



# THE GREEK FARMER

## AIR DRIED PORK BELLY

### INGREDIENTS:

Pork belly, red wine, salt, black pepper, curing salt (sodium nitrite & sodium nitrate), oak smoke.

BEST BEFORE: +3 MONTHS	
NUTRITIONAL INFORMATION Typical values per 100g	
ENERGY	2259kj/546Kcal
FAT	47.9g
OF WHICH SATURATES	21.4g
CARBOHYDRATES	<0.1g
OF WHICH SUGARS	0.2g
PROTEIN	28.6g
SALT	2.64g



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## AIR DRIED LOIN

### INGREDIENTS:

Pork loin, red wine, salt, coriander, black pepper, curing salt (sodium nitrite & sodium nitrate), natural beef casing, oak smoke.

BEST BEFORE: +3 MONTHS	
NUTRITIONAL INFORMATION Typical values per 100g	
ENERGY	951kj/225Kcal
FAT	4.1g
OF WHICH SATURATES	1.63g
CARBOHYDRATES	1.2g
OF WHICH SUGARS	<0.1g
PROTEIN	45.9g
SALT	5.96g



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## AIR DRIED BEEF

### INGREDIENTS:

Beef, red wine, salt, cumin, fresh garlic, paprika, black pepper, fenugreek, curing salt (sodium nitrite & sodium nitrate), natural beef casing, oak smoke.

BEST BEFORE: +3 MONTHS	
NUTRITIONAL INFORMATION	
Typical values per 100g	
ENERGY	917kj/217Kcal
FAT	3.7g
OF WHICH SATURATES	1.35g
CARBOHYDRATES	5.0g
OF WHICH SUGARS	0.2g
PROTEIN	40.9g
SALT	3.77g



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## AIR DRIED HAM

### INGREDIENTS:

Pork leg, red wine, salt, black pepper, curing salt (sodium nitrite & sodium nitrate), natural beef casing, oak smoke.

BEST BEFORE: +3 MONTHS	
NUTRITIONAL INFORMATION	
Typical values per 100g	
ENERGY	1202kj/286Kcal
FAT	11.1g
OF WHICH SATURATES	4.45g
CARBOHYDRATES	<0.1g
OF WHICH SUGARS	<0.1g
PROTEIN	46.5g
SALT	4.96g

# CHEDDAR & SMOKED CHEDDAR

SMOKED CHEDDAR		WESTCOMBE	
INGREDIENTS RAW MILK, SALT, NO ADDITIVES LOWER WESTCOMBE FARM BA4 6ER		NUTRITIONAL INFO	per 100g
Energy	1829 kJ 441 kcal	Fat	36.4 g
Of which saturates	24 g	Carbohydrate	2.70 g
Of which sugars	0.20 g	Of which sugars	0.20 g
Protein	25.8 g	Salt	1.95 g

CHEDDAR		WESTCOMBE	
INGREDIENTS MILK, SALT, NO ADDITIVES LOWER WESTCOMBE FARM BA4 6ER		NUTRITIONAL INFO	per 100g
Energy	1829 kJ 441 kcal	Fat	36.40 g
Of which saturates	24.00 g	Carbohydrate	2.7 g
Of which sugars	0.2 g	Of which sugars	0.2 g
Protein	25.8 g	Salt	1.95 g