

This leaflet lists all of the ingredients that can be found in items included in our afternoon tea or biscuit boxes. Items included are indicated on the allergen information on the sticker on the box/bag.

Every effort has been made to list all of our ingredients. If you have any specific dietary requirements you need us to be aware of, please speak to the Sybil's Homemade team.

Please note: All items are made in a kitchen that also handles wheat, milk, egg, mustard, nuts and fish.



## *A delicious way to help*

**All the profits from Sybil's Homemade go to support Age UK Notts' Sybil Levin Dementia Day service which supports people with dementia and their carers.**

**Find out more: [www.ageuknotts.org.uk](http://www.ageuknotts.org.uk)**



## *Afternoon tea* in a box



## *Ingredients*

Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485). Registered office: Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ. Royal Patron HRH: The Prince of Wales KG KT GCB.

## SAVOURY

### Broccoli & blue cheese tartlets:

**Wheat** flour, butter (**milk**), water, salt, broccoli, **egg**, **milk**, blue cheese (cows **milk**, lactic acid, salt)

### Cheese Straws:

**Wheat** flour, margarine (vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene)), cheddar cheese (**milk**), **egg**, **milk**, **mustard**, salt

### Mushroom Quiche:

**Wheat** flour, butter (**milk**), water, salt, mushrooms, onion, egg, **milk** (semi-skimmed cows **milk**), cheddar cheese (**milk**), parsley

### Quiche Lorraine:

**Wheat** flour, butter (**milk**), water, salt, bacon (Pork, salt, sodium nitrate, sodium nitrite), onion, egg, **milk** (semi-skimmed cows **milk**), cheddar cheese (**milk**), parsley

### Sandwiches:

*White bread:* **Wheat** flour (with Calcium, iron, Niacin B3 and Thiamin B1), water, yeast, salt, vegetable oil (rapeseed, sustainable palm), **soya** flour, preservative (calcium propionate), emulsifiers: E481, E472e, flour treatment agent: ascorbic acid (vitamin C).

*Wholemeal bread:* Wholewheat flour (**wheat**)

*Butter:* Butter (55%) (**Milk**), Rapeseed Oil, Buttermilk (6,5%) (**Milk**), Lactic Culture (**Milk**), Salt.

- *Egg mayonaise:* **Egg**, salt, black pepper, mayonaise (rapeseed oil, water, free range **egg** and **egg** yolk, spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (calcium disodium EDTA) flavourings, paprika extract)
- Cheese: Cheddar Cheese (**Milk**)
- *Ham:* Pork, salt, sodium nitrate, sodium nitrite
- *Tuna:* Tuna (**Fish**), sunflower oil, salt, mayonaise (rapeseed oil, water, free range **egg** and **egg** yolk, spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (Calcium disodium EDTA) flavourings, paprika extract)

### Sausage rolls:

Puff pastry ((**Wheat** flour, iron, thiamin, nicotinic acid, calcium carbonate) water, vegetable oil, salt, lemon juice, emulsifier (mono and diglycerides of fatty acids) preservative (potassium sorbate)), pork sausagemeat (pork, salt, seasoning, herbs).

...with one of the following as indicated on the packaging:

- Apple
- Caramelised onion (Red onion, sugar, balsamic vinegar, red wine vinegar, grape must, white wine vinegar, water, molasses, cornflower, salt, garlic puree, black pepper)
- sage
- cheddar cheese (**Milk**)
- Cranberry sauce (Cranberries, sugar, water)

## SWEET

### Biscuits - Cherry:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), butter (butter from **milk**, salt), caster sugar, glace cherries (cherry, glucose-fructose syrup, acidity regulator (potassium sorbate, **sulphur dioxide**) colour (Erythrosine)

### Biscuits - Chocolate:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), butter (butter from **milk**, salt), caster sugar, cocoa powder (cocoa powder, acidity regulator (potassium carbonates) cocoa butter)

### Biscuits - Cinnamon:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), butter (butter from **milk**, salt), caster sugar, ground cinnamon

### Biscuits - Coconut:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), butter (butter from **milk**, salt), caster sugar, dessicated coconut (coconut, preservative (**sulphur dioxide**))

### Biscuits - Lemon:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), butter (butter from **milk**, salt), caster sugar, grated lemon zest

### Biscuits - Vanilla:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), butter (butter from **milk**, salt), caster sugar, vanilla essence (water, monopropylene glycol, colour (caramel 1509), flavourings)

### Chocolate Sponge cake:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene), caster sugar, **egg**, cocoa powder (cocoa powder, acidity regulator (potassium carbonates) cocoa butter), vanilla essence (water, monopropylene glycol, colour (caramel 1509), flavourings)

- *Butter cream:* Butter (butter from **milk**, salt), icing sugar (icing sugar, maize starch)

### Coconut Ice:

Icing sugar (Icing sugar, maize starch), dessicated coconut (coconut, preservative (**sulphur dioxide**)), condensed **milk** (**milk**, sugar), lemon juice, natural pink colouring

### Dipping Chocolate:

- *Dark Chocolate:* Cocoa mass, sugar, emulsifier (**soya** lecithins)
- *Milk Chocolate:* Sugar, cocoa butter, full cream **milk** powder, cocoa mass, emulsifier (**soya** lecithins) flavouring
- *White Chocolate:* Sugar, whole **milk** powder, cocoa butter, emulsifier (**soya** lecithins) flavouring

### Flapjacks:

Margarine (vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene)), golden syrup

(partially inverted refiners syrup), sugar, rolled oats, **wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), cornflakes (Maize, sugar, **barley** malt, flavouring, salt)

### Lemon posset:

Pasturised fresh double cream (**milk**), caster sugar, lemon juice, lemon zest

### Millionaires shortbread:

**Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), margarine (vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene)), caster sugar, condensed **milk** (**milk**, sugar), milk chocolate (Sugar, cocoa butter, full cream **milk** powder, cocoa mass, emulsifier (**soya** lecithins) flavouring)

### Rocky road:

Milk chocolate (sugar, cocoa butter, full cream **milk** powder, cocoa mass, emulsifier (**soya** lecithins) flavouring), digestive biscuits ((**wheat** flour, calcium, iron, niacin, thiamin) wholemeal **wheat** flour, sugar, partially inverted sugar syrup, raising agent (sodium bicarbonate, malic acid, ammonium bicarbonate) salt, dried skimmed **milk**), marshmallows (glucose-fructose syrup, sugar, water, pork gelatine, anti-caking agent (maize starch) colour (beetroot red) flavouring), raisins (raisins, sunflower oil)

### Score:

- Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene), caster sugar, **egg**, **milk**.
- *Strawberry Jam:* Glucose syrup, strawberries, gelling agent (pectin), colour (anthocyanins), acidity regulators (citric acid, trisodium citrate).
  - *Whipped cream:* Pasturised double fresh cream (**milk**)
  - *Icing sugar:* Icing sugar, maize starch

### Victoria Sponge cake:

- Wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate), vegetable oils (rapeseed, palm, sunflower), water, salt, buttermilk (**milk**), preservative (potassium sorbate), acid (citric acid), emulsifier (mono and diglycerides of fatty acids), flavourings (vitamins A and D), colour (carotene), caster sugar, **egg**, vanilla essence (water, monopropylene glycol, colour (caramel 1509), flavourings)
- *Butter cream:* Butter (butter from **milk**, salt), icing sugar (icing sugar, maize starch)
  - *Strawberry Jam:* Glucose syrup, strawberries, gelling agent (pectin), colour (anthocyanins), acidity regulators (citric acid, trisodium citrate).
  - Lemon curd: Glucose-fructose syrup, water, palm oil, maize starch, dried **egg**, gelling agent (pectins), citric acid, Acidity regulators (acetic acid, sodium citrates), lemon oil, colours (carotene, curcumin) Antioxidant (Ascorbic Acid)