

## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Soup of the Day	325.8	16	1357.8	16	20.5	29	8.1	40	27.9	11	9.5	11	6.9	14	3.1	13	1.6	26
NUT COM LN Soup of the Day - Tomato	325.8	16	1357.8	16	20.5	29	8.1	40	27.9	11	9.5	11	6.9	14	3.1	13	1.6	26
NUT COM LN Soup of the Day - Mushroom	309.8	15	1291.8	15	18.9	27	8.1	40	26.3	10	3.1	3	7.5	15	4.3	18	1.9	32
COM LN NGCI Soup of the Day	301.5	15	1256.7	15	20.8	30	7.8	39	24.7	9	10.3	11	2.6	5	4.3	18	1.5	25
NUT COM LN NGCI Soup of the Day - Tomato	305.5	15	1268.7	15	20.8	30	7.8	39	24.7	9	10.3	11	2.6	5	4.3	18	1.5	25
NUT COM LN NGCI Soup of the Day - Mushroom	289.5	14	1202.7	14	19.2	27	7.8	39	23.1	9	3.9	4	3.2	6	5.5	23	1.8	30
COM LN VGN Soup of the Day	283.6	14	1188.5	14	16.0	23	2.5	12	27.8	11	9.5	11	6.8	14	3.1	13	1.4	24
NUT COM LN VGN Soup of the Day - Tomato	283.6	14	1188.5	14	16.0	23	2.5	12	27.8	11	9.5	11	6.8	14	3.1	13	1.4	24
NUT COM LN VGN Soup of the Day - Mushroom	267.6	13	1122.5	13	14.4	21	2.5	12	26.2	10	3.1	3	7.4	15	4.3	18	1.8	30
COM LN Golden Breaded Mushrooms	575.0	29	2404.2	29	42.9	61	5.7	28	36.6	14	3.5	4	8.8	18	4.4	18	1.7	29
COM LN Golden Breaded Mushrooms Grazer	566.4	28	2367.7	28	42.8	61	5.6	28	35.3	14	2.4	3	8.5	17	3.9	16	1.7	29
COM LN Cheese and Bacon Crispy Potato Skins	437.4	22	1816.5	22	27.2	39	13.1	65	24.8	10	4.7	5	20.8	42	4.3	18	2.5	42
COM LN NGCI Cheese and Bacon Crispy Potato Skins	437.4	22	1816.5	22	27.2	39	13.1	65	24.8	10	4.7	5	20.8	42	4.3	18	2.5	42
COM LN Prawn Cocktail	521.5	26	2170.0	26	38.7	55	9.6	48	26.0	10	6.2	7	14.5	29	2.8	12	2.8	47
COM LN NGCI Prawn Cocktail	501.2	25	2080.9	25	39.0	56	9.3	47	22.8	9	7.0	8	10.2	20	4.1	17	2.7	46
COM LN Crispy Buttermilk Chicken Starter	713.6	36	2981.7	35	39.9	57	14.2	71	45.9	18	16.3	18	40.9	82	0.9	4	2.9	48
COM LN Crispy Buttermilk Chicken Grazer	705.1	35	2945.3	35	39.8	57	14.2	71	44.6	17	15.3	17	40.5	81	0.4	2	2.9	48
COM LN Crispy Buttermilk Chicken Sharer	1410.2	71	5890.7	70	79.7	114	28.3	142	89.1	34	30.5	34	81.1	162	0.7	3	5.8	97
COM LN Mexican Nachos	810.5	41	3397.1	40	50.3	72	21.4	107	60.3	23	5.2	6	25.9	52	4.6	19	3.7	61
COM LN NGCI Mexican Nachos	810.5	41	3397.1	40	50.3	72	21.4	107	60.3	23	5.2	6	25.9	52	4.6	19	3.7	61
COM LN Mexican Nachos Sharer	1620.9	81	6794.3	81	100.6	144	42.9	214	120.5	46	10.4	12	51.7	103	9.1	38	7.3	122
COM LN NGCI Mexican Nachos Sharer	1620.9	81	6794.3	81	100.6	144	42.9	214	120.5	46	10.4	12	51.7	103	9.1	38	7.3	122
COM LN NGCI VGN Mexican Nachos	479.3	24	2035.4	24	22.4	32	2.7	13	59.4	23	4.9	5	7.1	14	5.1	21	2.7	46
COM LN NGCI VGN Mexican Nachos Sharer	1105.4	55	4684.5	56	57.5	82	8.2	41	125.7	48	11.0	12	16.0	32	10.5	44	6.4	107
COM LN Extra Veg Chilli x1	174.0	9	726.0	9	9.0	13	0.8	4	15.3	6	4.2	5	6.8	14	3.5	14	0.9	15
COM LN Extra Veg Chilli Sharer x2	348.0	17	1452.0	17	18.0	26	1.5	8	30.6	12	8.4	9	13.5	27	6.9	29	1.8	30
COM LN Crispy Jumbo Prawns Grazer	350.9	18	1474.4	18	8.6	12	2.6	13	46.7	18	11.6	13	21.1	42	1.7	7	2.3	38
COM LN Crispy Jumbo Prawns Sharer	701.8	35	2948.7	35	17.1	24	5.2	26	93.5	36	23.1	26	42.2	84	3.3	14	4.6	77
COM LN VGN Cauliflower Wings Starter	272.1	14	1147.8	14	5.0	7	1.3	7	48.0	18	23.2	26	6.1	12	3.8	16	2.4	41
COM LN VGN Cauliflower Wings Grazer	263.6	13	1111.4	13	4.9	7	1.3	6	46.7	18	22.1	25	5.8	12	3.3	14	2.4	41
COM LN VGN Cauliflower Wings Sharer	527.2	26	2222.8	26	9.8	14	2.5	13	93.4	36	44.3	49	11.6	23	6.6	27	4.9	81
COM LN Brie Dippers Starter	621.8	31	2593.6	31	40.2	57	16.5	82	49.4	19	15.3	17	14.7	29	1.3	6	2.9	49

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Brie Dippers Grazer	613.3	31	2557.2	30	40.1	57	16.4	82	48.1	18	14.3	16	14.4	29	0.8	3	2.9	48
COM LN Brie Dippers Sharer	1226.7	61	5114.4	61	80.2	115	32.9	164	96.1	37	28.5	32	28.7	57	1.6	6	5.8	97
COM LN Chicken Wings Grazer	620.3	31	2600.8	31	29.9	43	10.7	53	29.9	12	28.2	31	56.5	113	0.7	3	5.9	98
COM LN Chicken Wings Sharer	1240.7	62	5201.5	62	59.8	85	21.4	107	59.9	23	56.5	63	113.0	226	1.5	6	11.8	196
COM LN Dirty Fries Grazer	732.9	37	3054.7	36	40.8	58	15.9	79	61.5	24	3.5	4	26.3	53	6.6	28	3.6	61
COM LN Dirty Fries Sharer	1465.8	73	6109.3	73	81.5	116	31.7	159	123.1	47	6.9	8	52.5	105	13.2	55	7.3	121
COM LN Salad Chicken and Bacon	460.7	23	1931.0	23	19.8	28	5.1	25	7.9	3	6.5	7	62.6	125	2.9	12	4.5	76
COM LN NGCI Salad Chicken and Bacon	460.7	23	1931.0	23	19.8	28	5.1	25	7.9	3	6.5	7	62.6	125	2.9	12	4.5	76
COM LN VGN Salad BBQ Cauliflower Wings	309.6	15	1298.8	15	12.8	18	2.7	14	38.8	15	13.6	15	6.9	14	5.8	24	1.6	27
COM LN Burger Classic Beef	1151.8	58	4824.3	57	50.4	72	16.8	84	111.1	43	24.5	27	59.8	120	11.0	46	4.1	69
COM LN NGCI Burger Classic Beef	882.9	44	3687.6	44	45.6	65	15.8	79	62.4	24	5.0	6	53.8	108	8.3	35	2.7	44
COM LN Burger Classic Chicken	1105.3	55	4637.1	55	46.2	66	13.1	65	134.6	52	25.3	28	32.4	65	9.8	41	3.6	59
COM LN Burger Cowboy	1306.4	65	5467.7	65	60.5	86	21.5	107	112.7	43	26.1	29	74.0	148	11.0	46	6.4	107
COM LN NGCI Burger Cowboy	1037.5	52	4331.0	52	55.8	80	20.4	102	64.0	25	6.6	7	68.0	136	8.3	35	4.9	82
COM LN Burger BBQ Chicken	1250.7	63	5246.8	62	52.9	76	16.4	82	150.3	58	40.6	45	37.2	74	10.2	42	4.9	82
COM LN Burger Ultimate Beef	1604.8	80	6709.9	80	79.9	114	31.6	158	115.7	44	27.5	31	102.7	205	11.7	49	7.8	130
COM LN NGCI Burger Ultimate Beef	1335.9	67	5573.3	66	75.2	107	30.5	153	67.0	26	8.0	9	96.7	193	9.0	37	6.3	105
COM LN Burger Ultimate SF Chicken	1580.5	79	6621.6	79	71.3	102	23.9	119	176.2	68	41.7	46	50.5	101	13.4	56	7.8	129
COM LN Burger Veggie	952.8	48	3993.1	48	42.1	60	13.1	66	115.9	45	23.1	26	21.8	44	11.0	46	2.8	47
COM LN Burger Skinny Classic Beef	498.8	25	2085.2	25	25.0	36	11.6	58	18.8	7	16.7	19	49.9	100	3.0	12	2.6	44
COM LN NGCI Burger Skinny Classic Beef	436.4	22	1820.0	22	25.0	36	11.6	58	4.6	2	3.0	3	49.3	99	2.6	11	1.8	30
COM LN Burger Skinny Classic Chicken	452.3	23	1898.1	23	20.8	30	7.8	39	42.3	16	17.5	19	22.5	45	1.8	7	2.1	34
COM LN Burger Skinny Cowboy	653.4	33	2728.6	32	35.2	50	16.2	81	20.4	8	18.3	20	64.1	128	3.0	12	4.9	82
COM LN NGCI Burger Skinny Cowboy	591.0	30	2463.5	29	35.1	50	16.2	81	6.2	2	4.6	5	63.5	127	2.6	11	4.1	68
COM LN Burger Skinny BBQ Chicken	597.7	30	2507.7	30	27.5	39	11.2	56	58.1	22	32.8	36	27.3	55	2.2	9	3.4	57
COM LN Burger Skinny Ultimate Beef	951.8	48	3970.9	47	54.6	78	26.3	132	23.5	9	19.7	22	92.8	186	3.6	15	6.3	105
COM LN NGCI Burger Skinny Ultimate Beef	889.4	44	3705.7	44	54.5	78	26.3	132	9.3	4	6.0	7	92.2	184	3.3	14	5.5	91
COM LN Burger Skinny Ultimate SF Chicken	927.5	46	3882.6	46	46.0	66	18.7	93	84.0	32	33.8	38	40.6	81	5.4	23	6.3	104
COM LN Burger Skinny Veggie	299.7	15	1254.1	15	16.8	24	7.9	39	23.6	9	15.3	17	11.9	24	2.9	12	1.3	22
COM LN Steak Rump 8oz	1199.1	60	5002.3	60	70.2	100	17.8	89	75.0	29	6.4	7	60.6	121	12.4	51	3.2	53
COM LN NGCI Steak Rump 8oz	1097.6	55	4578.3	55	64.1	92	16.7	84	64.8	25	5.4	6	59.4	119	11.6	48	2.7	45
COM LN Steak Rump Skinny	496.6	25	2068.8	25	32.4	46	10.9	55	2.7	1	2.0	2	47.8	96	1.5	6	1.3	22
COM LN NGCI Steak Rump Skinny	496.6	25	2068.8	25	32.4	46	10.9	55	2.7	1	2.0	2	47.8	96	1.5	6	1.3	22

## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Extra 8oz Rump Steak	478.0	24	1989.2	24	32.1	46	10.9	54	0.0	0	0.0	0	47.0	94	0.0	0	1.3	22
COM LN Steak Sirloin 8oz	1260.4	63	5254.3	63	76.1	109	20.8	104	75.0	29	6.4	7	62.7	125	12.4	51	3.2	54
COM LN NGCI Steak Sirloin 8oz	1158.8	58	4830.2	58	70.0	100	19.7	98	64.8	25	5.4	6	61.5	123	11.6	48	2.8	46
COM LN Steak Sirloin Skinny	557.9	28	2320.8	28	38.3	55	13.9	69	2.7	1	2.0	2	49.9	100	1.5	6	1.4	23
COM LN NGCI Steak Sirloin Skinny	557.9	28	2320.8	28	38.3	55	13.9	69	2.7	1	2.0	2	49.9	100	1.5	6	1.4	23
COM LN Extra 8oz Sirloin Steak	539.3	27	2241.2	27	38.0	54	13.8	69	0.0	0	0.0	0	49.0	98	0.0	0	1.3	22
COM LN Surf and Turf	1465.4	73	6110.1	73	88.5	126	21.4	107	92.1	35	10.2	11	67.9	136	14.1	59	4.3	72
COM LN Gammon Steak 8oz	1286.4	64	5368.5	64	77.7	111	18.8	94	87.5	34	28.0	31	53.6	107	11.6	48	8.1	135
COM LN NGCI Gammon Steak 8oz	1286.4	64	5368.5	64	77.7	111	18.8	94	87.5	34	28.0	31	53.6	107	11.6	48	8.1	135
COM LN Mixed Grill	1925.0	96	8025.2	96	129.0	184	35.4	177	76.9	30	7.4	8	108.7	217	12.2	51	7.8	129
COM LN MEGA Mixed Grill	3113.5	156	12975.5	154	217.0	310	63.3	317	79.9	31	7.8	9	206.5	413	12.4	52	13.9	231
COM LN Extra Peppercorn Sauce	50.8	3	211.5	3	3.0	4	1.8	9	3.4	1	0.5	1	1.7	3	-	-	1.0	16
COM LN Beef Dripping & Merlot Sauce	53.6	3	224.0	3	2.1	3	1.0	5	4.6	2	2.2	2	1.0	2	0.2	1	0.6	11
COM LN Extra Bourbon BBQ Sauce 75g	170.2	9	721.5	9	0.0	0	0.0	0	36.1	14	21.8	24	0.5	1	0.2	1	0.6	10
COM LN Hunters Chicken Chips	1083.7	54	4538.7	54	45.5	65	13.9	70	97.1	37	31.6	35	67.2	134	8.1	34	6.4	107
COM LN NGCI Hunters Chicken Chips	982.1	49	4114.7	49	39.4	56	12.8	64	87.0	33	30.6	34	66.0	132	7.3	30	5.9	99
COM LN Hunters Chicken Salad	540.4	27	2266.6	27	18.1	26	8.4	42	33.2	13	30.7	34	59.9	120	2.2	9	4.9	82
COM LN NGCI Hunters Chicken Salad	540.4	27	2266.6	27	18.1	26	8.4	42	33.2	13	30.7	34	59.9	120	2.2	9	4.9	82
COM LN Wholetails of Breaded Scampi	1013.4	51	4234.0	50	53.2	76	12.3	62	99.2	38	9.0	10	27.7	55	13.3	56	3.5	58
NUT COM LN Wholetails of Breaded Scampi with Garden Peas	1013.4	51	4234.0	50	53.2	76	12.3	62	99.2	38	9.0	10	27.7	55	13.3	56	3.5	58
NUT COM LN Wholetails of Breaded Scampi with Mushy Peas	1082.5	54	4526.3	54	53.7	77	12.4	62	110.8	43	9.4	10	32.0	64	15.1	63	3.8	63
COM LN Hand Battered Cod and Chips	1663.0	83	6946.3	83	97.9	140	29.3	146	119.2	46	5.6	6	71.7	143	-	-	4.5	76
NUT COM LN Beer Battered Cod and Chips with Garden Peas	1568.9	78	6553.8	78	89.2	127	26.7	133	115.9	45	7.7	9	69.6	139	-	-	4.5	76
NUT COM LN Beer Battered Cod and Chips with Mushy Peas	1638.0	82	6846.1	82	89.7	128	26.7	134	127.5	49	8.0	9	73.9	148	-	-	4.8	80
COM LN VGN Vegetable and Lentil Chilli	662.2	33	2778.2	33	24.1	34	2.1	10	88.0	34	8.6	10	20.0	40	7.8	33	2.9	48
COM LN NGCI VGN Vegetable and Lentil Chilli	662.2	33	2778.2	33	24.1	34	2.1	10	88.0	34	8.6	10	20.0	40	7.8	33	2.9	48
COM LN Steak and Ale Pie	1281.5	64	5360.8	64	64.2	92	21.5	107	129.2	50	8.0	9	40.2	80	13.4	56	4.3	71
COM LN Cheddar, Leek and Potato Pie	1329.7	66	5552.6	66	71.0	101	29.3	146	133.1	51	9.5	11	31.2	62	16.6	69	4.6	77
COM LN Beef Lasagne	794.1	40	3311.3	39	42.6	61	16.3	81	66.8	26	14.5	16	32.3	65	6.4	27	2.9	48
COM LN Beef Lasagne Chips	1032.2	52	4308.3	51	53.1	76	17.4	87	98.4	38	13.6	15	34.5	69	10.4	43	3.3	56

## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Beef Lasagne Salad	590.4	30	2460.3	29	31.7	45	12.9	65	44.7	17	13.7	15	28.4	57	5.3	22	2.4	39
COM LN Sausage and Mash	1071.0	54	4456.8	53	64.9	93	28.7	143	70.3	27	10.0	11	39.3	79	10.3	43	5.9	98
COM LN Chicken Tikka Masala	1097.9	55	4627.0	55	35.3	50	7.6	38	147.7	57	24.8	28	43.7	87	9.8	41	4.5	76
COM LN NGCI Chicken Tikka Masala	717.0	36	3022.8	36	27.1	39	7.0	35	83.9	32	21.6	24	33.6	67	4.8	20	3.5	58
COM LN Curry Cauliflower and Red Pepper	1094.4	55	4593.5	55	35.3	50	4.8	24	162.4	62	34.0	38	24.6	49	13.4	56	5.2	87
COM LN NGCI Curry Cauliflower and Red Pepper	713.5	36	2989.3	36	27.1	39	4.2	21	98.6	38	30.8	34	14.5	29	8.3	35	4.2	70
COM LN VGN Curry Cauliflower and Red Pepper	600.1	30	2518.1	30	18.5	26	1.6	8	92.0	35	30.7	34	12.1	24	8.2	34	3.7	62
COM LN NGCI VGN Curry Cauliflower and Red Pepper	600.1	30	2518.1	30	18.5	26	1.6	8	92.0	35	30.7	34	12.1	24	8.2	34	3.7	62
COM LN Pasta Alfredo	759.3	38	3177.6	38	41.7	60	16.6	83	75.7	29	10.3	11	21.4	43	5.8	24	2.0	34
COM LN Pasta Alfredo Salad	555.6	28	2326.6	28	30.8	44	13.3	66	53.7	21	9.5	11	17.6	35	4.7	20	1.5	25
COM LN Pasta Alfredo Chicken	968.4	48	4058.2	48	46.5	66	17.6	88	77.4	30	11.7	13	62.6	125	5.8	24	3.0	50
COM LN Pasta Alfredo Chicken Salad	764.7	38	3207.2	38	35.6	51	14.3	72	55.4	21	10.9	12	58.8	118	4.7	20	2.5	41
COM LN Extra 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
COM LN Extra Cheesy Garlic Bread	436.8	22	1818.4	22	26.0	37	11.0	55	35.7	14	2.6	3	13.4	27	3.0	12	1.3	21
COM LN Beer Battered Onion Rings x8	406.4	20	1696.2	20	24.4	35	4.3	21	40.5	16	4.0	4	4.8	10	3.2	13	1.9	32
COM LN Extra Chips 284g	451.8	23	1891.3	23	21.5	31	4.5	23	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
COM LN Extra Side Salad Bowl	17.7	1	75.7	1	0.2	0	0.1	0	2.5	1	1.9	2	0.8	2	1.4	6	0.0	0
COM LN Extra Sweet Potato Fries 284g	566.3	28	2331.5	28	30.6	44	5.9	30	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
COM LN Extra Fries 234g	455.6	23	1906.6	23	20.7	30	4.2	21	59.0	23	2.6	3	4.9	10	6.6	27	0.9	15
COM LN Extra Cheesy Chips 284g	568.0	28	2368.4	28	30.9	44	10.5	52	55.6	21	0.9	1	13.5	27	6.0	25	1.5	25
COM LN Extra Fries 125g	236.7	12	991.1	12	10.3	15	2.0	10	31.5	12	1.4	2	2.6	5	3.5	15	0.5	8
COM LN LC Hunters Chicken	632.4	32	2642.9	31	30.0	43	11.0	55	46.1	18	16.2	18	41.4	83	4.1	17	4.1	68
COM LN NGCI LC Hunters Chicken	632.4	32	2642.9	31	30.0	43	11.0	55	46.1	18	16.2	18	41.4	83	4.1	17	4.1	68
COM LN LC Gammon 4oz	719.4	36	2996.9	36	47.0	67	10.9	55	38.7	15	4.9	5	31.6	63	7.8	33	4.4	73
COM LN NGCI LC Gammon 4oz	719.4	36	2996.9	36	47.0	67	10.9	55	38.7	15	4.9	5	31.6	63	7.8	33	4.4	73
COM LN LC VGN Vegetable and Lentil Chilli	469.2	23	1972.8	23	14.3	20	1.2	6	70.2	27	4.4	5	13.0	26	4.2	18	1.9	32
COM LN NGCI LC VGN Vegetable and Lentil Chilli	469.2	23	1972.8	23	14.3	20	1.2	6	70.2	27	4.4	5	13.0	26	4.2	18	1.9	32
COM LN LC Scampi and Chips	602.1	30	2513.5	30	32.4	46	6.8	34	56.7	22	7.1	8	16.5	33	9.0	38	2.2	37
COM LN LC Hand Battered Cod and Chips	776.0	39	3240.5	39	44.1	63	10.2	51	54.9	21	6.2	7	35.5	71	-	-	2.4	40
COM LN Sandwich Chicken and Bacon Club	846.3	42	3555.2	42	32.7	47	6.7	33	87.6	34	4.9	5	49.1	98	9.0	37	4.3	72
COM LN NGCI Sandwich Chicken and Bacon Club	820.4	41	3434.4	41	34.4	49	6.0	30	84.0	32	7.7	9	36.7	73	14.0	58	4.2	70
COM LN NGCI Sandwich Cheese and Chutney	772.0	39	3210.9	38	41.1	59	16.0	80	74.9	29	13.8	15	19.5	39	10.3	43	2.3	39

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Sandwich Cheese and Chutney	789.3	39	3291.4	39	39.9	57	16.4	82	77.3	30	11.9	13	27.8	56	7.0	29	2.4	40
COM LN Sandwich Tuna Mayo Melt Baguette	795.2	40	3332.5	40	30.4	43	9.6	48	88.4	34	4.6	5	38.7	77	6.0	25	3.0	50
COM LN NGCI Sandwich Tuna Mayo Melt	709.8	35	2962.4	35	33.7	48	9.6	48	65.3	25	3.9	4	31.1	62	9.9	41	2.7	45
COM LN Sandwich Crispy Chicken BBQ Melt Baguette	1094.6	55	4585.6	55	45.9	66	17.2	86	115.7	44	18.3	20	50.2	100	6.3	26	5.6	93
COM LN Sandwich Rump Steak Melt Baguette	1042.3	52	4355.6	52	48.0	69	20.2	101	97.9	38	14.3	16	50.6	101	6.4	27	3.1	52
COM LN NGCI Sandwich Rump Steak Melt	933.7	47	3887.7	46	50.7	72	20.2	101	70.8	27	13.4	15	42.7	85	9.5	39	2.8	46
COM LN Sandwich Fish Finger	931.5	47	3890.9	46	50.3	72	9.0	45	90.5	35	4.4	5	27.4	55	7.7	32	2.6	44
COM LN Apple Crumble	525.0	26	2203.5	26	19.3	28	6.9	35	79.5	31	43.6	48	7.5	15	1.6	7	0.2	3
COM LN VGN Apple Crumble	500.2	25	2094.1	25	20.4	29	8.8	44	70.6	27	38.9	43	4.8	10	7.0	29	0.0	1
COM LN Chocolate Fudge Cake	691.3	35	2897.2	34	29.1	42	6.4	32	99.9	38	81.2	90	6.9	14	-	-	0.5	8
COM LN NGCI Chocolate Fudge Cake	691.3	35	2897.2	34	29.1	42	6.4	32	99.9	38	81.2	90	6.9	14	-	-	0.5	8
COM LN 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
COM LN NGCI Rocky Road Sundae	500.9	25	2102.0	25	22.8	33	14.1	71	64.2	25	56.1	62	8.8	18	-	-	0.3	6
COM LN Sticky Toffee Pudding	555.0	28	2333.0	28	22.5	32	13.5	68	81.6	31	62.7	70	5.4	11	2.0	8	0.8	13
NUT COM LN Sticky Toffee Pudding Ice Cream	555.0	28	2333.0	28	22.5	32	13.5	68	81.6	31	62.7	70	5.4	11	2.0	8	0.8	13
NUT COM LN Sticky Toffee Pudding Custard	575.9	29	2423.5	29	21.5	31	13.3	66	88.1	34	66.0	73	6.5	13	1.9	8	0.8	13
COM LN NGCI Sticky Toffee Pudding	555.0	28	2333.0	28	22.5	32	13.5	68	81.6	31	62.7	70	5.4	11	2.0	8	0.8	13
COM LN 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
COM LN VGN Praline Chocolate Tart	550.8	28	2296.2	27	33.1	47	18.2	91	50.8	20	24.6	27	6.6	13	-	-	0.1	2
COM LN 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
COM LN NGCI VGN Praline Chocolate Tart	550.8	28	2296.2	27	33.1	47	18.2	91	50.8	20	24.6	27	6.6	13	-	-	0.1	2
COM LN Lemon Muffin Cheesecake	585.6	29	2442.2	29	35.8	51	11.6	58	56.3	22	36.4	40	-	-	1.0	4	0.7	11
COM LN Jam Sponge Pudding	527.5	26	2214.9	26	22.0	31	3.4	17	75.0	29	49.8	55	6.9	14	1.3	5	0.6	10
COM LN Chocolate Orange Sponge	646.1	32	2707.5	32	31.9	46	9.5	48	79.6	31	47.2	52	9.1	18	2.5	10	0.8	14
COM LN Chocolate Crownie	682.6	34	2855.2	34	32.6	47	16.8	84	88.3	34	62.0	69	7.5	15	-	-	0.2	3
COM LN Toffee Waffle	733.9	37	3081.0	37	33.2	47	16.1	81	97.4	37	55.1	61	10.3	21	2.1	9	1.2	20
COM LN VGN Ice Cream Sundae	317.9	16	1324.1	16	12.5	18	10.7	53	42.0	16	32.5	36	-	-	16.2	68	0.1	1
COM LN Plain and Simple Ice Cream	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
COM LN 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
COM LN Extra Ice Cream Scoop Strawberry	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
COM LN Extra 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
COM LN VGN Extra Ice Cream Scoop Vanilla	80.2	4	333.6	4	4.2	6	3.6	18	7.6	3	7.4	8	0.5	1	5.4	22	0.0	0



## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN KID Salad Sticks Starter	77.1	4	326.3	4	0.3	0	0.0	0	16.1	6	15.5	17	1.0	2	1.9	8	0.8	14
COM LN KID Garlic Bread Starter	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
COM LN KID Burger Beef	347.9	17	1460.3	17	13.6	19	5.9	30	27.5	11	3.6	4	28.9	58	2.7	11	1.4	23
COM LN KID Chicken Dippers	311.5	16	1294.8	15	23.0	33	5.4	27	16.1	6	0.4	0	9.6	19	0.4	2	0.7	12
COM LN KID Fish Fingers	246.4	12	1026.1	12	15.2	22	2.9	14	16.8	6	0.8	1	10.1	20	0.7	3	0.6	10
COM LN KID Pork Sausages	999.2	50	4145.4	49	79.3	113	33.2	166	9.9	4	2.7	3	50.3	101	0.0	0	5.2	86
COM LN KID Veggie Sausages	210.0	11	873.1	10	12.0	17	1.1	6	6.4	2	2.2	2	16.0	32	6.0	25	1.5	25
COM LN KID Extra Chips 150g	243.7	12	1019.6	12	11.9	17	2.5	13	29.1	11	0.4	0	3.5	7	3.1	13	0.5	9
COM LN 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
COM LN KID Extra Mashed Potato	178.1	9	742.1	9	8.0	11	5.1	26	22.5	9	1.5	2	2.3	5	3.0	13	0.5	8
COM LN KID Extra Baked Beans	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.6	9
COM LN KID Extra Peas 85g	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
COM LN KID Extra Carrots 85g	32.3	2	134.1	2	0.4	1	0.1	0	5.1	2	4.8	5	0.6	1	2.7	11	0.2	3
COM LN KID Extra Chicken Dippers x2	155.8	8	647.5	8	11.5	16	2.7	13	8.1	3	0.2	0	4.8	10	0.2	1	0.4	6
COM LN KID Extra Fish Fingers x2	164.3	8	684.1	8	10.2	15	1.9	10	11.2	4	0.5	1	6.7	13	0.4	2	0.4	7
COM LN KID Extra Pork Sausage x1	198.2	10	822.5	10	15.7	22	6.6	33	2.0	1	0.5	1	10.0	20	0.0	0	1.0	17
COM LN KID Extra Veggie Sausage x1	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
COM LN KID Extra Chicken Breast Small	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
COM LN KID Extra Salad Sticks x1 Serving	20.4	1	85.6	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
COM LN 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
COM LN 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
COM LN KID Ice Cream Sundae	225.4	11	945.6	11	8.4	12	4.2	21	32.5	13	24.7	27	4.7	9	-	-	0.2	3
COM LN KID VGN Ice Cream Sundae	197.8	10	823.8	10	8.7	12	7.3	37	23.2	9	19.7	22	1.2	2	-	-	0.0	0
COM LN Chicken Tikka Masala	1097.9	55	4627.0	55	35.3	50	7.6	38	147.7	57	24.8	28	43.7	87	9.8	41	4.5	76
COM LN NGCI Chicken Tikka Masala	717.0	36	3022.8	36	27.1	39	7.0	35	83.9	32	21.6	24	33.6	67	4.8	20	3.5	58
COM LN Chicken Korma Curry	1169.9	58	4911.0	58	38.2	55	13.0	65	155.7	60	32.5	36	46.5	93	8.1	34	5.1	85
COM LN NGCI Chicken Korma Curry	789.0	39	3306.8	39	30.0	43	12.3	62	91.8	35	29.2	32	36.4	73	3.0	12	4.0	67
COM LN Beef Madras	1231.1	62	5162.6	61	46.0	66	10.2	51	154.3	59	30.4	34	42.1	84	11.5	48	5.6	93
COM LN NGCI Beef Madras	850.2	43	3558.4	42	37.8	54	9.6	48	90.5	35	27.2	30	31.9	64	6.4	27	4.5	76
COM LN Curry Cauliflower and Red Pepper	1094.4	55	4593.5	55	35.3	50	4.8	24	162.4	62	34.0	38	24.6	49	13.4	56	5.2	87
COM LN NGCI Curry Cauliflower and Red Pepper	713.5	36	2989.3	36	27.1	39	4.2	21	98.6	38	30.8	34	14.5	29	8.3	35	4.2	70
COM LN VGN Curry Cauliflower and Red Pepper	600.1	30	2518.1	30	18.5	26	1.6	8	92.0	35	30.7	34	12.1	24	8.2	34	3.7	62
COM LN NGCI VGN Curry Cauliflower and Red	600.1	30	2518.1	30	18.5	26	1.6	8	92.0	35	30.7	34	12.1	24	8.2	34	3.7	62

## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
Pepper																		
COM LN Extra Pulled Pork and Beef Chilli x1	244.8	12	1025.6	12	11.5	16	3.8	19	20.5	8	13.3	15	13.8	28	2.1	9	0.1	2
COM LN Extra Pulled Pork and Beef Chilli Sharer x2	489.6	24	2051.2	24	23.0	33	7.7	38	41.0	16	26.6	30	27.5	55	4.2	17	0.2	3
COM LN Extra Veg Chilli x1	174.0	9	726.0	9	9.0	13	0.8	4	15.3	6	4.2	5	6.8	14	3.5	14	0.9	15
COM LN Extra Veg Chilli Sharer x2	348.0	17	1452.0	17	18.0	26	1.5	8	30.6	12	8.4	9	13.5	27	6.9	29	1.8	30
COM LN Topper Chilli Cheese	361.0	18	1502.7	18	21.0	30	9.8	49	21.0	8	13.3	15	20.8	42	2.1	9	0.6	10
COM LN Topper Veg Chilli Cheese	290.2	15	1203.1	14	18.4	26	6.7	34	15.8	6	4.2	5	13.7	27	3.4	14	1.4	23
COM LN Extra Bacon x1	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
COM LN Extra Cheddar Cheese 28g	116.2	6	477.1	6	9.4	13	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	8
COM LN Extra Beer Battered Onion Rings x3	152.4	8	636.1	8	9.1	13	1.6	8	15.2	6	1.5	2	1.8	4	1.2	5	0.7	12
COM LN Extra 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
COM LN Extra Cranberry Sauce 56g	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
COM LN Extra Gravy 100ml	48.5	2	203.7	2	1.9	3	1.3	6	7.7	3	0.3	0	0.2	0	0.1	1	1.0	17
COM LN Extra Stuffing Ball	82.1	4	345.8	4	2.5	4	0.5	2	13.8	5	0.4	0	1.9	4	0.7	3	0.7	12
COM LN 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
COM LN Extra Peppercorn Sauce	50.8	3	211.5	3	3.0	4	1.8	9	3.4	1	0.5	1	1.7	3	-	-	1.0	16
COM LN Extra Jalapenos 20g	3.8	0	44.4	1	0.0	0	0.0	0	0.8	0	0.2	0	0.2	0	0.8	3	0.3	5
COM LN Extra Baguette and Butter	409.0	20	1720.7	20	12.7	18	7.7	38	61.9	24	3.8	4	10.3	21	3.0	13	1.3	21
COM LN Extra Toast and Butter	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
COM LN Extra Bread and Butter Brown x2	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
COM LN Extra Bread and butter White x2	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
COM LN NGCI Extra Bread and butter x2	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
COM LN Extra Cheesy Mashed Potato 284g	523.0	26	2168.0	26	28.9	41	18.4	92	43.7	17	2.9	3	18.3	37	5.7	24	1.8	31
COM LN Extra Mashed Potato 284g	282.0	14	1177.6	14	9.7	14	6.3	31	41.4	16	2.8	3	4.2	8	5.5	23	0.8	14
COM LN Extra Chips 150g	243.7	12	1019.6	12	11.9	17	2.5	13	29.1	11	0.4	0	3.5	7	3.1	13	0.5	9
COM LN Extra Mushroom Sauteed	71.5	4	299.7	4	7.3	10	1.8	9	0.3	0	0.2	0	1.1	2	0.9	4	0.1	2
COM LN Extra Mushroom Grilled	92.3	5	380.8	5	9.5	14	1.2	6	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
COM LN Topper Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.5	8	5.4	6	7.4	15	5.4	23	0.7	12
COM LN Topper Beans n Cheese	228.7	11	946.6	11	9.9	14	6.1	31	21.1	8	5.4	6	14.3	29	5.4	23	1.3	21
COM LN Topper Cheese	116.2	6	477.1	6	9.4	13	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	8
COM LN Topper Hunters	380.3	19	1586.9	19	18.0	26	8.4	42	15.7	6	14.7	16	37.7	75	0.4	2	3.5	59
COM LN 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

## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Extra Cheesy Burger Slice x1	41.5	2	172.2	2	3.3	5	1.7	8	0.8	0	0.8	1	2.2	4	0.0	0	0.2	4
COM LN Extra 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
COM LN Extra Fried Onions 56g	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
COM LN Extra Tartare Sauce	184.8	9	763.3	9	17.8	25	1.3	7	5.5	2	3.8	4	0.7	1	0.2	1	0.9	14
COM LN Extra Grilled Tomato	17.0	1	72.3	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
COM LN Extra Cumberland Sausage	198.2	10	822.5	10	15.7	22	6.6	33	2.0	1	0.5	1	10.0	20	0.0	0	1.0	17
COM LN 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
COM LN 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
COM LN Extra Sauce Marie Rose 56g	264.9	13	1095.9	13	25.3	36	1.8	9	6.4	2	4.4	5	0.4	1	0.2	1	1.0	16
COM LN Extra Salsa	23.0	1	96.9	1	0.0	0	0.0	0	4.0	2	3.4	4	1.1	2	1.0	4	0.7	12
COM LN Extra Sweet Chilli Sauce 28g	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
COM LN Extra Garlic Mayonnaise 56g	404.3	20	1664.3	20	44.1	63	3.5	17	0.9	0	0.8	1	0.7	1	0.1	0	0.5	8
COM LN Extra Mayonnaise 56g	148.4	7	612.1	7	14.5	21	1.1	5	4.1	2	1.4	2	0.3	1	0.3	1	1.0	16
COM LN Extra Guacamole 28g	36.7	2	153.4	2	3.2	5	0.7	4	1.7	1	0.3	0	0.4	1	0.1	0	0.2	4
COM LN Extra Mango Chutney 28g	67.2	3	285.6	3	0.0	0	0.0	0	16.7	6	12.5	14	0.1	0	0.1	0	0.8	14
COM LN Extra BBQ Sauce 56g	124.9	6	530.3	6	0.1	0	0.0	0	28.3	11	27.3	30	1.1	2	0.7	3	1.7	28
COM LN Extra Sour Cream 28g	57.4	3	237.4	3	5.2	7	3.2	16	1.5	1	1.5	2	1.2	2	0.0	0	0.1	1
COM LN Extra Sour Cream 56g	114.8	6	474.9	6	10.4	15	6.4	32	2.9	1	2.9	3	2.5	5	0.0	0	0.1	2
COM LN Extra Carrots 85g	36.5	2	153.7	2	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	0.1	2
COM LN Extra Peas 85g	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
COM LN Extra Mushy Peas	127.5	6	537.0	6	0.8	1	0.2	1	19.2	7	3.0	3	8.7	17	5.7	24	0.7	11
COM LN Extra Linseed Bun	206.5	10	871.5	10	4.7	7	1.1	5	34.5	13	5.9	7	5.5	11	2.3	10	0.6	10
COM LN 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
COM LN Extra Poppadum x1	113.4	6	471.2	6	8.6	12	2.6	13	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
COM LN Extra Poppadums x3 and Mango Chutney 56g	474.7	24	1984.9	24	25.8	37	7.9	39	53.0	20	25.2	28	7.3	15	0.7	3	3.1	51
COM LN Extra Pilau Rice x1	200.4	10	850.0	10	1.3	2	0.2	1	42.1	16	0.0	0	5.0	10	0.0	0	0.7	12
COM LN Extra Veg Chilli x1	174.0	9	726.0	9	9.0	13	0.8	4	15.3	6	4.2	5	6.8	14	3.5	14	0.9	15
COM LN Extra Aerosol Cream 28g	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
COM LN 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
COM LN Extra 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
COM LN Extra Cream 56ml	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
COM LN Extra 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



## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN Extra Ice Cream Scoop Strawberry	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
COM LN 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
COM LN VGN Extra Ice Cream Scoop Vanilla	80.2	4	333.6	4	4.2	6	3.6	18	7.6	3	7.4	8	0.5	1	5.4	22	0.0	0
COM LN Extra Pineapple	101.7	5	430.4	5	0.7	1	0.1	1	22.7	9	22.7	25	0.7	1	1.0	4	0.0	0
COM LN Extra Chocolate Sauce 28g	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
COM LN Extra Bacon x1	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
COM LN Extra Beef Burger x1	208.9	10	870.2	10	12.4	18	5.7	29	1.0	0	0.5	1	24.3	49	0.6	2	0.9	15
COM LN Extra Chicken Burger x1	371.3	19	1553.3	18	20.6	29	7.8	39	25.5	10	1.8	2	21.1	42	0.0	0	1.2	20
COM LN Extra Veggie Burger x1	233.3	12	972.0	12	16.5	24	7.8	39	9.9	4	2.8	3	10.8	22	1.0	4	1.3	21
COM LN Extra Philly Cheese Sauce 50g	89.5	4	372.0	4	7.1	10	4.4	22	2.1	1	0.9	1	4.5	9	0.1	0	0.5	8
COM LN Extra Southern Chicken Gravy	26.4	1	109.8	1	1.5	2	0.4	2	2.3	1	0.3	0	0.8	2	0.1	1	0.5	8
COM LN 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
COM LN SB Apricot Pork Belly	1375.0	69	5725.0	68	81.3	116	36.1	181	98.2	38	37.3	41	56.4	113	11.3	47	4.2	70
COM LN SB Trio of Lamb Chops	1415.0	71	5902.1	70	92.0	131	37.9	190	77.4	30	10.2	11	63.9	128	10.1	42	3.6	60
COM LN SB Red Wine & Mint Lamb Shank	1397.8	70	5819.1	69	87.6	125	43.1	216	66.6	26	14.6	16	80.7	161	9.5	40	3.1	51
COM LN SB Burger Mushroom Bacon and Rarebit	1573.8	79	6585.5	78	74.8	107	26.9	135	138.7	53	29.2	32	81.2	162	13.9	58	7.6	126
COM LN SB Cod Mornay	682.8	34	2846.8	34	30.2	43	18.0	90	39.4	15	5.1	6	59.5	119	-	-	1.8	30
COM LN SB Mushroom Bourguignon Pie	1044.6	52	4379.9	52	49.8	71	23.4	117	130.1	50	10.6	12	19.0	38	15.0	62	4.7	78
COM LN SB VGN Mushroom Bourguignon Pie	1211.8	61	5082.5	61	61.4	88	21.5	107	143.6	55	8.6	10	21.3	43	15.4	64	4.8	81
COM LN SB Half Roast Chicken	1350.4	68	5648.1	67	72.1	103	18.3	92	86.1	33	17.4	19	84.1	168	9.7	40	4.8	80
COM LN SB Halloumi Fries	542.0	27	2253.2	27	31.8	45	20.1	100	35.2	14	13.9	15	29.8	60	-	-	3.9	65
COM LN SB Jumbo Shrimp	536.8	27	2250.5	27	20.3	29	4.5	22	54.6	21	3.5	4	32.5	65	3.6	15	3.0	50
COM LN SB Garlic Mushrooms	477.1	24	2027.7	24	26.9	38	9.3	47	43.4	17	5.3	6	13.4	27	5.3	22	2.0	34
COM LN SB Chocolate and Salted Caramel Tart	553.8	28	2315.4	28	29.4	42	17.3	86	63.5	24	45.9	51	3.5	7	-	-	0.3	5
COM LN SB VGN Chocolate and Salted Caramel Tart	549.9	27	2296.4	27	29.6	42	18.9	94	61.1	23	44.4	49	1.9	4	-	-	0.2	4
COM LN SB Red Velvet Cheesecake	1060.7	53	4416.0	53	74.4	106	38.5	192	84.9	33	53.1	59	12.6	25	-	-	1.0	16
COM LN T1 Sunday Roast Beef	1226.5	61	5143.4	61	58.1	83	12.8	64	106.6	41	25.4	28	65.8	132	10.8	45	5.5	92
COM LN T1 NGCI Sunday Roast Beef	945.9	47	3973.3	47	40.1	57	9.9	49	82.1	32	23.5	26	59.5	119	9.6	40	4.6	76
COM LN T1 Sunday Roast Beef Child	876.8	44	3674.0	44	44.1	63	9.3	46	73.4	28	16.6	18	45.2	90	6.6	27	4.3	71
COM LN T1 NGCI Sunday Roast Beef Child	596.2	30	2503.9	30	26.0	37	6.4	32	48.8	19	14.6	16	38.9	78	5.3	22	3.4	56
COM LN T1 Sunday Roast Beef Large	1523.4	76	6383.2	76	77.1	110	16.5	83	117.4	45	26.9	30	87.4	175	11.3	47	6.1	101
COM LN T1 Sunday Roast Turkey	1180.2	59	4945.2	59	54.1	77	11.6	58	116.1	45	33.8	38	54.3	109	-	-	4.8	80

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
COM LN T1 NGCI Sunday Roast Turkey	899.7	45	3775.1	45	36.0	51	8.7	43	91.6	35	31.9	35	48.0	96	-	-	3.9	64
COM LN T1 Sunday Roast Turkey Child	862.6	43	3610.7	43	41.6	59	8.8	44	82.7	32	24.8	28	38.3	77	-	-	3.5	59
COM LN T1 NGCI Sunday Roast Turkey Child	582.0	29	2440.6	29	23.6	34	5.9	30	58.1	22	22.9	25	32.0	64	-	-	2.6	43
COM LN T1 Sunday Roast Turkey Large	1445.2	72	6049.7	72	71.4	102	14.6	73	127.0	49	35.4	39	71.3	143	-	-	5.4	90
COM LN T1 Sunday Roast Vegetarian	1515.7	76	6334.6	75	88.7	127	29.1	146	161.4	62	24.9	28	26.2	52	17.3	72	5.8	96
COM LN T1 Sunday Roast Vegetarian Child	1264.5	63	5280.6	63	78.0	111	27.0	135	128.2	49	16.0	18	22.9	46	13.0	54	4.8	81
NUT COM LN T1 Sunday Roast Vegetarian - Wellington	1515.7	76	6334.6	75	88.7	127	29.1	146	161.4	62	24.9	28	26.2	52	17.3	72	5.8	96
NUT COM LN T1 Sunday Roast Vegetarian Child - Wellington	1264.5	63	5280.6	63	78.0	111	27.0	135	128.2	49	16.0	18	22.9	46	13.0	54	4.8	81
NUT COM LN T1 Sunday Roast Vegetarian - Tart	1517.3	76	6350.5	76	80.2	115	25.1	126	165.4	64	25.7	29	29.7	59	12.6	53	4.8	80
NUT COM LN T1 Sunday Roast Vegetarian Child - Tart	1266.1	63	5296.5	63	69.4	99	23.0	115	132.2	51	16.8	19	26.3	53	8.4	35	3.9	65
NUT COM LN T1 Sunday Roast Vegetarian - Sausages	1187.5	59	4961.7	59	62.7	90	9.9	49	110.6	43	23.3	26	37.6	75	19.7	82	5.6	94
NUT COM LN T1 Sunday Roast Vegetarian Child - Sausages	936.3	47	3907.8	47	52.0	74	7.8	39	77.3	30	14.4	16	34.2	68	15.4	64	4.7	79
COM LN Extra 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
COM LN T1 Extra Sunday Veg	182.5	9	771.5	9	2.5	4	1.1	5	34.4	13	16.9	19	4.7	9	5.2	22	0.4	6
COM LN 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
COM LN T1 Extra Roast Potatoes	335.0	17	1397.0	17	21.5	31	2.5	12	31.2	12	0.7	1	2.4	5	3.9	16	0.7	11
COM LN T2 Sunday Roast Topside of Beef	1210.9	61	5068.2	60	57.6	82	17.1	85	117.1	45	31.7	35	51.4	103	12.5	52	4.7	79
COM LN T2 NGCI Sunday Roast Topside of Beef	930.3	47	3898.1	46	39.5	56	14.2	71	92.5	36	29.8	33	45.1	90	11.3	47	3.8	63
COM LN T2 Sunday Roast Topside of Beef Child	786.3	39	3288.9	39	40.0	57	10.5	53	75.5	29	19.6	22	29.1	58	7.0	29	3.7	61
COM LN T2 NGCI Sunday Roast Topside of Beef Child	505.7	25	2118.8	25	22.0	31	7.6	38	50.9	20	17.7	20	22.8	46	5.8	24	2.7	46
COM LN T2 Sunday Roast Topside of Beef Large	1580.8	79	6606.0	79	84.6	121	24.1	121	127.8	49	33.2	37	72.9	146	13.1	54	5.2	87
COM LN T2 Sunday Roast Chicken	1593.0	80	6667.6	79	76.9	110	21.1	105	126.5	49	40.0	44	94.1	188	14.4	60	5.7	95
COM LN T2 NGCI Sunday Roast Chicken	1312.3	66	5497.2	65	58.8	84	18.1	91	101.9	39	38.0	42	87.8	176	13.2	55	4.8	79
COM LN T2 Sunday Roast Chicken Child	1002.2	50	4191.9	50	50.0	71	13.0	65	84.7	33	27.7	31	51.6	103	8.1	34	3.7	62
COM LN T2 NGCI Sunday Roast Chicken Child	721.6	36	3021.8	36	32.0	46	10.1	51	60.1	23	25.8	29	45.3	91	6.9	29	2.8	47
COM LN T2 Sunday Roast Chicken Large	2129.0	106	8901.5	106	113.1	162	29.6	148	137.4	53	41.6	46	135.9	272	15.7	66	7.1	118
COM LN T2 Sunday Roast Vegetarian	1452.7	73	6079.3	72	75.3	108	28.3	141	171.9	66	31.2	35	29.1	58	19.0	79	5.4	91
COM LN T2 Sunday Roast Vegetarian Child	1199.5	60	5013.2	60	69.1	99	26.3	132	130.3	50	19.1	21	24.1	48	13.5	56	4.6	77
NUT COM LN T2 Sunday Roast Vegetarian -	1452.7	73	6079.3	72	75.3	108	28.3	141	171.9	66	31.2	35	29.1	58	19.0	79	5.4	91

## 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

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
Wellington																		
NUT COM LN T2 Sunday Roast Vegetarian Child - Wellington	1199.5	60	5013.2	60	69.1	99	26.3	132	130.3	50	19.1	21	24.1	48	13.5	56	4.6	77
NUT COM LN T2 Sunday Roast Vegetarian - Tart	1454.3	73	6095.2	73	66.8	95	24.2	121	175.9	68	32.0	36	32.5	65	14.4	60	4.5	75
NUT COM LN T2 Sunday Roast Vegetarian Child - Tart	1201.1	60	5029.1	60	60.6	87	22.3	111	134.3	52	19.9	22	27.5	55	8.8	37	3.7	61
NUT COM LN T2 Sunday Roast Vegetarian - Sausages	1124.4	56	4706.2	56	49.3	70	9.0	45	121.0	47	29.5	33	40.4	81	21.4	89	5.3	89
NUT COM LN T2 Sunday Roast Vegetarian Child - Sausages	871.3	44	3640.3	43	43.1	62	7.1	35	79.4	31	17.5	19	35.4	71	15.9	66	4.5	75
COM LN Extra 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
COM LN 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
COM LN Extra Cauliflower Cheese	280.0	14	1162.2	14	16.5	24	10.0	50	13.6	5	5.9	7	16.8	34	-	-	2.1	36
COM LN T2 Extra Sunday Veg	238.3	12	1007.4	12	4.5	6	2.0	10	40.2	15	22.6	25	5.5	11	8.1	34	0.7	11
COM LN T2 Extra Roast Potatoes	222.8	11	934.7	11	6.2	9	0.7	3	35.9	14	1.3	1	4.4	9	2.7	11	0.0	1
COM LN T3 NGCI Sunday Roast Topside of Beef	892.6	45	3735.0	44	38.2	55	12.3	62	88.1	34	26.0	29	43.5	87	10.7	45	3.6	60
COM LN T3 Sunday Roast Topside of Beef	1173.2	59	4905.1	58	56.3	80	15.2	76	112.7	43	27.9	31	49.8	100	12.0	50	4.5	75
COM LN T3 Sunday Roast Turkey	1033.6	52	4337.7	52	36.3	52	7.8	39	119.5	46	33.4	37	53.7	107	10.8	45	3.5	58
COM LN T3 NGCI Sunday Roast Turkey	753.0	38	3167.7	38	18.2	26	4.9	25	95.0	37	31.5	35	47.4	95	9.6	40	2.6	43
COM LN T3 Sunday Half Roast Chicken	1546.6	77	6471.7	77	75.8	108	19.5	97	119.8	46	33.7	37	92.1	184	12.4	52	5.4	90
COM LN T3 NGCI Sunday Half Roast Chicken	1265.9	63	5301.4	63	57.7	82	16.6	83	95.3	37	31.8	35	85.8	172	11.2	47	4.5	75
COM LN T3 Sunday Roast Vegetarian	1423.3	71	5952.4	71	74.2	106	26.7	133	169.7	65	29.5	33	27.1	54	17.2	72	5.1	86
NUT COM LN T3 Sunday Roast Vegetarian Mushroom, Broccoli, Cheddar and Wellington	1386.1	69	5802.4	69	67.8	97	26.0	130	174.1	67	29.8	33	28.1	56	17.4	72	5.0	84
NUT COM LN T3 Sunday Roast Vegetarian Sausages	1057.9	53	4429.5	53	41.8	60	6.7	34	123.2	47	28.1	31	39.5	79	19.8	82	4.9	82
NUT COM LN T3 Sunday Roast Vegetarian Cauliflower Cheese Tart	1262.6	63	5286.8	63	59.5	85	16.3	82	148.7	57	29.8	33	29.7	59	13.7	57	4.3	72
COM LN T3 Sunday Roast Topside of Beef Child	795.2	40	3322.1	40	41.4	59	10.3	51	72.4	28	16.8	19	31.5	63	7.4	31	3.6	60
COM LN T3 NGCI Sunday Roast Topside of Beef Child	514.6	26	2152.0	26	23.3	33	7.4	37	47.8	18	14.9	17	25.2	50	6.1	25	2.7	45
COM LN T3 Sunday Roast Turkey Child	742.7	37	3113.8	37	30.2	43	6.5	33	79.2	30	22.4	25	37.5	75	6.2	26	2.7	45
COM LN T3 NGCI Sunday Roast Turkey Child	462.1	23	1943.7	23	12.1	17	3.6	18	54.6	21	20.4	23	31.2	62	5.0	21	1.8	29
COM LN T3 Sunday Roast Vegetarian Child	1186.5	59	4956.9	59	68.7	98	25.5	128	129.4	50	18.4	20	23.0	46	12.6	52	4.4	74
NUT COM LN T3 KID Sunday Roast Vegetarian Mushroom, Cheddar and Broccoli Wellington	1149.3	57	4806.8	57	62.2	89	24.9	124	133.8	51	18.7	21	24.1	48	12.8	53	4.3	72

## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

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	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
NUT COM LN T3 KID Sunday Roast Vegetarian Sausages	821.1	41	3434.0	41	36.2	52	5.6	28	82.9	32	17.1	19	35.4	71	15.2	63	4.2	70
NUT COM LN T3 KID Sunday Roast Vegetarian Cauliflower Cheese Tart	1025.9	51	4291.2	51	54.0	77	15.2	76	108.4	42	18.7	21	25.6	51	9.1	38	3.6	61
COM LN Extra Roast Topside Beef 84g	169.5	8	705.0	8	11.2	16	4.6	23	0.0	0	0.0	0	17.0	34	0.0	0	0.2	4
COM LN 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
COM LN 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
COM LN 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
COM LN 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
COM LN T3 Extra Roast Potatoes 180g	225.4	11	945.5	11	6.2	9	0.7	3	36.2	14	1.3	1	4.5	9	2.9	12	0.0	1
COM LN T3 Extra Sunday Veg	183.5	9	775.7	9	2.0	3	0.3	2	37.1	14	18.8	21	2.3	5	4.0	17	0.4	7
COM LN Extra Cauliflower Cheese	280.0	14	1162.2	14	16.5	24	10.0	50	13.6	5	5.9	7	16.8	34	-	-	2.1	36
COM LN Upgrade Cheesy Garlic Bread	348.6	17	1431.4	17	28.3	40	17.9	89	1.6	1	0.0	0	21.0	42	0.0	0	1.5	25
COM LN Upgrade Chips 150g (from Nachos)	243.7	12	1019.6	12	11.9	17	2.5	13	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
COM LN Upgrade Double Your Chips	903.6	45	3782.5	45	43.0	61	9.0	45	110.2	42	1.7	2	13.1	26	11.9	50	2.0	33
COM LN Upgrade Double Your Fries	911.2	46	3813.2	45	41.5	59	8.5	42	117.9	45	5.1	6	9.8	20	13.1	55	1.8	29
COM LN Upgrade Potato Wedges	265.2	13	1118.6	13	8.1	12	2.3	12	41.3	16	1.4	2	5.0	10	4.1	17	0.0	1
COM LN Upgrade Potato Wedges (from Nachos)	265.2	13	1118.6	13	8.1	12	2.3	12	41.3	16	1.4	2	5.0	10	4.1	17	0.0	1
COM LN Upgrade Sweet Potato Fries 150g	273.5	14	1125.9	13	13.3	19	2.3	11	32.9	13	10.6	12	2.2	4	4.5	19	0.6	10
COM LN Upgrade Sweet Potato Fries 284g	566.3	28	2331.5	28	30.6	44	5.9	30	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
COM LN Upgrade Cheesy Chips 150g	359.9	18	1496.7	18	21.3	30	8.5	43	29.6	11	0.5	1	10.4	21	3.1	13	1.0	17
COM LN Upgrade Cheesy Chips 284g	568.0	28	2368.4	28	30.9	44	10.5	52	55.6	21	0.9	1	13.5	27	6.0	25	1.5	25
COM LN Best Ever Carrot Cake	1243.0	62	5183.2	62	79.2	113	29.7	148	122.1	47	84.8	94	10.4	21	2.6	11	1.4	23
COM LN NGCI Best Ever Carrot Cake	1243.0	62	5183.2	62	79.2	113	29.7	148	122.1	47	84.8	94	10.4	21	2.6	11	1.4	23
COM LN Chocolate Eclair Cake	1198.8	60	4991.6	59	78.5	112	51.6	258	112.2	43	80.1	89	9.8	20	-	-	1.1	18

## 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	%
COM LN PK Garlic Dough Balls	1110.4	56	4629.8	55	71.5	102	6.7	34	97.5	38	3.1	3	18.8	38	6.2	26	2.8	47
COM LN PK VGN Garlic Dough Balls	730.1	37	3067.2	37	27.5	39	3.3	16	100.9	39	6.3	7	19.6	39	7.4	31	2.4	39
COM LN PK Mozzarella Dough Balls	1094.3	55	4570.9	54	64.2	92	12.4	62	96.3	37	3.5	4	32.8	66	5.8	24	3.4	57
COM LN PK VGN Cheese Dough Balls	646.8	32	2726.3	32	16.8	24	9.1	45	104.1	40	6.1	7	19.2	38	6.9	29	3.0	50
COM LN PK Garlic Pizza Bread	707.4	35	2971.1	35	27.4	39	3.3	16	96.7	37	2.3	3	18.1	36	6.4	27	2.4	39
COM LN PK Cheesy Garlic Pizza Bread	959.9	48	4021.7	48	45.7	65	15.0	75	97.6	38	3.2	4	39.1	78	6.4	27	3.6	59
COM LN PK VGN Cheesy Garlic Pizza Bread	786.1	39	3296.6	39	34.2	49	9.2	46	100.4	39	2.3	3	18.4	37	6.4	27	3.0	50
COM LN PK Margherita	788.2	39	3317.3	39	25.6	37	12.4	62	99.9	38	6.9	8	39.8	80	6.9	29	3.3	55
COM LN PK VGN Margherita	614.4	31	2592.3	31	14.0	20	6.6	33	102.6	39	6.1	7	19.1	38	6.9	29	2.7	46
COM LN PK Margherita Salad	278.7	14	1174.3	14	8.7	12	4.2	21	35.6	14	4.3	5	13.9	28	3.7	15	1.1	19
COM LN PK VGN Margherita Salad	234.7	12	990.4	12	6.0	9	3.3	16	37.1	14	4.0	4	7.2	14	3.7	15	1.0	17
COM LN PK Ham Mushroom and Mozzarella	888.6	44	3740.6	45	28.9	41	13.5	67	100.5	39	7.1	8	56.3	113	7.8	33	5.3	88
COM LN PK Ham Mushroom and Mozzarella Salad	306.1	15	1289.8	15	9.6	14	4.5	22	35.8	14	4.4	5	18.4	37	4.0	17	1.6	27
COM LN PK Chicken Supreme	925.8	46	3897.8	46	28.5	41	13.0	65	105.1	40	11.5	13	62.1	124	9.1	38	3.8	63
COM LN PK Chicken Supreme Salad	343.2	17	1446.2	17	10.0	14	4.5	22	37.7	15	6.1	7	24.8	50	4.5	19	1.4	23
COM LN PK Veggie Delight	844.5	42	3557.3	42	26.4	38	12.6	63	108.3	42	14.8	16	42.1	84	10.4	43	3.3	55
COM LN PK VGN Veggie Delight	670.7	34	2832.3	34	14.8	21	6.8	34	111.1	43	13.9	15	21.4	43	10.4	43	2.8	46
COM LN PK Veggie Delight Salad	301.8	15	1272.7	15	9.0	13	4.3	21	38.9	15	7.4	8	15.0	30	5.2	22	1.1	19
COM LN PK VGN Veggie Delight Salad	257.8	13	1088.8	13	6.4	9	3.4	17	40.5	16	7.1	8	8.2	16	5.2	22	1.1	18
COM LN PK Pizza Smoky BBQ	1200.6	60	5045.5	60	44.6	64	19.8	99	130.5	50	34.7	39	67.6	135	8.1	34	6.9	114
COM LN PK Pizza Smoky BBQ Salad	418.5	21	1758.8	21	16.2	23	7.1	36	43.5	17	11.3	13	23.6	47	4.1	17	2.3	38
COM LN PK Pepperoni	1017.2	51	4263.4	51	47.2	67	21.0	105	100.3	39	7.3	8	47.9	96	6.9	29	5.2	87
COM LN PK Pepperoni Salad	355.0	18	1489.7	18	15.9	23	7.1	35	35.8	14	4.4	5	16.7	33	3.7	15	1.8	29
COM LN PK Meat Lovers	1186.3	59	4974.6	59	51.5	74	22.8	114	106.8	41	7.7	9	73.7	147	7.4	31	6.2	104
COM LN PK Meat Lovers Salad	398.9	20	1674.9	20	16.2	23	7.2	36	37.5	14	4.5	5	24.9	50	3.9	16	2.0	34
COM LN PK Little Rita	507.8	25	2137.1	25	16.5	24	8.0	40	64.3	25	4.5	5	25.6	51	4.5	19	2.1	35
COM LN PK VGN Little Rita	432.1	22	1826.4	22	7.1	10	3.3	17	79.6	31	30.4	34	10.6	21	4.2	17	3.1	51
COM LN PK This Little Piggy	546.3	27	2299.3	27	17.8	25	8.3	42	62.2	24	4.3	5	34.4	69	4.3	18	3.3	55
COM LN PK Pepperoni Party	595.8	30	2500.1	30	25.3	36	11.5	57	63.4	24	4.5	5	28.6	57	4.4	18	2.9	48
COM LN PK Texan Chick	693.6	35	2919.8	35	21.1	30	8.6	43	77.0	30	21.5	24	48.1	96	4.5	19	3.4	57
COM LN PK Butchers Boy	630.1	32	2645.6	31	24.9	36	11.3	56	63.5	24	4.5	5	37.8	76	4.4	18	3.1	52
COM LN Extra BBQ Sauce 56g	124.9	6	530.3	6	0.1	0	0.0	0	28.3	11	27.3	30	1.1	2	0.7	3	1.7	28
COM LN Extra Garlic Mayonnaise 56g	404.3	20	1664.3	20	44.1	63	3.5	17	0.9	0	0.8	1	0.7	1	0.1	0	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	%		
COM LN PK Extra Bacon Topping	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
COM LN PK Chicken Breast Pizza Topping	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
COM LN PK Extra Chipotle Pulled Chicken Topping	64.5	3	273.0	3	0.6	1	0.2	1	1.3	1	0.1	0	13.3	27	0.3	1	0.2	3
COM LN PK Extra Honey Roast Ham Topping	48.4	2	204.0	2	1.6	2	0.6	3	0.2	0	0.0	0	8.2	16	0.0	0	1.0	17
COM LN PK Extra Jalapenos Topping 20g	2.2	0	25.3	0	0.0	0	0.0	0	0.4	0	0.1	0	0.1	0	0.5	2	0.2	3
COM LN PK Extra Meatballs Topping	107.5	5	447.4	5	6.8	10	2.8	14	2.9	1	0.2	0	8.5	17	0.1	1	0.6	9
COM LN PK Extra Mozzarella Cheese Topping	126.2	6	525.3	6	9.2	13	5.9	29	0.4	0	0.4	0	10.5	21	0.0	0	0.6	10
COM LN PK Extra Mushrooms Topping	9.6	0	40.8	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
COM LN PK Extra Pepperoni Topping	114.5	6	473.0	6	10.8	15	4.3	22	0.2	0	0.2	0	4.1	8	0.0	0	1.0	16
COM LN PK Extra Pineapple Topping	101.7	5	430.4	5	0.7	1	0.1	1	22.7	9	22.7	25	0.7	1	1.0	4	0.0	0
COM LN PK Extra Red Onion Topping	4.6	0	19.4	0	0.0	0	0.0	0	0.9	0	0.6	1	0.1	0	0.2	1	0.0	0
COM LN PK Extra Sliced Mixed Peppers Topping	10.4	1	44.0	1	0.1	0	0.0	0	1.8	1	1.7	2	0.3	1	0.6	2	0.0	0
COM LN PK Extra Sliced Tomatoes Topping	19.8	1	85.1	1	0.3	0	0.1	0	3.1	1	3.1	3	0.7	1	1.3	5	0.0	0
COM LN PK VGN Extra Mozzarisella Topping	78.6	4	325.5	4	6.8	10	6.0	30	3.6	1	0.0	0	0.3	1	0.0	0	0.6	11