

MEDITERRANEAN VEGGIE

Ingredients : Chick peas (Chick peas,Water,Salt) , Ciabatta [BARLEY] [RYE] [WHEAT] (WheatFlour [WHEAT],Water,Olive oil,Salt) , Tomatoes , Lettuce , Dill pickles , Cucumbers , Kale , Tahini [SESAME] (Sesame [SESAME]) , Red onion , Vegan mayo [MUSTARD] (Water,Sunflower Oil,Apple Vinegar,Rice Starch,Mustard Seed [MUSTARD],Agave,Sea Salt,Xanthan Gum,Guar Gum,Citric acid ) , Olive oil , Carrots , Mung sprouts , Mustard [BARLEY] [MUSTARD] (Water,Mustard Seed [MUSTARD],Sugar,Salt,Xanthan Gum,Spices,Malt vinegar [BARLEY]) , Water , Red peppers , Lemon juice , Apple cider vinegar [SULPHITES] (Apple Cider Vinegar [SULPHITES],Preservative: Potassium Metabisulphite E224 [SULPHITES]) , Dill , Salt , Turmeric root fresh , Caster sugar , Garlic , Cumin seeds

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1979	501
Energy (KCal)	517	131
Fat (g)	17	4
of which Saturates (g)	2	1
Carbohydrate (g)	72	18
of which Sugars (g)	4	1
Protein (g)	16.89	4.28
Salt (g)	2.35	0.59
Fibre (g)	11.00	2.78

Total Weight : 395 ge