

Nutrition

	per 100g	per 210g
Energy	582kJ/140kcal	1221kJ/293kcal
Fat	8.6g	18g
of which Saturates	4.9g	10g
Carbohydrate	5.1g	11g
of which Sugars	1.4g	2.9g
Protein	9.7g	20g
Salt	1.4g	2.9g

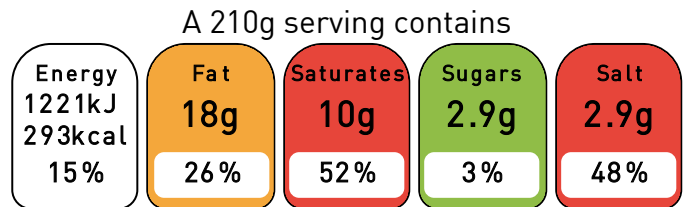
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Cheddar Cheese Slices [**Milk**], Pickle, Lettuce, Vegetable Oil (Rapeseed, Palm Oil), Salt, Bakers Yeast, Vegetabl Oil, Buttermilk, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Emulsifier (E471) (E472), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Emulsifier (E471) Palm, Colours (Annatto Bixin, Curcumin), Colouring - Annatto & Curcumin, Citric Acid, Lactic Acid, Flavouring, Natural Flavouring

Allergens

- Contains Gluten  Contains Soybeans 
 - Contains Wheat  Contains Milk 
 - Contains Rye 
 - Contains Barley 
 - Contains Oats 
 - Contains Spelt 
- Suitable for Vegetarians

Front of Pack



of an adult's reference intake

Typical values per 100g: 582kJ/140kcal

Energy Contributions

5 a Day

A 210g serving provides...

NO PORTIONS of your five-a-day

