

LOLAS HAM AND CHEESE PLOUGHMAN'S

Ingredients : Barbers cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet) , Free range eggs [EGG] , Prosciutto ham sliced (Pork,Salt,Preservative: Potassium Nitrate E252) , Vegan mayo [MUSTARD] (Water,Sunflower Oil,Apple Vinegar,Rice Starch,Mustard Seed [MUSTARD],Agave,Sea Salt,Xanthan Gum,Guar Gum,Citric acid) , Cucumbers , Tomatoes , Little gem lettuce , Balsamic onion [SULPHITES] (Borettane onions [SULPHITES],Sugar,Balsamic Vinegar of Modena IGP (wine vinegar) [SULPHITES],Cooked Grape Must,Colour: E150d,Salt) , Mustard [BARLEY] [MUSTARD] (Water,Mustard Seed [MUSTARD],Sugar,Salt,Xanthan Gum,Spices,Malt vinegar [BARLEY]) , Mustard cress

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2330	815
Energy (KCal)	562	196
Fat (g)	45	16
of which Saturates (g)	16	5
Carbohydrate (g)	8	3
of which Sugars (g)	4	1
Protein (g)	31.23	10.92
Salt (g)	3.78	1.32
Fibre (g)	1.71	0.60

Total Weight : 286 ge