## **Local Selection box**



\*please note that, due to availability, it may be necessary for items to be substituted for a similar product. If you have any specific dietary or allergen requirements please contact the office. Tel: 01580 291726

## Kent Crisps Cheese and Onion - 40g

Ingredients: potatoes, sunflower oil, whey powder (**milk**), cheese powder (**milk**), onion powder, salt, natural flavourings, yeast extract powder, yeast powder, colour, paprika extract, Ashmore cheese powder (**milk**).

Allergens listed in **bold**.

Nutritional information. Typical values per 100g

Energy: 519kcal/ 2169KJ

Fat: 28.8g

of which saturates: 2.4g Carbohydrate: 58.6g of which sugars: 2.6g

Protein: 5.1g Salt: 1.5g

#### • Dallaways Cherry Juice- 250ml

Ingredients: 100% pure cherry juice. Antioxidant: Vitamin C

Allergens listed in **bold**.

Nutritional information. Typical values per 100ml

Energy: 286kcal/ 67KJ

Fat of which saturates: <0.5g

Carbohydrate: 16g Protein: 0.8g

Salt: < 0.03g

Total Sugars: 13.1g

Fructose: 6.1g Glucose: 7.0g

## • Sugar and Spice Apricot Chutney with Biddenden Cider - 330g

Ingredients: **Apricots** 21.6% (contains sulphites), sugar, **Biddenden Cider** 16.2% (contains sulphites), apples, onions, cider vinegar, sugar, sultanas, cornflour, ginger, allspice.

Allergens listed in **bold**.

Nutritional information typical values per 100g:

Energy: 226kcal/ 958KJ

Fat: 0g

of which saturates: 0g Carbohydrate: 55g of which sugars: 60g

Protein: 0.3g Salt: 0g

# • Wooden Spoon Preserving Company, Wye Strawberry Jam- 340g

Ingredients: sugar, strawberries (45%), gelling agent: pectin, citric acid. May contain **nuts**.

Allergens listed in **bold**.

Nutritional information typical values per 100g:

Energy: 189.4kcal/ 807.5KJ

Fat: 0.3g

of which saturates: 0g Carbohydrate: 44.3g of which sugars: 43.7g

Protein: 1.5g Salt: 0g

## • Biddenden Clearly Juice- 75cl

Ingredients: English apple juice, anti-oxidant: L Ascorbic acid (vitamin C)

Allergens listed in **bold**.

Nutritional information. Typical values per 100ml

Energy: 39kcal/ 165KJ

Fat: 0.2g

of which saturates: 0.1g Carbohydrate: 9.3g of which sugars: 7.5g

Protein: 0.04g Salt: 0.1g

#### Biddenden Vineyard Honey- 340g

Allergens listed in **bold**.

Not suitable for children under 18 months.

## • Harrington Foods Benenden Sauce - 250ml

Ingredients: rapeseed oil, **soy** sauce, (sugar, syrup, water, salt, **soy** bean, colour: caramel, sugar, **wheat flour**, acidity regulator: lactic acid, preservative: sodium benzoate) cider vinegar, tomato, sugar, garlic, salt, pepper, spices, herbs.

Allergens listed in **bold**.

Nutritional information. Typical values per 100g

Energy: 625kcal/ 2587KJ

Fat: 55g

of which saturates: 4.5g Carbohydrate: 30g of which sugars: 19g

Protein: 0.6g Salt: 1.2g

## Zingiberi Bakery, Oat and Raisin Cookies

Ingredients: Wholegrain oats (22%), wheat flour, unsalted butter (Dairy), sugar, golden syrup,

raisins (6%), raising agent, salt

Allergens listed in **bold**.

Nutritional information. Typical values per 100g

Energy: 455kcal/ 1908KJ

Fat: 19.8g

of which saturates: 13.1g Carbohydrate: 62.0g of which sugars: 32.6g

Protein: 5.8g Salt: 122g

# Kent Crisps Sea Salt and Biddenden Cider Vinegar- 40g

Ingredients: potatoes, sunflower oil, rice flour, sea salt, cider vinegar powder, malt vinegar, **barley**, sugar, maltodextrin, citric acid, Biddenden cider powder.

Allergens listed in **bold**.

Nutritional information. Typical values per 100g

Energy: 519kcal/ 2169KJ

Fat: 28.8g

of which saturates: 2.4g Carbohydrate: 58.6g of which sugars: 0.7g

Protein: 5.1g

Salt: 2g

# • Goupie Original Mini- 80g

Ingredients: Golden Syrup, dark chocolate, (50% cocoa solids, sugar, cocoa butter, **soya**, lecithin, natural vanilla) palm oil (RSPO CERT.) Crisped rice (rice flour, rice bran, sugar, rice extract), date (dates, rice flour), biscuit (brown rice flour, maize flour, potato flour, sugar RSPO palm oil, dried rice syrup, sodium bicarbonate), cocoa (97.6% Fairtrade cocoa, potassium carbonate).

Allergens listed in **bold**.

Please note the Goupie factory handles nuts, soya & sesame.

Nutritional information. Typical values per 100g

Energy: 486kcal/ 2029KJ

Fat: 26g

of which saturates: 14g

Carbohydrate: 57g of which sugars: 42g

Protein: 4g Fibre: 44g