

HOT TOASTED TUNA MELT CIABATTA

Ingredients : Ciabatta [WHEAT] (WheatFlour [WHEAT],Water,Olive oil,Salt) , Tuna [FISH] , Buffalo mozzarella [MILK] (Buffalo milk [MILK],Salt,Vegeterian Rennet) , Grated cheddar mature [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Microbial Remnet,Anti-Caking Agent (Potato Starch 1%)) , Butter [MILK] , Capers (Capers,Water,Vinegar,Salt) , Red onion , Spring onion , Garlic , Dijon mustard [MUSTARD] (Mustard Seed [MUSTARD],Spirit vinegar,Agave,Sea Salt,Preservative (Lactic Acid),Turmeric,Fennel Seeds,Coriander Seed) , Chive , Tabasco sauce (Distilled vinegar,Red Pepper,Salt) , Rosemary , Salt , Peppercorns

Not suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2319	950
Energy (KCal)	554	227
Fat (g)	20	8
of which Saturates (g)	13	5
Carbohydrate (g)	59	24
of which Sugars (g)	1	1
Protein (g)	37.34	15.30
Salt (g)	1.96	0.80
Fibre (g)	3.27	1.34

Total Weight : 244 ge