

Reference Intake Nutrition Recipe Report

21 March 2022

This report displays recipes, per serving nutritional values and the percentage of an adult's RI (reference intake) to which this per serving value corresponds

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	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kJoules	kcal	g	%	g	%	g	%	g	%	
INN 21 Breakfast Classic Vegetarian XC Arabica	Veggie Breakfast XC	3257	785	39	56.0	80	10.1	50	6.9	8	2.6	44
INN 21 Breakfast Classic XC Arabica	Classic Breakfast XC	3392	815	41	50.6	72	14.0	70	7.4	8	6.1	102
INN 21 Breakfast Full Works XC Arabica	The Full Works XC	5476	1316	66	84.3	120	24.0	120	10.5	12	8.1	136
INN 21 Breakfast Kids Vegetarian XC Arabica	Kids Veggie Breakfast XC	1831	441	22	26.8	38	6.0	30	5.1	6	1.7	28
INN 21 Breakfast Kids XC Arabica	Kids Breakfast XC	2278	548	27	32.7	47	9.6	48	5.3	6	3.4	57
INN 21 Breakfast Veggie Works XC Arabica	The Veggie Works XC	4146	999	50	72.5	104	14.2	71	8.0	9	2.9	49
INN 21 Extra Bacon Rasher	Extra Bacon Rasher	299	72	4	3.5	5	1.3	7	0.0	0	1.8	30
INN 21 Extra Baked Beans 150g	Extra Baked Beans 150g	469	112	6	0.5	1	0.2	1	5.4	6	0.7	12
INN 21 Extra Black Pudding x2	Extra Black Pudding	834	199	10	9.7	14	3.8	19	2.8	3	1.8	30
INN 21 Extra Bread and Butter 1x Slice	Extra Bread & Butter	973	234	12	12.8	18	7.7	38	0.5	1	0.7	12
INN 21 Extra Croissant and Butter	Croissant & Butter	1576	377	19	22.2	32	13.5	67	3.2	4	1.0	17
INN 21 Extra Fried Egg	Extra Fried Egg	591	143	7	13.6	19	2.4	12	0.0	0	0.2	3
INN 21 Extra Grilled Mushroom	Extra Grilled Mushroom	381	92	5	9.5	14	1.2	6	0.1	0	0.0	0
INN 21 Extra Grilled Tomato Wedge x 2	Extra Grilled Tomato	34	8	0	0.1	0	0.0	0	1.2	1	0.0	0
INN 21 Extra Hash Browns x 2	Extra Hash Browns	982	236	12	13.9	20	5.9	29	0.8	1	0.6	10
INN 21 Extra Pain au Chocolat	Pain au Chocolat	1185	285	14	15.2	22	9.6	48	7.6	8	0.7	12
INN 21 Extra Poached Egg	Extra Poached Egg	251	60	3	4.4	6	1.3	6	0.0	0	0.3	4
INN 21 Extra Sausage	Extra Sausage	585	140	7	8.3	12	2.8	14	1.3	1	0.7	11
INN 21 Extra Scrambled Eggs	Extra Scrambled Eggs	884	213	11	17.6	25	8.2	41	1.9	2	0.7	12
INN 21 Extra Toast and Butter 1x Slice	Extra Toast & Butter	973	234	12	12.8	18	7.7	38	0.5	1	0.7	12
INN 21 Extra Veggie Sausage	Extra Veggie Sausage	436	105	5	6.0	9	0.6	3	1.1	1	0.7	12
INN 21 Kids Pancakes Bacon and Syrup XC Arabica	Kids Bacon Pancakes XC	1424	337	17	5.6	8	2.8	14	32.1	36	2.2	37
INN 21 Kids Pancakes Mixed Berries and Syrup XC Arabica	Kid Mix Berries Pancake XC	1212	287	14	2.1	3	1.5	8	34.7	39	0.5	8
INN 21 Omelette Bacon Cheese and Mushroom XC Arabica	Omelette Bacon XC	2266	549	27	41.8	60	18.3	92	0.2	0	3.4	57
INN 21 Omelette Cheese and Mushroom XC Arabica	Vegetarian Omelette XC	1967	477	24	38.3	55	17.0	85	0.2	0	1.6	27
INN 21 Pancakes Bacon and Maple Syrup XC Arabica	Bacon Pancakes XC	2447	580	29	10.2	15	4.9	24	56.6	63	4.2	71
INN 21 Pancakes Mixed Berries and Maple Syrup XC Arabica	Berry Pancakes XC	1936	457	23	3.2	5	2.3	11	59.2	66	0.7	11
INN 21 Sandwich Bacon XC Arabica	Bacon Sandwich XC	2247	537	27	19.0	27	6.1	30	0.5	1	6.5	108
INN 21 Sandwich Fried Egg XC Arabica	Fried Egg Sandwich XC	2532	609	30	35.6	51	6.9	34	0.5	1	1.5	25
INN 21 Sandwich Sausage XC Arabica	Sausage Sandwich XC	3104	743	37	33.4	48	10.6	53	4.4	5	3.2	53
INN 21 Sandwich Veggie Sausage XC Arabica	Veggie Sausage Sandwich XC	2660	638	32	26.4	38	3.8	19	3.8	4	3.4	57

INN 21 SCT Breakfast Classic Scottish XC Arabica	Classic Scottish Break XC	4454	1070	53	61.6	88	17.9	90	8.6	10	7.3	122
INN 21 SCT Breakfast Full Works Scottish XC Arabica	Scottish Full Works XC	6546	1572	79	95.9	137	29.3	146	9.0	10	11.2	187
INN 21 SCT Extra Haggis 50g	Extra Haggis 50g	580	139	7	9.4	13	4.5	23	0.1	0	0.9	15
INN 21 SCT Extra Lorne Sausage x1	Extra Lorne Sausage	622	149	7	7.9	11	3.2	16	0.4	0	1.1	18
INN 21 SCT Extra Potato Scone x2	Extra Potato Scone x2	650	156	8	4.2	6	0.6	3	1.1	1	1.3	22
INN 21 SCT Kids Breakfast Scottish XC Arabica	Kids Scottish Breakfast XC	2734	657	33	35.7	51	10.0	50	5.8	6	4.8	81
INN 21 VGN Breakfast Classic XC Arabica	VGN Classic Breakfast XC	2760	663	33	43.0	61	8.4	42	8.3	9	3.4	57
INN 21 VGN Breakfast Kids XC Arabica	KID VGN Breakfast XC	1677	403	20	19.2	27	4.1	21	6.2	7	2.3	38
INN 21 VGN Breakfast Veggie Works XC Arabica	VGN Veggie Works XC	3649	877	44	59.5	85	12.6	63	9.4	10	3.7	62
NUT INN 21 Apple Juice	Apple Juice	417	98	5	0.0	0	0.0	0	23.4	26	0.0	0
NUT INN 21 Bacon for Toast	FOR NUTRITION PURPOSES ONLY	598	143	7	7.1	10	2.6	13	0.0	0	3.6	59
NUT INN 21 Beans for Toast	FOR NUTRITION PURPOSES ONLY	626	150	8	0.6	1	0.2	1	7.2	8	1.0	17
NUT INN 21 BYO Avocado 63g	BYO Avocado	345	83	4	7.2	10	1.6	8	0.7	1	0.5	9
NUT INN 21 BYO Bacon Rasher x 2	BYO Bacon x 2	598	143	7	7.1	10	2.6	13	0.0	0	3.6	59
NUT INN 21 BYO Fried Egg x 2	BYO Fried Egg x2	1182	286	14	27.2	39	4.7	24	0.0	0	0.3	5
NUT INN 21 BYO Mushroom x 2	BYO Mushroom x 2	762	185	9	19.0	27	2.3	12	0.2	0	0.0	0
NUT INN 21 BYO Poached Egg x 2	BYO Poached Egg x 2	502	121	6	8.8	13	2.6	13	0.0	0	0.5	9
NUT INN 21 BYO Sausage x 2	BYO Sausage x 2	1169	280	14	16.7	24	5.6	28	2.6	3	1.4	23
NUT INN 21 BYO Scrambled Egg x 2	BYO Scrambled Egg x 2	884	213	11	17.6	25	8.2	41	1.9	2	0.7	12
NUT INN 21 BYO Veggie Sausage x 2	BYO Veggie Sausage x 2	873	210	11	12.0	17	1.1	6	2.2	2	1.5	25
NUT INN 21 Cereal Porridge Golden Syrup	Porridge Golden Syrup	898	213	11	2.9	4	0.5	3	16.5	18	0.3	5
NUT INN 21 Cereal Porridge Plain	Plain Porridge	693	164	8	2.6	4	0.4	2	5.4	6	0.1	1
NUT INN 21 Cornflakes	Cornflakes	385	91	5	0.2	0	0.0	0	1.9	2	0.3	5
NUT INN 21 Croissant and Butter	Croissant & Butter	1576	377	19	22.2	32	13.5	67	3.2	4	1.0	17
NUT INN 21 Eggs for Toast - Fried	FOR NUTRITION PURPOSES ONLY	1182	286	14	27.2	39	4.7	24	0.0	0	0.3	5
NUT INN 21 Eggs for Toast - Poached	FOR NUTRITION PURPOSES ONLY	502	121	6	8.8	13	2.6	13	0.0	0	0.5	9
NUT INN 21 Eggs for Toast - Scrambled	FOR NUTRITION PURPOSES ONLY	1327	320	16	26.4	38	12.3	61	2.8	3	1.1	18
NUT INN 21 Frosties	Frosties	558	131	7	0.2	0	0.0	0	13.0	14	0.3	5
NUT INN 21 Fruit - Apple	FOR NUTRITION PURPOSES ONLY	359	85	4	0.1	0	0.0	0	18.7	21	0.0	0
NUT INN 21 Fruit - Orange	FOR NUTRITION PURPOSES ONLY	182	43	2	0.1	0	0.0	0	8.3	9	0.0	0
NUT INN 21 Fruit n Fibre	Fruit n Fibre	721	171	9	2.7	4	1.6	8	10.8	12	0.4	7
NUT INN 21 Honey Portions x2	Honey Portions x2	547	129	6	0.0	0	0.0	0	31.5	35	0.0	1
NUT INN 21 Jam Portions x2	Jam Portions x2	464	109	5	0.0	0	0.0	0	27.2	30	0.0	0
NUT INN 21 Marmite Portions x2	Marmite Portions x2	176	40	2	0.0	0	0.0	0	0.2	0	1.6	26
NUT INN 21 Mushrooms for Toast	FOR NUTRITION PURPOSES ONLY	762	185	9	19.0	27	2.3	12	0.2	0	0.0	0
NUT INN 21 NGCI Bread and Butter 2x Slice	NGCI Bread & Butter x2	1145	275	14	15.3	22	7.5	38	2.5	3	0.8	14

NUT INN 21 Nutella	Nutella	455	109	5	6.3	9	2.2	11	11.0	12	0.0	0
NUT INN 21 Orange Juice	Orange Juice	413	96	5	0.0	0	0.0	0	21.7	24	0.0	0
NUT INN 21 Pain au Chocolat	Pain au Chocolat	1185	285	14	15.2	22	9.6	48	7.6	8	0.7	12
NUT INN 21 Semi Skimmed Milk for Cereal	Milk for Cereal	321	76	4	2.5	4	1.7	8	7.6	8	0.2	3
NUT INN 21 Servery Breakfast Back Bacon	Back Bacon	299	72	4	3.5	5	1.3	7	0.0	0	1.8	30
NUT INN 21 Servery Breakfast Baked Beans	Baked Beans	385	92	5	0.4	1	0.1	1	4.4	5	0.6	10
NUT INN 21 Servery Breakfast Black Pudding	Black Pudding	414	99	5	4.8	7	1.9	10	1.4	2	0.9	15
NUT INN 21 Servery Breakfast Flat Mushrooms	Flat Mushrooms	381	92	5	9.5	14	1.2	6	0.1	0	0.0	0
NUT INN 21 Servery Breakfast Fried Eggs	Fried Eggs	591	143	7	13.6	19	2.4	12	0.0	0	0.2	3
NUT INN 21 Servery Breakfast Half Tomatoes	Half Tomatoes	72	17	1	0.8	1	0.1	1	1.8	2	0.0	0
NUT INN 21 Servery Breakfast Hash Browns	Hash Browns	491	118	6	6.9	10	2.9	15	0.4	0	0.3	5
NUT INN 21 Servery Breakfast Sausages	Sausages	585	140	7	8.3	12	2.8	14	1.3	1	0.7	11
NUT INN 21 Servery Breakfast Scrambled Eggs	Scrambled Eggs	934	225	11	18.6	27	8.6	43	2.0	2	0.8	13
NUT INN 21 Servery Breakfast Veggie Sausages	Veggie Sausages	437	105	5	6.0	9	0.6	3	1.1	1	0.8	13
NUT INN 21 Smashed Avo on Toast - Brown	FOR NUTRITION PURPOSES ONLY	2039	487	24	22.8	33	5.0	25	2.3	3	2.3	38
NUT INN 21 Smashed Avo on Toast - NGCI	FOR NUTRITION PURPOSES ONLY	1622	388	19	24.0	34	4.6	23	3.9	4	1.8	30
NUT INN 21 Smashed Avo on Toast - VGN Brown	FOR NUTRITION PURPOSES ONLY	2016	481	24	22.2	32	4.7	24	2.3	3	2.1	35
NUT INN 21 Smashed Avo on Toast - VGN White	FOR NUTRITION PURPOSES ONLY	2012	480	24	22.1	32	4.9	25	1.8	2	2.1	35
NUT INN 21 Smashed Avo on Toast - White	FOR NUTRITION PURPOSES ONLY	2035	486	24	22.7	32	5.2	26	1.9	2	2.2	37
NUT INN 21 Soya Milk for Cereal	Soya Milk for Cereal	167	40	2	2.2	3	0.4	2	0.1	0	0.0	1
NUT INN 21 Special K	Special K	476	112	6	0.5	1	0.1	0	5.1	6	0.3	5
NUT INN 21 Toast / Bread for Sandwiches - Brown	FOR NUTRITION PURPOSES ONLY	1354	324	16	8.5	12	1.9	9	1.0	1	1.2	19
NUT INN 21 Toast / Bread for Sandwiches - NGCI	FOR NUTRITION PURPOSES ONLY	937	225	11	9.7	14	1.5	7	2.5	3	0.7	12
NUT INN 21 Toast / Bread for Sandwiches - VGN Brown	FOR NUTRITION PURPOSES ONLY	1331	318	16	8.0	11	1.6	8	0.9	1	1.0	17
NUT INN 21 Toast / Bread for Sandwiches - VGN White	FOR NUTRITION PURPOSES ONLY	1327	317	16	7.8	11	1.8	9	0.5	1	1.0	17
NUT INN 21 Toast / Bread for Sandwiches - White	FOR NUTRITION PURPOSES ONLY	1350	323	16	8.4	12	2.1	11	0.5	1	1.2	19
NUT INN 21 Toast and Butter Brown 2x Slice	Brown Toast x 2	1562	374	19	14.1	20	8.0	40	1.0	1	1.3	21
NUT INN 21 Toast and Butter White 2x Slice	White Toast x 2	1559	373	19	14.0	20	8.2	41	0.5	1	1.3	21
NUT INN 21 Yogurt Berries and Honey	Yogurt Berries & Honey	843	200	10	5.3	8	3.6	18	24.5	27	0.3	5