

**AVOCADO&GOAT'S CHEESE WRAP WITH PESTO**

**I**ngredients : 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),Stabalisers (guar gum, sodium carboxy Methyl Cellulose),Flavouring,Salt,Mono- and diglycerides) , Avocado , Mayonnaise [EGG] [MUSTARD] (rapeseed oil,Water,Egg [EGG],Spirit vinegar,Sugar,Salt,Lemon Juice,Stabiliser (Xanthan Gum),Mustard Seed [MUSTARD]) , Goat cheese [MI LK] (Goat's Milk [MI LK],Salt,Vegeterian coagulant 1%,Lactic Starter Cultures 1%,Mould Culture 1%) , Spinach , Tomatoes , Olives (Olives,Water,Salt,Acidity Regulator (Citric acid)) , Pesto [MI LK] (Basil,Sunflower Oil,Salt,Antioxidant (Ascorbic Acid, (Vitamin C)),Preservative (Lactic Acid),Cow's Milk [MI LK],Microbial Remnet,Starter Culture,Garlic)

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)	2761	1122
Energy (KCal)	661	269
Fat (g)	50	20
of which Saturates (g)	10	4
Carbohydrate (g)	38	15
of which Sugars (g)	5	2
Protein (g)	12.81	5.21
Fibre (g)	5.34	2.17
Salt (g)	1.81	0.73

Total Weight : 246 ge