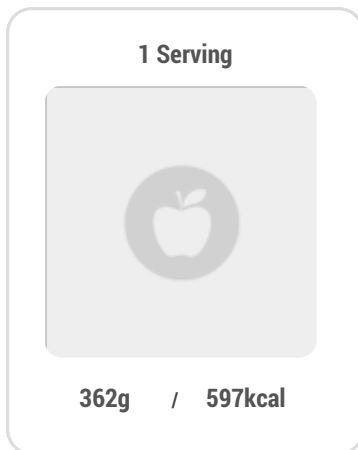


| Recipe Ingredients ... | Quantity: | Description: |
|--|-------------|---------------------------------------|
| Bread, pitta, white | 90g | 2x Round pitta |
| Chicken, breast, grilled without skin, meat only | 75g | |
| Bacon rashers, back, grilled crispy | 28g | 1.9x average |
| Tomatoes, standard, raw | 40g | 2.2x slice |
| Onions, raw | 20g | 1x Average Portion |
| Portabello mushrooms, grilled | 20g | 0.2x cup, sliced |
| Peppers, capsicum, green, raw | 20g | 1x Average Portion |
| Cheese, Parmesan, fresh | 8g | 1.6x teaspoon |
| Lettuce, Cos, raw | 40g | 0.5x NHS Serving (cereal bowl) |
| Pumpkin seeds | 6g | 1.5x Average Portion |
| Bunlimited Chipotle Sauce 150ml | 15ml | 0.1x Per pack |

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Pitta bread (24.9%) (**Wheat**), Chicken (20.7%), Tomatoes (11%), Cos lettuce (11%), Bacon (7.7%), Green peppers (5.5%), Mushroom (5.5%), Onions (5.5%), Bunlimited Chipotle Sauce 150ml (4.1%) [Rapeseed Oil, Water, Vinegar, Sugar, **Egg** Yolk, Salt, Onion Powder, Modified Starch, 0, 7% Chipotle Powder, **Mustard** (Water, **Mustard** Seed, Vinegar, Salt, Spices, Natural Flavouring), Garlic Puree, Yeast Extract, Acid (Lactic Acid), Thickener (Guar Gum), Onions, Preservative (Potassium Sorbate), Parsley, Paprika Extract, Natural Flavouring, Smoke Flavouring, Antioxidant (Calcium Disodium EDTA)], Parmesan cheese (2.2%) (**Milk**), Pumpkin seeds (1.7%)