

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