

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	%
SIG LN Chicken Chorizo Terrine	342.2	17	1433.7	17	16.2	23	6.3	31	32.4	12	9.4	10	16.4	33	1.3	6	1.8	30
SIG LN NGCI Chicken Chorizo Terrine	326.0	16	1360.6	16	17.8	25	6.3	32	26.0	10	10.2	11	13.6	27	3.6	15	1.6	27
SIG LN Soup of the Day	452.4	23	1899.4	23	20.1	29	11.3	56	54.9	21	7.9	9	12.8	26	3.6	15	1.8	30
SIG LN NGCI Soup of the Day	268.4	13	1115.8	13	18.0	26	9.2	46	22.1	8	7.9	9	2.8	6	5.0	21	0.8	14
SIG LN VGN Soup of the Day	778.1	39	1227.2	15	16.9	24	3.8	19	49.5	19	7.6	8	9.0	18	3.4	14	1.5	25
SIG LN Crayfish Lobster Risotto	255.0	13	1074.5	13	9.4	13	4.0	20	26.6	10	3.3	4	17.1	34	0.9	4	1.2	20
SIG LN Creamy Garlic Mushrooms	296.7	15	1239.4	15	18.5	26	8.3	41	26.3	10	1.6	2	6.0	12	1.9	8	1.6	26
SIG LN NGCI Creamy Garlic Mushrooms	280.6	14	1166.4	14	20.1	29	8.4	42	19.9	8	2.3	3	3.2	6	4.1	17	1.4	23
SIG LN VGN Bruschetta	418.7	21	1746.4	21	26.7	38	6.4	32	37.2	14	9.0	10	5.9	12	3.3	14	17.1	285
SIG LN Bruschetta Prosciutto	452.6	23	1887.9	22	28.6	41	7.2	36	37.4	14	9.0	10	9.9	20	-	-	17.9	298
SIG LN Bay Scallops	769.2	38	467.2	6	17.2	25	7.3	36	5.4	2	-	-	15.4	31	-	-	8.4	140
SIG LN NGCI Bay Scallops	773.3	39	485.0	6	17.3	25	7.3	36	6.0	2	-	-	15.5	31	-	-	15.2	253
SIG LN Baked Camembert Sharer	1096.0	55	4573.2	54	68.4	98	42.6	213	61.0	23	13.3	15	59.8	120	4.5	19	6.7	111
SIG LN NGCI Baked Camembert Sharer	1059.3	53	4408.4	52	71.5	102	42.8	214	47.4	18	14.0	16	54.1	108	8.7	36	6.3	105
SIG LN ROT Rotisserie Chicken Wings Sharer x8	1440.2	72	6020.0	72	76.6	109	21.6	108	57.1	22	54.7	61	127.2	254	1.7	7	5.8	96
SIG LN ROT NGCI Rotisserie Chicken Wings Sharer x8	1440.2	72	6020.0	72	76.6	109	21.6	108	57.1	22	54.7	61	127.2	254	1.7	7	5.8	96
SIG LN ROT Rotisserie Chicken Wings Sharer x16	2630.7	132	10979.4	131	152.9	218	43.1	216	57.4	22	54.7	61	252.2	504	2.0	8	8.2	136
SIG LN ROT NGCI Rotisserie Chicken Wings Sharer x16	2630.7	132	10979.4	131	152.9	218	43.1	216	57.4	22	54.7	61	252.2	504	2.0	8	8.2	136
SIG LN Prawn and Crayfish Cocktail	486.5	24	2027.9	24	33.5	48	12.5	63	29.8	11	6.9	8	16.3	33	3.0	13	6.9	115
SIG LN NGCI Prawn & Crayfish Cocktail	392.9	20	1634.6	19	27.9	40	8.6	43	22.6	9	7.5	8	10.9	22	3.9	16	6.6	110
SIG LN Nachos	877.2	44	3653.2	43	53.1	76	18.4	92	72.0	28	7.8	9	22.6	45	6.1	26	19.2	319
SIG LN Nachos Veggie	855.6	43	3569.0	42	52.8	75	18.3	92	68.9	27	6.4	7	23.2	46	5.5	23	19.3	322
SIG LN NGCI Nachos Veggie	845.7	42	3527.6	42	52.0	74	18.2	91	68.4	26	6.0	7	23.0	46	5.3	22	17.3	288
SIG LN VGN Nachos	615.0	31	2567.1	31	32.3	46	4.1	21	69.5	27	5.5	6	8.2	16	5.6	23	18.5	308
SIG LN NGCI VGN Nachos	615.0	31	2567.1	31	32.3	46	4.1	21	69.5	27	5.5	6	8.2	16	5.6	23	18.5	308
SIG LN Meat in the Middle Board	2662.4	133	10939.2	130	195.8	280	65.6	328	102.3	39	47.2	52	120.2	240	-	-	24.4	407
SIG LN Mezze Board	460.8	23	1837.0	22	25.9	37	7.8	39	51.9	20	-	-	11.5	23	-	-	5.5	92
SIG LN Chicken Wings	764.4	38	3186.4	38	45.6	65	12.1	60	22.9	9	20.3	23	64.6	129	2.3	10	1.4	23
SIG LN NGCI Chicken Wings	764.4	38	3186.4	38	45.6	65	12.1	60	22.9	9	20.3	23	64.6	129	2.3	10	1.4	23
SIG LN Pork Crackling & Apple Sauce	338.4	17	1399.8	17	30.6	44	10.4	52	7.4	3	4.4	5	8.1	16	0.2	1	0.3	6
SIG LN Mixed Olives	205.2	10	854.4	10	12.6	18	4.1	20	5.9	2	0.0	0	1.7	3	0.2	1	3.6	59
SIG LN NGCI Mixed Olives	205.2	10	854.4	10	12.6	18	4.1	20	5.9	2	0.0	0	1.7	3	0.2	1	3.6	59

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Pork Applewood and Bacon Sausage Roll	430.4	22	1666.6	20	28.1	40	12.8	64	30.0	12	9.2	10	16.0	32	1.1	5	1.2	20
SIG LN Hummus & Flatbread	762.8	38	3194.3	38	36.4	52	3.3	17	161.9	62	-	-	17.0	34	7.7	32	2.4	40
SIG LN NGCI Hummus & Toast	426.6	21	1777.5	21	23.6	34	2.3	11	114.2	44	3.3	4	7.9	16	10.3	43	1.5	25
SIG LN Halloumi Fries	588.9	29	2445.4	29	41.0	59	22.9	114	26.1	10	8.2	9	29.7	59	-	-	4.5	74
SIG LN Beef and Ale Pie	1288.5	64	5385.6	64	63.0	90	33.6	168	117.5	45	11.5	13	62.6	125	11.6	48	3.7	62
SIG LN Peppered Vegetable Pie	1193.2	60	4978.7	59	61.9	88	31.2	156	136.8	53	19.1	21	18.8	38	14.8	62	4.8	80
SIG LN VGN Peppered Vegetable Pie	1362.2	68	5688.4	68	74.3	106	29.5	148	149.2	57	17.1	19	21.0	42	15.1	63	4.9	82
SIG LN Lasagne	956.3	48	3865.9	46	39.0	56	17.7	89	79.3	30	15.1	17	61.8	124	6.4	27	7.5	126
SIG LN Beer Battered Cod and Chips	1038.3	52	4354.2	52	41.8	60	6.7	33	98.2	38	6.4	7	63.6	127	12.4	52	4.2	70
SIG LN Whitby Scampi	1836.4	92	3916.8	47	63.8	91	14.0	70	99.4	38	8.5	9	27.7	55	13.7	57	3.9	65
SIG LN Hunter's Chicken	1239.3	62	5199.4	62	61.4	88	20.2	101	72.3	28	17.0	19	95.5	191	7.6	32	8.8	147
SIG LN NGCI Hunter's Chicken	1239.3	62	5199.4	62	61.4	88	20.2	101	72.3	28	17.0	19	95.5	191	7.6	32	8.8	147
SIG LN Curry Chicken Tikka Masala	1484.8	74	6244.0	74	43.1	62	12.9	65	210.8	81	44.5	49	56.7	113	16.3	68	13.9	232
SIG LN NGCI Curry Chicken Tikka Masala	1171.9	59	4928.4	59	35.2	50	12.3	62	158.8	61	41.4	46	50.9	102	11.5	48	13.7	229
SIG LN Curry Vegetable	1215.5	61	5119.9	61	25.6	37	8.0	40	204.9	79	40.2	45	31.4	63	14.0	58	14.6	244
SIG LN NGCI Curry Vegetable	902.6	45	3804.3	45	17.7	25	7.4	37	153.0	59	37.0	41	25.5	51	9.2	38	14.5	241
SIG LN VGN Curry Vegetable	723.9	36	3051.6	36	12.5	18	4.4	22	128.9	50	36.6	41	16.8	34	8.7	36	12.7	212
SIG LN NGCI VGN Vegetable Curry	723.9	36	3051.6	36	12.5	18	4.4	22	128.9	50	36.6	41	16.8	34	8.7	36	12.7	212
SIG LN ROT Curry Chicken Tikka Masala	1392.8	70	5851.0	70	44.7	64	11.4	57	205.0	79	42.3	47	42.1	84	12.5	52	14.0	233
SIG LN ROT NGCI Curry Chicken Tikka Masala	1079.9	54	4535.4	54	36.8	53	10.8	54	153.1	59	39.2	44	36.3	73	7.7	32	13.8	230
SIG LN Chicken and Portabello Pie	1445.2	72	5984.0	71	76.0	109	27.8	139	147.8	57	10.1	11	37.0	74	12.2	51	3.8	64
SIG LN Crayfish Linguine	1059.9	53	4468.0	53	46.1	66	21.3	107	116.7	45	-	-	44.7	89	-	-	2.2	36
SIG LN Chicken and Beef Duo	863.9	43	3628.7	43	27.6	39	12.6	63	63.7	25	13.5	15	86.0	172	-	-	4.7	78
SIG LN NGCI Chicken & Beef Duo	863.9	43	3628.7	43	27.6	39	12.6	63	63.7	25	13.5	15	86.0	172	-	-	4.7	78
SIG LN Goats Cheese Lasagne	846.3	42	3537.4	42	41.2	59	19.0	95	86.5	33	20.3	23	30.8	62	6.6	28	8.3	139
SIG LN Goats Cheese Lasagne <650	647.4	32	2703.1	32	32.8	47	15.7	78	60.4	23	20.1	22	26.7	53	6.0	25	12.3	205
SIG LN ROT LN Duo Chicken and Beef	752.2	38	3151.0	38	34.2	49	14.7	74	63.8	25	13.5	15	49.7	99	-	-	4.7	78
SIG LN ROT NGCI Duo Chicken & Beef	752.2	38	3151.0	38	34.2	49	14.7	74	63.8	25	13.5	15	49.7	99	-	-	4.7	78
SIG LN Kebab Lamb	1949.9	97	7262.0	86	91.2	130	21.2	106	185.2	71	-	-	50.2	100	11.6	48	17.2	287
SIG LN SB NGCI Kebab Lamb	1256.9	63	4346.3	52	65.9	94	21.5	108	84.4	32	27.5	31	34.9	70	10.7	45	15.2	253
SIG LN Feel Good Salad <350	331.7	17	1381.2	16	26.7	38	3.4	17	15.7	6	4.5	5	6.0	12	5.2	22	12.6	210
SIG LN NGCI VGN Feel Good Salad <350	331.7	17	1381.2	16	26.7	38	3.4	17	15.7	6	4.5	5	6.0	12	5.2	22	12.6	210
SIG LN ROT Feel Good Salad <350	331.7	17	1381.2	16	26.7	38	3.4	17	15.7	6	4.5	5	6.0	12	5.2	22	12.6	210

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SIG LN ROT NGCI Feel Good Salad <350	331.7	17	1381.2	16	26.7	38	3.4	17	15.7	6	4.5	5	6.0	12	5.2	22	12.6	210
SIG LN Extra Chicken Breast	345.8	17	1457.7	17	8.1	12	2.3	11	0.0	0	0.0	0	68.3	137	0.0	0	0.3	6
SIG LN Extra 6oz Rump Steak	378.8	19	1573.7	19	26.4	38	8.4	42	0.0	0	0.0	0	35.2	70	0.0	0	1.2	20
SIG LN Extra Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
SIG LN Extra Roast Peppers & Mushrooms	173.3	9	721.7	9	9.5	14	2.0	10	19.2	7	11.3	13	3.5	7	4.4	18	0.2	4
SIG LN Extra Crayfish tails	45.6	2	192.6	2	0.5	1	0.2	1	0.6	0	0.6	1	9.4	19	0.4	2	0.3	5
SIG LN ROT Extra Rotisserie Chicken Breast	130.8	7	547.2	7	10.8	15	3.0	15	0.1	0	0.0	0	14.8	30	0.1	0	0.4	7
SIG LN Steak Sirloin 8oz	1059.9	53	4419.8	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.6	427
SIG LN NGCI Steak Sirloin 8oz	1059.9	53	4419.8	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.6	427
SIG LN Steak Sirloin 8oz <550	543.9	27	2267.0	27	34.3	49	13.7	68	6.7	3	5.8	6	51.4	103	3.0	12	28.2	470
SIG LN NGCI Steak Sirloin 8oz <550	539.4	27	2248.0	27	34.0	49	13.6	68	6.7	3	5.8	6	50.9	102	3.0	12	28.2	469
SIG LN Steak Ribeye 10oz	1319.3	66	5496.1	65	84.3	120	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.6	426
SIG LN NGCI Steak Ribeye 10oz	1319.3	66	5496.1	65	84.3	120	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.6	426
SIG LN Sweetcure Gammon Steaks	1188.3	59	4978.8	59	55.2	79	13.6	68	69.9	27	15.1	17	99.4	199	8.7	36	31.6	526
SIG LN NGCI Sweetcure Gammon Steaks	1246.7	62	5223.5	62	55.5	79	13.7	68	77.5	30	17.7	20	103.8	208	12.6	53	32.0	533
SIG LN Mixed Grill	1728.3	86	7199.2	86	106.3	152	34.3	171	72.2	28	5.7	6	118.5	237	7.6	32	30.5	508
SIG LN Extra Peppercorn Sauce 80g	66.4	3	280.0	3	4.2	6	2.5	12	5.6	2	1.4	2	1.2	2	0.6	2	0.8	13
SIG LN Extra Garlic Mushrooms	202.7	10	835.9	10	20.4	29	11.1	56	2.9	1	2.1	2	2.7	5	1.9	8	0.2	3
SIG 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
SIG LN Extra Rarebit Sauce 100g	240.0	12	997.0	12	18.3	26	11.2	56	3.2	1	1.4	2	14.0	28	0.6	3	0.9	15
SIG LN Extra Smokey Bacon Butter	140.7	7	578.6	7	15.4	22	7.1	36	0.2	0	0.1	0	0.2	0	0.0	0	0.3	5
SIG LN Burger Beef Plain	1387.6	69	5783.9	69	89.6	128	-	-	96.9	37	-	-	45.0	90	-	-	3.1	51
SIG LN Burger Chicken Plain	1286.3	64	5385.2	64	61.9	88	14.9	74	96.7	37	10.5	12	82.2	164	9.4	39	2.9	49
SIG LN Burger Bacon and Cheese Beef	1603.9	80	6685.7	80	108.4	155	-	-	97.3	37	-	-	56.1	112	-	-	-	-
SIG LN Burger Bacon and Cheese Chicken	1631.1	82	6826.5	81	91.6	131	27.7	139	96.8	37	10.6	12	101.6	203	9.4	39	5.1	84
SIG LN Burger Veggie	1534.2	77	6407.4	76	92.0	131	26.7	133	125.0	48	23.3	26	48.1	96	15.2	63	4.9	81
SIG LN VGN Burger Veggie	1075.1	54	4499.9	54	50.2	72	9.1	45	118.7	46	18.8	21	33.0	66	14.8	62	3.0	49
SIG LN Burger Korean BBQ Chicken	1516.6	76	6377.3	76	51.2	73	14.9	75	174.5	67	27.9	31	88.6	177	-	-	3.8	63
SIG LN Burger Wagyu	1377.4	69	5732.9	68	89.8	128	28.1	141	100.3	39	10.5	12	43.2	86	10.1	42	4.0	66
SIG LN ROT Burger Rotisserie Chicken Plain	1230.2	62	5138.4	61	74.1	106	17.9	90	111.2	43	12.1	13	33.0	66	10.9	45	3.5	58
SIG LN ROT Burger Bacon and Cheese Rotisserie Chicken	1416.1	71	5916.1	70	94.2	135	28.5	142	96.9	37	10.6	12	48.2	96	9.5	40	5.1	86
SIG LN ROT Burger Korean BBQ Chicken	1426.0	71	5964.0	71	73.1	104	23.6	118	142.2	55	28.4	32	45.6	91	10.4	43	4.1	69

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Extra Onion Rings	411.6	21	1717.6	20	24.9	36	4.5	23	40.5	16	4.0	4	4.8	10	3.2	13	1.9	32
SIG LN Extra Chips 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
SIG LN Extra Sweet Potato Fries	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
SIG LN Extra Garlic Ciabatta	451.1	23	1892.2	23	19.3	28	7.0	35	58.1	22	5.1	6	9.6	19	3.9	16	1.0	17
SIG LN Extra Cheesy Garlic Ciabatta	669.5	33	2805.0	33	37.2	53	18.2	91	58.2	22	5.2	6	24.2	48	3.9	16	2.1	35
SIG LN Extra House Salad	164.3	8	679.5	8	14.4	21	1.8	9	6.3	2	5.1	6	1.6	3	2.7	11	9.2	153
SIG LN Extra Seasonal Veg	38.4	2	160.0	2	0.5	1	0.1	1	5.5	2	5.0	6	2.1	4	2.8	12	0.1	2
SIG LN Extra Mash 284g	290.6	15	1213.8	14	10.0	14	6.5	32	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
SIG LN Extra Sauteed Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
SIG LN Extra Bread & Butter	283.1	14	1180.0	14	19.0	27	11.3	56	22.0	8	0.7	1	6.2	12	2.0	8	0.8	14
SIG LN Extra Halloumi Fries	588.9	29	2445.4	29	41.0	59	22.9	114	26.1	10	8.2	9	29.7	59	-	-	4.5	74
SIG LN Extra Mini Loaf	363.4	18	1524.1	18	15.5	22	2.6	13	48.9	19	6.6	7	7.1	14	1.3	6	1.0	17
SIG LN Posh Cheesy Chips	503.4	25	2101.5	25	30.9	44	13.5	67	36.3	14	1.5	2	17.3	35	4.1	17	1.5	25
SIG LN Posh Cheesy Chips with bacon	534.4	27	2231.8	27	35.0	50	13.3	67	33.3	13	1.3	1	18.7	37	3.8	16	2.0	33
SIG LN NGCI Extra Bread & Butter	137.5	7	572.6	7	7.7	11	3.8	19	14.8	6	1.3	1	0.8	2	2.9	12	0.4	7
SIG LN ROT Extra Rotisserie Chicken Wings x2	297.6	15	1239.8	15	19.1	27	5.4	27	0.1	0	0.0	0	31.3	63	0.1	0	0.6	10
SIG LN ROT Beer Battered Onion Ring Cone	894.6	45	3742.5	45	46.8	67	8.4	42	104.0	40	34.7	39	10.0	20	6.7	28	5.3	88
SIG LN Extra Steaky Bacon	252.7	13	1057.1	13	23.5	34	3.3	16	0.0	0	0.0	0	9.8	20	0.0	0	2.1	35
SIG LN Extra Baked Beans 56g	42.0	2	175.3	2	0.2	0	0.1	0	7.7	3	2.0	2	2.7	5	2.0	8	0.3	5
SIG LN Extra Cheddar Cheese 28g	109.2	5	456.4	5	9.0	13	5.6	28	0.1	0	0.1	0	7.3	15	0.0	0	0.5	9
SIG LN Extra Cheese Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
SIG 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
SIG LN Extra Pea & Mint Puree 75g	63.7	3	265.5	3	2.1	3	1.1	6	6.7	3	3.9	4	2.1	4	3.0	13	0.7	11
SIG LN Extra Kebab Chicken & Chorizo	354.6	18	1481.7	18	19.0	27	5.3	26	7.3	3	5.1	6	38.8	78	1.9	8	1.6	26
SIG LN Extra Kebab Halloumi	268.5	13	1110.8	13	20.0	29	10.5	53	7.3	3	5.7	6	14.8	30	-	-	1.8	30
SIG LN Extra Kebab Lamb	361.0	18	1498.9	18	27.1	39	11.1	56	6.1	2	4.6	5	23.1	46	1.9	8	0.4	6
SIG LN Extra Kebab Prawn	94.2	5	392.9	5	4.0	6	0.5	3	5.9	2	4.3	5	8.6	17	-	-	0.6	10
SIG LN Extra Chicken Wings x4	766.5	38	3195.7	38	45.7	65	12.1	60	23.2	9	20.5	23	64.8	130	2.5	10	1.4	23
SIG LN Extra Cod Goujons	239.0	12	1013.4	12	1.4	2	0.3	1	30.4	12	0.8	1	27.9	56	1.9	8	2.4	40
SIG LN Extra Crayfish tails	45.6	2	192.6	2	0.5	1	0.2	1	0.6	0	0.6	1	9.4	19	0.4	2	0.3	5
SIG LN Extra Mini Loaf	363.4	18	1524.1	18	15.5	22	2.6	13	48.9	19	6.6	7	7.1	14	1.3	6	1.0	17
SIG LN Extra Pineapple Ring	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
SIG LN ROT Extra Pulled Rotisserie Chicken	107.9	5	451.5	5	8.9	13	2.5	12	0.1	0	0.0	0	12.2	24	0.0	0	0.3	6

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Sweet Potato Fries 150g Upgrade	275.1	14	1132.6	13	13.5	19	2.4	12	32.9	13	10.6	12	2.2	4	4.5	19	0.6	10
SIG LN Sweet Potato Fries 284g Upgrade	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
SIG LN Extra Avocado	282.1	14	1162.8	14	28.1	40	6.7	33	2.7	1	0.7	1	2.3	5	4.8	20	0.0	0
SIG LN Extra Bay Scallops	764.9	38	448.4	5	17.1	24	7.3	36	4.8	2	-	-	15.2	30	-	-	1.7	28
SIG LN Extra Beef Burger	447.1	22	1856.4	22	35.9	51	-	-	0.2	0	-	-	31.1	62	-	-	0.5	8
SIG LN Extra Black Pudding x1	99.7	5	417.1	5	4.8	7	1.9	10	8.8	3	1.4	2	6.3	13	0.0	0	0.9	15
SIG LN Extra Carrot & Celery Sticks	21.0	1	88.0	1	0.3	0	0.1	0	4.4	2	4.2	5	0.6	1	2.3	10	0.1	2
SIG 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
SIG LN Extra Cream	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
SIG LN Extra Crispy Onions	60.5	3	253.0	3	2.8	4	0.8	4	8.2	3	1.5	2	1.1	2	0.8	3	0.1	1
SIG LN Extra Smokey Bacon Butter	140.7	7	578.6	7	15.4	22	7.1	36	0.2	0	0.1	0	0.2	0	0.0	0	0.3	5
SIG LN Extra Gravy	32.6	2	136.8	2	0.0	0	0.0	0	7.7	3	0.2	0	0.4	1	0.0	0	1.0	16
SIG LN Extra Grilled Mushroom x1	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
SIG LN Extra Grilled Salmon Fillet	372.3	19	1550.0	18	25.2	36	11.9	60	0.6	0	0.6	1	35.8	72	3.8	16	0.5	9
SIG LN Extra Half Tomato x2	20.4	1	87.4	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0
SIG LN Extra Lamb & Mint Burger	295.4	15	1236.8	15	25.8	37	7.9	40	9.5	4	0.0	0	25.8	52	0.0	0	1.8	31
SIG LN Extra Poached Egg x1	60.4	3	250.8	3	4.4	6	1.3	6	0.0	0	0.0	0	5.2	10	0.0	0	0.3	4
SIG LN Extra Potato Rosti x2	306.0	15	1272.0	15	15.4	22	8.6	43	36.8	14	1.0	1	6.0	12	3.6	15	0.3	5
SIG LN Extra Prawns x 3	36.6	2	154.3	2	0.1	0	0.1	0	0.7	0	0.7	1	8.2	16	-	-	0.4	7
SIG LN Extra Sauce Apple 28g	30.0	1	127.4	2	0.0	0	0.0	0	7.4	3	4.4	5	0.0	0	0.2	1	0.1	1
SIG LN Extra Sauce BBQ Korean 50g	103.5	5	438.6	5	1.5	2	0.3	2	21.1	8	19.8	22	1.2	2	0.6	2	0.6	10
SIG LN Extra Sauce BBQ Smoky 56g	127.1	6	539.8	6	0.1	0	0.0	0	28.8	11	27.8	31	1.1	2	0.7	3	1.7	29
SIG LN Extra Sauce Burger 56g	166.3	8	688.8	8	15.7	22	1.2	6	6.2	2	4.3	5	0.5	1	0.4	2	0.7	11
SIG LN Extra Sauce Chocolate 28g	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
SIG LN Extra Sauce Cranberry 28g	35.8	2	152.3	2	0.0	0	0.0	0	8.8	3	8.7	10	0.1	0	0.1	1	0.0	0
SIG LN Extra Sauce Fruity Chilli 56g	50.2	3	212.6	3	0.2	0	0.0	0	11.3	4	11.2	12	0.3	1	1.5	6	0.1	2
SIG LN Extra Sauce Horseradish 28g	58.5	3	244.7	3	3.6	5	0.5	2	5.7	2	5.5	6	0.5	1	0.2	1	1.2	20
SIG LN Extra Sauce Lemon Drizzle 28g	52.6	3	221.8	3	1.1	2	0.4	2	10.4	4	9.5	11	0.0	0	0.1	0	0.0	0
SIG LN Extra Sauce Mayo 56g	196.6	10	811.4	10	20.2	29	1.6	8	3.1	1	1.2	1	0.3	1	0.3	1	0.7	11
SIG LN Extra Sauce Mint 28g	33.6	2	147.0	2	0.1	0	0.0	0	7.0	3	6.4	7	0.5	1	0.1	0	0.7	12
SIG LN Extra Sauce Red Onion Chutney 56g	95.8	5	404.9	5	0.1	0	0.0	0	22.2	9	20.9	23	0.6	1	1.0	4	0.1	1
SIG LN Extra Sauce Tartare 56g	168.6	8	696.1	8	16.8	24	1.3	7	3.0	1	1.4	2	0.4	1	0.5	2	0.8	14
SIG LN Extra Sauce Tomato & Red Pepper	129.9	6	544.9	6	5.2	7	0.7	4	19.1	7	15.3	17	1.1	2	0.9	4	0.8	13

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	%		
Chutney 56g																		
SIG LN Extra Sausage	199.1	10	826.1	10	15.8	23	6.6	33	2.0	1	0.5	1	10.0	20	0.0	0	1.0	17
SIG LN Extra Scampi x5	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
SIG LN Extra Scoop Banana and Butterscotch	108.1	5	452.5	5	5.3	8	3.2	16	13.6	5	11.6	13	1.5	3	0.3	1	0.1	2
SIG LN Extra Scoop Chocolate	122.1	6	511.8	6	5.8	8	3.5	17	15.6	6	13.6	15	1.8	4	0.6	3	0.1	2
ZZZSIG LN Extra Scoop Cookie Dough	141.9	7	593.4	7	7.1	10	4.3	21	17.4	7	14.0	16	1.8	4	0.5	2	0.2	3
ZZZSIG LN Extra Scoop Honeycomb Chocolate	122.1	6	513.0	6	5.7	8	3.4	17	16.2	6	13.8	15	1.5	3	0.2	1	0.1	1
SIG LN Extra Scoop Mint	118.7	6	495.6	6	6.3	9	3.8	19	13.7	5	11.8	13	1.7	3	0.3	1	0.1	2
SIG LN Extra Scoop Strawberry	104.9	5	439.3	5	5.9	8	3.6	18	11.7	4	10.9	12	1.4	3	0.2	1	0.1	2
SIG LN Extra Scoop Vanilla	110.9	6	463.1	6	5.9	8	3.5	18	12.7	5	10.9	12	1.6	3	0.1	0	0.1	2
SIG LN Extra Stilton Cheese 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9
SIG LN Extra Sugar Curl Wafer	9.9	0	41.9	0	0.0	0	0.0	0	2.2	1	1.0	1	0.2	0	0.1	0	0.0	0
SIG LN Extra Vine Tomatoes x5	52.9	3	221.3	3	3.9	6	0.7	3	3.6	1	3.4	4	0.5	1	0.8	3	23.3	388
SIG LN Extra Wagyu Burger	436.9	22	1805.4	21	36.0	51	15.5	77	3.6	1	0.0	0	29.2	58	0.7	3	1.4	23
SIG LN Kids Extra Baked Beans 56g	42.0	2	175.3	2	0.2	0	0.1	0	7.7	3	2.0	2	2.7	5	2.0	8	0.3	5
SIG LN Kids Extra Chicken Dippers x3	233.8	12	969.8	12	18.1	26	4.3	22	10.3	4	0.3	0	7.2	14	0.3	1	0.5	9
SIG LN Kids Extra Fish Fingers x2	172.1	9	716.9	9	10.8	15	2.2	11	11.2	4	0.6	1	7.3	15	0.6	2	0.5	8
SIG LN Kids 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
SIG LN Kids Extra Sausages x2	393.0	20	1630.5	19	31.2	45	13.0	65	3.9	2	1.0	1	19.8	40	0.0	0	2.0	34
SIG LN Kids Extra Veggie Sausages x2	160.0	8	671.0	8	5.4	8	1.9	10	7.5	3	1.5	2	17.9	36	5.0	21	1.3	21
SIG LN NGCI Extra Roasted Peppers & Mushrooms	112.9	6	468.7	6	6.7	10	1.2	6	11.0	4	9.8	11	2.5	5	3.6	15	0.2	3
SIG LN Kids Extra Chips 150g	244.8	12	1023.9	12	12.2	17	2.7	14	28.7	11	0.4	0	3.4	7	3.1	13	0.5	9
SIG LN Extra Sunday Cauliflower Cheese	282.3	14	1182.6	14	14.9	21	9.2	46	20.3	8	4.6	5	14.1	28	5.9	24	2.0	34
SIG LN Extra Sunday Roast Potatoes	1041.5	52	4382.6	52	30.7	44	3.5	17	179.3	69	-	-	22.3	45	13.9	58	0.2	3
SIG LN Extra Sunday Cabbage	3350.0	167	3265.7	39	2.1	3	0.1	0	-	-	-	-	8.4	17	27.5	115	3.1	52
SIG LN Extra Sunday Carrots and Parsnips	881.6	44	3680.2	44	40.2	57	5.5	28	124.5	48	-	-	12.0	24	46.2	193	1.1	18
SIG LN Extra Sunday Gravy	379.9	19	1587.7	19	8.0	11	1.1	6	63.5	24	-	-	5.4	11	1.7	7	7.5	125
SIG LN Extra Sunday Roast Beef	171.5	9	713.4	8	11.4	16	4.6	23	0.0	0	0.0	0	17.2	34	0.0	0	0.2	4
SIG LN Extra Sunday Roast Breast Of Chicken	242.5	12	1024.9	12	4.2	6	0.9	4	0.0	0	0.0	0	51.1	102	0.0	0	0.4	6
SIG LN Extra Sunday Roast Leg of Pork	176.4	9	732.6	9	12.8	18	4.1	21	0.3	0	0.3	0	15.0	30	0.2	1	0.2	3
SIG LN Extra Sunday Seasonal Greens	515.4	26	2160.9	26	9.1	13	1.7	9	46.4	18	21.7	24	47.2	94	36.9	154	0.4	7
SIG LN Extra Sunday Stuffing	98.9	5	409.4	5	7.9	11	2.7	13	3.1	1	2.9	3	3.3	7	0.8	4	0.4	7

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Extra Pigs In Blankets x8	443.0	22	1839.7	22	34.2	49	12.3	61	11.6	4	1.6	2	22.0	44	0.8	3	3.1	51
SIG LN Soup of the Day	452.4	23	1899.4	23	20.1	29	11.3	56	54.9	21	7.9	9	12.8	26	3.6	15	1.8	30
SIG LN NGCI Soup of the Day	268.4	13	1115.8	13	18.0	26	9.2	46	22.1	8	7.9	9	2.8	6	5.0	21	0.8	14
SIG LN VGN Soup of the Day	778.1	39	1227.2	15	16.9	24	3.8	19	49.5	19	7.6	8	9.0	18	3.4	14	1.5	25
SIG LN Creamy Garlic Mushrooms	296.7	15	1239.4	15	18.5	26	8.3	41	26.3	10	1.6	2	6.0	12	1.9	8	1.6	26
SIG LN NGCI Creamy Garlic Mushrooms	280.6	14	1166.4	14	20.1	29	8.4	42	19.9	8	2.3	3	3.2	6	4.1	17	1.4	23
SIG LN VGN Bruschetta	418.7	21	1746.4	21	26.7	38	6.4	32	37.2	14	9.0	10	5.9	12	3.3	14	17.1	285
SIG LN Bruschetta Prosciutto	452.6	23	1887.9	22	28.6	41	7.2	36	37.4	14	9.0	10	9.9	20	-	-	17.9	298
SIG LN Lunch Cajun Chicken	1103.6	55	4614.9	55	58.1	83	22.6	113	64.6	25	5.6	6	76.9	154	8.2	34	6.9	115
SIG LN NGCI Lunch Cajun Chicken	1103.6	55	4614.9	55	58.1	83	22.6	113	64.6	25	5.6	6	76.9	154	8.2	34	6.9	115
SIG LN Lunch Shakshuka	583.6	29	2438.0	29	29.3	42	9.6	48	59.4	23	9.7	11	18.0	36	6.1	26	2.5	42
SIG LN NGCI Lunch Shakshuka	465.9	23	1933.5	23	30.6	44	9.7	48	31.9	12	9.9	11	11.6	23	7.7	32	1.9	32
SIG LN VGN Lunch Shakshuka	479.7	24	2013.3	24	17.6	25	1.8	9	63.2	24	13.1	15	14.4	29	7.8	32	25.4	424
SIG LN NGCI VGN Lunch Shakshuka	736.4	37	3073.7	37	39.4	56	6.6	33	75.9	29	12.9	14	13.8	28	12.4	52	25.5	425
SIG LN Lunch Steak & Chips	899.1	45	3748.8	45	53.1	76	14.5	73	55.1	21	0.9	1	47.0	94	6.0	25	2.5	41
SIG LN NGCI Lunch Steak & Chips	899.1	45	3748.8	45	53.1	76	14.5	73	55.1	21	0.9	1	47.0	94	6.0	25	2.5	41
SIG LN Lunch Cod Goujons & Chips	930.4	47	3897.4	46	40.9	58	6.5	33	96.9	37	6.3	7	39.4	79	12.7	53	4.6	77
SIG LN Lunch Ploughman's	982.9	49	3972.6	47	64.3	92	33.5	168	59.2	23	17.6	20	43.4	87	3.5	14	5.4	89
SIG LN NGCI Lunch Ploughman's	855.0	43	3562.9	42	59.6	85	33.9	169	30.2	12	15.4	17	47.7	95	4.3	18	7.3	122
SIG LN Lunch Ham Egg & Chips	890.5	45	3710.7	44	55.7	80	11.7	58	57.9	22	4.3	5	35.7	71	6.8	28	5.8	96
SIG LN Lunch Cumberland Bangers & Mash	974.2	49	4053.5	48	59.7	85	26.9	135	64.5	25	6.2	7	35.6	71	6.6	28	5.0	83
SIG LN NGCI Lunch Ham Egg & Chips	890.5	45	3710.7	44	55.7	80	11.7	58	57.9	22	4.3	5	35.7	71	6.8	28	5.8	96
SIG LN ROT Lunch Cajun Chicken	981.6	49	4091.9	49	67.1	96	25.8	129	71.5	27	6.2	7	25.9	52	9.1	38	7.7	128
SIG LN ROT NGCI Lunch Cajun Chicken	888.6	44	3704.4	44	60.7	87	23.4	117	64.7	25	5.6	6	23.5	47	8.2	34	7.0	116
SIG LN VGN Lunch Mediterranean Salad	347.8	17	1458.8	17	18.1	26	4.3	22	24.5	9	13.8	15	7.9	16	9.1	38	15.4	257
SIG LN NGCI VGN Lunch Mediterranean Salad	347.8	17	1458.8	17	18.1	26	4.3	22	24.5	9	13.8	15	7.9	16	9.1	38	15.4	257
SIG LN Lunch Mediterranean Salad Chicken	693.6	35	2916.5	35	26.3	38	6.6	33	24.5	9	13.8	15	76.1	152	9.1	38	15.8	263
SIG LN NGCI Lunch Mediterranean Salad Chicken	693.6	35	2916.5	35	26.3	38	6.6	33	24.5	9	13.8	15	76.1	152	9.1	38	15.8	263
SIG LN ROT Lunch Mediterranean Salad Chicken	478.6	24	2006.0	24	28.9	41	7.3	37	24.6	9	13.8	15	22.7	45	9.1	38	15.8	264
SIG LN ROT NGCI Lunch Mediterranean Salad Chicken	478.6	24	2006.0	24	28.9	41	7.3	37	24.6	9	13.8	15	22.7	45	9.1	38	15.8	264
SIG LN Lunch Mediterranean Salad Crayfish	393.4	20	1651.4	20	18.7	27	4.5	22	25.1	10	14.4	16	17.3	35	9.5	39	15.7	262
SIG LN NGCI Lunch Mediterranean Salad Crayfish	393.4	20	1651.4	20	18.7	27	4.5	22	25.1	10	14.4	16	17.3	35	9.5	39	15.7	262

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	%
SIG LN Lunch Mediterranean Salad Halloumi	669.8	33	2789.8	33	43.3	62	20.3	102	26.4	10	15.7	17	29.8	60	-	-	18.0	300
SIG LN NGCI Lunch Mediterranean Salad Halloumi	669.8	33	2789.8	33	43.3	62	20.3	102	26.4	10	15.7	17	29.8	60	-	-	18.0	300
SIG LN Lunch Mediterranean Salad Steak	726.6	36	3032.5	36	44.5	64	12.7	64	24.6	9	13.8	15	43.1	86	9.1	38	16.6	277
SIG LN NGCI Lunch Mediterranean Salad Steak	726.6	36	3032.5	36	44.5	64	12.7	64	24.6	9	13.8	15	43.1	86	9.1	38	16.6	277
SIG LN Trio of Ice Cream	308.9	15	1296.9	15	14.6	21	9.1	46	37.7	15	37.4	42	6.5	13	0.5	2	0.4	6
SIG LN NGCI Trio of Ice Cream	297.4	15	1248.9	15	14.0	20	8.8	44	36.3	14	36.0	40	6.3	13	0.5	2	0.3	6
SIG LN Melt in the Middle Pudding	805.1	40	3361.6	40	45.2	65	9.8	49	89.0	34	61.5	68	9.3	19	1.1	5	0.9	16
SIG LN Bramley Apple and Raspberry Tart	448.0	22	1889.3	22	16.2	23	4.9	24	44.9	17	32.5	36	16.3	33	1.0	4	0.5	8
SIG LN VGN Bramley Apple and Raspberry Tart	441.0	22	1855.6	22	18.0	26	7.2	36	38.7	15	27.2	30	13.8	28	4.5	19	0.3	5
SIG LN Sandwich BLT	1549.4	77	6477.5	77	116.4	166	26.5	133	76.6	29	4.2	5	46.0	92	8.4	35	8.5	142
SIG LN NGCI Sandwich BLT	1447.5	72	6049.4	72	107.1	153	18.9	95	77.1	30	6.7	7	36.0	72	13.1	55	8.3	138
SIG LN Sandwich Mature Cheddar & Chutney	1059.2	53	4437.0	53	62.0	89	32.4	162	80.4	31	12.2	14	44.1	88	7.3	30	3.7	62
SIG LN NGCI Sandwich Mature Cheddar & Chutney	989.0	49	4141.7	49	54.0	77	25.5	128	84.8	33	14.8	16	35.1	70	12.4	52	3.5	59
SIG LN Sandwich Posh Fish Finger Sarnie	978.1	49	4101.1	49	44.3	63	16.2	81	101.9	39	3.7	4	43.1	86	9.6	40	4.5	76
SIG LN Sandwich Hunter's Chicken Melt	1119.8	56	4693.8	56	59.2	85	23.6	118	83.4	32	15.3	17	61.6	123	7.2	30	4.3	72
SIG LN NGCI Sandwich Hunter's Melt Chicken	1049.6	52	4398.5	52	51.2	73	16.7	83	87.7	34	17.9	20	52.6	105	12.3	51	4.2	69
SIG LN Sandwich Chicken Club	1852.8	93	7752.7	92	116.3	166	34.7	173	113.7	44	5.8	6	85.7	171	12.1	50	7.4	123
SIG LN NGCI Sandwich Chicken Club	1250.7	63	5229.1	62	78.3	112	17.4	87	75.5	29	6.6	7	54.2	108	12.8	53	5.2	87
SIG LN ROT Sandwich Chicken Club	1810.2	91	7567.6	90	124.8	178	37.1	185	116.1	45	5.9	7	60.2	120	12.4	52	7.8	129
SIG LN ROT NGCI Sandwich Chicken Club	1214.7	61	5072.7	60	84.9	121	19.2	96	77.3	30	6.7	7	33.6	67	13.1	55	5.5	92
SIG LN ROT Sandwich Hunter's Melt Chicken	1240.2	62	5192.5	62	73.8	105	29.3	147	103.3	40	19.0	21	41.6	83	8.9	37	5.4	89
SIG LN ROT NGCI Sandwich Hunter's Melt Chicken	1135.6	57	4753.1	57	62.9	90	20.5	102	107.1	41	21.8	24	30.1	60	15.0	62	5.1	85
SIG LN Chocolate Praline Torte	566.8	28	2364.4	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
SIG LN NGCI Chocolate Praline Torte	566.8	28	2364.4	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
SIG LN VGN Chocolate Praline Torte	540.2	27	2253.7	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
SIG LN NGCI VGN Chocolate Praline Torte	540.2	27	2253.7	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
SIG LN Strawberry Clotted Cream Cheesecake	855.2	43	3326.1	40	66.2	95	37.2	186	55.9	22	23.6	26	9.4	19	0.9	4	0.7	11
SIG LN Sticky Toffee Pudding	734.6	37	3079.2	37	35.6	51	10.3	52	96.9	37	73.1	81	8.5	17	1.4	6	0.8	14
SIG LN NGCI Sticky Toffee Pudding	734.6	37	3079.2	37	35.6	51	10.3	52	96.9	37	73.1	81	8.5	17	1.4	6	0.8	14
SIG LN Jam Roly Poly	511.9	26	2149.5	26	23.5	34	16.0	80	69.6	27	40.9	45	6.7	13	1.4	6	0.5	9
SIG LN Cookies and Cream	1033.3	52	4297.0	51	84.6	121	48.2	241	59.3	23	34.6	38	8.4	17	-	-	0.5	9
SIG LN Sundae Chocolate Brownie	1046.8	52	4352.7	52	64.9	93	31.7	159	104.0	40	77.6	86	11.2	22	-	-	0.8	14

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Sundae Raspberry Shortbread	758.4	38	3158.6	38	46.3	66	23.6	118	76.1	29	48.3	54	-	-	2.1	9	0.7	12
SIG LN House Sundae	470.5	24	1958.9	23	32.2	46	19.9	99	40.5	16	39.5	44	4.0	8	3.4	14	0.3	5
SIG LN NGCI House Sundae	470.5	24	1958.9	23	32.2	46	19.9	99	40.5	16	39.5	44	4.0	8	3.4	14	0.3	5
SIG LN VGN Zesty Sundae	300.1	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
SIG LN NGCI VGN Zesty Sundae	300.1	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
SIG LN Trio of Ice Cream	308.9	15	1296.9	15	14.6	21	9.1	46	37.7	15	37.4	42	6.5	13	0.5	2	0.4	6
SIG LN NGCI Trio of Ice Cream	297.4	15	1248.9	15	14.0	20	8.8	44	36.3	14	36.0	40	6.3	13	0.5	2	0.3	6
SIG LN Banoffee Profiterole	721.7	36	2997.1	36	52.7	75	30.6	153	59.9	23	44.0	49	5.4	11	2.1	9	0.3	5
SIG LN NGCI Banoffee Profiterole	721.7	36	2997.1	36	52.7	75	30.6	153	59.9	23	44.0	49	5.4	11	2.1	9	0.3	5
SIG LN Lemon Panna Cotta	1291.7	65	2072.8	25	51.5	74	27.6	138	41.3	16	21.9	24	6.5	13	-	-	0.5	8
SIG LN NGCI Lemon Panna Cotta	938.4	47	605.7	7	24.8	35	15.7	79	16.1	6	14.5	16	3.4	7	-	-	0.1	2
SIG LN Pudding Tasting Board Large	4335.5	217	18091.7	215	305.3	436	167.1	836	348.8	134	204.2	227	39.9	80	-	-	2.5	41
SIG LN Pudding Tasting Board Small	3085.3	154	12875.0	153	217.2	310	118.9	594	248.4	96	145.5	162	28.4	57	-	-	1.7	29
SIG LN MINI Cookies and Cream	416.7	21	1738.8	21	29.4	42	16.1	80	33.5	13	19.5	22	3.8	8	-	-	0.2	4
SIG LN MINI Eton Mess	326.3	16	1350.9	16	28.2	40	17.5	87	16.7	6	16.5	18	2.0	4	1.6	7	0.1	2
SIG LN MINI NGCI Eton Mess	330.7	17	1368.9	16	28.5	41	17.7	89	16.9	6	16.7	19	2.0	4	1.7	7	0.1	2
SIG LN MINI Jam Roly Poly	257.9	13	1083.3	13	11.7	17	8.0	40	35.3	14	21.0	23	3.4	7	0.7	3	0.3	4
SIG LN MINI Lemon Panna Cotta	528.9	26	555.4	7	12.6	18	5.6	28	20.8	8	11.1	12	2.8	6	-	-	0.2	4
SIG LN MINI NGCI Lemon Panna Cotta	666.8	33	210.7	3	12.0	17	7.7	38	13.0	5	11.7	13	2.4	5	-	-	0.1	1
SIG LN MINI St Clements Cake	251.5	13	1048.4	12	14.6	21	3.0	15	27.6	11	14.0	16	2.5	5	1.3	5	0.4	7
SIG LN MINI Strawberry Clotted Cream Cheesecake	310.3	16	1180.6	14	20.0	29	10.5	52	28.1	11	11.9	13	4.3	9	0.5	2	0.3	5
SIG LN Sunday Roast Beef	1300.1	65	4725.0	56	52.3	75	13.7	68	-	-	-	-	52.9	106	22.3	93	2.4	39
SIG LN NGCI Sunday Roast Beef	1138.8	57	4050.7	48	43.2	62	11.9	60	-	-	-	-	47.5	95	21.6	90	2.3	38
SIG LN Sunday Roast Breast Of Chicken	1402.9	70	5164.4	61	50.7	72	11.1	55	-	-	-	-	78.9	158	23.2	97	3.9	65
SIG LN NGCI Sunday Roast Breast Of Chicken	1142.8	57	4081.0	49	33.5	48	6.6	33	-	-	-	-	70.2	140	21.6	90	3.4	56
SIG LN Sunday Roast Leg of Pork	1537.3	77	5702.7	68	75.8	108	19.6	98	-	-	-	-	55.1	110	23.5	98	2.9	48
SIG LN NGCI Sunday Roast Leg of Pork	1148.7	57	4089.2	49	46.0	66	10.9	54	-	-	-	-	43.1	86	21.9	91	2.2	37
SIG LN Sunday Roast Mushroom Peppered Pie	1788.7	89	6766.4	81	81.0	116	29.0	145	-	-	-	-	30.4	61	28.6	119	4.7	79
SIG LN VGN Sunday Roast Mushroom Peppered Pie	1627.5	81	6092.1	73	71.8	103	27.2	136	-	-	-	-	25.1	50	27.9	116	4.6	77
SIG LN ROT Sunday Roast 1/2 Chicken	1459.9	73	5500.2	65	74.3	106	18.7	93	-	-	-	-	76.7	153	17.6	73	4.2	69
SIG LN ROT NGCI Sunday Roast 1/2 Chicken	1357.6	68	5035.2	60	66.1	94	16.5	83	-	-	-	-	75.2	150	17.6	73	4.0	67

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	%
SIG LN Kids Sunday Roast Beef	725.1	36	2676.9	32	30.1	43	7.6	38	-	-	-	-	29.0	58	11.4	48	1.4	23
SIG LN NGCI Kids Sunday Roast Beef	1063.5	53	3777.0	45	39.5	56	11.1	55	-	-	-	-	44.6	89	20.1	84	2.4	40
SIG LN Kids Sunday Roast Breast Of Chicken	1329.3	66	4956.6	59	49.5	71	10.5	52	-	-	-	-	69.9	140	21.0	88	3.1	51
SIG LN NGCI Kids Sunday Roast Breast Of Chicken	1042.8	52	3657.9	44	23.7	34	3.4	17	-	-	-	-	65.0	130	21.7	90	2.5	41
SIG LN Kids Sunday Roast Leg of Pork	1382.7	69	5179.8	62	65.8	94	16.3	82	-	-	-	-	50.2	100	20.7	86	3.0	50
SIG LN NGCI Kids Sunday Roast Leg of Pork	1128.0	56	4009.7	48	44.4	63	10.6	53	-	-	-	-	42.5	85	21.5	90	2.5	41
SIG LN Kids Sunday Veggie Sausages	1296.0	65	4784.3	57	43.9	63	8.9	45	-	-	-	-	54.0	108	29.8	124	4.4	73
SIG LN VGN Kids Sunday Veggie Sausages	1135.8	57	4030.5	48	30.8	44	6.5	32	-	-	-	-	50.0	100	32.2	134	4.7	78
SIG LN ROT Kids Sunday Roast Chicken	1365.9	68	4960.2	59	59.5	85	13.3	66	-	-	-	-	42.6	85	23.6	98	3.4	56
SIG LN ROT NGCI Kids Sunday Roast Chicken	1365.9	68	4960.2	59	59.5	85	13.3	66	-	-	-	-	42.6	85	23.6	98	3.4	56
SIG LN SB Steak Fillet 8oz	955.4	48	3990.8	48	53.7	77	15.3	77	59.0	23	4.3	5	55.6	111	7.6	32	25.5	425
SIG LN SB NGCI Steak Fillet 8oz	955.4	48	3990.8	48	53.7	77	15.3	77	59.0	23	4.3	5	55.6	111	7.6	32	25.5	425
SIG LN SB Steak T-Bone 12oz	1292.4	65	5401.3	64	64.2	92	18.6	93	59.0	23	4.3	5	100.3	201	7.6	32	25.9	432
SIG LN Steak Sirloin 8oz	1059.9	53	4419.8	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.6	427
SIG LN NGCI Steak Sirloin 8oz	1059.9	53	4419.8	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.6	427
SIG LN Steak Ribeye 10oz	1319.3	66	5496.1	65	84.3	120	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.6	426
SIG LN NGCI Steak Ribeye 10oz	1319.3	66	5496.1	65	84.3	120	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.6	426
SIG LN Sweetcure Gammon Steaks	1188.3	59	4978.8	59	55.2	79	13.6	68	69.9	27	15.1	17	99.4	199	8.7	36	31.6	526
SIG LN NGCI Sweetcure Gammon Steaks	1246.7	62	5223.5	62	55.5	79	13.7	68	77.5	30	17.7	20	103.8	208	12.6	53	32.0	533
SIG LN SB Kebab Prawn	1687.9	84	6176.0	74	68.4	98	10.6	53	185.1	71	-	-	36.2	72	-	-	17.5	291
SIG LN SB NGCI Kebab Prawn	991.6	50	3246.4	39	43.0	61	11.0	55	83.6	32	26.6	30	20.9	42	-	-	15.4	257
SIG LN SB Kebab Halloumi & Veg	2014.4	101	7523.7	90	97.8	140	21.7	108	191.0	73	-	-	45.3	91	-	-	18.7	312
SIG LN SB NGCI Kebab Halloumi & Veg	1320.2	66	4602.8	55	72.4	103	22.0	110	90.0	35	32.9	37	30.1	60	-	-	16.7	278
SIG LN SB Kebab Halloumi & Veg	2014.4	101	7523.7	90	97.8	140	21.7	108	191.0	73	-	-	45.3	91	-	-	18.7	312
SIG LN SB NGCI Kebab Lamb	1256.9	63	4346.3	52	65.9	94	21.5	108	84.4	32	27.5	31	34.9	70	10.7	45	15.2	253
SIG LN SB Kebab Chicken & Chorizo	1943.6	97	7244.8	86	83.1	119	15.3	77	186.3	72	-	-	65.9	132	11.6	48	18.4	307
SIG LN SB NGCI Kebab Chicken & Chorizo	1250.5	63	4329.1	52	57.7	82	15.7	78	85.6	33	28.0	31	50.6	101	10.7	45	16.4	273
SIG LN Cake Caramel Shortcake	406.6	20	1703.4	20	23.1	33	16.4	82	46.7	18	33.5	37	3.8	8	0.7	3	0.5	8
SIG LN Cake Flapjack	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
SIG LN Cake St Clements	251.5	13	1048.4	12	14.6	21	3.0	15	27.6	11	14.0	16	2.5	5	1.3	5	0.4	7
SIG LN Beverage Accompaniment	67.3	3	282.4	3	3.0	4	-	-	9.2	4	4.2	5	0.7	1	0.4	2	0.0	1
SIG LN Carvery Small	1231.3	62	5142.4	61	60.4	86	25.0	125	120.8	46	26.2	29	48.9	98	23.4	97	5.4	90

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Carvery Small Veg	1667.1	83	6948.4	83	93.5	134	42.3	212	161.9	62	31.7	35	42.5	85	27.4	114	6.2	104
SIG LN Carvery Medium	1713.6	86	7157.7	85	87.1	124	31.2	156	154.6	59	28.6	32	77.3	155	25.9	108	6.6	110
SIG LN Carvery Medium Veg	1980.5	99	8258.2	98	110.9	158	45.0	225	195.7	75	34.0	38	49.8	100	30.0	125	6.9	115
SIG LN Carvery Large	1966.2	98	8216.5	98	97.7	140	34.9	174	171.7	66	29.2	32	100.5	201	27.7	115	7.3	121
SIG LN Carvery Bap Beef and Horseradish	1113.6	56	4649.3	55	61.0	87	24.6	123	70.1	27	9.7	11	71.1	142	4.3	18	3.6	61
SIG LN Carvery Bap Gammon and Mustard	1029.6	51	4305.4	51	57.3	82	20.3	101	71.0	27	8.6	10	58.5	117	4.1	17	11.6	193
SIG LN Carvery Bap Mixed Meat	923.7	46	3868.0	46	41.0	59	17.0	85	66.1	25	5.6	6	73.2	146	4.2	17	3.7	61
SIG LN Carvery Bap Pork and Apple	763.0	38	3207.9	38	19.9	28	8.6	43	71.8	28	8.6	10	74.5	149	4.3	18	2.6	44
SIG LN Carvery Bap Turkey and Cranberry	764.4	38	3221.2	38	15.9	23	7.4	37	73.3	28	12.9	14	82.5	165	4.3	18	2.6	43
SIG LN ROT Rotisserie Chicken Half	1851.8	93	7724.4	92	110.7	158	33.2	166	96.1	37	49.1	55	110.8	222	9.5	40	8.9	149
SIG LN ROT NGCI Rotisserie Chicken Half	1851.8	93	7724.4	92	110.7	158	33.2	166	96.1	37	49.1	55	110.8	222	9.5	40	8.9	149
SIG LN ROT Rotisserie Chicken Whole	1413.9	71	5889.7	70	88.3	126	25.8	129	51.0	20	26.0	29	99.7	199	5.2	22	5.9	98
SIG LN ROT NGCI Rotisserie Chicken Whole	1848.1	92	7698.4	92	115.4	165	33.8	169	66.7	26	34.0	38	130.3	261	6.8	28	7.7	128
SIG LN ROT Cous Cous Sunshine (Batch)	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
COR Chips Coated 284g	459.6	23	1923.4	23	22.4	32	4.8	24	55.1	21	0.9	1	6.5	13	6.0	25	1.0	17
COR Mash 284g	290.6	15	1213.8	14	10.0	14	6.5	32	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
COR Jacket & Butter	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
SIG LN Slaw	186.9	9	773.4	9	14.9	21	1.3	6	9.1	4	7.5	8	2.1	4	3.4	14	0.6	10
SIG LN Thai Sweet Chilli Slaw	150.1	8	627.5	7	0.5	1	0.1	1	32.5	12	27.9	31	2.0	4	3.7	15	1.5	25
SIG LN Roasted Vegetables (Batch 2kg)	71.7	4	303.5	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.4	18	0.1	2
SIG LN Seasonal Veg (Batch 1kg)	38.4	2	160.2	2	0.5	1	0.1	1	5.5	2	5.0	6	2.1	4	2.8	12	0.1	2
SIG LN Side Salad (Batch 1.33kg)	26.7	1	111.8	1	1.2	2	0.2	1	2.9	1	2.4	3	0.7	1	1.3	5	4.5	75
COR Corn on the Cob with Butter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
SIG LN ROT Hunter's (Batch)	474.7	24	1996.4	24	21.5	31	12.4	62	42.4	16	40.9	45	25.9	52	1.1	5	5.3	89
SIG LN ROT Chicken Gravy x 2 (Batch)	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
SIG LN ROT Piri Piri Sauce (Batch 1.25g)	1362.5	68	5600.0	67	125.0	179	8.6	43	26.3	10	21.3	24	7.5	15	27.5	115	45.0	750
SIG LN ROT Tomato & Rosemary Sauce (Batch)	33.0	2	140.0	2	0.7	1	0.0	0	6.1	2	4.1	5	1.4	3	1.3	5	0.9	14
SIG LN ROT Garlic Mushroom Sauce (Batch)	130.0	7	538.0	6	12.1	17	5.5	28	3.4	1	0.7	1	1.6	3	0.8	3	0.7	12
COR Gravy Vegan	30.0	1	125.8	1	0.0	0	0.0	0	7.1	3	0.1	0	0.4	1	0.0	0	0.9	15
SIG LN Kids Bangers & Mash	613.1	31	2547.9	30	39.4	56	18.3	91	34.1	13	4.6	5	24.8	50	5.0	21	2.8	47
SIG LN Kids NGCI Bangers & Mash	500.4	25	2086.5	25	24.9	36	10.8	54	51.9	20	6.2	7	15.3	31	6.3	26	2.1	36
SIG LN Kids Bangers & Mash Veggie	380.1	19	1588.4	19	13.6	19	7.1	36	37.7	15	5.1	6	22.9	46	10.0	42	2.0	34
SIG LN Kids VGN Bangers & Chips	451.1	23	1888.1	22	18.0	26	4.7	24	44.4	17	4.0	4	24.1	48	10.2	42	2.1	34

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG LN Kids Fish Fingers	533.9	27	2228.9	27	28.7	41	6.0	30	49.5	19	2.6	3	16.4	33	5.8	24	1.5	24
SIG LN Kids Chicken Dippers	601.9	30	2506.6	30	36.7	52	8.6	43	50.5	19	2.9	3	15.8	32	5.6	23	1.5	25
SIG LN Kids Tagliatelle & Tomato Sauce	397.6	20	1662.9	20	16.9	24	7.9	40	45.6	18	6.5	7	15.9	32	3.4	14	2.0	34
SIG LN Kids Cheeseburger	598.8	30	2515.0	30	21.0	30	7.9	40	66.5	26	-	-	34.0	68	6.8	28	-	-
SIG LN Kids Veggie Cheeseburger	655.2	33	2744.3	33	26.6	38	8.0	40	75.1	29	-	-	24.8	50	11.1	46	-	-
SIG LN Kids VGN Burger	630.4	32	2642.5	31	23.6	34	4.2	21	78.2	30	6.4	7	22.3	45	11.6	48	2.4	40
SIG LN Kids Fruit Salad	54.2	3	230.1	3	0.1	0	0.0	0	13.5	5	13.5	15	0.5	1	1.6	7	0.0	0
SIG LN Kids NGCI Fruit Salad	54.2	3	230.1	3	0.1	0	0.0	0	13.5	5	13.5	15	0.5	1	1.6	7	0.0	0
SIG LN Kids Chocolate Brownie	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
SIG LN Kids Ice Cream Sundae	245.0	12	1024.1	12	11.9	17	7.2	36	30.5	12	24.5	27	3.5	7	-	-	0.2	4
SIG LN Kids NGCI Ice Cream Sundae	235.1	12	982.2	12	11.9	17	7.1	36	28.3	11	23.5	26	3.3	7	-	-	0.2	4
SIG LN Kids VGN Ice Cream Sundae	181.9	9	760.6	9	8.1	12	7.0	35	22.5	9	15.0	17	0.9	2	-	-	0.0	0
SIG LN Kids Starter Nachos	245.4	12	1025.9	12	15.5	22	6.3	31	16.6	6	1.2	1	9.0	18	1.3	5	5.5	92
SIG LN Kids Starter Salad Sticks	40.3	2	167.3	2	1.9	3	0.3	2	5.0	2	4.5	5	0.7	1	2.0	8	4.7	78
SIG LN Kids Starter Garlic Ciabatta	135.2	7	566.4	7	6.6	9	2.1	10	15.7	6	2.2	2	2.7	5	1.3	6	4.9	82