

# Food Facts

**\*Allergens:** Attention! customers with food allergies!

Please be aware that the food in our hampers may contain or come into contact with common **allergens**, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. All items are prepacked and clearly labelled, however if you have any questions regarding any of the food prior to ordering, contact our team [here](#).

Product Image	Product Name	Product Description
	Banana cake	<p>Bananas have a natural sweetness of their own, so what more could you want than a succulent cake made from a classic fruit. If you're thinking that you've already tried banana cake, the Caribbean banana cake is full of lots of spices that make this version super tasty. Served warm it makes a perfect pick-me-up with your favourite beverage.</p>
	Banana Chips	<p>Banana chips are kettle baked with limited salt. Always fresh and tantalizing to the taste buds. A perfect healthy snack, low in calories and packed with flavour. A delicious alternative to the potato chip.</p> <p>*Suitable for vegetarians/vegans</p>
	Bun and Cheese	<p>Traditional Jamaican alternative to the cheese sandwich. The combination of the spiced bun with the cheese provide a sweet and savoury experience that you are sure to enjoy and leave your taste buds craving more.</p>

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	<p><b>Busta Sweets</b></p>	<p>These are hard sweets made of wet sugar, coconut, and ginger. An amazing sensation as your taste buds encounter coconut one minute and the taste of ginger the next. A quick sneaky treat between meals.</p> <p>Busta is said to have been named in honour of the Jamaican national hero Sir Alexander Bustamante.</p> <p>*Suitable for vegetarians/vegans</p>
	<p><b>Button cookies</b></p>	<p>Small moreish nibbles in the shape of police uniform buttons. An irresistible coconut snack that will keep you coming back for more, until you pop the last one in your mouth. Great snack for travelling or enjoying at your desk with your favourite speciality coffee or herbal tea.</p>
	<p><b>Cheese Krunchies</b></p>	<p>Like crackers, like cheese? Well Cheese Krunchies gives you the taste of both in one bag. These tangy cheese crackers are moreish, you won't want it to end. A great little snack between meals.</p> <p>*Suitable for vegetarians. No preservatives. Free from dairy and lactose.</p>
	<p><b>Cherry and Coconut</b></p>	<p>The sweetness of the cherries mixed with the nutty coconut lingers and brings pleasure to the taste buds with every bite. A moist light sponge cake with cherries and coconut.</p>

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	<p>Cinnamon crackers</p>	<p>Cinnamon water crackers are a fat free hard cracker with a cinnamon flavour.</p> <p>Excelsior is Jamaica’s leading brand of crackers. Excelsior Water Crackers are popular for breakfast or as a healthy snack. They are fat free and made with baking flour and water. Traditionally enjoyed with fish or meat, but commonly eaten as a great accompaniment to cheese, guava jam or a dip such as Guacamole and a glass of wine.</p> <p>*Dairy Free, Suitable for Vegetarians, Lactose Free</p>
	<p>Coconut drops</p>	<p>Traditional Jamaican treats made by boiling tiny pieces of coconut in a combination of brown sugar and spices such as vanilla, salt, and powdered ginger.</p> <p>Heaven for the coconut lovers amongst you. A delicious snack that can be enjoyed at anytime of the day. For a unusual dessert, crumble some pieces over some vanilla ice cream.</p> <p>*Suitable for vegetarians/vegans</p>
	<p>Coconut Rum cake</p>	<p>A moist and succulent coconut cake with a light and fluffy texture. Glazed with premium Jamaican rum.</p>

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	<p>Cornmeal porridge</p>	<p>Any porridge lovers? If so, this is for you!</p> <p>Oats is yesterday's news, try cornmeal porridge as a breakfast alternative. Add water or try milk for a creamier, thicker meal. Its warming sensation as you digest each spoonful is sure to create a great start to the day. Flavours vary but either one will leave you satisfied. An excellent comfort food without the guilt. A bowl of joy ready in only three minutes.</p>
	<p>Fish tea soup</p>	<p>Known in the Caribbean as fish tea soup instead of fish soup due to its consistency. Want a hearty and fragrant broth to warm a cold winters night, then fish tea soup is a healthy substitute. This quick alternative to the homemade delicacy includes a blend of Caribbean spices that will leave you wondering how a packet soup can taste so good.</p>
	<p>Guava Jam</p>	<p>Grace Guava Jam is a delicious sweet tropical fruit jam that can be spread on fresh bread, warm toast, crackers, used in desserts or as a glaze for meats.</p>
	<p>Gizzada</p>	<p>Gizzada is a tart contained in a small, crisp pastry shell with a pinched crust and filled with a sweet and spiced coconut filling. Excellent with tea, coffee, or a nice cold glass of dessert wine.</p> <p>If you like coconut, you'll love <b>Gizzada</b></p>

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	<p>Hard dough bread</p>	<p>The name does not do it justice, it's not hard unless you toast it! Can be enjoyed with some sticky, sweet, juicy guava jam. With a slightly sweeter hint than other breads it's often enjoyed on its own.</p> <p>A popular Jamaican delicacy, this bread is firm on the outside, dense and tender on the inside. Traditionally it is eaten with any meal to accompany meats and fish.</p>
	<p>Kool Aid</p>	<p>This sweet drink is full of bold flavours. The drink that's refreshing and brings the kid out of you. This punching drink comes in various flavours to suit everyone's taste. If you need a drink to quench your thirst then Kool Aid will do just that, bringing extra sweetness to your day.</p>
	<p>Manish Water</p>	<p>For the more adventurous! A Jamaican party is never truly complete without the traditional Manish Water! A delicious traditional goat soup.</p> <p>It starts with the amazing aroma and a delicate taste which will not failed to warm you up as you sip from your mug on a cold winter's night.</p> <p>Can be made on its own and enjoyed as a cuppa soup or added to vegetables for a mouth-watering sensation.</p>

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	<p>Moringa tea</p>	<p>Although it can be enjoyed at any time of the day, Moringa tea is a lovely breakfast tea. Everyone loves a good cuppa but how about one that taste good and has great health benefits too.</p> <p>Moringa tea is plant based and comes packed with flavour, providing loads of vitamins to support the body. Traditionally in the Caribbean it is thought to have medical benefits such as protecting the liver, helping with stomach problems, lowering blood pressure and also stimulating hair growth.</p>
	<p>Peanut drops</p>	<p>Great for the nut lovers!</p> <p>Scrumptious peanut drops are sweet snacks made from roasted peanuts, ginger and spices which can be enjoyed anytime of the day.</p> <p>*Suitable for vegetarians/vegans</p>
	<p>Ping Pong</p>	<p>Delicious crunchy peanuts covered in milk chocolate. You will be playing ping pong with your tongue as the flavours bounce back and forth between the chocolate and the nuts. You won't want to share these.</p>

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	Plantain chips	<p>Trade in your potato chips for plantain chips, one of the island foods that we love so much. Great as a snack on its own or served as an appetizer with a dip like guacamole!</p> <p>*Suitable for vegetarians/vegans</p>
	Pumpkin soup	<p>This soup is a quick substitute to the homemade delicacy, but this is not no ordinary cuppa soup. The little noodles give additional substance to the subtly sweet but earthy flavour of the pumpkin. Fill up your flask and go or add vegetables for a healthy lunchtime meal.</p>
	Rum Fruit Cake	<p>A moist and succulent fruit cake with a light and fluffy texture. Glazed with premium Jamaican rum.</p>
	Rum Cake (Original)	<p>A moist and succulent sponge cake with a light and fluffy texture. Glazed with premium Jamaican rum.</p>

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	<p>Rum &amp; Raisin chocolate</p>	<p>Rum &amp; Raisin milk chocolate bar is filled with sweet raisins and infused with the rum flavour of the Caribbean. A decadent trip to the islands.</p> <p>This chocolate is very popular in the Caribbean for gifts and that indulgent night in.</p> <p>*Dark chocolate version is suitable for vegans</p>
	<p>Sorrel &amp; Ginger tea</p>	<p>Sorrel is the Jamaican word for hibiscus, a flower which grows abundantly on the island. Christmas wouldn't be Christmas without a sorrel drink, served hot or cold. You could say it's the Caribbean equivalent to mulled wine. This sorrel and ginger blend will spice up this festive season.</p> <p><i>Did you know:</i> Historically it was used to decrease body temperature in hotter climates and to soothe sore throats.</p>
	<p>Soursop sweets</p>	<p>One of Guyana's favourite sweets. They have taken the familiar taste of the fruit and turned them into tiny hard sweets that you can enjoy while working, on the go or while watching a movie.</p> <p><i>Did you know:</i> Soursop studies show that soursop is high in antioxidants, which may help prevent cell damage and could lower the risk of chronic disease.</p>
	<p>Soursop tea</p>	<p>Soursop tea is made of slowly and naturally dried soursop to maximize the potency of the health benefits associated with the soursop plant. It has a soothing taste with a tropical floral flavour.</p> <p><i>No Artificial additives or flavourings &amp; Caffeine free</i></p> <p><i>Did you know :</i> Soursop tea is rich in several compounds including calcium, vitamins A and B.</p>

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	<p>Tamarind sweets</p>	<p>One of Guyana’s favourite sweets. They have taken the familiar taste of the fruit and turn them into tiny hard sweets that can be enjoyed while working, on the go or while watching a movie.</p> <p><i>Did you know:</i> Tamarind is a tropical fruit which is used around the world in a variety of dishes but is also thought to have medical benefits. The polyphenols in tamarind are thought to have antioxidant and anti-inflammatory properties.</p>
	<p>Water crackers</p>	<p>Water crackers are a fat free hard cracker, which are popular for breakfast or as a healthy snack.</p> <p>Excelsior is Jamaica’s leading brand of crackers. They are fat free and made with baking flour and water. Traditionally enjoyed with fish or meat, but commonly eaten as a great accompaniment to cheese, guava jam or a dip such as Guacamole and a glass of wine.</p> <p>*Dairy Free, Suitable for Vegetarians, Lactose Free</p>