

## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM LN Soup of the Day	297.5	15	1250.5	15	14.4	21	6.0	30	34.1	13	5.7	6	7.2	14	3.6	15	1.6	27
FAM LN NGCI Soup of the Day	279.3	14	1171.3	14	15.3	22	5.8	29	28.8	11	6.5	7	4.2	8	5.3	22	1.5	25
FAM LN VGN Soup of the Day	241.5	12	1020.5	12	9.8	14	2.2	11	32.5	12	9.7	11	5.8	12	3.0	13	1.7	29
FAM LN NGCI VGN Soup of the Day	130.0	7	544.0	6	3.2	5	0.4	2	15.0	6	5.6	6	2.4	5	2.8	12	0.4	7
FAM LN Golden Breaded Mushrooms	440.7	22	1859.0	22	21.6	31	4.2	21	50.2	19	16.7	19	9.0	18	4.7	20	2.3	39
FAM LN Prawn Cocktail	477.9	24	1995.5	24	34.2	49	4.0	20	26.4	10	6.7	7	14.4	29	2.7	11	2.7	45
FAM LN NGCI Prawn Cocktail	457.6	23	1906.3	23	34.4	49	3.7	19	23.2	9	7.4	8	10.1	20	4.0	17	2.6	44
FAM LN Crispy Buttermilk Chicken	722.9	36	3019.7	36	41.1	59	14.6	73	45.8	18	16.3	18	40.9	82	0.9	4	2.9	48
FAM LN Buffalo Chicken Wings	848.6	42	3526.5	42	59.7	85	17.3	87	10.9	4	6.6	7	65.9	132	2.7	11	4.4	74
FAM LN NGCI Buffalo Chicken Wings	848.6	42	3526.5	42	59.7	85	17.3	87	10.9	4	6.6	7	65.9	132	2.7	11	4.4	74
FAM LN VGN Buffalo Cauliflower Wings	276.6	14	1163.3	14	8.7	12	1.7	9	44.8	17	23.0	26	5.1	10	3.8	16	1.9	31
FAM LN Cheesy Nachos	812.4	41	3380.1	40	46.6	67	19.4	97	70.9	27	15.5	17	23.5	47	-	-	4.0	66
FAM LN VGN Nachos	554.7	28	2327.4	28	22.6	32	2.7	14	77.5	30	22.5	25	6.4	13	4.2	18	3.3	55
FAM LN NGCI Cheesy Nachos	812.4	41	3380.1	40	46.6	67	19.4	97	70.9	27	15.5	17	23.5	47	-	-	4.0	66
FAM LN NGCI VGN Nachos	554.7	28	2327.4	28	22.6	32	2.7	14	77.5	30	22.5	25	6.4	13	4.2	18	3.3	55
FAM LN Brie Dippers	604.7	30	2521.1	30	39.7	57	16.2	81	47.2	18	15.1	17	13.9	28	1.3	5	2.8	46
FAM LN Beer Battered Onion Rings to Share	1153.8	58	4824.4	57	62.4	89	11.3	56	129.5	50	37.3	41	13.1	26	8.7	36	6.5	108
FAM LN VGN Onion Rings to Share	1153.8	58	4824.4	57	62.4	89	11.3	56	129.5	50	37.3	41	13.1	26	8.7	36	6.5	108
FAM LN Brie Dippers to Share	1154.1	58	4808.2	57	79.3	113	32.3	161	82.0	32	18.6	21	27.2	54	1.6	7	5.5	91
FAM LN Cheesy Nachos to Share	1617.5	81	6729.7	80	93.3	133	38.8	194	140.3	54	29.5	33	46.9	94	-	-	7.5	126
FAM LN NGCI Cheesy Nachos to Share	1617.5	81	6729.7	80	93.3	133	38.8	194	140.3	54	29.5	33	46.9	94	-	-	7.5	126
FAM LN VGN Nachos to Share	1009.8	50	4235.1	50	41.4	59	4.7	23	140.3	54	34.1	38	12.0	24	7.8	32	5.5	92
FAM LN NGCI VGN Nachos to Share	1009.8	50	4235.1	50	41.4	59	4.7	23	140.3	54	34.1	38	12.0	24	7.8	32	5.5	92
FAM LN Salad Grilled Chicken and Bacon	346.3	17	1454.6	17	11.4	16	2.9	15	8.9	3	7.6	8	52.6	105	2.7	11	2.8	46
FAM LN NGCI Salad Grilled Chicken and Bacon	348.2	17	1462.6	17	11.5	16	2.9	15	9.3	4	7.9	9	52.7	105	2.8	12	2.8	46
FAM LN VGN Salad Buffalo Cauliflower Wings	286.4	14	1203.0	14	10.0	14	2.1	11	43.1	17	21.0	23	6.2	12	5.6	23	1.6	27
FAM LN Steak Sirloin 8oz 28 Day Aged	1260.8	63	5255.0	63	76.5	109	21.1	105	75.0	29	6.4	7	62.7	125	12.4	51	3.2	54
FAM LN NGCI Steak Sirloin 8oz 28 Day Aged	1157.9	58	4825.6	57	70.3	100	19.9	100	64.8	25	5.4	6	61.5	123	11.6	48	2.8	46
FAM LN Steak Rump 10oz 28 Day Aged	1298.7	65	5416.9	64	76.4	109	20.6	103	75.0	29	6.4	7	72.4	145	12.4	51	3.3	55
FAM LN NGCI Steak Rump 10oz 28 Day Aged	1195.8	60	4987.5	59	70.2	100	19.4	97	64.8	25	5.4	6	71.2	142	11.6	48	2.8	47
FAM LN Steak Gammon 10oz	1191.1	60	4972.8	59	67.9	97	19.3	97	76.2	29	15.5	17	65.1	130	11.1	46	15.9	266
FAM LN NGCI Steak Gammon 10oz	1191.1	60	4972.8	59	67.9	97	19.3	97	76.2	29	15.5	17	65.1	130	11.1	46	15.9	266
FAM LN Mixed Grill	1972.5	99	8222.2	98	124.2	177	38.0	190	86.5	33	7.7	9	122.1	244	13.0	54	7.8	130

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM LN NGCI Mixed Grill	1869.5	93	7792.3	93	117.9	168	36.9	184	76.4	29	6.7	7	120.9	242	12.2	51	7.3	122
FAM LN Steak Gammon 10oz	1191.1	60	4972.8	59	67.9	97	19.3	97	76.2	29	15.5	17	65.1	130	11.1	46	15.9	266
FAM LN NGCI Steak Gammon 10oz	1191.1	60	4972.8	59	67.9	97	19.3	97	76.2	29	15.5	17	65.1	130	11.1	46	15.9	266
FAM LN Steak Topper Black and Blue	193.0	10	798.0	10	18.2	26	6.9	35	0.3	0	0.1	0	7.0	14	0.9	4	0.5	8
FAM LN Steak Topper Chilli Cheese	209.6	10	869.5	10	11.9	17	6.8	34	13.6	5	9.9	11	12.2	24	1.0	4	1.7	28
FAM LN Steak Topper Stilton	164.0	8	680.0	8	14.0	20	9.2	46	0.0	0	0.0	0	9.5	19	0.0	0	0.8	13
FAM LN Extra Sauce Peppercorn	57.0	3	240.7	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
FAM LN Extra Sauce Diane	71.2	4	300.7	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
FAM LN Extra Sauce Garlic Mushroom	148.0	7	650.0	8	10.3	15	4.2	21	7.0	3	1.6	2	6.6	13	1.8	8	1.3	21
FAM LN Extra Sauce Port and Stilton	100.5	5	422.2	5	7.7	11	4.8	24	5.0	2	3.1	3	2.9	6	0.2	1	0.5	9
FAM LN Extra Chicken Wings and Goujons Combo	707.4	35	2944.1	35	47.3	68	14.2	71	17.8	7	1.7	2	52.2	104	0.9	4	2.6	43
FAM LN Extra Chicken Wings x 3	593.3	30	2467.1	29	40.6	58	10.4	52	7.3	3	4.1	5	48.7	97	1.7	7	3.6	60
FAM LN Extra Onion Rings and Breaded Mushrooms Combo	428.3	21	1796.2	21	25.4	36	4.8	24	41.1	16	3.2	4	7.3	15	3.9	16	1.9	31
FAM LN Mega Chilli Cheese Burger	2004.4	100	8389.1	100	95.6	137	28.1	141	158.2	61	20.0	22	125.6	251	10.2	43	9.3	155
FAM LN Mega Rump and Scampi	2157.4	108	6500.7	77	100.5	144	26.3	131	102.1	39	12.4	14	84.0	168	14.8	62	5.1	85
FAM LN Mega Mixed Grill	2794.2	140	11653.3	139	171.9	246	52.9	265	102.3	39	9.1	10	204.2	408	13.7	57	13.8	229
FAM LN NGCI Mega Mixed Grill	2691.4	135	11224.2	134	165.7	237	51.8	259	92.2	35	8.1	9	203.0	406	12.9	54	13.3	221
FAM LN Mega Hunters Chicken	1553.8	78	6504.7	77	64.3	92	22.6	113	113.7	44	46.7	52	125.9	252	8.7	36	10.5	175
FAM LN NGCI Mega Hunters Chicken	1450.9	73	6075.3	72	58.1	83	21.5	107	103.6	40	45.7	51	124.7	249	7.9	33	10.0	167
FAM LN Steak and Ale Pie	1442.3	72	6026.7	72	73.0	104	26.4	132	147.6	57	14.0	16	-	-	15.1	63	4.1	69
FAM LN Steak and Ale Pie (Peters)	1246.3	62	5215.7	62	58.2	83	19.0	95	135.6	52	16.8	19	37.1	74	15.7	65	4.0	66
FAM LN Curry Chicken Tikka Masala	2109.5	105	3713.4	44	34.5	49	7.9	40	155.3	60	27.0	30	43.6	87	8.4	35	4.7	78
FAM LN NGCI Chicken Tikka Masala	1055.7	53	4443.4	53	42.8	61	10.2	51	126.4	49	26.1	29	38.7	77	9.0	37	4.1	68
FAM LN Beef Lasagne	790.8	40	3304.7	39	41.5	59	17.4	87	64.9	25	16.2	18	37.2	74	6.4	26	3.2	53
FAM LN Beef Lasagne Salad	510.5	26	2132.3	25	26.6	38	12.8	64	34.6	13	15.0	17	31.9	64	4.5	19	2.5	41
FAM LN Breaded Scampi	1924.3	96	4294.4	51	62.8	90	15.2	76	121.0	47	10.9	12	31.7	63	14.6	61	4.3	72
FAM LN Beer Battered Cod and Chips	1650.2	83	6905.1	82	89.0	127	23.0	115	127.8	49	-	-	79.1	158	-	-	4.9	82
FAM LN VGN Fishless Fish and Chips	939.7	47	3937.2	47	39.9	57	7.3	37	117.3	45	7.1	8	20.1	40	16.0	67	3.8	64
FAM LN Hunters Chicken	1094.5	55	4582.9	55	46.6	67	14.3	72	97.3	37	31.7	35	67.3	135	8.3	35	6.4	107
FAM LN NGCI Hunters Chicken	991.6	50	4153.5	49	40.3	58	13.2	66	87.2	34	30.7	34	66.1	132	7.5	31	5.9	99
FAM LN Roasted Sweet Potato and Chickpea Tagine	533.5	27	2246.3	27	12.4	18	4.2	21	87.1	33	21.7	24	14.2	28	9.2	38	4.3	72
FAM LN NGCI Roasted Sweet Potato and	533.5	27	2246.3	27	12.4	18	4.2	21	87.1	33	21.7	24	14.2	28	9.2	38	4.3	72

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Chickpea Tagine																		
FAM LN VGN Roasted Sweet Potato and Chickpea Tagine	476.1	24	2009.7	24	6.8	10	0.7	4	86.0	33	20.6	23	13.4	27	9.2	38	4.3	71
FAM LN NGCI VGN Roasted Sweet Potato and Chickpea Tagine	476.1	24	2009.7	24	6.8	10	0.7	4	86.0	33	20.6	23	13.4	27	9.2	38	4.3	71
FAM LN Pasta Alfredo	837.7	42	3505.5	42	45.7	65	17.8	89	84.4	32	11.0	12	23.1	46	6.8	28	2.2	37
FAM LN Pasta Alfredo Chicken	1046.8	52	4386.1	52	50.5	72	18.9	94	86.1	33	12.4	14	64.3	129	6.8	28	3.2	53
FAM LN Sausage and Mash	1193.8	60	4968.0	59	75.3	108	27.3	137	77.3	30	18.5	21	40.0	80	13.6	57	5.5	91
FAM LN NGCI Sausage and Mash	1024.8	51	4275.7	51	53.5	76	16.2	81	104.0	40	20.8	23	25.7	51	15.5	65	4.5	75
FAM LN Sausage and Mash Vegetarian	844.3	42	3528.7	42	36.6	52	10.6	53	82.7	32	19.1	21	37.2	74	21.1	88	4.3	71
FAM LN Burger The Classic Beef Double	1097.3	55	4593.6	55	49.1	70	10.6	53	107.4	41	7.8	9	54.3	109	8.9	37	4.3	71
FAM LN Burger The Classic Beef Triple	1231.0	62	5156.9	61	53.0	76	12.1	60	111.7	43	7.9	9	74.7	149	9.0	38	5.1	85
FAM LN Burger The Classic Beef Mega	1364.6	68	5720.2	68	56.8	81	13.6	68	116.0	45	7.9	9	95.1	190	9.1	38	6.0	99
FAM LN NGCI Burger The Classic Double	728.3	36	3055.9	36	30.1	43	7.8	39	64.0	25	1.2	1	47.5	95	6.3	26	2.7	45
FAM LN NGCI Burger The Classic Triple	862.0	43	3619.2	43	33.9	48	9.3	47	68.3	26	1.2	1	67.9	136	6.4	27	3.5	59
FAM LN NGCI Burger The Classic Mega	995.6	50	4182.5	50	37.8	54	10.8	54	72.6	28	1.3	1	88.3	177	6.5	27	4.4	73
FAM LN Burger The Cowboy Double	1213.8	61	5079.2	60	56.1	80	15.4	77	107.6	41	-	-	67.3	135	8.9	37	-	-
FAM LN Burger The Cowboy Triple	1347.5	67	5642.5	67	60.0	86	16.9	85	111.9	43	-	-	87.7	175	9.0	38	-	-
FAM LN Burger The Cowboy Mega	1481.1	74	6205.8	74	63.8	91	18.4	92	116.2	45	-	-	108.1	216	9.1	38	-	-
FAM LN NGCI Burger The Cowboy Double	844.9	42	3541.4	42	37.1	53	12.6	63	64.2	25	-	-	60.5	121	6.3	26	-	-
FAM LN NGCI Burger The Cowboy Triple	978.5	49	4104.8	49	40.9	58	14.1	71	68.5	26	-	-	80.9	162	6.4	27	-	-
FAM LN NGCI Burger The Cowboy Mega	1112.2	56	4668.1	56	44.8	64	15.6	78	72.8	28	-	-	101.3	203	6.5	27	-	-
FAM LN Burger The Knock Out Double	1515.5	76	6338.0	75	74.3	106	21.8	109	129.3	50	-	-	80.0	160	9.4	39	-	-
FAM LN Burger The Knock Out Triple	1649.2	82	6901.3	82	78.2	112	23.3	117	133.6	51	-	-	100.4	201	9.5	40	-	-
FAM LN Burger The Knock Out Mega	1782.7	89	7464.3	89	82.0	117	24.8	124	137.9	53	-	-	120.8	242	9.6	40	-	-
FAM LN Burger The Classic Chicken	1168.3	58	4876.4	58	63.4	91	15.4	77	113.7	44	8.5	9	33.2	66	8.7	36	3.6	60
FAM LN Burger The Classic Chicken Double	1506.5	75	6285.8	75	85.5	122	23.1	116	128.7	49	9.3	10	52.9	106	8.7	36	4.6	77
FAM LN Burger BBQ Chicken	1275.7	64	5328.2	63	67.0	96	18.9	94	128.1	49	-	-	36.8	74	9.1	38	-	-
FAM LN Burger BBQ Chicken Double	1613.9	81	6737.6	80	89.0	127	26.6	133	143.1	55	-	-	56.5	113	9.1	38	-	-
FAM LN VGN Burger BBQ Jackfruit	1149.0	57	4811.3	57	49.0	70	8.2	41	139.3	54	31.9	35	33.1	66	13.2	55	4.6	76
FAM LN VGN Burger BBQ Jackfruit Double	1369.0	68	5732.2	68	60.9	87	9.1	45	149.1	57	33.6	37	50.4	101	15.6	65	5.6	93
FAM LN Extra Cheese American Style Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
FAM LN Extra Bacon Rasher	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
FAM LN Extra Mushroom Grilled	90.5	5	373.0	4	9.5	14	1.2	6	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM LN Extra Egg Fried	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
FAM LN Extra Cheese Stilton 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9
FAM LN Extra Jalapenos 20g	14.4	1	61.0	1	0.1	0	0.0	0	3.2	1	3.0	3	0.1	0	0.4	2	0.9	14
FAM LN Extra Cheese Cheddar 56g	232.4	12	954.2	11	18.9	27	11.9	60	1.1	0	0.0	0	14.0	28	0.0	0	1.0	17
FAM 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
FAM LN Extra Onion Rings x 8	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
FAM LN Extra Onion Rings x3	154.3	8	644.1	8	9.3	13	1.7	8	15.2	6	1.5	2	1.8	4	1.2	5	0.7	12
FAM LN Extra Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
FAM LN Extra Garlic Ciabatta Cheesy	574.2	29	2377.4	28	37.9	54	21.4	107	30.6	12	2.6	3	25.8	52	1.9	8	2.0	34
FAM LN Extra Bread and Spread Brown x 2 Slice	335.1	17	1412.9	17	17.2	25	4.1	21	36.1	14	1.0	1	10.0	20	3.3	14	1.0	16
FAM LN Extra Bread and Spread White x 2 Slice	331.0	17	1393.0	17	16.0	23	4.1	20	40.1	15	0.9	1	7.6	15	2.5	10	1.1	18
FAM LN Extra House Salad	32.8	2	137.5	2	1.6	2	0.3	2	3.6	1	3.1	3	0.8	2	1.3	6	0.0	0
FAM LN Extra Sauce Chip Shop Curry 100g	93.4	5	394.3	5	6.5	9	3.9	20	7.2	3	3.6	4	1.4	3	0.6	2	0.7	12
FAM LN Extra Sweet Potato Fries 284g	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
FAM LN Extra Beef Chilli	93.4	5	392.4	5	2.5	4	0.8	4	13.1	5	9.9	11	5.2	10	1.0	4	1.2	20
FAM LN Extra BBQ Jackfruit	141.2	7	591.2	7	5.5	8	0.4	2	20.1	8	11.7	13	2.0	4	1.8	7	0.7	12
FAM LN Extra Chicken Breast	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
FAM 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
FAM 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
FAM LN Extra Chicken Goujons x 3	489.8	24	2042.3	24	30.7	44	11.0	55	22.8	9	1.2	1	30.0	60	0.0	0	1.5	26
FAM LN Chip Topper Chicken Katsu	428.2	21	1787.1	21	26.2	37	8.6	43	25.7	10	7.7	9	21.6	43	1.7	7	2.1	35
FAM LN Chip Topper Sloppy Joe	209.6	10	869.5	10	11.9	17	6.8	34	13.6	5	9.9	11	12.2	24	1.0	4	1.7	28
FAM LN Praline Chocolate Tart	558.7	28	2332.2	28	32.9	47	16.6	83	54.2	21	27.1	30	8.2	16	-	-	0.2	4
FAM LN VGN Praline Chocolate Tart	558.9	28	2332.0	28	32.9	47	18.1	90	54.0	21	24.8	28	6.5	13	-	-	0.1	2
FAM LN NGCI Praline Chocolate Tart	558.7	28	2332.2	28	32.9	47	16.6	83	54.2	21	27.1	30	8.2	16	-	-	0.2	4
FAM LN NGCI VGN Praline Chocolate Tart	558.9	28	2332.0	28	32.9	47	18.1	90	54.0	21	24.8	28	6.5	13	-	-	0.1	2
FAM LN Bramley Apple Pie	524.5	26	2201.5	26	22.8	33	9.6	48	73.4	28	28.5	32	7.8	16	2.5	11	0.2	4
FAM LN VGN Bramley Apple Pie	503.8	25	2110.8	25	23.8	34	11.4	57	66.7	26	23.0	26	5.1	10	5.4	23	0.1	2
FAM LN Chocolate Fudge Cake	689.1	34	2889.7	34	29.8	43	6.4	32	98.3	38	79.0	88	7.8	16	-	-	0.4	7
FAM LN Sicilian Lemon Muffin Cheesecake	589.0	29	2459.2	29	36.3	52	17.8	89	60.3	23	40.0	44	8.7	17	0.8	3	0.5	9
FAM LN Jam Roly Poly	518.5	26	2176.2	26	23.5	34	11.5	58	69.6	27	40.9	45	6.7	13	1.4	6	0.5	9
FAM LN Sticky Toffee Pudding	579.9	29	2440.5	29	21.5	31	13.3	66	89.1	34	67.0	74	6.5	13	1.9	8	0.8	13
FAM LN NGCI Sticky Toffee Pudding	579.9	29	2440.5	29	21.5	31	13.3	66	89.1	34	67.0	74	6.5	13	1.9	8	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	%	g	%
FAM LN Chocolate Crownie	766.0	38	2943.5	35	34.9	50	12.9	64	89.0	34	59.7	66	9.4	19	-	-	0.8	13
FAM LN Chocolate Indulgence Sundae	475.8	24	1993.5	24	25.0	36	15.5	77	53.2	20	48.6	54	8.6	17	-	-	0.4	6
FAM LN NGCI Chocolate Indulgence Sundae	475.8	24	1993.5	24	25.0	36	15.5	77	53.2	20	48.6	54	8.6	17	-	-	0.4	6
FAM LN Chocolate Indulgence Sundae to Share	951.5	48	3986.9	47	50.0	71	31.0	155	106.5	41	97.1	108	17.3	35	-	-	0.7	12
FAM LN NGCI Chocolate Indulgence Sundae Sharer	951.5	48	3986.9	47	50.0	71	31.0	155	106.5	41	97.1	108	17.3	35	-	-	0.7	12
FAM LN Simply Delicious Ice Cream	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
FAM LN NGCI Simply Delicious Ice Cream	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
FAM LN VGN Simply Delicious Ice Cream	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
FAM LN NGCI VGN Simply Delicious Ice Cream	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
FAM LN SB Red Velvet Cheesecake	1064.7	53	4433.0	53	74.4	106	38.5	192	85.9	33	54.1	60	12.6	25	-	-	1.0	16
FAM LN NGCI Chocolate Fudge Cake	689.1	34	2889.7	34	29.8	43	6.4	32	98.3	38	79.0	88	7.8	16	-	-	0.4	7
FAM LN Extra Poppadom	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
FAM LN Extra Mash Potato 284g	300.5	15	1258.6	15	11.3	16	4.5	23	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
FAM LN Extra Naan Bread	1302.0	65	308.4	4	4.1	6	0.5	2	58.1	22	1.3	1	8.4	17	2.5	10	1.1	19
FAM 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
FAM LN Extra Jacket Potato	180.0	9	763.2	9	0.5	1	0.0	0	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM LN Extra Prawns 80g	34.6	2	147.6	2	0.1	0	0.1	0	0.1	0	0.0	0	8.4	17	0.0	0	1.2	20
FAM LN Extra Custard 100g	105.0	5	443.0	5	3.0	4	1.7	9	16.5	6	12.1	13	3.1	6	0.0	0	0.1	2
FAM 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
FAM LN KID Garlic Bread Starter	175.2	9	738.2	9	4.9	7	1.8	9	28.7	11	14.9	17	2.9	6	1.3	6	1.1	18
FAM LN KID Salad Sticks Starter	88.1	4	371.9	4	0.3	0	0.1	0	19.7	8	18.9	21	1.1	2	2.7	11	0.9	15
FAM LN KID Two Pork Sausages	612.6	31	2557.9	30	29.4	42	8.5	42	66.1	25	7.1	8	19.2	38	8.4	35	2.4	41
FAM LN KID Two Veggie Sausages	492.2	25	2059.9	25	18.2	26	4.8	24	51.9	20	6.0	7	26.8	54	12.2	51	2.3	39
FAM LN KID Three Fish Fillet Fingers	590.4	30	2464.3	29	28.9	41	6.1	30	61.2	24	5.4	6	19.9	40	8.0	33	1.8	30
FAM LN KID Four Crispy Chicken Dippers	654.2	33	2726.7	32	37.0	53	8.6	43	60.6	23	4.9	5	18.5	37	7.6	32	1.8	30
FAM LN KID Beef Burger	603.9	30	2537.9	30	17.8	25	4.5	23	75.4	29	7.8	9	34.0	68	9.4	39	2.4	40
FAM LN KID Choice Step 2 Carb (Mandatory)	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
FAM LN KID Choice Step 3 Veg (Mandatory)	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
FAM 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
FAM LN KID Ice Cream Sundae	234.4	12	983.9	12	8.9	13	5.0	25	33.8	13	26.7	30	4.6	9	-	-	0.2	3
FAM LN KID VGN Ice Cream Sundae	243.3	12	1018.0	12	8.7	12	7.4	37	35.7	14	23.1	26	1.3	3	-	-	0.0	1
FAM 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



## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM LN KID Extra Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
FAM LN KID Extra 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
FAM LN KID Extra Chicken Breast	130.0	7	545.7	6	5.0	7	1.1	6	1.0	0	1.0	1	20.2	40	0.0	0	0.4	7
FAM LN KID Extra Chicken Dippers	161.0	8	668.9	8	12.1	17	2.9	14	8.1	3	0.2	0	4.8	10	0.2	1	0.4	6
FAM LN KID Extra Fish Fingers	172.1	9	716.9	9	10.8	15	2.2	11	11.2	4	0.6	1	7.3	15	0.6	2	0.5	8
FAM LN KID Extra Mashed Potato	187.9	9	786.9	9	9.3	13	3.2	16	22.5	9	1.6	2	2.3	5	3.0	13	0.5	8
FAM 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
FAM LN KID Extra Pork Sausage	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
FAM LN KID Extra Veggie Sausage	105.0	5	436.5	5	6.0	9	0.6	3	3.2	1	1.1	1	8.0	16	3.0	13	0.7	12
FAM LN KID Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM LN KID Sunday Roast Topside of Beef	721.2	36	3020.4	36	32.9	47	9.5	47	76.3	29	-	-	32.2	64	7.0	29	2.9	48
FAM LN KID Sunday Roast Turkey	627.6	31	2638.1	31	20.7	30	4.4	22	76.3	29	-	-	36.2	72	7.0	29	2.8	47
FAM LN KID Sunday Roast Vegetarian	1092.3	55	4569.4	54	59.0	84	16.5	82	114.9	44	-	-	27.6	55	10.2	42	4.5	75
FAM LN Sunday Roast Topside of Beef	1082.6	54	4535.0	54	47.7	68	14.4	72	116.4	45	-	-	50.3	101	11.3	47	3.8	63
FAM LN Sunday Half Roast Chicken	1467.1	73	6141.6	73	70.6	101	18.9	94	118.1	45	-	-	93.4	187	13.0	54	5.9	99
FAM LN Sunday Roast Turkey	957.3	48	4023.6	48	31.1	44	7.3	36	117.8	45	-	-	55.0	110	11.4	47	4.0	67
FAM LN Sunday Roast Vegetarian	1312.5	66	5496.5	65	64.4	92	17.6	88	155.0	60	-	-	31.4	63	14.5	60	5.2	86
FAM LN NGCI KID Sunday Roast Topside of Beef	477.8	24	2000.3	24	21.2	30	7.3	36	47.3	18	-	-	24.9	50	5.5	23	2.1	35
FAM LN NGCI KID Sunday Roast Turkey	384.2	19	1618.0	19	9.1	13	2.2	11	47.3	18	-	-	28.9	58	5.5	23	2.0	34
FAM LN NGCI Sunday Roast Topside of Beef	839.2	42	3514.9	42	36.1	52	12.2	61	87.4	34	-	-	42.9	86	9.8	41	2.9	49
FAM LN NGCI Sunday Roast Turkey	713.9	36	3003.6	36	19.4	28	5.0	25	88.9	34	-	-	47.6	95	9.9	41	3.2	53
FAM LN NGCI Sunday Half Roast Chicken	1223.6	61	5121.3	61	58.9	84	16.7	83	89.1	34	-	-	86.1	172	11.5	48	5.1	85
FAM 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
FAM 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
FAM 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
FAM 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
FAM LN KID Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
FAM 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
FAM 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
FAM LN Extra Roast Potatoes 180g	210.2	11	884.5	11	6.2	9	0.7	4	36.2	14	-	-	4.5	9	2.8	12	0.0	1
FAM LN Extra Yorkshire Pudding	161.2	8	674.3	8	9.2	13	1.8	9	15.1	6	1.8	2	5.4	11	0.7	3	0.1	2
CRV 21 Carvery Ciabatta Beef and Horseradish	1818.7	91	2255.5	27	33.7	48	9.9	49	85.8	33	-	-	33.9	68	6.3	26	4.1	69
CRV 21 Carvery Ciabatta Gammon and Mustard	1794.5	90	2160.5	26	32.1	46	9.5	47	87.7	34	-	-	30.2	60	4.9	20	6.6	110

## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	1775.9	89	2092.7	25	18.9	27	5.0	25	105.7	41	-	-	37.8	76	5.7	24	3.8	64
FAM 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
FAM LN Upgrade Potato Wedges	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM LN Upgrade Potato Wedges (from Nachos)	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM LN Upgrade Double Your Chips	919.3	46	3846.8	46	44.7	64	9.7	48	110.2	42	1.7	2	13.1	26	11.9	50	2.0	33
FAM LN Upgrade Sweet Potato Fries 150g	275.1	14	1132.6	13	13.5	19	2.4	12	32.9	13	10.6	12	2.2	4	4.5	19	0.6	10
FAM LN Upgrade Sweet Potato Fries 284g	573.5	29	2360.9	28	31.4	45	6.3	31	62.5	24	20.2	22	4.3	9	8.5	35	1.1	19
CRV 21 Carvery Ciabatta Turkey Stuffing and Cranberry	1775.9	89	2092.7	25	18.9	27	5.0	25	105.7	41	-	-	37.8	76	5.7	24	3.8	64
CRV 21 Carvery Ciabatta Gammon and Mustard	1794.5	90	2160.5	26	32.1	46	9.5	47	87.7	34	-	-	30.2	60	4.9	20	6.6	110
CRV 21 Carvery Ciabatta Beef and Horseradish	1818.7	91	2255.5	27	33.7	48	9.9	49	85.8	33	-	-	33.9	68	6.3	26	4.1	69
FAM LN Chocolate Eclair Cake	1196.6	60	4983.1	59	77.8	111	51.1	256	113.1	44	81.1	90	9.7	19	-	-	1.1	18
FAM LN Somewhere Over the Rainbow Cake	1076.0	54	4489.9	53	63.0	90	28.3	142	110.1	42	79.6	88	-	-	1.0	4	0.8	14
FAM LN Best Ever Carrot Cake	1190.9	60	4965.7	59	77.3	110	29.0	145	115.7	44	79.6	88	9.9	20	1.9	8	0.8	13
FAM LN NGCI Best Ever Carrot Cake	1190.9	60	4965.7	59	77.3	110	29.0	145	115.7	44	79.6	88	9.9	20	1.9	8	0.8	13
FAM LN SB Red Velvet Cheesecake	1064.7	53	4433.0	53	74.4	106	38.5	192	85.9	33	54.1	60	12.6	25	-	-	1.0	16
CRV 21 Carvery Sliced Small	890.4	45	3726.2	44	40.3	58	13.9	70	93.6	36	-	-	36.6	73	13.4	56	5.1	85
CRV 21 Carvery Sliced Regular	1169.7	58	4896.4	58	51.5	74	19.4	97	123.4	47	-	-	50.2	100	17.8	74	7.5	125
CRV 21 Carvery Sliced Large	1515.8	76	6362.3	76	54.5	78	22.2	111	184.0	71	-	-	68.4	137	24.0	100	9.7	162
CRV 21 Carvery Veg Small	1272.5	64	5317.1	63	68.8	98	21.8	109	128.3	49	-	-	33.1	66	16.6	69	5.5	91
CRV 21 Carvery Veg Regular	1456.4	73	6088.2	72	74.5	106	24.9	125	156.2	60	-	-	37.2	74	20.9	87	7.1	118
CRV 21 Carvery Veg Large	1707.1	85	7155.3	85	72.1	103	25.5	127	214.9	83	-	-	45.9	92	27.0	113	8.5	142
CRV 21 Carvery Meatless Small	628.1	31	2636.4	31	17.3	25	8.9	44	97.1	37	-	-	17.3	35	17.5	73	4.1	68
CRV 21 Carvery Meatless Regular	925.3	46	3882.9	46	26.2	37	13.6	68	141.2	54	-	-	25.5	51	26.4	110	6.1	102
CRV 21 Carvery Meatless Large	1128.7	56	4738.2	56	31.3	45	16.0	80	174.8	67	-	-	30.9	62	31.0	129	7.6	126
CRV 21 Carvery Sliced Kids	890.4	45	3726.2	44	40.3	58	13.9	70	93.6	36	-	-	36.6	73	13.4	56	5.1	85
CRV 21 Carvery Veg Kids	1272.5	64	5317.1	63	68.8	98	21.8	109	128.3	49	-	-	33.1	66	16.6	69	5.5	91
CRV 21 NGCI Carvery Small	573.0	29	2401.3	29	21.3	30	9.9	50	64.5	25	-	-	28.4	57	10.8	45	3.5	58
CRV 21 NGCI Carvery Regular	834.1	42	3495.4	42	31.8	45	14.9	74	92.3	35	-	-	41.3	83	14.6	61	5.6	94
CRV 21 NGCI Carvery Meatless Small	480.8	24	2016.9	24	12.9	18	6.6	33	75.6	29	-	-	12.4	25	14.6	61	2.3	39
CRV 21 NGCI Carvery Meatless Regular	745.1	37	3125.4	37	20.5	29	10.5	52	116.6	45	-	-	18.8	38	22.2	93	4.0	67
CRV 21 Carvery Sunday Small	1786.1	89	3456.3	41	52.3	75	20.8	104	92.8	36	-	-	42.7	85	13.3	56	5.3	89
CRV 21 Carvery Sunday Regular	2363.5	118	4534.2	54	67.7	97	28.5	142	121.7	47	-	-	58.5	117	17.6	73	7.7	128

## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CRV 21 Carvery Sunday Large	3007.5	150	5907.2	70	74.9	107	33.6	168	181.5	70	-	-	79.0	158	23.8	99	9.8	164
CRV 21 Carvery Sunday Veg Small	2171.5	109	5061.8	60	80.1	114	28.7	144	131.3	51	-	-	37.8	76	16.5	69	6.5	108
CRV 21 Carvery Sunday Veg Regular	2654.9	133	5748.1	68	89.7	128	34.2	171	160.2	62	-	-	43.4	87	20.8	87	8.4	140
CRV 21 Carvery Sunday Veg Large	3205.2	160	6729.7	80	91.0	130	37.1	185	219.9	85	-	-	53.7	107	27.0	112	10.2	170
CRV 21 Carvery Sunday Meatless Small	1728.6	86	2332.3	28	31.3	45	17.3	86	101.0	39	-	-	23.1	46	17.5	73	5.3	88
CRV 21 Carvery Sunday Meatless Regular	2540.8	127	3502.2	42	47.1	67	26.1	131	148.9	57	-	-	34.0	68	26.4	110	8.1	135
CRV 21 Carvery Sunday Meatless Large	3030.2	152	4214.9	50	55.4	79	30.5	152	181.5	70	-	-	40.9	82	31.0	129	9.6	160
CRV 21 Carvery Sunday Kids	1779.3	89	3427.7	41	52.1	74	20.6	103	91.8	35	-	-	42.6	85	13.3	55	5.2	87
CRV 21 Carvery Sunday Veg Kids	2171.5	109	5061.8	60	80.1	114	28.7	144	131.3	51	-	-	37.8	76	16.5	69	6.5	108
CRV 21 NGCI Carvery Sunday Small	573.8	29	2401.5	29	22.8	33	9.4	47	60.7	23	-	-	30.0	60	11.0	46	2.5	42
CRV 21 NGCI Carvery Sunday Regular	834.7	42	3493.4	42	33.9	48	14.1	71	86.6	33	-	-	43.6	87	14.9	62	4.2	70
CRV 21 NGCI Carvery Sunday Meatless Small	487.6	24	2043.0	24	13.9	20	6.0	30	75.9	29	-	-	12.7	25	14.9	62	2.0	34
CRV 21 NGCI Carvery Sunday Meatless Regular	756.1	38	3167.8	38	22.0	31	9.6	48	117.1	45	-	-	19.3	39	22.7	95	3.6	59
FAM 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
FAM 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
FAM LN Extra Giant Yorkshire Pudding	259.3	13	1093.0	13	8.6	12	0.9	5	37.9	15	5.7	6	7.7	15	2.1	9	0.5	9
FAM LN Sandwich Cheese and Red Onion Chutney	814.6	41	3398.0	40	40.4	58	20.2	101	78.3	30	14.8	16	31.4	63	4.3	18	2.8	47
FAM LN NGCI Sandwich Cheese and Red Onion Chutney	731.3	37	3037.9	36	43.3	62	20.2	101	56.3	22	14.1	16	24.4	49	7.6	32	2.6	43
FAM LN Melt Rump Steak	987.0	49	4122.4	49	49.9	71	20.9	105	77.8	30	14.8	16	53.8	108	4.3	18	3.0	50
FAM LN NGCI Melt Rump Steak	903.7	45	3762.2	45	52.8	75	20.9	104	55.8	21	14.1	16	46.8	94	7.7	32	2.7	46
FAM LN Melt BBQ Chicken	843.0	42	3529.3	42	36.0	51	15.4	77	81.8	31	19.0	21	44.8	90	4.2	17	3.6	59
FAM LN NGCI Melt BBQ Chicken	759.7	38	3169.2	38	38.9	56	15.3	77	59.9	23	18.4	20	37.9	76	7.5	31	3.3	55
FAM LN NGCI Sandwich Chicken and Bacon Club	732.8	37	3066.8	37	35.7	51	5.7	28	63.2	24	8.8	10	34.7	69	11.2	47	3.8	64
FAM LN LB Breaded Scampi	974.4	49	2194.1	26	32.7	47	7.3	36	58.4	22	8.5	9	16.7	33	9.0	38	2.5	41
FAM LN LB Beer Battered Cod and Chips	864.8	43	3616.0	43	46.0	66	11.2	56	66.6	26	-	-	42.0	84	-	-	2.9	48
FAM LN LB Hunters Chicken	741.5	37	3097.7	37	36.8	53	12.3	61	56.5	22	17.3	19	42.8	86	5.2	21	4.6	76
FAM LN LB NGCI Hunters Chicken	638.7	32	2668.3	32	30.6	44	11.2	56	46.4	18	16.3	18	41.6	83	4.4	18	4.1	68
FAM LN LB Sausage and Mash	884.7	44	3681.0	44	57.7	82	19.4	97	55.2	21	16.6	18	28.1	56	10.9	46	4.2	69
FAM LN LB NGCI Sausage and Mash	772.1	39	3219.5	38	43.2	62	12.0	60	73.0	28	18.2	20	18.6	37	12.2	51	3.5	58
FAM LN LB Sausage and Mash Vegetarian	651.7	33	2721.5	32	31.9	46	8.3	41	58.8	23	17.0	19	26.2	52	15.9	66	3.4	56
FAM LN LB VGN Fishless Fish and Chips	519.3	26	2175.1	26	21.3	30	4.0	20	64.3	25	5.2	6	12.5	25	10.3	43	2.2	36
FAM LN Sandwich Chicken and Bacon Club	888.2	44	3716.3	44	47.5	68	9.5	48	72.6	28	6.3	7	42.7	85	5.8	24	4.4	73



## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FAM LN SB Starter Southern Fried Chicken Bites	541.9	27	2270.7	27	23.4	33	9.8	49	42.4	16	18.1	20	38.1	76	4.1	17	3.8	64
FAM LN SB NGCI Starter Blue Cheese Souffle	235.6	12	985.9	12	18.2	26	10.7	53	13.3	5	9.5	11	7.5	15	2.0	8	0.4	7
FAM LN SB Starter Blue Cheese Souffle	235.6	12	985.9	12	18.2	26	10.7	53	13.3	5	9.5	11	7.5	15	2.0	8	0.4	7
FAM LN SB Burger Mac Stack	1546.3	77	6479.9	77	65.2	93	23.7	119	157.7	61	-	-	81.2	162	13.7	57	-	-
FAM LN SB Breaded Plaice	1013.4	51	4250.5	51	39.0	56	7.8	39	121.0	47	14.7	16	38.8	78	13.0	54	3.0	50
FAM LN SB Chicken and Garlic Mushrooms	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM LN SB Trio of Lamb Chops	1245.8	62	5198.1	62	81.6	117	35.1	175	65.8	25	18.7	21	62.0	124	10.1	42	3.0	49
FAM LN SB Hawaiian Chicken	960.7	48	4012.8	48	46.5	66	17.9	90	70.9	27	14.8	16	62.8	126	7.8	32	9.2	153
FAM LN SB Beef Madras	2243.1	112	4250.9	51	45.2	65	10.5	53	161.9	62	32.6	36	42.0	84	10.0	42	5.7	95
FAM LN SB NGCI Beef Madras	1189.4	59	4980.8	59	53.6	77	12.8	64	133.0	51	31.8	35	37.1	74	10.7	44	5.1	85
FAM LN SB NGCI Chicken and Garlic Mushrooms	698.1	35	2962.5	35	26.4	38	6.9	35	59.8	23	14.9	17	56.8	114	11.6	48	3.0	49
FAM LN SB NGCI Hawaiian Chicken	960.7	48	4012.8	48	46.5	66	17.9	90	70.9	27	14.8	16	62.8	126	7.8	32	9.2	153
FAM LN SB NGCI Trio of Lamb Chops	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM LN SB Dessert Berry Crumble	497.8	25	2088.8	25	18.2	26	6.2	31	73.5	28	41.9	47	7.6	15	4.8	20	0.1	2
FAM LN SB VGN Dessert Berry Crumble	477.1	24	1998.1	24	19.2	27	7.9	40	66.8	26	36.4	40	4.9	10	7.7	32	0.0	0
FAM LN SB Dessert Strawberry Shortbread Sundae	796.9	40	3335.4	40	37.9	54	13.0	65	100.8	39	52.6	58	11.8	24	2.2	9	0.9	16
FAM 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
FAM LN Extra Pineapple Ring	29.6	1	125.8	1	0.0	0	0.0	0	7.7	3	7.7	9	0.2	0	0.3	1	0.0	0
FAM LN Extra Double 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
FAM 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
FAM LN Extra Sauce Chocolate 28g	83.8	4	355.8	4	0.1	0	0.1	1	19.9	8	14.1	16	0.4	1	0.7	3	0.0	0
FAM 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
FAM LN Extra Cheese Cheddar 56g	232.4	12	954.2	11	18.9	27	11.9	60	1.1	0	0.0	0	14.0	28	0.0	0	1.0	17
FAM LN Extra Rice Pilau	283.9	14	1203.6	14	3.9	6	0.3	2	55.4	21	4.1	5	6.6	13	1.0	4	0.7	12
FAM LN Extra Chips 150g	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
FAM LN Extra Garlic and Herb Baby Potatoes 250g	252.9	13	1063.3	13	10.8	15	1.5	8	36.7	14	3.0	3	4.2	8	3.2	13	0.2	3
FAM LN Extra Carrots 85g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FAM LN Extra Ciabatta and Spread	1478.8	74	841.8	10	20.0	29	4.4	22	54.9	21	1.0	1	11.2	22	3.2	13	1.4	23
FAM LN Extra Sauce Salsa 56g	111.4	6	471.5	6	1.2	2	0.1	1	23.0	9	18.3	20	0.7	1	0.7	3	0.8	14
FAM LN Extra Sauce Mango Chutney 56g	134.4	7	571.2	7	0.1	0	0.1	0	33.3	13	25.0	28	0.2	0	0.2	1	1.6	27
FAM LN Extra Sausage	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
FAM LN Extra Fried Onions 75g	125.4	6	518.5	6	11.2	16	1.3	7	5.1	2	3.6	4	0.8	2	0.9	4	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

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
FAM LN Extra Sauce Guacamole 56g	73.4	4	306.9	4	6.4	9	1.4	7	3.4	1	0.6	1	0.8	2	0.2	1	0.5	8
FAM LN Extra Baked Beans 100g	75.8	4	316.1	4	0.3	0	0.1	1	13.8	5	3.6	4	4.9	10	3.6	15	0.5	8
FAM LN Extra Onion Rings x3	154.3	8	644.1	8	9.3	13	1.7	8	15.2	6	1.5	2	1.8	4	1.2	5	0.7	12
FAM 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
FAM LN Extra Crispy Battered Chicken Fillet	326.5	16	1361.5	16	20.5	29	7.3	37	15.2	6	0.8	1	20.0	40	0.0	0	1.0	17
FAM LN Extra Sauce BBQ 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
FAM LN Extra Sauce 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
FAM LN Extra Sautéed Mushrooms	147.2	7	616.8	7	14.9	21	3.6	18	0.8	0	0.5	1	3.2	6	2.6	11	0.3	5
FAM LN Extra Sauce Sour Cream 56g	114.8	6	473.2	6	11.1	16	7.0	35	2.1	1	2.1	2	1.6	3	0.0	0	0.1	1
FAM LN Upgrade Chips 150g (from Nachos)	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
FAM LN Extra Beef Burger 3.5oz	133.7	7	563.3	7	3.9	6	1.5	7	4.3	2	0.1	0	20.4	41	0.1	0	0.8	14
FAM LN Extra Veggie Burger	220.0	11	921.0	11	11.9	17	0.9	5	9.8	4	1.7	2	17.3	35	2.4	10	1.0	17
FAM LN Extra Scampi Pieces x 5	477.6	24	432.3	5	10.1	14	3.2	16	13.8	5	1.2	1	6.8	14	1.2	5	0.7	12
FAM 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
FAM LN Extra Potato Wedges	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
FAM LN VGN Extra Ice Cream Scoop Vanilla	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
FAM LN Extra Sauce Garlic Mayo 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
FAM LN Extra Sauce Sweet Chilli 56g	108.6	5	454.7	5	0.0	0	0.0	0	26.9	10	22.4	25	0.1	0	0.4	2	1.3	21
FAM LN Extra Grilled Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
FAM LN Extra Linseed Bun	178.9	9	755.7	9	2.1	3	0.7	4	32.8	13	2.4	3	6.1	12	1.9	8	0.5	8
FAM LN SB Ham and Eggs	879.9	44	3665.1	44	55.5	79	11.6	58	56.0	22	2.5	3	35.2	70	6.0	25	5.6	93
FAM LN SB Pork and Creamy Peppercorn Sauce	944.5	47	3964.6	47	34.2	49	13.5	68	61.8	24	13.7	15	92.8	186	12.7	53	2.4	40