

AVOCADO&GOAT'S CHEESE WRAP WITH PESTO

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),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 [MILK] (Goat's Milk [MILK],Salt,Vegeterian coagulant 1%,Lactic Starter Cultures 1%,Mould Culture 1%) , Spinach , Tomatoes , Olives (Olives,Water,Salt,Acidity Regulator (Citric acid)) , Pesto [MILK] (Basil,Sunflower Oil,Salt,Antioxidant (Ascorbic Acid, (Vitamin C)),Preservative (Lactic Acid),Cow's Milk [MILK],Microbial Rennet,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