

OLD FALAFEL SALAD TA

Ingredients : Falafel [WHEAT] (Chick peas,Red Pepper,Rice flour,onion,rapeseed oil,Salt,Coriander Seed,Cumin Seed,WheatFlour [WHEAT],garlic puree,Lemon Juice,Methylcellulose,Black Pepper,Turmeric,Chilli Powder) , Red quinoa , Sweet potatoes , Cherry tomatoes - s , Cucumbers , Mixed lettuce , Olive oil , Carrots , Maple syrup , Fresh pomegranate , Lemon juice , Fresh mint , Extra virgin olive oil , Salt , Smoked paprika , Peppercorns , Caraway seed , Chilli flakes , Tumeric

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)	1878	899
Energy (KCal)	466	223
Fat (g)	24	11
of which Saturates (g)	3	1
Carbohydrate (g)	49	23
of which Sugars (g)	15	7
Protein (g)	8.59	4.11
Fibre (g)	5.76	2.75
Salt (g)	1.47	0.70

Total Weight : 209 ge