

## Reference Intake Nutrition Recipe Report

21 March 2022

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

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kJoules	kcal	g	%	g	%	g	%	g	%	
COM LN SB Blue Cheese Souffle		1179	281	14	18.2	26	10.7	53	19.4	22	0.5	8
COM LN SB Braised onion Steak Sirloin 8oz		5434	1304	65	77.6	111	21.2	106	9.0	10	3.9	64
COM LN SB Burger Beef Chilli Cheese		6621	1578	79	82.7	118	28.3	141	31.9	35	6.1	101
COM LN SB Burger Beef Mac n Cheese		6590	1576	79	80.0	114	26.9	134	16.5	18	4.7	78
COM LN SB Burger Beef Red Pepper and Guacamole		5466	1300	65	64.9	93	23.9	119	18.3	20	5.0	83
COM LN SB Burger Chicken Chilli Cheese		6455	1536	77	79.0	113	24.8	124	32.8	36	5.5	91
COM LN SB Burger Chicken Katsu		4833	1153	58	53.1	76	14.9	74	18.2	20	3.8	63
COM LN SB Burger Chicken Mac n Cheese		6425	1535	77	76.4	109	23.4	117	17.3	19	4.1	68
COM LN SB Burger Chicken Red Pepper and Guacamole		5300	1259	63	61.3	88	20.4	102	19.1	21	4.4	73
COM LN SB Burger Chicken Sticky Pineapple		5705	1360	68	57.7	82	18.3	91	48.4	54	5.8	97
COM LN SB Burger Green Machine		3945	941	47	41.1	59	9.0	45	14.6	16	3.1	52
COM LN SB Burger Popin BBQ Chicken		6059	1447	72	71.9	103	21.6	108	30.0	33	5.4	90
COM LN SB Chicken and Chorizo Terrine		1189	283	14	9.1	13	2.6	13	13.2	15	1.1	19
COM LN SB Chicken, Garlic and Bacon Pate		1539	366	18	21.5	31	11.2	56	12.3	14	1.1	18
COM LN SB Chicken, Leek and Ham Pie		4962	1187	59	57.5	82	19.4	97	6.8	8	3.5	58
COM LN SB Curry Butter Chicken Kashmiri		5832	1401	70	60.2	86	24.3	121	29.4	33	5.4	90
COM LN SB Game Pate		1468	349	17	17.2	25	6.8	34	12.2	14	1.3	21
COM LN SB Grilled Cod		2970	708	35	31.0	44	16.1	81	8.8	10	2.1	35
COM LN SB Half Roast Chicken and Ribs		7461	1784	89	99.3	142	31.4	157	36.8	41	5.6	93
COM LN SB Lentil and Butternut Lasagne		2557	611	31	18.9	27	5.0	25	15.2	17	2.8	47
COM LN SB Lentil and Butternut Lasagne Chips		3586	857	43	30.3	43	6.4	32	14.3	16	3.3	55
COM LN SB Lentil and Butternut Lasagne Salad		1706	407	20	8.0	11	1.6	8	14.4	16	2.3	38
COM LN SB Pasta Tagliatelle Chicken, Bacon and Mushroom		4785	1140	57	37.1	53	15.8	79	9.1	10	3.8	64
COM LN SB Red Onion, Brie and Cranberry Tart		1296	310	15	16.0	23	7.2	36	18.7	21	0.3	6
COM LN SB Red Wine & Mint Lamb Shank	Red Wine & Mint Lamb Shank	5819	1398	70	87.6	125	43.1	216	14.6	16	3.1	51
COM LN SB Salad Chicken Sunshine Cous Cous		2453	586	29	19.9	28	3.7	18	17.5	19	2.2	37
COM LN SB Salmon Fishcakes		3763	901	45	47.0	67	17.6	88	9.9	11	2.8	47
COM LN SB Salmon Fishcakes Starter		2243	536	27	21.2	30	6.8	34	5.6	6	1.9	31
COM LN SB Shakshuka		2790	666	33	25.5	36	3.0	15	13.0	14	2.4	40
COM LN SB Smoked Haddock		2980	709	35	30.6	44	15.9	80	8.8	10	4.5	76

## Reference Intake Nutrition Recipe Report

21 March 2022

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

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kJoules	kcal	g	%	g	%	g	%	g	%	
COM LN Extra Pigs in Blankets x 10	Extra Pigs in Blankets x10	2300	554	28	42.8	61	15.4	77	2.0	2	3.8	64
COM LN Extra Yorkshire Pudding	Extra Yorkshire Pudding	824	198	10	15.6	22	2.4	12	1.5	2	0.2	4
COM LN T1 Extra Roast Potatoes	Extra Roast Potatoes	1397	335	17	21.5	31	2.5	12	0.7	1	0.7	11
COM LN T1 Extra Sunday Veg	Extra Sunday Veg	772	183	9	2.5	4	1.1	5	16.9	19	0.4	6
COM LN T1 NGCI Sunday Roast Beef	NGCI Roast Beef	3978	947	47	40.1	57	9.9	49	-	-	4.6	76
COM LN T1 NGCI Sunday Roast Beef Child	NGCI Kids Roast Beef	2507	597	30	26.0	37	6.4	32	-	-	3.4	56
COM LN T1 NGCI Sunday Roast Turkey	NGCI Roast Turkey	3775	900	45	36.0	51	8.7	43	31.9	35	3.9	64
COM LN T1 NGCI Sunday Roast Turkey Child	NGCI Kids Roast Turkey	2441	582	29	23.6	34	5.9	30	22.9	25	2.6	43
COM LN T1 Sunday Roast Beef	Roast Beef	5148	1228	61	58.1	83	12.8	64	-	-	5.5	92
COM LN T1 Sunday Roast Beef Child	Kids Roast Beef	3677	878	44	44.1	63	9.3	46	-	-	4.3	71
COM LN T1 Sunday Roast Beef Large	Roast Beef Go Large	6389	1525	76	77.1	110	16.5	83	-	-	6.1	101
COM LN T1 Sunday Roast Turkey	Roast Turkey	4945	1180	59	54.1	77	11.6	58	33.8	38	4.8	80
COM LN T1 Sunday Roast Turkey Child	Kids Roast Turkey	3611	863	43	41.6	59	8.8	44	24.8	28	3.5	59
COM LN T1 Sunday Roast Turkey Large	Roast Turkey Go Large	6050	1445	72	71.4	102	14.6	73	35.4	39	5.4	90
COM LN T1 Sunday Roast Vegetarian	Vegetarian Roast	6335	1516	76	88.7	127	29.1	146	24.9	28	5.8	96
COM LN T1 Sunday Roast Vegetarian Child	Kids Vegetarian Roast	5281	1265	63	78.0	111	27.0	135	16.0	18	4.8	81
NUT COM LN T1 Sunday Roast Vegetarian - Sausages	FOR NUTRITION PURPOSES ONLY	4962	1187	59	62.7	90	9.9	49	23.3	26	5.6	94
NUT COM LN T1 Sunday Roast Vegetarian - Tart	FOR NUTRITION PURPOSES ONLY	6350	1517	76	80.2	115	25.1	126	25.7	29	4.8	80
NUT COM LN T1 Sunday Roast Vegetarian - Wellington	FOR NUTRITION PURPOSES ONLY	6335	1516	76	88.7	127	29.1	146	24.9	28	5.8	96
NUT COM LN T1 Sunday Roast Vegetarian Child - Sausages	FOR NUTRITION PURPOSES ONLY	3908	936	47	52.0	74	7.8	39	14.4	16	4.7	79
NUT COM LN T1 Sunday Roast Vegetarian Child - Tart	FOR NUTRITION PURPOSES ONLY	5297	1266	63	69.4	99	23.0	115	16.8	19	3.9	65
NUT COM LN T1 Sunday Roast Vegetarian Child - Wellington	FOR NUTRITION PURPOSES ONLY	5281	1265	63	78.0	111	27.0	135	16.0	18	4.8	81

## Reference Intake Nutrition Recipe Report

21 March 2022

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

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kjoules	kcal	g	%	g	%	g	%	g	%	
COM LN Extra Cauliflower Cheese	Extra Cauli Cheese	1162	280	14	16.5	24	10.0	50	5.9	7	2.1	36
COM LN Extra Pigs in Blankets x 10	Extra Pigs in Blankets x10	2300	554	28	42.8	61	15.4	77	2.0	2	3.8	64
COM LN Extra Yorkshire Pudding	Extra Yorkshire Pudding	824	198	10	15.6	22	2.4	12	1.5	2	0.2	4
COM LN T2 Extra Roast Potatoes	Extra Roast Potatoes	935	223	11	6.2	9	0.7	3	1.3	1	0.0	1
COM LN T2 Extra Sunday Veg	Extra Sunday Veg	1007	238	12	4.5	6	2.0	10	22.6	25	0.7	11
COM LN T2 NGCI Sunday Roast Chicken	NGCI Roast Chicken	5497	1312	66	58.8	84	18.1	91	38.0	42	4.8	79
COM LN T2 NGCI Sunday Roast Chicken Child	NGCI Kids Roast Chicken	3022	722	36	32.0	46	10.1	51	25.8	29	2.8	47
COM LN T2 NGCI Sunday Roast Topside of Beef	NGCI Roast Beef	3898	930	47	39.5	56	14.2	71	29.8	33	3.8	63
COM LN T2 NGCI Sunday Roast Topside of Beef Child	NGCI Kids Roast Beef	2119	506	25	22.0	31	7.6	38	17.7	20	2.7	46
COM LN T2 Sunday Roast Chicken	Roast Chicken	6668	1593	80	76.9	110	21.1	105	40.0	44	5.7	95
COM LN T2 Sunday Roast Chicken Child	Kids Roast Chicken	4192	1002	50	50.0	71	13.0	65	27.7	31	3.7	62
COM LN T2 Sunday Roast Chicken Large	Roast Chicken Go Large	8901	2129	106	113.1	162	29.6	148	41.6	46	7.1	118
COM LN T2 Sunday Roast Topside of Beef	Roast Beef	5068	1211	61	57.6	82	17.1	85	31.7	35	4.7	79
COM LN T2 Sunday Roast Topside of Beef Child	Kids Roast Beef	3289	786	39	40.0	57	10.5	53	19.6	22	3.7	61
COM LN T2 Sunday Roast Topside of Beef Large	Roast Beef Go Large	6606	1581	79	84.6	121	24.1	121	33.2	37	5.2	87
COM LN T2 Sunday Roast Vegetarian	Vegetarian Roast	6079	1453	73	75.3	108	28.3	141	31.2	35	5.4	91
COM LN T2 Sunday Roast Vegetarian Child	Kids Vegetarian Roast	5013	1200	60	69.1	99	26.3	132	19.1	21	4.6	77
NUT COM LN T2 Sunday Roast Vegetarian - Sausages	FOR NUTRITION PURPOSES ONLY	4706	1124	56	49.3	70	9.0	45	29.5	33	5.3	89
NUT COM LN T2 Sunday Roast Vegetarian - Tart	FOR NUTRITION PURPOSES ONLY	6095	1454	73	66.8	95	24.2	121	32.0	36	4.5	75
NUT COM LN T2 Sunday Roast Vegetarian - Wellington	FOR NUTRITION PURPOSES ONLY	6079	1453	73	75.3	108	28.3	141	31.2	35	5.4	91
NUT COM LN T2 Sunday Roast Vegetarian Child - Sausages	FOR NUTRITION PURPOSES ONLY	3640	871	44	43.1	62	7.1	35	17.5	19	4.5	75
NUT COM LN T2 Sunday Roast Vegetarian Child - Tart	FOR NUTRITION PURPOSES ONLY	5029	1201	60	60.6	87	22.3	111	19.9	22	3.7	61
NUT COM LN T2 Sunday Roast Vegetarian Child - Wellington	FOR NUTRITION PURPOSES ONLY	5013	1200	60	69.1	99	26.3	132	19.1	21	4.6	77

## Reference Intake Nutrition Recipe Report

21 March 2022

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

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kJoules	kcal	g	%	g	%	g	%	g	%	
COM LN Extra Cauliflower Cheese	Extra Cauli Cheese	1162	280	14	16.5	24	10.0	50	5.9	7	2.1	36
COM LN Extra Pigs in Blankets x 3	Extra Pigs in Blankets x3	690	166	8	12.8	18	4.6	23	0.6	1	1.1	19
COM LN Extra Pigs in Blankets x 6	Extra Pigs in Blankets x 6	1380	332	17	25.7	37	9.2	46	1.2	1	2.3	38
COM LN Extra Roast Topside Beef 84g	Extra Roast Beef 84g	705	169	8	11.2	16	4.6	23	0.0	0	0.2	4
COM LN Extra Roast Turkey 85g	Extra Roast Turkey 85g	388	92	5	1.0	1	0.3	1	0.0	0	0.2	3
COM LN Extra Yorkshire Pudding	Extra Yorkshire Pudding	824	198	10	15.6	22	2.4	12	1.5	2	0.2	4
COM LN T3 Extra Roast Potatoes 180g	T3 Extra Roast Potatoes 180g	945	225	11	6.2	9	0.7	3	1.3	1	0.0	1
COM LN T3 Extra Sunday Veg	Extra Sunday Veg	776	184	9	2.0	3	0.3	2	18.8	21	0.4	7
COM LN T3 NGCI Sunday Half Roast Chicken	T3 NGCI Half Roast Chicken	5301	1266	63	57.7	82	16.6	83	31.8	35	4.5	75
COM LN T3 NGCI Sunday Roast Topside of Beef	T3 NGCI Roast Beef	3735	893	45	38.2	55	12.3	62	26.0	29	3.6	60
COM LN T3 NGCI Sunday Roast Topside of Beef Child	NGCI Kids Roast Beef	2152	515	26	23.3	33	7.4	37	14.9	17	2.7	45
COM LN T3 NGCI Sunday Roast Turkey	T3 NGCI Roast Turkey	3168	753	38	18.2	26	4.9	25	31.5	35	2.6	43
COM LN T3 NGCI Sunday Roast Turkey Child	NGCI Kids Roast Turkey	1951	464	23	12.1	17	3.6	18	20.6	23	1.8	29
COM LN T3 Sunday Half Roast Chicken	T3 Half Roast Chicken	6472	1547	77	75.8	108	19.5	97	33.7	37	5.4	90
COM LN T3 Sunday Roast Topside of Beef	T3 Roast Topside of Beef	4905	1173	59	56.3	80	15.2	76	27.9	31	4.5	75
COM LN T3 Sunday Roast Topside of Beef Child	Kids Roast Beef	3322	795	40	41.4	59	10.3	51	16.8	19	3.6	60
COM LN T3 Sunday Roast Turkey	T3 Roast Turkey	4338	1034	52	36.3	52	7.8	39	33.4	37	3.5	58
COM LN T3 Sunday Roast Turkey Child	Kids Roast Turkey	3114	743	37	30.2	43	6.5	33	22.4	25	2.7	45
COM LN T3 Sunday Roast Vegetarian	T3 Vegetarian Roast	5952	1423	71	74.2	106	26.7	133	29.5	33	5.1	86
COM LN T3 Sunday Roast Vegetarian Child	Kids Veggie Roast	4957	1187	59	68.7	98	25.5	128	18.4	20	4.4	74
NUT COM LN T3 KID Sunday Roast Vegetarian Cauliflower Cheese For Nutritional Purposes Only		4291	1026	51	54.0	77	15.2	76	18.7	21	3.6	61
NUT COM LN T3 KID Sunday Roast Vegetarian Mushroom, Cheddar For Nutritional Purposes Only		4807	1149	57	62.2	89	24.9	124	18.7	21	4.3	72
NUT COM LN T3 KID Sunday Roast Vegetarian Sausages For Nutritional Purposes Only		3434	821	41	36.2	52	5.6	28	17.1	19	4.2	70
NUT COM LN T3 Sunday Roast Vegetarian Cauliflower Cheese Tar For Nutritional Purposes Only		5287	1263	63	59.5	85	16.3	82	29.8	33	4.3	72
NUT COM LN T3 Sunday Roast Vegetarian Mushroom, Broccoli, Ch For Nutritional Purposes Only		5802	1386	69	67.8	97	26.0	130	29.8	33	5.0	84
NUT COM LN T3 Sunday Roast Vegetarian Sausages For Nutritional Purposes Only		4429	1058	53	41.8	60	6.7	34	28.1	31	4.9	82

## Reference Intake Nutrition Recipe Report

21 March 2022

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

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kJoules	kcal	g	%	g	%	g	%	g	%	
COM LN Apple Crumble	Apple Crumble	2203	525	26	19.3	28	6.9	35	43.6	48	0.2	3
COM LN Beef Dripping & Merlot Sauce	Extra Beef Dripping Sauce	181	42	2	2.2	3	1.0	5	1.8	2	0.6	11
COM LN Beef Lasagne	Beef Lasagne	3311	794	40	42.6	61	16.3	81	14.5	16	2.9	48
COM LN Beef Lasagne Chips	Beef Lasagne Chips	4340	1040	52	54.0	77	17.7	89	13.6	15	3.3	56
COM LN Beef Lasagne Salad	Beef Lasagne Salad	2460	590	30	31.7	45	12.9	65	13.7	15	2.4	39
COM LN Beef Madras	Beef Madras	5189	1238	62	46.8	67	10.5	53	30.4	34	5.6	93
COM LN Beer Battered Onion Rings x8	Extra Onion Rings x8	1718	412	21	24.9	36	4.5	23	4.0	4	1.9	32
COM LN Best Ever Carrot Cake	Best Ever Carrot Cake	4974	1193	60	78.0	111	29.4	147	78.6	87	0.8	13
COM LN Brie Dippers Grazer	Brie Dippers Grazer	2490	597	30	39.6	57	16.1	81	14.0	16	2.7	46
COM LN Brie Dippers Sharer	Brie Dippers Sharer	4979	1195	60	79.3	113	32.2	161	28.1	31	5.5	92
COM LN Brie Dippers Starter	Brie Dippers	2526	606	30	39.7	57	16.2	81	15.1	17	2.8	46
COM LN Burger BBQ Chicken	BBQ Chicken Burger	5466	1305	65	64.1	92	17.7	88	29.8	33	4.6	77
COM LN Burger Classic Beef	Classic Beef Burger	5022	1201	60	61.0	87	17.8	89	13.7	15	3.9	65
COM LN Burger Classic Chicken	Classic Chicken Burger	4856	1160	58	57.4	82	14.3	72	14.5	16	3.3	55
COM LN Burger Cowboy	Burger Cowboy	5665	1356	68	71.2	102	22.5	112	15.3	17	6.2	103
COM LN Burger Skinny BBQ Chicken	Skinny BBQ Chicken	2697	645	32	37.9	54	12.1	61	22.0	24	3.2	53
COM LN Burger Skinny Classic Beef	Skinny Classic Beef	2253	541	27	34.9	50	12.3	61	5.9	7	2.4	40
COM LN Burger Skinny Classic Chicken	Skinny Classic Chicken	2088	500	25	31.3	45	8.8	44	6.7	7	1.8	30
COM LN Burger Skinny Cowboy	Skinny Cowboy	2897	696	35	45.0	64	17.0	85	7.5	8	4.7	78
COM LN Burger Skinny Ultimate Beef	Skinny Ulti Beef Burger	4139	994	50	64.4	92	27.1	135	8.9	10	6.0	101
COM LN Burger Skinny Ultimate SF Chicken	Skinny Ultimate SF Chicken	4088	979	49	56.8	81	19.8	99	23.0	26	6.0	100
COM LN Burger Skinny Veggie	Skinny Veggie Burger	1275	305	15	17.4	25	8.1	41	15.3	17	1.3	22
COM LN Burger Ultimate Beef	Ultimate Beef Burger	6907	1654	83	90.6	129	32.6	163	16.7	19	7.5	126
COM LN Burger Ultimate SF Chicken	Ultimate SF Chicken	6857	1639	82	83.0	119	25.3	127	30.9	34	7.5	125
COM LN Burger Veggie	Burger Veggie	4044	965	48	43.5	62	13.6	68	23.1	26	2.8	47
COM LN Cheddar, Leek and Potato Pie	Cheddar, Leek & Potato Pie	5972	1431	72	77.0	110	32.6	163	9.2	10	4.4	73
COM LN Cheese and Bacon Crispy Potato Skins	Cheese & Bacon Pot Skins	1843	444	22	28.0	40	13.3	67	4.7	5	2.5	42
COM LN Chicken Korma Curry	Chicken Korma	4938	1176	59	38.9	56	13.2	66	32.5	36	5.1	85
COM LN Chicken Tikka Masala	Chicken Tikka Masala	4654	1104	55	36.0	51	7.9	40	24.8	28	4.5	76
COM LN Chicken Wings Grazer	Chicken Wings	2601	620	31	29.9	43	10.7	53	28.2	31	5.9	98
COM LN Chicken Wings Sharer	Chicken Wings Share	5202	1241	62	59.8	85	21.4	107	56.5	63	11.8	196

COM LN Chocolate Crownie	Chocolate Crownie	2855	683	34	32.6	47	16.8	84	62.0	69	0.2	3
COM LN Chocolate Eclair Cake	Chocolate Eclair Cake	4992	1199	60	78.5	112	51.6	258	80.1	89	1.1	18
COM LN Chocolate Fudge Cake	Chocolate Fudge Cake	2873	685	34	29.8	43	6.4	32	78.0	87	0.4	7
COM LN Chocolate Orange Sponge	Chocolate Orange Sponge	2708	646	32	31.9	46	9.5	48	47.2	52	0.8	14
COM LN Crispy Buttermilk Chicken Grazer	Buttermilk Chicken Grazer	2988	716	36	41.0	59	14.6	73	15.3	17	2.9	48
COM LN Crispy Buttermilk Chicken Sharer	Buttermilk Chicken Sharer	5976	1431	72	82.0	117	29.2	146	30.5	34	5.8	97
COM LN Crispy Buttermilk Chicken Starter	Crispy Buttermilk Chicken	3025	724	36	41.1	59	14.6	73	16.3	18	2.9	48
COM LN Crispy Jumbo Prawns Grazer	Crispy Jumbo Prawns Grazer	1330	317	16	8.8	13	2.7	14	11.5	13	2.0	34
COM LN Crispy Jumbo Prawns Sharer	Jumbo Prawns Share	2659	634	32	17.7	25	5.4	27	23.0	26	4.0	67
COM LN Curry Cauliflower and Red Pepper	Cauliflower & Pepper Curry	4624	1101	55	36.0	51	5.1	26	34.0	38	5.2	87
COM LN Dirty Fries Grazer	Dirty Fries Grazer	3084	740	37	41.6	59	16.2	81	3.5	4	3.6	61
COM LN Dirty Fries Sharer	Dirty Fries Sharer	6168	1480	74	83.1	119	32.3	162	6.9	8	7.3	121
COM LN Extra 8oz Rump Steak	Extra 8oz Rump Steak	1989	478	24	32.1	46	10.9	54	0.0	0	1.3	22
COM LN Extra 8oz Sirloin Steak	Extra 8oz Sirloin Steak	2241	539	27	38.0	54	13.8	69	0.0	0	1.3	22
COM LN Extra Aerosol Cream 28g	Extra Aerosol Cream 28g	377	90	4	8.8	13	6.1	31	2.2	2	0.0	0
COM LN Extra Bacon x1	Extra Bacon x1	299	72	4	3.5	5	1.3	7	0.0	0	1.8	30
COM LN Extra Baguette and Butter	Extra Baguette & Butter	1721	409	20	12.7	18	7.7	38	3.8	4	1.3	21
COM LN Extra Baked Beans 150g	Extra Baked Beans 150g	469	112	6	0.5	1	0.2	1	5.4	6	0.7	12
COM LN Extra BBQ Sauce 56g	ExtraBBQ Sauce 56g	530	125	6	0.1	0	0.0	0	27.3	30	1.7	28
COM LN Extra Beef Burger x1	Extra Beef Burger	870	209	10	12.4	18	5.7	29	0.5	1	0.9	15
COM LN Extra Beer Battered Onion Rings x3	Extra Onion Rings x3	644	154	8	9.3	13	1.7	8	1.5	2	0.7	12
COM LN Extra Bourbon BBQ Sauce 75g	Extra Bourbon BBQ Sauce 75g	721	170	9	0.0	0	0.0	0	21.8	24	0.6	10
COM LN Extra Bread and Butter Brown x2	Extra Brown Bread & butter x2	1323	316	16	14.7	21	8.0	40	1.0	1	1.0	16
COM LN Extra Bread and butter White x2	Extra White Bread & butter x2	1303	311	16	13.5	19	8.0	40	0.9	1	1.1	18
COM LN Extra Carrots 85g	Extra Carrots 85g	154	37	2	0.3	0	0.1	0	6.3	7	0.1	2
COM LN Extra Cauliflower Cheese	Extra Cauli Cheese	1162	280	14	16.5	24	10.0	50	5.9	7	2.1	36
COM LN Extra Cheddar Cheese 28g	Extra Cheddar Cheese	477	116	6	9.4	13	6.0	30	0.0	0	0.5	8
COM LN Extra Cheesy Burger Slice x1	Extra Cheesy Burger Slice	172	41	2	3.3	5	1.7	8	0.8	1	0.2	4
COM LN Extra Cheesy Chips 284g	Extra Cheesy Chips 284g	2401	576	29	31.8	45	10.8	54	0.9	1	1.5	25
COM LN Extra Cheesy Garlic Bread	Extra Cheesy Garlic Bread	1818	437	22	26.0	37	11.0	55	2.6	3	1.3	21
COM LN Extra Cheesy Mashed Potato 284g	Extra Cheesy Mash 284g	2168	523	26	28.9	41	18.4	92	2.9	3	1.8	31
COM LN Extra Chicken Burger x1	Extra Chicken Burger	1575	376	19	21.1	30	8.0	40	1.8	2	1.2	20
COM LN Extra Chips 150g	Extra Chips 150g	1038	248	12	12.4	18	2.7	14	0.4	0	0.5	9
COM LN Extra Chips 284g	Extra Chips 284g	1923	460	23	22.4	32	4.8	24	0.9	1	1.0	17
COM LN Extra Chocolate Flake	Extra Flake	186	45	2	2.5	4	1.6	8	4.6	5	0.0	0
COM LN Extra Chocolate Sauce 28g	Extra Chocolate Sauce 28g	313	75	4	0.8	1	0.5	2	9.9	11	0.0	0

COM LN Extra Cranberry Sauce 56g	Extra Cranberry Sauce 56g	443	106	5	0.0	0	0.0	0	26.4	29	0.0	0
COM LN Extra Cream 56ml	Extra Cream 56ml	993	241	12	26.2	37	16.3	82	1.4	2	0.1	1
COM LN Extra Cumberland Sausage	Extra Sausage	822	198	10	15.7	22	6.6	33	0.5	1	1.0	17
COM LN Extra Custard	Extra Custard	443	105	5	3.0	4	1.7	9	12.1	13	0.1	2
COM LN Extra Fried Egg	Extra Fried Egg	591	143	7	13.6	19	2.4	12	0.0	0	0.2	3
COM LN Extra Fried Onions 56g	Extra Fried Onions	267	64	3	4.7	7	0.5	3	3.1	3	0.0	0
COM LN Extra Fries 234g	Extra Fries 234g	1936	463	23	21.5	31	4.5	23	2.6	3	0.9	15
COM LN Extra Garlic Bread	Extra Garlic Bread	1341	321	16	16.5	24	5.1	25	2.6	3	0.8	13
COM LN Extra Garlic Mayonnaise 56g	Extra Garlic Mayonnaise 56g	1664	404	20	44.1	63	3.5	17	0.8	1	0.5	8
COM LN Extra Gravy 100ml	Extra Gravy	204	48	2	1.9	3	1.3	6	0.3	0	1.0	17
COM LN Extra Grilled Tomato	Extra Grilled Tomato	72	17	1	0.8	1	0.1	1	1.8	2	0.0	0
COM LN Extra Guacamole 28g	Extra Guacamole	153	37	2	3.2	5	0.7	4	0.3	0	0.2	4
COM LN Extra Ice Cream Scoop Chocolate	Extra Chocolate Scoop	422	100	5	4.7	7	2.9	14	11.9	13	0.1	2
COM LN Extra Ice Cream Scoop Strawberry	Extra Strawberry Scoop	391	93	5	4.4	6	2.7	14	11.3	13	0.1	2
COM LN Extra Ice Cream Scoop Vanilla	Extra Vanilla Scoop	353	84	4	4.0	6	2.0	10	8.9	10	0.1	1
COM LN Extra Jalapenos 20g	Extra Jalapenos 20g	44	4	0	0.0	0	0.0	0	0.2	0	0.3	5
COM LN Extra Linseed Bun	Extra Linseed Bun	871	206	10	4.7	7	1.1	5	5.9	7	0.6	10
COM LN Extra Mango Chutney 28g	Extra Mango Chutney	286	67	3	0.0	0	0.0	0	12.5	14	0.8	14
COM LN Extra Mashed Potato 284g	Extra Mash 284g	1178	282	14	9.7	14	6.3	31	2.8	3	0.8	14
COM LN Extra Mayonnaise 56g	Extra Mayonnaise 56g	612	148	7	14.5	21	1.1	5	1.4	2	1.0	16
COM LN Extra Mint Sauce	Extra Mint Sauce	294	67	3	0.2	0	0.0	0	12.9	14	1.4	23
COM LN Extra Mushroom Grilled	Extra Grilled Mushroom	381	92	5	9.5	14	1.2	6	0.1	0	0.0	0
COM LN Extra Mushroom Sauteed	Extra Sauteed Mushroom	300	71	4	7.3	10	1.8	9	0.2	0	0.1	2
COM LN Extra Mushy Peas	Extra Mushy Peas	537	127	6	0.8	1	0.2	1	3.0	3	0.7	11
COM LN Extra Naan Bread	Extra Naan Bread	1604	381	19	8.2	12	0.7	3	3.3	4	1.0	17
COM LN Extra Peas 85g	Extra Peas 85g	245	58	3	0.3	0	0.1	0	2.6	3	0.4	7
COM LN Extra Peppercorn Sauce	Extra Peppercorn Sauce	211	51	3	3.0	4	1.8	9	0.5	1	1.0	16
COM LN Extra Pigs in Blankets x 10	Extra Pigs in Blankets x10	2300	554	28	42.8	61	15.4	77	2.0	2	3.8	64
COM LN Extra Pigs in Blankets x 3	Extra Pigs in Blankets x3	690	166	8	12.8	18	4.6	23	0.6	1	1.1	19
COM LN Extra Pigs in Blankets x 6	Extra Pigs in Blankets x 6	1380	332	17	25.7	37	9.2	46	1.2	1	2.3	38
COM LN Extra Pilau Rice x1	Extra Pliau Rice	850	200	10	1.3	2	0.2	1	0.0	0	0.7	12
COM LN Extra Pineapple	Extra Pineapple	187	44	2	0.0	0	0.0	0	10.5	12	0.0	0
COM LN Extra Poppadum x1	Extra Poppadum x1	498	120	6	9.3	13	2.9	14	0.1	0	0.5	8
COM LN Extra Poppadums x3 and Mango Chutney 56g	Extra Poppadums & Dips	2065	494	25	28.0	40	8.7	43	25.2	28	3.1	51
COM LN Extra Pulled Pork and Beef Chilli Sharer x2	Extra Pulled Pork Beef Chilli Sharer	2365	566	28	29.1	42	12.2	61	34.2	38	2.8	46
COM LN Extra Pulled Pork and Beef Chilli x1	Extra Pulled Pork and Beef Chilli	1182	283	14	14.6	21	6.1	30	17.1	19	1.4	23

COM LN Extra Roast Topside Beef 84g	Extra Roast Beef 84g	705	169	8	11.2	16	4.6	23	0.0	0	0.2	4
COM LN Extra Roast Turkey 85g	Extra Roast Turkey 85g	388	92	5	1.0	1	0.3	1	0.0	0	0.2	3
COM LN Extra Salsa	Extra Salsa	97	23	1	0.0	0	0.0	0	3.4	4	0.7	12
COM LN Extra Sauce Classic Burger 56g	Extra Burger Sauce 56g	866	209	10	19.8	28	1.5	7	5.7	6	1.2	20
COM LN Extra Sauce Marie Rose 56g	Extra Marie Rose Sauce 56g	1096	265	13	25.3	36	1.8	9	4.4	5	1.0	16
COM LN Extra Side Salad Bowl	Extra Salad Bowl	76	18	1	0.2	0	0.1	0	1.9	2	0.0	0
COM LN Extra Sour Cream 28g	Extra Sour Cream	237	57	3	5.2	7	3.2	16	1.5	2	0.1	1
COM LN Extra Sour Cream 56g	Extra Sour Cream	475	115	6	10.4	15	6.4	32	2.9	3	0.1	2
COM LN Extra Stuffing Ball	Extra Stuffing	346	82	4	2.5	4	0.5	2	0.4	0	0.7	12
COM LN Extra Sweet Chilli Sauce 28g	Extra Sweet Chilli Sauce 28g	227	54	3	0.0	0	0.0	0	11.2	12	0.6	10
COM LN Extra Sweet Potato Fries 284g	Extra Sweet Potato Fries 284g	2361	574	29	31.4	45	6.3	31	20.2	22	1.1	19
COM LN Extra Tartare Sauce	Extra Tartare Sauce	763	185	9	17.8	25	1.3	7	3.8	4	0.9	14
COM LN Extra Toast and Butter	Extra Toast & butter	1323	316	16	14.7	21	8.0	40	1.0	1	1.0	16
COM LN Extra Veg Chilli Sharer x2	Extra Veg Chilli Sharer	1452	348	17	18.0	26	1.5	8	8.4	9	1.8	30
COM LN Extra Veg Chilli x1	Extra Veg Chilli	726	174	9	9.0	13	0.8	4	4.2	5	0.9	15
COM LN Extra Veggie Burger x1	Extra Veggie Burger	993	238	12	17.1	24	8.0	40	2.8	3	1.3	21
COM LN Extra Veggie Sausage	Extra Veggie Sausage	436	105	5	6.0	9	0.6	3	1.1	1	0.7	12
COM LN Extra Yorkshire Pudding	Extra Yorkshire Pudding	824	198	10	15.6	22	2.4	12	1.5	2	0.2	4
COM LN Gammon Steak 8oz	8oz Gammon Steak	5158	1236	62	77.9	111	19.0	95	15.8	18	8.1	135
COM LN Golden Breaded Mushrooms	Breaded Mushrooms	2431	581	29	43.7	62	5.9	30	3.5	4	1.7	29
COM LN Golden Breaded Mushrooms Grazer	Breaded Mushrooms Grazer	2395	573	29	43.6	62	5.9	30	2.4	3	1.7	29
COM LN Hand Battered Cod and Chips	Cod & Chips	7135	1709	85	103.0	147	31.2	156	5.6	6	4.5	76
COM LN Hunters Chicken Chips	Hunters Chicken Chips	4576	1093	55	46.5	66	14.3	71	31.6	35	6.4	107
COM LN Hunters Chicken Salad	Hunters Chicken Salad	2267	540	27	18.1	26	8.4	42	30.7	34	4.9	82
COM LN Jam Sponge Pudding	Jam Sponge Pudding	2215	527	26	22.0	31	3.4	17	49.8	55	0.6	10
COM LN KID Burger Beef	Kids Beef Burger	1460	348	17	13.6	19	5.9	30	3.6	4	1.4	23
COM LN KID Chicken Dippers	Kids Chicken Dippers	1338	322	16	24.2	35	5.8	29	0.4	0	0.7	12
COM LN KID Chocolate Brownie	Kids Chocolate Brownie	1467	353	18	18.9	27	4.4	22	27.2	30	0.4	7
COM LN KID Extra Baked Beans	Kids Extra Baked Beans	351	84	4	0.3	0	0.1	1	4.0	4	0.6	9
COM LN KID Extra Carrots 85g	Kids Extra Carrots 85g	134	32	2	0.4	1	0.1	0	4.8	5	0.2	3
COM LN KID Extra Chicken Breast Small	Kids Extra Chicken Breast	546	130	7	5.0	7	1.1	6	1.0	1	0.4	7
COM LN KID Extra Chicken Dippers x2	Kids Extra Chkn Dippers x2	669	161	8	12.1	17	2.9	14	0.2	0	0.4	6
COM LN KID Extra Chips 150g	Kids Extra Chips 150g	1038	248	12	12.4	18	2.7	14	0.4	0	0.5	9
COM LN KID Extra Fish Fingers x2	Kids Extra Fish Fingers x2	717	172	9	10.8	15	2.2	11	0.6	1	0.5	8
COM LN KID Extra Mashed Potato	Kids Extra Mash	742	178	9	8.0	11	5.1	26	1.5	2	0.5	8
COM LN KID Extra Mini Potato Waffles	Kids Extra Mini Waffles	676	162	8	7.8	11	0.5	3	0.6	1	0.7	11



COM LN KID Extra Peas 85g	Kids Extra Peas 85g	245	58	3	0.3	0	0.1	0	2.6	3	0.4	7
COM LN KID Extra Pork Sausage x1	Kids Extra Pork Sausage	822	198	10	15.7	22	6.6	33	0.5	1	1.0	17
COM LN KID Extra Salad Sticks x1 Serving	Kids Extra Salad Sticks	86	20	1	0.3	0	0.0	0	2.9	3	0.0	1
COM LN KID Extra Veggie Sausage x1	Kids Extra Veggie Sausage	436	105	5	6.0	9	0.6	3	1.1	1	0.7	12
COM LN KID Fish Fingers	Kids Fish Fingers	1075	258	13	16.1	23	3.2	16	0.9	1	0.7	12
COM LN KID Garlic Bread Starter	Kids Garlic Bread	712	169	8	5.6	8	1.7	8	14.5	16	1.1	18
COM LN KID Ice Cream Sundae	Kids Ice Cream Sundae	946	225	11	8.4	12	4.2	21	24.7	27	0.2	3
COM LN KID Jelly and Ice Cream	Kids Jelly & Ice Cream	369	89	4	4.0	6	2.0	10	8.9	10	0.2	3
COM LN KID Pork Sausages	Kids Pork Sausages	4145	999	50	79.3	113	33.2	166	2.7	3	5.2	86
COM LN KID Salad Sticks Starter	Kids Salad Sticks	326	77	4	0.3	0	0.0	0	15.5	17	0.8	14
COM LN KID Veggie Sausages	Kids Veggie Sausages	873	210	11	12.0	17	1.1	6	2.2	2	1.5	25
COM LN KID VGN Ice Cream Sundae	VGN Kids Ice Cream Sundae	861	206	10	8.3	12	7.1	36	18.2	20	0.0	0
COM LN LC Gammon 4oz	LC 4oz Gammon	3016	724	36	47.5	68	11.1	55	4.9	5	4.4	73
COM LN LC Hand Battered Cod and Chips	LB Cod & Chips	3329	798	40	46.5	66	11.1	56	6.2	7	2.4	40
COM LN LC Hunters Chicken	LC Hunters Chicken	2662	637	32	30.5	44	11.2	56	16.2	18	4.1	68
COM LN LC Scampi and Chips	LC Scampi & Chips	2564	615	31	33.8	48	7.4	37	7.1	8	2.2	37
COM LN LC VGN Vegetable and Lentil Chilli	LC Veg & Lentil Chilli	1973	469	23	14.3	20	1.2	6	4.4	5	1.9	32
COM LN Lemon Muffin Cheesecake	Lemon Muffin Cheesecake	2442	586	29	35.8	51	11.6	58	36.4	40	0.7	11
COM LN MEGA Mixed Grill	MEGA Mixed Grill	13013	3123	156	218.0	311	63.7	319	7.8	9	13.9	231
COM LN Mexican Nachos	Mexican Nachos	3397	810	41	50.3	72	21.4	107	5.2	6	3.7	61
COM LN Mexican Nachos Sharer	Mexican Nachos Sharer	6794	1621	81	100.6	144	42.9	214	10.4	12	7.3	122
COM LN Mixed Grill	Mixed Grill	8062	1934	97	130.0	186	35.8	179	7.4	8	7.8	129
COM LN NGCI Beef Madras	NGCI Beef Madras	3585	857	43	38.6	55	9.9	49	27.2	30	4.5	76
COM LN NGCI Best Ever Carrot Cake	NGCI Best Ever Carrot Cake	4974	1193	60	78.0	111	29.4	147	78.6	87	0.8	13
COM LN NGCI Burger Classic Beef	NGCI Classic Beef Burger	3717	890	45	46.4	66	16.1	80	5.0	6	2.7	44
COM LN NGCI Burger Cowboy	NGCI Burger Cowboy	4361	1045	52	56.6	81	20.7	104	6.6	7	4.9	82
COM LN NGCI Burger Skinny Classic Beef	NGCI Skinny Classic Beef	1820	436	22	25.0	36	11.6	58	3.0	3	1.8	30
COM LN NGCI Burger Skinny Cowboy	NGCI Burger Skinny Cowboy	2463	591	30	35.1	50	16.2	81	4.6	5	4.1	68
COM LN NGCI Burger Skinny Ultimate Beef	NGCI Skinny Ulti Beef Burg	3706	889	44	54.5	78	26.3	132	6.0	7	5.5	91
COM LN NGCI Burger Ultimate Beef	NGCI Ultimate Beef Burger	5603	1343	67	76.0	109	30.8	154	8.0	9	6.3	105
COM LN NGCI Cheese and Bacon Crispy Potato Skins	NGCI Chs & Bcn pot skins	1843	444	22	28.0	40	13.3	67	4.7	5	2.5	42
COM LN NGCI Chicken Korma Curry	NGCI Chicken Korma	3334	796	40	30.7	44	12.6	63	29.2	32	4.0	67
COM LN NGCI Chicken Tikka Masala	NGCI Chicken Tikka Masala	3050	724	36	27.8	40	7.3	36	21.6	24	3.5	58
COM LN NGCI Chocolate Fudge Cake	NGCI Chocolate Fudge Cake	2873	685	34	29.8	43	6.4	32	78.0	87	0.4	7
COM LN NGCI Curry Cauliflower and Red Pepper	NGCI Cauli Red Pepp Curry	3020	720	36	27.8	40	4.5	22	30.8	34	4.2	70
COM LN NGCI Extra Bread and butter x2	NGCI Extra Bread & butterx2	1145	275	14	15.3	22	7.5	38	2.5	3	0.8	14

COM LN NGCI Gammon Steak 8oz	NGCI 8oz Gammon Steak	5158	1236	62	77.9	111	19.0	95	15.8	18	8.1	135
COM LN NGCI Hunters Chicken Chips	NGCI Hunters Chicken Chips	4147	990	49	40.3	58	13.2	66	30.6	34	5.9	99
COM LN NGCI Hunters Chicken Salad	NGCI Hunters Chicken Salad	2267	540	27	18.1	26	8.4	42	30.7	34	4.9	82
COM LN NGCI LC Gammon 4oz	NGCI LC 4oz Gammon	3016	724	36	47.5	68	11.1	55	4.9	5	4.4	73
COM LN NGCI LC Hunters Chicken	NGCI LC Hunters Chicken	2662	637	32	30.5	44	11.2	56	16.2	18	4.1	68
COM LN NGCI LC VGN Vegetable and Lentil Chilli	NGCI LC Veg Lentil Chilli	1973	469	23	14.3	20	1.2	6	4.4	5	1.9	32
COM LN NGCI Mexican Nachos	NGCI Nachos	3397	810	41	50.3	72	21.4	107	5.2	6	3.7	61
COM LN NGCI Mexican Nachos Sharer	NGCI Nachos Sharer	6794	1621	81	100.6	144	42.9	214	10.4	12	7.3	122
COM LN NGCI Praline Chocolate Tart	NGCI Praline Choc Tart	2315	555	28	32.9	47	16.6	83	26.1	29	0.2	4
COM LN NGCI Prawn Cocktail	Prawn Cocktail	2081	501	25	39.0	56	9.3	47	7.0	8	2.7	46
COM LN NGCI Rocky Road Sundae	NGCI Rocky Road Sundae	1938	462	23	20.6	29	12.7	64	52.0	58	0.3	5
COM LN NGCI Salad Chicken and Bacon	NGCI Chkn & Bac Salad	1931	461	23	19.8	28	5.1	25	6.5	7	4.5	76
COM LN NGCI Sandwich Cheese and Chutney	NGCI Cheese & Chut Swich	3230	777	39	41.6	59	16.2	81	13.8	15	2.3	39
COM LN NGCI Sandwich Chicken and Bacon Club	NGCI Chicken & Bacon Club	3453	825	41	34.9	50	6.2	31	7.7	9	4.2	70
COM LN NGCI Sandwich Rump Steak Melt	NGCI Rump Steak Melt	3906	938	47	51.2	73	20.3	102	13.4	15	2.8	46
COM LN NGCI Sandwich Tuna Mayo Melt	NGCI Tuna Mayo Melt	2981	714	36	34.2	49	9.7	49	3.9	4	2.7	45
COM LN NGCI Soup of the Day	NGCI Soup of the Day	1257	302	15	20.8	30	7.8	39	10.3	11	1.5	25
COM LN NGCI Steak Rump 8oz	NGCI 8oz Rump Steak	4610	1105	55	65.0	93	17.1	85	5.4	6	2.7	45
COM LN NGCI Steak Rump Skinny	NGCI Skinny Rump Steak	2069	497	25	32.4	46	10.9	55	2.0	2	1.3	22
COM LN NGCI Steak Sirloin 8oz	NGCI 8oz Sirloin Steak	4862	1167	58	70.9	101	20.0	100	5.4	6	2.8	46
COM LN NGCI Steak Sirloin Skinny	NGCI Skinny Sirloin Steak	2321	558	28	38.3	55	13.9	69	2.0	2	1.4	23
COM LN NGCI Sticky Toffee Pudding	NGCI Sticky Toffee Pudding	2333	555	28	22.5	32	13.5	68	62.7	70	0.8	13
COM LN NGCI VGN Curry Cauliflower and Red Pepper	NGCI VGN Cauli & Pep Curry	2522	600	30	18.5	26	1.6	8	30.7	34	3.7	62
COM LN NGCI VGN Mexican Nachos	NGCI VGN Mexican Nachos	2035	479	24	22.4	32	2.7	13	4.9	5	2.7	46
COM LN NGCI VGN Mexican Nachos Sharer	NGCI VGN Nachos Sharer	4684	1105	55	57.5	82	8.2	41	11.0	12	6.4	107
COM LN NGCI VGN Praline Chocolate Tart	NGCI VGN Praline Choc Tart	2315	555	28	32.9	47	18.1	90	23.8	26	0.1	2
COM LN NGCI VGN Vegetable and Lentil Chilli	Vegetable & Lentil Chilli	2778	662	33	24.1	34	2.1	10	8.6	10	2.9	48
COM LN Pasta Alfredo	Alfredo Pasta	3178	759	38	41.7	60	16.6	83	10.3	11	2.0	34
COM LN Pasta Alfredo Chicken	Chicken Pasta Alfredo	4058	968	48	46.5	66	17.6	88	11.7	13	3.0	50
COM LN Pasta Alfredo Chicken Salad	Chick Pasta Alfredo Salad	3207	765	38	35.6	51	14.3	72	10.9	12	2.5	41
COM LN Pasta Alfredo Salad	Pasta Alfredo Salad	2327	556	28	30.8	44	13.3	66	9.5	11	1.5	25
COM LN Plain and Simple Ice Cream	Plain & Simple Ice Cream	1058	252	13	11.9	17	5.9	30	26.6	30	0.2	4
COM LN Praline Chocolate Tart	Praline Choc Tart	2315	555	28	32.9	47	16.6	83	26.1	29	0.2	4
COM LN Prawn Cocktail	Prawn Cocktail	2170	521	26	38.7	55	9.6	48	6.2	7	2.8	47
COM LN Rocky Road Sundae	Rocky Road Sundae	2659	635	32	30.3	43	15.3	77	65.2	72	0.5	8
COM LN Salad Chicken and Bacon	Chicken & Bacon Salad	1931	461	23	19.8	28	5.1	25	6.5	7	4.5	76

COM LN Sandwich Cheese and Chutney	Cheese & Chutney Sandwich	3310	794	40	40.4	58	16.6	83	11.9	13	2.4	40
COM LN Sandwich Chicken and Bacon Club	Chicken & Bacon Club	3574	851	43	33.2	47	6.9	34	4.9	5	4.3	72
COM LN Sandwich Crispy Chicken BBQ Melt Baguette	BBQ Chicken Melt Baguette	4626	1104	55	47.0	67	17.7	88	18.3	20	5.6	93
COM LN Sandwich Fish Finger	Fish Finger Sandwich	3975	952	48	52.0	74	9.7	48	4.6	5	2.8	47
COM LN Sandwich Rump Steak Melt Baguette	Rump Steak Melt Baguette	4374	1047	52	48.5	69	20.4	102	14.3	16	3.1	52
COM LN Sandwich Tuna Mayo Melt Baguette	Tuna Mayo Melt Baguette	3351	800	40	31.0	44	9.8	49	4.6	5	3.0	50
COM LN Sausage and Mash	Sausage & Mash	4457	1071	54	64.9	93	28.7	143	10.0	11	5.9	98
COM LN SB Apricot Pork Belly	Apricot Pork Belly	5725	1375	69	81.3	116	36.1	181	37.3	41	4.2	70
COM LN SB Burger Mushroom Bacon and Rarebit	Mushroom Rarebit Burger	6788	1625	81	85.6	122	28.0	140	18.4	20	7.3	122
COM LN SB Chocolate and Salted Caramel Tart	Salted Caramel Tart	2315	554	28	29.4	42	17.3	86	45.9	51	0.3	5
COM LN SB Cod Mornay	Cod Mornay	2847	683	34	30.2	43	18.0	90	5.1	6	1.8	30
COM LN SB Garlic Mushrooms	Garlic Mushrooms	2028	477	24	26.9	38	9.3	47	5.3	6	2.0	34
COM LN SB Half Roast Chicken	SB Half Roast Chicken	5688	1360	68	73.1	104	18.7	94	17.4	19	4.8	80
COM LN SB Halloumi Fries	Halloumi Fries	2253	542	27	31.8	45	20.1	100	13.9	15	3.9	65
COM LN SB Jumbo Shrimp	Jumbo Shrimp	2033	486	24	20.7	30	4.7	23	3.5	4	2.6	43
COM LN SB Mushroom Bourguignon Pie	Mush Bourg Pie	4380	1045	52	49.8	71	23.4	117	10.6	12	4.7	78
COM LN SB Red Velvet Cheesecake	Red Velvet Cheesecake	4416	1061	53	74.4	106	38.5	192	53.1	59	1.0	16
COM LN SB Red Wine & Mint Lamb Shank	Red Wine & Mint Lamb Shank	5819	1398	70	87.6	125	43.1	216	14.6	16	3.1	51
COM LN SB Trio of Lamb Chops	Trio of Lamb Chops	5934	1423	71	92.9	133	38.3	191	10.2	11	3.6	60
COM LN SB VGN Chocolate and Salted Caramel Tart	VGN Salted Caramel Tart	2315	554	28	29.4	42	18.8	94	43.7	49	0.2	4
COM LN SB VGN Mushroom Bourguignon Pie	VGN Mush Bourg Pie	5115	1220	61	62.3	89	21.8	109	8.6	10	4.8	81
COM LN Soup of the Day	Soup of the Day	1358	326	16	20.5	29	8.1	40	9.5	11	1.6	26
COM LN Steak and Ale Pie	Steak & Ale Pie	5578	1334	67	67.6	97	18.7	93	10.6	12	4.1	69
COM LN Steak Rump 8oz	8oz Rump Steak	5040	1208	60	71.2	102	18.2	91	6.4	7	3.2	53
COM LN Steak Rump Skinny	Skinny Rump Steak	2069	497	25	32.4	46	10.9	55	2.0	2	1.3	22
COM LN Steak Sirloin 8oz	8oz Sirloin Steak	5292	1270	63	77.1	110	21.1	106	6.4	7	3.2	54
COM LN Steak Sirloin Skinny	Skinny Sirloin Steak	2321	558	28	38.3	55	13.9	69	2.0	2	1.4	23
COM LN Sticky Toffee Pudding	Sticky Toffee Pudding	2333	555	28	22.5	32	13.5	68	62.7	70	0.8	13
COM LN Surf and Turf	Surf and Turf	6174	1481	74	90.3	129	22.1	110	10.2	11	4.3	72
COM LN T1 Extra Roast Potatoes	Extra Roast Potatoes	1397	335	17	21.5	31	2.5	12	0.7	1	0.7	11
COM LN T1 Extra Sunday Veg	Extra Sunday Veg	772	183	9	2.5	4	1.1	5	16.9	19	0.4	6
COM LN T1 NGCI Sunday Roast Beef	NGCI Roast Beef	3978	947	47	40.1	57	9.9	49	-	-	4.6	76
COM LN T1 NGCI Sunday Roast Beef Child	NGCI Kids Roast Beef	2507	597	30	26.0	37	6.4	32	-	-	3.4	56
COM LN T1 NGCI Sunday Roast Turkey	NGCI Roast Turkey	3775	900	45	36.0	51	8.7	43	31.9	35	3.9	64
COM LN T1 NGCI Sunday Roast Turkey Child	NGCI Kids Roast Turkey	2441	582	29	23.6	34	5.9	30	22.9	25	2.6	43
COM LN T1 Sunday Roast Beef	Roast Beef	5148	1228	61	58.1	83	12.8	64	-	-	5.5	92

COM LN T1 Sunday Roast Beef Child	Kids Roast Beef	3677	878	44	44.1	63	9.3	46	-	-	4.3	71
COM LN T1 Sunday Roast Beef Large	Roast Beef Go Large	6389	1525	76	77.1	110	16.5	83	-	-	6.1	101
COM LN T1 Sunday Roast Turkey	Roast Turkey	4945	1180	59	54.1	77	11.6	58	33.8	38	4.8	80
COM LN T1 Sunday Roast Turkey Child	Kids Roast Turkey	3611	863	43	41.6	59	8.8	44	24.8	28	3.5	59
COM LN T1 Sunday Roast Turkey Large	Roast Turkey Go Large	6050	1445	72	71.4	102	14.6	73	35.4	39	5.4	90
COM LN T1 Sunday Roast Vegetarian	Vegetarian Roast	6335	1516	76	88.7	127	29.1	146	24.9	28	5.8	96
COM LN T1 Sunday Roast Vegetarian Child	Kids Vegetarian Roast	5281	1265	63	78.0	111	27.0	135	16.0	18	4.8	81
COM LN T2 Extra Roast Potatoes	Extra Roast Potatoes	935	223	11	6.2	9	0.7	3	1.3	1	0.0	1
COM LN T2 Extra Sunday Veg	Extra Sunday Veg	1007	238	12	4.5	6	2.0	10	22.6	25	0.7	11
COM LN T2 NGCI Sunday Roast Chicken	NGCI Roast Chicken	5497	1312	66	58.8	84	18.1	91	38.0	42	4.8	79
COM LN T2 NGCI Sunday Roast Chicken Child	NGCI Kids Roast Chicken	3022	722	36	32.0	46	10.1	51	25.8	29	2.8	47
COM LN T2 NGCI Sunday Roast Topside of Beef	NGCI Roast Beef	3898	930	47	39.5	56	14.2	71	29.8	33	3.8	63
COM LN T2 NGCI Sunday Roast Topside of Beef Child	NGCI Kids Roast Beef	2119	506	25	22.0	31	7.6	38	17.7	20	2.7	46
COM LN T2 Sunday Roast Chicken	Roast Chicken	6668	1593	80	76.9	110	21.1	105	40.0	44	5.7	95
COM LN T2 Sunday Roast Chicken Child	Kids Roast Chicken	4192	1002	50	50.0	71	13.0	65	27.7	31	3.7	62
COM LN T2 Sunday Roast Chicken Large	Roast Chicken Go Large	8901	2129	106	113.1	162	29.6	148	41.6	46	7.1	118
COM LN T2 Sunday Roast Topside of Beef	Roast Beef	5068	1211	61	57.6	82	17.1	85	31.7	35	4.7	79
COM LN T2 Sunday Roast Topside of Beef Child	Kids Roast Beef	3289	786	39	40.0	57	10.5	53	19.6	22	3.7	61
COM LN T2 Sunday Roast Topside of Beef Large	Roast Beef Go Large	6606	1581	79	84.6	121	24.1	121	33.2	37	5.2	87
COM LN T2 Sunday Roast Vegetarian	Vegetarian Roast	6079	1453	73	75.3	108	28.3	141	31.2	35	5.4	91
COM LN T2 Sunday Roast Vegetarian Child	Kids Vegetarian Roast	5013	1200	60	69.1	99	26.3	132	19.1	21	4.6	77
COM LN T3 Extra Roast Potatoes 180g	T3 Extra Roast Potatoes 180g	945	225	11	6.2	9	0.7	3	1.3	1	0.0	1
COM LN T3 Extra Sunday Veg	Extra Sunday Veg	776	184	9	2.0	3	0.3	2	18.8	21	0.4	7
COM LN T3 NGCI Sunday Half Roast Chicken	T3 NGCI Half Roast Chicken	5301	1266	63	57.7	82	16.6	83	31.8	35	4.5	75
COM LN T3 NGCI Sunday Roast Topside of Beef	T3 NGCI Roast Beef	3735	893	45	38.2	55	12.3	62	26.0	29	3.6	60
COM LN T3 NGCI Sunday Roast Topside of Beef Child	NGCI Kids Roast Beef	2152	515	26	23.3	33	7.4	37	14.9	17	2.7	45
COM LN T3 NGCI Sunday Roast Turkey	T3 NGCI Roast Turkey	3168	753	38	18.2	26	4.9	25	31.5	35	2.6	43
COM LN T3 NGCI Sunday Roast Turkey Child	NGCI Kids Roast Turkey	1951	464	23	12.1	17	3.6	18	20.6	23	1.8	29
COM LN T3 Sunday Half Roast Chicken	T3 Half Roast Chicken	6472	1547	77	75.8	108	19.5	97	33.7	37	5.4	90
COM LN T3 Sunday Roast Topside of Beef	T3 Roast Topside of Beef	4905	1173	59	56.3	80	15.2	76	27.9	31	4.5	75
COM LN T3 Sunday Roast Topside of Beef Child	Kids Roast Beef	3322	795	40	41.4	59	10.3	51	16.8	19	3.6	60
COM LN T3 Sunday Roast Turkey	T3 Roast Turkey	4338	1034	52	36.3	52	7.8	39	33.4	37	3.5	58
COM LN T3 Sunday Roast Turkey Child	Kids Roast Turkey	3114	743	37	30.2	43	6.5	33	22.4	25	2.7	45
COM LN T3 Sunday Roast Vegetarian	T3 Vegetarian Roast	5952	1423	71	74.2	106	26.7	133	29.5	33	5.1	86
COM LN T3 Sunday Roast Vegetarian Child	Kids Veggie Roast	4957	1187	59	68.7	98	25.5	128	18.4	20	4.4	74
COM LN Toffee Waffle	Toffee Waffle	2728	650	32	29.2	42	14.1	71	46.3	51	1.1	19

COM LN Topper Beans	Chips Top Beans	469	112	6	0.5	1	0.2	1	5.4	6	0.7	12
COM LN Topper Beans n Cheese	Chips Top Beans n Cheese	947	229	11	9.9	14	6.1	31	5.4	6	1.3	21
COM LN Topper Cheese	Chips Top Cheddar Cheese	477	116	6	9.4	13	6.0	30	0.0	0	0.5	8
COM LN Topper Chilli Cheese	Topper Chilli Cheese	1660	399	20	24.0	34	12.0	60	17.1	19	1.9	31
COM LN Topper Hunters	Chips Top Hunters	1587	380	19	18.0	26	8.4	42	14.7	16	3.5	59
COM LN Topper Veg Chilli Cheese	Chips Top Veg Chilli Chs	1203	290	15	18.4	26	6.7	34	4.2	5	1.4	23
COM LN Upgrade Cheesy Chips 150g	Cheesy Chips Upgrade	1515	364	18	21.9	31	8.7	44	0.5	1	1.0	17
COM LN Upgrade Cheesy Chips 284g	Cheesy Chips Upgrade	2401	576	29	31.8	45	10.8	54	0.9	1	1.5	25
COM LN Upgrade Cheesy Garlic Bread	Upgrade Chesy Garlic Bread	1431	349	17	28.3	40	17.9	89	0.0	0	1.5	25
COM LN Upgrade Chips 150g (from Nachos)	Chip 150g Upgrade	1038	248	12	12.4	18	2.7	14	0.4	0	0.5	9
COM LN Upgrade Double Your Chips	Double Your Chips Upgrade	3847	919	46	44.7	64	9.7	48	1.7	2	2.0	33
COM LN Upgrade Double Your Fries	Double Your Fries Upgrade	3872	926	46	43.1	62	9.1	45	5.1	6	1.8	29
COM LN Upgrade Potato Wedges	Potato Wedges Upgrade	1143	271	14	8.7	12	2.6	13	1.4	2	0.0	1
COM LN Upgrade Potato Wedges (from Nachos)	Potato Wedges Upgrade	1143	271	14	8.7	12	2.6	13	1.4	2	0.0	1
COM LN Upgrade Sweet Potato Fries 150g	UPG Sweet Pot Fries 150g	1133	275	14	13.5	19	2.4	12	10.6	12	0.6	10
COM LN Upgrade Sweet Potato Fries 284g	Sweet Potato Fries Upgrade	2361	574	29	31.4	45	6.3	31	20.2	22	1.1	19
COM LN VGN Apple Crumble	VGN Apple Crumble	2113	504	25	20.2	29	8.7	44	38.1	42	0.1	1
COM LN VGN Cauliflower Wings Grazer	VGN Cauli Wings	1123	266	13	5.2	7	1.4	7	22.1	25	2.4	41
COM LN VGN Cauliflower Wings Sharer	VGN Cauli Wings Share	2246	533	27	10.5	15	2.8	14	44.3	49	4.9	81
COM LN VGN Cauliflower Wings Starter	VGN Cauli Wings Starter	1160	275	14	5.3	8	1.4	7	23.2	26	2.4	41
COM LN VGN Curry Cauliflower and Red Pepper	VGN Caulif & Pepper Curry	2522	600	30	18.5	26	1.6	8	30.7	34	3.7	62
COM LN VGN Extra Ice Cream Scoop Vanilla	Extra VGN Vanilla Scoop	352	84	4	4.0	6	3.5	17	6.6	7	0.0	0
COM LN VGN Ice Cream Sundae	VGN Ice Cream Sundae	1380	330	17	11.9	17	10.4	52	30.2	34	0.1	1
COM LN VGN Praline Chocolate Tart	VGN Praline Choc Tart	2315	555	28	32.9	47	18.1	90	23.8	26	0.1	2
COM LN VGN Salad BBQ Cauliflower Wings	BBQ Cauli Wings Salad	1310	312	16	13.1	19	2.8	14	13.6	15	1.6	27
COM LN VGN Soup of the Day	VGN Soup of the Day	1188	284	14	16.0	23	2.5	12	9.5	11	1.4	24
COM LN VGN Vegetable and Lentil Chilli	Vegetable & Lentil Chilli	2778	662	33	24.1	34	2.1	10	8.6	10	2.9	48
COM LN Wholetails of Breaded Scampi	Breaded Scampi	4330	1037	52	55.9	80	13.3	67	9.0	10	3.5	58
NUT COM LN Beer Battered Cod and Chips with Garden Peas	FOR NUTRITION PURPOSES ONLY	6725	1611	81	93.8	134	28.4	142	7.7	9	4.5	76
NUT COM LN Beer Battered Cod and Chips with Mushy Peas	FOR NUTRITION PURPOSES ONLY	7018	1680	84	94.3	135	28.5	143	8.0	9	4.8	80
NUT COM LN NGCI Soup of the Day - Mushroom	FOR NUTRITION PURPOSES ONLY	1203	290	14	19.2	27	7.8	39	3.9	4	1.8	30
NUT COM LN NGCI Soup of the Day - Tomato	FOR NUTRITION PURPOSES ONLY	1269	306	15	20.8	30	7.8	39	10.3	11	1.5	25
NUT COM LN Soup of the Day - Mushroom	FOR NUTRITION PURPOSES ONLY	1292	310	15	18.9	27	8.1	40	3.1	3	1.9	32
NUT COM LN Soup of the Day - Tomato	FOR NUTRITION PURPOSES ONLY	1358	326	16	20.5	29	8.1	40	9.5	11	1.6	26
NUT COM LN Sticky Toffee Pudding Custard	Nutrition only	2423	576	29	21.5	31	13.3	66	66.0	73	0.8	13
NUT COM LN Sticky Toffee Pudding Ice Cream	Nutritional only	2333	555	28	22.5	32	13.5	68	62.7	70	0.8	13

NUT COM LN T1 Sunday Roast Vegetarian - Sausages	FOR NUTRITION PURPOSES ONLY	4962	1187	59	62.7	90	9.9	49	23.3	26	5.6	94
NUT COM LN T1 Sunday Roast Vegetarian - Tart	FOR NUTRITION PURPOSES ONLY	6350	1517	76	80.2	115	25.1	126	25.7	29	4.8	80
NUT COM LN T1 Sunday Roast Vegetarian - Wellington	FOR NUTRITION PURPOSES ONLY	6335	1516	76	88.7	127	29.1	146	24.9	28	5.8	96
NUT COM LN T1 Sunday Roast Vegetarian Child - Sausages	FOR NUTRITION PURPOSES ONLY	3908	936	47	52.0	74	7.8	39	14.4	16	4.7	79
NUT COM LN T1 Sunday Roast Vegetarian Child - Tart	FOR NUTRITION PURPOSES ONLY	5297	1266	63	69.4	99	23.0	115	16.8	19	3.9	65
NUT COM LN T1 Sunday Roast Vegetarian Child - Wellington	FOR NUTRITION PURPOSES ONLY	5281	1265	63	78.0	111	27.0	135	16.0	18	4.8	81
NUT COM LN T2 Sunday Roast Vegetarian - Sausages	FOR NUTRITION PURPOSES ONLY	4706	1124	56	49.3	70	9.0	45	29.5	33	5.3	89
NUT COM LN T2 Sunday Roast Vegetarian - Tart	FOR NUTRITION PURPOSES ONLY	6095	1454	73	66.8	95	24.2	121	32.0	36	4.5	75
NUT COM LN T2 Sunday Roast Vegetarian - Wellington	FOR NUTRITION PURPOSES ONLY	6079	1453	73	75.3	108	28.3	141	31.2	35	5.4	91
NUT COM LN T2 Sunday Roast Vegetarian Child - Sausages	FOR NUTRITION PURPOSES ONLY	3640	871	44	43.1	62	7.1	35	17.5	19	4.5	75
NUT COM LN T2 Sunday Roast Vegetarian Child - Tart	FOR NUTRITION PURPOSES ONLY	5029	1201	60	60.6	87	22.3	111	19.9	22	3.7	61
NUT COM LN T2 Sunday Roast Vegetarian Child - Wellington	FOR NUTRITION PURPOSES ONLY	5013	1200	60	69.1	99	26.3	132	19.1	21	4.6	77
NUT COM LN T3 KID Sunday Roast Vegetarian Cauliflower Cheese	For Nutritional Purposes Only	4291	1026	51	54.0	77	15.2	76	18.7	21	3.6	61
NUT COM LN T3 KID Sunday Roast Vegetarian Mushroom, Cheddar	For Nutritional Purposes Only	4807	1149	57	62.2	89	24.9	124	18.7	21	4.3	72
NUT COM LN T3 KID Sunday Roast Vegetarian Sausages	For Nutritional Purposes Only	3434	821	41	36.2	52	5.6	28	17.1	19	4.2	70
NUT COM LN T3 Sunday Roast Vegetarian Cauliflower Cheese Tar	For Nutritional Purposes Only	5287	1263	63	59.5	85	16.3	82	29.8	33	4.3	72
NUT COM LN T3 Sunday Roast Vegetarian Mushroom, Broccoli, Cheddar	For Nutritional Purposes Only	5802	1386	69	67.8	97	26.0	130	29.8	33	5.0	84
NUT COM LN T3 Sunday Roast Vegetarian Sausages	For Nutritional Purposes Only	4429	1058	53	41.8	60	6.7	34	28.1	31	4.9	82
NUT COM LN VGN Soup of the Day - Mushroom	FOR NUTRITION PURPOSES ONLY	1122	268	13	14.4	21	2.5	12	3.1	3	1.8	30
NUT COM LN VGN Soup of the Day - Tomato	FOR NUTRITION PURPOSES ONLY	1188	284	14	16.0	23	2.5	12	9.5	11	1.4	24
NUT COM LN Wholetails of Breaded Scampi with Garden Peas	FOR NUTRITION PURPOSES ONLY	4330	1037	52	55.9	80	13.3	67	9.0	10	3.5	58
NUT COM LN Wholetails of Breaded Scampi with Mushy Peas	FOR NUTRITION PURPOSES ONLY	4623	1106	55	56.4	81	13.4	67	9.4	10	3.8	63

## Reference Intake Nutrition Recipe Report

21 March 2022

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

Please note that the calorie values shown in this table may vary to those printed on menu due to changes with products and seasonal variation

Recipe Name	Menu Description	Energy		Fat		Saturates		Sugars		Salt		
		kJoules	kcal	g	%	g	%	g	%	g	%	
COM LN Extra BBQ Sauce 56g	ExtraBBQ Sauce 56g	530	125	6	0.1	0	0.0	0	27.3	30	1.7	28
COM LN Extra Garlic Mayonnaise 56g	Extra Garlic Mayonnaise 56g	1664	404	20	44.1	63	3.5	17	0.8	1	0.5	8
COM LN PK Butchers Boy	Kids Butchers Boy	2615	622	31	23.1	33	10.7	54	4.5	5	3.1	51
COM LN PK Cheesy Garlic Pizza Bread	Cheesy Garlic Pizza Bread	4028	961	48	45.7	65	15.0	75	3.2	4	3.5	58
COM LN PK Chicken Breast Pizza Topping	Extra Chicken Breast Topping	546	130	7	5.0	7	1.1	6	1.0	1	0.4	7
COM LN PK Chicken Supreme	Chicken Supreme	3904	927	46	28.5	41	13.0	65	11.5	13	3.7	62
COM LN PK Chicken Supreme Salad	Chicken Supreme Salad	1448	344	17	10.0	14	4.5	22	6.1	7	1.3	22
COM LN PK Extra Bacon Topping	Extra Bacon Topping	299	72	4	3.5	5	1.3	7	0.0	0	1.8	30
COM LN PK Extra Chipotle Pulled Chicken Topping	Extra Chipotle Chicken Top	267	63	3	0.6	1	0.2	1	0.1	0	0.2	3
COM LN PK Extra Honey Roast Ham Topping	Extra Ham Topping	204	48	2	1.6	2	0.6	3	0.0	0	1.0	17
COM LN PK Extra Jalapenos Topping 20g	Extra Jalapenos Topping 20g	25	2	0	0.0	0	0.0	0	0.1	0	0.2	3
COM LN PK Extra Meatballs Topping	Extra Meatballs Topping	396	95	5	3.9	6	1.8	9	0.1	0	0.5	9
COM LN PK Extra Mozzarella Cheese Topping	Extra Mozzarella Topping	529	127	6	9.2	13	5.9	29	0.4	0	0.6	9
COM LN PK Extra Mushrooms Topping	Extra Mushrooms Topping	41	10	0	0.3	0	0.1	0	0.1	0	0.0	0
COM LN PK Extra Pepperoni Topping	Extra Pepperoni Topping	469	114	6	10.8	15	4.4	22	0.2	0	1.0	16
COM LN PK Extra Pineapple Topping	Extra Pineapple Topping	187	44	2	0.0	0	0.0	0	10.5	12	0.0	0
COM LN PK Extra Red Onion Topping	Extra Red Onion Topping	19	5	0	0.0	0	0.0	0	0.6	1	0.0	0
COM LN PK Extra Sliced Mixed Peppers Topping	Extra Peppers Topping	44	10	1	0.1	0	0.0	0	1.7	2	0.0	0
COM LN PK Extra Sliced Tomatoes Topping	Extra Tomatoes Topping	85	20	1	0.3	0	0.1	0	3.1	3	0.0	0
COM LN PK Garlic Dough Balls	Garlic Dough Balls	4629	1110	56	71.5	102	6.7	34	3.1	3	2.8	47
COM LN PK Garlic Pizza Bread	Garlic Pizza Bread	2970	707	35	27.4	39	3.3	16	2.3	3	2.4	39
COM LN PK Ham Mushroom and Mozzarella	Ham Mushroom & Mozzarella	3747	890	44	28.9	41	13.5	67	7.1	8	5.2	86
COM LN PK Ham Mushroom and Mozzarella Salad	Ham Mushroom Salad	1292	307	15	9.6	14	4.5	22	4.4	5	1.6	27
COM LN PK Little Rita	Kids Little Rita	2141	509	25	16.5	24	8.0	40	4.5	5	2.1	34
COM LN PK Margherita	Margherita	3324	790	39	25.6	37	12.4	62	6.9	8	3.2	53
COM LN PK Margherita Salad	The Margherita Salad	1176	279	14	8.7	12	4.2	21	4.3	5	1.1	18
COM LN PK Meat Lovers	Meat Lovers	4872	1160	58	45.7	65	20.9	104	7.5	8	6.1	101
COM LN PK Meat Lovers Salad	Meat Lovers Salad	1649	392	20	14.8	21	6.7	34	4.5	5	2.0	33
COM LN PK Mozzarella Dough Balls	Mozzarella Dough Balls	4575	1095	55	64.2	92	12.4	62	3.5	4	3.4	56
COM LN PK Pepperoni	Pepperoni	4263	1017	51	47.2	67	21.3	106	7.3	8	5.1	85
COM LN PK Pepperoni Party	Kids Pepperoni Party	2501	596	30	25.3	36	11.6	58	4.5	5	2.8	47

COM LN PK Pepperoni Salad	Pepperoni Salad	1489	355	18	15.9	23	7.1	36	4.4	5	1.7	29
COM LN PK Pizza Smoky BBQ	Pizza Smoky BBQ	5038	1199	60	44.6	64	20.0	100	34.7	39	6.8	113
COM LN PK Pizza Smoky BBQ Salad	Pizza Smoky BBQ Salad	1756	418	21	16.2	23	7.2	36	11.3	13	2.2	37
COM LN PK Texan Chick	Kids Texan Chick	2924	694	35	21.1	30	8.6	43	21.5	24	3.4	57
COM LN PK This Little Piggy	Kids This Little Piggy	2303	547	27	17.8	25	8.3	42	4.3	5	3.2	54
COM LN PK Veggie Delight	Veggie Delight	3564	846	42	26.4	38	12.6	63	14.8	16	3.2	54
COM LN PK Veggie Delight Salad	Veggie Delight Salad	1275	302	15	9.0	13	4.3	21	7.4	8	1.1	18
COM LN PK VGN Cheese Dough Balls	VGN Cheese Dough Balls	2725	646	32	16.8	24	9.0	45	6.1	7	3.0	50
COM LN PK VGN Cheesy Garlic Pizza Bread	VGN Cheesy Pizza Bread	3295	786	39	34.2	49	9.2	46	2.3	3	3.0	50
COM LN PK VGN Extra Mozzarisella Topping	Extra VGN Mozzarisella Topping	326	79	4	6.8	10	6.0	30	0.0	0	0.6	11
COM LN PK VGN Garlic Dough Balls	VGN Garlic Dough Balls	3066	730	36	27.5	39	3.3	16	6.3	7	2.4	39
COM LN PK VGN Little Rita	VGN Kids Little Rita	1826	432	22	7.1	10	3.3	16	30.4	34	3.0	51
COM LN PK VGN Margherita	VGN Margherita	2591	614	31	14.0	20	6.6	33	6.1	7	2.7	46
COM LN PK VGN Margherita Salad	VGN Margherita Salad	990	235	12	6.0	9	3.3	16	4.0	4	1.0	17
COM LN PK VGN Veggie Delight	VGN Veggie Delight	2831	670	34	14.8	21	6.8	34	13.9	15	2.8	46
COM LN PK VGN Veggie Delight Salad	VGN Veggie Delight Salad	1088	258	13	6.4	9	3.4	17	7.1	8	1.1	18