

ORGANIC GREEN SALAD WITH LEMON DRESSING

Ingredients : Olive oil , Courgette , Cucumbers , Frozen peas , Kale ,
Mange tout , Sugar snaps , Pea shoots , Spring onion , Lemon juice (2%) ,
Salt

Suitable for vegetarians

For allergens please see ingredients in bold. Please note in our bakery we
handle Nuts, Milk, Eggs, Soya & peanuts.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	261	186
Energy (KCal)	278	199
Fat (g)	29	21
of which Saturates (g)	4	3
Carbohydrate (g)	4	3
of which Sugars (g)	2	2
Protein (g)	3.16	2.26
Salt (g)	0.17	0.12
Fibre (g)	2.42	1.73

Total Weight : 140 g**e**