

LOLAS CHEESE PLOUGHMAN'S CIABATTA

Ingredients : Ciabatta [BARLEY] [RYE] [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 , Free range eggs [EGG] , 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)	1745	812
Energy (KCal)	419	195
Fat (g)	21	10
of which Saturates (g)	7	3
Carbohydrate (g)	45	21
of which Sugars (g)	2	1
Protein (g)	14.72	6.84
Salt (g)	1.87	0.87
Fibre (g)	2.81	1.31

Total Weight : 215 ge