

**LOLAS CHEESE PLOUGHMAN'S CIABATTA**

Ingredients : Ciabatta [WHEAT] (WheatFlour [WHEAT],Water,Olive oil,Salt) , Barbers cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet) , 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)	1784	830
Energy (KCal)	429	199
Fat (g)	21	10
of which Saturates (g)	7	3
Carbohydrate (g)	48	23
of which Sugars (g)	2	1
Protein (g)	13.88	6.46
Salt (g)	1.94	0.90
Fibre (g)	2.90	1.35

Total Weight : 215 ge