

PEARL BARLEY, MUSHROOMS AND WALNUT SALAD

Ingredients : Pearl barley [BARLEY] , Mushrooms , Walnut pieces (7%) [NUTS] , Spring onion , Parsley , Lemon juice , Rocket , Fresh pomegranate , Balsamic vinegar [SULPHITES] (Wine,Water,Antioxidant (Sulphites) [SULPHITES],Concentrated Grape Must) , Garlic , Salt , Black pepper , Rosemary , Chilli flakes

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)	7040	842
Energy (KCal)	1681	201
Fat (g)	51	6
of which Saturates (g)	7	1
Carbohydrate (g)	251	30
of which Sugars (g)	9	1
Protein (g)	50.39	6.03
Fibre (g)	7.16	0.86
Salt (g)	4.59	0.55

Total Weight : 836 g