

SEARED TUNA NICOISE

Ingredients : Ciabatta [BARLEY] [RYE] [WHEAT] (WheatFlour [WHEAT],Water,Olive oil,Salt) , Tuna [FISH] , Free range eggs [EGG] , Tomatoes , Vegan mayo [MUSTARD] (Water,Sunflower Oil,Apple Vinegar,Rice Starch,Mustard Seed [MUSTARD],Agave,Sea Salt,Xanthan Gum,Guar Gum,Citric acid ) , Cucumbers , Red onion , Spring onion , Olive oil , Anchovies marinated [FISH] (Anchovys [FISH],Olive oil,Vinegar,Garlic,Parsley,Salt) , Radish

Not suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1574	712
Energy (KCal)	427	193
Fat (g)	17	8
of which Saturates (g)	2	1
Carbohydrate (g)	38	17
of which Sugars (g)	2	1
Protein (g)	25.12	11.37
Salt (g)	1.17	0.53
Fibre (g)	2.72	1.23

Total Weight : 221 ge