

**LOLAS HAM AND CHEESE PLOUGHMAN'S**

Ingredients : Barbers cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet) , Prosciutto ham sliced (Pork,Salt,Preservative: Potassium Nitrate ) , 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)	2497	873
Energy (KCal)	602	211
Fat (g)	50	17
of which Saturates (g)	17	6
Carbohydrate (g)	9	3
of which Sugars (g)	5	2
Protein (g)	30.24	10.57
Salt (g)	4.38	1.53
Fibre (g)	1.65	0.58

Total Weight : 286 ge