

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	%
FAM DN Soup of the Day	494.5	25	1053.5	13	14.4	21	6.0	30	34.1	13	5.7	6	7.2	14	3.6	15	1.6	27
FAM DN NGCI Soup of the Day	476.3	24	974.3	12	15.3	22	5.8	29	28.8	11	6.5	7	4.2	8	5.3	22	1.5	25
FAM DN VGN Soup of the Day	438.5	22	823.5	10	9.8	14	2.2	11	32.5	12	9.7	11	5.8	12	3.0	13	1.7	29
FAM DN NGCI VGN Soup of the Day	130.0	7	544.0	6	3.2	5	0.4	2	15.0	6	5.6	6	2.4	5	2.8	12	0.4	7
FAM DN Golden Breaded Mushrooms	406.2	20	1712.5	20	21.6	31	4.2	21	42.5	16	8.3	9	8.6	17	4.5	19	1.9	32
FAM DN Prawn Cocktail	563.5	28	1338.7	16	22.9	33	3.2	16	26.2	10	7.3	8	14.2	28	2.7	11	2.5	41
FAM DN NGCI Prawn Cocktail	543.2	27	1249.6	15	23.2	33	3.0	15	23.0	9	8.1	9	9.9	20	3.9	16	2.4	40
FAM DN Buttermilk Chicken	688.5	34	2873.2	34	41.1	59	14.6	73	38.1	15	7.9	9	40.4	81	0.6	3	2.5	41
FAM DN Buffalo Chicken Wings	848.5	42	3526.4	42	59.7	85	17.3	87	10.9	4	6.6	7	65.9	132	2.7	11	4.4	74
FAM DN VGN Buffalo Cauliflower Wings	219.2	11	921.8	11	7.0	10	1.2	6	35.4	14	20.5	23	3.6	7	2.9	12	1.4	24
FAM DN Cheesy Nachos	738.5	37	3079.0	37	44.8	64	18.4	92	59.8	23	7.6	8	21.7	43	-	-	3.7	61
FAM DN VGN Nachos	467.3	23	1957.2	23	21.7	31	2.7	14	59.7	23	8.0	9	6.0	12	4.5	19	2.8	47
FAM DN Brie Dippers	604.7	30	2521.0	30	39.7	57	16.2	81	47.2	18	15.1	17	13.9	28	1.3	5	2.8	46
FAM DN NGCI Cheesy Nachos	738.5	37	3079.0	37	44.8	64	18.4	92	59.8	23	7.6	8	21.7	43	-	-	3.7	61
FAM DN Onion Rings to Share	887.6	44	3715.5	44	49.1	70	9.7	48	101.2	39	24.2	27	9.9	20	9.5	40	4.2	69
FAM DN Brie Dippers Sharer	1154.1	58	4808.1	57	79.3	113	32.3	161	82.0	32	18.6	21	27.2	54	1.6	7	5.5	91
FAM DN Cheesy Nachos to Share	1469.9	73	6127.5	73	89.6	128	36.8	184	118.0	45	13.8	15	43.4	87	-	-	6.9	115
FAM DN NGCI Cheesy Nachos to Share	1469.9	73	6127.5	73	89.6	128	36.8	184	118.0	45	13.8	15	43.4	87	-	-	6.9	115
FAM DN VGN Nachos to Share	878.8	44	3679.9	44	40.1	57	4.7	23	113.5	44	12.4	14	11.3	23	8.2	34	4.8	80
FAM DN Salad Grilled Chicken and Bacon	347.3	17	1458.8	17	11.5	16	2.9	15	9.1	4	7.7	9	52.6	105	2.7	11	2.8	46
FAM DN NGCI Salad Grilled Chicken and Bacon	347.4	17	1459.1	17	11.5	16	2.9	15	9.1	4	7.8	9	52.6	105	2.7	11	2.8	46
FAM DN VGN Salad Buffalo Cauliflower Wings	287.4	14	1207.1	14	10.0	14	2.1	11	43.3	17	21.2	24	6.2	12	5.7	24	1.6	27
FAM DN Steak Sirloin 8oz	1236.5	62	5154.4	61	74.9	107	20.8	104	73.7	28	6.8	8	61.9	124	12.5	52	3.1	51
FAM DN NGCI Steak Sirloin 8oz	1153.3	58	4806.6	57	70.0	100	19.8	99	64.8	25	5.4	6	61.0	122	11.6	48	2.7	46
FAM DN Steak Rump 10oz	1277.2	64	5328.0	63	75.0	107	20.4	102	73.7	28	6.8	8	72.0	144	12.5	52	3.1	52
FAM DN NGCI Steak Rump 10oz	1194.1	60	4980.2	59	70.1	100	19.4	97	64.8	25	5.4	6	71.0	142	11.6	48	2.8	47
FAM DN Steak Gammon 10oz	1168.2	58	4874.4	58	67.4	96	19.2	96	71.9	28	11.3	13	64.6	129	10.2	42	9.7	162
FAM DN NGCI Steak Gammon 10oz	1168.2	58	4874.4	58	67.4	96	19.2	96	71.9	28	11.3	13	64.6	129	10.2	42	9.7	162
FAM DN Mixed Grill	1951.9	98	8136.7	97	122.8	175	37.8	189	85.2	33	8.1	9	121.8	244	13.1	55	7.7	128
FAM DN NGCI Mixed Grill	1868.7	93	7788.7	93	117.9	168	36.9	184	76.4	29	6.7	7	120.8	242	12.2	51	7.3	122
FAM DN Rack of BBQ Ribs	2055.3	103	7577.9	90	107.4	153	36.6	183	123.8	48	46.2	51	98.0	196	9.4	39	4.4	74
FAM DN Rack of BBQ Ribs XL	2633.5	132	9994.3	119	143.0	204	51.0	255	145.2	56	67.1	75	141.4	283	9.4	39	5.9	98
FAM DN Steak Topper Black and Blue	193.0	10	798.0	10	18.2	26	6.9	35	0.3	0	0.1	0	7.0	14	0.9	4	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	%
FAM DN Steak Topper Chilli Cheese	168.4	8	705.8	8	8.7	12	4.6	23	13.1	5	9.9	11	9.8	20	1.0	4	1.6	26
FAM DN Steak Topper Stilton	164.0	8	680.0	8	14.0	20	9.2	46	0.0	0	0.0	0	9.5	19	0.0	0	0.8	13
FAM DN Extra Sauce Peppercorn	57.0	3	240.7	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
FAM DN Extra Sauce Diane	71.2	4	300.7	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
FAM DN Extra Sauce Garlic Mushroom	148.0	7	650.0	8	10.3	15	4.2	21	7.0	3	1.6	2	6.6	13	1.8	8	1.3	21
FAM DN Extra Sauce Port and Stilton	100.5	5	422.2	5	7.7	11	4.8	24	5.0	2	3.1	3	2.9	6	0.2	1	0.5	9
FAM DN Extra Chicken Wings and Goujons Combo	707.4	35	2944.1	35	47.3	68	14.2	71	17.8	7	1.7	2	52.2	104	0.9	4	2.6	43
FAM DN Extra Chicken Wings x 3	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
FAM DN Extra Half Rack BBQ Ribs	578.2	29	2416.5	29	35.5	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
FAM DN Extra Onion Rings and Breaded Mushrooms Combo	388.8	19	1633.0	19	22.7	32	4.4	22	38.6	15	3.9	4	6.8	14	4.2	17	1.6	26
FAM DN Mega Chilli Cheese Burger	1984.6	99	8307.3	99	94.3	135	28.0	140	156.9	60	20.4	23	125.4	251	10.4	43	9.1	152
FAM DN Mega Rump and Scampi	2158.7	108	6508.1	77	99.9	143	26.4	132	104.8	40	13.1	15	83.5	167	15.5	64	4.8	79
FAM DN Mega Mixed Grill	2773.8	139	11568.6	138	170.6	244	52.8	264	101.1	39	9.5	11	203.8	408	13.8	58	13.6	227
FAM DN NGCI Mega Mixed Grill	2690.5	135	11220.6	134	165.7	237	51.8	259	92.2	35	8.1	9	202.9	406	12.9	54	13.3	221
FAM DN Mega Hunters Chicken	1258.1	63	5272.3	63	53.6	77	16.5	82	75.8	29	11.3	13	117.2	234	7.8	33	7.7	129
FAM DN Steak and Ale Pie	1253.8	63	5242.7	62	58.7	84	20.7	103	141.2	54	9.0	10	33.4	67	12.6	53	4.0	66
FAM DN Curry Chicken Tikka Masala	1207.4	60	5085.4	61	38.4	55	8.9	44	170.3	66	26.4	29	44.7	89	12.4	52	3.9	65
FAM DN NGCI Chicken Tikka Masala	1081.0	54	4545.9	54	42.6	61	10.9	55	137.1	53	24.7	27	38.0	76	10.5	44	3.4	57
FAM DN Beef Lasagne	725.8	36	3020.4	36	37.7	54	16.2	81	68.5	26	13.3	15	28.3	57	28.8	120	2.7	44
FAM DN Beef Lasagne Salad	405.6	20	1685.6	20	17.3	25	6.9	35	46.1	18	12.7	14	17.5	35	27.7	115	1.6	27
FAM DN Breaded Scampi	2102.6	105	4019.9	48	61.2	87	15.1	76	120.5	46	10.6	12	31.2	62	14.6	61	4.0	66
FAM DN Beer Battered Cod and Chips	1821.1	91	6599.8	79	87.3	125	22.9	114	126.0	48	-	-	78.2	156	-	-	4.6	77
FAM DN VGN Fishless Fish and Chips	987.5	49	4140.0	49	40.2	57	7.4	37	125.7	48	7.0	8	23.0	46	16.9	70	4.0	66
FAM DN Hunters Chicken	977.4	49	4092.7	49	45.3	65	14.1	71	74.1	28	10.0	11	66.1	132	7.8	33	5.0	84
FAM DN Roasted Sweet Potato and Chickpea Tagine	494.4	25	2096.2	25	9.6	14	4.1	20	96.2	37	19.7	22	12.8	26	7.7	32	4.3	72
FAM DN VGN Roasted Sweet Potato and Chickpea Tagine	437.0	22	1859.6	22	4.1	6	0.6	3	95.2	37	18.6	21	12.0	24	7.7	32	4.3	71
FAM DN Pasta Alfredo	665.8	33	2790.0	33	29.7	42	13.8	69	78.0	30	8.3	9	17.3	35	9.2	38	1.4	23
FAM DN Pasta Alfredo Chicken	874.9	44	3670.6	44	34.5	49	14.8	74	79.7	31	9.7	11	58.4	117	9.2	38	2.3	38
FAM DN Sausage and Mash	1361.1	68	4647.0	55	75.0	107	27.2	136	70.6	27	12.2	14	39.5	79	10.9	45	5.4	89
FAM DN Sausage and Mash Vegetarian	1011.6	51	3207.7	38	36.3	52	10.5	52	76.0	29	12.9	14	36.7	73	18.4	77	4.2	69
FAM DN Burger The Classic Beef Double	1077.6	54	4512.0	54	47.8	68	10.4	52	106.1	41	8.2	9	54.1	108	9.1	38	4.1	69

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	%
FAM DN Burger The Classic Beef Triple	1211.2	61	5075.3	60	51.6	74	11.9	60	110.4	42	8.2	9	74.5	149	9.2	38	5.0	83
FAM DN Burger The Classic Beef Mega	1344.9	67	5638.6	67	55.5	79	13.4	67	114.7	44	8.3	9	94.9	190	9.3	39	5.8	97
FAM DN Burger The Cowboy Double	1194.1	60	4997.6	59	54.8	78	15.3	76	106.3	41	-	-	67.0	134	9.1	38	-	-
FAM DN Burger The Cowboy Triple	1327.8	66	5560.9	66	58.7	84	16.8	84	110.6	43	-	-	87.4	175	9.2	38	-	-
FAM DN Burger The Cowboy Mega	1461.4	73	6124.2	73	62.5	89	18.2	91	114.9	44	-	-	107.8	216	9.3	39	-	-
FAM DN Burger The Knock Out Double	1495.8	75	6256.3	74	73.0	104	21.6	108	128.0	49	-	-	79.7	159	9.6	40	-	-
FAM DN Burger The Knock Out Triple	1629.4	81	6819.7	81	76.9	110	23.1	116	132.3	51	-	-	100.1	200	9.7	40	-	-
FAM DN Burger The Knock Out Mega	1763.1	88	7383.2	88	80.7	115	24.6	123	136.6	53	-	-	120.5	241	9.8	41	-	-
FAM DN Burger The Classic Chicken	1169.6	58	4882.6	58	63.5	91	15.7	79	113.4	44	8.9	10	34.2	68	8.9	37	3.5	59
FAM DN Burger The Classic Chicken Double	1528.9	76	6379.8	76	86.9	124	24.0	120	129.3	50	9.7	11	55.1	110	8.9	37	4.6	77
FAM DN Burger BBQ Chicken	1242.6	62	5187.9	62	67.0	96	19.2	96	120.0	46	-	-	37.4	75	8.9	37	-	-
FAM DN Burger BBQ Chicken Double	1601.9	80	6685.1	80	90.4	129	27.5	137	135.9	52	-	-	58.3	117	8.9	37	-	-
FAM DN VGN Burger BBQ Jackfruit	1094.8	55	4583.2	55	47.6	68	8.0	40	130.2	50	23.9	27	32.4	65	13.0	54	4.0	67
FAM DN VGN Burger BBQ Jackfruit Double	1314.8	66	5504.2	66	59.5	85	8.9	45	140.0	54	25.6	28	49.7	99	15.4	64	5.0	84
FAM DN NGCI Burger The Classic Double	728.3	36	3055.9	36	30.1	43	7.8	39	64.0	25	1.2	1	47.5	95	6.3	26	2.7	45
FAM DN NGCI Burger The Classic Triple	862.0	43	3619.2	43	33.9	48	9.3	47	68.3	26	1.2	1	67.9	136	6.4	27	3.5	59
FAM DN NGCI Burger The Classic Mega	995.6	50	4182.5	50	37.8	54	10.8	54	72.6	28	1.3	1	88.3	177	6.5	27	4.4	73
FAM DN NGCI Burger The Cowboy Double	844.9	42	3541.4	42	37.1	53	12.6	63	64.2	25	-	-	60.5	121	6.3	26	-	-
FAM DN NGCI Burger The Cowboy Triple	978.5	49	4104.8	49	40.9	58	14.1	71	68.5	26	-	-	80.9	162	6.4	27	-	-
FAM DN NGCI Burger The Cowboy Mega	1112.2	56	4668.1	56	44.8	64	15.6	78	72.8	28	-	-	101.3	203	6.5	27	-	-
FAM DN Extra Cheese American Style Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
FAM DN Extra Bacon Rasher	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
FAM DN Extra Mushroom Grilled	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
FAM DN Extra Egg Fried	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
FAM DN Extra Cheese Stilton 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9
FAM DN Extra Jalapenos 20g	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
FAM DN Extra Cheese Cheddar 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
FAM DN Extra 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
FAM DN Extra Onion Rings x 8	332.6	17	1391.2	17	19.6	28	3.9	19	35.3	14	5.5	6	3.9	8	3.7	16	1.3	22
FAM DN Extra Garlic Bread x 3	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
FAM DN Extra Garlic Bread Cheesy x 3	669.2	33	2787.0	33	45.2	65	23.0	115	36.7	14	2.7	3	27.4	55	3.0	12	2.4	40
FAM DN Extra Bread and Spread White x 2 Slice	725.0	36	999.0	12	16.0	23	4.1	20	40.1	15	0.9	1	7.6	15	2.5	10	1.1	18
FAM DN Extra Bread and Spread Brown x 2 Slice	729.1	36	1018.9	12	17.2	25	4.1	21	36.1	14	1.0	1	10.0	20	3.3	14	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	%
FAM DN Extra House Salad	33.3	2	139.6	2	1.6	2	0.3	2	3.7	1	3.2	4	0.8	2	1.4	6	0.0	0
FAM DN Extra Seasonal Vegetables	71.2	4	298.2	4	0.6	1	0.2	1	10.1	4	6.4	7	4.8	10	5.3	22	0.2	3
FAM DN Extra Sauce Chip Shop Curry 100g	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
FAM DN Extra 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
FAM DN Extra Beef Chilli	93.4	5	392.4	5	2.5	4	0.8	4	13.1	5	9.9	11	5.2	10	1.0	4	1.2	20
FAM DN Extra BBQ Jackfruit	141.2	7	591.2	7	5.5	8	0.4	2	20.1	8	11.7	13	2.0	4	1.8	7	0.7	12
FAM DN 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
FAM DN Extra 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
FAM DN Extra Pigs in Blankets x 6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
FAM DN Extra 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
FAM DN Extra Corn on the Cob x 2	711.9	36	947.3	11	18.1	26	4.0	20	34.2	13	4.2	5	7.4	15	5.1	21	0.3	5
FAM DN Chip Topper Chicken Katsu	490.2	25	2046.1	24	30.9	44	10.9	55	30.2	12	9.1	10	22.3	45	1.8	8	2.1	35
FAM DN Chip Topper Sloppy Joe	304.4	15	1272.2	15	19.5	28	10.8	54	17.6	7	11.5	13	15.0	30	1.4	6	2.1	35
FAM DN Praline Chocolate Tart	558.7	28	2332.2	28	32.9	47	16.6	83	54.2	21	27.1	30	8.2	16	-	-	0.2	4
FAM DN VGN Praline Chocolate Tart	554.9	28	2315.0	28	32.9	47	18.1	90	53.0	20	23.8	26	6.5	13	-	-	0.1	2
FAM DN NGCI Praline Chocolate Tart	554.7	28	2315.2	28	32.9	47	16.6	83	53.2	20	26.1	29	8.2	16	-	-	0.2	4
FAM DN NGCI VGN Praline Chocolate Tart	554.9	28	2315.0	28	32.9	47	18.1	90	53.0	20	23.8	26	6.5	13	-	-	0.1	2
FAM DN 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
FAM DN VGN Apple Pie	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
FAM DN Chocolate Fudge Cake	689.1	34	2889.7	34	29.8	43	6.4	32	98.3	38	79.0	88	7.8	16	-	-	0.4	7
FAM DN Sicilian Lemon Muffin Cheesecake	589.0	29	2459.2	29	36.3	52	17.8	89	60.3	23	40.0	44	8.7	17	0.8	3	0.5	9
FAM DN Jam Roly Poly	511.9	26	2149.5	26	23.5	34	16.0	80	69.6	27	40.9	45	6.7	13	1.4	6	0.5	9
FAM DN Sticky Toffee Pudding	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
FAM DN NGCI Sticky Toffee Pudding	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
FAM DN Chocolate Crownie	766.0	38	2943.5	35	34.9	50	12.9	64	89.0	34	59.7	66	9.4	19	-	-	0.8	13
FAM DN Chocolate Indulgence Sundae	475.8	24	1993.5	24	25.0	36	15.5	77	53.2	20	48.6	54	8.6	17	-	-	0.4	6
FAM DN NGCI Chocolate Indulgence Sundae	475.8	24	1993.5	24	25.0	36	15.5	77	53.2	20	48.6	54	8.6	17	-	-	0.4	6
FAM DN Chocolate Indulgence Sundae Sharer	951.5	48	3986.9	47	50.0	71	31.0	155	106.5	41	97.1	108	17.3	35	-	-	0.7	12
FAM DN NGCI Chocolate Indulgence Sundae Sharer	951.5	48	3986.9	47	50.0	71	31.0	155	106.5	41	97.1	108	17.3	35	-	-	0.7	12
FAM DN Simply Delicious Ice Cream	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
FAM DN VGN Simply Delicious 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
FAM DN NGCI Simply Delicious Ice Cream	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	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	%
FAM DN NGCI VGN Simply Delicious 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
FAM DN Red Velvet and White Chocolate Cake	1028.6	51	4282.1	51	73.1	104	41.4	207	83.4	32	59.2	66	11.4	23	-	-	1.3	21
FAM DN Extra Poppadom	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
FAM DN Extra Mash Potato 284g	497.5	25	1061.6	13	11.3	16	4.5	23	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
FAM DN Extra Roast Beef 84g	184.5	9	766.9	9	12.9	18	5.0	25	0.0	0	0.0	0	17.0	34	0.0	0	0.1	2
FAM DN Extra Roast Turkey 85g	91.9	5	388.4	5	1.0	1	0.3	1	0.0	0	0.0	0	20.6	41	0.0	0	0.2	3
FAM DN Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN Extra Naan Bread	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
FAM DN Extra Sauce Classic Burger 56g	209.4	10	866.3	10	19.8	28	1.5	7	7.2	3	5.7	6	0.6	1	0.1	0	1.2	20
FAM DN Extra Jacket Potato	180.0	9	763.2	9	0.5	1	0.0	0	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM DN Extra Stuffing 84g	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
FAM DN Extra 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
FAM DN Extra Potato Wedges	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM DN Extra Ice Cream Scoop Vanilla	84.1	4	352.5	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
FAM DN VGN Extra 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
FAM DN 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
FAM DN Extra 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
FAM DN Extra Roast Potatoes 180g	269.8	13	1130.4	13	13.2	19	1.5	7	33.4	13	0.7	1	2.5	5	4.1	17	0.9	15
FAM DN Extra Cheese Halloumi	161.0	8	665.5	8	12.6	18	8.0	40	1.0	0	1.0	1	11.0	22	-	-	1.3	22
FAM DN Choice Sauce Garlic Mayo 28g	79.0	4	324.8	4	7.6	11	0.6	3	2.4	1	0.7	1	0.1	0	0.0	0	0.5	9
FAM DN Choice Sauce Garlic Mayo 56g	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
FAM DN KID Salad Sticks Starter	45.9	2	192.7	2	0.2	0	0.0	0	10.3	4	8.8	10	0.6	1	1.7	7	0.4	7
FAM DN KID Garlic Bread Starter	134.9	7	565.8	7	5.5	8	1.7	8	18.1	7	6.1	7	2.3	5	1.1	4	0.7	11
FAM DN KID Two Pork Sausages	612.6	31	2557.9	30	29.4	42	8.5	42	66.1	25	7.1	8	19.2	38	8.4	35	2.4	41
FAM DN KID Two Veggie Sausages	492.2	25	2059.9	25	18.2	26	4.8	24	51.9	20	6.0	7	26.8	54	12.2	51	2.3	39
FAM DN KID Three Fish Fillet Fingers	590.4	30	2464.3	29	28.9	41	6.1	30	61.2	24	5.4	6	19.9	40	8.0	33	1.8	30
FAM DN KID Four Crispy Chicken Dippers	643.9	32	2681.9	32	36.9	53	8.6	43	58.2	22	4.9	5	18.5	37	7.6	32	1.8	30
FAM DN KID Beef Burger	603.9	30	2537.9	30	17.8	25	4.5	23	75.4	29	7.8	9	34.0	68	9.4	39	2.4	40
FAM DN KID Jelly and Ice Cream	88.7	4	368.6	4	4.0	6	2.0	10	11.3	4	8.9	10	2.0	4	0.1	0	0.2	3
FAM DN KID Ice Cream Sundae	271.8	14	1140.5	14	9.3	13	5.3	26	41.8	16	31.7	35	4.8	10	-	-	0.2	4
FAM DN KID VGN Ice Cream Sundae	243.3	12	1018.0	12	8.7	12	7.4	37	35.7	14	23.1	26	1.3	3	-	-	0.0	1
FAM DN 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
FAM DN KID Extra Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30

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	%
FAM DN KID Extra 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
FAM DN KID Extra Chicken Breast	130.0	7	545.7	6	5.0	7	1.1	6	1.0	0	1.0	1	20.2	40	0.0	0	0.4	7
FAM DN KID Extra Fish Fingers	172.1	9	716.9	9	10.8	15	2.2	11	11.2	4	0.6	1	7.3	15	0.6	2	0.5	8
FAM DN KID Extra Mashed Potato	384.9	19	589.9	7	9.3	13	3.2	16	22.5	9	1.6	2	2.3	5	3.0	13	0.5	8
FAM DN KID Extra Mini Potato Waffles	161.7	8	675.5	8	7.8	11	0.5	3	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
FAM DN KID 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
FAM DN KID Extra Veggie Sausage	105.0	5	436.5	5	6.0	9	0.6	3	3.2	1	1.1	1	8.0	16	3.0	13	0.7	12
FAM DN KID Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN KID Sunday Roast Topside of Beef (PJ)	688.2	34	2882.3	34	31.4	45	9.3	46	72.4	28	-	-	31.8	64	6.2	26	2.1	35
FAM DN KID Sunday Roast Turkey (PJ)	600.5	30	2524.6	30	19.5	28	4.3	22	73.3	28	-	-	35.8	72	6.2	26	2.2	36
FAM DN KID Sunday Roast Vegetarian (PJ)	1065.2	53	4455.9	53	57.7	82	16.4	82	112.0	43	-	-	27.2	54	9.4	39	3.8	64
FAM DN NGCI KID Sunday Roast Topside of Beef (PJ)	450.7	23	1886.9	22	20.0	29	7.2	36	44.3	17	-	-	24.5	49	4.7	20	1.4	24
FAM DN NGCI KID Sunday Roast Turkey (PJ)	357.1	18	1504.5	18	7.9	11	2.1	10	44.3	17	-	-	28.5	57	4.7	20	1.4	23
FAM DN NGCI Sunday Half Roast Chicken (PJ)	1196.8	60	5008.8	60	57.7	82	16.6	83	86.2	33	-	-	85.7	171	10.7	45	4.5	74
FAM DN NGCI Sunday Roast Topside of Beef (PJ)	812.3	41	3402.4	41	34.9	50	12.1	61	84.5	32	-	-	42.6	85	9.0	38	2.3	38
FAM DN NGCI Sunday Roast Turkey (PJ)	687.0	34	2890.9	34	18.2	26	4.9	25	85.9	33	-	-	47.3	95	9.1	38	2.6	43
FAM DN Sunday Half Roast Chicken (PJ)	1440.1	72	6028.6	72	69.3	99	18.8	94	115.2	44	-	-	93.1	186	12.2	51	5.3	88
FAM DN Sunday Roast Topside of Beef (PJ)	1055.7	53	4422.5	53	46.5	66	14.3	72	113.4	44	-	-	49.9	100	10.5	44	3.1	52
FAM DN Sunday Roast Turkey (PJ)	930.4	47	3911.0	47	29.9	43	7.2	36	114.9	44	-	-	54.6	109	10.6	44	3.4	56
FAM DN Sunday Roast Vegetarian (PJ)	1285.7	64	5384.0	64	63.2	90	17.5	88	152.1	59	-	-	31.1	62	13.7	57	4.5	75
FAM DN Extra 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
FAM DN Extra Pigs in Blankets x 6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
FAM DN Extra Cauliflower Cheese PJ	280.0	14	1167.0	14	16.7	24	10.0	50	13.6	5	5.9	7	16.8	34	-	-	2.2	36
FAM DN Extra Roast Potatoes 180g PJ	210.4	11	885.3	11	6.2	9	0.7	4	36.2	14	-	-	4.5	9	2.8	12	0.0	1
FAM DN Extra Yorkshire Pudding PJ	161.2	8	674.3	8	9.2	13	1.8	9	15.1	6	1.8	2	5.4	11	0.7	3	0.1	2
FAM DN Carvery Ciabatta Honey-Glazed Gammon and Mustard	729.7	36	3063.5	36	27.9	40	7.7	39	91.6	35	7.7	9	28.8	58	5.8	24	6.1	101
FAM DN Carvery Ciabatta Beef and Horseradish	814.9	41	3415.3	41	35.8	51	12.2	61	91.7	35	9.7	11	31.8	64	6.0	25	3.5	59
FAM DN Carvery Ciabatta Turkey Stuffing and Cranberry	713.9	36	3008.0	36	13.6	19	3.6	18	111.7	43	17.8	20	37.7	75	6.9	29	2.9	49
FAM DN Upgrade Cheesy Garlic Bread	348.6	17	1445.6	17	28.7	41	17.9	89	1.6	1	0.1	0	21.0	42	0.0	0	1.6	27
FAM DN Upgrade Potato Wedges	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM DN Upgrade Potato Wedges (from Nachos)	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	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	%
FAM DN Upgrade Double Your Chips	919.3	46	3846.8	46	44.7	64	9.7	48	110.2	42	1.7	2	13.1	26	11.9	50	2.0	33
FAM DN 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
FAM DN 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
FAM DN PK Upgrade Stuff Your Base	786.2	39	3309.4	39	25.3	36	12.2	61	99.8	38	6.8	8	39.5	79	6.9	29	3.2	53
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	1572.9	79	2045.1	24	18.0	26	4.8	24	97.5	38	-	-	36.2	72	5.3	22	3.7	61
CRV 21 Carvery Ciabatta Gammon and Mustard	1591.5	80	2112.9	25	31.2	45	9.3	47	79.6	31	-	-	28.6	57	4.4	18	6.4	107
CRV 21 Carvery Ciabatta Beef and Horseradish	1637.8	82	2299.2	27	35.8	51	9.9	50	78.3	30	-	-	31.8	64	5.3	22	3.1	52
FAM DN Chocolate Eclair Cake	1019.7	51	4248.8	51	66.8	95	31.6	158	92.2	35	77.9	87	13.0	26	-	-	1.4	23
FAM DN Somewhere Over the Rainbow Cake	1076.0	54	4489.9	53	63.0	90	28.3	142	110.1	42	79.6	88	-	-	1.0	4	0.8	14
FAM DN Best Ever Carrot Cake	1190.9	60	4965.7	59	77.3	110	29.0	145	115.7	44	79.6	88	9.9	20	1.9	8	0.8	13
FAM DN Red Velvet and White Chocolate Cake	1028.6	51	4282.1	51	73.1	104	41.4	207	83.4	32	59.2	66	11.4	23	-	-	1.3	21
FAM DN NGCI Best Ever Carrot Cake	1190.9	60	4965.7	59	77.3	110	29.0	145	115.7	44	79.6	88	9.9	20	1.9	8	0.8	13
CRV 21 Carvery Sliced Small	890.7	45	3727.4	44	40.3	58	13.9	70	93.6	36	-	-	36.6	73	13.4	56	5.1	85
CRV 21 Carvery Sliced Medium	1170.3	59	4898.9	58	51.5	74	19.4	97	123.4	47	-	-	50.2	100	17.8	74	7.5	125
CRV 21 Carvery Sliced Large	1516.4	76	6364.7	76	54.5	78	22.2	111	184.1	71	-	-	68.5	137	24.0	100	9.7	162
CRV 21 Carvery Veg Small	1272.7	64	5317.8	63	68.7	98	21.8	109	128.4	49	-	-	33.1	66	16.6	69	5.5	91
CRV 21 Carvery Veg Medium	1457.0	73	6090.7	73	74.5	106	24.9	125	156.3	60	-	-	37.2	74	20.9	87	7.1	118
CRV 21 Carvery Veg Large	1707.7	85	7157.8	85	72.1	103	25.5	127	215.0	83	-	-	45.9	92	27.0	113	8.5	142
CRV 21 Carvery Meatless Small	628.4	31	2637.6	31	17.3	25	8.9	44	97.2	37	-	-	17.3	35	17.5	73	4.1	68
CRV 21 Carvery Meatless Medium	925.6	46	3884.1	46	26.1	37	13.6	68	141.2	54	-	-	25.5	51	26.4	110	6.1	102
CRV 21 Carvery Meatless Large	1129.3	56	4740.6	56	31.3	45	16.0	80	174.9	67	-	-	31.0	62	31.1	129	7.6	126
CRV 21 Carvery Sliced Kids	890.7	45	3727.4	44	40.3	58	13.9	70	93.6	36	-	-	36.6	73	13.4	56	5.1	85
CRV 21 Carvery Veg Kids	1272.7	64	5317.8	63	68.7	98	21.8	109	128.4	49	-	-	33.1	66	16.6	69	5.5	91
CRV 21 NGCI Carvery Small	573.3	29	2402.5	29	21.3	30	9.9	50	64.5	25	-	-	28.4	57	10.8	45	3.5	58
CRV 21 NGCI Carvery Medium	834.7	42	3497.8	42	31.9	46	14.9	74	92.4	36	-	-	41.3	83	14.6	61	5.6	94
CRV 21 NGCI Carvery Meatless Small	481.1	24	2018.1	24	12.9	18	6.6	33	75.7	29	-	-	12.4	25	14.6	61	2.3	39
CRV 21 NGCI Carvery Meatless Medium	745.7	37	3127.8	37	20.5	29	10.5	52	116.7	45	-	-	18.8	38	22.3	93	4.0	67
CRV 21 Carvery Sunday Small	1786.4	89	3457.4	41	52.3	75	20.8	104	92.8	36	-	-	42.7	85	13.4	56	5.4	89
CRV 21 Carvery Sunday Medium	2364.1	118	4536.7	54	67.7	97	28.5	142	121.8	47	-	-	58.6	117	17.7	74	7.7	128
CRV 21 Carvery Sunday Large	3008.1	150	5909.7	70	74.9	107	33.6	168	181.6	70	-	-	79.1	158	23.8	99	9.8	164
CRV 21 Carvery Sunday Veg Small	2171.6	109	5062.6	60	80.1	114	28.7	144	131.4	51	-	-	37.8	76	16.6	69	6.5	108
CRV 21 Carvery Sunday Veg Medium	2655.5	133	5750.6	68	89.7	128	34.2	171	160.3	62	-	-	43.5	87	20.8	87	8.4	140

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	%
CRV 21 Carvery Sunday Veg Large	3205.8	160	6732.2	80	91.0	130	37.1	185	220.0	85	-	-	53.7	107	27.0	112	10.2	170
CRV 21 Carvery Sunday Meatless Small	1728.9	86	2333.5	28	31.3	45	17.3	86	101.1	39	-	-	23.1	46	17.5	73	5.3	88
CRV 21 Carvery Sunday Meatless Medium	2541.4	127	3504.6	42	47.1	67	26.1	131	149.0	57	-	-	34.1	68	26.4	110	8.1	135
CRV 21 Carvery Sunday Meatless Large	3030.8	152	4217.4	50	55.4	79	30.5	152	181.6	70	-	-	41.0	82	31.0	129	9.6	160
CRV 21 Carvery Sunday Kids	1779.4	89	3428.3	41	52.0	74	20.6	103	91.8	35	-	-	42.7	85	13.3	55	5.2	87
CRV 21 Carvery Sunday Veg Kids	2171.6	109	5062.6	60	80.1	114	28.7	144	131.4	51	-	-	37.8	76	16.6	69	6.5	108
CRV 21 NGCI Carvery Sunday Small	574.1	29	2402.7	29	22.8	33	9.4	47	60.8	23	-	-	30.0	60	11.0	46	2.5	42
CRV 21 NGCI Carvery Sunday Medium	835.3	42	3495.8	42	33.9	48	14.1	71	86.7	33	-	-	43.7	87	14.9	62	4.2	70
CRV 21 NGCI Carvery Sunday Meatless Small	487.9	24	2044.2	24	13.9	20	6.0	30	75.9	29	-	-	12.7	25	14.9	62	2.0	34
CRV 21 NGCI Carvery Sunday Meatless Medium	756.6	38	3170.3	38	22.0	31	9.6	48	117.2	45	-	-	19.3	39	22.8	95	3.6	59
FAM DN Extra 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
FAM DN Extra Pigs in Blankets x 6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
FAM DN Extra Giant Yorkshire Pudding	259.3	13	1093.0	13	8.6	12	0.9	5	37.9	15	5.7	6	7.7	15	2.1	9	0.5	9
FAM DN Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN KID Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM DN Sandwich Cheese and Red Onion Chutney	973.5	49	3053.7	36	40.7	58	20.2	101	70.6	27	14.4	16	30.1	60	3.9	16	2.8	47
FAM DN NGCI Sandwich Cheese and Red Onion Chutney	928.3	46	2855.1	34	43.7	62	20.2	101	56.3	22	14.2	16	24.4	49	7.6	32	2.6	44
FAM DN Melt Rump Steak	1145.0	57	3769.7	45	50.0	71	20.9	104	70.0	27	14.4	16	52.4	105	3.9	16	2.9	49
FAM DN NGCI Melt Rump Steak	1099.8	55	3571.1	43	53.0	76	20.9	104	55.8	21	14.2	16	46.7	93	7.6	32	2.8	47
FAM DN Melt BBQ Chicken	967.4	48	3033.8	36	36.1	52	15.3	77	66.4	26	10.2	11	43.1	86	3.5	15	3.1	51
FAM DN NGCI Melt BBQ Chicken	894.3	45	2716.5	32	39.1	56	15.3	77	45.7	18	4.7	5	37.3	75	7.2	30	2.5	42
FAM DN Sandwich Chicken and Bacon Club	1282.2	64	3322.3	40	47.5	68	9.5	48	72.6	28	6.3	7	42.7	85	5.8	24	4.4	73
FAM DN NGCI Sandwich Chicken and Bacon Club	929.8	46	2869.7	34	35.7	51	5.7	28	63.2	24	8.8	10	34.7	69	11.2	47	3.8	64
FAM DN LB Breaded Scampi	955.6	48	2116.5	25	31.1	44	7.1	36	57.9	22	8.2	9	16.2	32	9.1	38	2.1	35
FAM DN LB Beer Battered Cod and Chips	838.8	42	3507.9	42	44.3	63	11.0	55	64.8	25	-	-	41.1	82	-	-	2.5	42
FAM DN LB Hunters Chicken	687.0	34	2872.7	34	35.6	51	12.1	61	47.4	18	9.2	10	42.1	84	5.0	21	4.0	67
FAM DN LB Sausage and Mash	884.8	44	2668.7	32	42.6	61	17.6	88	41.8	16	5.5	6	26.6	53	7.0	29	4.0	66
FAM DN LB Sausage and Mash Vegetarian	651.8	33	1709.2	20	16.8	24	6.5	32	45.4	17	6.0	7	24.7	49	12.0	50	3.2	53
FAM DN LB VGN Fishless Fish and Chips	567.1	28	2378.0	28	21.7	31	4.1	20	72.7	28	5.1	6	15.4	31	11.2	47	2.3	38
FAM DN SB Southern Fried Chicken Bites	507.4	25	2124.2	25	23.3	33	9.8	49	34.7	13	9.7	11	37.6	75	3.8	16	3.4	57
FAM DN SB Blue Cheese Souffle	235.6	12	985.8	12	18.2	26	10.7	53	13.3	5	9.5	11	7.5	15	2.0	8	0.4	7
FAM DN SB NGCI Blue Cheese Souffle	235.6	12	985.8	12	18.2	26	10.7	53	13.3	5	9.5	11	7.5	15	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	%
FAM DN SB Burger Mac Stack	1596.8	80	6685.0	80	73.8	105	24.3	122	152.3	59	-	-	80.8	162	13.6	57	-	-
FAM DN SB Breaded Plaice	994.7	50	4173.0	50	37.4	53	7.7	38	120.5	46	14.4	16	38.2	76	13.1	55	2.6	44
FAM DN SB Chicken and Garlic Mushrooms	698.1	35	2962.5	35	26.4	38	6.9	35	59.8	23	14.9	17	56.8	114	11.6	48	3.0	49
FAM DN SB NGCI Chicken and Garlic Mushrooms	698.1	35	2962.5	35	26.4	38	6.9	35	59.8	23	14.9	17	56.8	114	11.6	48	3.0	49
FAM DN SB Trio of Lamb Chops	1245.8	62	5198.1	62	81.6	117	35.1	175	65.8	25	18.7	21	62.0	124	10.1	42	3.0	49
FAM DN SB NGCI Trio of Lamb Chops	1229.9	61	5131.2	61	79.7	114	33.8	169	65.8	25	18.5	21	62.3	125	9.9	41	2.9	48
FAM DN SB Hawaiian Chicken	947.6	47	3965.5	47	46.5	66	17.9	89	68.3	26	12.4	14	62.6	125	7.6	32	3.0	51
FAM DN SB NGCI Hawaiian Chicken	947.6	47	3965.5	47	46.5	66	17.9	89	68.3	26	12.4	14	62.6	125	7.6	32	3.0	51
FAM DN SB Beef Madras	1299.2	65	5459.4	65	46.2	66	10.6	53	174.4	67	30.5	34	42.7	85	13.5	56	4.9	82
FAM DN SB NGCI Beef Madras	1038.3	52	4353.2	52	47.4	68	12.8	64	117.1	45	27.3	30	34.9	70	8.5	36	4.4	73
FAM DN SB Burger The Big Daddy	1712.4	86	7172.9	85	73.7	105	26.4	132	129.4	50	-	-	131.2	262	9.5	39	-	-
FAM DN SB Berry Crumble	497.8	25	2088.8	25	18.2	26	6.2	31	73.5	28	41.9	47	7.6	15	4.8	20	0.1	2
FAM DN SB VGN Berry Crumble	477.1	24	1998.1	24	19.2	27	7.9	40	66.8	26	36.4	40	4.9	10	7.7	32	0.0	0
FAM DN SB Strawberry Shortbread Sundae	796.9	40	3335.4	40	37.9	54	13.0	65	100.8	39	52.6	58	11.8	24	2.2	9	0.9	16