



Recipe Ingredients ...	Quantity:	Description:
Pita Pit bread (Brown)	<b>60g</b>	
Carrots, old, raw	<b>15g</b>	0.5x baby carrot
Cabbage, red, raw	<b>15g</b>	
Tomatoes, standard, raw	<b>15g</b>	0.1x large/beef
Lettuce, Cos, raw	<b>25g</b>	1x average leaf
Charleville Freshly Grated Select Red Cheddar 200g	<b>10g</b>	0.5x Each 20g serving contains
Hellmanns, Real Mayonnaise	<b>1g</b>	1.4x teaspoon

## Ingredient List (QUID) ...

Pita Pit bread (Brown) (42.6%) (**Wheat**), Cos lettuce (17.7%), Red cabbage (10.6%), Carrots (10.6%), Tomatoes (10.6%), Charleville Freshly Grated Select Red Cheddar 200g (7.1%) [ **Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch], Mayonnaise (0.71%) (**Eggs**)