Waitrose Free Range Egg and Cress Less than 350kcal Free range egg

mayonnaise and cress in a thick sliced wholemeal bread sandwich

W320-

fat mayonnaise containing free range egg (10%) (with acidity regulator E260, modified mage starch, stabilisers E415 and E412, preservative E200), cress (3%), low fat spread (with stabiliser E401, emulsifiers colour E160a), salt, pepper

Whalemeal bread with wheatgerm contains wholemeal flour, water, wheatgerm, wheat gluten, yeast, salt, barley malt flour, spirit vinegar, hydrogenated and non hydrogenated vegetable

oil, muscavado sugar, soya flour, emultiflers E477e E471 and E481, flour treatment agent E300