

HOT TOASTED TUNA MELT CIABATTA

Ingredients : Ciabatta [WHEAT] (WheatFlour [WHEAT],Water,Olive oil,Salt) , Tuna [FISH] , Mozzarella [MILK] (Cow's Milk [MILK],Vegetable Rennet,Salt,Acidity Regulator (Citric acid)) , Cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegetarian Rennet,Anti 1%) , Butter [MILK] , Capers (Capers,Water,Vinegar,Salt) , Red onion , Spring onion , Garlic , Dijon mustard [MUSTARD] [SULPHITES] (Mustard Seed [MUSTARD],Spirit vinegar,Sea Salt,Water,Preservative (Sodium Hydrogen Sulphite) [SULPHITES]) , Chive , Tabasco sauce (Distilled vinegar,Red Pepper,Salt) , Rosemary , Salt , Peppercorns

Not 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)	2164	887
Energy (KCal)	518	212
Fat (g)	18	8
of which Saturates (g)	11	5
Carbohydrate (g)	58	24
of which Sugars (g)	1	0
Protein (g)	30.24	12.39
Fibre (g)	2.97	1.22
Salt (g)	2.57	1.05

Total Weight : 244 ge