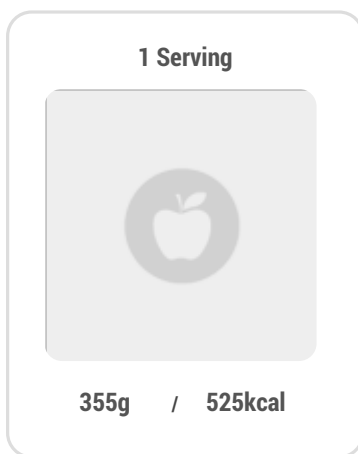




Recipe Ingredients ...	Quantity:	Description:
Bread, pitta, white	90g	2x Round pitta
Peppers, capsicum, red, raw	20g	1x Average Portion
Onions, red, raw	20g	3.8x homemade sandwich filling
Lettuce, Cos, raw	40g	0.5x NHS Serving (cereal bowl)
Tomatoes, standard, raw	40g	2.2x slice
Hummus, homemade	30g	1x tablespoon
Kalamata Olives	20g	4x average piece
Applewood Vegan Smoky Cheese Alternative 200g	20g	0.1x Per pack
Oumph! Pulled 280g	75g	0.3x Per pack

## Portions / Pack Sizes ...



## Ingredient List (QUID) ...

Pitta bread (25.4%) (**Wheat**), Oumph! Pulled 280g (21.1%) [Water, BBQ Sauce (40%) (Water, Tomato Paste, Sugar, Mustard (Water, **Mustard** Seeds, Sugar, Vinegar Essence, Salt, Seasoning), Apple Juice Concentrate, Pepper, Burnt Sugar, Salt, Tomato, Onion, Garlic, White Wine Vinegar, Smoked Salt, Ginger, Acidity Regulator (Citric Acid), Parsley, Black Pepper, Cayenne Pepper), **Soya** Protein Concentrate (15%)], Tomatoes (11.3%), Cos lettuce (11.3%), Hummus (8.5%) ( **Sesame**), Red onions (5.6%), Applewood Vegan Smoky Cheese Alternative 200g (5.6%) [Water, Coconut Oil, Potato Starch, Modified Maize Starch, Yeast Extract, Salt, Natural Flavouring, Thickener (Carrageenan), Calcium Phosphate, Smoke Flavouring, Calcium Chloride, Colour (Carotenes), Paprika, Vitamin B12], Red peppers (5.6%), Olives (5.6%)