

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	%
BIR LN Soup of the Day	282.4	14	1188.4	14	12.2	17	4.2	21	37.2	14	11.2	12	5.2	10	2.3	10	1.7	28
BIR LN NGCI Soup of the Day	255.5	13	1070.6	13	13.7	20	4.2	21	29.2	11	11.1	12	2.2	4	4.1	17	1.6	27
BIR LN Golden Breaded Mushrooms	460.2	23	1933.4	23	29.4	42	4.7	24	38.8	15	3.8	4	8.5	17	4.5	19	2.0	33
BIR LN Buttermilk Chicken Strips	534.5	27	2230.1	27	30.9	44	11.0	55	32.3	12	10.1	11	30.6	61	1.0	4	2.0	33
BIR LN Prawn Cocktail	336.5	17	1406.7	17	19.3	28	8.1	40	27.1	10	4.7	5	12.7	25	2.0	8	2.2	37
BIR LN NGCI Prawn Cocktail	332.6	17	1386.3	17	21.9	31	5.0	25	22.2	9	7.0	8	9.8	20	3.8	16	2.4	40
BIR LN Mexican Nachos	641.4	32	2679.1	32	32.7	47	10.3	52	68.8	26	6.8	8	14.4	29	4.9	20	3.6	59
BIR LN NGCI Mexican Nachos	639.0	32	2669.3	32	32.5	46	10.2	51	68.7	26	6.8	8	14.3	29	4.9	20	3.5	59
BIR LN 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
BIR LN Cheesy Garlic Bread	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31
BIR LN Buffalo Chicken Wings	1049.3	52	4365.9	52	70.6	101	17.5	87	22.0	8	16.6	18	80.7	161	2.8	12	4.5	74
BIR LN Bacon Popcorn	415.2	21	1726.3	21	24.1	34	7.3	36	35.9	14	18.8	21	12.6	25	1.4	6	1.9	31
BIR LN Bacon Popcorn and Chicken Combo	1075.6	54	4476.7	53	72.9	104	22.4	112	50.0	19	4.0	4	52.6	105	1.4	6	4.4	73
BIR LN Crispy Potato Skins	405.8	20	1689.4	20	25.0	36	11.6	58	25.1	10	3.9	4	18.0	36	4.4	18	2.1	36
BIR LN Crispy Potato Skins Veggie	349.2	17	1452.8	17	22.2	32	10.6	53	25.1	10	3.9	4	10.2	20	4.4	18	0.7	12
BIR LN NGCI Crispy Potato Skins	405.8	20	1689.4	20	25.0	36	11.6	58	25.1	10	3.9	4	18.0	36	4.4	18	2.1	36
BIR LN Salad BBQ Cauliflower Wings Vegan	293.0	15	1226.0	15	14.6	21	3.1	16	34.4	13	12.7	14	6.4	13	6.0	25	1.4	23
BIR LN Melt Tuna Mayonnaise	623.9	31	2627.7	31	19.4	28	7.1	36	74.2	29	6.6	7	36.6	73	4.4	18	2.7	45
BIR LN Melt Chicken and Bacon	741.9	37	3115.2	37	24.8	35	9.7	49	80.2	31	14.2	16	47.2	94	4.4	19	4.1	68
BIR LN Baguette Cheddar Cheese and Red Onion	877.1	44	3666.5	44	46.5	66	25.9	130	72.2	28	6.6	7	40.5	81	4.3	18	3.2	54
BIR LN Baguette Honey Roast Ham and Mustard	572.6	29	2410.9	29	15.1	22	3.5	18	76.7	29	8.5	9	30.1	60	4.0	17	4.0	66
BIR LN Baguette Buttermilk Chicken and Mayo	975.7	49	4085.4	49	45.9	66	13.1	66	96.1	37	7.3	8	41.9	84	4.3	18	3.3	55
BIR LN Baguette Rump Steak and Red Onion	650.2	33	2729.1	32	23.4	33	7.1	35	72.1	28	6.4	7	35.6	71	4.3	18	1.9	32
BIR LN Sandwich Ham	633.3	32	2656.1	32	26.6	38	6.4	32	66.3	25	1.6	2	30.5	61	6.5	27	2.9	49
BIR LN NGCI Sandwich Ham	592.7	30	2477.9	29	27.2	39	5.9	30	59.9	23	3.1	3	22.0	44	9.0	38	2.8	47
BIR LN Sandwich Cheese	979.5	49	4085.4	49	60.6	87	29.0	145	65.2	25	1.5	2	42.0	84	6.5	27	3.3	56
BIR LN NGCI Sandwich Cheese	938.9	47	3907.2	47	61.2	87	28.5	142	58.8	23	3.1	3	33.5	67	9.0	38	3.2	53
BIR LN Sandwich Tuna	591.5	30	2485.1	30	22.1	32	4.9	24	65.7	25	2.0	2	31.3	63	6.9	29	2.0	33
BIR LN NGCI Sandwich Tuna	550.9	28	2306.8	27	22.7	32	4.4	22	59.3	23	3.6	4	22.8	46	9.4	39	1.8	31
BIR LN Sandwich Roast Pork	639.2	32	2676.4	32	31.1	44	7.3	36	58.9	23	1.4	2	30.4	61	5.4	23	2.0	33
BIR LN Sandwich Roast Beef	639.0	32	2676.4	32	30.4	43	8.1	40	58.9	23	1.4	2	31.9	64	5.4	23	2.0	33
BIR LN Sandwich Roast Turkey	527.6	26	2220.4	26	16.2	23	2.5	12	58.9	23	1.4	2	35.9	72	5.4	23	2.0	34
BIR LN Sandwich Roast Chicken	755.4	38	3165.1	38	35.7	51	8.2	41	59.0	23	1.6	2	49.1	98	6.2	26	2.9	49

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BIR LN Baguette Roast Beef	768.0	38	3224.5	38	28.5	41	7.7	39	91.9	35	4.6	5	33.2	66	5.5	23	2.4	40
BIR LN Baguette Ham and Tomato	542.5	27	2287.6	27	12.7	18	3.5	17	75.2	29	9.1	10	29.6	59	5.6	23	2.9	48
BIR LN NGCI Butty Chip	684.4	34	2860.3	34	32.1	46	6.3	31	84.7	33	3.4	4	8.1	16	11.9	49	1.7	28
BIR LN Butty Chip	725.0	36	3038.5	36	31.5	45	6.8	34	91.1	35	1.8	2	16.6	33	9.3	39	1.8	31
BIR LN Baguette Prawn	595.3	30	2501.6	30	21.5	31	2.8	14	77.6	30	10.9	12	20.7	41	4.6	19	3.3	54
BIR LN Jacket Potato Cheddar Cheese and Baked Beans	637.3	32	2659.7	32	31.7	45	19.4	97	64.3	25	8.0	9	26.8	54	10.2	42	2.1	35
BIR LN Jacket Potato Baked Beans	413.2	21	1737.2	21	1.5	2	0.3	2	83.7	32	13.3	15	20.1	40	15.6	65	1.6	26
BIR LN Jacket Potato Cheddar Cheese and Honey Roast Ham	644.5	32	2692.9	32	36.3	52	21.0	105	44.9	17	2.8	3	36.5	73	4.8	20	2.9	49
BIR LN Jacket Potato Plain	292.4	15	1226.5	15	12.1	17	7.3	37	42.7	16	2.6	3	5.5	11	4.8	20	0.3	5
BIR LN Jacket Potato Pulled Pork and Beef Chilli	575.6	29	2408.9	29	26.7	38	13.4	67	66.6	26	19.7	22	19.2	38	6.7	28	1.7	28
BIR LN Jacket Potato Tuna Mayonnaise	429.2	21	1799.2	21	20.3	29	8.0	40	46.0	18	4.0	4	18.0	36	5.2	22	1.2	20
BIR LN LB Golden Breaded Mushrooms	341.3	17	1437.7	17	17.4	25	3.4	17	37.4	14	10.5	12	7.2	14	4.1	17	1.6	27
BIR LN Soup of the Day	282.4	14	1188.4	14	12.2	17	4.2	21	37.2	14	11.2	12	5.2	10	2.3	10	1.7	28
BIR LN NGCI Soup of the Day	255.5	13	1070.6	13	13.7	20	4.2	21	29.2	11	11.1	12	2.2	4	4.1	17	1.6	27
BIR LN LB Mexican Nachos	380.0	19	1585.4	19	21.2	30	8.2	41	34.6	13	3.4	4	10.8	22	2.4	10	2.1	34
BIR LN Crispy Potato Skins	405.8	20	1689.4	20	25.0	36	11.6	58	25.1	10	3.9	4	18.0	36	4.4	18	2.1	36
BIR LN Crispy Potato Skins Veggie	349.2	17	1452.8	17	22.2	32	10.6	53	25.1	10	3.9	4	10.2	20	4.4	18	0.7	12
BIR LN LB Gammon Steak	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87
BIR LN LB Hunters Chicken	567.5	28	2372.0	28	28.6	41	10.4	52	40.2	15	10.4	12	35.2	70	4.2	17	2.6	44
BIR LN LB Salad Chicken and Bacon	218.7	11	915.0	11	11.2	16	2.5	12	4.2	2	3.6	4	25.1	50	1.7	7	1.2	19
BIR LN LB Salad Rump Steak	299.3	15	1245.6	15	20.8	30	6.3	31	3.2	1	2.5	3	24.4	49	1.7	7	0.7	11
BIR LN LB Cauliflower Cheese Tart	826.4	41	3449.7	41	48.4	69	14.1	70	71.8	28	8.0	9	22.0	44	10.0	42	2.6	44
BIR LN LB Sausage and Mash	750.5	38	3135.3	37	33.8	48	13.7	69	80.0	31	8.6	10	26.6	53	10.6	44	3.9	66
BIR LN LB Quorn Sausage and Mash	516.0	26	2161.7	26	14.3	20	5.9	29	60.6	23	9.0	10	27.8	56	14.7	61	3.1	52
BIR LN LB Ham Egg and Chips	680.1	34	2833.7	34	45.9	66	9.5	47	30.3	12	1.1	1	34.6	69	3.2	13	2.5	42
BIR LN LB Rump Steak and Chips	560.9	28	2342.2	28	29.5	42	8.4	42	38.6	15	4.9	5	31.8	64	7.8	33	1.6	27
BIR LN LB Fish and Chips	642.3	32	2694.9	32	20.7	30	3.5	18	72.6	28	7.5	8	37.3	75	10.4	43	2.2	37
BIR LN Burger Beef	1076.9	54	4507.1	54	50.7	72	16.4	82	99.2	38	6.2	7	55.5	111	10.2	43	3.4	57
BIR LN Burger Crispy Chicken	1210.5	61	5063.2	60	60.6	87	13.0	65	124.8	48	5.8	6	38.8	78	10.7	45	3.5	58
BIR LN Burger Soya	966.8	48	4053.6	48	42.9	61	7.6	38	108.5	42	7.2	8	33.4	67	11.9	50	3.0	50
BIR LN Chocolate Fudge Cake	646.4	32	2710.1	32	27.1	39	5.9	30	94.3	36	74.2	82	7.2	14	-	-	0.4	6
BIR LN NGCI Chocolate Fudge Cake	722.5	36	3029.3	36	30.2	43	6.6	33	105.4	41	83.0	92	8.0	16	-	-	0.4	7

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BIR LN Plain and Simple Ice Cream	252.5	13	1057.7	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
BIR LN NGCI Ice Cream Sundae	461.7	23	1933.4	23	24.0	34	14.1	71	52.8	20	43.3	48	7.9	16	-	-	0.3	5
BIR LN Bramley Apple Pie	472.1	24	1983.0	24	18.4	26	7.7	39	69.9	27	32.0	36	7.0	14	2.3	10	0.2	3
BIR LN LB Gammon Steak	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87
BIR LN LB Hunters Chicken	567.5	28	2372.0	28	28.6	41	10.4	52	40.2	15	10.4	12	35.2	70	4.2	17	2.6	44
BIR LN LB Salad Chicken and Bacon	218.7	11	915.0	11	11.2	16	2.5	12	4.2	2	3.6	4	25.1	50	1.7	7	1.2	19
BIR LN LB Cauliflower Cheese Tart	826.4	41	3449.7	41	48.4	69	14.1	70	71.8	28	8.0	9	22.0	44	10.0	42	2.6	44
BIR LN LB Quorn Sausage and Mash	516.0	26	2161.7	26	14.3	20	5.9	29	60.6	23	9.0	10	27.8	56	14.7	61	3.1	52
BIR LN LB Sausage and Mash	750.5	38	3135.3	37	33.8	48	13.7	69	80.0	31	8.6	10	26.6	53	10.6	44	3.9	66
BIR LN LB Ham Egg and Chips	680.1	34	2833.7	34	45.9	66	9.5	47	30.3	12	1.1	1	34.6	69	3.2	13	2.5	42
BIR LN LB Rump Steak and Chips	560.9	28	2342.2	28	29.5	42	8.4	42	38.6	15	4.9	5	31.8	64	7.8	33	1.6	27
BIR LN LB Salad Rump Steak	299.3	15	1245.6	15	20.8	30	6.3	31	3.2	1	2.5	3	24.4	49	1.7	7	0.7	11
BIR LN Brunch Mains	1293.2	65	5392.6	64	74.3	106	17.8	89	99.2	38	11.2	12	54.3	109	13.4	56	6.4	106
BIR LN Brunch XL Mains	1786.3	89	7444.8	89	108.0	154	27.0	135	120.8	46	14.0	16	79.4	159	14.7	61	9.3	155
BIR LN NGCI Mains Brunch	1293.2	65	5392.6	64	74.3	106	17.8	89	99.2	38	11.2	12	54.3	109	13.4	56	6.4	106
BIR LN Steak and Marstons Ale Pie	1188.8	59	4968.5	59	56.4	81	18.7	94	135.7	52	6.8	8	26.4	53	12.4	52	3.4	56
BIR LN Beef Lasagne	608.1	30	2532.2	30	28.1	40	10.2	51	67.9	26	13.2	15	21.2	42	28.6	119	2.1	35
BIR LN Beef Lasagne Under 500	402.4	20	1672.2	20	17.2	25	6.9	35	45.6	18	12.3	14	17.3	35	27.4	114	1.6	27
BIR LN Fish and Chips	1418.9	71	5917.0	70	79.1	113	20.6	103	106.3	41	7.9	9	63.8	128	13.6	57	3.9	64
BIR LN Fish and Chips (PRE BATTERED)	1103.1	55	4619.5	55	52.5	75	7.2	36	117.6	45	9.3	10	36.2	72	14.3	60	3.6	60
BIR LN Golden Scampi	1810.6	91	3818.8	45	53.8	77	13.1	66	112.1	43	10.6	12	31.7	63	15.2	63	3.7	62
BIR LN Cajun Chicken	814.3	41	3406.2	41	39.7	57	8.9	44	62.2	24	4.9	5	49.4	99	8.4	35	3.3	54
BIR LN Cajun Chicken Under 400	354.6	18	1482.8	18	17.4	25	4.0	20	7.1	3	4.0	4	42.9	86	2.4	10	2.3	38
BIR LN Hunters Chicken	899.0	45	3764.6	45	39.8	57	13.0	65	68.7	26	12.5	14	63.8	128	8.2	34	4.3	72
BIR LN NGCI Hunters Chicken	896.7	45	3754.5	45	40.0	57	13.1	65	68.0	26	12.0	13	63.7	127	7.8	32	4.3	72
BIR LN Curry Chicken Tikka Masala	1000.7	50	4214.4	50	34.2	49	8.6	43	135.2	52	24.5	27	39.3	79	9.6	40	3.3	55
BIR LN NGCI Curry 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
BIR LN Salad Chicken and Bacon	386.5	19	1619.2	19	17.1	24	3.8	19	8.0	3	6.4	7	50.9	102	3.4	14	2.4	40
BIR LN NGCI Salad Chicken and Bacon	386.5	19	1619.2	19	17.1	24	3.8	19	8.0	3	6.4	7	50.9	102	3.4	14	2.4	40
BIR LN Yorkshire Platter	1033.6	52	4321.1	51	41.7	60	15.6	78	126.8	49	19.3	21	30.1	60	16.0	67	4.9	82
BIR LN Yorkshire Platter Veggie	799.1	40	3347.5	40	22.2	32	7.8	39	107.4	41	19.8	22	31.3	63	20.1	84	4.1	69
BIR LN All Day Breakfast Pie	1135.7	57	4729.3	56	69.7	100	22.2	111	94.2	36	9.2	10	31.5	63	10.0	42	2.6	44
BIR LN Salad Rump Steak	558.2	28	2324.9	28	37.2	53	11.8	59	6.3	2	5.1	6	48.9	98	3.4	14	1.4	23

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BIR LN XL Mixed Grill	2251.2	113	9393.4	112	134.8	193	39.5	198	95.4	37	9.6	11	161.4	323	9.4	39	13.4	223
BIR LN NGCI XL Mixed Grill	2282.6	114	9518.5	113	141.6	202	40.6	203	82.1	32	7.8	9	167.0	334	8.0	33	13.1	219
BIR LN NGCI Mixed Grill	1534.8	77	6399.5	76	96.6	138	25.3	126	69.5	27	5.5	6	94.0	188	7.4	31	7.3	121
BIR LN Mixed Grill	1503.5	75	6274.9	75	89.7	128	24.2	121	82.8	32	7.3	8	88.4	177	8.8	37	7.6	126
BIR LN Rump Steak 8oz	1160.5	58	4844.7	58	64.3	92	17.5	88	79.8	31	6.8	8	60.1	120	11.9	49	3.4	57
BIR LN NGCI Rump Steak 8oz	1011.3	51	4221.9	50	55.5	79	15.9	80	64.6	25	5.3	6	58.3	117	10.7	44	2.7	45
BIR LN NGCI Rump Steak 8oz Under 600	509.5	25	2123.1	25	33.1	47	11.1	55	4.4	2	3.7	4	48.2	96	2.2	9	1.3	22
BIR LN Rump Steak 8oz Under 600	509.5	25	2123.1	25	33.1	47	11.1	55	4.4	2	3.7	4	48.2	96	2.2	9	1.3	22
BIR LN 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
BIR LN Sirloin Steak 8oz Under 600	566.2	28	2356.1	28	38.7	55	13.9	69	4.4	2	3.7	4	49.8	100	2.2	9	1.4	23
BIR LN NGCI Sirloin Steak 8oz	1068.0	53	4454.8	53	61.1	87	18.7	94	64.6	25	5.3	6	59.9	120	10.7	44	2.7	46
BIR LN NGCI Sirloin Steak 8oz Under 600	566.2	28	2356.1	28	38.7	55	13.9	69	4.4	2	3.7	4	49.8	100	2.2	9	1.4	23
BIR LN NGCI Gammon Steak	1151.2	58	4802.4	57	68.1	97	19.3	97	64.1	25	3.7	4	66.3	133	9.9	41	9.8	163
BIR LN NGCI Gammon Steak XL	1628.3	81	6790.2	81	99.3	142	31.3	156	65.6	25	3.7	4	114.5	229	9.9	41	18.0	300
BIR LN Gammon Steak	1151.2	58	4802.4	57	68.1	97	19.3	97	64.1	25	3.7	4	66.3	133	9.9	41	9.8	163
BIR LN Gammon Steak XL	1628.3	81	6790.2	81	99.3	142	31.3	156	65.6	25	3.7	4	114.5	229	9.9	41	18.0	300
BIR LN Melt Stack	1473.1	74	6153.2	73	77.8	111	29.8	149	75.1	29	12.7	14	114.6	229	10.3	43	12.0	200
BIR LN NGCI Melt Stack	1477.8	74	6172.9	73	78.2	112	30.0	150	75.1	29	12.7	14	114.9	230	10.3	43	12.0	201
BIR LN Extra 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
BIR LN Burger Beef	1076.9	54	4507.1	54	50.7	72	16.4	82	99.2	38	6.2	7	55.5	111	10.2	43	3.4	57
BIR LN Burger Beef XL	1435.6	72	6001.4	71	71.9	103	26.3	131	100.9	39	7.0	8	97.1	194	11.2	47	4.9	82
BIR LN Burger Crispy Chicken	1210.5	61	5063.2	60	60.6	87	13.0	65	124.8	48	5.8	6	38.8	78	10.7	45	3.5	58
BIR LN Burger Crispy Chicken XL	1702.9	85	7113.6	85	91.7	131	19.4	97	152.2	59	6.3	7	63.8	128	12.3	51	5.1	85
BIR LN Burger Ultimate Veggie Vegan	978.2	49	4102.0	49	42.9	61	7.6	38	110.5	43	8.9	10	33.9	68	12.4	52	3.4	56
BIR LN Burger Ultimate Veggie	1094.4	55	4583.9	55	52.5	75	13.5	68	111.1	43	9.0	10	40.9	82	12.4	52	3.9	65
BIR LN Burger Ultimate Veggie Under 400	397.0	20	1659.3	20	23.3	33	7.1	35	16.8	6	6.2	7	28.1	56	5.0	21	2.1	34
BIR LN Burger Ultimate Veggie XL	1343.0	67	5624.6	67	65.9	94	14.5	73	122.2	47	10.9	12	60.5	121	15.1	63	5.0	84
BIR LN Burger Ultimate Veggie Under 300 Vegan	280.8	14	1177.4	14	13.7	20	1.1	6	16.3	6	6.2	7	21.1	42	5.0	21	1.5	25
BIR LN Burger Ultimate Veggie XL Vegan	1226.8	61	5142.7	61	56.3	80	8.6	43	121.6	47	10.9	12	53.5	107	15.1	63	4.5	75
BIR LN Burger Cowboy	1286.1	64	5378.4	64	63.1	90	23.4	117	107.9	41	14.0	16	70.6	141	10.6	44	5.8	96
BIR LN Burger Cowboy Under 600	588.7	29	2453.9	29	34.0	49	17.0	85	13.6	5	11.3	13	57.8	116	3.2	13	3.9	65
BIR LN Burger Cowboy XL	1644.8	82	6872.7	82	84.4	121	33.3	166	109.6	42	14.9	17	112.2	224	11.7	49	7.3	122
BIR LN Burger Crispy Buffalo Chicken	1256.6	63	5259.9	63	62.0	89	17.6	88	128.0	49	13.7	15	43.9	88	9.5	40	3.7	61

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	%
BIR LN Burger Crispy Buffalo Chicken Under 500	559.2	28	2335.3	28	32.8	47	11.2	56	33.7	13	11.0	12	31.1	62	2.1	9	1.8	31
BIR LN Burger Crispy Buffalo Chicken XL	1746.4	87	7302.1	87	92.7	132	28.6	143	150.8	58	14.9	17	73.9	148	9.5	40	5.2	87
BIR LN Burger Dirty Chilli Cheese	1435.1	72	6002.9	71	71.5	102	26.3	132	123.0	47	23.3	26	73.8	148	12.1	51	5.2	86
BIR LN Burger Dirty Chilli Cheese Under 700	737.6	37	3078.4	37	42.3	60	19.9	99	28.8	11	20.5	23	61.0	122	4.7	20	3.3	55
BIR LN Burger Dirty Chilli Cheese XL	1793.8	90	7497.2	89	92.7	132	36.2	181	124.7	48	24.2	27	115.5	231	13.2	55	6.7	112
BIR LN Onion Rings	499.0	25	2086.8	25	29.4	42	5.8	29	53.0	20	8.2	9	5.8	12	5.6	23	2.0	33
BIR LN Onion Rings Sharer	997.9	50	4173.7	50	58.8	84	11.6	58	106.0	41	16.4	18	11.6	23	11.2	47	4.0	67
BIR LN 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
BIR LN Cheesy Garlic Bread	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31
BIR LN Curly Fries Sharer 568g	1124.3	56	4710.5	56	60.5	86	10.8	54	133.5	51	6.2	7	11.9	24	9.1	38	3.7	62
BIR LN Curly Fries 284g	562.2	28	2355.3	28	30.2	43	5.4	27	66.7	26	3.1	3	6.0	12	4.5	19	1.8	31
BIR LN Cheesy Chips	575.8	29	2405.3	29	31.9	46	10.8	54	55.6	21	0.9	1	13.5	27	6.0	25	1.5	25
BIR LN Cheesy Chips Sharer	1151.7	58	4810.6	57	63.9	91	21.6	108	111.3	43	1.8	2	27.1	54	11.9	50	3.1	51
BIR LN Chips Sharer	849.5	42	3554.9	42	41.3	59	8.9	45	101.8	39	1.6	2	12.1	24	11.0	46	1.8	31
BIR LN Chips 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
BIR LN Mini Combo	421.5	21	1767.7	21	23.9	34	5.3	27	43.3	17	4.4	5	7.3	15	4.4	18	1.5	25
BIR LN House Salad	16.3	1	69.3	1	0.2	0	0.1	0	2.5	1	1.9	2	0.8	2	1.4	6	0.0	0
BIR LN Baguette and Butter	409.0	20	1720.7	20	12.7	18	7.7	38	61.9	24	3.8	4	10.3	21	3.0	13	1.3	21
BIR LN Choice Bloomer Bread 1 Slice white or Brown	105.7	5	447.6	5	1.6	2	0.4	2	18.0	7	0.5	1	5.0	10	1.7	7	0.4	6
BIR LN NGCI Bread and Butter	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
BIR LN Extra Bread and Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
BIR LN Extra Bread and Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR LN Chocolate Fudge Cake	646.4	32	2710.1	32	27.1	39	5.9	30	94.3	36	74.2	82	7.2	14	-	-	0.4	6
BIR LN NGCI Chocolate Fudge Cake	722.5	36	3029.3	36	30.2	43	6.6	33	105.4	41	83.0	92	8.0	16	-	-	0.4	7
BIR LN Plain and Simple Ice Cream	252.5	13	1057.7	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
BIR LN Chocolate Indulgence Sundae	494.2	25	2071.9	25	25.4	36	15.9	79	57.2	22	49.5	55	8.4	17	-	-	0.3	6
BIR LN NGCI Chocolate Indulgence Sundae	494.2	25	2071.9	25	25.4	36	15.9	79	57.2	22	49.5	55	8.4	17	-	-	0.3	6
BIR LN Ice Cream Sundae	461.7	23	1933.4	23	24.0	34	14.1	71	52.8	20	43.3	48	7.9	16	-	-	0.3	5
BIR LN NGCI Ice Cream Sundae	461.7	23	1933.4	23	24.0	34	14.1	71	52.8	20	43.3	48	7.9	16	-	-	0.3	5
BIR LN Raspberry Jam Donut Pudding	488.0	24	1997.0	24	24.3	35	2.1	11	71.1	27	37.1	41	10.1	20	6.2	26	1.0	17
BIR LN Bramley Apple Pie	472.1	24	1983.0	24	18.4	26	7.7	39	69.9	27	32.0	36	7.0	14	2.3	10	0.2	3
BIR LN Banoffee Cheesecake	587.8	29	2450.2	29	35.5	51	19.1	96	59.7	23	40.9	45	6.8	14	1.3	5	0.5	8

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	%
BIR LN Curry Chicken Tikka Masala	1000.7	50	4214.4	50	34.2	49	8.6	43	135.2	52	24.5	27	39.3	79	9.6	40	3.3	55
BIR LN NGCI Curry 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
BIR LN Curry Vegetable Jalfrezi	1014.3	51	4255.2	51	38.3	55	5.5	28	147.8	57	29.9	33	19.3	39	12.3	51	4.1	69
BIR LN NGCI Curry Vegetable Jalfrezi	856.2	43	3601.2	43	25.5	36	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
BIR LN Curry Vegetable Jalfrezi Vegan	720.2	36	3024.0	36	25.0	36	2.3	11	112.5	43	28.5	32	12.1	24	9.9	41	3.2	54
BIR LN NGCI Curry 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
BIR LN Curry Beef Madras	1092.5	55	4588.4	55	42.0	60	10.3	51	139.3	54	28.6	32	37.3	75	10.6	44	4.3	72
BIR LN Curry Chicken Pathia	1039.3	52	4380.8	52	34.2	49	6.3	31	136.7	53	28.4	32	50.2	100	8.4	35	3.8	64
BIR LN NGCI Curry Chicken Pathia	881.2	44	3726.7	44	21.4	31	3.2	16	125.2	48	27.2	30	51.7	103	6.6	28	4.6	77
BIR LN Curry Lamb Saag Masala	1093.8	55	4593.6	55	48.8	70	10.1	51	129.0	50	21.1	23	36.4	73	9.8	41	3.9	65
BIR LN NGCI Curry Lamb Saag Masala	951.4	48	4005.8	48	36.8	53	7.2	36	119.3	46	20.2	22	38.4	77	8.1	34	4.8	80
BIR LN Chocolate Fudge Cake	646.4	32	2710.1	32	27.1	39	5.9	30	94.3	36	74.2	82	7.2	14	-	-	0.4	6
BIR LN NGCI Chocolate Fudge Cake	722.5	36	3029.3	36	30.2	43	6.6	33	105.4	41	83.0	92	8.0	16	-	-	0.4	7
BIR LN Plain and Simple Ice Cream	252.5	13	1057.7	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
BIR LN NGCI Ice Cream Sundae	461.7	23	1933.4	23	24.0	34	14.1	71	52.8	20	43.3	48	7.9	16	-	-	0.3	5
BIR LN Ice Cream Sundae	461.7	23	1933.4	23	24.0	34	14.1	71	52.8	20	43.3	48	7.9	16	-	-	0.3	5
BIR LN Chocolate Indulgence Sundae	494.2	25	2071.9	25	25.4	36	15.9	79	57.2	22	49.5	55	8.4	17	-	-	0.3	6
BIR LN NGCI Chocolate Indulgence Sundae	494.2	25	2071.9	25	25.4	36	15.9	79	57.2	22	49.5	55	8.4	17	-	-	0.3	6
BIR LN Bramley Apple Pie	472.1	24	1983.0	24	18.4	26	7.7	39	69.9	27	32.0	36	7.0	14	2.3	10	0.2	3
BIR LN Raspberry Jam Donut Pudding	488.0	24	1997.0	24	24.3	35	2.1	11	71.1	27	37.1	41	10.1	20	6.2	26	1.0	17
BIR LN Sunday Roast Turkey	980.6	49	4104.0	49	41.7	60	6.2	31	88.8	34	26.1	29	59.4	119	14.2	59	3.2	54
BIR LN Sunday Roast Beef	1175.7	59	4902.4	58	69.3	99	16.2	81	81.2	31	18.4	20	53.1	106	14.0	58	4.3	72
BIR LN Sunday Roast Half Chicken	1451.6	73	6061.1	72	80.9	116	17.7	89	84.7	33	21.9	24	93.1	186	15.5	65	5.1	85
BIR LN Sunday Roast Pork	1153.9	58	4812.8	57	66.9	96	14.4	72	84.5	32	20.8	23	50.1	100	13.8	58	3.2	53
BIR LN Sunday Cauliflower Cheese Tart	1263.6	63	5272.5	63	75.4	108	16.8	84	110.6	43	17.9	20	32.3	65	16.7	70	4.5	76
BIR LN KID Sunday Roast Beef	639.9	32	2665.2	32	40.2	57	8.9	45	39.8	15	7.1	8	28.1	56	6.8	28	1.7	29
BIR LN KID Sunday Roast Chicken	700.6	35	2928.4	35	33.4	48	5.3	26	66.4	26	21.7	24	32.9	66	7.8	32	2.7	44
BIR LN KID Sunday Roast Pork	740.9	37	3092.3	37	42.0	60	8.6	43	61.1	23	15.3	17	28.6	57	7.5	31	2.4	40
BIR LN KID Sunday Roast Turkey	662.5	33	2771.1	33	29.4	42	4.5	22	65.4	25	20.6	23	33.3	67	7.8	32	2.4	40
BIR LN KID Sunday Cauliflower Cheese Tart	1037.4	52	4328.0	52	64.1	92	15.4	77	87.2	34	12.4	14	26.8	54	10.4	43	3.9	65
BIR LN Upgrade Chips and Rice	510.2	26	2158.3	26	13.2	19	2.9	15	91.3	35	0.5	1	9.1	18	5.2	21	0.6	10
BIR LN Upgrade Curly Fries 150g	298.5	15	1250.4	15	16.1	23	2.9	15	35.2	14	1.7	2	3.2	6	2.4	10	1.0	16
BIR LN Upgrade Curly Fries 284g	562.2	28	2355.3	28	30.2	43	5.4	27	66.7	26	3.1	3	6.0	12	4.5	19	1.8	31

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	%
BIR LN Upgrade Onion Rings Light Bites	249.5	12	1043.4	12	14.7	21	2.9	15	26.5	10	4.1	5	2.9	6	2.8	12	1.0	17
BIR LN Brunch Breakfast	1301.0	65	5425.6	65	74.6	107	17.9	89	99.4	38	11.3	13	55.4	111	14.3	60	6.4	106
BIR LN Full English	638.4	32	2663.3	32	33.9	48	10.6	53	51.3	20	9.3	10	32.8	66	8.5	35	3.5	59
BIR LN NGCI Full English	618.1	31	2574.2	31	34.2	49	10.4	52	48.1	18	10.0	11	28.6	57	9.7	41	3.5	58
BIR LN Veggie Breakfast	659.7	33	2748.5	33	38.9	56	9.5	47	44.8	17	9.6	11	32.4	65	9.8	41	2.1	35
BIR LN Butty Bacon	435.3	22	1825.1	22	17.5	25	5.1	25	36.0	14	1.0	1	33.6	67	3.4	14	5.1	85
BIR LN Butty Quorn Sausage	389.3	19	1635.1	19	12.8	18	2.3	12	44.7	17	3.9	4	21.1	42	7.4	31	1.7	28
BIR LN Butty Sausage	545.7	27	2284.2	27	25.8	37	7.6	38	57.7	22	3.6	4	20.3	41	4.6	19	2.2	37
BIR LN NGCI Butty Bacon	394.7	20	1646.9	20	18.1	26	4.6	23	29.6	11	2.5	3	25.1	50	5.9	25	4.9	82
BIR LN NGCI Butty Sausage	505.1	25	2105.9	25	26.4	38	7.1	35	51.3	20	5.1	6	11.8	24	7.1	30	2.1	34
BIR LN Eggs on Toast	577.5	29	2407.8	29	37.6	54	6.9	35	36.0	14	1.4	2	24.2	48	3.4	14	1.3	21
BIR LN NGCI Eggs on Toast	536.9	27	2229.6	27	38.2	55	6.4	32	29.6	11	2.9	3	15.7	31	5.9	25	1.1	19
BIR LN Beans on Toast	490.3	25	2054.1	24	10.0	14	2.2	11	77.1	30	11.8	13	24.8	50	14.2	59	2.4	39
BIR LN NGCI Beans on Toast	449.7	22	1875.9	22	10.6	15	1.8	9	70.7	27	13.3	15	16.3	33	16.7	70	2.2	37
BIR LN Baguette Bacon	536.1	27	2263.2	27	9.7	14	3.5	18	75.0	29	10.1	11	35.1	70	3.5	15	5.9	98
BIR LN Baguette Bacon and Egg	692.2	35	2909.5	35	24.0	34	6.0	30	75.0	29	10.3	11	42.2	84	3.5	15	6.1	102
BIR LN Baguette Egg	678.2	34	2845.9	34	29.8	43	5.4	27	75.0	29	10.5	12	25.7	51	3.5	15	2.1	35
BIR LN Baguette Quorn Sausages	490.1	25	2073.2	25	5.1	7	0.8	4	83.7	32	13.0	14	22.6	45	7.5	31	2.5	41
BIR LN Baguette Quorn Sausages and Egg	646.2	32	2719.5	32	19.3	28	3.3	16	83.7	32	13.2	15	29.7	59	7.5	31	2.7	45
BIR LN Baguette Sausage	646.5	32	2722.2	32	18.0	26	6.0	30	96.7	37	12.7	14	21.8	44	4.8	20	3.0	51
BIR LN Baguette Sausage and Bacon	759.8	38	3195.6	38	23.6	34	8.1	41	96.7	37	12.7	14	37.5	75	4.8	20	5.9	98
BIR LN Baguette Sausage and Egg	646.2	32	2719.5	32	19.3	28	3.3	16	83.7	32	13.2	15	29.7	59	7.5	31	2.7	45
BIR LN Extra Cheese Cheddar 28g	116.5	6	483.0	6	9.8	14	6.1	30	0.0	0	0.0	0	7.1	14	0.0	0	0.5	8
BIR LN Extra Bacon Rasher	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
BIR LN Extra 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
BIR LN Extra Sausage Veggie	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
BIR LN Extra Baked Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
BIR LN Extra Toast and Butter	211.3	11	895.1	11	3.2	5	0.7	4	36.0	14	0.9	1	10.0	20	3.3	14	0.7	12
BIR LN Extra Toast and Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR LN Extra Toast and Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
BIR LN Extra Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
BIR LN Extra Grilled Half Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
BIR LN Chicken Wings x 6	847.3	42	3523.0	42	60.5	86	11.8	59	16.4	6	14.9	17	58.3	117	0.6	3	2.9	49

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	%		
BIR LN Chicken Wings x 9	1246.1	62	5179.9	62	89.8	128	17.6	88	20.7	8	18.7	21	87.4	175	0.8	3	4.3	71
BIR LN Chicken Wings x 12	1645.3	82	6838.6	81	119.1	170	23.5	117	25.0	10	22.5	25	116.5	233	0.9	4	5.6	93
BIR LN Chicken Wings x 15	2068.8	103	8599.1	102	149.4	213	29.4	147	33.2	13	30.0	33	145.6	291	1.2	5	7.1	118
BIR LN Soup of the Day	282.4	14	1188.4	14	12.2	17	4.2	21	37.2	14	11.2	12	5.2	10	2.3	10	1.7	28
BIR LN NGCI Soup of the Day	255.5	13	1070.6	13	13.7	20	4.2	21	29.2	11	11.1	12	2.2	4	4.1	17	1.6	27
BIR LN NGCI Crispy Potato Skins	405.8	20	1689.4	20	25.0	36	11.6	58	25.1	10	3.9	4	18.0	36	4.4	18	2.1	36
BIR LN Crispy Potato Skins Veggie	349.2	17	1452.8	17	22.2	32	10.6	53	25.1	10	3.9	4	10.2	20	4.4	18	0.7	12
BIR LN Crispy Potato Skins	405.8	20	1689.4	20	25.0	36	11.6	58	25.1	10	3.9	4	18.0	36	4.4	18	2.1	36
BIR LN LB Golden Breaded Mushrooms	341.3	17	1437.7	17	17.4	25	3.4	17	37.4	14	10.5	12	7.2	14	4.1	17	1.6	27
BIR LN LB Mexican Nachos	380.0	19	1585.4	19	21.2	30	8.2	41	34.6	13	3.4	4	10.8	22	2.4	10	2.1	34

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	%
CCM M1 Cheesy Garlic Bread Starter	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31
CCM M1 Garlic Bread Starter	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
CCM M1 Prawn Cocktail	352.2	18	1472.5	18	21.6	31	5.2	26	25.3	10	6.2	7	14.0	28	2.5	10	2.5	41
CCM M1 NGCI Prawn Cocktail	331.9	17	1383.4	16	21.9	31	4.9	25	22.1	9	7.0	8	9.8	20	3.7	16	2.4	40
CCM M1 Soup of the Day	285.8	14	1199.8	14	14.9	21	7.9	39	30.5	12	9.7	11	7.1	14	3.5	14	1.8	30
CCM M1 NGCI Soup of the Day	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.7	29
CCM M1 Golden Breaded Mushrooms	441.1	22	1860.8	22	21.7	31	4.2	21	50.3	19	16.7	19	9.0	18	4.8	20	2.3	39
CCM M1 Crispy 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
CCM M1 Dirty Chilli	393.5	20	1642.4	20	20.6	29	8.1	40	35.9	14	17.8	20	15.2	30	2.5	11	1.7	28
CCM M1 Mexican Nachos	620.2	31	2585.7	31	36.4	52	15.7	79	51.0	20	6.6	7	19.5	39	3.8	16	3.7	61
CCM M1 NGCI Mexican Nachos	620.2	31	2585.7	31	36.4	52	15.7	79	51.0	20	6.6	7	19.5	39	3.8	16	3.7	61
CCM M1 VGN Mexican Nachos	329.2	16	1379.2	16	12.9	18	1.0	5	46.1	18	5.2	6	4.7	9	3.4	14	2.2	36
CCM M1 Mexican Nachos Sharer	1240.3	62	5171.4	62	72.7	104	31.4	157	102.1	39	13.2	15	39.0	78	7.5	31	7.3	122
CCM M1 NGCI Mexican Nachos Sharer	1170.3	59	4880.2	58	68.4	98	28.7	143	96.2	37	10.2	11	37.7	75	6.6	28	6.5	109
CCM M1 VGN Mexican Nachos Sharer	658.5	33	2758.4	33	25.7	37	2.1	10	92.3	35	10.5	12	9.4	19	6.8	28	4.4	73
CCM M1 Cheese Crispy Potato Skins	266.3	13	1112.0	13	13.0	19	7.8	39	25.1	10	3.9	4	10.1	20	4.3	18	0.7	12
CCM M1 NGCI Cheese Crispy Potato Skins	266.3	13	1112.0	13	13.0	19	7.8	39	25.1	10	3.9	4	10.1	20	4.3	18	0.7	12
CCM M1 Cheese and Bacon Crispy Potato Skins	322.9	16	1348.7	16	15.8	23	8.8	44	25.1	10	3.9	4	18.0	36	4.3	18	2.1	36
CCM M1 NGCI Cheese & Bacon Crispy Potato Skins	322.9	16	1348.7	16	15.8	23	8.8	44	25.1	10	3.9	4	18.0	36	4.3	18	2.1	36
CCM M1 VGN Crispy Potato Skins	256.9	13	1078.8	13	6.1	9	0.4	2	42.9	16	15.0	17	4.6	9	6.1	25	0.9	15
CCM M1 Halloumi Fries	499.1	25	2074.2	25	31.8	45	20.1	100	23.8	9	4.5	5	30.3	61	-	-	3.6	60
CCM M1 Bacon Popcorn	399.4	20	1661.6	20	22.1	32	6.6	33	36.2	14	18.7	21	12.9	26	1.4	6	1.9	32
CCM M1 Buffalo Chicken Wings	721.9	36	3002.3	36	51.0	73	9.9	49	16.2	6	14.8	16	48.6	97	0.6	3	2.5	42
CCM M1 NGCI Buffalo Chicken Wings	721.9	36	3002.3	36	51.0	73	9.9	49	16.2	6	14.8	16	48.6	97	0.6	3	2.5	42
CCM M1 VGN Buffalo Cauliflower Wings	269.2	13	1131.8	13	8.6	12	1.7	8	43.6	17	22.0	24	4.7	9	3.2	14	1.9	31
CCM M1 Giant Mediterranean Cheese Bite	299.8	15	1252.4	15	15.8	23	4.3	22	32.9	13	5.2	6	8.4	17	3.8	16	1.7	29
CCM M1 NGCI Giant Mediterranean Cheese Bite	299.8	15	1252.4	15	15.8	23	4.3	22	32.9	13	5.2	6	8.4	17	3.8	16	1.7	29
CCM M1 Beef Lasagne	616.5	31	2568.1	31	28.2	40	10.3	51	69.1	27	14.1	16	21.6	43	29.4	123	2.1	36
CCM M1 Lentil & Vegetable Lasagne	637.6	32	2665.1	32	26.7	38	10.6	53	69.5	27	12.1	13	26.7	53	8.9	37	2.9	48
CCM M1 Lentil & Vegetable Lasagne Vegan	521.4	26	2183.2	26	17.1	24	4.6	23	69.0	27	12.1	13	19.7	39	8.9	37	2.4	40
CCM M1 Topper Chilli Cheese	515.6	26	2146.2	26	33.7	48	18.0	90	24.9	10	17.2	19	27.8	56	1.9	8	2.4	41
CCM M1 Yorkshire Stack	1359.3	68	5663.9	67	76.7	110	21.2	106	125.8	48	24.0	27	36.3	73	16.4	68	4.9	82

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	%
CCM M1 Yorkshire Stack Quorn	1124.8	56	4690.4	56	57.2	82	13.3	67	106.3	41	24.5	27	37.5	75	20.6	86	4.1	68
CCM M1 Beer Battered Fish and Chips	1360.4	68	5669.9	67	78.5	112	20.5	103	96.1	37	7.5	8	59.6	119	11.9	49	3.6	60
CCM M1 NGCI Chicken Tikka Masala	826.5	41	3481.2	41	30.2	43	8.2	41	106.5	41	23.1	26	34.6	69	7.4	31	2.8	47
CCM M1 All Day Breakfast	1187.8	59	4952.5	59	71.3	102	16.7	84	90.3	35	8.8	10	43.3	87	11.1	46	4.6	77
CCM M1 NGCI All Day Breakfast	1187.8	59	4952.5	59	71.3	102	16.7	84	90.3	35	8.8	10	43.3	87	11.1	46	4.6	77
CCM M1 Battered Halloumi	1195.1	60	4980.8	59	67.0	96	29.5	147	96.1	37	10.3	11	47.0	94	-	-	6.3	104
CCM M1 Chicken and Waffles	1452.2	73	6085.0	72	65.1	93	23.3	116	171.3	66	59.9	67	42.0	84	7.8	32	3.5	58
CCM M1 All Day Breakfast Pie	1135.7	57	4729.3	56	69.7	100	22.2	111	94.2	36	9.2	10	31.5	63	10.0	42	2.6	44
CCM M1 VGN Button Mushroom Pie	1200.9	60	5034.9	60	60.7	87	20.6	103	142.6	55	14.6	16	21.6	43	18.0	75	4.0	66
CCM M1 Wholetails of 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
CCM M1 Hunters Chicken	1099.4	55	4605.7	55	49.4	71	18.9	95	88.8	34	31.6	35	71.4	143	8.1	34	6.1	102
CCM M1 Steak and Ale Pie	1237.9	62	5175.8	62	56.9	81	19.4	97	141.2	54	8.9	10	33.7	67	12.5	52	3.9	65
CCM M1 Chicken Gammon & Mustard Pie	1414.6	71	5908.0	70	75.4	108	28.3	141	140.5	54	14.5	16	39.8	80	13.4	56	4.8	79
CCM M1 Deep South	779.7	39	3264.3	39	35.7	51	8.4	42	62.4	24	5.0	6	49.5	99	8.5	35	3.4	57
CCM M1 Deep South under 400	320.1	16	1340.9	16	13.4	19	3.5	18	7.3	3	4.1	5	43.0	86	2.6	11	2.4	40
CCM M1 Button Mushroom Pie	1233.4	62	5171.7	62	60.7	87	20.6	103	150.3	58	14.7	16	22.1	44	18.0	75	4.9	82
CCM M1 NGCI Hunters Chicken	1099.4	55	4605.7	55	49.4	71	18.9	95	88.8	34	31.6	35	71.4	143	8.1	34	6.1	102
CCM M1 NGCI Deep South	779.7	39	3264.3	39	35.7	51	8.4	42	62.4	24	5.0	6	49.5	99	8.5	35	3.4	57
CCM M1 NGCI Deep South < 400	320.1	16	1340.9	16	13.4	19	3.5	18	7.3	3	4.1	5	43.0	86	2.6	11	2.4	40
CCM M1 NGCI All Day Breakfast	1187.8	59	4952.5	59	71.3	102	16.7	84	90.3	35	8.8	10	43.3	87	11.1	46	4.6	77
CCM M1 Lentil & Vegetable Lasagne Under 500	423.9	21	1770.9	21	15.7	22	7.2	36	46.1	18	10.4	12	22.4	45	6.9	29	2.4	40
CCM M1 Lentil & Vegetable Lasagne Vegan Under 500	307.7	15	1289.0	15	6.1	9	1.3	6	45.5	18	10.4	12	15.4	31	6.9	29	1.9	31
CCM M1 Beef Lasagne Under 500	402.8	20	1673.9	20	17.2	25	6.9	35	45.7	18	12.4	14	17.3	35	27.4	114	1.6	27
CCM M1 Side Salad Bowl	32.9	2	137.5	2	2.0	3	0.4	2	2.6	1	2.0	2	0.8	2	1.4	6	0.0	0
CCM M1 Sub Roll & Butter	401.2	20	1687.8	20	14.1	20	7.4	37	57.4	22	3.3	4	10.1	20	2.5	11	1.0	17
CCM M1 Chips 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
CCM M1 Curly Fries 284g	562.2	28	2355.3	28	30.2	43	5.4	27	66.7	26	3.1	3	6.0	12	4.5	19	1.8	31
CCM M1 Poppadums & Dips	502.6	25	2092.1	25	35.2	50	9.2	46	38.4	15	13.8	15	7.7	15	0.6	3	2.7	44
CCM M1 Side Combo	421.5	21	1767.7	21	23.9	34	5.3	27	43.3	17	4.4	5	7.3	15	4.4	18	1.5	25
CCM M1 Rice Long Grain	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
CCM M1 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
CCM M1 Cheesy Garlic Bread	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31

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	%
CCM M1 Mashed Potato 227g	290.6	15	1213.8	14	10.0	14	6.5	32	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
CCM M1 Bread & Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
CCM M1 Bread & Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
CCM M1 NGCI Bread & Butter	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
CCM M1 Onion Bhajis	105.6	5	441.6	5	4.6	7	1.2	6	11.3	4	2.9	3	3.4	7	2.9	12	0.2	4
CCM M1 Battered Onion Rings x12	499.0	25	2086.8	25	29.4	42	5.8	29	53.0	20	8.2	9	5.8	12	5.6	23	2.0	33
CCM M1 Fried Onions	64.3	3	266.9	3	4.7	7	0.5	3	4.4	2	3.1	3	0.7	1	0.8	3	0.0	0
CCM M1 Topper Beans n Cheese	228.7	11	951.4	11	10.0	14	6.1	31	21.1	8	5.4	6	14.3	29	5.4	23	1.3	21
CCM M1 Topper Cheese	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
CCM M1 Topper Chilli Cheese	515.6	26	2146.2	26	33.7	48	18.0	90	24.9	10	17.2	19	27.8	56	1.9	8	2.4	41
CCM M1 Topper Chicken	375.0	19	1565.4	19	22.3	32	7.4	37	22.9	9	8.0	9	20.1	40	0.3	1	1.3	22
CCM M1 Topper Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
CCM M1 Stuffing	75.1	4	317.4	4	1.4	2	0.4	2	14.4	6	0.5	1	2.0	4	0.8	3	0.7	12
CCM M1 Sausage Quorn	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
CCM M1 Baked Beans	63.8	3	266.1	3	0.3	0	0.1	0	11.6	4	3.1	3	4.2	8	3.1	13	0.4	7
CCM M1 Toast and Butter	209.8	10	875.8	10	13.1	19	7.7	38	18.1	7	0.5	1	5.1	10	1.7	7	0.6	10
CCM M1 Dirty Chilli Extra	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
CCM M1 Extra Pie Veg	58.1	3	242.9	3	0.3	0	0.1	1	9.4	4	5.9	7	3.2	6	4.4	18	0.6	10
CCM M1 Grated Cheese 28g	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
CCM M1 Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
CCM M1 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
CCM M1 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
CCM M1 Ice Cream Scoop Vanilla	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
CCM M1 Beef Burger 6oz Extra	358.7	18	1494.3	18	21.3	30	9.9	49	1.7	1	0.9	1	41.7	83	1.0	4	1.5	26
CCM M1 Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
CCM M1 Bacon x2	113.3	6	473.3	6	5.6	8	2.1	10	0.0	0	0.0	0	15.7	31	0.0	0	2.8	47
CCM M1 Buttermilk Chicken x2	326.5	16	1361.5	16	20.5	29	7.3	37	15.2	6	0.8	1	20.0	40	0.0	0	1.0	17
CCM M1 Sunday Veg	71.8	4	300.7	4	0.8	1	0.2	1	9.4	4	6.1	7	5.2	10	5.3	22	0.8	13
CCM M1 Extra 8oz Rump Steak	478.0	24	1989.2	24	32.1	46	10.9	54	0.0	0	0.0	0	47.0	94	0.0	0	1.3	22
CCM M1 Chip Shop Curry Sauce	93.4	5	394.3	5	6.5	9	3.9	20	7.2	3	3.6	4	1.4	3	0.6	2	0.7	12
CCM M1 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
CCM M1 Choice Onion Rings x3	124.7	6	521.7	6	7.3	10	1.5	7	13.2	5	2.1	2	1.5	3	1.4	6	0.5	8
CCM M1 Burger Plain Beef	993.7	50	4159.3	50	45.8	65	15.4	77	90.3	35	4.8	5	54.5	109	9.3	39	3.1	51

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	%
CCM M1 Burger Plain Beef XL	1352.4	68	5653.6	67	67.0	96	25.3	126	92.0	35	5.6	6	96.2	192	10.3	43	4.6	77
CCM M1 Burger Plain Buttermilk Chicken	1124.8	56	4707.3	56	55.3	79	16.5	83	111.4	43	5.1	6	42.9	86	8.3	34	3.1	51
CCM M1 Burger Plain Buttermilk Chicken XL	1614.6	81	6749.6	80	86.0	123	27.5	137	134.2	52	6.3	7	72.9	146	8.3	34	4.6	77
CCM M1 Burger Dirty Chilli Cheese	1351.9	68	5655.1	67	66.6	95	25.4	127	114.2	44	22.0	24	72.9	146	11.2	47	4.8	80
CCM M1 Burger Dirty Chilli Cheese XL	1710.6	86	7149.4	85	87.8	125	35.2	176	115.9	45	22.8	25	114.5	229	12.2	51	6.4	106
CCM M1 Burger Cowboy	1166.6	58	4877.9	58	58.2	83	22.4	112	90.9	35	4.8	5	69.3	139	9.3	39	5.0	84
CCM M1 Burger Cowboy XL	1525.3	76	6372.2	76	79.4	113	32.3	161	92.6	36	5.7	6	111.0	222	10.3	43	6.5	109
CCM M1 Burger Double Whammy	1589.3	79	6649.5	79	81.5	116	31.5	157	119.8	46	19.3	21	92.1	184	9.6	40	7.1	118
CCM M1 Burger VGN Move Mountain	1024.8	51	4297.0	51	43.5	62	7.0	35	119.8	46	17.6	20	34.4	69	12.7	53	3.4	57
CCM M1 Burger Chippy Tea	1425.8	71	5343.9	64	60.6	87	18.5	92	134.2	52	10.6	12	49.7	99	15.4	64	4.1	69
CCM M1 Burger Cajun Chicken Fajita	1007.7	50	4221.1	50	44.3	63	8.4	42	95.7	37	9.0	10	55.2	110	10.4	43	3.9	65
CCM M1 Burger Buffalo Crispy Chicken	1173.3	59	4911.1	58	57.0	81	16.7	83	119.1	46	12.3	14	43.0	86	8.6	36	3.4	56
CCM M1 Burger Buffalo Crispy Chicken XL	1663.1	83	6953.4	83	87.8	125	27.6	138	141.9	55	13.5	15	73.0	146	8.6	36	4.9	82
CCM M1 Burger Halloumi	1033.8	52	4319.0	51	50.0	71	21.6	108	108.0	42	20.9	23	35.4	71	-	-	4.8	80
CCM M1 Burger Halloumi XL	1355.8	68	5650.0	67	75.2	107	37.6	188	109.9	42	22.8	25	57.3	115	-	-	7.4	123
CCM M1 Burger Chippy Tea XL	1809.1	90	6937.7	83	85.4	122	26.1	130	148.6	57	10.8	12	73.9	148	16.1	67	5.1	85
CCM M1 Burger Cajun Chicken Fajita XL	1216.8	61	5101.7	61	49.0	70	9.4	47	97.4	37	10.3	11	96.3	193	10.4	43	4.9	81
CCM M1 Burger Oozy Floozy	1274.2	64	5330.0	63	61.4	88	19.7	99	119.9	46	7.2	8	62.0	124	12.0	50	4.4	74
CCM M1 Burger Oozy Floozy XL	1632.9	82	6824.3	81	82.7	118	29.6	148	121.6	47	8.1	9	103.6	207	13.1	54	6.0	99
CCM M1 Burger Skinny Buffalo Crispy Chicken	559.4	28	2336.0	28	32.8	47	11.2	56	33.8	13	11.0	12	31.1	62	2.1	9	1.8	31
CCM M1 Burger Skinny Plain Beef	379.8	19	1584.2	19	21.6	31	10.0	50	5.0	2	3.5	4	42.7	85	2.8	12	1.6	26
CCM M1 Burger Skinny Plain Buttermilk Chicken	510.9	26	2132.2	25	31.0	44	11.1	55	26.1	10	3.8	4	31.0	62	1.8	8	1.6	26
CCM M1 Burger Skinny VGN Move Mountain	269.7	13	1130.6	13	13.8	20	1.1	6	14.4	6	4.5	5	20.6	41	4.5	19	1.2	19
CCM M1 Burger Skinny Cajun Chicken Fajita	393.8	20	1646.0	20	20.0	29	2.9	15	10.4	4	7.6	8	43.3	87	4.0	17	2.4	40
CCM M1 Burger Skinny Chippy Tea	811.9	41	2768.7	33	36.3	52	13.0	65	48.8	19	9.3	10	37.8	76	9.0	37	2.6	44
CCM M1 Burger Skinny Cowboy	552.7	28	2302.8	27	33.9	48	17.0	85	5.5	2	3.5	4	57.5	115	2.8	12	3.5	58
CCM M1 Burger Skinny Dirty Chilli Cheese	738.0	37	3080.0	37	42.3	60	19.9	99	28.9	11	20.6	23	61.0	122	4.8	20	3.3	55
CCM M1 Burger Skinny Double Whammy	975.4	49	4074.4	49	57.3	82	26.0	130	34.4	13	18.0	20	80.2	160	3.2	13	5.6	93
CCM M1 Burger Skinny Halloumi	419.9	21	1743.9	21	25.8	37	16.2	81	22.6	9	19.5	22	23.6	47	-	-	3.3	54
CCM M1 Burger Skinny Oozy Floozy	660.3	33	2754.9	33	37.2	53	14.2	71	34.6	13	5.9	7	50.1	100	5.6	23	2.9	49
CCM M1 NGCI Burger Skinny Cajun Chicken	393.8	20	1646.0	20	20.0	29	2.9	15	10.4	4	7.6	8	43.3	87	4.0	17	2.4	40
CCM M1 NGCI Burger Skinny Cowboy	552.7	28	2302.8	27	33.9	48	17.0	85	5.5	2	3.5	4	57.5	115	2.8	12	3.5	58
CCM M1 NGCI Burger Skinny Halloumi	419.9	21	1743.9	21	25.8	37	16.2	81	22.6	9	19.5	22	23.6	47	-	-	3.3	54

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	%
CCM M1 NGCI Burger Skinny Oozy Floozy	660.3	33	2754.9	33	37.2	53	14.2	71	34.6	13	5.9	7	50.1	100	5.6	23	2.9	49
CCM M1 NGCI Burger Skinny Plain Beef	379.8	19	1584.2	19	21.6	31	10.0	50	5.0	2	3.5	4	42.7	85	2.8	12	1.6	26
CCM M1 NGCI Steak Rump Skinny Under 500	509.9	25	2124.8	25	33.1	47	11.1	55	4.4	2	3.8	4	48.2	96	2.2	9	1.3	22
CCM M1 NGCI Steak Sirloin Skinny Under 600	566.6	28	2357.8	28	38.7	55	13.9	69	4.4	2	3.8	4	49.8	100	2.2	9	1.4	23
CCM M1 Burger VGN Skinny Plain Move Mountain	269.7	13	1130.6	13	13.8	20	1.1	6	14.4	6	4.5	5	20.6	41	4.5	19	1.2	19
CCM M1 Burger VGN Plain Move Mountain	1024.8	51	4297.0	51	43.5	62	7.0	35	119.8	46	17.6	20	34.4	69	12.7	53	3.4	57
CCM M1 Steak Ribeye 10oz	1456.7	73	6071.9	72	88.5	126	29.5	147	77.8	30	7.4	8	82.1	164	12.1	50	3.2	53
CCM M1 NGCI Steak Ribeye 10oz	1332.0	67	5550.2	66	81.1	116	28.0	140	64.6	25	5.3	6	80.7	161	10.7	44	2.7	45
CCM M1 Steak Rump 8oz	1136.0	57	4743.6	56	62.8	90	17.4	87	77.8	30	7.4	8	59.8	120	12.1	50	3.2	54
CCM M1 Steak Rump Skinny Under 600	509.9	25	2124.8	25	33.1	47	11.1	55	4.4	2	3.8	4	48.2	96	2.2	9	1.3	22
CCM M1 Gammon Steak 8oz	1055.5	53	4403.4	52	61.8	88	16.9	85	63.9	25	3.7	4	56.6	113	9.9	41	8.0	133
CCM M1 NGCI Gammon Steak 8oz	1055.5	53	4403.4	52	61.8	88	16.9	85	63.9	25	3.7	4	56.6	113	9.9	41	8.0	133
CCM M1 NGCI Steak Rump Skinny Under 500	509.9	25	2124.8	25	33.1	47	11.1	55	4.4	2	3.8	4	48.2	96	2.2	9	1.3	22
CCM M1 Mixed Grill	1514.0	76	6320.0	75	86.8	124	23.1	116	90.3	35	9.9	11	88.0	176	12.7	53	7.1	118
CCM M1 NGCI Mixed Grill	1389.3	69	5798.3	69	79.5	114	21.7	108	77.0	30	7.9	9	86.5	173	11.3	47	6.6	109
CCM M1 Mega Melt Stack	1465.8	73	6131.8	73	71.6	102	27.4	137	95.0	37	32.2	36	105.7	211	10.6	44	11.4	191
CCM M1 Steak Sirloin 8oz	1192.7	60	4976.6	59	68.4	98	20.2	101	77.8	30	7.4	8	61.4	123	12.1	50	3.2	54
CCM M1 NGCI Steak Sirloin 8oz	1068.0	53	4454.8	53	61.1	87	18.7	94	64.6	25	5.3	6	59.9	120	10.7	44	2.7	46
CCM M1 Steak Sirloin Skinny Under 600	566.6	28	2357.8	28	38.7	55	13.9	69	4.4	2	3.8	4	49.8	100	2.2	9	1.4	23
CCM M1 NGCI Steak Rump 8oz	1011.3	51	4221.9	50	55.5	79	15.9	80	64.6	25	5.3	6	58.3	117	10.7	44	2.7	45
CCM M1 NGCI Steak Sirloin Skinny Under 600	566.6	28	2357.8	28	38.7	55	13.9	69	4.4	2	3.8	4	49.8	100	2.2	9	1.4	23
CCM M1 Scampi Pieces x5	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
CCM M1 Peppercorn Sauce	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
CCM M1 Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
CCM M1 LB Gloucester Cheese and Hobgoblin Chutney Tart	586.3	29	2449.6	29	31.4	45	11.4	57	61.6	24	27.5	31	11.8	24	5.1	21	1.4	24
CCM M1 LB Mini Fish and Chips	759.7	38	3165.6	38	43.8	63	10.8	54	55.0	21	6.9	8	32.2	64	8.3	35	2.2	37
CCM M1 LB Gammon 4oz	653.4	33	2723.8	32	39.4	56	10.1	50	37.3	14	3.3	4	34.2	68	7.0	29	4.3	72
CCM M1 LB Ham and Eggs	680.1	34	2833.7	34	45.9	66	9.5	47	30.3	12	1.1	1	34.6	69	3.1	13	2.5	42
CCM M1 LB Hunters Chicken	621.4	31	2601.0	31	30.0	43	10.9	54	46.1	18	16.2	18	39.4	79	4.1	17	3.7	62
CCM M1 LB Quorn Sausage and Mash	455.1	23	1903.6	23	13.8	20	5.8	29	50.9	20	8.7	10	23.6	47	12.9	54	3.1	51
CCM M1 LB Sausage and Mash	689.6	34	2877.1	34	33.3	48	13.7	68	70.4	27	8.2	9	22.4	45	8.8	37	3.9	65
CCM M1 NGCI LB Gammon 4oz	653.4	33	2723.8	32	39.4	56	10.1	50	37.3	14	3.3	4	34.2	68	7.0	29	4.3	72

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	%
CCM M1 NGCI LB Ham Egg and Chips	680.1	34	2833.7	34	45.9	66	9.5	47	30.3	12	1.1	1	34.6	69	3.1	13	2.5	42
CCM M1 NGCI LB Sausage and Mash	689.6	34	2877.1	34	33.3	48	13.7	68	70.4	27	8.2	9	22.4	45	8.8	37	3.9	65
CCM M1 NGCI LB Hunters Chicken	621.4	31	2601.0	31	30.0	43	10.9	54	46.1	18	16.2	18	39.4	79	4.1	17	3.7	62
CCM M1 LB Lentil & Vegetable Lasagne	405.7	20	1698.4	20	11.5	16	2.9	14	56.0	22	10.4	12	17.0	34	7.0	29	2.1	35
CCM M1 Sandwich Tuna Mayo Melt Sub	820.5	41	3447.3	41	33.0	47	9.5	48	90.2	35	5.1	6	38.3	77	6.1	25	2.9	48
CCM M1 Sandwich Buttermilk BBQ Melt Sub	1109.2	55	4652.0	55	48.0	69	17.2	86	116.5	45	18.2	20	49.0	98	6.3	26	5.1	85
CCM M1 Sandwich Chicken and Bacon Club	922.4	46	3864.7	46	41.9	60	8.4	42	88.2	34	5.0	6	47.0	94	8.9	37	4.1	68
CCM M1 Sandwich Cheese and Onion	651.8	33	2718.1	32	39.1	56	16.2	81	50.4	19	2.6	3	22.9	46	5.2	22	2.1	35
CCM M1 Sub Crispy Buffalo Chicken	1085.6	54	4552.9	54	47.6	68	14.0	70	117.1	45	12.1	13	43.7	87	6.2	26	3.1	52
CCM M1 Sub Honey BBQ Chicken	867.0	43	3654.3	44	20.0	29	3.9	20	114.1	44	30.1	33	55.5	111	6.5	27	3.1	52
CCM M1 Cajun Halloumi Sub	948.2	47	3964.3	47	46.0	66	19.6	98	93.7	36	9.2	10	36.6	73	-	-	5.3	88
CCM M1 NGCI Sandwich Cheese & Onion	716.8	36	2987.4	36	41.4	59	16.1	81	62.0	24	4.6	5	19.3	39	9.4	39	2.3	38
CCM M1 NGCI Sandwich Chicken & Bacon Club	861.5	43	3597.3	43	42.8	61	7.6	38	78.6	30	7.3	8	34.2	68	12.7	53	3.9	64
CCM M1 NGCI Sandwich Tuna Mayo Melt Sub	694.3	35	2904.7	35	34.2	49	9.7	48	62.5	24	4.3	5	29.8	60	9.4	39	2.7	44
CCM M1 NGCI Sub Honey BBQ Chicken	740.8	37	3111.6	37	21.2	30	4.1	20	86.4	33	29.4	33	47.0	94	9.8	41	2.9	48
CCM M1 NGCI Cajun Halloumi Sub	821.9	41	3421.6	41	47.2	67	19.7	99	66.0	25	8.4	9	28.0	56	-	-	5.1	85
CCM M1 Jacket Plain	292.0	15	1224.7	15	12.1	17	7.3	37	42.7	16	2.6	3	5.5	11	4.7	20	0.3	5
CCM M1 Jacket Cheese & Beans	599.4	30	2501.5	30	31.5	45	19.4	97	57.5	22	6.3	7	24.4	49	8.3	35	1.9	31
CCM M1 Jacket Tuna Mayo	451.1	23	1892.4	23	20.4	29	8.0	40	46.0	18	4.0	4	23.3	47	5.1	21	1.4	23
CCM M1 NGCI Jacket Cheese & Beans	599.4	30	2501.5	30	31.5	45	19.4	97	57.5	22	6.3	7	24.4	49	8.3	35	1.9	31
CCM M1 NGCI Jacket Plain	292.0	15	1224.7	15	12.1	17	7.3	37	42.7	16	2.6	3	5.5	11	4.7	20	0.3	5
CCM M1 NGCI Jacket Tuna Mayo	451.1	23	1892.4	23	20.4	29	8.0	40	46.0	18	4.0	4	23.3	47	5.1	21	1.4	23
CCM M1 Cheesy Mashed Potato 284g	523.0	26	2177.6	26	29.2	42	18.4	92	43.7	17	2.9	3	18.3	37	5.7	24	1.9	32
CCM M1 Yorkshire Pudding Bowl	1224.1	61	5088.4	61	95.3	136	14.9	74	64.4	25	9.5	11	30.9	62	3.0	13	1.6	26
CCM M1 Pigs in Blankets x 3	166.1	8	689.9	8	12.8	18	4.6	23	4.3	2	0.6	1	8.2	16	0.3	1	1.1	19
CCM M1 Pigs in Blankets x 10	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
CCM M1 Sunday Veg	71.8	4	300.7	4	0.8	1	0.2	1	9.4	4	6.1	7	5.2	10	5.3	22	0.8	13
CCM M1 Cauliflower Cheese	97.2	5	406.1	5	4.0	6	2.3	11	10.3	4	2.8	3	5.0	10	2.6	11	0.7	11
CCM M1 Mashed Potato 227g	290.6	15	1213.8	14	10.0	14	6.5	32	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
CCM M1 NGCI Sunday Roast Beef	893.4	45	3727.0	44	44.1	63	16.9	85	70.5	27	17.9	20	49.6	99	13.5	56	4.1	68
CCM M1 NGCI Sunday Roast Beef Child	455.2	23	1899.6	23	21.8	31	7.9	40	40.0	15	11.7	13	22.5	45	6.8	29	2.9	48
CCM M1 NGCI Sunday Roast Beef Large	1087.1	54	4532.0	54	57.7	82	22.1	111	70.5	27	17.9	20	67.5	135	13.5	56	4.2	70
CCM M1 Sunday Cauliflower Cheese Tart	1235.8	62	5159.1	61	66.3	95	20.0	100	123.0	47	19.4	22	34.4	69	17.4	73	5.2	86

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	%
CCM M1 Sunday Cauliflower Cheese Tart Child	1020.2	51	4257.4	51	59.6	85	17.0	85	92.5	36	13.2	15	27.9	56	10.8	45	4.1	69
CCM M1 Sunday Roast Beef	1161.9	58	4847.4	58	61.2	87	19.7	98	93.6	36	19.9	22	56.5	113	14.7	61	4.9	82
CCM M1 Sunday Roast Beef Child	752.6	38	3140.4	37	40.9	58	11.5	57	63.1	24	13.7	15	32.0	64	8.0	33	3.8	63
CCM M1 Sunday Roast Beef Large	1559.5	78	6500.3	77	90.6	129	27.4	137	104.3	40	21.5	24	79.5	159	15.2	63	5.3	89
CCM M1 Roast Potatoes	252.7	13	1059.9	13	10.4	15	1.2	6	37.4	14	1.3	1	4.6	9	3.8	16	0.1	2
CCM M1 NGCI Sunday Chicken Child	362.0	18	1515.9	18	11.7	17	4.1	20	35.3	14	7.3	8	27.0	54	6.7	28	2.0	33
CCM M1 Sunday Roast Chicken Child	630.5	32	2636.3	31	28.8	41	6.9	34	58.4	22	9.3	10	33.9	68	7.8	33	2.8	47
CCM M1 NGCI Sunday Roast Chicken	1119.6	56	4675.4	56	54.7	78	18.1	91	65.1	25	12.8	14	88.3	177	14.9	62	4.8	81
CCM M1 Sunday Roast Chicken	1388.0	69	5795.6	69	71.8	103	20.9	105	88.2	34	14.8	16	95.1	190	16.1	67	5.7	95
CCM M1 Sunday Roast Turkey	986.6	49	4129.3	49	36.6	52	10.8	54	102.6	39	27.8	31	59.5	119	15.0	62	4.2	70
CCM M1 Sunday Roast Turkey Child	636.9	32	2665.0	32	24.8	35	6.0	30	70.7	27	21.4	24	32.5	65	8.2	34	2.6	43
CCM M1 Sunday Roast Turkey Large	1278.9	64	5350.5	64	53.5	76	13.6	68	113.4	44	29.4	33	84.4	169	15.5	65	4.7	78
CCM M1 Chocolate Fudge Cake	685.1	34	2872.7	34	29.8	43	6.4	32	97.3	37	78.0	87	7.8	16	-	-	0.4	7
CCM M1 NGCI Chocolate Fudge Cake	685.1	34	2872.7	34	29.8	43	6.4	32	97.3	37	78.0	87	7.8	16	-	-	0.4	7
CCM M1 Red Velvet Cake	1032.0	52	4295.6	51	73.4	105	41.6	208	84.0	32	58.5	65	-	-	1.9	8	1.3	21
CCM M1 Melt in the Middle Chocolate Pudding	774.3	39	3234.0	39	43.2	62	8.3	41	85.3	33	58.5	65	9.7	19	1.1	5	0.9	15
CCM M1 Retro Strawberry & Vanilla Lolly Slice	769.1	38	3199.3	38	56.1	80	33.8	169	59.1	23	36.1	40	-	-	1.3	5	0.2	3
CCM M1 Banoffee Cheesecake	587.8	29	2450.2	29	35.5	51	19.1	96	59.7	23	40.9	45	6.8	14	1.3	5	0.5	8
CCM M1 Smoffle	929.8	46	3901.6	46	44.9	64	19.2	96	117.3	45	79.3	88	12.0	24	-	-	1.1	18
CCM M1 Raspberry and White Chocolate Cookie Club Sandwich	638.0	32	2679.0	32	28.8	41	14.9	75	90.5	35	61.6	68	-	-	1.7	7	0.6	10
CCM M1 VGN Raspberry Jam Donut Pudding	488.2	24	1996.8	24	24.3	35	3.6	18	70.9	27	34.9	39	8.5	17	8.9	37	0.9	16
CCM M1 Bramley Apple Pie	472.1	24	1983.0	24	18.4	26	7.7	39	69.9	27	32.0	36	7.0	14	2.3	10	0.2	3
CCM M1 VGN Bramley Apple Pie	566.2	28	2373.5	28	24.3	35	11.9	59	79.3	31	33.2	37	5.3	11	6.5	27	0.0	1
CCM M1 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
CCM M1 Jam Donut Sundae	652.3	33	2732.9	33	31.9	46	18.5	92	84.0	32	54.3	60	-	-	1.7	7	0.6	11
CCM M1 Jam Donut Sundae Giant	1304.6	65	5465.9	65	63.9	91	36.9	185	168.0	65	108.6	121	-	-	3.4	14	1.3	21
CCM M1 Plain and Simple Ice Cream	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
CCM M1 NGCI Plain and Simple Ice Cream	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
CCM M1 Honeycomb Sundae Giant	1334.2	67	5592.0	67	60.4	86	37.5	188	181.2	70	152.0	169	15.0	30	2.1	9	1.1	18
CCM M1 NGCI Honeycomb Sundae Giant	1314.5	66	5508.1	66	60.4	86	37.5	188	176.7	68	149.9	167	14.7	29	2.0	8	1.0	17
CCM M1 NGCI Rocky Road Sundae Giant	985.6	49	4134.7	49	45.0	64	27.4	137	126.1	49	109.1	121	17.3	35	-	-	0.7	11
CCM M1 Rocky Road Sundae Giant	1254.5	63	5249.6	62	59.9	86	29.8	149	156.0	60	127.4	142	20.4	41	-	-	1.0	17

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	%
CCM M1 Honeycomb Sundae	667.1	33	2796.0	33	30.2	43	18.8	94	90.6	35	76.0	84	7.5	15	1.0	4	0.5	9
CCM M1 NGCI Honeycomb Sundae	657.2	33	2754.1	33	30.2	43	18.8	94	88.4	34	75.0	83	7.3	15	1.0	4	0.5	9
CCM M1 Rocky Road Sundae	635.4	32	2659.4	32	30.3	43	15.3	77	79.1	30	65.2	72	10.3	21	-	-	0.5	8
CCM M1 NGCI Rocky Road Sundae	500.9	25	2102.0	25	22.8	33	14.1	71	64.2	25	56.1	62	8.8	18	-	-	0.3	6
CCM M1 Mega Fish Platter	2218.0	111	6756.2	80	101.2	145	29.6	148	125.4	48	13.1	15	71.8	144	14.4	60	5.4	91
CCM M1 Mega Steak Rump 8oz	1614.0	81	6732.8	80	95.0	136	28.2	141	77.9	30	7.4	8	106.8	214	12.1	50	4.5	75
CCM M1 All Day Breakfast Mega	1581.1	79	6592.9	78	91.0	130	23.5	117	122.2	47	14.1	16	65.0	130	15.0	63	7.8	129
CCM M1 NGCI All Day Breakfast Mega	1581.1	79	6592.9	78	91.0	130	23.5	117	122.2	47	14.1	16	65.0	130	15.0	63	7.8	129
CCM M1 Mixed Grill Mega	2319.0	116	9675.1	115	137.7	197	38.5	193	102.4	39	11.8	13	163.9	328	13.3	56	12.3	205
CCM M1 NGCI Mixed Grill Mega	2194.2	110	9153.0	109	130.4	186	37.1	185	89.1	34	9.7	11	162.4	325	11.9	50	11.8	197
CCM M1 NGCI Mega Melt Stack	1340.9	67	5601.4	67	71.5	102	27.4	137	66.6	26	4.9	5	104.7	209	9.9	41	9.8	163
CCM M1 NGCI Mega Steak Rump 16oz	1489.2	74	6211.1	74	87.6	125	26.8	134	64.6	25	5.3	6	105.3	211	10.7	45	4.0	67
CCM M1 Grilled Halloumi Salad	522.9	26	2167.1	26	36.6	52	17.8	89	23.2	9	19.7	22	23.7	47	-	-	3.3	54
CCM M1 Honey Bbq Salad	400.3	20	1681.6	20	11.5	16	2.2	11	31.2	12	29.1	32	42.9	86	2.3	10	1.8	30
CCM M1 V BBQ Cauliflower Wings Salad	249.3	12	1043.1	12	11.4	16	2.5	13	31.1	12	10.1	11	5.5	11	4.4	19	1.3	22
CCM M1 Salad Chicken & Bacon	405.1	20	1697.0	20	16.9	24	4.3	21	5.6	2	4.1	5	58.0	116	1.9	8	3.8	63
CCM M1 NGCI Halloumi Sweet Chilli Salad	522.9	26	2167.1	26	36.6	52	17.8	89	23.2	9	19.7	22	23.7	47	-	-	3.3	54
CCM M1 NGCI Honey Bbq Salad	400.3	20	1681.6	20	11.5	16	2.2	11	31.2	12	29.1	32	42.9	86	2.3	10	1.8	30
CCM M1 NGCI Salad Chicken & Bacon Under 500	405.1	20	1697.0	20	16.9	24	4.3	21	5.6	2	4.1	5	58.0	116	1.9	8	3.8	63
CCM M1 Chicken Tikka Masala	1000.7	50	4214.4	50	34.2	49	8.6	43	135.2	52	24.5	27	39.3	79	9.6	40	3.3	55
CCM M1 Vegetable Jalfrezi	1014.3	51	4255.2	51	38.3	55	5.5	28	147.8	57	29.9	33	19.3	39	12.3	51	4.1	69
CCM M1 Beef Madras	1092.5	55	4588.4	55	42.0	60	10.3	51	139.3	54	28.6	32	37.3	75	10.6	44	4.3	72
CCM M1 Lamb Saag Masala	1109.5	55	4659.8	55	49.5	71	10.3	51	130.8	50	21.4	24	36.9	74	9.9	41	4.0	66
CCM M1 Chicken Pathia Curry	1039.3	52	4380.8	52	34.2	49	6.3	31	136.7	53	28.4	32	50.2	100	8.4	35	3.8	64
CCM M1 Onion Bhajis	105.6	5	441.6	5	4.6	7	1.2	6	11.3	4	2.9	3	3.4	7	2.9	12	0.2	4
CCM M1 Vegetable Samosa	111.0	6	465.0	6	4.8	7	1.7	9	14.3	5	2.4	3	1.9	4	1.4	6	0.5	9
CCM M1 VGN Vegetable Jalfrezi	720.2	36	3024.0	36	25.0	36	2.3	11	112.5	43	28.5	32	12.1	24	9.9	41	3.2	54
CCM M1 NGCI Beef Madras	918.3	46	3855.2	46	38.0	54	9.9	50	110.6	43	27.2	30	32.5	65	8.4	35	3.9	65
CCM M1 NGCI Chicken Tikka Masala	826.5	41	3481.2	41	30.2	43	8.2	41	106.5	41	23.1	26	34.6	69	7.4	31	2.8	47
CCM M1 NGCI Chicken Pathia Curry	865.1	43	3647.6	43	30.2	43	5.9	30	108.0	42	27.0	30	45.4	91	6.2	26	3.4	56
CCM M1 Toasties	688.9	34	2880.0	34	30.2	43	10.6	53	84.5	33	9.4	10	24.3	49	12.8	53	2.6	44
CCM M1 Jacket Potato	281.0	14	1178.3	14	11.9	17	7.2	36	40.9	16	1.5	2	5.1	10	4.1	17	0.3	5
CCM M1 Curly Fries Upgrade 150g	298.5	15	1250.4	15	16.1	23	2.9	15	35.2	14	1.7	2	3.2	6	2.4	10	1.0	16

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	%
CCM M1 Curly Fries Upgrade 284g	562.2	28	2355.3	28	30.2	43	5.4	27	66.7	26	3.1	3	6.0	12	4.5	19	1.8	31
CCM M1 Garlic Bread Upgrade Curly Fries 284g	562.2	28	2355.3	28	30.2	43	5.4	27	66.7	26	3.1	3	6.0	12	4.5	19	1.8	31
CCM M1 Chicken Breast	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
CCM M1 Dirty Chilli Extra	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
CCM M1 Dirty Chilli Extra Sharer	566.4	28	2364.8	28	29.1	42	12.2	61	47.7	18	34.2	38	27.5	55	3.8	16	2.8	46
CCM M1 Extra Baked Beans 150g	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
CCM M1 Extra Pork 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
CCM M1 Extra Jalapenos 25g	18.0	1	76.3	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
CCM M1 Extra Mediterranean Melt	280.5	14	1170.6	14	15.7	22	4.3	21	29.6	11	2.4	3	7.5	15	2.8	11	1.4	23
CCM M1 Sweet Chilli Sauce	54.3	3	227.4	3	0.0	0	0.0	0	13.4	5	11.2	12	0.1	0	0.2	1	0.6	11
CCM M1 Garlic Mayonnaise	157.9	8	649.6	8	15.2	22	1.2	6	4.7	2	1.4	2	0.3	1	0.1	0	1.1	18
CCM M1 Guacamole	48.2	2	200.5	2	3.1	4	2.0	10	4.1	2	1.5	2	0.6	1	0.8	3	0.7	12
CCM M1 Mango Chutney	134.4	7	571.2	7	0.1	0	0.1	0	33.3	13	25.0	28	0.2	0	0.2	1	1.6	27
CCM M1 Mint & Yoghurt	151.2	8	625.0	7	14.4	21	1.2	6	4.2	2	2.2	2	0.9	2	0.1	0	0.8	14
CCM M1 Mint Sauce	67.2	3	294.0	4	0.2	0	0.0	0	14.0	5	12.9	14	1.0	2	0.2	1	1.4	23
CCM M1 Jalapenos Red	14.4	1	61.0	1	0.1	0	0.0	0	3.2	1	3.0	3	0.1	0	0.4	2	0.9	14
CCM M1 Sour Cream	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
CCM M1 Tartare Sauce	144.5	7	599.2	7	12.5	18	0.9	4	8.0	3	6.1	7	0.1	0	0.3	1	0.7	11
CCM M1 Apple Sauce	72.8	4	310.2	4	0.0	0	0.0	0	17.9	7	15.7	17	0.1	0	0.1	0	0.0	0
CCM M1 Cranberry Sauce	105.8	5	443.0	5	0.0	0	0.0	0	26.6	10	26.4	29	0.1	0	0.7	3	0.0	0
CCM M1 Fried Onions Topping	119.4	6	495.0	6	9.4	13	1.1	5	7.1	3	5.0	6	1.1	2	1.3	5	0.0	0
CCM M1 Honey Roast Ham	29.9	1	125.7	1	1.3	2	0.4	2	0.3	0	0.0	0	4.3	9	0.0	0	0.4	7
CCM M1 Mayonnaise	162.4	8	672.0	8	15.7	22	1.1	5	5.3	2	1.6	2	0.0	0	0.0	0	0.9	15
CCM M1 Corn on the Cob	350.4	18	1465.9	17	21.4	31	11.5	58	34.2	13	4.2	5	7.5	15	5.1	21	0.4	6
CCM M1 Sliced Tomatoes	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
CCM M1 Tuna Mayonnaise	77.7	4	326.2	4	4.1	6	0.3	2	1.3	1	0.4	0	8.8	18	0.0	0	0.5	9
CCM M1 Monterey Jack	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
CCM M1 Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
CCM M1 Ice Cream Scoop Vanilla Vegan	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
CCM M1 Ice Cream Scoop Chocolate	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
CCM M1 Ice Cream Scoop Vanilla	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
CCM M1 Chocolate Sauce	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
CCM M1 Custard	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

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	%
CCM M1 Chocolate Flake	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
CCM M1 Marshmallows	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
CCM M1 Sugar Curl Wafers	19.8	1	83.9	1	0.1	0	0.0	0	4.5	2	2.1	2	0.4	1	0.1	0	0.0	0
CCM M1 Toffee Sauce	76.7	4	320.6	4	1.0	1	0.6	3	16.5	6	10.8	12	0.4	1	0.0	0	0.0	1
CCM M1 Cream	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
CCM M1 Raspberry Sauce	77.3	4	323.4	4	0.0	0	0.0	0	19.3	7	10.4	12	-	-	0.1	0	0.0	1
CCM M1 ICP Tub Two Scoop	259.1	13	1082.9	13	12.2	17	7.3	36	33.5	13	26.7	30	3.5	7	-	-	0.2	4
CCM M1 ICP Tub Three Scoop	370.0	19	1546.0	18	18.0	26	10.8	54	46.2	18	37.5	42	5.1	10	-	-	0.3	6
CCM M1 ICP Tub Four Scoop	480.9	24	2009.1	24	23.9	34	14.4	72	58.9	23	48.4	54	6.7	13	-	-	0.5	8
CCM M1 ICP Cone One Scoop	188.8	9	791.8	9	6.4	9	3.8	19	29.4	11	15.9	18	2.9	6	-	-	0.2	3
CCM M1 ICP Cone Two Scoop	330.9	17	1389.1	17	13.4	19	8.0	40	47.8	18	32.3	36	4.7	9	-	-	0.3	5
CCM M1 ICP Cone Three Scoop	435.6	22	1826.0	22	19.2	27	11.5	58	59.2	23	42.3	47	6.3	13	-	-	0.4	7
CCM M1 ICP Extra 100s and 1000s	39.8	2	169.3	2	0.0	0	0.0	0	9.9	4	8.5	9	0.0	0	0.0	0	0.0	0
CCM M1 ICP Extra Aero Peppermint	271.8	14	1136.8	14	14.8	21	8.8	44	32.0	12	31.8	35	2.2	4	0.4	2	0.1	2
CCM M1 ICP Extra Aerosol Cream 28g	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
CCM M1 ICP Extra Bounty	139.1	7	581.4	7	7.4	11	6.1	30	16.6	6	13.6	15	1.1	2	0.5	2	0.0	0
CCM M1 ICP Extra Crunchie	94.0	5	393.0	5	3.8	5	2.5	12	14.0	5	13.0	14	0.7	1	0.3	1	0.1	2
CCM M1 ICP Extra Daim Bar	74.2	4	308.7	4	4.3	6	2.2	11	8.3	3	8.2	9	0.4	1	0.2	1	0.1	2
CCM M1 ICP Extra Flake	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
CCM M1 ICP Extra Little Bear Wafer	9.9	0	42.0	1	0.1	0	0.0	0	2.2	1	0.8	1	0.2	0	0.1	0	0.0	0
CCM M1 ICP Extra Maltesers	93.4	5	390.9	5	4.6	7	2.8	14	11.4	4	9.6	11	1.5	3	0.2	1	0.0	0
CCM M1 ICP Extra Mars Bar	114.5	6	481.4	6	4.4	6	2.1	11	17.6	7	15.2	17	1.1	2	0.3	1	0.0	1
CCM M1 ICP Extra Marshmallows	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
CCM M1 ICP Extra Oreo Cookies	56.9	3	237.7	3	2.5	4	1.3	6	7.9	3	4.8	5	0.7	1	0.5	2	0.0	0
CCM M1 ICP Extra Sauce Chocolate 28g	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
CCM M1 ICP Extra Sauce Raspberry 28g	77.3	4	323.4	4	0.0	0	0.0	0	19.3	7	10.4	12	-	-	0.1	0	0.0	1
CCM M1 ICP Extra Sauce Strawberry 28g	78.7	4	328.7	4	0.0	0	0.0	0	19.5	7	10.3	11	0.1	0	0.1	0	0.1	1
CCM M1 ICP Extra Sauce Toffee 28g	76.7	4	320.6	4	1.0	1	0.6	3	16.5	6	10.8	12	0.4	1	0.0	0	0.0	1
CCM M1 ICP Extra Skittles	110.6	6	468.1	6	1.2	2	0.6	3	24.8	10	24.6	27	0.0	0	0.0	0	0.0	0
CCM M1 ICP Extra Sugar Curl Wafer	9.9	0	41.9	0	0.0	0	0.0	0	2.2	1	1.0	1	0.2	0	0.1	0	0.0	0
CCM M1 ICP Belgian Waffle	1006.0	50	4219.1	50	53.8	77	31.2	156	117.4	45	69.9	78	11.0	22	-	-	1.2	20
CCM M1 ICP Belgian Waffle Plain	455.0	23	1913.0	23	22.9	33	10.9	55	55.8	21	23.9	27	5.5	11	1.8	8	1.0	16
CCM M1 ICP Banana Split	825.1	41	3463.3	41	36.3	52	23.5	117	116.8	45	91.7	102	8.8	18	-	-	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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CCM M1 ICP Aerosol Cream 56g	179.8	9	753.2	9	17.5	25	12.3	61	3.9	2	4.5	5	1.3	3	0.0	0	0.0	0

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	%
GGE M2 Dough Balls Garlic	1208.2	60	5039.9	60	74.9	107	9.4	47	110.7	43	3.0	3	21.8	44	7.8	32	3.2	53
GGE M2 Dough Balls Mozzarella	1298.0	65	5414.5	64	81.0	116	16.8	84	105.2	40	7.3	8	36.1	72	8.3	34	3.7	61
GGE M2 Side Garlic Pizza Bread	707.1	35	2969.8	35	27.4	39	3.3	16	96.7	37	2.3	3	18.2	36	6.4	27	2.4	39
GGE M2 Side Garlic Pizza Bread Cheesy	961.3	48	4028.0	48	45.7	65	15.0	75	97.6	38	3.2	4	39.2	78	6.4	27	3.5	58
GGE M2 Grazer Mushroom Poppers	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
GGE M2 Grazer Mushroom Poppers Sharer	846.9	42	3564.3	42	43.2	62	8.4	42	94.8	36	28.1	31	17.1	34	8.1	34	3.8	64
GGE M2 Nachos Cheesy	751.6	38	3134.1	37	46.0	66	19.3	97	58.7	23	10.1	11	23.5	47	4.7	20	3.6	59
GGE M2 Nachos Cheesy Sharer	1420.1	71	5921.5	70	86.9	124	36.5	183	110.9	43	19.0	21	44.4	89	8.9	37	6.7	112
GGE M2 Nachos BBQ Jackfruit	785.7	39	3280.9	39	41.3	59	14.7	73	76.4	29	21.2	24	23.8	48	6.4	27	4.0	66
GGE M2 Nachos BBQ Jackfruit Sharer	1501.2	75	6269.3	75	79.0	113	28.0	140	146.0	56	40.6	45	45.5	91	12.3	51	7.6	126
GGE M2 Quiz Nachos	1158.0	58	4839.7	58	55.0	79	11.2	56	143.6	55	8.2	9	15.5	31	9.4	39	3.6	61
GGE M2 Grazer High 10s	732.4	37	3041.7	36	45.6	65	17.3	86	48.0	18	13.8	15	32.6	65	3.0	12	1.3	22
GGE M2 Grazer High 10s Sharer	1464.9	73	6083.4	72	91.3	130	34.6	173	95.9	37	27.6	31	65.1	130	5.9	25	2.7	45
GGE M2 Grazer Chicken Wings	1031.0	52	4286.1	51	67.1	96	17.2	86	25.4	10	20.3	23	81.0	162	2.5	11	4.5	75
GGE M2 Grazer Chicken Wings Sharer	2062.0	103	8572.2	102	134.2	192	34.5	172	50.8	20	40.5	45	162.0	324	5.1	21	9.0	151
GGE M2 Grazer Jalapeno Poppers	633.1	32	2646.9	32	36.1	52	17.0	85	58.0	22	3.1	3	18.4	37	3.8	16	2.6	43
GGE M2 Grazer Jalapeno Poppers Sharer	1266.2	63	5293.8	63	72.1	103	34.0	170	115.9	45	6.1	7	36.9	74	7.6	32	5.1	86
GGE M2 Grazer Fish Goujons	453.1	23	1882.6	22	31.1	44	8.0	40	18.2	7	3.8	4	24.4	49	1.2	5	1.3	21
GGE M2 Grazer Fish Goujons Sharer	902.5	45	3750.1	45	62.1	89	16.0	80	35.9	14	7.0	8	48.6	97	2.1	9	2.5	42
GGE M2 Grazer Halloumi Fries	467.5	23	1938.5	23	34.0	49	19.0	95	16.9	6	4.5	5	24.2	48	-	-	3.7	61
GGE M2 Grazer Halloumi Fries Sharer	841.8	42	3489.9	42	62.1	89	34.7	173	28.0	11	6.1	7	44.1	88	-	-	6.5	108
GGE M2 Grazer Bacon Popcorn	557.6	28	2318.8	28	36.9	53	11.1	56	34.0	13	9.1	10	19.5	39	2.1	9	3.2	54
GGE M2 Grazer Bacon Popcorn Sharer	1103.8	55	4590.2	55	73.1	104	22.0	110	67.3	26	18.1	20	38.6	77	4.1	17	6.4	107
GGE M2 Grazer Buffalo Cauliflower Popcorn	281.7	14	1184.0	14	8.4	12	1.9	10	43.3	17	6.6	7	6.0	12	3.9	16	0.8	14
GGE M2 Grazer Buffalo Cauliflower Popcorn Sharer	539.7	27	2268.8	27	16.3	23	3.7	19	82.3	32	11.0	12	11.5	23	7.2	30	1.5	24
GGE M2 Grazer Hunters Chicken Bites	543.0	27	2271.1	27	24.7	35	8.7	44	62.3	24	33.7	37	16.4	33	1.8	8	2.0	33
GGE M2 Grazer Hunters Chicken Bites Sharer	1086.0	54	4542.1	54	49.3	70	17.5	87	124.7	48	67.3	75	32.8	66	3.7	15	3.9	66
GGE M2 Dough Balls Roulette	1300.9	65	5426.1	65	81.2	116	13.8	69	111.6	43	4.9	5	29.8	60	7.9	33	4.0	67
GGE M2 Nachos BBQ Jackfruit Vegan	588.5	29	2460.6	29	27.6	39	9.4	47	73.3	28	19.3	21	8.1	16	5.8	24	3.4	57
GGE M2 Nachos BBQ Jackfruit Vegan Sharer	1234.7	62	5162.4	61	57.9	83	19.8	99	153.9	59	40.4	45	16.9	34	12.3	51	7.1	119
GGE M2 Nachos Cheesy Vegan	609.3	30	2546.8	30	31.8	45	12.1	61	69.3	27	9.9	11	8.2	16	5.3	22	3.7	61
GGE M2 Nachos Cheesy Sharer Vegan	1151.4	58	4813.2	57	60.0	86	22.9	115	131.0	50	18.7	21	15.5	31	10.0	42	6.9	116

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	%
GGE M2 Side Skin On Fries 227g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
GGE M2 Side 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
GGE M2 Side Tiger Fries 227g	516.6	26	2142.2	26	26.9	38	5.5	28	58.8	23	10.5	12	5.4	11	7.2	30	1.1	18
GGE M2 Side Chunky Chips 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
GGE M2 Side House Salad	58.4	3	242.7	3	4.5	6	0.8	4	3.2	1	2.8	3	1.2	2	1.9	8	0.0	0
GGE M2 Side Bread and Butter	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M2 Side Mash 284g	265.5	13	1108.9	13	9.1	13	5.9	30	39.0	15	2.6	3	3.9	8	5.2	22	0.8	13
GGE M2 Side Georges Slaw	168.8	8	699.1	8	14.5	21	1.2	6	7.7	3	5.7	6	1.8	4	3.9	16	1.4	24
GGE M2 Side Beer Battered Onion Rings	424.0	21	1769.3	21	25.7	37	4.7	23	41.7	16	4.1	5	4.9	10	3.3	14	2.0	33
GGE M2 Side Corn on the Cob	215.0	11	912.0	11	4.6	7	0.7	3	37.8	15	4.6	5	8.1	16	5.6	24	0.0	0
GGE M2 Side Sauteed Mushrooms	181.0	9	746.1	9	19.0	27	2.3	12	0.5	0	0.2	0	2.2	4	1.8	7	0.0	0
GGE M2 Side Mac n Cheese	280.8	14	1181.5	14	10.9	16	6.7	33	33.7	13	2.6	3	10.3	21	4.1	17	1.2	21
GGE M2 Side BBQ Chicken Wings	608.8	30	2530.9	30	40.3	58	10.3	52	12.9	5	9.9	11	48.5	97	1.5	6	2.6	44
GGE M2 Side Cauliflower Cheese	133.8	7	559.4	7	6.0	9	3.7	18	14.7	6	2.3	3	5.1	10	2.1	9	1.1	19
GGE M2 Extra Aerosol Cream 56g	179.8	9	753.2	9	17.5	25	12.3	61	3.9	2	4.5	5	1.3	3	0.0	0	0.0	0
GGE M2 Extra Bacon Rasher x2	140.3	7	586.1	7	6.9	10	2.6	13	0.0	0	0.0	0	19.4	39	0.0	0	3.5	58
GGE M2 Extra Baked Beans 100g	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
GGE M2 Extra BBQ Pulled Jackfruit	141.3	7	591.3	7	5.5	8	0.4	2	20.1	8	11.8	13	2.0	4	1.8	7	0.7	12
GGE M2 Extra Bread and Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M2 Extra Bread and Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
GGE M2 Extra Burger Beef 6oz	358.7	18	1494.3	18	21.3	30	9.9	49	1.7	1	0.9	1	41.7	83	1.0	4	1.5	26
GGE M2 Extra Burger Soya	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
GGE M2 Extra Cheese Cheddar 28g	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
GGE M2 Extra Chicken Breast	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
GGE M2 Extra Chicken Goujons	326.5	16	1361.5	16	20.5	29	7.3	37	15.2	6	0.8	1	20.0	40	0.0	0	1.0	17
GGE M2 Extra Chipotle Pulled Chicken 50g	63.0	3	267.5	3	0.6	1	0.2	1	1.0	0	0.1	0	13.3	27	0.3	1	0.2	3
GGE M2 Extra Chunky 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
GGE M2 Extra Crispy Back Bacon Rasher	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
GGE M2 Extra Custard 100g	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
GGE M2 Extra Double Cream 56ml	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
GGE M2 Extra Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
GGE M2 Extra Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
GGE M2 Extra Georges Own BBQ Sauce 56g	105.3	5	439.6	5	0.2	0	0.1	0	25.2	10	24.1	27	0.8	2	0.5	2	0.8	14

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	%
GGE M2 Extra Gravy Granules	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
GGE M2 Extra Gravy Yankee	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
GGE M2 Extra Grilled Mushroom	90.5	5	373.0	4	9.5	14	1.2	6	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
GGE M2 Extra Grilled Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
GGE M2 Extra Cheese Halloumi 75g	241.5	12	998.3	12	18.9	27	12.0	60	1.4	1	1.4	2	16.4	33	-	-	2.0	33
GGE M2 Extra Hash Brown	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
GGE M2 Extra Jacket Potato	187.8	9	796.1	9	0.5	1	0.0	0	43.1	17	1.5	2	5.3	11	4.3	18	0.0	1
GGE M2 Extra Jalapenos 28g	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
GGE M2 Extra Marshmallows	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
GGE M2 Extra Meatballs	94.6	5	396.0	5	3.9	6	1.8	9	3.2	1	0.1	0	11.5	23	0.4	2	0.5	9
GGE M2 Extra Milk	30.4	2	128.3	2	1.0	1	0.7	3	3.0	1	3.0	3	2.3	5	0.0	0	0.1	1
GGE M2 Extra Mixed Peppers 28g	9.0	0	37.5	0	0.1	0	0.0	0	1.8	1	1.7	2	0.3	1	0.6	2	0.0	0
GGE M2 Extra Cheese Monterey Jack Slice	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
GGE M2 Extra Cheese Mozzarella	127.1	6	529.1	6	9.2	13	5.9	29	0.4	0	0.4	0	10.5	21	0.0	0	0.6	9
GGE M2 Extra Mushroom	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
GGE M2 Extra 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
GGE M2 Extra Naan	380.9	19	1604.2	19	8.2	12	0.7	3	63.8	25	3.3	4	10.1	20	5.1	21	1.0	17
GGE M2 Extra Pepperoni 20g	94.8	5	391.2	5	9.0	13	3.7	19	0.2	0	0.2	0	3.2	6	0.0	0	0.8	13
GGE M2 Extra 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
GGE M2 Extra Poppadom	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
GGE M2 Extra Red Onion 28g	11.5	1	48.4	1	0.1	0	0.0	0	2.2	1	1.6	2	0.3	1	0.4	2	0.0	0
GGE M2 Extra Rocket 7g	1.0	0	4.1	0	0.0	0	0.0	0	0.1	0	0.1	0	0.1	0	0.1	0	0.0	0
GGE M2 Extra Sauce Chocolate 56g	149.5	7	626.6	7	1.6	2	1.0	5	32.3	12	19.8	22	1.0	2	-	-	0.0	1
GGE M2 Extra Sauce Raspberry 56g	154.6	8	646.8	8	0.0	0	0.0	0	38.6	15	20.8	23	-	-	0.1	0	0.1	1
GGE M2 Extra Sauce Toffee 56g	153.4	8	641.2	8	2.0	3	1.3	6	33.0	13	21.7	24	0.7	1	0.0	0	0.1	1
GGE M2 Extra 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
GGE M2 Extra Sausages x2	280.3	14	1169.1	14	16.7	24	5.6	28	21.7	8	2.6	3	10.2	20	1.2	5	1.4	23
GGE M2 Extra Scampi	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
GGE M2 Extra Sliced Tomatoes	16.8	1	72.2	1	0.3	0	0.1	0	3.1	1	3.1	3	0.7	1	1.3	5	0.0	0
GGE M2 Extra Smoked Shredded Beef Brisket 50g	62.5	3	263.0	3	1.9	3	0.7	3	1.2	0	1.1	1	10.5	21	0.3	1	0.4	6
GGE M2 Extra Spring Onions	3.6	0	15.5	0	0.1	0	0.0	0	0.5	0	0.4	0	0.3	1	0.3	1	0.0	0
GGE M2 Extra Vanilla Ice Cream Scoop	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
GGE M2 Extra Cheese Mozzarisella Vegan	39.3	2	162.8	2	3.4	5	3.0	15	1.8	1	0.0	0	0.1	0	0.0	0	0.3	5

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	%
GGE M2 Extra Sausage Veggie x2	160.0	8	671.0	8	5.4	8	1.9	10	7.5	3	1.5	2	17.9	36	5.0	21	1.3	21
GGE M2 Extra Wiltshire Ham 40g	53.6	3	224.0	3	2.4	3	0.8	4	0.4	0	0.6	1	7.3	15	0.0	0	1.7	28
GGE M2 Extra Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
GGE M2 Extra Beer Battered Onion Rings x 3	154.3	8	644.1	8	9.3	13	1.7	8	15.2	6	1.5	2	1.8	4	1.2	5	0.7	12
GGE M2 Extra Tennessee BBQ Sauce 56g	107.2	5	456.3	5	0.1	0	0.1	0	26.3	10	24.8	28	0.3	1	0.0	0	0.9	15
GGE M2 Extra Red Hot Chilli BBQ Sauce 56g	122.8	6	522.7	6	0.0	0	0.0	0	27.2	10	24.6	27	1.3	3	0.0	0	1.5	25
GGE M2 Extra Burger Macaroni Cheese	374.7	19	1568.7	19	18.9	27	9.0	45	39.6	15	2.8	3	13.6	27	4.5	19	0.8	13
GGE M2 Pigs in Blankets x3	166.1	8	689.9	8	12.8	18	4.6	23	4.3	2	0.6	1	8.2	16	0.3	1	1.1	19
GGE M2 Extra Quorn Bites	639.1	32	407.8	5	12.8	18	3.0	15	11.8	5	0.8	1	8.2	16	3.0	13	0.3	6
GGE M2 Extra Sauce Sweet Chilli 56g	108.6	5	454.7	5	0.0	0	0.0	0	26.9	10	22.4	25	0.1	0	0.4	2	1.3	21
GGE M2 Extra Sauce Garlic & Herb 56g	388.6	19	1601.0	19	40.5	58	5.3	26	3.7	1	0.4	0	1.6	3	0.9	4	0.5	9
GGE M2 Upgrade 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
GGE M2 Upgrade 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
GGE M2 Upgrade Tiger Fries Mains	218.9	11	907.9	11	11.4	16	2.3	12	24.9	10	4.5	5	2.3	5	3.1	13	0.5	8
GGE M2 Upgrade Tiger Fries Sandwiches	261.7	13	1085.4	13	13.0	19	2.5	13	31.0	12	5.5	6	2.8	6	3.8	16	0.6	9
GGE M2 Fries Topping Smoked Pulled Pork	578.8	29	2406.5	29	36.6	52	17.9	90	19.0	7	17.6	20	43.3	87	0.3	1	1.5	25
GGE M2 Fries Topping Garlic and Herb	394.0	20	1632.7	19	33.8	48	9.0	45	8.6	3	6.2	7	13.2	26	2.2	9	0.8	14
GGE M2 Fries Topping Garlic and Herb Vegan	318.7	16	1318.0	16	29.1	42	7.1	35	10.6	4	5.7	6	2.9	6	2.2	9	0.7	11
GGE M2 Fries Topping Chicken Gravy and Bacon	124.9	6	526.4	6	4.7	7	1.5	7	4.8	2	1.0	1	16.1	32	0.2	1	2.2	37
GGE M2 Fries Topping Cheese	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
GGE M2 Sandwich Chicken and Bacon Club	1071.5	54	4477.5	53	53.9	77	9.5	47	100.3	39	10.1	11	45.4	91	11.2	47	5.3	88
GGE M2 Sandwich Fish Finger	1162.0	58	4844.4	58	66.5	95	14.4	72	99.5	38	10.6	12	39.5	79	10.8	45	4.1	68
GGE M2 Sandwich Tuna Sweetcorn	933.2	47	3894.9	46	53.0	76	7.4	37	82.9	32	9.6	11	29.5	59	10.5	44	3.8	63
GGE M2 Sandwich Tuna Sweetcorn Melt	1046.7	52	4365.7	52	62.6	89	13.3	67	82.8	32	9.2	10	36.0	72	10.2	43	4.3	72
GGE M2 Sandwich Red Pepper Grilled Cheese	617.6	31	2589.4	31	25.1	36	12.0	60	82.7	32	5.4	6	12.8	26	7.0	29	2.3	39
GGE M2 Sandwich Grilled Three Cheese	1004.8	50	4192.4	50	59.9	86	23.2	116	76.4	29	6.5	7	38.2	76	8.7	36	4.3	71
GGE M2 LB Steak Rump 5oz	609.6	30	2545.5	30	32.3	46	9.6	48	38.6	15	4.9	5	37.6	75	7.8	33	1.6	27
GGE M2 LB Beer Battered Fish and Chips	765.8	38	3191.3	38	43.8	63	10.9	54	55.7	21	6.9	8	32.3	65	8.3	35	2.2	37
GGE M2 LB Hunters Chicken	699.7	35	2921.8	35	36.0	51	12.6	63	48.5	19	15.2	17	43.6	87	4.0	17	3.7	61
GGE M2 LB Sausage and Mash	681.4	34	2842.9	34	33.3	48	13.7	68	68.5	26	8.2	9	22.3	45	8.8	37	3.7	61
GGE M2 LB Sausage and Mash Veggie	476.9	24	1995.2	24	15.6	22	7.8	39	46.1	18	6.3	7	31.2	62	13.7	57	3.3	55
GGE M2 LB Mac n Cheese	618.8	31	2599.9	31	25.9	37	13.7	69	72.7	28	5.3	6	20.1	40	7.9	33	2.4	40
GGE M2 LB Gammon 5oz	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87

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	%
GGE M2 LB Lasagne Vegetable	538.6	27	2254.9	27	17.8	25	5.1	25	72.2	28	11.0	12	19.5	39	7.6	32	2.3	39
GGE M2 Beer Battered Fish and Chips	1360.4	68	5669.9	67	78.5	112	20.5	103	96.1	37	7.5	8	59.6	119	11.9	49	3.6	60
GGE M2 Scampi Golden Breaded	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
GGE M2 The Full Monty	988.7	49	4119.5	49	60.3	86	18.1	91	65.6	25	9.2	10	45.5	91	9.5	40	5.6	94
GGE M2 The Big Breakfast	1551.0	78	6464.7	77	94.6	135	29.6	148	105.5	41	12.4	14	68.6	137	13.3	55	8.9	148
GGE M2 Pie Steak and Pedigree Ale	1457.1	73	6116.0	73	71.6	102	24.0	120	159.3	61	10.4	12	38.4	77	13.3	55	4.5	74
GGE M2 Chicken Tikka Masala	1155.5	58	4876.0	58	29.4	42	6.0	30	175.7	68	26.4	29	46.7	93	12.6	52	4.3	71
GGE M2 Smoked Honey BBQ Pulled Pork	1522.3	76	6350.7	76	82.3	118	23.7	119	113.7	44	42.1	47	79.6	159	11.8	49	3.1	52
GGE M2 Locked and Loaded Platter	2158.9	108	9015.6	107	114.2	163	33.5	167	160.3	62	84.5	94	120.8	242	13.7	57	7.5	125
GGE M2 Plucker Clucker Platter	2030.4	102	8461.6	101	112.6	161	28.0	140	156.3	60	66.6	74	94.4	189	12.1	50	7.1	118
GGE M2 Baby Back Ribs	1697.5	85	7103.0	85	91.7	131	29.2	146	146.3	56	72.5	81	70.2	140	11.6	48	5.5	92
GGE M2 Pie Nacho Chilli	1061.2	53	4438.0	53	60.7	87	22.2	111	117.1	45	9.1	10	21.4	43	11.6	48	2.3	39
GGE M2 Lasagne Classic Beef	650.6	33	2710.7	32	29.6	42	10.9	54	74.3	29	14.9	17	22.2	44	29.2	122	2.1	35
GGE M2 Lasagne Classic Beef under 500	414.6	21	1723.8	21	17.5	25	7.0	35	47.4	18	14.1	16	18.1	36	28.5	119	1.6	27
GGE M2 Salad BBQ Jackfruit	413.5	21	1724.9	21	22.7	32	2.1	11	44.8	17	27.3	30	5.6	11	5.9	25	1.6	27
GGE M2 Salad BBQ Jackfruit with Halloumi	655.0	33	2723.2	32	41.6	59	14.1	71	46.2	18	28.7	32	22.0	44	-	-	3.6	59
GGE M2 Salad Garlic and Herb Steak	562.7	28	2334.1	28	44.9	64	9.8	49	7.4	3	5.2	6	31.6	63	3.0	12	1.0	16
GGE M2 Salad Roast Chicken and Bacon	480.4	24	2009.1	24	23.3	33	5.0	25	6.2	2	5.1	6	62.1	124	2.4	10	4.6	77
GGE M2 Steak Sirloin 8oz	1245.0	62	5188.8	62	75.8	108	20.8	104	73.3	28	6.3	7	62.0	124	12.2	51	3.2	53
GGE M2 Steak Sirloin 8oz under 600	563.2	28	2343.0	28	38.2	55	13.8	69	4.4	2	3.7	4	50.1	100	2.6	11	1.4	23
GGE M2 Steak Gammon 10oz	1181.2	59	4929.9	59	68.1	97	19.3	97	71.9	28	11.5	13	66.5	133	10.2	42	9.8	163
GGE M2 Steak Rump 10oz	1285.7	64	5362.4	64	75.9	108	20.4	102	73.3	28	6.3	7	72.0	144	12.2	51	3.2	53
GGE M2 Steak Rump 10oz under 600	520.9	26	2175.4	26	29.0	41	12.3	62	4.3	2	3.7	4	60.2	120	2.5	11	0.4	7
GGE M2 Steak Ribeye 10oz	1509.0	75	6284.2	75	95.9	137	30.1	151	73.3	28	6.3	7	82.7	165	12.2	51	3.1	52
GGE M2 Mixed Grill	1901.4	95	7928.9	94	115.8	165	32.1	161	86.6	33	8.8	10	123.4	247	12.8	53	12.0	200
GGE M2 Steak Top Mac n Cheese	242.0	12	1018.0	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
GGE M2 Steak Top Peppercorn Sauce	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
GGE M2 Steak Top The Cowboy	259.3	13	1083.3	13	15.3	22	8.8	44	12.7	5	12.1	13	17.4	35	0.2	1	2.6	43
GGE M2 Burger Classic Cheese Beef	1359.3	68	5682.1	68	69.3	99	22.8	114	117.6	45	23.2	26	63.9	128	13.1	54	5.4	91
GGE M2 Burger Classic Cheese Beef XL	1718.0	86	7176.4	85	90.6	129	32.7	163	119.3	46	24.0	27	105.6	211	14.1	59	7.0	116
GGE M2 Burger Classic Cheese Chicken	1327.1	66	5549.3	66	68.5	98	20.3	101	131.1	50	23.1	26	42.3	85	12.1	50	4.9	82
GGE M2 Burger Classic Cheese Chicken XL	1653.6	83	6910.9	82	89.0	127	27.6	138	146.3	56	23.9	27	62.3	125	12.1	50	6.0	99
GGE M2 Burger Classic Cheese Soya	1249.2	62	5228.5	62	61.5	88	14.0	70	127.0	49	24.2	27	41.8	84	14.8	62	5.0	84

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	%
GGE M2 Burger Classic Cheese Soya XL	1497.7	75	6269.3	75	74.9	107	15.0	75	138.0	53	26.1	29	61.4	123	17.5	73	6.2	103
GGE M2 Burger Yankee Beef	1415.9	71	5918.8	70	72.1	103	23.9	119	117.6	45	23.2	26	71.8	144	13.1	54	6.8	114
GGE M2 Burger Yankee Beef XL	1774.6	89	7413.1	88	93.3	133	33.7	169	119.3	46	24.0	27	113.4	227	14.1	59	8.4	140
GGE M2 Burger Yankee Chicken	1383.8	69	5786.0	69	71.3	102	21.3	107	131.1	50	23.1	26	50.1	100	12.1	50	6.3	106
GGE M2 Burger Yankee Chicken XL	1710.3	86	7147.5	85	91.8	131	28.6	143	146.3	56	23.9	27	70.1	140	12.1	50	7.4	123
GGE M2 Burger Classic Cheese Soya Vegan	1100.1	55	4607.2	55	49.5	71	12.1	60	123.9	48	20.3	23	34.3	69	11.9	49	4.0	67
GGE M2 Burger Classic Cheese Soya Vegan XL	1348.7	67	5648.0	67	63.0	90	13.1	65	135.0	52	22.3	25	53.8	108	14.6	61	5.1	86
GGE M2 Burger The Tennessee	1530.9	77	6399.3	76	81.3	116	26.4	132	126.6	49	24.3	27	70.0	140	13.5	56	6.4	107
GGE M2 Burger The Tennessee XL	1889.6	94	7893.6	94	102.5	146	36.3	182	128.3	49	25.2	28	111.6	223	14.5	61	8.0	133
GGE M2 Burger Squeaky Clean	1458.6	73	6075.3	72	91.7	131	28.3	141	112.9	43	17.5	19	40.9	82	-	-	6.0	100
GGE M2 Burger Squeaky Clean XL	1780.6	89	7406.3	88	116.9	167	44.3	221	114.8	44	19.4	22	62.8	126	-	-	8.6	143
GGE M2 Burger Flaming Jack	1348.6	67	5645.7	67	67.0	96	14.3	72	136.9	53	26.2	29	43.6	87	16.6	69	6.0	100
GGE M2 Burger Flaming Jack XL	1597.2	80	6686.5	80	80.4	115	15.4	77	147.9	57	28.1	31	63.1	126	19.3	80	7.1	119
GGE M2 Burger Flaming Jack Vegan	1199.5	60	5024.4	60	55.0	79	12.4	62	133.8	51	22.3	25	36.0	72	13.7	57	5.0	83
GGE M2 Burger Flaming Jack Vegan XL	1448.1	72	6065.2	72	68.4	98	13.4	67	144.9	56	24.2	27	55.6	111	16.4	68	6.1	102
GGE M2 Burger Bunless Beef	750.0	38	3126.5	37	45.3	65	13.6	68	38.7	15	7.4	8	47.2	94	8.0	33	3.2	53
GGE M2 Burger Bunless Chicken Goujon	717.9	36	2993.7	36	44.5	64	11.0	55	52.2	20	7.4	8	25.6	51	7.0	29	2.7	45
GGE M2 Burger Bunless Soya	639.9	32	2672.9	32	37.5	54	4.7	24	48.1	18	8.5	9	25.1	50	9.7	40	2.8	47
GGE M2 Burger Brunch Stacker	1405.4	70	5867.7	70	79.4	113	23.4	117	119.0	46	12.9	14	49.6	99	10.8	45	5.3	88
GGE M2 Burger Brunch Stacker XL	2039.2	102	8496.4	101	132.6	189	43.4	217	119.3	46	12.9	14	88.2	176	10.8	45	8.7	144
GGE M2 Burger Hawaiian Gammon	1218.1	61	5089.5	61	68.2	97	19.0	95	111.2	43	18.0	20	36.7	73	12.1	51	4.8	80
GGE M2 Burger Hawaiian Gammon XL	1852.0	93	7718.2	92	121.4	173	39.0	195	111.4	43	18.0	20	75.3	151	12.1	51	8.2	137
GGE M2 Burger The Bulls Eye	1401.9	70	5863.8	70	72.5	104	20.0	100	134.7	52	19.2	21	47.7	95	11.8	49	5.1	86
GGE M2 Burger The Bulls Eye XL	1891.7	95	7906.1	94	103.2	147	31.0	155	157.5	61	20.4	23	77.7	155	11.8	49	6.7	111
GGE M2 Burger The Stacker	1715.6	86	7174.1	85	84.8	121	29.1	145	157.1	60	25.9	29	80.8	162	17.6	73	7.3	121
GGE M2 Burger The Stacker XL	2074.3	104	8668.1	103	106.1	152	38.9	195	158.8	61	26.8	30	122.5	245	18.6	77	8.8	146
GGE M2 Burger Bunless Soya Vegan	553.6	28	2317.5	28	28.4	41	4.2	21	45.9	18	4.3	5	25.9	52	7.2	30	1.8	30
GGE M2 Hunters Chicken	1075.5	54	4495.2	54	50.9	73	18.9	95	83.1	32	27.5	31	69.4	139	7.5	31	5.1	85
GGE M2 Chicken Waffle	1423.7	71	5958.3	71	69.8	100	24.5	122	157.2	60	55.0	61	38.6	77	7.1	30	3.2	54
GGE M2 Georges Fried Chicken	1134.6	57	4745.6	56	47.9	68	12.2	61	116.9	45	31.1	35	57.1	114	11.8	49	5.6	93
GGE M2 Hunters Chicken <700	681.3	34	2844.2	34	32.8	47	15.1	76	32.3	12	29.2	32	65.3	131	3.0	13	4.3	71
GGE M2 NGCI Hunters Chicken <700	694.7	35	2900.5	35	33.5	48	15.4	77	32.3	12	29.2	32	67.2	134	3.0	13	4.6	77
GGE M2 Sunday Roast Beef	1524.0	76	6351.2	76	95.3	136	19.9	100	103.8	40	20.0	22	59.1	118	15.9	66	4.8	80

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	%
GGE M2 Sunday Half Roast Chicken	1817.0	91	7579.2	90	106.9	153	21.5	107	111.7	43	28.0	31	99.1	198	17.7	74	5.6	93
GGE M2 Sunday Grilled Gammon	1569.2	78	6542.5	78	96.8	138	21.3	106	99.5	38	14.5	16	72.4	145	15.7	65	11.5	192
GGE M2 Sunday Cauliflower Tart	1611.9	81	6721.3	80	101.4	145	20.6	103	133.2	51	19.5	22	38.3	77	18.6	78	5.0	84
GGE M2 KID Sunday Beef Roast	853.6	43	3559.4	42	50.9	73	10.4	52	65.4	25	9.5	11	31.8	64	10.0	42	2.6	44
GGE M2 KID Sunday Chicken Grilled	849.9	42	3550.6	42	42.8	61	6.5	32	79.8	31	23.7	26	34.8	70	10.4	43	2.9	49
GGE M2 KID Sunday Gammon Grilled	905.5	45	3777.4	45	53.4	76	11.3	57	66.1	25	9.5	11	38.7	77	10.0	42	6.6	110
GGE M2 KID Sunday Sausages Veggie	810.9	41	3387.3	40	42.7	61	7.1	35	72.2	28	10.8	12	30.6	61	14.5	61	3.6	61
GGE M2 Chocker Chocolate Fudge Cake	651.8	33	2733.0	33	29.5	42	6.1	31	90.3	35	74.0	82	7.6	15	3.2	13	0.4	6
GGE M2 Salted Caramel Cheesecake Sandwich	597.3	30	2497.9	30	24.2	35	13.9	69	85.9	33	59.0	66	7.6	15	0.7	3	1.3	22
GGE M2 Jam and Coconut Sponge	707.3	35	2969.3	35	31.1	44	14.2	71	97.6	38	68.2	76	10.3	21	2.4	10	0.5	9
GGE M2 Dough Balls Choco Toffee	660.6	33	2781.5	33	14.2	20	5.7	29	120.6	46	55.6	62	11.9	24	-	-	1.2	20
GGE M2 Sundae Thats Mint Standard	731.1	37	3056.9	36	38.7	55	21.0	105	84.3	32	70.2	78	9.9	20	-	-	0.6	9
GGE M2 Sundae Thats Mint Sharer	1462.2	73	6113.8	73	77.4	111	41.9	210	168.6	65	140.3	156	19.7	39	-	-	1.1	19
GGE M2 Sundae Raspberry Waffle Standard	679.1	34	2849.5	34	33.3	48	19.0	95	86.3	33	56.7	63	-	-	1.3	6	0.7	12
GGE M2 Sundae Raspberry Waffle Sharer	1358.2	68	5698.9	68	66.5	95	38.1	190	172.6	66	113.5	126	-	-	2.7	11	1.4	23
GGE M2 Blinging Banoffee Pie	749.0	37	3107.8	37	57.8	83	33.4	167	52.1	20	34.5	38	5.6	11	1.2	5	0.4	7
GGE M2 Sundae Black Forest Standard	690.3	35	2892.7	34	33.0	47	20.3	102	85.4	33	71.4	79	8.9	18	1.8	7	0.7	12
GGE M2 Sundae Black Forest Sharer	1380.5	69	5785.4	69	66.1	94	40.7	203	170.8	66	142.9	159	17.9	36	3.6	15	1.5	24
GGE M2 Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	56	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
GGE M2 Tiramisu Rum Ba Bar	460.0	23	2090.7	25	18.6	27	10.5	52	75.3	29	54.4	60	5.3	11	-	-	0.4	7
GGE M2 Sundae Apple Pie Standard	677.8	34	2843.2	34	33.6	48	16.9	85	83.7	32	45.9	51	10.1	20	2.5	10	0.3	4
GGE M2 Sundae Apple Pie Sharer	1355.6	68	5686.4	68	67.2	96	33.9	169	167.3	64	91.7	102	20.3	41	5.0	21	0.5	8
GGE M2 Sundae Apple Pie Standard Vegan	558.6	28	2340.8	28	24.3	35	13.5	67	76.2	29	34.5	38	4.9	10	8.4	35	0.0	1
GGE M2 Sundae Apple Pie Sharer Vegan	1071.4	54	4489.3	53	46.7	67	25.8	129	146.1	56	66.1	73	9.3	19	16.1	67	0.1	1
GGE M2 NGCI Ice Cream Sundae	352.0	18	1474.7	18	18.0	26	10.9	55	43.0	17	37.6	42	4.4	9	-	-	0.3	5
GGE M2 NGCI Vegan Ice Cream Sundae	317.6	16	1328.2	16	13.4	19	11.6	58	41.0	16	27.1	30	1.6	3	-	-	0.0	1
GGE M2 Jacket Potato Cheddar Cheese and Beans	659.6	33	2750.8	33	36.3	52	21.2	106	60.5	23	5.6	6	25.9	52	8.5	36	2.0	33
GGE M2 Jacket Potato Baked Beans	301.9	15	1271.8	15	3.4	5	0.5	3	60.1	23	5.5	6	10.9	22	8.6	36	0.6	10
GGE M2 Jacket Potato Tuna Mayonnaise	614.9	31	2567.6	31	37.7	54	10.1	51	48.7	19	3.7	4	22.5	45	5.4	22	1.6	27
GGE M2 KID Mac n Cheese	618.8	31	2599.9	31	25.9	37	13.7	69	72.7	28	5.3	6	20.1	40	7.9	33	2.4	40
GGE M2 KID Burger Blast Off Beef	552.7	28	2321.6	28	16.1	23	3.9	19	74.8	29	7.7	9	25.8	52	9.6	40	2.1	35
GGE M2 KID Burger Chicken Breast Grilled	607.2	30	2548.7	30	18.9	27	4.1	21	73.4	28	8.6	10	34.5	69	9.6	40	2.0	34

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	%
GGE M2 KID Chicken Dippers	566.9	28	2368.9	28	24.2	35	4.5	22	65.1	25	5.9	7	20.8	42	8.8	37	2.0	34
GGE M2 KID Chocolate Brownie	353.0	18	1467.4	17	18.9	27	4.4	22	39.8	15	27.2	30	5.2	10	1.5	6	0.4	7
GGE M2 KID Starter Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M2 KID Starter Dough Balls Garlic	660.5	33	2755.1	33	41.0	59	5.1	26	60.5	23	1.6	2	11.9	24	4.3	18	1.7	29
GGE M2 KID Extra Bacon	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
GGE M2 KID Extra Cheese	235.3	12	975.8	12	19.4	28	12.1	60	1.1	0	0.1	0	14.2	28	0.0	0	1.1	18
GGE M2 KID Fish and Chips	759.7	38	3165.6	38	43.8	63	10.8	54	55.0	21	6.9	8	32.2	64	8.3	35	2.2	37
GGE M2 KID Star Fish Fingers	649.5	32	2711.0	32	31.3	45	6.6	33	68.2	26	6.4	7	22.2	44	9.2	38	2.0	34
GGE M2 KID Fruit and Ice Cream	201.9	10	844.3	10	8.0	11	4.0	20	24.7	10	21.9	24	4.9	10	5.4	23	0.2	3
GGE M2 KID Full Time Oranges	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
GGE M2 KID Gammon Steak 5oz	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87
GGE M2 KID Hidden Veg Pasta Melt	594.1	30	2488.6	30	20.6	29	5.3	27	81.6	31	10.6	12	19.1	38	9.9	41	2.4	40
GGE M2 KID Hunters Chicken	625.8	31	2613.2	31	32.2	46	11.3	56	43.4	17	13.6	15	39.0	78	3.6	15	3.3	55
GGE M2 KID Ice Cream Plain and Simple	243.1	12	1018.4	12	8.7	12	4.4	22	36.1	14	27.6	31	4.5	9	-	-	0.2	3
GGE M2 KID Sundae Minty	534.1	27	2231.0	27	30.4	43	16.0	80	57.1	22	46.3	51	6.9	14	-	-	0.4	7
GGE M2 KID Starter Nachos	378.9	19	1580.8	19	21.7	31	8.8	44	31.3	12	3.1	3	13.2	26	2.5	10	1.4	23
GGE M2 KID Steak Rump 5oz	609.6	30	2545.5	30	32.3	46	9.6	48	38.6	15	4.9	5	37.6	75	7.8	33	1.6	27
GGE M2 KID Starter Salad Sticks	95.5	5	393.1	5	7.8	11	0.6	3	5.5	2	3.6	4	0.7	1	1.7	7	0.6	10
GGE M2 KID Sausage and Mash	681.4	34	2842.9	34	33.3	48	13.7	68	68.5	26	8.2	9	22.3	45	8.8	37	3.7	61
GGE M2 KID Sausage and Mash Veggie	476.9	24	1995.2	24	15.6	22	7.8	39	46.1	18	6.3	7	31.2	62	13.7	57	3.3	55
GGE M2 KID Super Solar Sausages	670.7	34	2800.8	33	31.8	45	9.2	46	73.2	28	8.1	9	21.3	43	9.6	40	2.7	45
GGE M2 KID Super Solar Sausages Veggie	486.0	24	2033.5	24	17.6	25	4.6	23	53.0	20	6.3	7	25.7	51	12.1	51	2.3	38
GGE M2 KID Unlimited Baked Beans	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
GGE M2 KID Unlimited Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M2 KID Unlimited 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
GGE M2 KID Unlimited Salad Sticks	16.5	1	68.3	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
GGE M2 KID Lasagne Vegetable	425.8	21	1781.9	21	13.0	19	3.3	17	57.7	22	9.8	11	17.0	34	6.6	28	2.1	35
GGE M2 KID Waffle and Ice Cream	399.5	20	1677.1	20	16.2	23	7.9	40	57.4	22	33.8	38	5.3	11	-	-	0.6	10
GGE M2 KID Baby Back Ribs	874.9	44	3664.2	44	45.2	65	16.4	82	80.2	31	35.1	39	36.4	73	5.7	24	2.3	38
GGE M2 KID Ice Cream Plain and Simple Vegan	243.3	12	1018.0	12	8.7	12	7.4	37	35.7	14	23.1	26	1.3	3	-	-	0.0	1
GGE M2 NGCI KID Sundae Minty	399.7	20	1673.6	20	23.0	33	14.8	74	42.2	16	37.2	41	5.3	11	-	-	0.3	4
GGE M2 PK Pizza BBQ Chicken	1232.0	62	5177.9	62	39.6	57	17.6	88	143.9	55	34.3	38	74.3	149	8.5	35	5.2	87
GGE M2 PK Pizza Cheesy Mac n Onion	1083.0	54	4554.6	54	39.2	56	18.7	93	131.6	51	10.9	12	49.0	98	10.8	45	4.3	71

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	%		
GGE M2 PK Pizza Garlic Chicken Kiev	1250.1	63	5238.0	62	59.0	84	20.0	100	117.9	45	8.7	10	60.8	122	7.6	32	4.5	75
GGE M2 PK Pizza Hamma Mia	897.9	45	3776.7	45	30.4	43	13.9	70	100.8	39	8.2	9	54.6	109	7.8	33	6.4	107
GGE M2 PK Pizza Lovely Rita	810.0	41	3411.2	41	25.9	37	12.5	62	103.6	40	10.6	12	40.7	81	8.5	35	3.2	54
GGE M2 PK Pizza Lovely Rita Vegan	634.5	32	2678.5	32	14.4	21	6.7	34	106.3	41	9.8	11	20.0	40	8.5	35	2.8	46
GGE M2 PK Pizza Mac n Meat	1132.0	57	4759.2	57	41.5	59	19.5	97	131.1	50	10.9	12	56.2	112	10.7	44	6.0	100
GGE M2 PK Pizza Butchers Block	1150.8	58	4830.8	58	45.6	65	20.8	104	107.1	41	7.8	9	76.9	154	7.8	33	6.1	102
GGE M2 PK Pizza The Veg Patch	865.9	43	3644.8	43	26.5	38	12.6	63	114.9	44	19.9	22	41.9	84	10.8	45	4.4	74
GGE M2 PK Pizza The Veg Patch Vegan	690.4	35	2912.1	35	14.9	21	6.8	34	117.7	45	19.1	21	21.2	42	10.8	45	4.0	66
GGE M2 PK Pizza Great Balls of Smoke	1007.0	50	4234.9	50	34.2	49	15.9	79	104.7	40	8.6	10	69.9	140	7.9	33	5.5	92
GGE M2 PK KID Pizza Butchers Block	529.8	26	2224.5	26	19.4	28	8.9	44	55.9	21	7.5	8	32.7	65	5.8	24	2.7	45
GGE M2 PK KID Pizza Little Rita	425.5	21	1790.5	21	13.3	19	6.3	32	55.7	21	9.0	10	21.0	42	6.4	26	1.7	28
GGE M2 PK KID Pizza Little Rita Vegan	337.8	17	1424.2	17	7.5	11	3.4	17	57.1	22	8.6	10	10.6	21	6.4	26	1.4	24
GGE M2 PK KID Pizza Little Veg Patch	433.4	22	1823.3	22	13.5	19	6.3	32	56.6	22	9.8	11	21.7	43	7.0	29	1.7	28
GGE M2 PK KID Pizza Little Veg Patch Vegan	345.6	17	1456.9	17	7.7	11	3.4	17	58.0	22	9.3	10	11.3	23	7.0	29	1.4	24
GGE M2 PK KID Pizza BBQ Chicken	636.6	32	2674.3	32	20.1	29	8.9	44	75.9	29	20.8	23	37.8	76	6.3	26	2.7	45
GGE M2 PK KID Pizza Hamma Mia	470.3	24	1976.5	24	15.5	22	7.0	35	54.3	21	7.8	9	28.1	56	6.0	25	3.3	55
GGE M2 PK Tostada BBQ Chicken	520.5	26	2180.2	26	21.4	31	9.5	48	50.8	20	17.1	19	29.5	59	4.8	20	1.7	29
GGE M2 PK Tostada Cheesy Mac n Onion	372.1	19	1561.1	19	15.3	22	7.8	39	41.1	16	6.4	7	15.4	31	5.5	23	1.1	19
GGE M2 PK Tostada Garlic Chicken Kiev	501.9	25	2098.5	25	26.2	37	10.1	51	41.1	16	7.6	8	23.5	47	5.7	24	1.4	23
GGE M2 PK Tostada Great Balls of Smoke	407.3	20	1708.6	20	16.1	23	7.9	40	34.4	13	7.2	8	29.4	59	5.8	24	2.5	42
GGE M2 PK Tostada Hamma Mia	324.3	16	1360.8	16	12.6	18	6.4	32	32.8	13	7.2	8	18.3	37	5.9	24	1.8	31
GGE M2 PK Tostada Lovely Rita	293.7	15	1233.7	15	11.0	16	5.9	29	33.7	13	8.0	9	13.4	27	6.0	25	0.8	13
GGE M2 PK Tostada Lovely Rita Vegan	249.1	12	1047.2	12	8.4	12	5.0	25	35.2	14	7.7	9	6.7	13	6.0	25	0.7	12
GGE M2 PK Tostada Mac n Meat	385.3	19	1616.2	19	16.0	23	8.1	40	40.6	16	6.2	7	17.6	35	5.4	23	1.6	27
GGE M2 PK Tostada The Butchers Block	387.0	19	1621.3	19	17.0	24	8.4	42	32.3	12	5.2	6	24.5	49	4.4	18	1.8	30
GGE M2 PK Tostada The Veg Patch	296.0	15	1242.2	15	11.0	16	5.8	29	34.8	13	8.8	10	13.1	26	5.4	23	1.2	19
GGE M2 PK Tostada The Veg Patch Vegan	257.4	13	1081.1	13	8.4	12	4.9	25	37.6	14	9.5	11	6.4	13	5.7	24	1.2	20
GGE M2 PK NGCI Pizza Hamma Mia	991.2	50	4144.5	49	29.0	41	13.3	67	138.5	53	13.4	15	43.1	86	5.0	21	5.7	96
GGE M2 PK NGCI Pizza Lovely Rita	903.3	45	3779.0	45	24.6	35	11.9	59	141.3	54	15.7	17	29.1	58	5.7	24	2.6	43
GGE M2 PK NGCI Pizza Lovely Rita Vegan	727.8	36	3046.3	36	13.0	19	6.1	30	144.0	55	14.9	17	8.4	17	5.7	24	2.1	35
GGE M2 PK NGCI Pizza The Veg Patch	959.2	48	4012.6	48	25.1	36	12.0	60	152.6	59	25.0	28	30.3	61	8.0	33	3.8	63
GGE M2 PK NGCI Pizza The Veg Patch Vegan	783.7	39	3279.9	39	13.6	19	6.2	31	155.4	60	24.2	27	9.6	19	8.0	33	3.3	55
GGE M2 PK Pizza Tikka Tastic	1743.1	87	7317.8	87	69.6	99	27.1	135	193.4	74	44.0	49	82.1	164	16.0	67	8.3	139

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	%
GGE M2 PK Tostada Tikka Tastic	562.2	28	2357.7	28	23.6	34	10.0	50	53.7	21	16.5	18	31.3	63	6.9	29	2.6	44
GGE M2 Tacos BBQ Jackfruit	1133.8	57	4749.8	57	51.3	73	16.1	81	143.1	55	25.4	28	21.0	42	15.8	66	4.1	68
GGE M2 Tacos BBQ Jackfruit Vegan	1024.3	51	4299.1	51	40.0	57	9.0	45	142.0	55	24.3	27	20.1	40	15.8	66	3.9	65
GGE M2 Tacos Crispy Chicken	1482.4	74	6200.8	74	76.5	109	26.7	134	145.8	56	14.9	17	49.0	98	14.0	59	4.9	82
GGE M2 Tacos Honey BBQ Pulled Pork	1609.3	80	6725.9	80	80.5	115	27.7	139	140.7	54	31.0	34	77.0	154	14.2	59	4.0	66
GGE M2 Soup of the Day	380.8	19	1598.7	19	17.0	24	8.6	43	46.6	18	10.7	12	8.6	17	4.2	18	2.1	36
GGE M2 NGCI Soup of the Day	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.7	29
GGE M2 Sundae Black Forest Small	454.4	23	1903.8	23	24.2	35	15.0	75	51.0	20	43.6	48	6.1	12	1.0	4	0.4	7
GGE M2 Apple Pie	476.1	24	2000.0	24	18.4	26	7.7	39	70.9	27	33.0	37	7.0	14	2.3	10	0.2	3
GGE M2 Apple Pie Vegan	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
GGE M2 NGCI Ice Cream Sundae	352.0	18	1474.7	18	18.0	26	10.9	55	43.0	17	37.6	42	4.4	9	-	-	0.3	5
GGE M2 NGCI Vegan Ice Cream Sundae	317.6	16	1328.2	16	13.4	19	11.6	58	41.0	16	27.1	30	1.6	3	-	-	0.0	1
GGE M2 BM Breakfast Veggie	806.5	40	3358.9	40	50.3	72	12.9	65	50.9	20	8.0	9	35.7	71	13.6	57	2.6	43
GGE M2 BM Breakfast Vegan	765.4	38	3197.4	38	37.3	53	8.8	44	57.6	22	9.2	10	45.8	92	18.1	76	3.4	57
GGE M2 BM Butty Sausage	545.7	27	2284.2	27	25.8	37	7.6	38	57.7	22	3.6	4	20.3	41	4.6	19	2.2	37
GGE M2 BM Kids Breakfast	743.5	37	3094.0	37	49.0	70	15.4	77	44.7	17	7.6	8	31.5	63	7.6	31	3.4	57
GGE M2 BM Butty Sausage Veggie	409.3	20	1719.0	20	14.0	20	3.7	18	42.8	16	2.3	3	26.2	52	7.9	33	2.0	33
GGE M2 BM Butty Bacon	378.7	19	1588.4	19	14.7	21	4.0	20	36.0	14	1.0	1	25.7	51	3.4	14	3.7	61
GGE M2 BM Beans on Toast	415.3	21	1741.1	21	9.7	14	2.1	11	63.4	24	8.2	9	19.9	40	10.6	44	1.9	31
GGE M2 BM Eggs on Toast	577.5	29	2407.8	29	37.6	54	6.9	35	36.0	14	1.4	2	24.2	48	3.4	14	1.3	21
GGE M2 BM Pancakes and Crispy Bacon	789.8	39	3310.8	39	16.6	24	4.9	25	119.6	46	67.9	75	41.7	83	1.8	7	7.1	118
GGE M2 BM Kids Breakfast Vegan	358.4	18	1500.1	18	14.6	21	2.6	13	37.1	14	6.7	7	19.5	39	9.2	38	1.4	24
GGE M2 BM Kids Breakfast Veggie	618.7	31	2574.7	31	40.3	58	12.4	62	37.2	14	7.0	8	26.6	53	9.2	38	1.9	32

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	%
TST LN20 Grazer Mexican Nachos	430.4	22	1808.1	22	22.2	32	6.1	30	45.7	18	1.4	2	9.8	20	3.1	13	1.7	28
TST LN20 VGN Grazer Olives and Ciabatta	467.4	23	1946.5	23	29.9	43	8.0	40	34.6	13	4.6	5	5.7	11	2.1	9	2.5	41
TST LN20 Grazer Crispy Jumbo Shrimp	677.9	34	644.7	8	8.4	12	2.6	13	32.6	13	12.0	13	11.9	24	1.4	6	1.6	26
TST LN20 Grazer Breaded Mushrooms	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
TST LN20 Grazer Fish & Chips Bites	345.9	17	1442.1	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.5	11	1.5	25
TST LN20 Grazer Thai Chicken Skewers	144.7	7	611.2	7	1.5	2	0.3	1	7.8	3	3.7	4	26.2	52	3.3	14	0.8	13
TST LN20 Grazer Halloumi Fries	376.1	19	1559.7	19	27.3	39	15.3	76	13.1	5	3.5	4	19.9	40	-	-	3.1	52
TST LN20 Grazer BBQ Chicken Strips	550.6	28	2288.1	27	32.1	46	11.0	55	40.0	15	12.6	14	25.5	51	2.4	10	1.1	19
TST LN20 VGN Grazer Crispy Potato Skins BBQ Jackfruit	331.5	17	1384.6	16	15.2	22	3.2	16	41.6	16	14.0	16	4.3	9	5.5	23	0.9	15
TST LN20 Grazer Crispy Potato Skins Cheese and Bacon	410.9	21	1707.3	20	28.2	40	11.9	60	22.0	8	2.2	2	15.3	31	3.7	16	1.9	31
TST LN20 VGN Grazer Buffalo Cauliflower Wings	167.5	8	702.5	8	3.4	5	1.0	5	31.4	12	17.1	19	3.4	7	2.0	8	1.3	21
TST LN20 Grazer Chicken Wings BBQ	623.9	31	2593.7	31	40.3	58	10.3	52	16.5	6	13.4	15	48.6	97	1.5	6	2.8	46
TST LN20 Grazer Chicken Wings Flaming Hot	593.3	30	2467.1	29	40.6	58	10.4	52	7.3	3	4.1	5	48.7	97	1.7	7	3.6	60
TST LN20 Grazer Chicken Wings Thai Sweet Chilli	625.5	31	2601.2	31	40.2	57	10.3	52	17.4	7	12.5	14	48.3	97	1.5	6	3.0	50
TST LN20 Grazer Sticky BBQ Ribs	578.3	29	2416.5	29	35.6	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
TST LN20 NGCI Grazer Chicken Wings Thai Sweet Chilli	625.5	31	2601.2	31	40.2	57	10.3	52	17.4	7	12.5	14	48.3	97	1.5	6	3.0	50
TST LN20 NGCI VGN Grazer Crispy Potato Skins BBQ Jackfruit	331.5	17	1384.6	16	15.2	22	3.2	16	41.6	16	14.0	16	4.3	9	5.5	23	0.9	15
TST LN20 NGCI Grazer Crispy Potato Skins Cheese and Bacon	410.9	21	1707.3	20	28.2	40	11.9	60	22.0	8	2.2	2	15.3	31	3.7	16	1.9	31
TST LN20 NGCI Grazer Fish & Chips Bites	345.9	17	1442.1	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.5	11	1.5	25
TST LN20 NGCI Grazer Mexican Nachos	603.8	30	2536.5	30	31.1	44	8.5	43	64.1	25	2.0	2	13.7	27	4.4	18	2.4	40
TST LN20 VGN Grazer Bruschetta	246.3	12	1034.7	12	10.0	14	3.6	18	32.7	13	5.8	6	5.6	11	3.3	14	0.6	9
TST LN20 NGCI Grazer Chicken Wings Flaming Hot	593.3	30	2467.1	29	40.6	58	10.4	52	7.3	3	4.1	5	48.7	97	1.7	7	3.6	60
TST LN20 NGCI Grazer Chicken Wings BBQ	623.9	31	2593.7	31	40.3	58	10.3	52	16.5	6	13.4	15	48.6	97	1.5	6	2.8	46
TST LN20 Fish and Chips	1201.6	60	5047.3	60	40.6	58	8.0	40	131.2	50	8.4	9	70.6	141	15.8	66	4.0	66
TST LN20 Sweetcure Gammon Steak	1050.7	53	4411.4	53	37.9	54	10.6	53	73.9	28	14.4	16	98.0	196	11.9	50	8.5	142
TST LN20 Sweetcure Gammon Steak Under 600	556.6	28	2345.2	28	15.8	23	5.8	29	15.3	6	14.8	16	88.1	176	3.8	16	7.1	119
TST LN20 Hunters Chicken	1126.9	56	4707.6	56	55.7	80	21.0	105	85.8	33	29.0	32	69.1	138	7.6	32	5.0	84
TST LN20 Hunters Chicken Under 550	506.3	25	2116.2	25	23.8	34	10.2	51	18.9	7	17.3	19	55.5	111	2.0	8	3.1	52
TST LN20 Rump Steak	1165.6	58	4866.0	58	64.8	93	17.6	88	79.8	31	6.8	8	60.1	120	11.9	49	3.4	57

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	%
TST LN20 Rump Steak Under 550	517.2	26	2155.7	26	33.3	48	11.1	56	6.0	2	5.7	6	48.5	97	2.6	11	1.3	22
TST LN20 Beef Lasagne	627.7	31	2617.2	31	26.9	38	10.4	52	74.9	29	15.6	17	22.1	44	29.1	121	2.1	35
TST LN20 Beef Lasagne Under 450	410.0	21	1704.8	20	17.5	25	6.9	35	47.2	18	14.4	16	17.6	35	27.8	116	1.6	27
TST LN20 Wholetails of Breaded Scampi	1618.1	81	3639.8	43	49.6	71	11.9	59	106.5	41	10.0	11	29.0	58	14.7	61	3.4	57
TST LN20 Chicken Tikka Masala	1136.6	57	4786.2	57	32.5	46	8.2	41	160.1	62	30.5	34	46.5	93	11.2	47	5.0	83
TST LN20 Steak and Ale Pie	1229.8	61	5141.6	61	56.8	81	19.4	97	139.3	54	8.8	10	33.6	67	12.5	52	3.7	61
TST LN20 Sticky BBQ Ribs and Chicken	2020.4	101	8438.8	100	118.8	170	40.8	204	126.9	49	44.6	50	107.8	216	8.3	35	5.0	84
TST LN20 NGCI Sweetcure Gammon Steak	1050.7	53	4411.4	53	37.9	54	10.6	53	73.9	28	14.4	16	98.0	196	11.9	50	8.5	142
TST LN20 NGCI Sweetcure Gammon Steak Under 600	556.6	28	2345.2	28	15.8	23	5.8	29	15.3	6	14.8	16	88.1	176	3.8	16	7.1	119
TST LN20 NGCI Hunters Chicken	1126.9	56	4707.6	56	55.7	80	21.0	105	85.8	33	29.0	32	69.1	138	7.6	32	5.0	84
TST LN20 NGCI Hunters Chicken Under 550	506.3	25	2116.2	25	23.8	34	10.2	51	18.9	7	17.3	19	55.5	111	2.0	8	3.1	52
TST LN20 NGCI Rump Steak	1011.3	51	4221.9	50	55.5	79	15.9	80	64.6	25	5.3	6	58.3	117	10.7	44	2.7	45
TST LN20 NGCI Rump Steak Under 550	517.2	26	2155.7	26	33.3	48	11.1	56	6.0	2	5.7	6	48.5	97	2.6	11	1.3	22
TST LN20 NGCI Chicken Tikka Masala	823.7	41	3470.5	41	24.6	35	7.6	38	108.1	42	27.3	30	40.7	81	6.5	27	4.8	80
TST LN20 Aubergine Pasta	753.6	38	3174.3	38	18.7	27	5.2	26	121.4	47	27.2	30	19.5	39	11.5	48	2.4	40
TST LN20 Rump and Shrimp	1630.6	82	5167.7	62	71.1	102	19.5	98	93.6	36	7.0	8	68.9	138	12.5	52	4.1	69
TST LN20 Sticky BBQ Ribs	1770.5	89	7400.5	88	102.8	147	35.3	177	113.0	43	44.2	49	95.2	190	7.2	30	4.7	78
TST LN20 Veggie Fish and Chips	1081.0	54	4529.1	54	46.6	67	7.8	39	132.9	51	10.5	12	24.5	49	18.0	75	4.4	74
TST LN20 VGN Veggie Fish n Chips	1008.8	50	4229.5	50	40.4	58	7.4	37	128.9	50	7.5	8	24.4	49	17.8	74	4.1	68
TST LN20 Salad Crispy Jumbo Shrimp	1082.0	54	1243.6	15	20.2	29	4.9	24	42.1	16	12.9	14	23.4	47	9.2	38	1.6	27
TST LN20 Salad Grilled Chicken Breast	357.5	18	1505.7	18	12.4	18	2.0	10	15.5	6	13.4	15	46.8	94	7.6	32	1.2	19
TST LN20 Salad Red Pepper and Mushroom	249.4	12	1048.5	12	13.3	19	2.0	10	22.3	9	19.9	22	9.1	18	11.4	47	0.2	4
TST LN20 VGN Salad Red Pepper and Mushroom	249.4	12	1048.5	12	13.3	19	2.0	10	22.3	9	19.9	22	9.1	18	11.4	47	0.2	4
TST LN20 Salad Rump Steak	387.3	19	1619.7	19	23.7	34	6.4	32	13.8	5	12.0	13	29.2	58	7.6	32	0.8	14
TST LN20 Salad Buffalo Cauliflower Wings	263.2	13	1107.8	13	11.0	16	1.9	10	32.6	13	17.1	19	8.7	17	9.4	39	1.1	18
TST LN20 VGN Salad Buffalo Cauliflower Wings	263.2	13	1107.8	13	11.0	16	1.9	10	32.6	13	17.1	19	8.7	17	9.4	39	1.1	18
TST LN20 Salad Thai Chicken Skewers	276.8	14	1168.2	14	8.2	12	1.2	6	20.2	8	15.4	17	31.7	63	10.7	45	0.8	13
TST LN20 NGCI Salad Grilled Chicken Breast	357.5	18	1505.7	18	12.4	18	2.0	10	15.5	6	13.4	15	46.8	94	7.6	32	1.2	19
TST LN20 NGCI Salad Thai Chicken Skewers	276.8	14	1168.2	14	8.2	12	1.2	6	20.2	8	15.4	17	31.7	63	10.7	45	0.8	13
TST LN20 NGCI Salad Red Pepper & Mushroom	249.4	12	1048.5	12	13.3	19	2.0	10	22.3	9	19.9	22	9.1	18	11.4	47	0.2	4
TST LN20 NGCI VGN Salad Red Pepper and Mushroom	249.4	12	1048.5	12	13.3	19	2.0	10	22.3	9	19.9	22	9.1	18	11.4	47	0.2	4
TST LN20 NGCI Salad Rump Steak	387.3	19	1619.7	19	23.7	34	6.4	32	13.8	5	12.0	13	29.2	58	7.6	32	0.8	14

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	%
TST LN20 VGN Mixed Olives	111.2	6	462.8	6	6.8	10	2.2	11	3.2	1	0.0	0	0.9	2	0.1	1	1.9	32
TST LN20 Burger Classic Beef	1049.5	52	4406.6	52	40.6	58	9.8	49	118.1	45	11.6	13	50.0	100	9.9	41	4.1	68
TST LN20 Burger Classic Beef XL	1279.0	64	5373.8	64	47.2	67	12.4	62	125.5	48	11.7	13	85.0	170	10.1	42	5.5	92
TST LN20 Burger Classic Beef Under 500	451.5	23	1907.3	23	9.2	13	3.4	17	50.6	19	11.9	13	42.4	85	3.9	16	2.4	40
TST LN20 Burger Classic Coated Chicken	1344.5	67	5633.1	67	58.3	83	17.3	87	145.1	56	12.3	14	55.0	110	11.0	46	6.5	108
TST LN20 Burger Classic Coated Chicken XL	1869.1	93	7826.9	93	82.6	118	27.4	137	179.4	69	13.1	15	95.1	190	12.3	51	10.4	173
TST LN20 Burger Classic Coated Chicken Under 700	746.6	37	3133.8	37	26.9	38	10.9	54	77.5	30	12.6	14	47.4	95	5.1	21	4.8	80
TST LN20 Burger Classic Soya	1068.6	53	4480.0	53	47.4	68	8.3	41	121.8	47	13.5	15	34.5	69	12.5	52	3.8	63
TST LN20 Burger Classic Soya L	1317.2	66	5520.7	66	60.9	87	9.3	46	132.8	51	15.4	17	54.1	108	15.2	63	4.9	81
TST LN20 Burger Classic Soya Under 500	470.6	24	1980.7	24	16.0	23	1.8	9	54.2	21	13.7	15	26.9	54	6.5	27	2.1	34
TST LN20 VGN Burger Classic Soya	1068.6	53	4480.0	53	47.4	68	8.3	41	121.8	47	13.5	15	34.5	69	12.5	52	3.8	63
TST LN20 VGN Burger Classic Soya L	1317.2	66	5520.7	66	60.9	87	9.3	46	132.8	51	15.4	17	54.1	108	15.2	63	4.9	81
TST LN20 VGN Burger Classic Soya Under 500	470.6	24	1980.7	24	16.0	23	1.8	9	54.2	21	13.7	15	26.9	54	6.5	27	2.1	34
TST LN20 Burger Route 66 Beef	1507.8	75	6308.9	75	76.4	109	36.1	181	126.8	49	-	-	74.1	148	12.1	50	-	-
TST LN20 Burger Route 66 Beef XL	1565.8	78	6561.1	78	71.9	103	27.7	138	126.8	49	-	-	99.2	198	11.9	50	-	-
TST LN20 Burger Route 66 Chicken	1765.5	88	7379.2	88	92.3	132	42.9	215	151.3	58	-	-	76.3	153	13.1	55	-	-
TST LN20 Burger Route 66 Chicken XL	2111.4	106	8830.3	105	103.9	148	41.3	206	182.6	70	-	-	103.8	208	14.3	60	-	-
TST LN20 Burger Blue Moon	1262.3	63	5289.6	63	58.4	83	21.4	107	118.4	46	11.8	13	62.9	126	10.8	45	5.1	84
TST LN20 Burger Blue Moon XL	1491.8	75	6256.8	74	65.0	93	24.0	120	125.8	48	11.9	13	97.9	196	11.0	46	6.5	108
TST LN20 Burger The Cheese Stacker	1434.4	72	6009.2	72	65.2	93	17.2	86	147.7	57	14.1	16	63.4	127	12.7	53	6.6	110
TST LN20 Burger The Cheese Stacker XL	1663.9	83	6976.5	83	71.8	103	19.8	99	155.1	60	14.2	16	98.5	197	12.8	53	8.1	134
TST LN20 Burger The Cowboy Cheese and Bacon	1325.1	66	5550.1	66	59.4	85	19.0	95	131.2	50	23.7	26	63.5	127	10.2	42	6.2	104
TST LN20 Burger The Cowboy Cheese and Bacon XL	1554.6	78	6517.4	78	66.0	94	21.6	108	138.6	53	23.8	26	98.5	197	10.3	43	7.7	128
TST LN20 Burger Dirty Chilli Cheese	1451.3	73	6080.7	72	64.9	93	22.0	110	142.5	55	28.8	32	70.9	142	11.8	49	6.0	100
TST LN20 Burger Dirty Chilli Cheese XL	1680.8	84	7048.1	84	71.5	102	24.6	123	149.9	58	28.9	32	105.9	212	12.0	50	7.4	124
TST LN20 Burger Inferno Chicken XL	1947.8	97	8155.8	97	86.2	123	29.3	146	187.9	72	19.2	21	96.4	193	13.1	55	12.9	216
TST LN20 Burger Inferno Chicken	1423.2	71	5962.1	71	62.0	89	19.2	96	153.6	59	18.5	21	56.4	113	11.8	49	9.1	151
TST LN20 Burger Blue Moon L	1377.0	69	5773.2	69	61.7	88	22.7	113	122.1	47	11.9	13	80.4	161	10.9	45	5.8	96
TST LN20 Burger Classic Beef L	1164.2	58	4890.2	58	43.9	63	11.1	56	121.8	47	11.7	13	67.5	135	10.0	42	4.8	80
TST LN20 Burger Classic Coated Chicken L	1606.8	80	6730.0	80	70.4	101	22.4	112	162.2	62	12.7	14	75.0	150	11.7	49	8.4	141
TST LN20 Burger Dirty Chilli Cheese L	1566.0	78	6564.3	78	68.2	97	23.3	116	146.2	56	28.8	32	88.4	177	11.9	50	6.7	112

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	%
TST LN20 Burger Inferno Chicken L	1685.5	84	7059.0	84	74.1	106	24.3	121	170.7	66	18.9	21	76.4	153	12.5	52	11.0	183
TST LN20 Burger Route 66 Beef L	1481.3	74	6206.0	74	68.7	98	26.4	132	129.9	50	-	-	82.0	164	12.1	51	-	-
TST LN20 Burger Route 66 Chicken L	1822.9	91	7624.8	91	89.1	127	33.1	165	166.5	64	-	-	82.2	164	13.7	57	-	-
TST LN20 Burger The Cheese Stacker L	1549.1	77	6492.9	77	68.5	98	18.5	92	151.4	58	14.1	16	81.0	162	12.7	53	7.3	122
TST LN20 Burger The Cowboy Cheese and Bacon L	1439.9	72	6033.8	72	62.7	90	20.3	102	134.9	52	23.8	26	81.0	162	10.2	43	6.9	116
TST LN20 Burger The Philly Steak Burger	1120.3	56	4689.5	56	53.5	76	14.8	74	115.9	45	9.5	11	40.6	81	10.7	45	3.8	63
TST LN20 VGN Burger Jackfruit	1209.8	60	5071.2	60	52.9	76	8.7	43	141.9	55	25.2	28	36.5	73	14.2	59	4.5	75
TST LN20 VGN L Burger Jackfruit	1458.4	73	6112.0	73	66.4	95	9.7	48	153.0	59	27.1	30	56.1	112	16.9	70	5.6	93
TST LN20 Extra Bacon Rasher Burger	104.4	5	432.1	5	8.9	13	3.1	16	0.0	0	0.0	0	6.0	12	0.0	0	1.2	20
TST LN20 Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
TST LN20 Jalapenos	7.6	0	88.8	1	0.0	0	0.0	0	1.6	1	0.4	0	0.4	1	1.6	7	0.6	11
TST LN20 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
TST LN20 Fried Onions	129.5	6	536.4	6	10.5	15	1.2	6	7.1	3	5.0	6	1.1	2	1.3	5	0.0	0
TST LN20 Stilton 25g	102.5	5	425.0	5	8.8	13	5.8	29	0.0	0	0.0	0	5.9	12	0.0	0	0.5	8
TST LN20 Cheddar Cheese 56g	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
TST LN20 Choice Burger Cheese Slice x2	321.0	16	1333.0	16	25.0	36	25.0	125	1.4	1	-	-	22.0	44	0.0	0	-	-
TST LN20 Sauteed Mushrooms	106.1	5	439.0	5	10.1	14	1.3	6	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
TST LN20 Sauce BBQ 56g	105.3	5	439.6	5	0.2	0	0.1	0	25.2	10	24.1	27	0.8	2	0.5	2	0.8	14
TST LN20 Extra Beef Burger	114.8	6	483.7	6	3.3	5	1.3	6	3.7	1	0.1	0	17.5	35	0.1	0	0.7	12
TST LN20 Extra Mediterranean Melt Burger	280.5	14	1170.6	14	15.7	22	4.3	21	29.6	11	2.4	3	7.5	15	2.8	11	1.4	23
TST LN20 Sauce Burger Relish 28g	30.2	2	128.5	2	0.1	0	0.0	0	6.8	3	5.9	7	0.3	1	0.3	1	0.4	6
TST LN20 Extra Roast Chicken Fillet	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
TST LN20 Extra Sauteed Peppers	181.4	9	747.1	9	18.6	27	2.2	11	3.2	1	3.1	3	0.5	1	1.1	4	0.0	0
TST LN20 Sandwich Cheese and Onion	782.1	39	3278.5	39	34.4	49	17.2	86	84.1	32	4.4	5	32.1	64	9.5	40	2.1	36
TST LN20 Sandwich Classic Club	992.5	50	4167.1	50	38.9	56	10.2	51	108.2	42	4.9	5	51.4	103	11.6	48	3.6	60
TST LN20 Sandwich Coated Chicken	881.0	44	3695.0	44	36.7	52	10.8	54	98.4	38	3.9	4	36.6	73	9.9	41	3.2	54
TST LN20 VGN Sandwich Red Pepper and Guacamole	656.5	33	2764.5	33	22.1	32	6.8	34	92.2	35	11.0	12	19.8	40	11.3	47	1.6	26
TST LN20 Sandwich Red Pepper Chicken and Guacamole	761.1	38	3204.8	38	24.5	35	7.3	37	93.1	36	11.7	13	40.4	81	11.3	47	2.1	34
TST LN20 Sandwich Steak and Horseradish	807.4	40	3387.4	40	33.1	47	11.0	55	83.8	32	5.6	6	41.6	83	9.3	39	2.3	39
TST LN20 NGCI Sandwich Cheese & Red Onion	661.1	33	2759.9	33	33.8	48	16.5	82	64.0	25	5.6	6	19.8	40	10.7	45	1.7	29
TST LN20 NGCI Sandwich Classic Club	817.5	41	3417.2	41	38.1	54	9.1	46	79.3	30	7.8	9	33.2	66	14.0	58	3.0	49

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	%
TST LN20 NGCI Sandwich Red Pepper and Guacamole & Chicken	640.1	32	2686.1	32	23.9	34	6.6	33	73.0	28	12.9	14	28.1	56	12.5	52	1.6	27
TST LN20 NGCI Sandwich Steak and Horseradish	687.0	34	2871.2	34	32.5	46	10.2	51	63.6	24	6.7	7	29.4	59	10.6	44	1.9	32
TST LN20 Sandwich Thai Chicken Nanwich	760.8	38	3199.3	38	19.8	28	5.2	26	101.9	39	8.3	9	40.2	80	12.8	53	1.8	29
TST LN20 Chips 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
TST LN20 Beer Battered Onion Rings Side	617.4	31	2576.4	31	37.4	53	6.8	34	60.7	23	6.0	7	7.2	14	4.8	20	2.9	48
TST LN20 Loaded Onion Rings Cheese	849.8	42	3540.2	42	56.5	81	18.7	94	61.8	24	6.1	7	21.2	42	4.8	20	3.9	66
TST LN20 Loaded Onion Rings Cheese Bacon	954.2	48	3972.3	47	65.5	94	21.8	109	61.8	24	6.1	7	27.2	54	4.8	20	5.1	86
TST LN20 Loaded Chips Chilli Cheese	763.8	38	3184.5	38	46.1	66	20.7	104	54.0	21	17.6	20	31.2	62	5.1	21	3.0	49
TST LN20 Pepper Sauce	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
TST LN20 Salad Bowl	16.0	1	68.2	1	0.3	0	0.1	0	2.7	1	2.6	3	0.7	1	1.2	5	0.0	0
TST LN20 Chocolate Flake	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
TST LN20 Extra 100s and 1000s	39.8	2	169.3	2	0.0	0	0.0	0	9.9	4	8.5	9	0.0	0	0.0	0	0.0	0
TST LN20 Extra Aerosol Cream	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
TST LN20 Extra Burger Bun	170.9	9	722.7	9	2.1	3	0.7	4	32.8	13	2.4	3	6.1	12	1.9	8	0.5	9
TST LN20 Cheesy Garlic Ciabatta Side	683.5	34	2855.9	34	38.4	55	18.9	95	59.2	23	5.2	6	23.6	47	3.9	16	2.1	35
TST LN20 Garlic Ciabatta Side	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
TST LN20 Garlic Ciabatta Slice	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST LN20 Sweet Potato Fries 150g Upgrade	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
TST 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
TST 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
TST LN20 Scampi Pieces	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
TST LN20 Rice and Chips UPG	400.3	20	1682.4	20	15.9	23	3.4	17	57.2	22	0.6	1	6.3	13	4.8	20	0.7	12
TST LN20 Extra Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
TST LN20 Extra Sticky BBQ Ribs	578.2	29	2416.5	29	35.6	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
TST LN20 Hunters Steak Upgrade	442.1	22	1835.4	22	28.2	40	15.1	75	26.2	10	24.2	27	20.7	41	0.5	2	3.1	51
TST LN20 Loaded Chips Hunters	690.3	35	2873.7	34	40.7	58	17.8	89	55.3	21	24.6	27	24.2	48	3.6	15	3.6	60
TST LN20 Chips Topper Chilli Cheese	515.6	26	2146.2	26	33.7	48	18.0	90	24.9	10	17.2	19	27.8	56	1.9	8	2.4	41
TST LN20 Chocolate Melt in the Middle	838.5	42	3501.3	42	45.5	65	10.1	50	96.1	37	65.5	73	9.5	19	-	-	1.0	16
TST LN20 Chocolate Indulgence Sundae	583.2	29	2440.8	29	29.5	42	18.5	92	70.8	27	58.8	65	7.6	15	-	-	0.4	7
TST LN20 NGCI Chocolate Indulgence Sundae	583.2	29	2440.8	29	29.5	42	18.5	92	70.8	27	58.8	65	7.6	15	-	-	0.4	7
TST LN20 Ice Cream Sundae	693.7	35	2900.3	35	38.6	55	23.8	119	75.6	29	63.9	71	9.8	20	1.2	5	0.6	10
TST LN20 VGN Ice Cream Sundae	296.4	15	1238.7	15	12.0	17	10.4	52	39.4	15	25.0	28	1.5	3	9.2	38	0.0	1

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	%
TST LN20 NGCI Ice Cream Sundae	728.4	36	3044.3	36	41.2	59	25.3	127	78.0	30	67.5	75	10.3	21	1.2	5	0.6	10
TST LN20 NGCI VGN Ice Cream Sundae	296.4	15	1238.7	15	12.0	17	10.4	52	39.4	15	25.0	28	1.5	3	9.2	38	0.0	1
TST LN20 Salted Caramel Cheesecake Sandwich	631.1	32	2640.2	31	25.5	36	14.5	72	91.0	35	61.7	69	8.0	16	0.8	3	1.4	23
TST LN20 Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	56	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
TST LN20 NGCI Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	56	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
TST LN20 VGN Apple Pie	451.4	23	1892.3	23	19.4	28	9.5	47	63.2	24	26.5	29	4.3	9	5.2	22	0.0	1
TST LN20 Apple Pie	472.1	24	1983.0	24	18.4	26	7.7	39	69.9	27	32.0	36	7.0	14	2.3	10	0.2	3
TST LN20 Breaded Mushrooms	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
TST LN20 Garlic Ciabatta Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST LN20 Soup	325.8	16	1374.7	16	15.2	22	2.6	13	39.2	15	10.4	12	8.3	17	3.5	15	1.7	28
TST LN20 LC Fish and Chips	615.2	31	2580.3	31	18.8	27	5.1	25	68.7	26	8.3	9	37.0	74	11.4	48	1.8	31
TST LN20 LC Sweetcure Gammon Steak	586.2	29	2460.9	29	18.7	27	7.2	36	48.3	19	13.5	15	52.0	104	9.6	40	4.0	67
TST LN20 LC Ham Egg and Chips	678.3	34	2826.2	34	44.3	63	11.0	55	32.3	12	2.1	2	35.0	70	4.5	19	2.1	35
TST LN20 LC Hunters Chicken	631.1	32	2633.7	31	31.9	46	13.9	70	46.3	18	15.3	17	38.2	76	5.3	22	2.7	45
TST LN20 LC Steak and Ale Pie	898.6	45	3751.8	45	44.6	64	17.6	88	93.9	36	6.7	7	25.5	51	10.2	43	2.1	35
TST LN20 Burger Classic Beef Under 500	451.5	23	1907.3	23	9.2	13	3.4	17	50.6	19	11.9	13	42.4	85	3.9	16	2.4	40
TST LN20 Burger Classic Coated Chicken Under 700	746.6	37	3133.8	37	26.9	38	10.9	54	77.5	30	12.6	14	47.4	95	5.1	21	4.8	80
TST LN20 Burger Classic Soya Under 500	470.6	24	1980.7	24	16.0	23	1.8	9	54.2	21	13.7	15	26.9	54	6.5	27	2.1	34
TST LN20 VGN Burger Classic Soya Under 500	470.6	24	1980.7	24	16.0	23	1.8	9	54.2	21	13.7	15	26.9	54	6.5	27	2.1	34
TST LN20 LC Ice Cream Sundae	332.6	17	1389.4	17	17.6	25	10.6	53	38.1	15	32.6	36	4.9	10	0.3	1	0.3	6
TST LN20 VGN LC Ice Cream	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
TST LN20 LC Salad Chicken	386.6	19	1620.8	19	16.8	24	4.9	24	32.7	13	5.8	6	26.1	52	3.1	13	1.0	17
TST LN20 VGN LC Salad Grilled Red Pepper and Mushroom	312.3	16	1309.1	16	15.0	21	4.5	22	36.0	14	9.1	10	7.2	14	5.0	21	0.5	9
TST LN20 LC Rump Steak	713.5	36	2978.8	35	37.2	53	11.6	58	55.8	21	7.5	8	34.0	68	10.4	43	1.9	31
TST LN20 LC Sticky BBQ Ribs	979.1	49	4091.4	49	55.7	80	20.4	102	67.7	26	23.9	27	49.1	98	5.7	24	2.3	38
TST LN20 LC Golden Breaded Scampi	1022.9	51	2401.3	29	30.0	43	8.7	44	71.6	28	9.7	11	20.9	42	12.2	51	1.9	32
TST LN20 VGN LC Fish n Chips	586.6	29	2460.0	29	20.2	29	5.7	28	78.0	30	6.6	7	17.3	35	13.5	56	2.0	33
TST LN20 LC Veggie Fish and Chips	658.8	33	2759.6	33	26.4	38	6.1	30	82.0	32	9.7	11	17.3	35	13.6	57	2.3	39
TST LN20 Sunday Roast Beef	1162.3	58	4875.7	58	45.8	65	11.0	55	98.2	38	-	-	88.9	178	16.7	70	5.2	87
TST LN20 Sunday Roast Chicken	1404.9	70	5874.5	70	67.3	96	17.2	86	102.3	39	27.5	31	98.7	197	16.4	68	5.1	85
TST LN20 Sunday Cauliflower Tart	1079.8	54	4514.1	54	56.3	80	14.4	72	110.0	42	18.3	20	33.5	67	16.6	69	3.5	59
TST LN20 Kids Sunday Roast Beef	607.1	30	2540.7	30	29.3	42	6.2	31	52.8	20	-	-	32.9	66	7.4	31	3.3	55

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	%
TST LN20 Kids Sunday Roast Chicken	955.9	48	3995.8	48	44.3	63	10.7	54	86.3	33	34.7	39	54.4	109	9.4	39	3.5	59
TST LN20 Bowl of Pigs in Blankets	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
TST LN20 Bowl of Yorkshire Puddings	1224.1	61	5088.4	61	95.3	136	14.9	74	64.4	25	9.5	11	30.9	62	3.0	13	1.6	26
TST LN20 Cauliflower Cheese	141.8	7	594.5	7	5.5	8	3.4	17	15.6	6	3.1	3	5.5	11	3.9	16	1.9	32
TST LN20 Sunday Cauliflower Tart XL	1389.5	69	5808.4	69	73.8	105	17.1	85	142.0	55	20.6	23	41.2	82	19.3	80	4.0	66
TST LN20 Sunday Roast Beef XL	1335.9	67	5597.1	67	60.1	86	13.4	67	115.5	44	-	-	84.8	170	16.7	70	5.1	86
TST LN20 Sunday Roast Chicken XL	1769.8	88	7398.5	88	89.1	127	21.3	107	135.8	52	30.0	33	109.2	218	19.2	80	5.9	98
TST LN20 Beef Madras	1247.3	62	5250.0	62	37.2	53	7.7	39	179.8	69	30.5	34	44.6	89	13.6	57	5.3	89
TST LN20 NGCI Beef Madras	934.4	47	3934.3	47	29.3	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
TST LN20 Chicken Jalfrezi	1131.7	57	4774.0	57	27.0	39	2.6	13	183.8	71	26.8	30	49.4	99	12.9	54	5.0	83
TST LN20 NGCI Chicken Jalfrezi	818.8	41	3458.3	41	19.1	27	2.1	10	131.9	51	23.6	26	43.5	87	8.1	34	4.8	80
TST LN20 NGCI Vegetable Jalfrezi	856.2	43	3601.1	43	25.5	36	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
TST LN20 Vegetable Jalfrezi	1169.1	58	4916.8	59	33.4	48	3.0	15	188.3	72	31.9	35	26.6	53	15.3	64	5.1	85
TST LN20 VGN Vegetable Jalfrezi	653.0	33	2738.4	33	24.9	36	2.2	11	95.9	37	16.0	18	12.1	24	9.8	41	2.4	40
TST LN20 NGCI Chicken Tikka Masala	823.7	41	3470.5	41	24.6	35	7.6	38	108.1	42	27.3	30	40.7	81	6.5	27	4.8	80
TST LN20 Chicken Tikka Masala	1136.6	57	4786.2	57	32.5	46	8.2	41	160.1	62	30.5	34	46.5	93	11.2	47	5.0	83
TST LN20 Lamb Saag Masala	1264.3	63	5321.4	63	44.7	64	7.7	39	171.3	66	23.4	26	44.3	89	12.9	54	5.0	83
TST LN20 Chicken Korma	1186.1	59	4998.4	60	29.4	42	10.5	52	181.1	70	32.5	36	49.0	98	10.2	42	4.8	80
TST LN20 NGCI Chicken Korma	873.2	44	3682.7	44	21.5	31	9.9	49	129.2	50	29.4	33	43.2	86	5.4	23	4.6	77
TST LN20 Breakfast Big Breakfast	1442.3	72	6017.7	72	82.4	118	20.0	100	110.8	43	12.3	14	65.4	131	14.9	62	7.0	117
TST LN20 VGN Breakfast Classic Veggie	452.0	23	1891.4	23	14.7	21	5.4	27	42.8	16	9.7	11	34.1	68	15.2	63	2.7	45
TST LN20 Breakfast Classic Veggie	618.8	31	2575.8	31	35.7	51	8.1	41	39.4	15	9.3	10	33.1	66	12.9	54	2.4	39
TST LN20 VGN Breakfast Fabulous Veggie	1006.6	50	4220.3	50	37.0	53	11.0	55	106.2	41	12.1	13	58.1	116	24.2	101	4.5	76
TST LN20 Breakfast Fabulous Veggie	1412.2	71	5891.1	70	81.4	116	17.3	86	102.8	40	11.9	13	64.2	128	21.9	91	4.4	73
TST LN20 Breakfast Muffin Bacon and Egg	386.8	19	1615.7	19	18.1	26	3.8	19	34.7	13	1.0	1	21.5	43	2.1	9	2.3	39
TST LN20 Breakfast Muffin Sausage and Bacon	370.9	19	1553.8	18	12.2	17	4.1	20	45.5	17	2.1	2	19.6	39	2.8	11	2.8	47
TST LN20 Breakfast Muffin Sausage and Egg	470.3	24	1963.5	23	23.6	34	5.5	28	45.5	17	2.3	3	18.8	38	2.8	11	1.6	27
TST LN20 Breakfast Muffin Veggie Sausage and Egg	402.1	20	1680.9	20	17.7	25	3.6	18	38.0	15	1.7	2	21.7	43	4.4	18	1.5	25
TST LN20 Breakfast Muffin Veggie Sausages	318.0	16	1336.5	16	5.9	8	1.9	10	41.4	16	2.1	2	22.7	45	6.6	28	1.8	31
TST LN20 Breakfast Classic Eggs Benedict	470.1	24	1974.3	24	25.0	36	8.7	43	39.4	15	3.6	4	22.0	44	2.3	10	1.9	31
TST LN20 Sausage Buttie	572.1	29	2404.6	29	21.1	30	6.7	33	71.3	27	3.9	4	24.1	48	5.8	24	2.3	39
TST LN20 Veggie Sausage Buttie	435.7	22	1839.4	22	9.3	13	2.7	14	56.4	22	2.6	3	30.0	60	9.1	38	2.1	35

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	%
TST LN20 Breakfast Classic	906.6	45	3773.9	45	54.8	78	15.6	78	65.9	25	11.1	12	37.7	75	10.8	45	4.6	76
TST LN20 Breakfast Veggie Brunch	887.5	44	3707.8	44	42.7	61	9.3	47	84.2	32	9.7	11	37.5	75	16.7	69	3.1	52
TST LN20 VGN Breakfast Veggie Brunch	803.4	40	3363.4	40	30.8	44	7.7	38	87.6	34	10.1	11	38.5	77	18.9	79	3.4	57
TST LN20 Breakfast Brunch	940.3	47	3925.0	47	48.9	70	11.5	57	88.3	34	9.6	11	34.3	69	12.8	53	4.1	68
TST LN20 Breakfast Baked Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
TST LN20 Breakfast Poached Egg	73.4	4	306.3	4	5.0	7	1.4	7	0.0	0	0.2	0	7.1	14	0.0	0	0.3	5
TST LN20 Breakfast Scrambled Egg	140.9	7	587.5	7	10.2	15	4.7	23	3.1	1	3.3	4	9.4	19	0.0	0	0.5	8
TST LN20 Breakfast Hash Brown	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
TST 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
TST LN20 Breakfast Veggie Sausage	72.0	4	302.0	4	2.4	3	0.9	4	3.4	1	0.7	1	8.1	16	2.3	9	0.6	9
TST LN20 Breakfast Flat Mushrooms	98.3	5	406.0	5	9.8	14	1.2	6	0.5	0	0.2	0	2.2	4	1.8	7	0.0	0
TST LN20 Breakfast Black Pudding	199.5	10	834.1	10	9.7	14	3.8	19	17.6	7	2.8	3	12.7	25	0.0	0	1.8	30
TST LN20 Breakfast Toast and Butter Brown	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
TST LN20 Breakfast Toast and Butter White	192.3	10	809.6	10	8.3	12	2.1	11	25.2	10	0.5	1	4.8	10	1.6	7	0.5	8
TST LN20 Fried Bread Brown	374.4	19	1575.5	19	13.7	20	2.1	11	49.6	19	1.3	1	13.8	28	4.6	19	1.0	16
TST LN20 Fried Bread White	374.0	19	1569.7	19	12.7	18	2.1	11	54.9	21	1.1	1	10.4	21	3.4	14	1.1	18
TST LN20 NGCI Toast and Butter	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
TST LN20 Extra Jam	54.6	3	232.2	3	0.0	0	0.0	0	13.6	5	13.6	15	0.1	0	0.2	1	0.0	0
TST LN20 Breakfast Bacon Rasher	104.4	5	432.1	5	8.9	13	3.1	16	0.0	0	0.0	0	6.0	12	0.0	0	1.2	20
TST LN20 Breakfast Grilled Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
TST LN20 Breakfast Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
TST LN20 Kids Breaded Mushrooms Starter	238.0	12	1001.0	12	10.8	15	2.1	11	30.0	12	13.1	15	4.5	9	2.2	9	1.2	19
TST LN20 Kids Garlic Ciabatta Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST LN20 Kids Pizza the Action	675.6	34	2831.1	34	27.6	39	15.4	77	83.2	32	8.8	10	25.5	51	8.1	34	2.3	38
TST LN20 Kids Cluck A Doodle Doo Dippers	556.9	28	2333.3	28	30.9	44	9.0	45	53.9	21	7.2	8	14.6	29	8.0	33	1.0	16
TST LN20 Kids Extra Fish Finger	86.1	4	358.5	4	5.4	8	1.1	5	5.6	2	0.3	0	3.6	7	0.3	1	0.2	4
TST LN20 Kids Extra Pork 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
TST LN20 Kids Super Sausages	525.5	26	2209.4	26	23.5	34	8.9	44	61.8	24	9.3	10	15.2	30	8.8	37	1.6	27
TST LN20 Kids Super Sausages Veggie	389.2	19	1644.2	20	11.6	17	4.9	25	46.9	18	8.1	9	21.1	42	12.1	50	1.4	23
TST LN20 Kids Veggie Sausage	72.0	4	302.0	4	2.4	3	0.9	4	3.4	1	0.7	1	8.1	16	2.3	9	0.6	9
TST LN20 VGN Kids Veg Lasagne	536.2	27	2258.3	27	12.7	18	4.4	22	83.2	32	15.2	17	19.5	39	13.0	54	2.1	35
TST LN20 Kids Ice Cream Sundae	520.2	26	2180.8	26	22.3	32	13.4	67	72.9	28	61.2	68	6.5	13	0.6	2	0.4	7
TST LN20 VGN Kids Ice Cream Sundae	224.8	11	939.5	11	7.9	11	6.9	35	33.5	13	20.6	23	0.9	2	5.8	24	0.1	1

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	%		
TST LN20 Kids Chocolate Brownie	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
TST LN20 Kids Glass Milk	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
TST LN20 VGN Juice Apple	194.0	10	837.6	10	0.5	1	0.0	0	49.7	19	49.7	55	1.4	3	9.5	39	0.0	0
TST LN20 VGN Juice Orange	63.5	3	271.3	3	0.2	0	0.0	0	14.6	6	14.6	16	1.9	4	3.9	16	0.0	0
TST LN20 VGN Juice Energy Boost Juice	171.7	9	728.8	9	0.5	1	0.1	1	41.3	16	38.1	42	2.8	6	4.3	18	0.0	0
TST LN20 VGN Juice Wild Berry	51.1	3	216.9	3	0.2	0	0.0	0	11.4	4	10.5	12	1.2	2	2.7	11	0.0	0
TST LN20 VGN Juice Pineapple	149.9	7	643.6	8	0.7	1	0.0	0	36.9	14	36.9	41	1.5	3	5.9	24	0.0	0
TST LN20 VGN Juice Pineappliance	182.1	9	781.1	9	0.8	1	0.0	0	44.3	17	44.3	49	2.4	5	7.8	33	0.0	0
TST LN20 VGN Kids Juice Apple	97.0	5	418.8	5	0.2	0	0.0	0	24.8	10	24.8	28	0.7	1	4.7	20	0.0	0
TST LN20 VGN Kids Juice Orange	42.6	2	181.7	2	0.1	0	0.0	0	9.8	4	9.8	11	1.3	3	2.6	11	0.0	0
TST LN20 VGN Kids Juice Pineapple	75.0	4	321.8	4	0.4	1	0.0	0	18.5	7	18.5	21	0.7	1	2.9	12	0.0	0

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	683.9	34	2861.4	34	41.6	59	14.9	75	46.3	18	3.0	3	30.9	62	2.3	10	4.0	67
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	527.1	26	2205.3	26	30.4	43	15.1	75	35.7	14	16.0	18	25.2	50	4.1	17	3.5	58
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	15.8	23	5.1	26	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	1360.4	68	5669.9	67	78.5	112	20.5	103	96.1	37	7.5	8	59.6	119	11.9	49	3.6	60
VLG LN20 Beer Battered Cod Upgrade	62.7	3	266.2	3	0.2	0	0.1	0	13.1	5	0.1	0	1.5	3	0.7	3	0.5	8
VLG LN20 Cod and Chips	1382.6	69	5770.2	69	79.0	113	20.6	103	97.9	38	8.7	10	63.6	127	12.7	53	3.7	62
VLG LN20 Fishermans Feast	1899.0	95	4677.2	56	66.8	95	17.1	86	98.3	38	8.8	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	1077.7	54	4521.5	54	48.1	69	18.1	91	86.7	33	30.9	34	71.6	143	7.3	30	6.1	102

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 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	1128.4	56	4721.9	56	44.2	63	21.0	105	102.3	39	17.1	19	74.3	149	15.5	65	4.8	80
VLG LN20 Homemade Steak and Ale Pie	1139.3	57	4768.1	57	44.2	63	21.0	105	103.2	40	17.1	19	74.4	149	15.5	65	4.8	80
VLG LN20 Homemade Steak and Mushroom Pie	1136.2	57	4754.9	57	44.5	64	21.1	105	102.5	39	17.2	19	75.4	151	16.4	68	4.8	80
VLG LN20 Homemade Steak and Onion Pie	1295.6	65	5413.1	64	59.0	84	22.8	114	109.0	42	21.8	24	75.3	151	16.7	70	4.8	80
VLG LN20 Homemade Steak and Stilton Pie	1292.4	65	5401.8	64	58.2	83	30.2	151	102.3	39	17.1	19	83.8	168	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	23	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	720.8	36	3013.7	36	31.8	45	6.0	30	52.9	20	8.7	10	56.1	112	4.5	19	4.3	72
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	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
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	23	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	1647.8	82	6887.9	82	86.3	123	22.6	113	93.3	36	10.9	12	118.3	237	13.3	56	7.7	128
VLG LN20 Sweetcure Gammon Steaks	1206.8	60	5057.7	60	52.2	75	13.1	65	73.9	28	14.6	16	105.1	210	11.9	50	8.7	145

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 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	71.3	4	300.8	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	240.8	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	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
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	95.0	5	401.0	5	6.6	9	4.0	20	7.3	3	3.7	4	1.4	3	0.6	3	0.7	12
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	969.5	48	4066.3	48	41.1	59	8.9	44	99.7	38	7.1	8	48.2	96	8.4	35	3.6	60
VLG LN20 Classic Beef Burger LRG	1084.2	54	4550.0	54	44.4	63	10.1	51	103.4	40	7.1	8	65.7	131	8.5	36	4.3	72
VLG LN20 Classic Beef Burger XL	1199.0	60	5033.6	60	47.7	68	11.4	57	107.1	41	7.2	8	83.2	166	8.6	36	5.0	84
VLG LN20 Classic Beef Burger Under 600	414.1	21	1747.5	21	9.0	13	3.3	17	42.4	16	4.6	5	41.8	84	3.0	13	2.0	33
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	895.3	45	3755.0	45	38.0	54	6.6	33	101.8	39	7.7	9	32.9	66	11.4	48	3.0	51
VLG LN20 VGN Classic Veggie Burger XL	1143.9	57	4795.7	57	51.5	74	7.6	38	112.9	43	9.6	11	52.5	105	14.1	59	4.2	69
VLG LN20 VGN Classic Veggie Burger Under 600	444.7	22	1869.3	22	15.8	23	1.8	9	48.1	19	8.1	9	26.8	54	6.1	25	2.0	34
VLG LN20 Sweet Chilli Halloumi Burger	1156.0	58	4823.9	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	1085.3	54	4555.0	54	45.0	64	8.1	40	122.5	47	14.2	16	42.2	84	15.7	65	4.6	77
VLG LN20 VGN Bologna Burger XL	1333.9	67	5595.7	67	58.5	84	9.1	45	133.6	51	16.1	18	61.7	123	18.4	77	5.7	96
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	1116.0	56	4676.2	56	50.9	73	16.9	85	100.1	38	-	-	62.2	124	8.4	35	-	-

Recipes with Nutritional Reference Intake

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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 Double Cheese and Bacon Burger LRG	1275.7	64	5346.5	64	57.7	82	21.7	108	104.0	40	-	-	82.7	165	8.5	36	-	-
VLG LN20 Double Cheese and Bacon Burger XL	1435.4	72	6016.7	72	64.5	92	26.5	132	107.9	41	-	-	103.3	207	8.6	36	-	-
VLG LN20 Double Chilli Cheese Burger	1297.6	65	5435.3	65	59.1	84	18.4	92	123.7	48	-	-	65.0	130	10.4	43	-	-
VLG LN20 Double Chilli Cheese Burger LRG	1412.3	71	5919.0	70	62.4	89	19.7	99	127.4	49	-	-	82.5	165	10.5	44	-	-
VLG LN20 Double Chilli Cheese Burger XL	1527.1	76	6402.6	76	65.8	94	21.0	105	131.1	50	-	-	100.0	200	10.5	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	114.8	6	483.7	6	3.3	5	1.3	6	3.7	1	0.1	0	17.5	35	0.1	0	0.7	12
VLG LN20 Extra Veggie Burger	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
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	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
VLG LN20 Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
VLG LN20 Grilled Halloumi 50g	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 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	798.7	40	3346.7	40	38.0	54	12.1	60	71.8	28	16.9	19	38.9	78	6.9	29	3.5	58
VLG LN20 LB 5oz Sweetcure Gammon Steak	925.5	46	3872.3	46	44.5	64	10.3	51	64.4	25	5.3	6	61.4	123	10.7	45	5.2	86
VLG LN20 LB Cod and Chips	984.6	49	4111.4	49	53.9	77	13.0	65	82.0	32	7.3	8	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	559.5	28	2332.9	28	34.2	49	7.4	37	31.7	12	2.3	3	29.0	58	3.3	14	4.8	81
VLG LN20 Classic Beef Burger	969.5	48	4066.3	48	41.1	59	8.9	44	99.7	38	7.1	8	48.2	96	8.4	35	3.6	60

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	895.3	45	3755.0	45	38.0	54	6.6	33	101.8	39	7.7	9	32.9	66	11.4	48	3.0	51
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	2223.3	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	1840.8	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	4042.5	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	1335.0	67	5594.0	67	61.5	88	11.4	57	137.3	53	6.7	7	55.8	112	13.5	56	5.4	90
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	981.0	49	4116.0	49	41.5	59	7.9	39	110.3	42	4.3	5	38.8	78	11.4	47	3.2	53
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	910.7	46	3818.8	45	38.3	55	8.6	43	104.4	40	5.4	6	31.7	63	10.9	45	2.7	44
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	816.1	41	3392.3	40	63.5	91	9.9	50	42.9	17	6.3	7	20.6	41	2.0	8	1.1	18
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	23	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	1010.6	51	4222.6	50	53.4	76	15.5	78	83.2	32	22.4	25	51.5	103	16.4	68	3.5	58
VLG LN20 Sunday Beef Kids	616.3	31	2571.4	31	35.9	51	9.3	46	46.2	18	14.3	16	27.8	56	7.3	30	2.9	49
VLG LN20 Sunday Pork	975.2	49	4089.5	49	38.7	55	9.2	46	103.6	40	25.4	28	56.9	114	17.2	71	3.0	50
VLG LN20 Sunday Pork Kids	632.3	32	2649.0	32	27.6	39	6.1	30	66.7	26	17.2	19	31.5	63	8.1	34	2.5	42
VLG LN20 Sunday Chicken	1404.9	70	5878.3	70	70.0	100	18.4	92	103.8	40	26.5	29	94.0	188	18.9	79	4.9	82
VLG LN20 Sunday Chicken Kids	846.9	42	3542.0	42	43.3	62	10.7	53	66.7	26	18.2	20	50.1	100	9.0	37	3.5	58
VLG LN20 Sunday Trio of Meats	1611.9	81	6735.2	80	87.5	125	22.2	111	111.3	43	24.7	27	98.9	198	18.6	78	5.7	94
VLG LN20 Sunday Lamb Shank	1371.3	69	5745.1	68	70.8	101	24.9	124	99.6	38	40.0	44	86.0	172	17.7	74	3.4	57
VLG LN20 Sunday Veg Wellington	1300.5	65	5434.8	65	73.1	104	28.3	141	142.2	55	21.8	24	31.5	63	23.0	96	5.1	86
VLG LN20 Sunday Quorn Sausage Kids	509.6	25	2130.3	25	24.6	35	4.6	23	49.2	19	11.7	13	21.2	42	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	683.9	34	2861.4	34	41.6	59	14.9	75	46.3	18	3.0	3	30.9	62	2.3	10	4.0	67
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	599.7	30	2498.8	30	37.2	53	20.5	102	59.3	23	41.2	46	6.3	13	1.3	6	0.5	8
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	3018.8	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	786.2	39	3283.1	39	55.6	79	30.0	150	39.8	15	16.4	18	31.1	62	2.4	10	2.7	45
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	532.8	27	2252.7	27	8.9	13	1.9	10	80.0	31	10.0	11	34.8	70	6.9	29	1.3	22
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	969.5	48	4066.3	48	41.1	59	8.9	44	99.7	38	7.1	8	48.2	96	8.4	35	3.6	60
VLG LN20 Classic Beef Burger XL	1199.0	60	5033.6	60	47.7	68	11.4	57	107.1	41	7.2	8	83.2	166	8.6	36	5.0	84
VLG LN20 Classic Beef Burger Under 600	414.1	21	1747.5	21	9.0	13	3.3	17	42.4	16	4.6	5	41.8	84	3.0	13	2.0	33
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	895.3	45	3755.0	45	38.0	54	6.6	33	101.8	39	7.7	9	32.9	66	11.4	48	3.0	51
VLG LN20 VGN Classic Veggie Burger XL	1143.9	57	4795.7	57	51.5	74	7.6	38	112.9	43	9.6	11	52.5	105	14.1	59	4.2	69
VLG LN20 VGN Classic Veggie Burger Under 600	444.7	22	1869.3	22	15.8	23	1.8	9	48.1	19	8.1	9	26.8	54	6.1	25	2.0	34
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	62.7	3	266.2	3	0.2	0	0.1	0	13.1	5	0.1	0	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	925.5	46	3872.3	46	44.5	64	10.3	51	64.4	25	5.3	6	61.4	123	10.7	45	5.2	86
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	3018.8	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	599.7	30	2498.8	30	37.2	53	20.5	102	59.3	23	41.2	46	6.3	13	1.3	6	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 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	786.2	39	3283.1	39	55.6	79	30.0	150	39.8	15	16.4	18	31.1	62	2.4	10	2.7	45
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	130.1	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	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
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	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
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	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 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	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
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	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
VLG LN20 Giant Yorkshire Pudding	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
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	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
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

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 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	23	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	95.0	5	401.0	5	6.6	9	4.0	20	7.3	3	3.7	4	1.4	3	0.6	3	0.7	12
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	62.7	3	266.2	3	0.2	0	0.1	0	13.1	5	0.1	0	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	1288.0	64	5371.3	64	73.7	105	17.7	89	99.2	38	11.2	12	54.3	109	13.4	56	6.4	106
VLG LN20 Breakfast Mega Breakfast	1938.4	97	8094.7	96	108.3	155	28.2	141	154.1	59	15.2	17	83.8	168	17.9	75	10.2	169
VLG LN20 Breakfast Full English Breakfast	673.2	34	2813.7	33	35.0	50	8.7	44	56.2	22	7.6	8	34.3	69	8.3	35	3.5	59
VLG LN20 Breakfast Veggie Breakfast	708.3	35	2957.4	35	41.9	60	8.8	44	52.7	20	8.7	10	31.5	63	10.9	45	1.8	31
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	500.3	25	2107.1	25	21.5	31	5.5	28	49.7	19	1.7	2	28.0	56	4.6	19	1.6	27
VLG LN20 Breakfast Eggs on Toast	657.9	33	2748.2	33	38.8	55	7.2	36	49.7	19	1.8	2	28.0	56	4.6	19	1.6	26
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	515.7	26	2165.5	26	18.7	27	5.4	27	49.7	19	1.3	1	37.4	75	4.6	19	5.3	89
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	312.6	16	1312.7	16	6.7	10	2.3	12	40.3	15	6.1	7	22.7	45	2.4	10	4.0	67
VLG LN20 Breakfast Egg Muffin	511.4	26	2132.0	25	29.6	42	5.2	26	40.3	15	6.5	7	21.1	42	2.4	10	1.6	27
VLG LN20 Breakfast Egg and Sausage Muffin	495.5	25	2070.2	25	23.7	34	5.6	28	51.1	20	7.6	8	19.2	38	3.0	13	2.1	35
VLG LN20 Breakfast Veggie Sausage and Egg Muffin	417.3	21	1745.7	21	17.2	25	3.0	15	44.6	17	7.8	9	19.6	39	4.4	18	1.8	30
VLG LN20 Breakfast Bacon and Egg Muffin	412.0	21	1722.3	21	18.2	26	3.8	19	40.3	15	6.3	7	21.9	44	2.4	10	2.8	47
VLG LN20 Breakfast Bacon and Sausage Muffin	396.1	20	1660.5	20	12.3	18	4.1	21	51.1	20	7.4	8	19.9	40	3.0	13	3.3	54
VLG LN20 Breakfast Brunch Omelette	635.7	32	2651.6	32	45.9	66	20.1	100	7.4	3	7.9	9	53.6	107	2.0	8	3.3	55
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	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
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

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 Breakfast Scrambled Egg	119.7	6	497.7	6	9.4	13	4.2	21	0.9	0	1.2	1	7.8	16	0.0	0	0.4	7
VLG LN20 Breakfast Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
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	786.2	39	3283.1	39	55.6	79	30.0	150	39.8	15	16.4	18	31.1	62	2.4	10	2.7	45
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	1493.5	75	6243.8	74	76.9	110	20.9	104	78.1	30	9.4	10	116.5	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	4551.0	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	3530.4	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	465.8	23	1954.1	23	14.1	20	2.3	12	60.0	23	11.2	12	22.5	45	8.2	34	1.0	17
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	681.8	34	2863.7	34	21.1	30	6.3	32	75.8	29	23.2	26	49.3	99	15.7	66	1.9	32
VLG LN20 NGCI Sunday Pork Kids	338.8	17	1423.1	17	10.0	14	3.2	16	38.8	15	15.1	17	23.9	48	6.6	28	1.4	23
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	1153.6	58	4816.1	57	60.6	87	10.3	51	107.2	41	8.5	9	37.3	75	15.4	64	4.8	80
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	559.5	28	2332.9	28	34.2	49	7.4	37	31.7	12	2.3	3	29.0	58	3.3	14	4.8	81
VLG LN20 NGCI Hunters Chicken	1077.7	54	4521.5	54	48.1	69	18.1	91	86.7	33	30.9	34	71.6	143	7.3	30	6.1	102
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	2682.1	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	1299.7	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 Gammon Steak 5oz	912.7	46	3808.4	45	52.5	75	13.4	67	63.4	24	3.7	4	42.1	84	9.9	41	5.7	95
VLG LN20 NGCI LB Hunters Chicken	798.7	40	3346.7	40	38.0	54	12.1	60	71.8	28	16.9	19	38.9	78	6.9	29	3.5	58
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	881.7	44	3685.4	44	43.2	62	7.6	38	90.3	35	5.5	6	26.5	53	12.7	53	2.8	47
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

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 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 NGCI 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 NGCI Potato Skins Cheese and Bacon	527.1	26	2205.3	26	30.4	43	15.1	75	35.7	14	16.0	18	25.2	50	4.1	17	3.5	58
VLG LN20 NGCI 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 NGCI 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 NGCI Mexicano Nachos	418.4	21	1739.0	21	24.3	35	8.8	44	36.0	14	3.8	4	12.0	24	2.7	11	1.9	31
VLG LN20 NGCI VGN Mexicano Nachos	322.9	16	1342.0	16	15.7	22	2.1	11	37.9	15	5.2	6	5.2	10	3.3	14	1.9	32
VLG LN20 NGCI VGN Kefalonia Olives	256.5	13	1068.0	13	15.8	23	5.1	26	7.4	3	0.0	0	2.1	4	0.3	1	4.5	74
VLG LN20 NGCI Sriracha Chicken Chopsticks	186.5	9	782.7	9	6.1	9	3.7	19	7.6	3	4.5	5	26.9	54	3.1	13	0.6	10
VLG LN20 NGCI 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 NGCI 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 NGCI 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 NGCI Sweetcure Gammon Steaks	2873.4	144	12038.1	143	59.4	85	15.5	78	291.3	112	89.5	99	230.7	461	123.0	512	20.2	337
VLG LN20 NGCI Sausage and Cheesy Mash	911.3	46	3805.2	45	44.3	63	20.6	103	90.6	35	9.6	11	31.7	63	11.5	48	4.8	80
VLG LN20 NGCI Bantry Bay Mussels and Chips	1056.8	53	4416.0	53	53.5	76	14.1	71	84.0	32	6.2	7	55.2	110	10.1	42	9.6	161
VLG LN20 NGCI 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 NGCI VGN Bolognese Pasta	560.7	28	2372.4	28	8.8	13	2.0	10	101.5	39	9.5	11	16.5	33	6.7	28	1.7	28
VLG LN20 NGCI 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 NGCI Chicken and Bacon Salad	438.5	22	1831.3	22	23.0	33	3.1	16	8.3	3	7.5	8	50.4	101	1.9	8	2.6	43
VLG LN20 NGCI Sweet Chilli Halloumi and Red Pepper Salad	479.4	24	1991.7	24	26.0	37	16.2	81	36.9	14	31.8	35	23.9	48	-	-	3.9	65
VLG LN20 NGCI Jacket Bologna	436.3	22	1840.8	22	14.6	21	3.2	16	62.8	24	8.6	10	14.5	29	8.7	36	1.6	27
VLG LN20 NGCI VGN Sandwich Red Pepper and Spicy Guacamole	855.0	43	3564.2	42	45.3	65	9.0	45	94.8	36	9.3	10	10.3	21	13.5	56	2.4	40
VLG LN20 NGCI 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 NGCI 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 Carvery Small	748.9	37	3147.6	37	22.6	32	7.2	36	99.3	38	19.7	22	38.1	76	14.2	59	4.9	82
VLG LN20 Carvery Small (Non FWE)	757.9	38	3185.3	38	23.7	34	7.8	39	99.2	38	19.7	22	37.9	76	14.2	59	5.0	84
VLG LN20 Carvery Small Meat Free	738.3	37	3106.6	37	16.7	24	5.5	28	119.4	46	30.6	34	26.5	53	23.0	96	5.0	83
VLG LN20 Carvery Small Vegetarian	1499.6	75	6284.9	75	66.4	95	20.3	102	183.2	70	33.4	37	43.7	87	23.4	98	7.7	128
VLG LN20 Carvery Standard	988.9	49	4154.9	49	30.0	43	10.0	50	127.8	49	24.2	27	53.1	106	18.4	77	7.1	118

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 Carvery Standard (Non FWE)	1002.4	50	4211.5	50	31.6	45	10.8	54	127.8	49	24.2	27	52.8	106	18.4	77	7.2	121
VLG LN20 Carvery Standard Meat Free	946.4	47	3981.8	47	20.5	29	7.1	36	154.6	59	38.8	43	34.2	68	30.1	126	7.0	116
VLG LN20 Carvery Standard Vegetarian	1311.4	66	5498.9	65	53.4	76	16.6	83	170.1	65	30.3	34	38.6	77	22.3	93	7.6	127
VLG LN20 Carvery Large	1336.5	67	5616.3	67	40.9	58	13.3	67	172.6	66	30.4	34	71.5	143	24.0	100	9.0	150
VLG LN20 Carvery Large (Non FWE)	1354.5	68	5691.7	68	43.1	62	14.4	72	172.6	66	30.4	34	71.1	142	24.0	100	9.2	153
VLG LN20 Sunday Carvery Small	748.9	37	3147.6	37	22.6	32	7.2	36	99.3	38	19.7	22	38.1	76	14.2	59	4.9	82
VLG LN20 Sunday Carvery Small (Non FWE)	757.9	38	3185.3	38	23.7	34	7.8	39	99.2	38	19.7	22	37.9	76	14.2	59	5.0	84
VLG LN20 Sunday Carvery Small Meat Free	738.3	37	3106.6	37	16.7	24	5.5	28	119.4	46	30.6	34	26.5	53	23.0	96	5.0	83
VLG LN20 Sunday Carvery Small Vegetarian	1499.6	75	6284.9	75	66.4	95	20.3	102	183.2	70	33.4	37	43.7	87	23.4	98	7.7	128
VLG LN20 Sunday Carvery Standard	988.9	49	4154.9	49	30.0	43	10.0	50	127.8	49	24.2	27	53.1	106	18.4	77	7.1	118
VLG LN20 Sunday Carvery Standard (Non FWE)	1002.4	50	4211.5	50	31.6	45	10.8	54	127.8	49	24.2	27	52.8	106	18.4	77	7.2	121
VLG LN20 Sunday Carvery Standard Meat Free	946.4	47	3981.8	47	20.5	29	7.1	36	154.6	59	38.8	43	34.2	68	30.1	126	7.0	116
VLG LN20 Sunday Carvery Standard Vegetarian	1311.4	66	5498.9	65	53.4	76	16.6	83	170.1	65	30.3	34	38.6	77	22.3	93	7.6	127
VLG LN20 Sunday Carvery Large	1336.5	67	5616.3	67	40.9	58	13.3	67	172.6	66	30.4	34	71.5	143	24.0	100	9.0	150
VLG LN20 Sunday Carvery Large (Non FWE)	1354.5	68	5691.7	68	43.1	62	14.4	72	172.6	66	30.4	34	71.1	142	24.0	100	9.2	153