

Gingerbread

Ingredients

Wheat Flour (with added calcium, iron, niacin(B3) and thiamin (B1)), **Sugar**, **Golden Syrup**, **Vegetable Oils** (Palm Oil, Rapeseed Oil, Sunflower Oil), **Ground Ginger**, **Raising Agent: Sodium Bicarbonate**

Allergy Advice

For allergens, including cereals containing gluten, see ingredients in **bold**. Also, may contain egg, milk, nuts and soya.

Dietary Information

Suitable for Vegetarians: Yes

Suitable for Vegans: No

Suitable for Coeliacs: No Contains wheat gluten

Is the product Kosher: No

Is the product Halal: No

Nutritional information

Typical values	Per 100g	Per biscuit
Energy	1831kJ 434kcal	787kJ 187kcal
Fat	10.8g	4.6g
of which Saturates	4.3g	1.9g
Carbohydrates	77.9g	33.5g
of which Sugars	43.9g	18.9g
Fibre	1.5g	0.7g
Protein	5.6g	2.4g
Salt	0.5g	0.2g

Alternative Gingerbread

Ingredients

Gluten-Free Flour Blend (Rice Flour, Tapioca Flour, Potato Flour, Xanthan Gum), Invert Sugar Syrup, Margarine (Sunflower Oil, Palm Oil, Linseed Oil, Water, Salt, Natural Flavouring, Vitamin E, Vitamin A & D, Natural Colour: Carotenes, Vitamin B12), Sugar, Ground Ginger (0.9%), Bicarbonate of Soda (Raising Agent: Sodium Bicarbonate E500(ii)), Salt (Salt, Anti-caking Agent: Sodium Ferrocyanide).

Allergy Advice

14 Allergen-free ingredients. Made in a kitchen that is 100% Gluten Free and 100% Dairy Free, however, we do handle Nuts, Sesame, Eggs, Soya, Mustard and Sulphites.

Nutritional information

Typical values	Per 100g
Energy	1568kJ 371kcal
Fat	8.8g
of which Saturates	2.3g
Carbohydrates	70.1g
of which Sugars	32.5g
Protein	2.8g
Salt	0.5g

Dietary Information:

Gluten Free: Yes | Dairy Free: Yes
Vegetarian: Yes | Vegan: Yes

The logo for Lapland, featuring the word "Lapland" in a stylized, orange and yellow font. The letter "L" is particularly prominent, with a small sprig of leaves on top of the vertical stroke.

Dew Drops

Fruit Flavour Jelly Sweets

Ingredients

Sugar, Glucose Syrup, Maize Starch, Water, Beef Gelatine, Acid (Citric Acid), Colours (Anthocyanins, Paprika Extract, Curcumin), Flavourings, Plant Concentrates (Safflower, Spirulina).

Dietary Information

Gluten free: Yes

Diary free: Yes

Vegetarian: No

Nutritional information

Typical values	Per 100g
Energy	1457kJ 343kcal
Fat	0.1g
of which Saturates	0g
Carbohydrates	82.2g
of which Sugars	63.6g
Fibre	0.5g
Protein	3.1g
Salt	0.08g

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Vegan Jelly Tots

Fruit Flavour Jelly Sweets



Ingredients

Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid), Concentrated Fruit Juices (Apple, Blackcurrant, Lime, Orange, Strawberry, Lemon), Acidity Regulator (Trisodium Citrate), Flavourings, Colours (Anthocyanins, Copper Complexes of Chlorophyllins, Beta-Carotene, Curcumin).

Dietary Information:

Vegan: Yes

Gluten notice: Although these ingredients do not inherently contain gluten, the manufacturer has not stated that this product is certified Gluten Free. Parental/Guardian discretion is strongly advised.

Nutritional information

Typical values	Per 100g	Per 7 sweets
Energy	1474kJ 347kcal	189kJ 44kcal
Fat	0.1g	Trace
of which Saturates	0.1g	Trace
Carbohydrates	86.4g	11.1g
of which Sugars	59.0g	7.6g
Fibre	0.0g	0.0g
Protein	0.1g	0.0g
Salt	0.44g	0.06g

Important

Parental/Guardian discretion is strongly advised. Young children (less than 4 years) have limited chewing ability and could choke on small sweets.

Swedish Ginger Biscuits

Ingredients

Wheat Flour, sugar, vegetable oil (palm, rapeseed, coconut), sugar syrup, raising agent (E500), cloves, cinnamon, ginger, emulsifier (E471), salt, flavour.

Dietary Information

Suitable for Vegans: Yes
May contain traces of nuts

Nutritional information

Typical values	Per 100g
Energy	1750kJ 420 kcal
Fat	15g
of which Saturates	7g
Carbohydrates	67g
of which Sugars	35g
Protein	4,5g
Salt	1,6g