

OLD FALAFEL WRAP

Ingredients : Tortilla wrap [WHEAT] (Wheat Flour (Contains Calcium, Iron, Niacin, Thiamine) [WHEAT], Water, rapeseed oil, Humectant (Glycerol), Sugar, malic acid, Preservative (Potassium sorbate), Preservative (Calcium Propionate), Stabilisers (guar gum, sodium carboxy Methyl Cellulose), Flavouring, Salt, Mono- and diglycerides) , Falafel [WHEAT] (Chick peas, Red Pepper, Rice flour, onion, rapeseed oil, Salt, Coriander Seed, Cumin Seed, Wheat Flour [WHEAT], garlic puree, Lemon Juice, Methylcellulose, Black Pepper, Turmeric, Chilli Powder) , Butternut squash , Mixed lettuce , Tomatoes , Cucumbers , Fresh mint , Olive oil , Salt , Black pepper

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)	2028	814
Energy (KCal)	479	192
Fat (g)	17	7
of which Saturates (g)	2	1
Carbohydrate (g)	65	26
of which Sugars (g)	9	4
Protein (g)	13.09	5.26
Fibre (g)	6.48	2.60
Salt (g)	1.49	0.60

Total Weight : 249 g