

**ROAST COURGETTE, AUBERGINE & PEPPERS WRAP
WITH CAJUN SPICE**

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) , Mayonnaise [EGG] [MUSTARD] (rapeseed oil, Water, Egg [EGG], Spirit vinegar, Sugar, Salt, Lemon Juice, Stabiliser (Xanthan Gum), Mustard Seed [MUSTARD]) , Courgette (8%) , Aubergine , Peppers , Rocket , White onion , Capers (Capers, Water, Vinegar, Salt) , Cajun spice [MUSTARD] (Salt, Flavouring, Anti caking agent (silicon dioxide), Maltodextrin, rapeseed oil, Red Pepper, Cumin Seed, Coriander Seed, Fennel Seeds, Black Pepper, Pimento, Cardamom, Ginger, Thyme, Oregano, yeast extract, sage, Garlic Powder, Colour (Paprika), Cayenne Pepper, Chilli Powder, Mustard powder [MUSTARD]) , 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)	1998	884
Energy (KCal)	525	233
Fat (g)	31	14
of which Saturates (g)	3	1
Carbohydrate (g)	40	17
of which Sugars (g)	6	3
Protein (g)	7.99	3.54
Fibre (g)	4.10	1.82
Salt (g)	1.83	0.81

Total Weight : 226 ge