

INDIVIDUAL ROASTED VEGETABLE TART

Ingredients : Gluten free plain flour
(Rice,Potato,Tapioca,Maize,Buckwheat) , Eggs [EGG] , Butter [MILK] ,
Double cream [MILK] , Whole milk [MILK] , Yellow pepper , Cheddar
[MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet,Anti-
Caking Agent (Potato Starch 1%)) , Sunflower oil or rapeseed oil , Red
onion , Egg yolk [EGG] , Courgette , Water , Parmesan (vegeterian hard
cheese) [MILK] (Cow's Milk [MILK],Salt,Vegetable Rennet,Starter
Culture,Firming agent: Calcium Chloride) , Balsamic vinegar [SULPHITES]
(Wine,Water,Antioxidant:: Sulphites [SULPHITES],Concentrated Grape
Must) , Garlic , Salt , Basil , Oregano , Black pepper

Suitable for vegetarians

For allergens please see ingredients in bold.

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

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2921	1262
Energy (KCal)	704	304
Fat (g)	52	22
of which Saturates (g)	27	12
Carbohydrate (g)	45	20
of which Sugars (g)	3	1
Protein (g)	14.22	6.14
Fibre (g)	0.87	0.38
Salt (g)	2.51	1.08

Total Weight : 231.5 gE