

Recipe Ingredients ...	Quantity:	Description:
Pita Pit bread (Brown)	60g	
Turkey slices	38g	3.5x Thin/wafer
Lettuce, Cos, raw	25g	1x average leaf
Carrots, old, raw	15g	0.5x baby carrot
Charleville Freshly Grated Select Red Cheddar 200g	10g	0.5x Each 20g serving contains
Hellmanns, Real Mayonnaise	10g	1.4x teaspoon

Ingredient List (QUID) ...

Pita Pit bread (Brown) (38%) (**Wheat**), Turkey (24.1%), Cos lettuce (15.8%), Carrots (9.5%), Mayonnaise (6.3%) (**Eggs**), Charleville Freshly Grated Select Red Cheddar 200g (6.3%) [**Cheese** made from Pasteurised Cows' **Milk**, Colour: Annatto, Anti-Caking Agent: Potato Starch]