

Nutrition

	per 100g	per 275g
Energy	737kJ/174kcal	2026kJ/479kcal
Fat	2.4g	6.5g
of which Saturates	0.6g	1.8g
Carbohydrate	29g	79g
of which Sugars	2.7g	7.3g
Protein	8.6g	24g
Salt	0.49g	1.3g

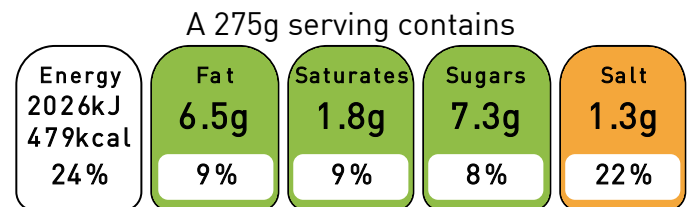
Ingredient Declaration

Wheat Flour [Rye, Barley, Oats, Spelt, Eggs, Sesame], Ham, 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	!		

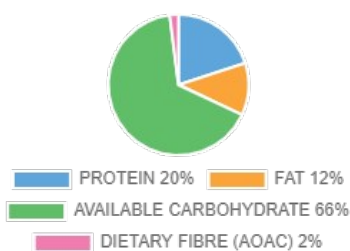
Front of Pack



of an adult's reference intake

Typical values per 100g: 737kJ/174kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	737	9%
Total Fat	g	70.0	2.4	3%
Saturates	g	20.0	0.6	3%
Carbohydrate	g	260.0	28.7	11%
Sugars	g	90.0	2.7	3%
Protein	g	50.0	8.6	17%
Salt	g	6.0	0.49	8%