nut allergy sufferers	Y	Suitable for egg allergy sufferers	N
Free from alcohol	Y		

Love More Gluten Free

SKU: 1112005

Ingredients

Rice Flour, Margarine (Palm Oil, Palm Stearin, Water, Coconut Oil, Rapeseed Oil, Lemon Juice), Sugar, Maize Flour, Potato Starch, Icing Sugar, Rice Starch, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Dried Egg, Stabiliser (Xanthan Gum), Dextrose, Natural Vanilla Flavouring

Containing allergens

Allergen	Y/N	Allergen	Y/N
Celery	N	Cereals containing gluten namely wheat	N
Crustaceans	N	Eggs	Y
fish	N	Lupin	N
Milk	N	Molluscs	N
Mustard	N	Tree Nuts	N
Peanuts	N	Sesame	N
Soya Beans	N	Sulphites/sulphur Dioxide	N

May contain statements

No statement provided.

Suitable / Free From

Suitable for vegetarians	Y	Suitable for vegans	N
Suitable for gluten allergy sufferers/coeliac	Y	Suitable for wheat allergy sufferers	Y
Suitable for dairy allergy sufferers	Y	Suitable for soya allergy sufferers	Y
Suitable for nut allergy sufferers	Y	Suitable for egg allergy sufferers	N
Free from alcohol	Y		