



## Jarrold Own Label – Ingredients and Nutritional Information

### Jarrold Milk Chocolate Coin

Ingredients: Sugar, cocoa, butter, whole milk powder, cocoa mass, **milk fat**, emulsifier.

Milk Chocolate contains cocoa solids 32% min and milk solids 18% min

See allergens in bold.

May also contain nuts and soya

Average Nutritional values per 100g:

- Energy – 2265KJ / 543KCAL
- Fat 32g Of which saturates 20g
- Carbohydrate 56g Of which sugars 54g
- Protein 5.9g
- Salt 0.16g

### Jarrold House Blend Coffee 227g

Produced in Norfolk for Jarrold with a blend of coffees from Ethiopia, Vietnam and Brazil.

### Norfolk Breakfast Tea 15 Pyramid Tea Bags 45g

Black Leaf Tea - Made from all natural ingredients.

### Jarrold Norfolk Earl Grey Tea 37.5g

Ingredients: Black tea, natural bergamot flavour, cornflower petals. Made from all natural ingredients.

Information: Pyramid tea bags are 100% biodegradable.

### Jarrold Mint Tea 30g

WILD WATER MINT TEA (MENTHA AQUATICA) - Made from all natural ingredients.

Widely recycled

### Jarrold Italian Extra Virgin Olive Oil 250ml

Superior category olive oil obtained directly from olives and solely by mechanical means. Made from all natural ingredients.

- Nutritional Information Per 100ml:
- Energy (kJ)/(kcal) 3380/800
- Fat (g) 91.4
  - of which saturates (g) 13.8
- Carbohydrate (g) 0
  - of which sugars 0
- Fibre (g) 0
- Protein (g) 0
- Salt (g) 0

Glass bottle & label widely recycled

### Jarrold Balsamic Vinegar Of Modena 0.250 lt

Ingredients: Cooked grape must, wine vinegar. Made from all natural ingredients.

Allergen: Naturally occurring sulphites.

Nutritional Information Per 100ml:

- Energy (kJ)/(kcal) 960/226
- Fat (g) 0
  - of which saturates (g) 0
- Carbohydrate (g) 47.9
  - of which sugars 47.9
- Fibre (g) 0
- Protein (g) 0.2
- Salt (g) 0.1

Glass bottle & label widely recycled

### Jarrold Spicy Roots Chutney 295g

Ingredients: Parsnips (14%), carrots (14%), **celeriac** (14%), onion (14%), granulated sugar, distilled malt **barley** vinegar, cornflour, turmeric, English **mustard** powder, black **mustard** seeds, coriander, cumin, red chilli, nigella & sea salt.

Allergens: See ingredients in bold. Warning: Contains whole spices.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 782/187

- Fat (g) 1.2
  - of which saturates (g) 0.1
- Carbohydrate (g) 46.1
  - of which sugars 36.8
- Fibre (g) 3.2
- Protein (g) 1.8
- Salt (g) 0.8

#### Jarrold Onion And Date Chutney 295g

Ingredients: Onion (52%), brown sugar, red wine vinegar (**sulphites**), whole pitted dates (12%), garlic, root ginger, yellow **mustard** seeds, spices, sea salt.

Allergens: See ingredients in bold. Warning: Contains whole spices and whole dates could contain pits.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 1510/361
- Fat (g) 1.0
  - of which saturates (g) 0.1
- Carbohydrate (g) 87.1
  - of which sugars 73.5
- Fibre (g) 5.2
- Protein (g) 2.8
- Salt (g) 0.9

#### Jarrold Chili Tomato & Red Pepper Ketchup 300g

Ingredients: Tomatoes (35%), sugar, red peppers (24%), cider vinegar, tomato puree, red chilli (3%), salt, pectin.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 487/114
- Fat (g) 0.1
  - of which saturates (g) 0
- Carbohydrate (g) 28
  - of which sugars 27
- Fibre (g) 0
- Protein (g) 0.8
- Salt (g) 0.5

Glass jar, metal lid & label widely recycled

#### Jarrold Heritage Mustard 190g

Ingredients: Water, **mustard** powder (22%), sugar, turmeric, salt, **wheat** flour.

Allergens: See ingredients in bold.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 513/123
- Fat (g) 6.6
  - of which saturates (g) 0.4
- Carbohydrate (g) 10
  - of which sugars 4.9
- Fibre (g) 0
- Protein (g) 6.7
- Salt (g) 2.7
- Made in Norfolk for Jarrold

#### Jarrold Wholegrain Mustard 200g

Ingredients: Cider vinegar, sugar, yellow **mustard** seed (11%), brown **mustard** seed, ale (**barley**) (9%),

**mustard** powder, honey (5%), salt, hops (0.46%).

Allergens: See ingredients in bold.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 542/128
- Fat (g) 9.4
  - of which saturates (g) 0.5
- Carbohydrate (g) 23
  - of which sugars 22
- Fibre (g) 0
- Protein (g) 8.5
- Salt (g) 1.8

#### Jarrold Norfolk Strawberry Jam 227g

Ingredients: Sugar, strawberries (63%), apples (14%), lemon juice. Total sugar content: 64g per 100g. Prepared with 63g strawberries per 100g and 14g of apples per 100g.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 1117/267
- Fat (g) 0.2
  - of which saturates (g) 0
- Carbohydrate (g) 70.6
  - of which sugars 68.5

- Fibre (g) 1.4
- Protein (g) 0.5
- Salt (g) <0.1

Jarrold Norfolk Raspberry Jam 227g

Ingredients: Raspberries, sugar, Jarrold Gin (5%), lemon juice, gin botanicals.

Total sugar content: 66g per 100g.

Prepared with 60g raspberries per 100g.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 1322/316
- Fat (g) 0.5
  - of which saturates (g) 0.1
- Carbohydrate (g) 76.4
  - of which sugars 70.1
- Fibre (g) 5.6
- Protein (g) 1.0
- Salt (g) <0.1

Jarrold Norfolk Whisky Marmalade 227g

Ingredients: Sugar, Seville oranges, the English Whisky Company - Smokey Single Malt Whisky (2%).

Total sugar content: 67g per 100g. Prepared with 57g oranges per 100g.

Nutritional Information Per 100g:

- Energy (kJ)/(kcal) 1134/271
- Fat (g) 0.3
  - of which saturates (g) 0.1
- Carbohydrate (g) 70.2
  - of which sugars 68.5
- Fibre (g) 1.7
- Protein (g) 0.6
- Salt (g) 0

Jarrold Sea Lavendar Honey 258g

Made from all natural ingredients.

Glass jar, metal lid & label widely recycled

### Jarrold Norfolk Apple Juice 750ml

Ingredients: Apple juice (100%), antioxidant: ascorbic acid (Vitamin C).

Information: This product contains natural particles of fresh fruit which may settle on standing. Vitamin C is added to this apple juice to delay discolouration.

Nutritional Information Per 100ml:

- Energy (kJ)/(kcal) 192/42.2
- Fat (g) 0
  - of which saturates (g) 0
- Carbohydrate (g) 11.2
  - of which sugars 10.7
- Fibre (g) 0
- Protein (g) 0
- Salt (g) 0

Glass bottle & label widely recycled

### Jarrold Classic Gin 70cl

alc 41% vol

Made from all natural ingredients.

### Jarrold Macabeo and Malvasia White Wine

Allergen: Contains Sulphites.

Produced in Spain for Jarrold by Barranc del Cirers, Benelloch, Castellón

Glass bottle & label widely recycled

### Jarrold Spanish and Garnacha Rose Wine

Allergen: Contains Sulphites.

Produced in Spain for Jarrold by Barranc del Cirers, Benelloch, Castellón

Glass bottle & label widely recycled

### Jarrold Syrah and Garnacha Red Wine

Allergen: Contains Sulphites.

Produced in Spain for Jarrold by Barranc del Cirers, Benelloch, Castellón

Glass bottle & label widely recycled

### Jarrold Butter Shortbread Bites 76g

Ingredients: **Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), **butter** (38.6%), cornflour, sugar.

Allergens: For allergens see ingredients in bold.

Produced in Norfolk, with ingredients from other countries for Jarrold.

#### Nutritional Information Per 100g

- Energy (kJ)/(kcal) 2414/577
- Fat (g) 33
  - of which saturates (g) 20
- Carbohydrate (g) 65
  - of which sugars 21
- Fibre (g) 1.9
- Protein (g) 5.2
- Salt (g) 0.7

Bag & board widely recycled

### Jarrold Chocolate Shortbread Bites 76g

Ingredients: **Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamine), **butter** (**milk**), cornflour, sugar, Belgian chocolate (4.2%) (sugar, cocoa mass, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), cocoa powder (acidity regulator sodium carbonate).

Allergens: For allergens see ingredients in bold. Produced in Norfolk, with ingredients from other countries for Jarrold.

#### Nutritional Information Per 100g

- Energy (kJ)/(kcal) 2309/553
- Fat (g) 32
  - of which saturates (g) 20
- Carbohydrate (g) 60
  - of which sugars 20
- Fibre (g) 2.4
- Protein (g) 4.8
- Salt (g) 0.7

Bag & board widely recycled

### Jarrold Norfolk Lemon Dressing 250ml

Ingredients: Rapeseed oil (38%), cold pressed rapeseed oil (22%), cider vinegar, lemon juice (10.9%), honey (6.5%), Dijon **mustard** (Norfolk apple juice (ascorbic acid, vitamin C), vinegar, **mustard**, water, salt) (4.3%), Jarrold Heritage **Mustard** (water, **mustard** powder, sugar, turmeric, salt, flour (wheat)) (1.6%), emulsifier: xanthan gum.

Allergens: See ingredients in bold.

Nutritional Information Per 100ml:

- Energy (kJ)/(kcal) 2393/572
- Fat (g) 60.7
  - of which saturates (g) 4.4
- Carbohydrate (g) 6.1
  - of which sugars 5.7
- Fibre (g) 0.2
- Protein (g) 0.3
- Salt (g) 0.3