



CHICKEN, LETTUCE & MAYO SANDWICH

NO EGGS, NO WORRIES! THERE'S NO EGG IN OUR MAYO!



Ingredients

Wholemeal wheat flour, soy flour, lean chicken, lettuce, Aquafaba, dijon mustard, lemon juice, sugar, apple cider vinegar, stock, oil, paprika, and oregano

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	779 kJ 186 kcal	1,137 kJ 272 kcal
Total fat	3.9 g	5.6 g
- saturated fat	0.6 g	0.9 g
Carbohydrates	24.8 g	36.2 g
- sugar	0.8 g	1.2 g
Fiber	4.1 g	6.0 g
Protein	10.5 g	15.3 g
Salt	0 g	0.0 g

Allergens: Gluten

Alternatives: GF Chicken, lettuce & mayo wrap.

Hommus & lettuce Sandwich

FUN FACT: Lettuce is 95% water so can't be eaten frozen, dried, pickled or canned!

The Scoop

Yummies roasted chicken, crispy iceberg lettuce and our own vegan mayo served on fresh wholemeal bread.

The wholemeal bread is baked fresh daily to a special low salt recipe. We roast our chicken in a blend of herbs and spices for flavour, but no salt. We have whipped up an amazing egg free mayonnaise that looks & tastes exactly like the real thing but is safe for everyone to enjoy!!

