

## 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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Soup of the Day	372.8	19	1569.2	19	17.2	25	7.2	36	42.3	16	7.1	8	11.2	22	5.3	22	1.8	30
VLG LN20 VGN Soup of the Day	302.8	15	1281.7	15	11.5	16	2.5	12	40.3	16	12.1	13	9.4	19	4.5	19	2.0	33
VLG LN20 King Prawn Cup	327.7	16	1378.1	16	16.5	24	2.9	14	29.2	11	4.2	5	15.9	32	3.2	13	2.1	35
VLG LN20 Golden Breaded Mushrooms	437.7	22	1846.3	22	21.6	31	4.2	21	49.7	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN20 Bantry Bay Mussels	567.8	28	2381.6	28	23.7	34	9.0	45	34.7	13	2.2	2	54.1	108	2.3	10	8.3	139
VLG LN20 VGN Baked Garlic Mini Loaf	408.8	20	1712.0	20	20.9	30	2.7	14	46.2	18	2.9	3	8.5	17	2.3	10	1.5	26
VLG LN20 Baked Cheesy Garlic Mini Loaf	627.2	31	2624.8	31	38.8	55	13.9	70	46.3	18	3.0	3	23.0	46	2.3	10	2.6	43
VLG LN20 Baked Cheesy Garlic and Bacon Mini Loaf	698.8	35	2923.7	35	42.3	60	15.2	76	46.3	18	3.0	3	32.9	66	2.3	10	4.4	73
VLG LN20 Buttermilk Chicken	715.5	36	2988.2	36	41.0	59	14.6	73	44.6	17	15.3	17	40.5	81	0.4	2	2.9	48
VLG LN20 Halloumi Fries	536.3	27	2221.0	26	39.3	56	19.0	95	25.7	10	12.9	14	19.5	39	-	-	3.0	51
VLG LN20 Potato Skins Cheese and Bacon	542.0	27	2267.5	27	31.2	45	15.3	77	35.7	14	16.0	18	27.3	55	4.1	17	3.8	64
VLG LN20 Potato Skins Pork and Beef Chilli	535.3	27	2238.2	27	24.3	35	8.9	45	59.4	23	32.9	37	16.6	33	6.0	25	2.4	39
VLG LN20 VGN Potato Skins Spicy Guacamole	310.4	16	1288.4	15	18.4	26	4.7	24	29.4	11	5.9	7	4.4	9	4.8	20	1.2	20
VLG LN20 Potato Skins Stilton and Mushroom	506.6	25	2109.0	25	33.2	47	13.2	66	35.9	14	16.0	18	13.4	27	5.0	21	1.8	30
VLG LN20 Sweet Chilli King Prawn Skewer	415.7	21	362.4	4	0.9	1	0.3	2	16.4	6	13.7	15	18.7	37	0.4	2	1.9	31
VLG LN20 Mexicano Nachos	439.6	22	1838.5	22	25.0	36	8.9	44	39.9	15	5.3	6	12.0	24	2.8	12	2.6	43
VLG LN20 VGN Mexicano Nachos	344.1	17	1441.5	17	16.4	23	2.2	11	41.8	16	6.7	7	5.2	10	3.4	14	2.6	44
VLG LN20 VGN Kefalonia Olives	256.5	13	1068.0	13	15.7	22	5.1	25	7.4	3	0.0	0	2.1	4	0.3	1	4.5	74
VLG LN20 Sriracha Chicken Chopsticks	163.6	8	688.6	8	3.4	5	2.0	10	8.3	3	4.0	4	26.5	53	3.1	13	0.6	10
VLG LN20 Honey and Mustard Mini Chorizos	769.6	38	3180.6	38	73.4	105	25.0	125	4.3	2	4.0	4	21.3	43	-	-	3.5	59
VLG LN20 Lasagne Beef	665.1	33	2779.9	33	33.7	48	15.3	77	54.3	21	15.8	18	34.9	70	4.9	20	2.8	47
VLG LN20 Lasagne Beef Under 550	508.1	25	2121.6	25	26.7	38	12.8	64	34.3	13	15.2	17	31.7	63	4.1	17	2.5	41
VLG LN20 Lasagne Vegetarian	546.1	27	2135.4	25	23.0	33	6.5	32	58.0	22	13.7	15	12.0	24	5.9	24	2.4	40
VLG LN20 Lasagne Vegetarian Under 550	389.2	19	1477.1	18	16.1	23	3.9	20	38.0	15	13.1	15	8.9	18	5.1	21	2.0	33
VLG LN20 Chicken Tikka Masala	1123.0	56	4738.2	56	29.1	42	6.2	31	169.3	65	25.9	29	46.0	92	11.9	50	4.1	69
VLG LN20 Golden Breaded Scampi	1740.1	87	3520.4	42	53.2	76	13.1	65	100.5	39	10.1	11	27.4	55	13.4	56	3.4	57
VLG LN20 Fish and Chips	1360.6	68	5670.5	68	78.5	112	20.5	103	96.2	37	8.2	9	59.6	119	11.9	49	3.6	60
VLG LN20 Beer Battered Cod Upgrade	62.8	3	266.5	3	0.2	0	0.1	0	13.2	5	0.5	1	1.5	3	0.7	3	0.5	8
VLG LN20 Cod and Chips	1382.8	69	5770.9	69	79.0	113	20.6	103	97.9	38	9.5	11	63.7	127	12.7	53	3.7	62
VLG LN20 Fishermans Feast	1899.1	95	4677.6	56	66.8	95	17.1	86	98.3	38	9.2	10	62.1	124	12.6	53	4.6	77
VLG LN20 Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Hunters Chicken	1092.6	55	4583.8	55	48.9	70	18.4	92	86.7	33	30.9	34	73.6	147	7.3	30	6.5	108

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Trademark Hunters Chicken	1272.4	64	5342.8	64	53.0	76	19.9	100	88.4	34	32.5	36	107.2	214	8.2	34	8.3	138
VLG LN20 Chicken Leek and Cider Pie	1169.3	58	4905.5	58	46.7	67	21.6	108	148.5	57	17.6	20	37.0	74	18.3	76	3.9	64
VLG LN20 Minted Lamb Shank	1173.6	59	4908.2	58	55.0	79	25.9	129	81.3	31	29.8	33	82.2	164	15.9	66	3.3	55
VLG LN20 Bantry Bay Mussels and Chips	1117.3	56	4675.3	56	53.8	77	14.5	72	94.0	36	5.6	6	61.4	123	9.4	39	9.9	164
VLG LN20 Prawns 80g	34.6	2	147.6	2	0.1	0	0.1	0	0.1	0	0.0	0	8.4	17	0.0	0	1.2	20
VLG LN20 Grilled Cod and Chorizo	1088.2	54	4532.6	54	69.8	100	27.1	135	43.3	17	10.1	11	71.7	143	-	-	4.7	78
VLG LN20 Homemade All Steak Pie	1127.0	56	4716.0	56	44.1	63	21.0	105	102.3	39	17.0	19	74.1	148	15.5	65	4.8	80
VLG LN20 Homemade Steak and Ale Pie	1138.2	57	4763.1	57	44.1	63	21.0	105	103.2	40	18.0	20	74.2	148	15.5	65	4.8	80
VLG LN20 Homemade Steak and Mushroom Pie	1134.8	57	4749.0	57	44.4	63	21.1	105	102.5	39	17.2	19	75.2	150	16.4	68	4.8	80
VLG LN20 Homemade Steak and Onion Pie	1294.3	65	5407.3	64	59.0	84	22.8	114	109.0	42	21.8	24	75.1	150	16.7	70	4.8	80
VLG LN20 Homemade Steak and Stilton Pie	1291.0	65	5396.0	64	58.1	83	30.2	151	102.3	39	17.1	19	83.6	167	15.5	65	5.6	93
VLG LN20 Smoked Bacon and Mushroom Carbonara	882.9	44	3705.8	44	28.5	41	14.0	70	120.2	46	8.1	9	35.7	71	2.6	11	2.7	46
VLG LN20 VGN Sweet Potato and Chickpea Tagine	436.2	22	1856.0	22	4.1	6	0.6	3	95.1	37	18.8	21	12.0	24	7.5	31	4.3	71
VLG LN20 Crispy Chicken Breast	491.4	25	2063.0	25	13.6	19	3.9	19	46.3	18	2.5	3	46.8	94	2.6	11	2.7	44
VLG LN20 Sausage and Cheesy Mash	1065.7	53	4449.3	53	53.6	77	22.3	112	105.7	41	11.1	12	33.5	67	12.7	53	5.5	92
VLG LN20 Veggie Sausage and Cheesy Mash	823.0	41	3441.5	41	34.1	49	14.5	72	84.3	32	11.5	13	34.6	69	16.8	70	4.4	74
VLG LN20 Sunshine Cous Cous Upgrade	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
VLG LN20 VGN Bolognese Pasta	717.6	36	3030.7	36	15.7	22	4.5	23	121.4	47	10.1	11	19.7	39	7.5	31	2.1	34
VLG LN20 Crispy Chicken and Bacon Salad	735.7	37	3076.0	37	32.6	47	6.3	31	52.9	20	8.7	10	58.1	116	4.5	19	4.7	78
VLG LN20 Sweet Chilli Halloumi and Red Pepper Salad	625.9	31	2595.4	31	40.9	58	17.1	86	39.4	15	34.3	38	24.1	48	-	-	4.1	69
VLG LN20 VGN Red Pepper and Cous Cous Salad	316.8	16	1326.0	16	8.0	11	1.4	7	49.5	19	18.5	21	8.7	17	8.2	34	1.2	21
VLG LN20 Crispy Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
VLG LN20 Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Extra King Prawn Skewer	174.4	9	41.1	0	0.5	1	0.2	1	0.0	0	0.0	0	9.3	19	0.0	0	0.6	9
VLG LN20 Crispy Chicken Breast	491.4	25	2063.0	25	13.6	19	3.9	19	46.3	18	2.5	3	46.8	94	2.6	11	2.7	44
VLG LN20 Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
VLG LN20 Rump Steak 10oz	1257.9	63	5251.3	63	69.9	100	19.9	100	79.8	31	6.8	8	71.7	143	11.9	49	3.5	58
VLG LN20 Rump Steak 10oz Under 600	520.5	26	2173.4	26	29.1	42	12.3	62	4.7	2	4.4	5	59.9	120	2.0	8	0.4	7
VLG LN20 Sirloin Steak 8oz	1217.2	61	5077.7	60	69.9	100	20.4	102	79.8	31	6.8	8	61.7	123	11.9	49	3.5	58
VLG LN20 Sirloin Steak 8oz Under 600	479.8	24	1999.8	24	29.1	42	12.7	64	4.7	2	4.4	5	49.8	100	2.0	8	0.4	6
VLG LN20 Mixed Grill	1681.4	84	7024.5	84	90.1	129	23.2	116	93.3	36	10.7	12	118.1	236	13.3	56	7.7	128
VLG LN20 Sweetcure Gammon Steaks	1193.8	60	5002.2	60	51.5	74	13.0	65	73.9	28	14.4	16	103.2	206	11.9	50	8.7	144

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Ribeye Steak 10oz	1481.2	74	6173.0	73	89.9	128	29.6	148	79.8	31	6.8	8	82.5	165	11.9	49	3.4	57
VLG LN20 BBQ Ribs Half Rack	1423.7	71	5963.2	71	76.5	109	23.0	115	124.7	48	40.8	45	56.4	113	10.9	45	4.0	67
VLG LN20 BBQ Ribs Full Rack	2064.4	103	8644.7	103	112.2	160	37.4	187	160.3	62	75.4	84	100.3	201	11.2	47	6.4	106
VLG LN20 Diane Sauce	71.2	4	300.7	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
VLG LN20 Peppercorn Sauce	57.0	3	240.7	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
VLG LN20 Sautéed Mushrooms	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
VLG LN20 Fried Eggs x 2	286.2	14	1181.7	14	27.2	39	4.7	24	0.0	0	0.0	0	10.4	21	0.0	0	0.3	5
VLG LN20 Extra King Prawn Skewer	174.4	9	41.1	0	0.5	1	0.2	1	0.0	0	0.0	0	9.3	19	0.0	0	0.6	9
VLG LN20 Tomato and Rosemary Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Extra BBQ Ribs Half	640.7	32	2681.7	32	35.6	51	14.4	72	35.5	14	34.6	38	44.0	88	0.4	2	2.3	39
VLG LN20 Pulled Pork and Beef Chilli	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
VLG LN20 Mini Chorizo x 3	373.5	19	1544.4	18	35.1	50	14.4	72	1.1	0	0.9	1	12.6	25	-	-	2.0	33
VLG LN20 Classic Beef Burger	1007.3	50	4225.6	50	42.2	60	9.3	46	100.9	39	7.1	8	53.9	108	8.5	35	3.8	64
VLG LN20 Classic Beef Burger LRG	1140.9	57	4788.9	57	46.0	66	10.8	54	105.2	40	7.1	8	74.3	149	8.6	36	4.7	78
VLG LN20 Classic Beef Burger XL	1274.6	64	5352.2	64	49.9	71	12.3	61	109.5	42	7.2	8	94.7	189	8.7	36	5.5	92
VLG LN20 Classic Beef Burger Under 600	451.9	23	1906.8	23	10.1	14	3.8	19	43.6	17	4.6	5	47.5	95	3.1	13	2.2	37
VLG LN20 Classic Chicken Burger	949.1	47	3979.6	47	39.2	56	7.3	37	94.0	36	8.3	9	54.3	109	8.3	34	3.1	51
VLG LN20 Classic Chicken Burger XL	1158.2	58	4860.2	58	44.0	63	8.3	42	95.7	37	9.7	11	95.4	191	8.3	34	4.0	67
VLG LN20 Classic Chicken Burger Under 600	393.7	20	1660.8	20	7.1	10	1.8	9	36.7	14	5.9	7	47.9	96	2.9	12	1.5	25
VLG LN20 Classic Buttermilk Chicken Burger	1229.8	61	5141.3	61	65.2	93	17.2	86	115.1	44	8.2	9	43.1	86	8.3	34	3.7	61
VLG LN20 Classic Buttermilk Chicken Burger XL	1719.6	86	7183.6	86	95.9	137	28.2	141	137.9	53	9.4	10	73.1	146	8.3	34	5.2	87
VLG LN20 VGN Classic Veggie Burger	866.7	43	3635.3	43	36.5	52	6.5	32	100.5	39	7.5	8	30.7	61	11.1	46	2.9	48
VLG LN20 VGN Classic Veggie Burger XL	1086.7	54	4556.3	54	48.4	69	7.4	37	110.3	42	9.2	10	48.0	96	13.5	56	3.9	65
VLG LN20 VGN Classic Veggie Burger Under 600	416.1	21	1749.6	21	14.3	20	1.7	8	46.8	18	7.9	9	24.6	49	5.8	24	1.9	32
VLG LN20 Sweet Chilli Halloumi Burger	1156.0	58	4824.0	57	61.8	88	22.6	113	111.7	43	24.0	27	35.8	72	-	-	5.4	89
VLG LN20 Sweet Chilli Halloumi Burger XL	1478.0	74	6154.9	73	87.0	124	38.6	193	113.6	44	25.9	29	57.7	115	-	-	8.0	133
VLG LN20 BBQ Buttermilk Chicken Burger	1354.7	68	5671.6	68	65.3	93	17.2	86	143.4	55	35.5	39	44.2	88	9.0	38	5.4	89
VLG LN20 BBQ Buttermilk Chicken Burger XL	1844.5	92	7713.9	92	96.0	137	28.2	141	166.2	64	36.7	41	74.2	148	9.0	38	6.9	115
VLG LN20 VGN Bologna Burger	1056.7	53	4435.3	53	43.5	62	8.0	40	121.3	47	14.0	16	39.9	80	15.4	64	4.5	75
VLG LN20 VGN Bologna Burger XL	1276.7	64	5356.3	64	55.4	79	8.9	44	131.1	50	15.7	17	57.2	114	17.8	74	5.5	91
VLG LN20 Crispy Buffalo Chicken Fillet Burger	1455.7	73	6095.6	73	64.4	92	19.6	98	147.7	57	18.0	20	70.1	140	12.0	50	5.9	98
VLG LN20 Crispy Buffalo Chicken Fillet Burger XL	1959.0	98	8208.5	98	78.5	112	23.6	118	195.3	75	21.7	24	117.4	235	15.3	64	8.5	142
VLG LN20 Double Cheese and Bacon Burger	1168.7	58	4897.8	58	52.7	75	17.6	88	101.3	39	-	-	70.0	140	8.5	35	-	-

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VLG LN20 Double Cheese and Bacon Burger LRG	1347.3	67	5647.7	67	60.0	86	22.6	113	105.8	41	-	-	93.5	187	8.6	36	-	-
VLG LN20 Double Cheese and Bacon Burger XL	1525.9	76	6397.7	76	67.4	96	27.6	138	110.3	42	-	-	116.9	234	8.7	36	-	-
VLG LN20 Double Chilli Cheese Burger	1335.4	67	5594.6	67	60.2	86	18.9	94	124.9	48	-	-	70.8	142	10.4	43	-	-
VLG LN20 Double Chilli Cheese Burger LRG	1469.0	73	6157.9	73	64.1	92	20.4	102	129.2	50	-	-	91.2	182	10.5	44	-	-
VLG LN20 Double Chilli Cheese Burger XL	1602.7	80	6721.3	80	67.9	97	21.9	109	133.5	51	-	-	111.6	223	10.6	44	-	-
VLG LN20 Extra Buttermilk Chicken Goujons x 3	489.8	24	2042.3	24	30.7	44	11.0	55	22.8	9	1.2	1	30.0	60	0.0	0	1.5	26
VLG LN20 Extra Beef Burger 3oz	133.7	7	563.3	7	3.9	6	1.5	7	4.3	2	0.1	0	20.4	41	0.1	0	0.8	14
VLG LN20 Extra Veggie Burger	220.0	11	921.0	11	11.9	17	0.9	5	9.8	4	1.7	2	17.3	35	2.4	10	1.0	17
VLG LN20 Beer Battered Onion Rings x3	130.0	6	542.3	6	7.9	11	1.4	7	12.8	5	1.3	1	1.5	3	1.0	4	0.6	10
VLG LN20 Cheddar 56g	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN20 Monterey Jack Cheese	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
VLG LN20 Crispy Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
VLG LN20 Fried Egg	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
VLG LN20 Grilled Halloumi 50g	315.7	16	1304.9	16	24.7	35	15.7	78	1.9	1	1.9	2	21.5	43	-	-	2.5	42
VLG LN20 Black and Blue Topper	254.5	13	1053.0	13	23.5	34	10.4	52	0.3	0	0.2	0	10.6	21	0.9	4	0.8	13
VLG LN20 Pulled Pork and Beef Chilli	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
VLG LN20 Burger Cheese Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
VLG LN20 LB Hunters Chicken	806.1	40	3377.9	40	38.3	55	12.2	61	71.8	28	16.9	19	39.9	80	6.9	29	3.7	61
VLG LN20 LB 5oz Sweetcure Gammon Steak	912.5	46	3816.8	45	43.9	63	10.1	51	64.4	25	5.0	6	59.6	119	10.7	45	5.1	85
VLG LN20 LB Cod and Chips	984.7	49	4111.7	49	53.9	77	13.0	65	82.0	32	7.7	9	37.2	74	11.2	47	2.7	45
VLG LN20 LB Battered Halloumi and Chips	893.5	45	3727.8	44	48.0	69	17.4	87	81.5	31	8.7	10	29.0	58	-	-	4.2	70
VLG LN20 VGN LB Sweet Potato and Chickpea Tagine	183.2	9	773.7	9	3.5	5	0.4	2	34.3	13	20.0	22	6.8	14	6.1	26	4.2	70
VLG LN20 LB Golden Breaded Scampi	1167.0	58	3001.6	36	41.1	59	9.2	46	83.9	32	8.6	10	19.3	39	11.9	49	2.6	43
VLG LN20 Salad Grilled Chicken Lunch	235.4	12	990.9	12	5.3	8	1.1	6	5.8	2	5.1	6	42.4	85	1.8	8	1.0	16
VLG LN20 Lasagne Beef	665.1	33	2779.9	33	33.7	48	15.3	77	54.3	21	15.8	18	34.9	70	4.9	20	2.8	47
VLG LN20 Lasagne Beef Under 550	508.1	25	2121.6	25	26.7	38	12.8	64	34.3	13	15.2	17	31.7	63	4.1	17	2.5	41
VLG LN20 Lasagne Vegetarian	546.1	27	2135.4	25	23.0	33	6.5	32	58.0	22	13.7	15	12.0	24	5.9	24	2.4	40
VLG LN20 Lasagne Vegetarian Under 550	389.2	19	1477.1	18	16.1	23	3.9	20	38.0	15	13.1	15	8.9	18	5.1	21	2.0	33
VLG LN20 Cajun Chicken	707.7	35	2965.1	35	30.1	43	6.2	31	58.8	23	3.6	4	48.4	97	7.1	30	2.7	44
VLG LN20 Cajun Chicken Under 300	257.0	13	1079.5	13	7.9	11	1.4	7	5.2	2	4.0	4	42.3	85	1.8	7	1.7	28
VLG LN20 Ham and Eggs	545.0	27	2270.7	27	33.4	48	7.3	36	31.7	12	2.0	2	26.9	54	3.3	14	4.8	79
VLG LN20 Classic Beef Burger	1007.3	50	4225.6	50	42.2	60	9.3	46	100.9	39	7.1	8	53.9	108	8.5	35	3.8	64

## 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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Classic Buttermilk Chicken Burger	1229.8	61	5141.3	61	65.2	93	17.2	86	115.1	44	8.2	9	43.1	86	8.3	34	3.7	61
VLG LN20 Classic Chicken Burger	949.1	47	3979.6	47	39.2	56	7.3	37	94.0	36	8.3	9	54.3	109	8.3	34	3.1	51
VLG LN20 VGN Classic Veggie Burger	866.7	43	3635.3	43	36.5	52	6.5	32	100.5	39	7.5	8	30.7	61	11.1	46	2.9	48
VLG LN20 Jacket Tuna Mayo	383.2	19	1613.5	19	15.8	23	2.4	12	45.3	17	3.5	4	17.8	36	4.8	20	0.9	15
VLG LN20 Jacket Pulled Pork and Beef Chilli	529.5	26	2223.2	26	22.1	32	7.8	39	65.8	25	19.2	21	19.0	38	6.4	26	1.4	24
VLG LN20 Jacket Cheese and Beans	577.2	29	2423.1	29	25.9	37	13.1	65	62.7	24	7.6	8	27.1	54	9.8	41	1.9	31
VLG LN20 Jacket Plain	246.3	12	1040.9	12	7.6	11	1.7	9	42.0	16	2.1	2	5.2	10	4.4	18	0.0	1
VLG LN20 VGN Jacket Bologna	436.3	22	1840.9	22	14.6	21	3.2	16	62.8	24	8.6	10	14.5	29	8.7	36	1.6	27
VLG LN20 Sandwich Wiltshire Ham and Mustard	964.0	48	4042.4	48	39.8	57	9.1	46	108.2	42	5.5	6	39.7	79	11.1	46	7.2	121
VLG LN20 Sandwich Steak and Onion	1210.8	61	5069.6	60	57.3	82	14.2	71	120.1	46	15.8	18	50.2	100	11.2	47	3.7	61
VLG LN20 Sandwich Cheese and Chutney	1228.7	61	5153.0	61	59.7	85	23.9	119	127.1	49	23.3	26	42.8	86	11.5	48	3.8	63
VLG LN20 Sandwich Chicken and Bacon Club	1350.0	67	5656.3	67	62.3	89	11.7	59	137.3	53	6.7	7	57.8	116	13.5	56	5.8	96
VLG LN20 VGN Sandwich Red Pepper and Spicy Guacamole	900.4	45	3774.8	45	37.7	54	8.1	40	114.8	44	8.0	9	22.6	45	12.2	51	2.7	44
VLG LN20 Sandwich Tuna Mayonnaise and Sweetcorn	980.8	49	4115.3	49	41.5	59	7.9	39	110.2	42	4.5	5	38.8	78	11.6	48	3.3	55
VLG LN20 Wrap Buttermilk Sweet Chilli Chicken	1356.2	68	5673.8	68	60.3	86	18.8	94	154.0	59	31.5	35	43.6	87	10.7	45	4.7	78
VLG LN20 Wrap Tuna Mayonnaise and Sweetcorn	910.5	46	3818.1	45	38.3	55	8.6	43	104.2	40	5.6	6	31.8	64	11.1	46	2.8	47
VLG LN20 VGN Wrap Red Pepper and Spicy Guacamole	884.0	44	3697.6	44	40.4	58	10.0	50	108.9	42	9.2	10	15.6	31	11.8	49	2.3	38
VLG LN20 Chips 284g	457.3	23	1913.6	23	22.2	32	4.8	24	54.8	21	0.8	1	6.5	13	5.9	25	1.0	16
VLG LN20 Cheesy Chips	678.0	34	2836.2	34	40.3	58	16.0	80	55.2	21	1.0	1	21.1	42	6.0	25	2.1	34
VLG LN20 Sweet Potato Fries 284g	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
VLG LN20 Halloumi Fries	536.3	27	2221.0	26	39.3	56	19.0	95	25.7	10	12.9	14	19.5	39	-	-	3.0	51
VLG LN20 Beer Battered Onion Rings x6	305.2	15	1273.8	15	18.5	26	3.3	17	30.0	12	3.0	3	3.6	7	2.4	10	1.4	24
VLG LN20 Garlic Bread	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
VLG LN20 Cheesy Garlic Bread	539.0	27	2254.1	27	34.4	49	16.3	81	35.2	14	2.7	3	21.0	42	3.0	12	1.9	31
VLG LN20 House Salad Dressed	159.9	8	660.3	8	15.1	22	1.0	5	4.6	2	4.3	5	0.9	2	1.1	4	0.2	4
VLG LN20 House Salad Undressed	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
VLG LN20 Seasonal Vegetables	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.6	10
VLG LN20 Corn on the Cob	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
VLG LN20 Sauteed Mushrooms	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
VLG LN20 Bread and Flora White	384.5	19	1619.2	19	16.5	24	4.2	21	50.4	19	1.0	1	9.6	19	3.1	13	1.0	17
VLG LN20 Bread and Flora Brown	389.8	19	1644.2	20	18.1	26	4.3	22	45.3	17	1.1	1	12.6	25	4.2	17	0.9	15

## 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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Poppadums and Dips	346.8	17	1463.8	17	8.1	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
VLG LN20 Rice Plain	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
VLG LN20 Rice Coriander and Lime	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
VLG LN20 Pigs in Blankets x10	553.7	28	2299.6	27	42.8	61	15.4	77	14.5	6	2.0	2	27.5	55	1.0	4	3.8	64
VLG LN20 Roast Potatoes	191.8	10	810.0	10	3.0	4	0.3	2	38.6	15	1.3	1	4.7	9	3.9	16	0.3	4
VLG LN20 Cheesy Roast Potatoes	410.2	21	1722.8	21	20.9	30	11.5	58	38.7	15	1.5	2	19.3	39	3.9	16	1.3	22
VLG LN20 Cauliflower Cheese	141.1	7	591.6	7	5.5	8	3.4	17	15.5	6	3.1	3	5.5	11	3.9	16	1.9	32
VLG LN20 Bowl of Yorkshire Puddings	793.9	40	3297.1	39	62.4	89	9.7	49	42.9	17	5.9	7	17.4	35	2.0	8	1.0	16
VLG LN20 Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
VLG LN20 Pulled Pork and Beef Chillli	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
VLG LN20 Baked Garlic Mini Loaf Side	397.3	20	1663.5	20	20.9	30	2.7	14	44.2	17	1.2	1	7.9	16	1.8	7	1.2	19
VLG LN20 Baked Cheesy Garlic Mini Loaf Side	615.7	31	2576.3	31	38.8	55	13.9	70	44.3	17	1.3	1	22.5	45	1.8	7	2.2	37
VLG LN20 Sunday Beef	1005.0	50	4198.7	50	53.1	76	15.5	77	83.2	32	22.3	25	50.7	101	16.4	68	3.4	57
VLG LN20 Sunday Beef Kids	610.8	31	2547.6	30	35.6	51	9.2	46	46.2	18	14.2	16	27.0	54	7.3	30	2.9	48
VLG LN20 Sunday Pork	963.2	48	4037.8	48	38.4	55	9.2	46	102.0	39	21.9	24	56.1	112	17.3	72	3.1	51
VLG LN20 Sunday Pork Kids	620.3	31	2597.5	31	27.3	39	6.0	30	65.0	25	13.7	15	30.7	61	8.2	34	2.6	43
VLG LN20 Sunday Chicken	1399.3	70	5854.3	70	69.7	100	18.3	92	103.8	40	26.4	29	93.2	186	18.9	79	4.9	82
VLG LN20 Sunday Chicken Kids	841.3	42	3518.2	42	43.0	61	10.6	53	66.7	26	18.1	20	49.3	99	9.0	37	3.5	58
VLG LN20 Sunday Trio of Meats	1600.7	80	6687.2	80	86.9	124	22.1	110	111.3	43	24.5	27	97.3	195	18.6	78	5.6	94
VLG LN20 Sunday Lamb Shank	1365.8	68	5721.6	68	70.5	101	24.8	124	99.6	38	39.9	44	85.2	170	17.7	74	3.4	56
VLG LN20 Sunday Veg Wellington	1294.9	65	5410.8	64	72.8	104	28.2	141	142.2	55	21.7	24	30.7	61	23.0	96	5.1	85
VLG LN20 Sunday Quorn Sausage Kids	504.0	25	2106.5	25	24.3	35	4.5	23	49.2	19	11.6	13	20.4	41	11.1	46	2.3	38
VLG LN20 Soup of the Day	372.8	19	1569.2	19	17.2	25	7.2	36	42.3	16	7.1	8	11.2	22	5.3	22	1.8	30
VLG LN20 VGN Soup of the Day	302.8	15	1281.7	15	11.5	16	2.5	12	40.3	16	12.1	13	9.4	19	4.5	19	2.0	33
VLG LN20 King Prawn Cup	327.7	16	1378.1	16	16.5	24	2.9	14	29.2	11	4.2	5	15.9	32	3.2	13	2.1	35
VLG LN20 Golden Breaded Mushrooms	437.7	22	1846.3	22	21.6	31	4.2	21	49.7	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN20 VGN Baked Garlic Mini Loaf	408.8	20	1712.0	20	20.9	30	2.7	14	46.2	18	2.9	3	8.5	17	2.3	10	1.5	26
VLG LN20 Baked Cheesy Garlic Mini Loaf	627.2	31	2624.8	31	38.8	55	13.9	70	46.3	18	3.0	3	23.0	46	2.3	10	2.6	43
VLG LN20 Baked Cheesy Garlic and Bacon Mini Loaf	698.8	35	2923.7	35	42.3	60	15.2	76	46.3	18	3.0	3	32.9	66	2.3	10	4.4	73
VLG LN20 Bramley Apple Pie	476.4	24	2001.2	24	18.4	26	7.7	39	70.9	27	33.0	37	7.0	14	2.3	10	0.2	3
VLG LN20 VGN Bramley Apple Pie	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN20 Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6

## 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

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
VLG LN20 Sticky Toffee Pudding	588.8	29	2473.3	29	21.6	31	13.1	66	94.7	36	77.9	87	4.4	9	1.1	5	0.3	5
VLG LN20 Banoffee Pie	611.7	31	2548.1	30	39.1	56	21.8	109	57.9	22	40.4	45	6.5	13	1.2	5	0.6	9
VLG LN20 Melt in the Middle	799.5	40	3342.7	40	42.3	60	8.0	40	92.8	36	62.7	70	10.8	22	1.1	4	1.0	16
VLG LN20 Sicilian Lemon Muffin Cheesecake	726.8	36	3018.9	36	58.6	84	32.2	161	46.8	18	30.0	33	7.6	15	0.7	3	0.5	8
VLG LN20 Praline Chocolate Tart	567.1	28	2365.6	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
VLG LN20 VGN Praline Chocolate Tart	540.5	27	2254.9	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
VLG LN20 Red Velvet Cake	1010.2	51	4204.9	50	72.9	104	41.3	207	79.4	31	56.7	63	11.3	23	-	-	1.3	21
VLG LN20 Chocolate Indulgence Sundae	545.8	27	2284.1	27	29.2	42	18.3	91	62.8	24	53.9	60	7.4	15	-	-	0.4	7
VLG LN20 Minty Sundae	581.1	29	2428.8	29	32.2	46	20.0	100	64.9	25	56.4	63	6.8	14	-	-	0.4	7
VLG LN20 Strawberry and Lemon Meringue Sundae	506.2	25	2121.0	25	24.5	35	15.2	76	65.2	25	55.9	62	5.7	11	0.5	2	0.4	7
VLG LN20 Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 Cheese Plate	805.4	40	3361.1	40	58.3	83	32.0	160	39.5	15	16.2	18	30.2	60	2.6	11	2.5	42
VLG LN20 Sandwich Roast Beef	629.4	31	2648.6	32	21.2	30	6.3	32	76.8	30	7.6	8	34.2	68	7.0	29	2.6	43
VLG LN20 Sandwich Roast Pork	526.4	26	2225.0	26	8.9	13	1.9	10	78.4	30	6.6	7	34.8	70	7.0	29	1.4	23
VLG LN20 Soup of the Day	372.8	19	1569.2	19	17.2	25	7.2	36	42.3	16	7.1	8	11.2	22	5.3	22	1.8	30
VLG LN20 VGN Soup of the Day	302.8	15	1281.7	15	11.5	16	2.5	12	40.3	16	12.1	13	9.4	19	4.5	19	2.0	33
VLG LN20 King Prawn Cup	327.7	16	1378.1	16	16.5	24	2.9	14	29.2	11	4.2	5	15.9	32	3.2	13	2.1	35
VLG LN20 Golden Breaded Mushrooms	437.7	22	1846.3	22	21.6	31	4.2	21	49.7	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN20 Classic Beef Burger	1007.3	50	4225.6	50	42.2	60	9.3	46	100.9	39	7.1	8	53.9	108	8.5	35	3.8	64
VLG LN20 Classic Beef Burger XL	1274.6	64	5352.2	64	49.9	71	12.3	61	109.5	42	7.2	8	94.7	189	8.7	36	5.5	92
VLG LN20 Classic Beef Burger Under 600	451.9	23	1906.8	23	10.1	14	3.8	19	43.6	17	4.6	5	47.5	95	3.1	13	2.2	37
VLG LN20 Classic Buttermilk Chicken Burger	1229.8	61	5141.3	61	65.2	93	17.2	86	115.1	44	8.2	9	43.1	86	8.3	34	3.7	61
VLG LN20 Classic Buttermilk Chicken Burger XL	1719.6	86	7183.6	86	95.9	137	28.2	141	137.9	53	9.4	10	73.1	146	8.3	34	5.2	87
VLG LN20 VGN Classic Veggie Burger	866.7	43	3635.3	43	36.5	52	6.5	32	100.5	39	7.5	8	30.7	61	11.1	46	2.9	48
VLG LN20 VGN Classic Veggie Burger XL	1086.7	54	4556.3	54	48.4	69	7.4	37	110.3	42	9.2	10	48.0	96	13.5	56	3.9	65
VLG LN20 VGN Classic Veggie Burger Under 600	416.1	21	1749.6	21	14.3	20	1.7	8	46.8	18	7.9	9	24.6	49	5.8	24	1.9	32
VLG LN20 Salad Grilled Chicken Lunch	235.4	12	990.9	12	5.3	8	1.1	6	5.8	2	5.1	6	42.4	85	1.8	8	1.0	16
VLG LN20 VGN LB Sweet Potato and Chickpea Tagine	183.2	9	773.7	9	3.5	5	0.4	2	34.3	13	20.0	22	6.8	14	6.1	26	4.2	70
VLG LN20 Lasagne Beef	665.1	33	2779.9	33	33.7	48	15.3	77	54.3	21	15.8	18	34.9	70	4.9	20	2.8	47
VLG LN20 Lasagne Beef Under 550	508.1	25	2121.6	25	26.7	38	12.8	64	34.3	13	15.2	17	31.7	63	4.1	17	2.5	41
VLG LN20 Lasagne Vegetarian	546.1	27	2135.4	25	23.0	33	6.5	32	58.0	22	13.7	15	12.0	24	5.9	24	2.4	40
VLG LN20 Lasagne Vegetarian Under 550	389.2	19	1477.1	18	16.1	23	3.9	20	38.0	15	13.1	15	8.9	18	5.1	21	2.0	33

## 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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Cajun Chicken	707.7	35	2965.1	35	30.1	43	6.2	31	58.8	23	3.6	4	48.4	97	7.1	30	2.7	44
VLG LN20 Cajun Chicken Under 300	257.0	13	1079.5	13	7.9	11	1.4	7	5.2	2	4.0	4	42.3	85	1.8	7	1.7	28
VLG LN20 Beer Battered Cod Upgrade	62.8	3	266.5	3	0.2	0	0.1	0	13.2	5	0.5	1	1.5	3	0.7	3	0.5	8
VLG LN20 Sausage and Cheesy Mash	1065.7	53	4449.3	53	53.6	77	22.3	112	105.7	41	11.1	12	33.5	67	12.7	53	5.5	92
VLG LN20 Veggie Sausage and Cheesy Mash	823.0	41	3441.5	41	34.1	49	14.5	72	84.3	32	11.5	13	34.6	69	16.8	70	4.4	74
VLG LN20 LB 5oz Sweetcure Gammon Steak	912.5	46	3816.8	45	43.9	63	10.1	51	64.4	25	5.0	6	59.6	119	10.7	45	5.1	85
VLG LN20 LB Golden Breaded Scampi	1167.0	58	3001.6	36	41.1	59	9.2	46	83.9	32	8.6	10	19.3	39	11.9	49	2.6	43
VLG LN20 Bramley Apple Pie	476.4	24	2001.2	24	18.4	26	7.7	39	70.9	27	33.0	37	7.0	14	2.3	10	0.2	3
VLG LN20 VGN Bramley Apple Pie	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN20 Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6
VLG LN20 Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 VGN Ice Cream Sundae	290.2	15	1213.7	14	12.3	18	10.6	53	37.5	14	24.8	28	1.5	3	-	-	0.0	1
VLG LN20 Bramley Apple Pie	476.4	24	2001.2	24	18.4	26	7.7	39	70.9	27	33.0	37	7.0	14	2.3	10	0.2	3
VLG LN20 VGN Bramley Apple Pie	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN20 Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6
VLG LN20 Sticky Toffee Pudding	588.8	29	2473.3	29	21.6	31	13.1	66	94.7	36	77.9	87	4.4	9	1.1	5	0.3	5
VLG LN20 Melt in the Middle	799.5	40	3342.7	40	42.3	60	8.0	40	92.8	36	62.7	70	10.8	22	1.1	4	1.0	16
VLG LN20 Sicilian Lemon Muffin Cheesecake	726.8	36	3018.9	36	58.6	84	32.2	161	46.8	18	30.0	33	7.6	15	0.7	3	0.5	8
VLG LN20 Red Velvet Cake	1010.2	51	4204.9	50	72.9	104	41.3	207	79.4	31	56.7	63	11.3	23	-	-	1.3	21
VLG LN20 Banoffee Pie	611.7	31	2548.1	30	39.1	56	21.8	109	57.9	22	40.4	45	6.5	13	1.2	5	0.6	9
VLG LN20 Praline Chocolate Tart	567.1	28	2365.6	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
VLG LN20 VGN Praline Chocolate Tart	540.5	27	2254.9	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
VLG LN20 Chocolate Indulgence Sundae	545.8	27	2284.1	27	29.2	42	18.3	91	62.8	24	53.9	60	7.4	15	-	-	0.4	7
VLG LN20 Strawberry and Lemon Meringue Sundae	506.2	25	2121.0	25	24.5	35	15.2	76	65.2	25	55.9	62	5.7	11	0.5	2	0.4	7
VLG LN20 Minty Sundae	581.1	29	2428.8	29	32.2	46	20.0	100	64.9	25	56.4	63	6.8	14	-	-	0.4	7
VLG LN20 Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 VGN Ice Cream Sundae	290.2	15	1213.7	14	12.3	18	10.6	53	37.5	14	24.8	28	1.5	3	-	-	0.0	1
VLG LN20 Simply Delicious	356.2	18	1486.8	18	18.8	27	11.4	57	41.0	16	35.4	39	5.0	10	0.8	4	0.3	6
VLG LN20 VGN Simply Delicious	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
VLG LN20 Cheese Plate	805.4	40	3361.1	40	58.3	83	32.0	160	39.5	15	16.2	18	30.2	60	2.6	11	2.5	42
VLG LN20 Sweet Potato Fries 150g Upgrade	271.5	14	1117.8	13	13.3	19	2.3	12	32.5	13	10.5	12	2.2	4	4.4	18	0.6	10
VLG LN20 Sweet Potato Fries 284g Upgrade	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19



## 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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Chips 150g	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
VLG LN20 Sweet Potato Fries 150g	275.1	14	1132.6	13	13.5	19	2.4	12	32.9	13	10.6	12	2.2	4	4.5	19	0.6	10
VLG LN20 Chicken Breast Steamed	130.0	7	545.7	6	5.0	7	1.1	6	1.0	0	1.0	1	20.2	40	0.0	0	0.4	7
VLG LN20 Extra Buttermilk Chicken Goujons x 3	489.8	24	2042.3	24	30.7	44	11.0	55	22.8	9	1.2	1	30.0	60	0.0	0	1.5	26
VLG LN20 Crispy Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
VLG LN20 Cheddar 56g	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN20 Stilton 20g	82.0	4	340.0	4	7.0	10	4.6	23	0.0	0	0.0	0	4.7	9	0.0	0	0.4	7
VLG LN20 Monterey Jack Cheese	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
VLG LN20 Fried Egg	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
VLG LN20 Pineapple	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
VLG LN20 Wiltshire Ham	134.0	7	560.0	7	6.0	9	2.0	10	0.9	0	1.6	2	18.3	37	0.0	0	4.2	71
VLG LN20 Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Grilled Halloumi 50g	315.7	16	1304.9	16	24.7	35	15.7	78	1.9	1	1.9	2	21.5	43	-	-	2.5	42
VLG LN20 Grilled Mushroom	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG LN20 Sauce BBQ 56g	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
VLG LN20 Sauce Sour Cream 56g	68.9	3	285.0	3	5.6	8	3.5	18	3.6	1	1.1	1	1.0	2	0.0	0	0.1	1
VLG LN20 Sauce Salsa 56g	23.0	1	96.9	1	0.0	0	0.0	0	4.0	2	3.4	4	1.1	2	1.0	4	0.7	12
VLG LN20 Sauce Guacamole 56g	73.4	4	306.9	4	6.4	9	1.4	7	3.4	1	0.6	1	0.8	2	0.2	1	0.5	8
VLG LN20 Jalapenos	20.2	1	85.4	1	0.1	0	0.0	0	4.4	2	4.2	5	0.2	0	0.5	2	1.2	20
VLG LN20 Rocket	2.0	0	8.3	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.2	1	0.0	0
VLG LN20 Poppadum	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
VLG LN20 Rice Plain	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
VLG LN20 Rice Coriander and Lime	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
VLG LN20 Naan Bread	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Stuffing	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
VLG LN20 Yorkshire Pudding	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
VLG LN20 Giant Yorkshire Pudding	396.9	20	1648.6	20	31.2	45	4.9	24	21.5	8	3.0	3	8.7	17	1.0	4	0.5	8
VLG LN20 Gravy	24.4	1	102.6	1	0.0	0	0.0	0	5.8	2	0.1	0	0.3	1	0.0	0	0.7	12
VLG LN20 Baked Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.5	8	5.4	6	7.4	15	5.4	23	0.7	12
VLG LN20 Ice Cream Scoop Vanilla	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
VLG LN20 VGN Ice Cream Scoop Vanilla	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
VLG LN20 Custard	58.8	3	248.1	3	1.7	2	1.0	5	9.2	4	6.8	8	1.7	3	0.0	0	0.1	1
VLG LN20 Extra BBQ Ribs Half	640.7	32	2681.7	32	35.6	51	14.4	72	35.5	14	34.6	38	44.0	88	0.4	2	2.3	39

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Extra King Prawn Skewer	174.4	9	41.1	0	0.5	1	0.2	1	0.0	0	0.0	0	9.3	19	0.0	0	0.6	9
VLG LN20 Crispy Chicken Breast	491.4	25	2063.0	25	13.6	19	3.9	19	46.3	18	2.5	3	46.8	94	2.6	11	2.7	44
VLG LN20 Pulled Pork and Beef Chili	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
VLG LN20 Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
VLG LN20 Black and Blue Topper	254.5	13	1053.0	13	23.5	34	10.4	52	0.3	0	0.2	0	10.6	21	0.9	4	0.8	13
VLG LN20 Tomato and Rosemary Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Baked Garlic Mini Loaf Upgrade	397.3	20	1663.5	20	20.9	30	2.7	14	44.2	17	1.2	1	7.9	16	1.8	7	1.2	19
VLG LN20 Beer Battered Cod Upgrade	62.8	3	266.5	3	0.2	0	0.1	0	13.2	5	0.5	1	1.5	3	0.7	3	0.5	8
VLG LN20 Mini Chorizo x 3	373.5	19	1544.4	18	35.1	50	14.4	72	1.1	0	0.9	1	12.6	25	-	-	2.0	33
VLG LN20 Breakfast All Day Breakfast	1291.9	65	5384.8	64	73.9	106	18.1	90	99.2	38	10.7	12	54.7	109	13.4	56	7.0	116
VLG LN20 Breakfast Mega Breakfast	1954.8	98	8160.2	97	109.1	156	28.7	144	153.8	59	14.7	16	86.3	173	17.9	75	11.2	187
VLG LN20 Breakfast Full English Breakfast	675.1	34	2820.4	34	35.1	50	8.9	44	56.2	22	7.3	8	34.5	69	8.3	35	3.9	64
VLG LN20 Breakfast Veggie Breakfast	682.4	34	2846.4	34	40.6	58	8.5	43	52.7	20	8.3	9	27.8	56	10.9	45	1.7	29
VLG LN20 Breakfast Beans on Toast	570.7	29	2394.5	29	11.3	16	2.5	13	90.8	35	12.1	13	28.6	57	15.4	64	2.6	44
VLG LN20 Breakfast Boiled Eggs and Soldiers	474.4	24	1996.0	24	20.3	29	5.3	26	49.6	19	1.3	1	24.2	48	4.6	19	1.5	25
VLG LN20 Breakfast Eggs on Toast	631.9	32	2637.2	31	37.5	54	7.0	35	49.7	19	1.3	1	24.3	49	4.6	19	1.4	24
VLG LN20 Breakfast Sausage Sandwich	626.1	31	2624.6	31	27.0	39	7.9	39	71.4	27	3.9	4	24.1	48	5.9	24	2.5	41
VLG LN20 Breakfast Veggie Sausage Sandwich	469.7	23	1975.5	24	14.1	20	2.6	13	58.4	22	4.2	5	24.9	50	8.6	36	1.9	32
VLG LN20 Breakfast Bacon Sandwich	560.5	28	2352.4	28	20.9	30	6.2	31	49.7	19	1.3	1	43.6	87	4.6	19	6.5	108
VLG LN20 Breakfast Sausage Muffin	479.6	24	2008.4	24	17.8	25	5.9	29	61.9	24	8.7	10	17.2	34	3.6	15	2.5	42
VLG LN20 Breakfast Veggie Sausage Muffin	323.2	16	1359.3	16	4.8	7	0.7	3	49.0	19	9.0	10	18.0	36	6.4	27	2.0	33
VLG LN20 Breakfast Bacon Muffin	342.4	17	1437.2	17	8.2	12	2.9	14	40.3	15	6.1	7	26.8	54	2.4	10	4.7	79
VLG LN20 Breakfast Egg Muffin	485.5	24	2021.0	24	28.3	40	5.0	25	40.3	15	6.1	7	17.4	35	2.4	10	1.5	25
VLG LN20 Breakfast Egg and Sausage Muffin	482.5	24	2014.7	24	23.1	33	5.4	27	51.1	20	7.4	8	17.3	35	3.0	13	2.0	34
VLG LN20 Breakfast Veggie Sausage and Egg Muffin	404.3	20	1690.1	20	16.6	24	2.8	14	44.6	17	7.5	8	17.7	35	4.4	18	1.7	29
VLG LN20 Breakfast Bacon and Egg Muffin	413.9	21	1729.1	21	18.3	26	3.9	20	40.3	15	6.1	7	22.1	44	2.4	10	3.1	52
VLG LN20 Breakfast Bacon and Sausage Muffin	411.0	21	1722.8	21	13.0	19	4.4	22	51.1	20	7.4	8	22.0	44	3.0	13	3.6	61
VLG LN20 Breakfast Brunch Omelette	611.7	31	2547.3	30	44.7	64	20.0	100	7.4	3	7.2	8	50.1	100	2.0	8	3.5	58
VLG LN20 Breakfast Black Pudding	99.7	5	417.1	5	4.8	7	1.9	10	8.8	3	1.4	2	6.3	13	0.0	0	0.9	15
VLG LN20 Breakfast Bacon Rasher	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
VLG LN20 Breakfast Sausage	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
VLG LN20 Breakfast Veggie Sausage	62.0	3	260.0	3	1.9	3	0.2	1	4.4	2	1.5	2	5.5	11	2.0	8	0.4	7

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Breakfast Scrambled Egg	106.7	5	442.2	5	8.8	13	4.1	20	0.9	0	0.9	1	5.9	12	0.0	0	0.4	6
VLG LN20 Breakfast Fried Egg	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
VLG LN20 Breakfast Hash Browns x 2	50.2	3	209.2	2	3.0	4	1.3	6	5.0	2	0.2	0	0.5	1	0.7	3	0.1	2
VLG LN20 Breakfast Grilled Tomato	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
VLG LN20 Breakfast Grilled Mushroom	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG LN20 Breakfast Toast and Butter	207.8	10	876.7	10	9.2	13	2.2	11	24.8	10	0.6	1	6.9	14	2.3	10	0.5	8
VLG LN20 Cheese Plate	805.4	40	3361.1	40	58.3	83	32.0	160	39.5	15	16.2	18	30.2	60	2.6	11	2.5	42
VLG LN SB Prawn and Vegetable Jalfrezi	997.0	50	4193.4	50	29.3	42	2.8	14	153.3	59	30.0	33	29.6	59	12.4	52	5.8	96
VLG LN20 Chicken Tikka Masala	1123.0	56	4738.2	56	29.1	42	6.2	31	169.3	65	25.9	29	46.0	92	11.9	50	4.1	69
VLG LN20 Beef Madras	1214.8	61	5112.2	61	36.9	53	7.9	39	173.4	67	30.0	33	44.0	88	12.9	54	5.2	86
VLG LN20 SB VGN Penang Curry	619.8	31	2626.5	31	26.3	38	22.7	114	86.0	33	16.6	18	12.3	25	5.9	25	1.0	16
VLG LN20 SB Roasted Vegetable Jalfrezi	1136.6	57	4779.0	57	33.2	47	3.1	16	181.9	70	31.3	35	25.9	52	14.6	61	5.0	83
VLG LN20 SB VGN Roasted Vegetable Jalfrezi	720.5	36	3025.2	36	25.0	36	2.3	11	112.6	43	28.5	32	12.2	24	10.0	41	3.2	54
VLG LN20 SB Butter Chicken	1216.6	61	5146.6	61	34.2	49	11.6	58	160.2	62	24.7	27	67.8	136	8.9	37	4.1	69
VLG LN20 VGN Burmese Baby Aubergine Curry	701.2	35	2947.5	35	32.2	46	9.5	47	94.0	36	16.1	18	10.1	20	8.0	34	1.6	27
VLG LN20 Lamb Saag Masala	1231.8	62	5183.6	62	44.4	63	7.9	39	164.9	63	22.8	25	43.6	87	12.3	51	4.8	80
VLG LN20 Chicken Korma	1153.6	58	4860.6	58	29.1	42	10.6	53	174.7	67	32.0	36	48.4	97	9.5	40	4.7	78
VLG LN20 Chicken Tikka Samosas	194.6	10	811.5	10	7.9	11	2.1	11	20.0	8	2.9	3	10.7	21	1.2	5	0.5	9
VLG LN20 Vegetable Samosas	166.5	8	697.5	8	7.2	10	2.6	13	21.4	8	3.6	4	2.9	6	2.2	9	0.8	13
VLG LN20 Onion Bhajis	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
VLG LN20 Chana Masala	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
VLG LN20 Saag Aloo	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	20
VLG LN20 NGCI Soup of the Day	312.3	16	1309.8	16	16.9	24	6.8	34	32.3	12	7.7	9	5.0	10	5.9	25	1.6	27
VLG LN20 NGCI King Prawn Cup	267.2	13	1118.8	13	16.2	23	2.5	12	19.2	7	4.7	5	9.7	19	3.8	16	1.9	31
VLG LN20 NGCI Rump Steak 10oz	1103.6	55	4607.2	55	60.6	87	18.2	91	64.6	25	5.3	6	69.9	140	10.7	44	2.8	46
VLG LN20 NGCI Sirloin Steak 8oz	1062.8	53	4433.6	53	60.5	86	18.7	93	64.6	25	5.3	6	59.9	120	10.7	44	2.7	46
VLG LN20 NGCI Mixed Grill	1527.1	76	6380.4	76	80.7	115	21.5	108	78.1	30	9.2	10	116.3	233	12.1	51	7.0	116
VLG LN20 NGCI Ribeye Steak 10oz	1326.8	66	5528.9	66	80.5	115	27.9	140	64.6	25	5.3	6	80.7	161	10.7	44	2.7	45
VLG LN20 NGCI Sandwich Steak and Onion	1089.8	54	4550.9	54	56.7	81	13.4	67	100.0	38	16.9	19	37.9	76	12.4	52	3.2	54
VLG LN20 NGCI Sandwich Cheese and Chutney	843.9	42	3530.5	42	45.0	64	17.6	88	81.6	31	18.6	21	23.2	46	9.8	41	2.6	43
VLG LN20 NGCI Sandwich Roast Beef	562.5	28	2349.9	28	26.5	38	6.7	34	56.7	22	8.9	10	21.9	44	8.4	35	2.3	38
VLG LN20 NGCI Sandwich Roast Pork	459.4	23	1926.4	23	14.2	20	2.3	12	58.4	22	7.8	9	22.5	45	8.3	35	1.1	18
VLG LN20 NGCI Bread and Flora	294.5	15	1234.7	15	17.8	25	3.7	18	29.6	11	2.4	3	1.5	3	5.8	24	0.6	9

## 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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 NGCI Sunday Beef	806.6	40	3374.5	40	37.5	54	13.0	65	72.5	28	20.9	23	46.4	93	15.9	66	3.2	53
VLG LN20 NGCI Sunday Beef Kids	396.0	20	1655.3	20	19.1	27	6.7	33	33.7	13	11.9	13	22.4	45	5.9	25	2.6	44
VLG LN20 NGCI Sunday Pork	675.3	34	2835.9	34	21.1	30	6.3	32	74.2	29	19.8	22	49.3	99	15.9	66	2.0	33
VLG LN20 NGCI Sunday Pork Kids	332.4	17	1395.4	17	10.0	14	3.2	16	37.2	14	11.7	13	23.9	48	6.8	28	1.5	25
VLG LN20 NGCI Sunday Chicken	1111.4	56	4652.3	55	52.4	75	15.5	77	76.0	29	24.4	27	86.4	173	17.4	73	3.8	64
VLG LN20 NGCI Sunday Chicken Kids	553.4	28	2316.1	28	25.7	37	7.8	39	38.8	15	16.1	18	42.5	85	7.6	31	2.4	40
VLG LN20 NGCI Chicken Tikka Masala	842.6	42	3560.4	42	21.5	31	5.5	27	123.8	48	23.3	26	40.8	82	7.8	32	4.1	68
VLG LN20 NGCI Beef Madras	934.4	47	3934.4	47	29.3	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
VLG LN20 NGCI Bantry Bay Mussels	507.3	25	2122.3	25	23.4	33	8.6	43	24.7	9	2.8	3	48.0	96	2.9	12	8.1	135
VLG LN20 NGCI Salad Grilled Chicken Breast	540.6	27	2288.5	27	10.3	15	1.6	8	68.5	26	5.5	6	48.4	97	4.1	17	1.6	27
VLG LN20 NGCI Sandwich Chicken and Bacon Club	1168.5	58	4878.4	58	61.3	88	10.5	53	107.2	41	8.5	9	39.3	79	15.4	64	5.1	86
VLG LN20 NGCI Sunday Trio of Meats	1114.4	56	4660.9	55	54.0	77	16.8	84	72.7	28	21.0	23	86.2	172	16.7	69	4.3	71
VLG LN20 NGCI Cajun Chicken	707.7	35	2965.1	35	30.1	43	6.2	31	58.8	23	3.6	4	48.4	97	7.1	30	2.7	44
VLG LN20 NGCI Cajun Chicken Under 300	257.0	13	1079.5	13	7.9	11	1.4	7	5.2	2	4.0	4	42.3	85	1.8	7	1.7	28
VLG LN20 NGCI Chicken Tikka Masala	842.6	42	3560.4	42	21.5	31	5.5	27	123.8	48	23.3	26	40.8	82	7.8	32	4.1	68
VLG LN20 NGCI Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6
VLG LN20 NGCI Chocolate Indulgence Sundae	545.8	27	2284.1	27	29.2	42	18.3	91	62.8	24	53.9	60	7.4	15	-	-	0.4	7
VLG LN20 NGCI Ham and Eggs	545.0	27	2270.7	27	33.4	48	7.3	36	31.7	12	2.0	2	26.9	54	3.3	14	4.8	79
VLG LN20 NGCI Hunters Chicken	1092.6	55	4583.8	55	48.9	70	18.4	92	86.7	33	30.9	34	73.6	147	7.3	30	6.5	108
VLG LN20 NGCI Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 NGCI VGN Ice Cream Sundae	330.1	17	1380.4	16	11.9	17	10.4	52	48.7	19	30.2	34	-	-	8.7	36	0.1	1
VLG LN20 NGCI VGN Jacket Bologna	374.4	19	1582.0	19	7.6	11	1.5	8	62.8	24	8.6	10	14.5	29	8.7	36	1.6	27
VLG LN20 NGCI Jacket Cheese and Beans	639.1	32	2682.0	32	32.9	47	14.8	74	62.7	24	7.6	8	27.1	54	9.8	41	1.9	31
VLG LN20 NGCI Jacket Plain	308.2	15	1299.8	15	14.6	21	3.4	17	42.0	16	2.1	2	5.2	10	4.4	18	0.0	1
VLG LN20 NGCI Jacket Tuna Mayo	445.1	22	1872.4	22	22.8	33	4.1	20	45.3	17	3.5	4	17.8	36	4.8	20	0.9	15
VLG LN20 NGCI LB 5oz Sweetcure Gammon	912.5	46	3816.8	45	43.9	63	10.1	51	64.4	25	5.0	6	59.6	119	10.7	45	5.1	85
VLG LN20 NGCI LB Hunters Chicken	806.1	40	3377.9	40	38.3	55	12.2	61	71.8	28	16.9	19	39.9	80	6.9	29	3.7	61
VLG LN20 NGCI VGN LB Sweet Potato and Chickpea Tagine	183.2	9	773.7	9	3.5	5	0.4	2	34.3	13	20.0	22	6.8	14	6.1	26	4.2	70
VLG LN20 NGCI Minty Sundae	581.1	29	2428.8	29	32.2	46	20.0	100	64.9	25	56.4	63	6.8	14	-	-	0.4	7
VLG LN20 NGCI Sandwich Tuna Mayonnaise and Sweetcorn	881.4	44	3684.6	44	43.2	62	7.6	38	90.1	35	5.7	6	26.5	53	12.9	54	2.9	49
VLG LN20 NGCI Simply Delicious	356.2	18	1486.8	18	18.8	27	11.4	57	41.0	16	35.4	39	5.0	10	0.8	4	0.3	6

