

## Nutrition

	per 100g	per Baguette
Energy	986kJ/234kcal	2464kJ/586kcal
Fat	8.3g	21g
of which Saturates	4.5g	11g
Carbohydrate	30g	74g
of which Sugars	2.6g	6.4g
Protein	9.5g	24g
Salt	0.40g	0.99g

## Ingredient Declaration

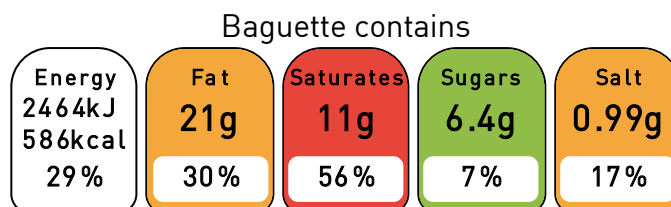
Wheat Flour [Rye, Barley, Oats, Spelt, Eggs, Sesame], Cheddar Cheese Slices [Milk], Tomato, Water, Cucumber, Lettuce, Onions, Vegetable Oil (Rapeseed, Palm Oil), Yeast, Wheat Gluten, Malted Wheat Flour [Rye, Barley, Oats], Buttermilk, Emulsifier ( Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Flour Treatment Agent (Ascorbic Acid), Salt, Colours (Annatto Bixin, Curcumin), Lactic Acid, Flavouring

## Allergens

Contains Gluten	!	Contains Eggs	!
Contains Wheat	!	Contains Milk	!
Contains Rye	!	Contains Sesame	!
Contains Barley	!		
Contains Oats	!		
Contains Spelt	!		

Suitable for Vegetarians

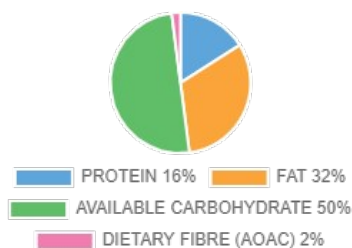
## Front of Pack



of an adult's reference intake

Typical values per 100g: 986kJ/234kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	986 12%
Total Fat	g	70.0	8.3 12%
Saturates	g	20.0	4.5 23%
Carbohydrate	g	260.0	29.6 11%
Sugars	g	90.0	2.6 3%
Protein	g	50.0	9.5 19%
Salt	g	6.0	0.40 7%