

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	%
NBH DN Soup of the Day	243.6	12	1030.5	12	10.4	15	2.3	11	30.4	12	9.7	11	7.0	14	3.5	14	1.5	26
NBH DN NGCI Soup of the Day	265.3	13	1115.3	13	14.9	21	2.2	11	29.2	11	11.0	12	2.2	4	4.1	17	1.5	25
NBH DN Golden Breaded Mushrooms	441.0	22	1860.3	22	21.7	31	4.2	21	50.3	19	16.9	19	9.0	18	4.7	20	2.3	39
NBH DN Mexican Nachos	619.0	31	2580.4	31	36.4	52	15.7	79	50.7	19	6.9	8	19.5	39	3.7	15	3.6	60
NBH DN NGCI Mexican Nachos	619.0	31	2580.4	31	36.4	52	15.7	79	50.7	19	6.9	8	19.5	39	3.7	15	3.6	60
NBH DN Crispy Jumbo Prawns	743.5	37	646.0	8	8.5	12	2.6	13	34.3	13	11.4	13	13.2	26	1.1	5	1.7	28
NBH DN Battered Chicken Strips	747.3	37	3115.6	37	40.1	57	13.8	69	62.7	24	28.0	31	32.4	65	3.5	14	2.6	43
NBH DN Cheese and Bacon Crispy Potato Skins	420.2	21	1749.5	21	25.7	37	11.9	60	25.1	10	4.0	4	20.0	40	4.3	18	2.5	42
NBH DN NGCI Cheese and Bacon Crispy Potato Skins	409.5	20	1704.9	20	25.1	36	11.6	58	24.5	9	3.9	4	19.5	39	4.1	17	2.4	41
NBH DN Chicken Wings	749.9	37	3124.9	37	47.5	68	9.6	48	29.1	11	27.7	31	49.5	99	0.7	3	3.7	61
NBH DN NGCI Chicken Wings	572.9	29	2380.6	28	41.3	59	8.3	42	6.4	2	5.1	6	42.2	84	0.7	3	3.9	64
NBH DN Cauliflower Wings	234.8	12	989.2	12	5.1	7	1.4	7	42.3	16	21.3	24	5.1	10	3.0	12	2.2	36
NBH DN VGN Cauliflower Wings	234.8	12	989.2	12	5.1	7	1.4	7	42.3	16	21.3	24	5.1	10	3.0	12	2.2	36
NBH DN Battered Chicken Strips Sharer	1369.7	68	5701.0	68	80.1	114	27.5	138	97.0	37	28.7	32	63.8	128	6.2	26	3.5	58
NBH DN Cauliflower Wings Sharer	469.5	23	1978.5	24	10.2	15	2.8	14	84.7	33	42.5	47	10.1	20	6.0	25	4.3	72
NBH DN VGN Cauliflower Wings Sharer	594.4	30	2508.8	30	10.3	15	2.8	14	113.0	43	69.8	78	11.2	22	6.7	28	6.0	100
NBH DN Chicken Wings Sharer	1499.8	75	6249.8	74	95.0	136	19.2	96	58.3	22	55.5	62	98.9	198	1.5	6	7.4	123
NBH DN NGCI Chicken Wings Sharer	1145.7	57	4761.2	57	82.7	118	16.6	83	12.9	5	10.3	11	84.4	169	1.3	6	7.7	129
NBH DN Crispy Jumbo Prawns Sharer	1487.1	74	1291.9	15	16.9	24	5.2	26	68.5	26	22.8	25	26.4	53	2.2	9	3.4	56
NBH DN Mexican Nachos Sharer	1238.1	62	5160.8	61	72.8	104	31.4	157	101.3	39	13.8	15	39.0	78	7.4	31	7.2	120
NBH DN NGCI Mexican Nachos Sharer	1169.2	58	4874.9	58	68.4	98	28.7	143	95.9	37	10.5	12	37.7	75	6.6	27	6.5	108
NBH DN Salad Chicken and Bacon	447.7	22	1875.9	22	18.8	27	4.9	24	8.1	3	7.4	8	62.6	125	2.6	11	4.5	76
NBH DN NGCI Salad Chicken and Bacon Under 500	447.7	22	1875.9	22	18.8	27	4.9	24	8.1	3	7.4	8	62.6	125	2.6	11	4.5	76
NBH DN U300 BBQ Cauliflower Wings Salad	254.3	13	1063.7	13	11.8	17	2.6	13	32.1	12	11.2	12	5.6	11	4.2	17	1.3	22
NBH DN Burger Cowboy	1304.1	65	5447.5	65	65.3	93	26.5	132	100.9	39	-	-	77.3	155	10.2	42	-	-
NBH DN Burger Cowboy L	1557.9	78	6504.3	77	81.2	116	35.7	178	102.1	39	-	-	104.7	209	10.8	45	-	-
NBH DN Burger Cowboy XL	1693.6	85	7068.9	84	90.0	129	41.7	208	102.8	40	-	-	118.3	237	11.0	46	-	-
NBH DN Burger Skinny Cowboy	712.7	36	2974.0	35	40.6	58	20.9	104	21.3	8	-	-	66.7	133	3.8	16	-	-
NBH DN NGCI Burger Skinny Cowboy	629.6	31	2626.2	31	35.7	51	19.9	99	12.4	5	-	-	65.7	131	2.9	12	-	-
NBH DN Burger Plain Beef	1142.6	57	4775.3	57	54.8	78	18.1	91	100.6	39	12.2	14	61.3	123	10.2	42	4.0	66
NBH DN Burger Plain Beef L	1351.5	68	5645.5	67	67.1	96	23.9	119	101.5	39	12.7	14	85.5	171	10.8	45	4.9	81
NBH DN Burger Plain Beef XL	1442.2	72	6023.5	72	72.5	104	26.4	132	102.0	39	12.9	14	96.1	192	11.0	46	5.2	87

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
NBH DN Burger Skinny Plain Beef	551.3	28	2301.9	27	30.1	43	12.5	63	20.9	8	11.3	13	50.7	101	3.8	16	2.5	42
NBH DN NGCI Burger Skinny Plain Beef	437.9	22	1825.5	22	25.2	36	11.6	58	5.3	2	4.0	4	49.4	99	2.6	11	1.8	30
NBH DN Burger Plain Coated Chicken	1443.5	72	6029.3	72	76.8	110	23.2	116	130.4	50	12.9	14	54.6	109	9.0	37	4.3	72
NBH DN Burger Plain Coated Chicken L	1802.8	90	7526.5	90	100.2	143	31.4	157	146.3	56	13.7	15	75.5	151	9.0	37	5.4	90
NBH DN Burger Plain Coated Chicken XL	1773.9	89	7422.5	88	78.6	112	26.8	134	167.3	64	12.8	14	92.9	186	11.6	48	9.9	166
NBH DN Burger Skinny Plain Coated Chicken	852.2	43	3555.8	42	52.1	74	17.6	88	50.7	20	11.9	13	44.0	88	2.6	11	2.9	48
NBH DN VGN Burger Chilli Meat-Free	1088.3	54	4559.2	54	47.8	68	8.5	43	121.6	47	14.2	16	35.1	70	20.2	84	4.2	70
NBH DN VGN Burger Chilli Meat-Free XL	1334.3	67	5582.2	66	64.8	93	9.9	50	128.3	49	15.5	17	49.1	98	25.4	106	5.7	95
NBH DN Burger Dirty Chilli Cheese	1515.7	76	6331.0	75	76.3	109	31.2	156	124.8	48	-	-	81.2	162	12.1	50	-	-
NBH DN Burger Dirty Chilli Cheese L	1769.5	88	7387.8	88	92.2	132	40.5	202	126.0	48	-	-	108.5	217	12.7	53	-	-
NBH DN Burger Dirty Chilli Cheese XL	1905.2	95	7952.4	95	101.1	144	46.5	232	126.6	49	-	-	122.1	244	13.0	54	-	-
NBH DN Burger Skinny Dirty Chilli Cheese	924.4	46	3857.5	46	51.7	74	25.6	128	45.1	17	-	-	70.6	141	5.7	24	-	-
NBH DN Burger Oozy Floozy	1423.1	71	5946.0	71	70.4	101	22.4	112	130.1	50	14.6	16	68.7	137	12.9	54	5.3	89
NBH DN Burger Oozy Floozy L	1631.9	82	6816.2	81	82.8	118	28.2	141	131.1	50	15.1	17	93.0	186	13.5	56	6.2	104
NBH DN Burger Oozy Floozy XL	1722.7	86	7194.2	86	88.2	126	30.6	153	131.6	51	15.3	17	103.5	207	13.8	57	6.6	110
NBH DN Burger Skinny Oozy Floozy	831.8	42	3472.5	41	45.8	65	16.8	84	50.5	19	13.7	15	58.1	116	6.6	27	3.9	64
NBH DN NGCI Burger Skinny Oozy Floozy	748.6	37	3124.7	37	40.9	58	15.8	79	41.6	16	12.3	14	57.2	114	5.6	23	3.5	59
NBH DN Burger Cluck and Moo	2175.1	109	9080.5	108	119.1	170	50.0	250	147.3	57	-	-	125.9	252	10.5	44	-	-
NBH DN Burger Skinny Cluck and Moo	1583.7	79	6606.8	79	94.5	135	44.4	222	67.6	26	-	-	115.3	231	4.2	17	-	-
NBH DN Burger Inferno Chicken	1487.7	74	6215.7	74	77.7	111	23.3	116	137.1	53	18.5	21	55.5	111	9.8	41	6.9	114
NBH DN Burger Inferno Chicken L	1847.0	92	7712.9	92	101.1	144	31.5	158	153.0	59	19.3	21	76.4	153	9.8	41	7.9	132
NBH DN Burger Inferno Chicken XL	1818.1	91	7608.7	91	79.5	114	26.9	135	174.0	67	18.4	20	93.8	188	12.4	52	12.5	208
NBH DN Burger Skinny Inferno Chicken	866.2	43	3613.8	43	53.0	76	17.7	88	50.6	19	11.6	13	44.6	89	3.1	13	5.0	84
NBH DN VGN Burger Plain Meat-Free	993.8	50	4161.7	50	46.5	66	7.9	40	110.9	43	12.4	14	28.0	56	14.5	60	3.7	62
NBH DN VGN Burger Skinny Plain Meat-Free	379.5	19	1584.4	19	22.4	32	2.5	12	25.6	10	11.6	13	16.2	32	7.8	33	2.2	37
NBH DN VGN Burger Plain Meat-Free XL	1239.8	62	5184.7	62	63.5	91	9.3	47	117.6	45	13.7	15	42.0	84	19.7	82	5.2	87
NBH DN 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
NBH DN Steak Rump Skinny Under 600	509.5	25	2122.7	25	33.2	47	11.1	55	4.5	2	4.3	5	48.2	96	2.0	8	1.3	22
NBH DN 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
NBH DN NGCI Steak Rump Skinny Under 600	509.5	25	2122.7	25	33.2	47	11.1	55	4.5	2	4.3	5	48.2	96	2.0	8	1.3	22
NBH DN Gammon Steak 8oz	1087.7	54	4540.0	54	61.9	88	17.0	85	73.5	28	13.1	15	55.3	111	11.0	46	7.9	132
NBH DN NGCI Gammon Steak 8oz	1087.7	54	4540.0	54	61.9	88	17.0	85	73.5	28	13.1	15	55.3	111	11.0	46	7.9	132
NBH DN Mixed Grill	1501.0	75	6264.5	75	86.2	123	23.0	115	90.3	35	9.7	11	86.1	172	12.7	53	7.0	117

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
NBH DN NGCI Mixed Grill	1366.7	68	5702.6	68	78.3	112	21.4	107	76.5	29	7.6	8	84.1	168	11.2	47	6.5	108
NBH DN Peppercorn Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NBH DN 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
NBH DN Hunters Chicken	1097.3	55	4596.4	55	49.5	71	18.9	94	87.5	34	31.6	35	72.3	145	7.8	32	6.4	106
NBH DN NGCI Hunters Chicken	1097.3	55	4596.4	55	49.5	71	18.9	94	87.5	34	31.6	35	72.3	145	7.8	32	6.4	106
NBH DN 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
NBH DN Beer Battered Cod and Chips	1679.7	84	7030.9	84	87.9	126	23.2	116	137.6	53	-	-	79.1	158	-	-	4.7	79
NBH DN PRE Battered Cod and Chips	1015.2	51	4259.3	51	55.1	79	10.7	54	106.1	41	8.2	9	28.0	56	12.6	52	3.3	55
NBH DN Vegetable and Lentil Chilli	664.8	33	2809.2	33	14.5	21	4.8	24	106.9	41	5.3	6	24.0	48	15.4	64	1.5	25
NBH DN VGN Vegetable and Lentil Chilli	664.8	33	2809.2	33	14.5	21	4.8	24	106.9	41	5.3	6	24.0	48	15.4	64	1.5	25
NBH DN Steak and Ale Pie	1267.6	63	5299.8	63	57.1	82	19.5	98	147.9	57	15.1	17	34.2	68	15.2	63	4.1	68
NBH DN VGN Peppered Mushroom and Root Veg Pie	1411.9	71	5896.9	70	74.2	106	29.6	148	158.1	61	20.9	23	23.8	48	18.9	79	5.4	89
NBH DN Beef Lasagne	840.5	42	3496.5	42	46.9	67	21.8	109	70.1	27	14.7	16	35.1	70	29.2	122	3.2	53
NBH DN Beef Lasagne Under 450	410.5	21	1706.2	20	17.5	25	7.0	35	47.0	18	14.1	16	17.7	35	27.8	116	1.6	27
NBH DN VGN Lentil and Butternut Lasagne	618.0	31	2587.1	31	19.2	27	5.0	25	83.3	32	16.5	18	24.5	49	10.5	44	2.8	47
NBH DN VGN Lentil and Butternut Lasagne Under 450	412.4	21	1727.3	21	8.3	12	1.7	8	61.2	24	16.0	18	20.5	41	9.1	38	2.3	38
NBH DN 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
NBH DN 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
NBH DN NGCI VGN Vegetable and Lentil Chilli	467.3	23	1983.9	24	3.9	6	1.5	7	86.1	33	6.1	7	20.5	41	14.6	61	1.0	16
NBH DN NGCI Sausage and Mash	966.0	48	4032.1	48	43.8	63	17.8	89	107.0	41	17.1	19	30.0	60	14.7	61	5.1	84
NBH DN Sausage and Mash	966.0	48	4032.1	48	43.8	63	17.8	89	107.0	41	17.1	19	30.0	60	14.7	61	5.1	84
NBH DN Veggie Sausage and Mash	725.3	36	3036.0	36	21.2	30	10.4	52	78.6	30	14.9	17	45.3	91	22.2	92	4.9	81
NBH DN NGCI Vegetable and Lentil Chilli	467.3	23	1983.9	24	3.9	6	1.5	7	86.1	33	6.1	7	20.5	41	14.6	61	1.0	16
NBH DN 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
NBH DN Battered Onion Rings x12	499.0	25	2086.9	25	29.4	42	5.8	29	53.0	20	8.2	9	5.8	12	5.6	23	2.0	33
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN VGN Bramley Apple Pie	563.3	28	2361.3	28	24.2	35	11.8	59	78.9	30	33.0	37	5.3	11	6.5	27	0.0	1
NBH DN Chocolate Fudge Cake	683.8	34	2867.3	34	29.8	43	6.4	32	97.0	37	77.8	86	7.8	16	-	-	0.4	7
NBH DN NGCI Chocolate Fudge Cake	683.8	34	2867.3	34	29.8	43	6.4	32	97.0	37	77.8	86	7.8	16	-	-	0.4	7

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NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	57	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
NBH DN NGCI Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	57	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
NBH DN 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
NBH DN Smoffle	928.5	46	3896.2	46	44.9	64	19.2	96	117.0	45	79.2	88	11.9	24	-	-	1.1	18
NBH DN VGN Ice Cream Sundae	327.4	16	1369.3	16	11.9	17	10.4	52	48.0	18	29.9	33	-	-	8.7	36	0.1	1
NBH DN LC Hunters Chicken	636.2	32	2662.8	32	30.7	44	11.2	56	46.2	18	16.4	18	41.4	83	4.0	17	4.1	68
NBH DN NGCI LC Hunters Chicken	636.2	32	2662.8	32	30.7	44	11.2	56	46.2	18	16.4	18	41.4	83	4.0	17	4.1	68
NBH DN LC Sausage and Mash	579.1	29	2416.6	29	25.2	36	10.9	55	66.3	25	13.2	15	17.8	36	10.9	45	3.4	56
NBH DN NGCI LC Sausage and Mash	579.1	29	2416.6	29	25.2	36	10.9	55	66.3	25	13.2	15	17.8	36	10.9	45	3.4	56
NBH DN LC Veggie Sausage and Mash	458.8	23	1918.5	23	13.9	20	7.2	36	52.1	20	12.1	13	25.5	51	14.6	61	3.3	55
NBH DN LC Gammon 4oz	655.7	33	2732.9	33	39.5	56	10.1	50	39.1	15	4.9	5	32.8	66	7.8	33	4.3	71
NBH DN NGCI LC Gammon 4oz	655.7	33	2732.9	33	39.5	56	10.1	50	39.1	15	4.9	5	32.8	66	7.8	33	4.3	71
NBH DN LC Plaice and Chips	707.1	35	2966.4	35	26.0	37	5.3	27	82.8	32	13.6	15	31.1	62	9.1	38	1.9	32
NBH DN LC Vegetable and Lentil Chilli	330.3	17	1384.9	16	13.1	19	2.5	12	39.3	15	6.5	7	10.5	21	9.1	38	1.3	21
NBH DN NGCI LC Vegetable and Lentil Chilli	209.1	10	877.9	10	5.8	8	1.0	5	26.5	10	4.5	5	9.2	18	7.8	33	0.8	13
NBH DN Sandwich Chicken and Bacon Club	937.2	47	3926.4	47	42.7	61	8.7	43	88.2	34	5.1	6	49.0	98	8.8	37	4.5	74
NBH DN NGCI Sandwich Chicken and Bacon Club	876.3	44	3659.1	44	43.6	62	7.9	40	78.6	30	7.4	8	36.3	73	12.6	53	4.2	71
NBH DN 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
NBH DN NGCI Sandwich Cheese and 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
NBH DN Sandwich Tuna Mayo Melt Baguette	568.6	28	2388.1	28	22.3	32	6.9	34	63.4	24	3.7	4	26.6	53	4.4	19	2.2	36
NBH DN NGCI Sandwich Tuna Mayo Melt	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
NBH DN Sandwich Crispy Chicken BBQ Melt Baguette	1104.2	55	4627.9	55	47.1	67	16.1	81	116.4	45	17.9	20	48.8	98	6.9	29	6.4	107
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Topper Veg Chilli	94.5	5	397.5	5	1.4	2	0.6	3	10.7	4	1.8	2	7.0	14	5.7	24	0.4	7
NBH DN Topper Hunters	496.5	25	2073.6	25	27.7	40	14.3	72	16.3	6	14.7	16	44.7	89	0.4	2	4.1	68
NBH DN Mega Melt Stack	1674.9	84	7012.5	83	76.4	109	28.4	142	96.7	37	33.6	37	146.9	294	10.6	44	12.4	207
NBH DN NGCI Mega Melt Stack	1674.9	84	7012.5	83	76.4	109	28.4	142	96.7	37	33.6	37	146.9	294	10.6	44	12.4	207

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	%		
NBH DN Mega Mixed Grill	2293.1	115	9564.0	114	136.4	195	38.3	191	102.4	39	11.3	13	160.1	320	13.3	56	12.2	203
NBH DN NGCI Mixed Grill Mega	2168.3	108	9042.0	108	129.1	184	36.8	184	89.1	34	9.3	10	158.7	317	11.9	50	11.7	195
NBH DN Mega Steak Rump	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
NBH DN NGCI Mega Steak Rump	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
NBH DN Burger Mega Chilli Cheese	3064.3	153	12792.4	152	168.1	240	63.8	319	241.7	93	-	-	143.2	286	20.8	87	-	-
NBH DN Sunday Roast Beef	990.5	50	4152.6	49	39.9	57	8.6	43	86.2	33	-	-	71.3	143	13.2	55	5.1	85
NBH DN Sunday Roast Beef Child	442.7	22	1853.2	22	20.5	29	3.7	18	43.5	17	-	-	21.4	43	5.3	22	2.6	43
NBH DN Sunday Roast Beef Large	1288.0	64	5393.7	64	58.8	84	12.3	62	96.9	37	-	-	92.9	186	13.7	57	5.7	94
NBH DN NGCI Sunday Roast Beef	727.6	36	3056.0	36	23.1	33	5.8	29	63.1	24	-	-	65.2	130	12.1	50	4.3	71
NBH DN NGCI Sunday Roast Beef Child	372.0	19	1561.1	19	12.5	18	2.6	13	39.3	15	-	-	24.7	49	6.4	27	2.8	47
NBH DN Sunday Roast Turkey	881.9	44	3692.6	44	37.7	54	7.2	36	87.9	34	19.3	21	47.6	95	-	-	5.3	88
NBH DN Sunday Roast Turkey Child	602.4	30	2521.2	30	27.8	40	4.6	23	62.6	24	13.4	15	26.2	52	-	-	3.7	62
NBH DN Sunday Roast Turkey Large	1146.9	57	4797.3	57	55.0	79	10.3	51	98.8	38	20.9	23	64.6	129	-	-	5.8	97
NBH DN NGCI Sunday Roast Turkey	657.6	33	2757.8	33	22.2	32	4.8	24	68.9	26	18.5	21	44.1	88	-	-	4.7	78
NBH DN NGCI Sunday Roast Turkey Child	339.5	17	1424.6	17	10.9	16	1.8	9	39.5	15	11.5	13	20.1	40	-	-	2.9	48
NBH DN Sunday Cauliflower Cheese Tart	1383.4	69	5789.6	69	69.7	100	26.3	131	164.0	63	20.6	23	38.4	77	18.0	75	5.0	84
NBH DN Sunday Cauliflower Cheese Tart Child	833.8	42	3489.4	42	45.3	65	17.0	85	94.6	36	10.4	12	22.9	46	8.0	33	2.9	49
NBH DN 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
NBH DN Chicken Korma Curry	1031.3	52	4336.8	52	34.2	49	13.0	65	140.7	54	30.6	34	41.7	83	7.2	30	3.8	64
NBH DN NGCI Chicken Korma Curry	857.1	43	3603.6	43	30.2	43	12.6	63	111.9	43	29.3	33	37.0	74	5.0	21	3.4	56
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Vegetable Samosa	51.3	3	214.8	3	2.2	3	0.8	4	6.6	3	1.1	1	0.9	2	0.7	3	0.2	4
NBH DN Poppadums and 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
NBH DN 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
NBH DN 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
NBH DN NGCI Vegetable Jalfrezi	840.1	42	3522.0	42	34.3	49	5.1	26	119.1	46	28.6	32	14.5	29	10.1	42	3.7	62
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN KID Chicken Dippers	685.8	34	2856.5	34	37.0	53	8.7	44	65.8	25	6.9	8	21.3	43	9.6	40	2.1	35
NBH 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

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	%
NBH DN KID Veggie Sausages	534.2	27	2235.2	27	18.3	26	4.8	24	59.6	23	8.0	9	29.6	59	14.2	59	2.6	44
NBH DN KID Burger Beef	762.1	38	3195.3	38	27.5	39	10.6	53	83.7	32	9.8	11	43.9	88	11.4	48	3.2	53
NBH DN KID Fish Fingers	632.4	32	2639.6	31	29.1	42	6.1	31	68.9	27	7.4	8	22.6	45	10.0	42	2.1	35
NBH DN KID Garlic Bread	169.3	8	712.3	8	5.6	8	1.7	8	25.9	10	14.5	16	2.7	5	1.3	6	1.1	18
NBH DN KID Salad Sticks Starter	75.4	4	318.4	4	0.3	0	0.0	0	16.5	6	15.8	18	1.0	2	2.1	9	0.8	14
NBH 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
NBH 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
NBH DN KID Ice Cream Sundae	262.9	13	1102.5	13	8.9	13	4.5	23	40.5	16	29.3	33	4.9	10	-	-	0.2	3
NBH DN KID VGN Ice Cream Sundae	270.8	14	1132.0	13	8.7	12	7.6	38	42.8	16	25.7	29	1.0	2	6.4	27	0.1	1
NBH DN 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
NBH 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
NBH DN Extra Baked Beans 150g	112.5	6	469.5	6	0.5	1	0.2	1	20.5	8	5.4	6	7.4	15	5.4	23	0.7	12
NBH DN Extra Cheddar Cheese 28g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NBH DN Extra 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
NBH DN Extra Jalapenos 25g	18.0	1	76.2	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
NBH DN Extra Mushroom Sauteed	65.8	3	275.5	3	6.9	10	1.7	8	0.2	0	0.1	0	1.0	2	0.8	3	0.0	0
NBH DN Extra Mushy Peas	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NBH DN Extra Pie Veg	0.1	0	0.5	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
NBH DN 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
NBH DN Extra Veg Chilli	94.5	5	397.5	5	1.4	2	0.6	3	10.7	4	1.8	2	7.0	14	5.7	24	0.4	7
NBH DN Extra Veggie Sausage	80.0	4	335.5	4	2.7	4	1.0	5	3.8	1	0.8	1	9.0	18	2.5	10	0.6	10
NBH DN Cheese Burger Slice	62.0	3	257.4	3	4.8	7	4.8	24	0.3	0	-	-	4.2	8	0.0	0	-	-
NBH DN 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
NBH DN Fried Egg	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
NBH DN 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
NBH DN 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	10
NBH DN BBQ Sauce	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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Jacket Plain	249.6	12	1054.9	13	7.6	11	1.7	9	42.6	16	2.6	3	5.4	11	4.7	19	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	%
NBH DN 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
NBH DN Guacamole	45.9	2	189.8	2	3.1	4	2.0	10	3.4	1	2.1	2	0.7	1	0.7	3	0.6	10
NBH DN Mango Chutney	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NBH DN Mint and 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
NBH DN Mint Sauce	67.2	3	294.0	3	0.2	0	0.0	0	14.0	5	12.9	14	1.0	2	0.2	1	1.4	23
NBH DN 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
NBH DN 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
NBH DN Apple Sauce	59.9	3	254.8	3	0.0	0	0.0	0	14.7	6	8.8	10	0.1	0	0.3	1	0.1	2
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Mayonnaise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Sugar Curl Wafers	19.7	1	83.8	1	0.1	0	0.0	0	4.5	2	2.1	2	0.4	1	0.1	0	0.0	0
NBH DN 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
NBH DN 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
NBH DN 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
NBH DN Side Salad Bowl	30.9	2	128.8	2	2.0	3	0.4	2	2.5	1	2.3	3	0.7	1	1.2	5	0.0	0
NBH DN NGCI Side Salad Bowl	30.9	2	128.8	2	2.0	3	0.4	2	2.5	1	2.3	3	0.7	1	1.2	5	0.0	0
NBH DN Bread and flora dairy free Brown	273.2	14	1154.0	14	10.2	15	2.4	12	36.0	14	0.9	1	10.0	20	3.3	14	0.7	12
NBH DN Bread and flora dairy free White	269.1	13	1134.1	14	9.0	13	2.4	12	40.0	15	0.8	1	7.6	15	2.5	10	0.8	13
NBH DN NGCI Bread and flora dairy free	232.6	12	975.8	12	10.8	15	2.0	10	29.6	11	2.4	3	1.5	3	5.8	24	0.6	9
NBH DN Baguette and Flora Dairy Free	366.7	18	1551.3	18	8.2	12	2.1	10	61.8	24	3.7	4	10.2	20	3.0	13	1.0	17
NBH DN 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
NBH DN 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

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	%
NBH DN 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
NBH DN 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
NBH DN Toast and flora dairy free	167.6	8	706.5	8	8.6	12	2.1	10	18.0	7	0.5	1	5.0	10	1.7	7	0.4	6
NBH DN 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
NBH DN 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
NBH DN Roast Potatoes	345.9	17	1447.9	17	18.0	26	2.1	10	40.6	16	0.9	1	3.1	6	5.0	21	0.7	12
NBH DN Yorkshire Pudding Bowl	1190.8	60	4945.7	59	93.6	134	14.6	73	64.4	25	8.9	10	26.1	52	3.0	13	1.4	24
NBH DN 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