

## Nutrition

	per 100g	per 272g
Energy	404kJ/96kcal	1098kJ/262kcal
Fat	3.4g	9.3g
of which Saturates	0.5g	1.5g
Carbohydrate	5.8g	16g
of which Sugars	0.8g	2.1g
Protein	9.4g	26g
Salt	0.78g	2.1g

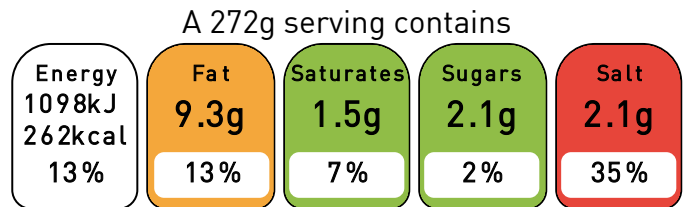
## Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Tuna [**Fish**], Cucumber, Malted **Wheat** [**Rye, Barley, Oats, Spelt**], Rape Seed Oil, **Wheat** [**Rye, Barley, Oats, Spelt**], Bakers Yeast, Salt, Vinegar [**Barley**], **Wheat Bran** [**Rye, Barley, Oats, Spelt**], Roasted **Barley** [**Wheat, Rye, Oats, Spelt**], Rapeseed Oil, Sugar, Spirit Vinegar, Maize Starch, **Egg** Yolk Powder, Palm Fractions, Xanthum Gum, Mustard, Acetic Acid, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Potassium Sorbate, Lutein, Emulsifier (E471), Colours (E160b, E100), Flour Treatment (Ascorbic Acid (E300)), Enzymes

## Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Oats
- Contains Spelt
- Contains Eggs
- Contains Fish
- Contains Soybeans

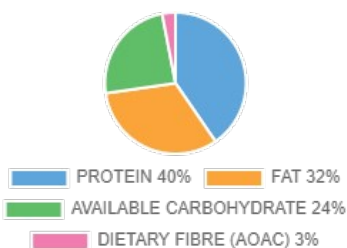
## Front of Pack



of an adult's reference intake

Typical values per 100g: 404kJ/96kcal

## Energy Contributions



## 5 a Day

A 272g serving provides...

**NO PORTIONS** of your five-a-day

