

Nutrition

| | per 100g | per 300g |
|--------------------|--------------|----------------|
| Energy | 339kJ/81kcal | 1018kJ/243kcal |
| Fat | 2.6g | 7.7g |
| of which Saturates | 0.8g | 2.3g |
| Carbohydrate | 6.1g | 18g |
| of which Sugars | 1.4g | 4.3g |
| Protein | 7.6g | 23g |
| Salt | 1.1g | 3.3g |

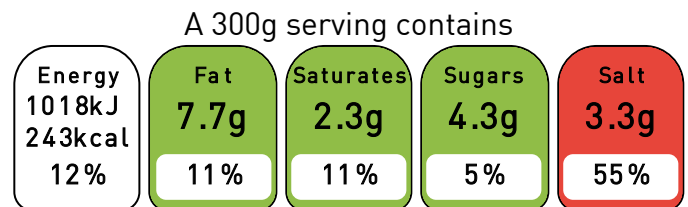
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Ham, Water, Tomato, Cucumber, Lettuce, Onions, Malted **Wheat** [**Rye, Barley, Oats, Spelt**], Vegetable Oil (Rapeseed, Palm Oil), **Wheat** [**Rye, Barley, Oats, Spelt**], Bakers Yeast, Salt, **Wheat** Bran [**Rye, Barley, Oats, Spelt**], Roasted **Barley** [**Wheat, Rye, Oats, Spelt**], Rapeseed Oil, Buttermilk, Palm Fractions, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Emulsifier (E471), Colours (E160b, E100), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colours (Annatto Bixin, Curcumin), Lactic Acid, Flavouring

Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Oats !
- Contains Spelt !
- Contains Soybeans !
- Contains Milk !

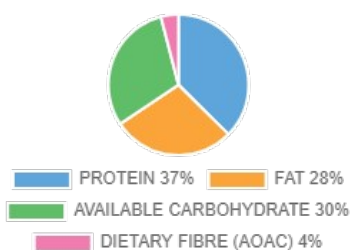
Front of Pack



of an adult's reference intake

Typical values per 100g: 339kJ/81kcal

Energy Contributions



EU Reference Intakes

| Per 100g | | RI Quantity | % RI |
|--------------|----|-------------|---------|
| Energy | kJ | 8400 | 339 4% |
| Total Fat | g | 70.0 | 2.6 4% |
| Saturates | g | 20.0 | 0.8 4% |
| Carbohydrate | g | 260.0 | 6.1 2% |
| Sugars | g | 90.0 | 1.4 2% |
| Protein | g | 50.0 | 7.6 15% |
| Salt | g | 6.0 | 1.1 18% |