

**MUSHROOM AND RED ONION TART 11"**

Ingredients : Whole milk [MILK] , Double cream [MILK] , Plain flour [WHEAT] (WheatFlour [WHEAT],Colouring (Calcium Carbonate),Iron,Thiamine,Niacin) , Mushrooms , Butter [MILK] , Eggs [EGG] , Red onion , Egg yolk [EGG] , Cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet,Anti 1%) , Red wine vinegar [SULPHITES] (Rice Wine Vinegar,sulphur dioxide [SULPHITES] [SULPHITES]) , Maple syrup , Sunflower oil or rapeseed oil , Garlic , Tarragon , Chive , Salt , Peppercorns , Oregano , Thyme

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Gluten, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

**Nutritionals**

	Total Per item	Total Per 100 gr
Energy (Kj)	18518	1112
Energy (KCal)	4458	268
Fat (g)	349	21
of which Saturates (g)	195	12
Carbohydrate (g)	250	15
of which Sugars (g)	58	3
Protein (g)	88.56	5.32
Fibre (g)	14.82	0.89
Salt (g)	6.75	0.41

Total Weight : 1666 ge