

## Recipes with Nutritional Reference Intake

25.4.22

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN CRV Carvery Sunday Small NEW	971.6	49	4064.9	48	44.8	64	19.0	95	93.8	36	19.6	22	45.2	90	-	-	4.9	82
SIG LN CRV Carvery Sunday Veg Small NEW	1204.0	60	5040.0	60	51.7	74	16.3	82	144.7	56	34.5	38	34.7	69	-	-	5.4	91
SIG LN CRV Carvery Sunday Meatless Small NEW	780.9	39	3269.3	39	30.4	43	16.2	81	96.2	37	24.5	27	25.2	50	-	-	4.9	81
SIG LN CRV NGCI Carvery Sunday Small NEW	576.7	29	2413.6	29	21.3	30	8.1	41	59.8	23	13.6	15	30.3	61	10.9	45	2.4	41
SIG LN CRV NGCI Carvery Sunday Meatless Small NEW	493.8	25	2070.0	25	12.4	18	4.7	24	74.8	29	19.0	21	13.0	26	14.8	61	2.0	33
SIG LN CRV Carvery Sunday Medium NEW	1284.1	64	5371.1	64	58.9	84	25.4	127	121.3	47	25.8	29	61.8	124	-	-	7.1	118
SIG LN CRV Carvery Sunday Veg Medium NEW	1422.7	71	5954.8	71	60.0	86	20.6	103	172.1	66	40.7	45	41.0	82	-	-	7.2	120
SIG LN CRV Carvery Sunday Meatless Medium NEW	1157.7	58	4845.6	58	45.0	64	23.9	119	141.2	54	37.5	42	37.4	75	-	-	7.5	124
SIG LN CRV NGCI Carvery Sunday Medium NEW	832.7	42	3484.9	41	31.1	44	11.6	58	85.1	33	18.6	21	44.3	89	14.7	61	4.0	67
SIG LN CRV NGCI Carvery Sunday Meatless Medium	760.9	38	3189.2	38	19.1	27	7.1	35	115.2	44	29.3	33	19.9	40	22.5	94	3.4	56
SIG LN CRV Carvery Sunday Large NEW	1772.3	89	7414.6	88	82.4	118	33.8	169	168.1	65	33.5	37	84.8	170	-	-	9.0	150
SIG LN CRV Carvery Sunday Meatless Large NEW	1390.8	70	5823.4	69	53.5	76	28.3	141	172.8	66	43.3	48	44.8	90	-	-	8.9	149
SIG LN CRV Carvery Sunday Kids	962.3	48	4026.4	48	43.8	63	18.8	94	95.0	37	19.3	21	45.0	90	-	-	5.2	86
SIG LN CRV Carvery Sunday Veg Kids	1194.7	60	5001.6	60	50.8	73	16.2	81	145.9	56	34.2	38	34.5	69	-	-	5.7	94
SIG LN CRV NGCI Carvery Sunday Kids	620.0	31	2595.0	31	22.8	33	9.4	47	64.6	25	15.1	17	33.4	67	-	-	3.2	53
SIG LN CRV Carvery Bap Beef and Horseradish NEW	778.5	39	3251.3	39	39.4	56	15.7	78	61.9	24	7.7	9	40.3	81	4.6	19	3.6	61
SIG LN CRV Carvery Bap Gammon and Mustard NEW	742.7	37	3111.4	37	36.9	53	15.1	76	64.1	25	8.0	9	34.8	70	3.8	16	8.9	148
SIG LN CRV Carvery Bap Pork and Apple NEW	822.9	41	3437.5	41	44.2	63	17.5	88	65.8	25	8.8	10	37.5	75	3.4	14	2.7	44
SIG LN CRV Carvery Bap Turkey and Cranberry NEW	602.0	30	2531.6	30	15.4	22	7.1	35	67.3	26	13.1	15	45.4	91	3.4	14	2.5	41
SIG LN CRV Carvery Bap Mixed Meat NEW	685.1	34	2867.4	34	31.1	44	13.2	66	58.6	23	4.5	5	39.7	79	3.2	13	3.2	53

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COR Mustard English (2.27l)	51.2	3	214.7	3	2.4	3	0.2	1	5.0	2	2.9	3	1.9	4	0.6	3	2.4	39
COR Pigs in Blankets	55.4	3	230.0	3	4.3	6	1.5	8	1.4	1	0.2	0	2.7	5	0.1	0	0.4	6
COR Sauce Horseradish (2.27L)	4188.6	209	17409.6	207	278.5	398	18.7	94	290.2	112	280.8	312	72.5	145	114.7	478	107.6	1794
COR Sauce Cranberry (2.5kg)	3200.0	160	13600.0	162	1.3	2	0.0	0	790.0	304	775.0	861	5.0	10	12.5	52	2.5	42
COR Sauce Apple (2.5kg)	2675.0	134	11375.0	135	1.3	2	0.0	0	656.5	253	394.5	438	2.8	6	14.8	61	5.8	96
COR Sauce Mint (2.25L)	2290.8	115	9714.7	116	7.2	10	0.0	0	424.6	163	328.6	365	24.0	48	72.0	300	48.0	800
COR Mash Carvery (2.5kg)	2472.0	124	10329.4	123	78.5	112	51.0	255	375.3	144	25.3	28	37.8	76	50.0	208	7.1	119
COR Pork Belly FWE	6029.8	301	25051.6	298	473.8	677	169.5	848	0.9	0	0.0	0	441.4	883	0.6	2	8.5	142
COR Beef Silverside FWE Small	5882.7	294	24458.9	291	407.0	581	160.5	803	0.8	0	0.0	0	552.6	1105	0.5	2	5.6	93
COR Gammon FWE Small	4865.6	243	20349.4	242	354.7	507	141.9	709	12.9	5	12.7	14	405.4	811	0.2	1	76.0	1267
COR Turkey Breast FWE Small	1662.8	83	7024.8	84	18.4	26	5.3	27	0.8	0	0.0	0	372.5	745	0.5	2	3.9	65
COR Sunday Gravy Roast (3ltr)	1215.0	61	5081.0	60	25.2	36	3.4	17	200.8	77	12.2	14	16.9	34	6.7	28	23.7	396
COR Yorkshire Pud Home-made (14ea)	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
COR Sausage Meat Free	105.0	5	436.5	5	6.0	9	0.6	3	3.2	1	1.1	1	8.0	16	3.0	13	0.8	13
SIG LN CRV Vegetable Seeded Roast (Batch)	420.0	21	1758.0	21	18.6	27	1.8	9	51.0	20	15.0	17	10.0	20	4.2	18	1.3	21
SIG LN CRV Seasonal Greens Mix (Batch)	840.4	42	3532.8	42	47.6	68	20.8	104	56.2	22	52.2	58	48.2	96	48.0	200	1.8	30
SIG LN CRV Seasoned Swede Mash (Batch)	1003.2	50	4224.4	50	39.6	57	18.8	94	118.6	46	116.2	129	16.3	33	58.3	243	6.0	99
SIG LN CRV Sunday Roast Chunky Carrots (Batch)	1836.2	92	7694.2	92	58.1	83	8.6	43	270.8	104	245.7	273	16.4	33	83.5	348	3.6	59
SIG LN CRV Peas Frozen Minted (Batch)	1727.9	86	7237.0	86	7.6	11	2.5	13	225.2	87	77.5	86	130.2	260	115.3	481	4.0	67
SIG LN CRV Stuffing Sage and Onion Dry Mix (Batch)	64.5	3	272.3	3	1.2	2	0.3	2	12.4	5	0.4	0	1.7	3	0.7	3	0.6	10
SIG LN CRV Potatoes Roast Fresh (Batch)	4651.4	233	19568.0	233	69.9	100	7.2	36	861.9	332	30.0	33	105.5	211	66.3	276	5.9	99
SIG LN CRV Butternut Squash and Red Onion Roasted (Batch)	1003.6	50	4196.5	50	29.5	42	4.5	23	147.0	57	92.5	103	21.1	42	31.5	131	2.1	35
SIG LN CRV Broccoli and Cheddar Wellington (Batch)	643.2	32	2682.4	32	44.0	63	20.9	105	60.5	23	5.0	6	12.7	25	6.6	28	2.4	40
SIG LN CRV Dauphinoise Potatoes (Batch)	4522.5	226	18890.0	225	252.5	361	163.8	819	451.8	174	57.3	64	128.0	256	35.0	146	27.5	458
SIG LN CRV Cauliflower Cheese (Batch)	1857.4	93	7751.2	92	86.9	124	49.9	250	125.1	48	61.5	68	116.3	233	-	-	19.2	319

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Soup of the Day NEW	329.0	16	1381.2	16	14.5	21	8.8	44	42.5	16	1.2	1	7.3	15	1.3	6	1.2	19
SIG LN NGCI Soup of the Day NEW	1005.3	50	4169.1	50	75.0	107	42.2	211	71.3	27	6.8	8	4.5	9	14.0	58	2.6	43
SIG LN VGN Soup of the Day NEW	327.1	16	1382.2	16	14.6	21	3.5	17	42.4	16	1.1	1	7.2	14	1.3	6	1.2	20
SIG LN Duck Truffle and Red Onion Marmalade Terrine	370.8	19	1553.0	18	18.6	27	9.0	45	40.0	15	17.4	19	10.1	20	1.4	6	1.0	17
SIG LN NGCI Duck Truffle and Red Onion Marmalade Terrine	354.7	18	1479.9	18	20.2	29	9.1	46	33.7	13	18.1	20	7.2	14	3.7	15	0.8	14
SIG LN Prawn Cocktail NEW	557.7	28	2324.7	28	39.0	56	9.7	48	30.2	12	5.6	6	19.0	38	2.8	12	3.4	56
SIG LN NGCI Prawn Cocktail NEW	511.2	26	2124.4	25	38.9	56	9.3	47	22.5	9	6.3	7	13.5	27	3.7	16	3.2	53
SIG LN Breaded Garlic Mushrooms NEW	683.3	34	2840.3	34	49.0	70	6.5	32	48.3	19	2.6	3	9.9	20	4.8	20	1.5	24
SIG LN VGN Breaded Mushrooms NEW	552.5	28	2312.4	28	26.7	38	4.7	24	64.5	25	19.1	21	10.3	21	5.0	21	1.9	32
SIG LN VGN Bruschetta NEW	408.8	20	1702.9	20	25.5	36	6.2	31	37.2	14	9.0	10	5.9	12	3.3	14	0.6	10
SIG LN Bruschetta Prosciutto NEW	444.5	22	1852.0	22	27.6	39	6.9	35	37.2	14	9.0	10	10.1	20	3.3	14	1.5	25
SIG LN Korean Style BBQ Chicken Wings NEW	814.9	41	3398.2	40	48.5	69	12.9	65	23.7	9	22.1	25	69.6	139	1.9	8	2.4	40
SIG LN NGCI Korean Style BBQ Chicken Wings NEW	816.4	41	3404.5	41	48.6	69	12.9	65	23.9	9	22.4	25	69.7	139	1.9	8	2.4	40
SIG LN Salt and Pepper Calamari	627.4	31	2606.6	31	49.4	71	7.7	38	24.2	9	1.7	2	21.1	42	3.0	13	2.7	45
SIG LN Nachos NEW	873.8	44	3646.7	43	48.5	69	13.5	67	87.5	34	8.3	9	17.2	34	6.5	27	2.9	49
SIG LN NGCI Cheesy Nachos NEW	873.8	44	3646.7	43	48.5	69	13.5	67	87.5	34	8.3	9	17.2	34	6.5	27	2.9	49
SIG LN VGN Nachos NEW	717.4	36	2998.7	36	35.8	51	4.3	21	84.7	33	5.7	6	9.7	19	6.5	27	2.4	40
SIG LN NGCI VGN Nachos NEW	717.4	36	2998.7	36	35.8	51	4.3	21	84.7	33	5.7	6	9.7	19	6.5	27	2.4	40
SIG LN Nachos with Chilli NEW	1015.1	51	4235.5	50	53.2	76	14.9	74	97.3	37	12.0	13	29.3	59	12.0	50	3.8	63
SIG LN NGCI Cheesy Nachos with Chilli NEW	1015.1	51	4235.5	50	53.2	76	14.9	74	97.3	37	12.0	13	29.3	59	12.0	50	3.8	63
SIG LN Korean Style BBQ Cauliflower Wings NEW	314.9	16	1326.2	16	6.5	9	1.6	8	54.6	21	29.5	33	7.1	14	4.5	19	2.2	36
SIG LN Antipasti Board NEW	1910.0	96	7959.9	95	116.4	166	51.4	257	123.6	48	39.8	44	87.9	176	-	-	13.7	229
SIG LN Baked Camembert Sharer NEW	1083.5	54	4523.4	54	65.1	93	47.9	240	67.5	26	23.4	26	55.8	112	2.7	11	6.0	99
SIG LN NGCI Baked Camembert Sharer NEW	1050.2	53	4373.0	52	68.3	98	48.1	241	54.6	21	24.8	28	50.1	100	7.2	30	5.6	94
SIG LN Halloumi Fries NEW	612.1	31	2541.5	30	40.2	57	22.6	113	34.0	13	13.9	15	29.6	59	-	-	5.0	84
SIG LN Mixed Olives NEW	144.0	7	596.4	7	12.6	18	4.1	20	5.9	2	0.0	0	1.7	3	0.2	1	3.5	59
SIG LN Houmous and Flatbread	813.7	41	3407.0	41	41.1	59	3.8	19	88.4	34	6.3	7	18.6	37	8.5	35	2.6	44
SIG LN NGCI Houmous and Toast	477.5	24	1988.6	24	28.3	40	2.7	14	40.7	16	3.3	4	9.5	19	11.1	46	1.8	29
SIG LN Steak and Ale Pie NEW	1200.1	60	5012.1	60	60.1	86	28.7	144	125.6	48	9.0	10	34.2	68	11.2	46	4.7	78
SIG LN Cheddar Leek Potato Pie NEW	1194.1	60	4976.1	59	67.0	96	35.6	178	115.4	44	10.5	12	26.4	53	13.3	55	4.5	75
SIG LN Chicken Cider Mushroom Pie NEW	1212.1	61	5066.1	60	62.8	90	31.7	159	124.4	48	8.4	9	32.7	65	11.2	46	4.1	68

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Fish and Chips NEW	1269.6	63	5299.9	63	77.7	111	18.5	92	77.8	30	4.1	5	60.4	121	-	-	3.6	60
SIG LN Whitby Scampi NEW	921.9	46	3846.0	46	54.2	77	11.8	59	81.3	31	6.0	7	22.4	45	9.4	39	3.2	53
SIG LN Curry Royale Chicken Tikka Masala	1361.9	68	5728.3	68	39.7	57	12.3	62	190.6	73	33.2	37	54.2	108	15.4	64	4.6	77
SIG LN Smoky Beef and Pancetta Lasagne NEW	950.3	48	3840.0	46	39.0	56	17.7	88	78.0	30	14.0	16	61.6	123	5.8	24	3.0	51
SIG LN NGCI Curry Royale Chicken Tikka Masala NEW	1020.0	51	4289.4	51	31.7	45	11.7	59	133.5	51	30.2	34	46.5	93	10.5	44	4.1	68
SIG LN Curry Thai Vegetable NEW	1039.3	52	4381.2	52	17.0	24	4.2	21	181.3	70	28.8	32	32.9	66	13.4	56	4.9	82
SIG LN NGCI Curry Thai Vegetable NEW	695.9	35	2936.0	35	9.0	13	3.6	18	124.1	48	25.6	28	25.2	50	8.5	35	4.3	72
SIG LN VGN Curry Thai Vegetable NEW	621.4	31	2619.9	31	8.7	12	3.5	18	111.0	43	25.5	28	20.5	41	8.2	34	3.4	56
SIG LN NGCI VGN CurryThai Vegetable NEW	621.4	31	2619.9	31	8.7	12	3.5	18	111.0	43	25.5	28	20.5	41	8.2	34	3.4	56
SIG LN ROT Rotisserie Chicken NEW	1179.1	59	4902.6	58	71.4	102	26.6	133	53.1	20	4.8	5	77.7	155	6.9	29	4.5	74
SIG LN ROT NGCI Rotisserie Chicken Half - Classic NEW	1179.1	59	4902.6	58	71.4	102	26.6	133	53.1	20	4.8	5	77.7	155	6.9	29	4.5	74
SIG LN ROT Bourbon Rotisserie Chicken NEW	1517.9	76	6333.2	75	82.3	118	19.7	98	105.1	40	28.0	31	78.5	157	8.3	35	4.6	77
SIG LN Hunter's Chicken NEW	1217.7	61	5103.0	61	49.4	71	19.4	97	90.6	35	42.9	48	97.0	194	6.7	28	6.7	112
SIG LN NGCI Hunter's Chicken NEW	1217.7	61	5103.0	61	49.4	71	19.4	97	90.6	35	42.9	48	97.0	194	6.7	28	6.7	112
SIG LN Duo Of Chicken and Beef NEW	929.7	46	3895.7	46	36.5	52	18.1	91	54.1	21	9.7	11	90.2	180	7.0	29	4.1	68
SIG LN NGCI Duo of Chicken and Beef NEW	929.7	46	3895.7	46	36.5	52	18.1	91	54.1	21	9.7	11	90.2	180	7.0	29	4.1	68
SIG LN Goats Cheese Lasagne NEW	844.8	42	3529.5	42	41.0	59	19.0	95	85.1	33	19.1	21	30.5	61	6.3	26	3.8	64
SIG LN Goats Cheese Lasagne Salad NEW	639.9	32	2669.4	32	32.6	47	15.7	79	57.7	22	17.7	20	26.1	52	5.0	21	3.3	55
SIG LN Kebab Chicken and Chorizo NEW	1646.9	82	6889.2	82	83.6	119	18.4	92	159.7	61	35.7	40	57.4	115	13.7	57	5.3	89
SIG LN NGCI Kebab Chicken and Chorizo NEW	1061.6	53	4432.3	53	57.3	82	15.6	78	84.0	32	32.6	36	46.9	94	11.3	47	3.9	65
SIG LN Kebab Halloumi and Veg NEW	1562.9	78	6526.3	78	84.0	120	22.5	113	159.7	61	35.9	40	35.4	71	-	-	5.4	89
SIG LN NGCI Kebab Halloumi and Veg NEW	976.4	49	4064.2	48	57.7	82	19.7	99	83.8	32	32.6	36	24.8	50	-	-	4.0	66
SIG LN Minted Lamb Shank NEW	1404.7	70	5841.9	70	96.1	137	48.2	241	54.6	21	13.6	15	77.6	155	6.6	28	2.2	37
SIG LN NGCI Minted Lamb Shank NEW	1404.7	70	5841.9	70	96.1	137	48.2	241	54.6	21	13.6	15	77.6	155	6.6	28	2.2	37
SIG LN Salmon Hollandaise NEW	849.7	42	3537.6	42	57.3	82	31.3	156	39.9	15	7.0	8	42.3	85	9.0	38	2.4	40
SIG LN NGCI Salmon Hollandaise NEW	842.8	42	3509.0	42	57.2	82	31.2	156	38.9	15	6.3	7	41.8	84	8.2	34	2.3	38
SIG LN VGN Kebab Vegetable NEW	1277.7	64	5345.6	64	62.1	89	8.7	44	153.4	59	30.9	34	18.6	37	15.3	64	3.1	52
SIG LN NGCI VGN Kebab Vegetable NEW	784.6	39	3276.7	39	31.8	45	5.7	28	107.3	41	52.7	59	9.5	19	15.3	64	3.0	50
SIG LN Feel Good Salad <250 NEW	231.1	12	968.3	12	9.8	14	1.3	6	26.9	10	23.0	26	5.7	11	6.6	27	1.3	22
SIG LN Salad Chicken Caesar NEW	888.2	44	3691.6	44	59.5	85	9.2	46	4.8	2	-	-	81.6	163	-	-	3.2	53
SIG LN NGCI Salad Chicken Caesar NEW	888.2	44	3691.6	44	59.5	85	9.2	46	4.8	2	-	-	81.6	163	-	-	3.2	53
SIG LN Extra Chicken Breast NEW	332.6	17	1406.6	17	7.8	11	2.2	11	0.0	0	0.0	0	65.7	131	0.0	0	0.3	5

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SIG LN Extra 6oz Rump Steak NEW	378.8	19	1575.4	19	26.4	38	8.4	42	0.0	0	0.0	0	35.2	70	0.0	0	1.2	20
SIG LN Extra Grilled Halloumi 125g NEW	402.5	20	1663.7	20	31.5	45	20.0	100	2.4	1	2.4	3	27.4	55	-	-	3.2	54
SIG LN Steak Sirloin 8oz NEW	976.0	49	4065.8	48	60.1	86	18.3	91	49.3	19	4.2	5	56.1	112	6.6	28	3.1	52
SIG LN NGCI Steak Sirloin 8oz NEW	976.0	49	4065.8	48	60.1	86	18.3	91	49.3	19	4.2	5	56.1	112	6.6	28	3.1	52
SIG LN Steak Sirloin 8oz Salad NEW	540.5	27	2248.8	27	34.3	49	13.7	68	5.5	2	4.7	5	51.2	102	2.4	10	1.1	18
SIG LN NGCI Steak Sirloin 8oz Salad NEW	540.2	27	2247.4	27	34.3	49	13.7	68	5.5	2	4.7	5	51.1	102	2.4	10	1.1	18
SIG LN Steak Ribeye 10oz NEW	1235.4	62	5142.1	61	79.8	114	27.5	137	49.3	19	4.2	5	76.3	153	6.6	28	3.1	51
SIG LN NGCI Steak Ribeye 10oz NEW	1235.4	62	5142.1	61	79.8	114	27.5	137	49.3	19	4.2	5	76.3	153	6.6	28	3.1	51
SIG LN Steak Sweetcure Gammon NEW	1232.7	62	5164.1	61	51.6	74	12.7	64	82.7	32	32.5	36	103.1	206	12.2	51	9.4	157
SIG LN NGCI Steak Sweetcure Gammon NEW	1232.7	62	5164.1	61	51.6	74	12.7	64	82.7	32	32.5	36	103.1	206	12.2	51	9.4	157
SIG LN Mixed Grill NEW	1542.1	77	6417.2	76	96.8	138	31.2	156	53.8	21	4.2	5	110.7	221	6.6	27	7.0	117
SIG LN Steak Bourbon Sirloin NEW	1452.8	73	6061.3	72	83.7	120	30.9	154	95.6	37	27.1	30	69.6	139	7.6	32	5.1	86
SIG LN Extra Peppercorn Sauce 75g NEW	50.8	3	211.5	3	3.0	4	1.8	9	3.4	1	0.5	1	1.7	3	-	-	1.0	16
SIG LN Extra Bearnaise Sauce 75g NEW	183.7	9	755.2	9	19.7	28	12.3	62	0.8	0	0.3	0	0.7	1	0.1	0	0.8	14
SIG LN Extra Beef Dripping Merlot Gravy NEW	53.6	3	224.0	3	2.1	3	1.0	5	4.6	2	2.2	2	1.0	2	0.2	1	0.6	11
SIG LN Lite Bite Beer Battered Cod and Chips NEW	883.5	44	3686.7	44	54.6	78	11.6	58	61.8	24	2.3	3	32.9	66	-	-	2.5	42
SIG LN Lite Bite Breaded Scampi NEW	709.6	35	2959.5	35	42.8	61	8.2	41	63.5	24	3.2	4	13.9	28	7.1	30	2.4	39
SIG LN Steak Lite Bite Sweetcure Gammon 5oz NEW	927.7	46	3885.6	46	40.0	57	9.2	46	77.4	30	27.6	31	59.1	118	10.6	44	5.2	86
SIG LN Burger Beef Bacon and Cheese NEW	1491.4	75	6228.3	74	92.5	132	26.8	134	88.4	34	13.7	15	73.8	148	10.5	44	6.4	107
SIG LN Burger Chicken Bacon and Cheese NEW	1406.2	70	5894.4	70	75.6	108	17.5	88	86.4	33	12.7	14	90.9	182	9.3	39	5.0	83
SIG LN Burger Chicken Buttermilk Fried NEW	1842.2	92	7713.5	92	98.2	140	26.0	130	145.3	56	35.9	40	87.8	176	14.3	60	9.0	150
SIG LN Burger Beef Signature NEW	1721.5	86	7185.5	86	104.9	150	36.0	180	93.3	36	16.8	19	99.5	199	11.1	46	7.2	119
SIG LN Burger Veggie NEW	1379.4	69	5740.9	68	82.6	118	23.9	119	108.7	42	23.3	26	41.6	83	19.3	80	4.8	80
SIG LN VGN Burger Veggie NEW	1015.3	51	4245.9	51	45.6	65	7.6	38	114.6	44	26.3	29	27.8	56	18.8	79	3.7	61
SIG LN Burger Beef Plain	1155.6	58	4826.7	57	62.5	89	20.2	101	86.8	33	12.1	13	59.6	119	10.5	44	3.8	63
SIG LN Burger Chicken Plain	1070.5	54	4492.9	53	45.6	65	10.9	55	84.8	33	11.1	12	76.8	154	9.3	39	2.3	39
SIG LN Extra Chunky Chips 234g NEW	373.1	19	1561.8	19	17.8	25	3.7	19	45.4	17	0.7	1	5.4	11	4.9	20	1.1	18
SIG LN Extra Fries 200g NEW	378.8	19	1585.8	19	16.6	24	3.3	16	50.4	19	2.2	2	4.2	8	5.6	23	1.0	17
SIG LN Extra Sweet Potato Fries 234g NEW	466.2	23	1919.0	23	25.1	36	4.9	24	51.5	20	16.6	18	3.5	7	7.0	29	1.2	20
SIG LN Extra Chilli Fries NEW	608.2	30	2535.1	30	29.7	42	10.3	52	58.8	23	5.1	6	20.9	42	10.0	42	2.2	36
SIG LN Extra NGCI Chilli Fries NEW	608.0	30	2533.9	30	29.7	42	10.3	52	58.8	23	5.1	6	20.9	42	10.0	42	2.2	36

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation.

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Extra House Salad NEW	41.4	2	171.9	2	2.4	3	0.4	2	3.2	1	2.4	3	0.9	2	1.4	6	0.0	0
SIG LN Extra Garlic Ciabatta NEW	451.1	23	1892.2	23	19.3	28	7.0	35	58.1	22	5.1	6	9.6	19	3.9	16	1.0	17
SIG LN Extra Cheesy Garlic Ciabatta NEW	683.5	34	2846.4	34	38.1	54	18.9	95	59.2	23	5.1	6	23.6	47	3.9	16	2.0	34
SIG LN Extra Beer Battered Onion Rings NEW	406.4	20	1696.2	20	24.4	35	4.3	21	40.5	16	4.0	4	4.8	10	3.2	13	1.9	32
SIG LN Extra Bread and Oil NEW	523.9	26	2185.2	26	30.4	43	5.1	26	55.5	21	12.2	14	7.1	14	1.3	6	1.1	18
SIG LN Extra Seasonal Greens NEW	28.0	1	118.0	1	0.8	1	0.1	1	2.8	1	2.6	3	2.4	5	2.4	10	0.0	1
SIG LN Extra Avocado	200.3	10	825.6	10	19.9	28	4.8	24	1.9	1	0.5	1	1.6	3	3.4	14	0.0	0
SIG LN Extra Baked Beans 56g NEW	42.0	2	175.3	2	0.2	0	0.1	0	7.7	3	2.0	2	2.7	5	2.0	8	0.3	5
SIG LN Extra Bread and Butter NEW	237.1	12	991.5	12	13.5	19	7.8	39	22.7	9	0.7	1	6.4	13	2.1	9	0.7	12
SIG LN Extra Cheddar Cheese 28g NEW	116.2	6	477.1	6	9.4	13	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	8
SIG LN Extra Cheese Slice NEW	41.5	2	172.2	2	3.3	5	1.7	8	0.8	0	0.8	1	2.2	4	0.0	0	0.2	4
SIG LN Extra Chocolate Flake NEW	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
SIG LN Extra Cream NEW	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
SIG LN Extra Crispy Onions	60.0	3	251.8	3	2.6	4	0.8	4	8.2	3	1.5	2	1.1	2	0.8	3	0.1	1
SIG LN Extra Custard 100g NEW	105.0	5	443.0	5	3.0	4	1.7	9	16.5	6	12.1	13	3.1	6	0.0	0	0.1	2
SIG LN Extra Double Beef Burger NEW	417.8	21	1740.4	21	24.7	35	11.5	57	2.0	1	1.0	1	48.5	97	1.2	5	1.8	30
SIG LN Extra Fried Egg NEW	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
SIG LN Extra Grilled Mushroom x1 NEW	9.6	0	40.8	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
SIG LN Extra Kebab Chicken and Chorizo NEW	354.9	18	1485.1	18	19.5	28	6.4	32	7.5	3	6.0	7	36.7	73	1.6	7	2.1	35
SIG LN Extra Kebab Halloumi NEW	270.9	14	1122.2	13	19.9	28	10.5	53	7.5	3	6.2	7	14.7	29	-	-	2.1	35
SIG LN Extra Mash 284g NEW	357.4	18	1487.1	18	19.1	27	12.2	61	39.4	15	3.0	3	4.2	8	5.2	22	0.8	14
SIG LN Extra Peas 85g NEW	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
SIG LN Extra Pigs In Blankets x8 NEW	443.0	22	1839.7	22	34.2	49	12.3	61	11.6	4	1.6	2	22.0	44	0.8	3	3.1	51
SIG LN Extra Pineapple Ring NEW	101.7	5	430.4	5	0.7	1	0.1	1	22.7	9	22.7	25	0.7	1	1.0	4	0.0	0
SIG LN Extra Rice NEW	340.0	17	1440.0	17	0.8	1	0.2	1	72.2	28	0.0	0	9.4	19	2.8	12	0.0	0
SIG LN Extra Roast Beef 85g NEW	171.5	9	713.4	8	11.4	16	4.6	23	0.0	0	0.0	0	17.2	34	0.0	0	0.2	4
SIG LN Extra Roast Chicken NEW	242.5	12	1024.9	12	4.2	6	0.9	4	0.0	0	0.0	0	51.1	102	0.0	0	0.4	6
SIG LN Extra Sauce Apple 28g NEW	30.0	1	127.4	2	0.0	0	0.0	0	7.4	3	4.4	5	0.0	0	0.2	1	0.1	1
SIG LN Extra Sauce BBQ Korean 50g NEW	104.0	5	439.0	5	1.5	2	0.3	2	21.0	8	20.0	22	1.2	2	0.8	3	0.6	9
SIG LN Extra Sauce BBQ Smoky 56g NEW	124.9	6	530.3	6	0.1	0	0.0	0	28.3	11	27.3	30	1.1	2	0.7	3	1.7	28
SIG LN Extra Sauce Burger 56g NEW	166.3	8	688.8	8	15.7	22	1.2	6	6.2	2	4.3	5	0.5	1	0.4	2	0.7	11
SIG LN Extra Sauce Chocolate 28g NEW	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
SIG LN Extra Sauce Cranberry 28g NEW	35.8	2	152.3	2	0.0	0	0.0	0	8.8	3	8.7	10	0.1	0	0.1	1	0.0	0

## Recipes with Nutritional Reference Intake

25.4.22

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation.

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Extra Sauce Fruity Chilli 56g	50.4	3	212.2	3	0.2	0	0.0	0	11.1	4	11.0	12	0.3	1	1.5	6	0.1	2
SIG LN Extra Sauce Horseradish 28g	50.1	3	208.3	2	3.3	5	0.2	1	3.5	1	3.4	4	0.9	2	1.4	6	1.3	21
SIG LN Extra Sauce Mayo 56g NEW	196.6	10	811.4	10	20.2	29	1.6	8	3.1	1	1.2	1	0.3	1	0.3	1	0.7	11
SIG LN Extra Sauce Mint 28g NEW	26.7	1	113.4	1	0.1	0	0.0	0	5.0	2	3.8	4	0.3	1	0.8	4	0.6	9
SIG LN Extra Sauce Red Onion Chutney 56g NEW	95.8	5	404.9	5	0.1	0	0.0	0	22.2	9	20.9	23	0.6	1	1.0	4	0.1	1
SIG LN Extra Sauce Tartare 35g NEW	128.8	6	530.2	6	13.7	20	0.9	5	0.9	0	0.4	0	0.2	0	0.4	1	0.4	7
SIG LN Extra Sausage NEW	198.2	10	822.5	10	15.7	22	6.6	33	2.0	1	0.5	1	10.0	20	0.0	0	1.0	17
SIG LN Extra Scampi x5 NEW	173.8	9	726.1	9	9.5	14	3.0	15	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
SIG LN Extra Scoop Chocolate NEW	122.1	6	511.8	6	5.8	8	3.5	17	15.6	6	13.6	15	1.8	4	0.6	3	0.1	2
SIG LN Extra Scoop Gingerbread NEW	141.7	7	592.9	7	7.9	11	4.9	24	15.9	6	14.1	16	2.0	4	0.1	0	0.1	2
SIG LN Extra Scoop Strawberry NEW	104.9	5	439.3	5	5.9	8	3.6	18	11.7	4	10.9	12	1.4	3	0.2	1	0.1	2
SIG LN Extra Scoop Irish Cream and Salted Caramel NEW	139.9	7	585.7	7	7.7	11	4.9	24	15.6	6	15.2	17	1.9	4	0.1	0	0.1	2
SIG LN Extra Scoop Vanilla NEW	110.9	6	463.1	6	5.9	8	3.5	18	12.7	5	10.9	12	1.6	3	0.1	0	0.1	2
SIG LN Extra Scoop VGN Vanilla NEW	80.2	4	333.6	4	4.2	6	3.6	18	7.6	3	7.4	8	0.5	1	5.4	22	0.0	0
SIG LN Extra Seasonal Greens NEW	28.0	1	118.0	1	0.8	1	0.1	1	2.8	1	2.6	3	2.4	5	2.4	10	0.0	1
SIG LN Extra Slaw NEW	245.3	12	1015.4	12	19.6	28	1.6	8	12.0	5	9.9	11	2.7	5	4.5	19	0.8	13
SIG LN Extra Streaky Bacon NEW	252.7	13	1057.1	13	23.5	34	3.3	16	0.0	0	0.0	0	9.8	20	0.0	0	2.1	35
SIG LN Extra Sunday Cabbage NEW	110.8	6	471.3	6	0.2	0	0.0	0	26.8	10	11.0	12	0.4	1	0.3	1	0.2	4
SIG LN Extra Sunday Carrots and Parsnips NEW	302.8	15	1267.4	15	12.1	17	1.6	8	37.8	15	25.9	29	3.7	7	14.2	59	0.3	6
SIG LN Extra Sunday Cauliflower Cheese NEW	279.0	14	1159.7	14	15.6	22	9.3	47	14.7	6	6.7	7	17.0	34	-	-	1.3	21
SIG LN Extra Sunday Gravy NEW	60.7	3	254.1	3	1.3	2	0.2	1	10.0	4	0.6	1	0.8	2	0.3	1	1.2	20
SIG LN Extra Sunday Roast Beef 85g NEW	171.5	9	713.4	8	11.4	16	4.6	23	0.0	0	0.0	0	17.2	34	0.0	0	0.2	4
SIG LN Extra Sunday Roast Breast Of Chicken NEW	242.5	12	1024.9	12	4.2	6	0.9	4	0.0	0	0.0	0	51.1	102	0.0	0	0.4	6
SIG LN Extra Sunday Roast Leg of Pork NEW	176.8	9	734.2	9	12.8	18	4.1	21	0.3	0	0.3	0	15.0	30	0.2	1	0.2	3
SIG LN Extra Sunday Roast Potatoes NEW	450.8	23	1890.9	23	12.4	18	1.4	7	72.5	28	2.5	3	9.0	18	5.7	24	0.1	1
SIG LN Extra Sunday Seasonal Greens NEW	16.8	1	70.8	1	0.5	1	0.1	0	1.7	1	1.6	2	1.4	3	1.4	6	0.0	0
SIG LN Extra Sunday Stuffing NEW	163.1	8	678.2	8	11.1	16	4.0	20	8.1	3	5.3	6	7.1	14	0.8	4	1.0	16
SIG LN Extra Thai Sweet Chilli Slaw NEW	150.9	8	630.8	8	0.5	1	0.1	1	32.6	13	28.0	31	2.0	4	3.7	15	1.5	25
SIG LN Extra Veggie Sausage NEW	105.0	5	436.5	5	6.0	9	0.6	3	3.2	1	1.1	1	8.0	16	3.0	13	0.7	12
SIG LN Extra Vine Tomatoes x5 NEW	53.6	3	220.6	3	3.9	6	0.7	3	3.6	1	3.4	4	0.5	1	0.8	3	0.7	12
SIG LN Extra Yorkshire Pudding NEW	161.2	8	674.3	8	9.2	13	1.8	9	15.1	6	1.8	2	5.4	11	0.7	3	0.1	2
SIG LN ROT Extra Sunday Roast 1/4 Chicken	378.0	19	1569.8	19	25.9	37	7.2	36	0.2	0	0.0	0	35.7	71	0.1	1	1.1	18

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation.

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Extra Chicken Gravy NEW	52.8	3	219.6	3	3.0	4	0.8	4	4.6	2	0.6	1	1.7	3	0.2	1	1.0	16
SIG LN NGCI Extra Bread and Butter NEW	189.5	9	786.7	9	13.4	19	7.4	37	14.9	6	1.3	1	0.8	2	2.9	12	0.5	9
SIG LN Extra Chicken Wings x2 NEW	352.7	18	1468.2	17	23.5	34	6.3	32	1.1	0	0.8	1	34.1	68	0.3	1	0.9	15
SIG LN Kids Extra Baked Beans 56g NEW	42.0	2	175.3	2	0.2	0	0.1	0	7.7	3	2.0	2	2.7	5	2.0	8	0.3	5
SIG LN Kids Extra Cheeseburger NEW	250.4	13	1042.5	12	15.7	22	7.4	37	1.8	1	1.3	1	26.4	53	0.6	2	1.1	19
SIG LN Kids Extra Chicken Dippers x3 NEW	233.7	12	971.2	12	17.3	25	4.0	20	12.1	5	0.3	0	7.2	14	0.3	1	0.5	9
SIG LN Kids Extra Chips 134g NEW	215.8	11	902.9	11	10.4	15	2.2	11	26.0	10	0.4	0	3.1	6	2.8	12	0.5	8
SIG LN Kids Extra Fish Fingers x2 NEW	164.3	8	684.1	8	10.2	15	1.9	10	11.2	4	0.5	1	6.7	13	0.4	2	0.4	7
SIG LN Kids Extra Peas 85g NEW	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
SIG LN Kids Extra Sausages x2 NEW	396.5	20	1645.0	20	31.5	45	13.2	66	3.9	2	1.1	1	20.0	40	0.0	0	2.1	34
SIG LN Kids Extra Veggie Sausages x2 NEW	210.0	11	873.0	10	12.0	17	1.1	6	6.4	2	2.2	2	16.0	32	6.0	25	1.5	25
SIG LN Extra Scoop Cherry Sorbet NEW	71.0	4	300.4	4	0.0	0	0.0	0	17.2	7	16.4	18	0.1	0	0.3	1	0.0	0
SIG LN Extra Flatbread NEW	3.5	0	14.7	0	0.2	0	0.0	0	0.4	0	0.0	0	0.1	0	0.0	0	0.0	0
SIG LN Extra Bourbon Sauce 75g NEW	170.2	9	721.5	9	0.0	0	0.0	0	36.1	14	21.8	24	0.5	1	0.2	1	0.6	9
SIG LN ROT Extra Roast 1/2 Chicken	756.0	38	3139.6	37	51.8	74	14.4	72	0.4	0	0.0	0	71.4	143	0.3	1	2.1	35
SIG LN Soup of the Day NEW	329.0	16	1381.2	16	14.5	21	8.8	44	42.5	16	1.2	1	7.3	15	1.3	6	1.2	19
SIG LN NGCI Soup of the Day NEW	1005.3	50	4169.1	50	75.0	107	42.2	211	71.3	27	6.8	8	4.5	9	14.0	58	2.6	43
SIG LN VGN Soup of the Day NEW	327.1	16	1382.2	16	14.6	21	3.5	17	42.4	16	1.1	1	7.2	14	1.3	6	1.2	20
SIG LN VGN Bruschetta NEW	408.8	20	1702.9	20	25.5	36	6.2	31	37.2	14	9.0	10	5.9	12	3.3	14	0.6	10
SIG LN Bruschetta Prosciutto NEW	444.5	22	1852.0	22	27.6	39	6.9	35	37.2	14	9.0	10	10.1	20	3.3	14	1.5	25
SIG LN Breaded Garlic Mushrooms NEW	683.3	34	2840.3	34	49.0	70	6.5	32	48.3	19	2.6	3	9.9	20	4.8	20	1.5	24
SIG LN VGN Breaded Mushrooms NEW	552.5	28	2312.4	28	26.7	38	4.7	24	64.5	25	19.1	21	10.3	21	5.0	21	1.9	32
SIG LN Lunch Steak and Chips NEW	769.3	38	3211.0	38	44.9	64	12.3	61	47.3	18	2.5	3	41.0	82	5.7	24	2.3	38
SIG LN NGCI Lunch Steak and Chips NEW	769.3	38	3211.0	38	44.9	64	12.3	61	47.3	18	2.5	3	41.0	82	5.7	24	2.3	38
SIG LN Lunch Wiltshire Ham and Eggs NEW	810.4	41	3375.9	40	51.7	74	10.6	53	48.1	19	4.1	5	34.5	69	5.7	24	5.6	94
SIG LN NGCI Lunch Wiltshire Ham and Eggs NEW	810.4	41	3375.9	40	51.7	74	10.6	53	48.1	19	4.1	5	34.5	69	5.7	24	5.6	94
SIG LN Lunch Cajun Chicken NEW	904.0	45	3784.8	45	45.6	65	8.4	42	48.2	19	2.1	2	72.0	144	6.6	28	2.7	44
SIG LN NGCI Lunch Cajun Chicken NEW	909.6	45	3808.7	45	44.4	63	7.9	39	53.2	20	3.6	4	70.8	142	7.3	31	2.6	43
SIG LN Lite Bite Beer Battered Cod and Chips NEW	883.5	44	3686.7	44	54.6	78	11.6	58	61.8	24	2.3	3	32.9	66	-	-	2.5	42
SIG LN Lite Bite Feel Good Salad <150 NEW	119.6	6	501.3	6	5.0	7	0.6	3	13.9	5	11.8	13	3.2	6	3.6	15	0.7	11
SIG LN VGN Lite Bite Feel Good Salad <150 NEW	119.6	6	501.3	6	5.0	7	0.6	3	13.9	5	11.8	13	3.2	6	3.6	15	0.7	11
SIG LN Bramley Apple and Caramel Tart NEW	456.6	23	1918.6	23	16.6	24	7.6	38	69.3	27	39.7	44	6.7	13	1.4	6	0.4	7

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN VGN Bramley Apple and Caramel Tart NEW	431.8	22	1809.2	22	17.8	25	9.5	47	60.4	23	35.0	39	4.1	8	6.8	28	0.3	5
SIG LN Melt in the Middle Pudding NEW	805.1	40	3361.6	40	45.2	65	9.8	49	89.0	34	61.5	68	9.3	19	1.1	5	0.9	16
SIG LN Trio of Ice Cream NEW	368.4	18	1542.7	18	18.6	27	11.5	58	44.8	17	38.6	43	5.2	10	1.1	5	0.3	6
SIG LN NGCI Trio of Ice Cream NEW	337.8	17	1414.3	17	17.5	25	10.6	53	40.0	15	35.4	39	4.8	10	0.9	4	0.3	5
SIG LN Sandwich Mature Cheddar & Chutney NEW	773.5	39	3212.5	38	40.3	58	24.7	123	63.6	24	11.5	13	37.9	76	3.6	15	3.1	51
SIG LN NGCI Sandwich Mature Cheddar & Chutney NEW	768.8	38	3186.3	38	43.5	62	24.2	121	57.6	22	14.1	16	30.5	61	9.2	38	2.9	48
SIG LN Sandwich Posh Fish Finger Sarnie NEW	874.9	44	3652.5	43	50.9	73	15.6	78	68.9	27	2.8	3	34.7	69	-	-	2.5	42
SIG LN Sandwich Hunter's Chicken Melt NEW	789.8	39	3311.6	39	35.1	50	14.4	72	63.8	25	14.5	16	53.8	108	3.4	14	3.7	61
SIG LN NGCI Sandwich Hunter's Melt Chicken NEW	784.4	39	3282.2	39	38.2	55	14.0	70	57.8	22	17.0	19	46.6	93	8.9	37	3.5	59
SIG LN Sandwich Chicken Club NEW	1118.8	56	4691.0	56	63.1	90	15.3	77	76.4	29	4.0	4	60.5	121	5.6	24	5.3	88
SIG LN NGCI Sandwich Chicken Club NEW	978.6	49	4093.1	49	64.4	92	14.3	72	45.9	18	6.0	7	48.3	97	9.5	39	4.6	77
SIG LN Seasoned Chips 134g (Batch)	215.8	11	902.9	11	10.4	15	2.2	11	26.0	10	0.4	0	3.1	6	2.8	12	0.7	12
SIG LN Dressed Side Salad (Batch 54g)	20.7	1	86.0	1	1.2	2	0.2	1	1.6	1	1.2	1	0.5	1	0.7	3	0.0	0
SIG LN Chocolate Praline Torte NEW	527.2	26	2203.0	26	28.8	41	14.6	73	57.4	22	32.1	36	6.1	12	-	-	0.1	2
SIG LN NGCI Chocolate Praline Torte NEW	527.2	26	2203.0	26	28.8	41	14.6	73	57.4	22	32.1	36	6.1	12	-	-	0.1	2
SIG LN VGN Chocolate Praline Torte NEW	527.2	26	2203.0	26	28.8	41	14.6	73	57.4	22	32.1	36	6.1	12	-	-	0.1	2
SIG LN NGCI VGN Chocolate Praline Torte NEW	527.2	26	2203.0	26	28.8	41	14.6	73	57.4	22	32.1	36	6.1	12	-	-	0.1	2
SIG LN Cheesecake Baked Vanilla NEW	680.9	34	2838.1	34	44.5	64	25.9	129	61.4	24	42.1	47	9.4	19	1.9	8	0.4	6
SIG LN NGCI Cheesecake Baked Vanilla NEW	680.9	34	2838.1	34	44.5	64	25.9	129	61.4	24	42.1	47	9.4	19	1.9	8	0.4	6
SIG LN Sticky Toffee Pudding NEW	780.9	39	3270.7	39	40.5	58	13.5	68	96.3	37	75.1	83	7.4	15	1.6	6	0.8	14
SIG LN NGCI Sticky Toffee Pudding NEW	744.2	37	3120.8	37	35.6	51	10.3	52	96.9	37	73.1	81	8.5	17	1.4	6	0.8	14
SIG LN Sundae Chocolate Brownie NEW	1046.8	52	4352.7	52	64.9	93	31.7	159	104.0	40	77.6	86	11.2	22	-	-	0.8	14
SIG LN Melting Chocolate Dome	1082.3	54	4514.7	54	53.0	76	29.0	145	136.8	53	105.9	118	11.0	22	7.4	31	0.4	6
SIG LN Sundae Lotus Biscoff and Gingerbread	825.7	41	3443.4	41	46.3	66	28.1	140	94.8	36	70.8	79	8.0	16	0.6	3	0.7	12
SIG LN Espresso Martini Tiramisu NEW	801.0	40	3326.5	40	63.2	90	36.9	185	51.4	20	39.1	43	7.1	14	-	-	0.4	7
SIG LN Apple and Pear Crumble NEW	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SIG LN NGCI Apple and Pear Crumble NEW	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SIG LN Banoffee Ice Cream Cake NEW	678.3	34	2820.7	34	46.4	66	28.6	143	58.7	23	47.6	53	7.1	14	-	-	0.5	8
SIG LN Sunday Roast Beef NEW	1220.8	61	5110.2	61	52.2	75	13.6	68	127.7	49	42.1	47	50.7	101	19.9	83	2.4	40
SIG LN NGCI Sunday Roast Beef NEW	1059.6	53	4435.9	53	43.0	61	11.9	59	112.5	43	40.3	45	45.3	91	19.1	80	2.3	38
SIG LN Kids Sunday Roast Beef	685.1	34	2867.7	34	30.1	43	7.6	38	72.2	28	21.7	24	28.0	56	10.1	42	1.4	23

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN NGCI Kids Sunday Roast Beef	526.6	26	2205.2	26	21.0	30	5.9	29	57.3	22	20.2	22	22.8	46	9.6	40	1.3	21
SIG LN Sunday Roast Breast Of Chicken NEW	1409.8	70	5914.9	70	56.5	81	10.9	54	135.8	52	47.4	53	79.5	159	20.7	86	4.3	72
SIG LN NGCI Sunday Roast Breast Of Chicken NEW	1085.4	54	4562.3	54	36.2	52	5.1	26	112.5	43	40.3	45	66.9	134	19.1	80	3.3	54
SIG LN ROT Sunday Roast Half Chicken	1923.4	96	8029.7	96	104.1	149	24.4	122	136.1	52	47.4	53	99.8	200	20.9	87	6.1	101
SIG LN ROT NGCI Sunday Roast Half Chicken	1604.6	80	6700.6	80	83.9	120	18.7	93	113.5	44	40.8	45	87.7	175	19.9	83	5.0	84
SIG LN NGCI Kids Sunday Roast Breast Of Chicken	476.4	24	2004.3	24	11.7	17	1.7	8	57.3	22	20.2	22	31.1	62	9.6	40	1.2	21
SIG LN Sunday Roast Leg of Pork NEW	1522.9	76	6359.8	76	78.9	113	20.9	105	136.4	52	47.9	53	56.8	114	-	-	3.4	57
SIG LN NGCI Sunday Roast Leg of Pork NEW	1070.2	54	4477.6	53	45.8	65	10.8	54	113.2	44	40.8	45	40.9	82	19.5	81	2.2	37
SIG LN Kids Sunday Roast Leg of Pork	853.5	43	3566.7	42	42.6	61	11.1	56	80.6	31	27.3	30	32.9	66	11.1	46	2.3	39
SIG LN NGCI Kids Sunday Roast Leg of Pork	531.9	27	2226.1	27	22.4	32	5.3	27	57.7	22	20.5	23	20.6	41	9.8	41	1.3	21
SIG LN Sunday Vegetable Seeded Roast NEW	1297.9	65	5441.4	65	48.0	69	6.2	31	178.6	69	57.1	63	26.3	53	24.0	100	3.2	53
SIG LN VGN Sunday Vegetable Seeded Roast	1142.2	57	4790.7	57	39.0	56	4.4	22	164.1	63	55.8	62	21.4	43	23.8	99	3.1	51
SIG LN Kids Sunday Veggie Sausages	723.6	36	3027.3	36	30.7	44	4.1	20	78.5	30	23.9	27	26.7	53	16.1	67	2.7	44
SIG LN VGN Kids Sunday Veggie Sausages	565.2	28	2364.8	28	21.6	31	2.3	12	63.7	25	22.4	25	21.6	43	15.6	65	2.6	43
SIG LN Sunday Roast Lamb NEW	1186.4	59	4966.2	59	50.2	72	12.8	64	128.7	49	42.9	48	45.3	91	20.3	85	2.4	40
SIG LN NGCI Sunday Roast Lamb NEW	1044.8	52	4374.2	52	41.8	60	11.2	56	115.7	45	41.9	47	40.7	81	20.0	83	2.3	39
SIG LN Kids Sunday Roast Lamb	667.8	33	2795.7	33	29.1	42	7.2	36	72.7	28	22.2	25	25.2	50	10.4	43	1.4	23
SIG LN NGCI Kids Sunday Roast Lamb	509.4	25	2133.2	25	20.0	29	5.4	27	57.8	22	20.6	23	20.1	40	9.9	41	1.3	21
SIG LN Signature Mixed Roast	1702.9	85	7108.3	85	90.2	129	27.0	135	142.9	55	49.8	55	69.0	138	-	-	4.6	76
SIG LN Sunday Large Mixed Roast	2051.1	103	8556.0	102	114.3	163	35.7	179	143.3	55	50.1	56	101.3	203	-	-	5.0	83
SIG LN Sunday Roast Lamb Shank NEW	1526.6	76	6373.5	76	84.7	121	32.3	162	112.9	43	40.9	45	70.6	141	15.9	66	2.6	44
SIG LN NGCI Sunday Roast Lamb Shank NEW	1403.6	70	5858.9	70	77.7	111	31.0	155	101.2	39	39.6	44	66.6	133	15.4	64	2.5	42
SIG LN Kids Bangers & Mash NEW	617.2	31	2563.8	31	41.2	59	19.3	97	31.3	12	4.6	5	24.8	50	4.6	19	2.8	46
SIG LN Kids Bangers & Mash Veggie NEW	430.7	22	1791.8	21	21.7	31	7.2	36	33.8	13	5.7	6	20.8	42	10.6	44	2.2	37
SIG LN Kids VGN Bangers And Chips NEW	467.8	23	1951.2	23	22.6	32	3.4	17	40.1	15	4.6	5	21.8	44	10.8	45	2.2	37
SIG LN Kids Fish Fingers NEW	489.7	24	2044.2	24	25.8	37	5.2	26	46.4	18	2.4	3	15.2	30	5.3	22	1.3	21
SIG LN Kids Chicken Dippers NEW	647.2	32	2696.8	32	39.4	56	9.0	45	53.8	21	3.0	3	17.8	36	5.4	22	1.6	27
SIG LN Kids Cheeseburger NEW	683.7	34	2862.5	34	29.0	41	10.7	54	66.5	26	6.8	8	38.2	76	6.9	29	2.5	41
SIG LN Kids Veggie Cheeseburger NEW	684.8	34	2865.3	34	28.6	41	6.1	30	72.0	28	8.5	9	29.9	60	12.3	51	3.1	51
SIG LN Kids VGN Burger NEW	643.3	32	2693.0	32	25.3	36	4.4	22	71.2	27	7.7	9	27.8	56	12.3	51	2.8	47
SIG LN Kids Fruit Salad NEW	129.3	6	546.6	7	0.8	1	0.1	1	28.4	11	28.4	32	1.0	2	2.3	9	0.0	0
SIG LN Kids NGCI Fruit Salad NEW	129.3	6	546.6	7	0.8	1	0.1	1	28.4	11	28.4	32	1.0	2	2.3	9	0.0	0

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Kids Chocolate Brownie NEW	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
SIG LN Kids Ice Cream Sundae NEW	245.0	12	1024.1	12	11.9	17	7.2	36	30.5	12	24.5	27	3.5	7	-	-	0.2	4
SIG LN Kids NGCI Ice Cream Sundae NEW	235.1	12	982.2	12	11.9	17	7.1	36	28.3	11	23.5	26	3.3	7	-	-	0.2	4
SIG LN Kids VGN Ice Cream Sundae NEW	173.8	9	723.1	9	8.5	12	7.2	36	18.0	7	16.5	18	1.0	2	-	-	0.0	0
SIG LN Kids Starter Garlic Ciabatta NEW	112.8	6	473.0	6	4.8	7	1.8	9	14.5	6	1.3	1	2.4	5	1.0	4	0.3	4
SIG LN Kids Starter Houmous and Flatbread NEW	259.7	13	1085.8	13	14.6	21	1.4	7	24.5	9	2.4	3	6.0	12	3.2	13	0.8	14
SIG LN Sweet Potato Fries 234g Chip Upgrade	370.4	19	1524.9	18	18.4	26	3.2	16	44.0	17	14.2	16	3.0	6	6.0	25	1.0	17
SIG LN Sweet Potato Fries 134g Chip Upgrade	246.7	12	1015.5	12	13.2	19	2.5	13	27.5	11	8.9	10	1.9	4	3.8	16	0.7	12
SIG LN Soup Mushroom (Batch 36 Each's)	100.0	5	416.0	5	5.8	8	0.4	2	8.2	3	2.6	3	2.4	5	2.6	11	1.3	22
SIG LN Soup Pea and Mint (Batch 36 Each's)	138.0	7	576.0	7	6.6	9	3.6	18	12.0	5	6.4	7	5.4	11	4.6	19	1.2	19
SIG LN Soup Squash Garlic and Sage (Batch)	154.0	8	640.0	8	11.4	16	0.8	4	10.4	4	6.0	7	1.6	3	1.8	8	1.0	17
SIG LN Soup Tomato (Batch 36 Each's)	116.0	6	482.0	6	7.4	11	0.4	2	9.8	4	9.0	10	1.8	4	1.4	6	0.9	16
SIG LN Soup Tomato and Red Pepper (Batch)	71.4	4	276.2	3	3.8	5	0.6	3	8.0	3	5.2	6	1.2	2	1.4	6	0.9	15
COR Ice Cream Vanilla (Pod)	110.9	6	463.1	6	5.9	8	3.5	18	12.7	5	10.9	12	1.6	3	0.1	0	0.1	2
COR Ice Cream VGN Vanilla	80.2	4	333.6	4	4.2	6	3.6	18	7.6	3	7.4	8	0.5	1	5.4	22	0.0	0
COR Ice Cream Strawberries & Cream	104.9	5	439.3	5	5.9	8	3.6	18	11.7	4	10.9	12	1.4	3	0.2	1	0.1	2
COR Ice Cream Chocolate Belgian	122.1	6	511.8	6	5.8	8	3.5	17	15.6	6	13.6	15	1.8	4	0.6	3	0.1	2
COR Ice Cream Cherry Sorbet	71.0	4	300.4	4	0.0	0	0.0	0	17.2	7	16.4	18	0.1	0	0.3	1	0.0	0
COR Ice Cream Gingerbread	141.7	7	592.9	7	7.9	11	4.9	24	15.9	6	14.1	16	2.0	4	0.1	0	0.1	2
COR Ice Cream Irish Cream and Salted Caramel	139.9	7	585.7	7	7.7	11	4.9	24	15.6	6	15.2	17	1.9	4	0.1	0	0.1	2
SIG LN Mushy Peas	127.5	6	537.0	6	0.8	1	0.2	1	19.2	7	3.0	3	8.7	17	5.7	24	0.7	11
SIG LN Garden Peas	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
SIG LN Flatbread Garlic Starter NEW	932.9	47	3896.9	46	53.4	76	20.1	101	95.4	37	2.6	3	17.7	35	5.8	24	3.2	53
SIG LN Flatbread Cheesy Garlic Starter NEW	1099.2	55	4589.1	55	65.5	94	27.9	139	96.0	37	3.2	4	31.5	63	5.8	24	4.0	66
SIG LN Flatbread Dough Balls Garlic Starter NEW	932.8	47	3896.5	46	53.4	76	20.1	101	95.4	37	2.6	3	17.7	35	5.8	24	3.2	53
SIG LN Flatbread Dough Balls Cheesy Garlic Starter NEW	1049.0	52	4373.6	52	62.8	90	26.1	131	96.0	37	2.6	3	24.7	49	5.8	24	3.7	62
SIG LN Flatbread Cheese and Tomato NEW	807.8	40	3399.0	40	25.7	37	12.3	62	103.3	40	10.2	11	40.6	81	8.1	34	3.4	57
SIG LN VGN Flatbread Cheese and Tomato NEW	662.0	33	2789.7	33	16.5	24	8.6	43	107.2	41	9.4	10	20.3	41	8.1	34	3.1	52
SIG LN Flatbread BBQ Chicken NEW	1151.4	58	4856.9	58	29.3	42	13.3	67	146.3	56	51.7	57	72.8	146	7.1	29	6.4	107
SIG LN Flatbread Meat Lover NEW	1211.5	61	5086.3	61	48.8	70	19.7	99	102.2	39	9.3	10	90.5	181	7.5	31	6.7	112
SIG LN Flatbread Pepperoni NEW	980.2	49	4109.0	49	44.6	64	18.5	92	102.0	39	8.7	10	42.8	86	7.5	31	5.3	88
SIG LN Flatbread Dough Balls Garlic Side	932.9	47	3896.9	46	53.4	76	20.1	101	95.4	37	2.6	3	17.7	35	5.8	24	3.2	53
SIG LN Flatbread Dough Balls Cheesy Garlic Side	1049.0	52	4373.6	52	62.8	90	26.1	131	96.0	37	2.6	3	24.7	49	5.8	24	3.7	62
SIG LN Flatbread Topping Wiltshire Ham 25g NEW	33.5	2	140.0	2	1.5	2	0.5	3	0.2	0	0.4	0	4.6	9	0.0	0	1.1	18
SIG LN Flatbread Topping Pepperoni NEW	133.6	7	551.9	7	12.6	18	5.0	25	0.3	0	0.2	0	4.8	10	0.0	0	1.1	19
SIG LN Flatbread Topping Jalapenos 20g NEW	3.8	0	44.4	1	0.0	0	0.0	0	0.8	0	0.2	0	0.2	0	0.8	3	0.3	5
SIG LN Flatbread Topping Mushroom NEW	9.6	0	40.8	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
SIG LN Flatbread Topping Sweetcorn 20g NEW	3.9	0	16.3	0	0.1	0	0.0	0	0.3	0	0.2	0	0.5	1	0.3	1	0.5	8