

## Sandwiches

### Free Range Chicken, Avocado, Lettuce & Aioli

**Ingredients:**

mixed grain bread (wheat flour (white, wholemeal), water, grains (22%) (red wheat, purple wheat, rye corn, linseeds, corn), yeast, wheat gluten, iodised salt, canola oil, soy flour, emulsifier (471, 481) acidity regulator (263), chicken (free range chicken, lemon zest, thyme), avocado, tomato, organic butter, basil aioli (rice bran oil, organic egg, lemon juice, garlic, basil, white vinegar, Dijon mustard [water, mustard seed, salt, sugar, acidity regulatory (acetic acid), spices], Himalayan salt).  
 Contains wheat, gluten, dairy, soy, egg. May contain sesame seeds.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ)	2001.51	1062.49
Protein (g)	21.42	10.83
Fat, Total (g)	27.04	15.05
Fat, Saturated (g)	9.58	5.75
Carbohydrate (g)	34.04	17.20
Sugars (g)	2.42	1.23
Sodium (mg)	502.15	265.69

### Organic Egg, Lettuce & Mayo – Vegetarian

**Ingredients:**

Rye bread [wheat, rye(7%)], water, rye meal (10%), yeast, sugar, iodised salt, malted barley, wheat gluten, canola oil, soy flour, emulsifier (471, 481), acidity regulatory (263), egg mix (organic egg, mayonnaise [organic egg, Dijon mustard [water, mustard seed, salt, sugar, acidity regulator (acetic acid) spices], white vinegar, rice bran oil, lemon juice, garlic, salt, pepper], organic butter, rocket, mayonnaise, salt, pepper.  
 Contains wheat, gluten, dairy, egg. May contain traces of sesame seeds.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ)	1977.15	1103.11
Protein (g)	14.54	7.74
Fat, Total (g)	27.61	15.80
Fat, Saturated (g)	8.00	5.16
Carbohydrate (g)	41.19	21.92
Sugars (g)	2.31	1.24
Sodium (mg)	396.89	223.14

### Ham, Cheese & Tomato

**Ingredients:**

Bread (wholemeal wheat flour (58%), water, mixed grains (60%) (wheat rye), wheat gluten, yeast, iodised salt, canola oil, soy flour, emulsifiers (471, 481), acidity regulator (263), ham (pork (82%), water, salt, dextrose (from maize), starch, mineral salts (451, 450, 452), sugar, flavour enhancer (631), antioxidant (316), sodium nitrite(250), natural smoke flavour and selected spices) tomato, organic butter, tasty cheese (pasteurised milk, salt, cultures, enzyme (rennet)).  
 Contains wheat, gluten, dairy, soy. May contain sesame seeds. May contain traces of egg.

Nutrient	Qty per Serve	Qty per 100g
Energy (kJ)	1651.08	954.38
Protein (g)	16.02	9.26
Fat, Total (g)	16.63	9.61
Fat, Saturated (g)	9.58	5.54
Carbohydrate (g)	39.22	22.67
Sugars (g)	3.31	1.91
Sodium (mg)	900.74	520.66

Nutritional information is based on average figures and standard product formulations. Actual servings sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors. Nutritional values represent full portion and should be halved for "hi" half portions.



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