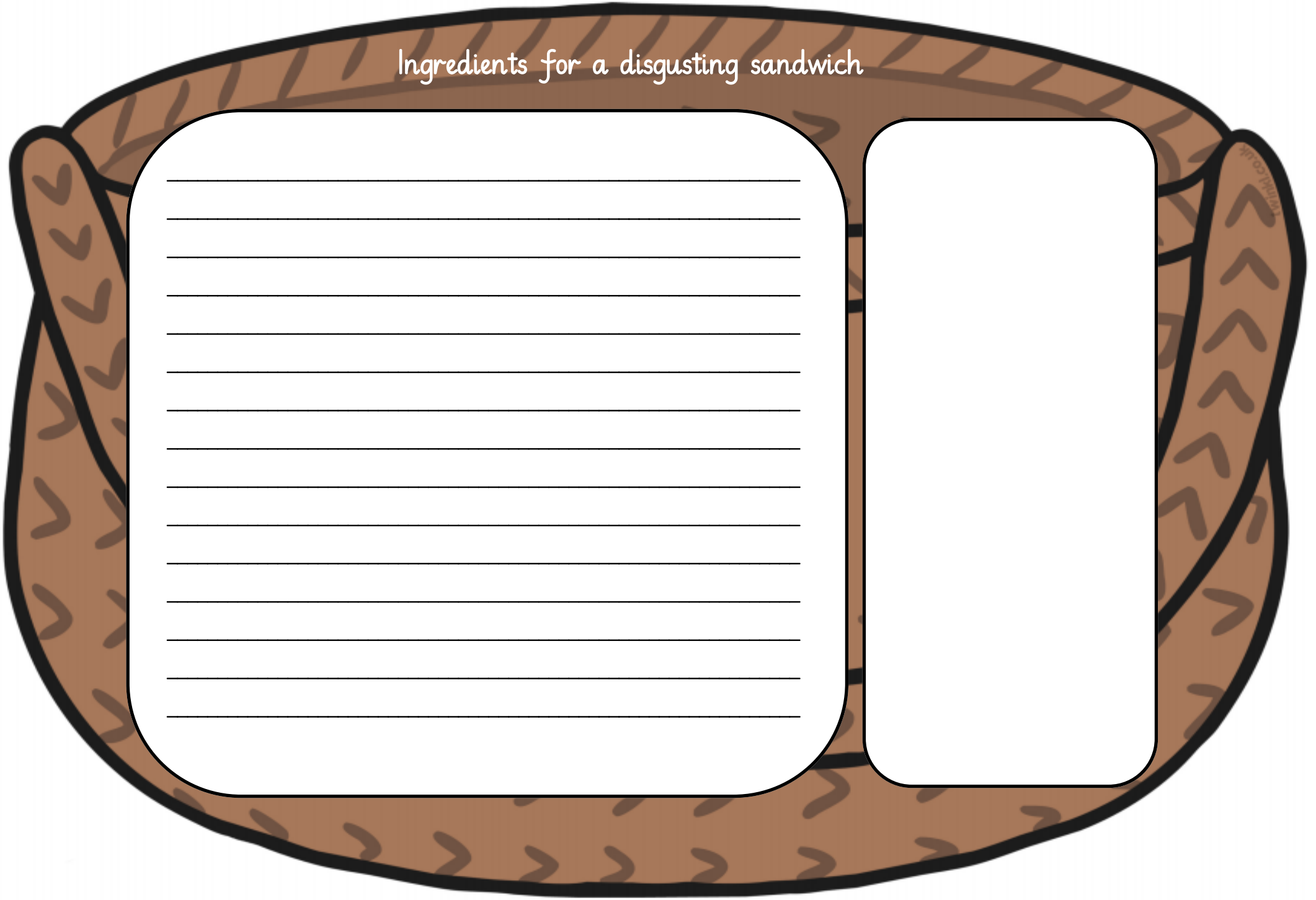Ingredients for a disgusting sandwich