

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	%
ROT M1 Sharer Cheesy Nachos	866.3	43	3608.2	43	51.9	74	18.2	91	71.9	28	7.8	9	22.5	45	6.1	25	20.8	346
ROT M1 Sharer Cheesy Nachos Vegetarian	858.7	43	3565.4	42	52.5	75	18.8	94	69.8	27	6.4	7	22.6	45	5.5	23	20.9	348
ROT M1 Sharer VGN Nachos	604.1	30	2522.1	30	31.1	44	3.9	20	69.5	27	5.6	6	8.2	16	5.5	23	20.1	335
ROT M1 Sharer NGCI Cheesy Nachos Vegetarian	858.7	43	3565.4	42	52.5	75	18.8	94	69.8	27	6.4	7	22.6	45	5.5	23	20.9	348
ROT M1 Sharer NGCI VGN Nachos	604.1	30	2522.1	30	31.1	44	3.9	20	69.5	27	5.6	6	8.2	16	5.5	23	20.1	335
ROT M1 LM Todays Soup	452.4	23	1905.3	23	17.1	24	8.1	41	63.1	24	11.1	12	10.8	22	3.6	15	2.6	44
ROT M1 LM NGCI Todays Soup	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.7	29
ROT M1 LM VGN Todays Soup	472.0	24	1994.8	24	19.6	28	4.2	21	63.2	24	11.1	12	10.7	21	3.6	15	2.6	44
ROT M1 Sharer Baked Camembert	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
ROT M1 Sharer NGCI Baked Camembert	1062.5	53	4421.5	53	71.5	102	42.8	214	48.1	18	14.7	16	54.2	108	9.0	37	6.3	105
ROT LN Garlic Ciabatta Starter	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
ROT LN Cheesy Garlic Ciabatta Starter	458.0	23	1900.3	23	28.5	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.5	25
ROT M1 Sharer Rotisserie Chicken Wings x8	1539.2	77	6432.1	77	82.9	118	23.3	117	57.1	22	54.7	61	137.6	275	1.7	7	5.8	97
ROT M1 Sharer Rotisserie Chicken Wings x16	3078.3	154	12864.2	153	165.8	237	46.7	233	114.1	44	109.3	121	275.1	550	3.4	14	11.7	194
ROT M1 Sharer NGCI Rotisserie Chicken Wings x8	1539.2	77	6432.1	77	82.9	118	23.3	117	57.1	22	54.7	61	137.6	275	1.7	7	5.8	97
ROT M1 Sharer NGCI Rotisserie Chicken Wings x16	3078.4	154	12864.4	153	165.8	237	46.7	233	114.1	44	109.3	121	275.1	550	3.4	14	11.7	194
ROT M1 Potato Skins Cheese and Bacon	556.9	28	2312.6	28	32.2	46	16.1	80	36.7	14	15.9	18	26.8	54	4.1	17	3.8	63
ROT M1 NGCI Potato Skins Cheese and Bacon	556.9	28	2312.6	28	32.2	46	16.1	80	36.7	14	15.9	18	26.8	54	4.1	17	3.8	63
ROT M1 LM Garlic Bruschetta	400.8	20	1672.6	20	24.9	36	6.1	31	36.8	14	8.7	10	5.8	12	3.1	13	16.9	281
ROT M1 Garlic Bruschetta Prosciutto	434.7	22	1814.0	22	26.9	38	6.9	34	36.9	14	8.7	10	9.8	20	-	-	17.7	295
ROT M1 LM 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
ROT M1 LM 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
ROT M1 King Prawn Cocktail	567.3	28	2365.5	28	39.2	56	9.7	49	32.8	13	6.2	7	18.4	37	3.3	14	7.7	129
ROT M1 NGCI King Prawn Cocktail	506.8	25	2106.2	25	38.9	56	9.4	47	22.8	9	6.8	8	12.2	24	3.9	16	7.5	126
ROT M1 Craft Mixed Kefolanian Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	49
ROT M1 Craft NGCI Mixed Kefolanian Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	49
ROT M1 Craft 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
ROT M1 Craft Crispy Buttermilk Chicken Goujons	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
ROT M1 Craft 3 Rotisserie Chicken Wings	608.4	30	2544.6	30	31.1	44	8.8	44	28.5	11	27.3	30	51.9	104	0.8	3	2.6	43
ROT M1 Craft NGCI 3 Rotisserie Chicken Wings	608.4	30	2544.6	30	31.1	44	8.8	44	28.5	11	27.3	30	51.9	104	0.8	3	2.6	43
ROT M1 Craft Buffalo Cauliflower Wings	163.3	8	686.6	8	5.1	7	1.1	5	26.5	10	12.3	14	3.1	6	2.1	9	1.1	19
ROT M1 Craft Calamari Bites	510.8	26	2124.8	25	34.4	49	6.8	34	34.0	13	6.3	7	16.0	32	-	-	2.4	41

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT M1 Craft 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
ROT M1 Craft Breaded Mushrooms	359.1	18	1515.1	18	17.3	25	3.3	17	42.0	16	15.3	17	7.1	14	3.4	14	2.0	34
ROT M1 Beer Battered Cod and Chips Light Bite	1129.1	56	4720.2	56	60.5	86	13.5	67	97.8	38	11.2	12	42.6	85	-	-	3.4	56
ROT M1 Breaded Scampi Light Bite	1403.8	70	3680.0	44	49.8	71	10.4	52	102.2	39	12.3	14	24.9	50	14.1	59	3.3	56
ROT M1 Steak Sweetcure Gammon 5oz Light Bite	939.6	47	3932.4	47	43.6	62	10.1	50	72.1	28	12.7	14	59.7	119	11.0	46	5.1	85
ROT LN LB NGCI Steak Gammon 5oz	848.1	42	3549.4	42	39.4	56	9.1	46	65.0	25	11.5	13	53.9	108	9.9	41	4.6	77
ROT M1 Sandwich BBQ Chicken and Cheddar Cheese Melt	912.8	46	3815.1	45	42.8	61	18.0	90	94.8	36	15.2	17	39.9	80	6.7	28	3.7	62
ROT M1 Sandwich NGCI BBQ Chicken and Cheese Melt	822.8	41	3430.6	41	44.1	63	17.4	87	74.0	28	16.6	18	31.9	64	9.4	39	3.3	55
ROT M1 Sandwich Cheese and Caramelised Onion Chutney	947.9	47	3976.6	47	47.0	67	23.6	118	90.9	35	12.2	14	39.4	79	6.9	29	3.5	58
ROT M1 Sandwich NGCI Cheese and Caramelised Onion Chutney	857.9	43	3592.1	43	48.3	69	23.0	115	70.1	27	13.6	15	31.3	63	9.6	40	3.0	51
ROT M1 Sandwich The Classic Club	926.0	46	3884.4	46	38.9	56	8.6	43	107.6	41	3.9	4	40.6	81	8.7	36	4.5	75
ROT M1 Sandwich NGCI The Classic Club	791.0	40	3307.7	39	40.9	58	7.8	39	76.4	29	6.0	7	28.5	57	12.7	53	3.8	64
ROT M1 Sandwich Posh Fish Finger & Tartare Sauce	1075.4	54	4499.3	54	56.0	80	13.2	66	101.3	39	8.7	10	40.2	80	-	-	3.0	51
ROT M1 Sandwich Red Pepper and Spicy Guacamole	624.3	31	2625.1	31	21.8	31	5.1	25	90.3	35	9.1	10	15.1	30	8.4	35	2.0	34
ROT M1 Sandwich NGCI Red Pepper and Spicy Guacamole	534.3	27	2240.6	27	23.1	33	4.5	23	69.5	27	10.5	12	7.0	14	11.1	46	1.6	26
ROT M1 Jacket Cheddar Cheese and Baked Beans	733.1	37	3042.7	36	40.9	58	22.4	112	60.5	23	8.1	9	32.1	64	9.5	39	6.9	115
ROT M1 NGCI Jacket Cheddar Cheese and Baked Beans	733.1	37	3042.7	36	40.9	58	22.4	112	60.5	23	8.1	9	32.1	64	9.5	39	6.9	115
ROT M1 Jacket Wiltshire Ham and Cheddar	559.7	28	2335.5	28	27.7	40	12.3	62	46.7	18	6.1	7	31.5	63	5.9	24	9.6	160
ROT M1 NGCI Jacket Wiltshire Ham and Cheddar	559.7	28	2335.5	28	27.7	40	12.3	62	46.7	18	6.1	7	31.5	63	5.9	24	9.6	160
ROT M1 Jacket Baked Beans	384.5	19	1611.4	19	12.5	18	4.5	22	59.0	23	8.1	9	11.1	22	9.5	39	5.4	90
ROT M1 NGCI Jacket Baked Beans	384.5	19	1611.4	19	12.5	18	4.5	22	59.0	23	8.1	9	11.1	22	9.5	39	5.4	90
ROT M1 VGN Jacket Baked Beans	323.2	16	1360.6	16	3.2	5	0.5	3	64.8	25	13.2	15	11.0	22	9.5	40	5.4	91
ROT M1 NGCI VGN Jacket Baked Beans	323.2	16	1360.6	16	3.2	5	0.5	3	64.8	25	13.2	15	11.0	22	9.5	40	5.4	91
ROT M1 Smokey Beef and Pancetta Lasagne	960.0	48	3880.8	46	40.0	57	17.9	89	78.0	30	13.9	15	61.6	123	5.9	25	7.5	126
ROT M1 Breaded Scampi	2072.4	104	4285.2	51	64.0	91	14.9	74	121.6	47	14.1	16	34.4	69	15.8	66	4.3	72
ROT M1 Beer Battered Cod and Chips	1530.3	77	6395.9	76	85.5	122	21.1	106	113.8	44	13.0	14	70.0	140	-	-	4.4	74
ROT M1 Beef and Ale Pie	1392.0	70	5818.7	69	65.3	93	34.0	170	129.7	50	-	-	69.2	138	17.4	73	4.1	69
ROT M1 Rotisserie Chicken Tikka Masala	1356.7	68	5698.9	68	44.0	63	11.3	56	199.6	77	42.3	47	40.2	80	12.3	51	14.4	240

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT M1 NGCI Curry Rotisserie Chicken Tikka Masala	866.1	43	3639.5	43	28.6	41	7.3	36	123.1	47	24.4	27	31.6	63	6.5	27	3.9	65
ROT M1 Peppered Vegetable Pie	1312.4	66	5474.9	65	64.2	92	31.6	158	149.0	57	-	-	25.3	51	20.6	86	5.2	87
ROT M1 VGN Peppered Vegetable Pie	1473.3	74	6150.3	73	76.6	109	29.9	150	159.5	61	-	-	27.5	55	20.9	87	5.1	85
ROT M1 Mushroom Bourguignon Pie	1118.2	56	4686.6	56	50.7	72	22.6	113	141.2	54	-	-	23.6	47	19.7	82	4.8	80
ROT M1 VGN Mushroom Bourguignon Pie	1279.0	64	5362.1	64	63.0	90	21.0	105	151.8	58	-	-	25.7	51	20.0	83	4.7	78
ROT M1 SB Rotisserie Chicken with Smoked Applewood Mash	798.5	40	3341.1	40	30.9	44	14.4	72	95.3	37	-	-	34.6	69	16.1	67	3.7	62
ROT M1 SB NGCI Rotisserie Chicken Smoked Applewood Mash	798.5	40	3341.1	40	30.9	44	14.4	72	95.3	37	-	-	34.6	69	16.1	67	3.7	62
ROT M1 Cambodian Style Vegetable Curry	1179.4	59	4967.8	59	24.9	36	7.9	39	199.5	77	40.1	45	29.4	59	13.8	58	15.0	251
ROT M1 NGCI Cambodian Style Vegetable Curry	836.0	42	3522.6	42	16.9	24	7.3	36	142.3	55	36.9	41	21.7	43	8.9	37	14.5	241
ROT M1 VGN Cambodian Style Vegetable Curry	718.0	36	3027.3	36	11.9	17	4.3	21	128.9	50	36.6	41	16.7	33	8.6	36	13.5	225
ROT M1 VGN NGCI Cambodian Style Vegetable Curry	717.8	36	3026.8	36	11.9	17	4.3	21	128.9	50	36.6	41	16.7	33	8.6	36	13.5	225
ROT LN SB Goats Cheese Lasagne	875.0	44	3656.4	44	43.5	62	19.7	98	87.8	34	19.6	22	31.5	63	6.3	26	8.6	143
ROT M1 SB Goats Cheese Lasagne <650	616.6	31	2575.3	31	30.6	44	15.3	76	57.8	22	17.7	20	26.3	53	5.1	21	12.3	205
ROT M1 SB Rotisserie Chicken and Chorizo Tagliatelle	1190.9	60	4980.9	59	67.9	97	29.2	146	109.7	42	-	-	37.4	75	-	-	26.9	449
ROT M1 SB Minted Lamb Shank	1195.1	60	4997.0	59	56.6	81	26.1	130	83.1	32	-	-	82.2	164	15.7	66	3.3	54
ROT M1 Feel Good Salad Avocado and Cherry Tomatoes	381.0	19	1584.7	19	25.8	37	5.7	29	25.7	10	20.5	23	7.0	14	10.8	45	27.2	454
ROT M1 NGCI Feel Good Salad Avocado and Cherry Tomato	483.6	24	2012.2	24	31.1	44	6.9	35	36.6	14	23.5	26	9.7	19	15.3	64	27.8	463
ROT M1 VGN Feel Good Salad	631.3	32	2632.8	31	32.7	47	8.9	45	69.3	27	35.9	40	9.8	20	11.5	48	29.1	484
ROT LN NGCI Salad VGN Avocado & Cherry Tomato	247.1	12	1030.7	12	8.0	11	1.8	9	37.7	14	31.8	35	3.4	7	6.5	27	15.0	250
ROT M1 Feel Good Salad Pulled Rotisserie Chicken	278.8	14	1167.6	14	14.6	21	3.4	17	22.3	9	18.4	20	17.4	35	6.8	28	9.6	160
ROT M1 NGCI Feel Good Salad Pulled Rotisserie Chicken	381.4	19	1595.2	19	19.9	28	4.6	23	33.2	13	21.4	24	20.0	40	11.3	47	10.1	168
ROT M1 Feel Good Salad Rump Steak	408.8	20	1706.2	20	21.7	31	6.4	32	22.3	9	18.4	20	28.5	57	6.8	28	9.9	165
ROT M1 NGCI Feel Good Salad Rump Steak	511.3	26	2133.8	25	27.0	39	7.6	38	33.1	13	21.4	24	31.2	62	11.3	47	10.4	173
ROT M1 Feel Good Salad Wiltshire Ham	370.8	19	1551.6	18	14.6	21	3.9	20	23.6	9	20.8	23	32.4	65	6.8	28	15.6	260
ROT M1 NGCI Feel Good Salad Wiltshire Ham	473.4	24	1979.2	24	19.9	28	5.1	26	34.4	13	23.8	26	35.1	70	11.3	47	16.1	269
ROT M1 Rotisserie Chicken Half	1960.3	98	8161.2	97	116.2	166	35.0	175	108.3	42	49.4	55	111.7	223	10.8	45	9.3	155

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT M1 NGCI Rotisserie Chicken Half	1542.4	77	6424.1	76	96.8	138	22.5	112	73.3	28	10.2	11	89.4	179	9.7	40	5.4	90
ROT M1 Rotisserie Chicken Whole	2781.8	139	11572.7	138	172.5	246	50.6	253	108.7	42	49.4	55	189.3	379	11.0	46	11.4	191
ROT M1 NGCI Rotisserie Chicken Whole	2363.9	118	9835.7	117	153.1	219	38.1	191	73.7	28	10.2	11	167.0	334	9.9	41	7.6	126
ROT LN Thai Chilli Sauce (Batch)	217.3	11	909.4	11	0.0	0	0.0	0	53.8	21	44.8	50	0.2	0	0.9	4	2.5	42
ROT LN Piri Piri Sauce (Batch)	1122.5	56	4737.5	56	25.0	36	1.6	8	210.0	81	167.5	186	13.8	28	23.8	99	17.6	294
ROT M1 Hunters No 1 (Batch)	491.3	25	2048.7	24	22.6	32	13.2	66	43.6	17	41.0	46	25.5	51	1.1	5	5.3	88
ROT M1 Tomato and 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
ROT M1 Garlic Mushrooms Sauce (Batch)	195.0	10	807.0	10	18.2	26	8.3	41	5.1	2	1.1	1	2.4	5	1.2	5	1.1	19
ROT M1 Extra Thai Sweet Chilli Coleslaw	150.9	8	630.8	8	0.5	1	0.1	1	32.6	13	28.0	31	2.0	4	3.7	15	1.5	25
ROT LN Chicken Gravy x 2 (Batch)	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
ROT M1 Extra Coleslaw	187.8	9	777.4	9	15.0	21	1.3	6	9.2	4	7.5	8	2.1	4	3.5	14	0.8	13
ROT M1 Side Salad (Batch)	30.5	2	126.7	2	2.3	3	0.4	2	1.6	1	1.1	1	0.6	1	0.8	4	4.5	75
ROT M1 Extra Roasted Vegetables	76.0	4	321.4	4	1.4	2	0.2	1	14.2	5	10.0	11	2.2	4	4.8	20	0.1	2
ROT M1 Seasonal Vegetables (Batch)	141.8	7	593.2	7	2.9	4	0.5	3	17.7	7	-	-	8.6	17	8.7	36	0.6	9
ROT M1 Extra Corn on the Cob	298.3	15	1251.8	15	15.6	22	7.9	39	34.2	13	4.2	5	7.4	15	5.1	21	0.3	4
ROT M1 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
ROT M1 Extra Mashed Potatoes 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
ROT M1 Extra Jacket Potato	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
ROT M1 Sunshine Cous Cous (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
ROT M1 Smokehouse Rice and Grains (Batch)	238.0	12	994.0	12	4.6	7	0.4	2	41.2	16	4.2	5	4.8	10	3.4	14	1.2	21
ROT M1 Steak Sirloin 8oz	1019.3	51	4251.7	51	60.9	87	18.8	94	57.7	22	3.3	4	57.2	114	7.9	33	2.4	39
ROT M1 Steak NGCI Sirloin 8oz	1053.8	53	4394.4	52	64.6	92	19.2	96	57.4	22	3.0	3	57.4	115	7.7	32	25.6	427
ROT M1 Steak Sirloin 8oz under 600	590.1	30	2455.0	29	40.8	58	14.3	72	4.2	2	3.5	4	51.2	102	2.7	11	5.9	98
ROT M1 Steak NGCI Sirloin 8oz Under 600	624.6	31	2597.7	31	44.5	64	14.8	74	3.9	1	3.2	4	51.4	103	2.6	11	29.1	485
ROT M1 Steak Ribeye 10oz	1433.1	72	5972.2	71	90.0	129	29.6	148	72.8	28	4.8	5	79.2	158	9.1	38	3.0	50
ROT M1 Steak NGCI Ribeye 10oz	1313.2	66	5470.8	65	84.3	120	28.4	142	57.4	22	3.0	3	77.6	155	7.7	32	25.6	426
ROT M1 Mixed Grill	1795.6	90	7492.0	89	105.9	151	34.6	173	70.4	27	6.1	7	136.4	273	9.5	39	7.1	119
ROT M1 NGCI Mixed Grill	1830.0	92	7634.7	91	109.5	156	35.0	175	70.1	27	5.8	6	136.6	273	9.3	39	30.4	507
ROT M1 Chicken and Steak	1779.5	89	7411.1	88	111.3	159	31.5	157	58.0	22	3.3	4	132.7	265	8.1	34	4.5	75
ROT M1 NGCI Chicken and Steak	1814.0	91	7553.8	90	115.0	164	31.9	159	57.7	22	3.0	3	132.9	266	8.0	33	27.7	462
ROT M1 Steak Sweetcure Gammon 10oz	1190.9	60	4990.3	59	51.3	73	12.9	65	73.8	28	14.2	16	103.1	206	11.9	49	8.7	144
ROT M1 Steak NGCI Sweetcure Gammon 10oz	1190.9	60	4990.3	59	51.3	73	12.9	65	73.8	28	14.2	16	103.1	206	11.9	49	8.7	144
ROT M1 Burger Bacon and Cheese	1343.2	67	5609.1	67	74.1	106	21.5	108	97.6	38	-	-	69.1	138	10.5	44	-	-

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	%
ROT M1 Burger Bacon and Cheese XL	1701.9	85	7103.4	85	95.3	136	31.4	157	99.3	38	-	-	110.8	222	11.5	48	-	-
ROT M1 Burger Buttermilk Chicken	1344.8	67	5624.3	67	69.4	99	21.8	109	116.8	45	-	-	58.5	117	9.1	38	-	-
ROT M1 Burger Buttermilk Chicken XL	1834.6	92	7666.5	91	100.2	143	32.8	164	139.6	54	-	-	88.5	177	9.1	38	-	-
ROT M1 Burger Classic Chicken	1357.8	68	5671.5	68	76.5	109	17.8	89	118.5	46	13.3	15	44.5	89	9.5	39	4.1	69
ROT M1 Burger Classic Chicken XL	1847.7	92	7713.8	92	107.2	153	28.8	144	141.3	54	14.5	16	74.5	149	9.5	39	5.7	95
ROT M1 Burger Classic Beef	1226.7	61	5123.5	61	67.1	96	16.7	84	97.4	37	12.9	14	56.2	112	10.5	44	4.1	69
ROT M1 Burger Classic Beef XL	1585.4	79	6617.8	79	88.3	126	26.6	133	99.1	38	13.8	15	97.8	196	11.5	48	5.7	94
ROT M1 Burger Two Way Chicken	1392.7	70	5813.3	69	77.6	111	24.1	120	113.5	44	9.5	11	57.3	115	9.7	41	5.2	86
ROT M1 Burger Two Way Chicken XL	1882.6	94	7855.5	94	108.3	155	35.0	175	136.3	52	10.7	12	87.3	175	9.7	41	6.7	112
ROT M1 Burger Classic Plant Based	1088.0	54	4550.2	54	57.7	82	7.8	39	105.5	41	13.8	15	31.8	64	11.9	49	3.6	60
ROT M1 Burger Classic Plant Based XL	1308.0	65	5471.2	65	69.6	99	8.7	43	115.3	44	15.5	17	49.1	98	14.3	59	4.6	77
ROT M1 VGN Burger Classic Plant Based	912.5	46	3824.8	46	38.4	55	6.3	32	105.2	40	14.6	16	31.3	63	11.5	48	3.1	52
ROT M1 VGN Burger Classic Plant Based XL	1132.5	57	4745.8	56	50.3	72	7.2	36	115.0	44	16.3	18	48.6	97	13.9	58	4.1	68
ROT M1 Burger Classic Rotisserie Chicken	998.8	50	4176.4	50	56.6	81	9.9	49	95.8	37	12.1	13	29.3	59	9.5	40	3.0	50
ROT M1 Burger Classic Rotisserie Chicken XL	1129.6	56	4723.6	56	67.3	96	12.9	64	96.0	37	12.1	13	44.2	88	9.6	40	3.4	57
ROT M1 VGN Burger Mint Garden	1074.7	54	4503.5	54	46.5	66	9.5	48	139.4	54	31.3	35	25.3	51	16.0	67	4.1	69
ROT M1 VGN Burger Mint Garden XL	1194.0	60	5000.3	60	56.0	80	12.2	61	145.1	56	19.0	21	34.0	68	20.8	87	4.6	76
ROT LN Sunday Roast Beef	960.9	48	4022.5	48	42.3	60	12.3	62	98.8	38	-	-	48.3	97	9.6	40	2.3	38
ROT LN NGCI Sunday Roast Beef	799.6	40	3348.2	40	33.1	47	10.6	53	83.7	32	-	-	42.9	86	8.9	37	2.2	36
ROT LN Sunday Roast Leg of Pork	1198.1	60	5000.4	60	65.8	94	18.3	91	102.6	39	-	-	50.5	101	-	-	2.8	46
ROT LN NGCI Sunday Roast Leg of Pork	809.5	40	3386.7	40	35.9	51	9.5	48	84.4	32	-	-	38.5	77	9.2	38	2.1	35
ROT LN Sunday Roast 1/2 Chicken	1610.0	80	6715.5	80	87.3	125	22.7	113	102.3	39	-	-	104.7	209	10.7	45	6.2	104
ROT LN NGCI Sunday Roast 1/2 Chicken	1349.8	67	5632.2	67	70.2	100	18.3	91	84.1	32	-	-	96.0	192	9.1	38	5.7	94
ROT LN Sunday Roast Mushroom Peppered Pie	1465.3	73	6126.9	73	70.9	101	27.7	138	179.8	69	-	-	25.8	52	15.9	66	4.7	78
ROT LN VGN Sunday Roast Mushroom Peppered Pie	1304.0	65	5452.6	65	61.7	88	25.9	129	164.7	63	-	-	20.4	41	15.2	63	4.5	76
ROT LN Kids Sunday Roast Beef	963.8	48	4034.8	48	43.5	62	12.0	60	100.4	39	-	-	46.4	93	9.0	38	2.3	39
ROT LN NGCI Kids Sunday Roast Beef	750.0	37	3141.2	37	30.3	43	9.8	49	81.3	31	-	-	40.5	81	8.5	35	2.3	39
ROT LN Kids Sunday Roast Leg of Pork	1146.9	57	4790.7	57	59.8	85	15.8	79	106.6	41	-	-	48.4	97	10.8	45	3.1	51
ROT LN NGCI Kids Sunday Roast Leg of Pork	759.3	38	3177.5	38	32.9	47	8.9	44	81.9	32	-	-	36.3	73	8.8	37	2.3	38
ROT LN Kids Sunday Roast Chicken	550.8	28	2305.2	27	27.1	39	6.5	33	61.2	24	-	-	20.3	41	6.1	25	1.8	29
ROT LN NGCI Kids Sunday Roast Chicken	1059.5	53	4453.8	53	36.5	52	7.6	38	156.9	60	-	-	42.4	85	16.5	69	4.4	73
ROT LN Kids Sunday Veggie Sausages	915.2	46	3840.7	46	32.2	46	7.1	36	109.9	42	-	-	46.1	92	17.1	71	4.0	66

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	%
ROT LN VGN Kids Sunday Veggie Sausages	765.9	38	3218.9	38	20.0	29	4.9	25	100.4	39	-	-	44.0	88	18.9	79	4.5	74
ROT M1 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
ROT M1 Beer Battered Onion Rings x6	308.7	15	1288.2	15	18.7	27	3.4	17	30.4	12	3.0	3	3.6	7	2.4	10	1.4	24
ROT LN Beer Battered Onion Rings Sharer Side	896.6	45	3750.9	45	46.9	67	8.5	42	104.2	40	34.8	39	10.1	20	6.7	28	5.3	88
ROT M1 Extra House Salad	61.0	3	253.4	3	4.5	6	0.8	4	3.2	1	2.3	3	1.1	2	1.7	7	9.0	150
ROT M1 Extra Coleslaw	187.8	9	777.4	9	15.0	21	1.3	6	9.2	4	7.5	8	2.1	4	3.5	14	0.8	13
ROT M1 Extra Thai Sweet Chilli Coleslaw	150.9	8	630.8	8	0.5	1	0.1	1	32.6	13	28.0	31	2.0	4	3.7	15	1.5	25
ROT M1 Extra Roasted Vegetables	76.0	4	321.4	4	1.4	2	0.2	1	14.2	5	10.0	11	2.2	4	4.8	20	0.1	2
ROT M1 Extra Garlic Ciabatta Cheesy	458.0	23	1900.3	23	28.5	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.5	25
ROT M1 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
ROT M1 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
ROT M1 Extra Bread and Butter Brown x2 Slice	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
ROT M1 Extra Bread and Butter White x2 Slice	364.9	18	1529.6	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
ROT M1 NGCI Extra Bread and Butter	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
ROT M1 Extra Sauce Peppercorn	72.2	4	304.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
ROT M1 Extra Rotisserie Chicken Wings x2	322.3	16	1342.9	16	20.7	30	5.8	29	0.1	0	0.0	0	33.9	68	0.1	0	0.6	10
ROT M1 Extra Posh Cheesy Chips	815.8	41	3397.5	40	50.1	72	22.0	110	58.8	23	2.3	3	27.5	55	6.6	28	2.4	40
ROT M1 Extra Posh Cheesy Chips with Bacon	887.4	44	3696.5	44	53.6	77	23.4	117	58.8	23	2.3	3	37.4	75	6.6	28	4.2	69
ROT M1 Extra Seasonal Vegetables	141.8	7	593.2	7	2.9	4	0.5	3	17.7	7	-	-	8.6	17	8.7	36	0.6	9
ROT M1 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
ROT M1 Extra Sauce Rarebit	96.0	5	405.0	5	6.7	10	4.0	20	7.4	3	3.7	4	1.4	3	0.6	3	0.7	12
ROT M1 Extra Butter Smokey Bacon 20g	141.2	7	580.6	7	15.4	22	7.8	39	0.3	0	0.1	0	0.4	1	0.1	0	0.3	5
ROT M1 Extra Pineapple Ring	25.8	1	110.7	1	0.1	0	0.0	0	6.4	2	6.4	7	0.3	1	1.0	4	0.0	0
ROT M1 Extra Cheese Brie 28g	97.2	5	402.1	5	8.7	12	6.2	31	0.1	0	0.1	0	4.8	10	0.1	1	0.4	6
ROT M1 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
ROT M1 Extra Buttermilk Chicken Goujons x2	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
ROT M1 Extra Buttermilk Chicken Goujons x3	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
ROT M1 Extra Ice Cream 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
ROT M1 Extra Ice Cream 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
ROT M1 Extra Ice Cream 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
ROT M1 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
ROT M1 Extra Beef Burger 6oz	360.8	18	1503.1	18	21.4	31	9.9	50	1.7	1	0.9	1	41.9	84	1.0	4	1.5	26
ROT M1 Extra Sausage Pork	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT M1 Extra Sausage Veggie	80.0	4	335.5	4	2.7	4	1.0	5	3.8	1	0.8	1	9.0	18	2.5	10	0.6	10
ROT M1 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
ROT M1 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
ROT M1 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
ROT M1 Extra Sauce Garlic Mushrooms	111.7	6	490.8	6	7.8	11	3.2	16	5.3	2	1.2	1	5.0	10	1.4	6	1.0	16
ROT M1 Extra Sauce Piri Piri 112g	122.1	6	501.8	6	11.2	16	0.8	4	2.4	1	1.9	2	0.7	1	2.5	10	4.0	67
ROT LN Satay Sauce	227.4	11	946.4	11	19.0	27	9.7	49	9.2	4	4.7	5	4.5	9	1.5	6	1.6	26
ROT M1 Extra Sauce Thai Sweet Chilli 112g	217.3	11	909.4	11	0.0	0	0.0	0	53.8	21	44.8	50	0.2	0	0.9	4	2.5	42
ROT M1 Extra Sauce Buffalo 112g	193.8	10	815.4	10	7.2	10	0.6	3	30.8	12	28.8	32	0.4	1	1.2	5	1.1	18
ROT M1 Extra Sauce BBQ 112g	249.8	12	1060.6	13	0.2	0	0.0	0	56.7	22	54.7	61	2.1	4	1.5	6	3.4	56
ROT M1 Extra Cheese Halloumi 50g	161.0	8	665.5	8	12.6	18	8.0	40	1.0	0	1.0	1	11.0	22	-	-	1.3	22
ROT M1 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
ROT M1 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
ROT M1 Extra Mushroom Grilled	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
ROT M1 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
ROT M1 Extra Jacket Potato	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
ROT M1 Extra Baked Beans 100g	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
ROT M1 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
ROT LN Fried Eggs x2	286.2	14	1181.7	14	27.2	39	4.7	24	0.0	0	0.0	0	10.4	21	0.0	0	0.3	5
ROT M1 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
ROT M1 Extra Avocado Half	200.3	10	825.6	10	19.9	28	4.8	24	1.9	1	0.5	1	1.6	3	3.4	14	0.0	0
ROT M1 Extra Cherry Tomatoes	10.0	0	42.2	1	0.2	0	0.1	0	1.7	1	1.7	2	0.4	1	0.7	3	0.0	0
ROT M1 Extra Mashed Potatoes 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
ROT M1 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
ROT M1 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
ROT M1 Extra Cheese Applewood Slice	82.0	4	340.2	4	6.9	10	4.3	22	0.0	0	0.0	0	5.0	10	0.0	0	0.3	6
ROT LN Cheese Feta	570.0	28	137.5	2	11.5	16	8.0	40	0.5	0	0.5	1	8.0	16	0.0	0	0.5	8
ROT LN Cheese 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
ROT LN Extra Tomato & Rosemary Sauce	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
ROT LN Extra Smokehouse Grains	238.0	12	994.0	12	4.6	7	0.4	2	41.2	16	4.2	5	4.8	10	3.4	14	1.2	21
ROT M1 Extra Sauce Gravy Chicken	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
ROT M1 Extra Sauce Gravy 150ml	48.9	2	205.1	2	0.0	0	0.0	0	11.6	4	0.2	0	0.6	1	0.0	0	1.5	24
ROT M1 Extra Corn on the Cob	298.3	15	1251.8	15	15.6	22	7.9	39	34.2	13	4.2	5	7.4	15	5.1	21	0.3	4

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT M1 Extra Poppadum	37.5	2	159.0	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
ROT M1 Extra Poppadums & Dips	218.3	11	924.0	11	3.4	5	0.6	3	38.7	15	14.6	16	7.7	15	1.3	5	12.4	207
ROT M1 Wholegrain Mustard Potato Salad	265.3	13	1115.0	13	11.6	17	1.0	5	36.2	14	6.7	7	5.1	10	5.1	21	1.1	18
ROT 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
ROT M1 Extra Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
ROT M1 Extra New Potatoes 284g	236.0	12	999.3	12	5.0	7	2.9	14	45.8	18	3.7	4	4.9	10	3.8	16	1.2	19
ROT 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
ROT LN Extra Sunday Yorkshire Pudding	148.9	7	622.7	7	8.5	12	1.6	8	14.0	5	1.6	2	5.0	10	0.7	3	0.1	2
ROT LN Extra Sunday Roast Beef	1641.5	82	6829.2	81	108.8	155	44.2	221	0.1	0	0.0	0	164.9	330	0.0	0	2.2	36
ROT LN Extra Sunday Roast Leg of Pork	1802.2	90	7485.6	89	130.5	186	42.0	210	3.5	1	2.8	3	153.3	307	1.8	7	2.1	35
ROT LN Extra Sunday Roast Lamb	152.6	8	634.5	8	10.3	15	4.2	21	0.5	0	0.4	0	14.4	29	0.3	1	0.2	4
ROT LN Extra Sunday Roast Potatoes	1041.5	52	4382.6	52	30.8	44	3.5	17	179.3	69	-	-	22.2	44	13.8	58	0.2	3
ROT LN Extra Sunday 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
ROT LN Extra Sunday 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
ROT LN Extra Sunday Cabbage	110.5	6	469.4	6	0.2	0	0.0	0	26.8	10	11.0	12	0.4	1	0.3	1	0.2	4
ROT LN Extra Sunday Carrots	489.4	24	2034.3	24	17.7	25	2.7	13	81.6	31	-	-	4.8	10	24.5	102	1.4	23
ROT LN Extra Sunday Gravy	378.7	19	1582.6	19	8.0	11	1.1	6	63.3	24	-	-	5.2	10	1.6	6	7.5	126
ROT LN Extra Sunday Seasonal Greens	241.0	12	1012.0	12	8.1	12	1.2	6	21.7	8	20.4	23	21.4	43	28.8	120	0.9	14
ROT M1 Extra Pigs in Blankets x3	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
ROT LN Extra Sunday Roast 1/4 Chicken	2469.3	123	10254.2	122	169.2	242	47.0	235	1.2	0	0.0	0	233.3	467	0.8	3	6.5	109
ROT M1 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
ROT M1 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
ROT M1 Upgrade Posh Cheesy Chips	356.2	18	1474.1	18	27.7	40	17.2	86	3.7	1	1.4	2	20.9	42	0.6	3	1.4	23
ROT M1 Upgrade Posh Cheesy Chips with Bacon	427.8	21	1773.1	21	31.2	45	18.5	93	3.7	1	1.4	2	30.8	62	0.6	3	3.2	53
ROT M1 Sundae Chocolate Brownie	865.7	43	3611.6	43	44.9	64	19.8	99	103.0	40	76.8	85	10.7	21	-	-	0.8	13
ROT M1 LM 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
ROT M1 LM 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
ROT M1 Melt in the Middle Chocolate Pudding	779.9	39	3257.5	39	43.3	62	8.3	42	86.5	33	59.7	66	9.7	19	1.1	5	0.9	15
ROT M1 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
ROT M1 Very 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
ROT M1 VGN Very 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
ROT M1 Cookies and Cream Slice	1033.3	52	4297.0	51	84.6	121	48.2	241	59.3	23	34.6	38	8.4	17	-	-	0.5	9
ROT M1 Sundae Raspberry Shortbread	645.9	32	2700.0	32	33.9	48	16.4	82	75.5	29	47.9	53	-	-	2.0	8	0.7	11

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT M1 LM Trio of Ice Cream	311.5	16	1307.4	16	14.3	20	8.6	43	38.8	15	35.7	40	6.7	13	0.9	4	0.3	5
ROT M1 LM NGCI Trio of Ice Cream	288.5	14	1211.3	14	13.6	19	8.5	43	35.2	14	34.9	39	6.1	12	0.5	2	0.3	5
ROT M1 LM 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
ROT M1 Bramley Apple and Raspberry Tart	374.1	19	1572.1	19	14.0	20	6.6	33	55.0	21	29.5	33	6.5	13	1.5	6	0.3	6
ROT M1 VGN Bramley Apple and Raspberry Tart	353.4	18	1481.4	18	15.0	21	8.4	42	48.3	19	24.0	27	3.8	8	4.4	18	0.2	4
ROT M1 VGN Sundae Zesty	318.4	16	1332.2	16	13.0	19	10.8	54	41.5	16	30.9	34	1.6	3	10.7	45	0.0	0
ROT M1 NGCI VGN Sundae Zesty	318.1	16	1331.0	16	13.0	19	10.8	54	41.5	16	30.9	34	1.5	3	10.7	45	0.0	0
ROT M1 Mini Cookies and Cream Slice	416.7	21	1738.8	21	29.4	42	16.1	80	33.5	13	19.5	22	3.8	8	-	-	0.2	4
ROT M1 Mini Jam Roly Poly	261.3	13	1096.6	13	11.7	17	5.8	29	35.3	14	21.0	23	3.4	7	0.7	3	0.3	4
ROT M1 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
ROT M1 BM Cooked Breakfast	977.3	49	4075.1	49	51.4	73	17.5	87	79.4	31	10.7	12	48.9	98	10.3	43	6.7	112
ROT M1 BM Veggie Breakfast	793.7	40	3314.7	39	35.8	51	12.1	60	68.9	27	10.4	12	45.7	91	16.6	69	3.7	61
BRK T2 VGN Breakfast	918.2	46	3852.0	46	35.4	51	11.3	56	101.1	39	13.0	14	46.2	92	19.6	82	4.3	72
ROT M1 BM Large Breakfast	1644.3	82	6851.3	82	94.7	135	30.6	153	111.1	43	13.7	15	85.1	170	12.9	54	12.0	201
ROT M1 BM Eggs and Bacon Benedict	588.7	29	2453.9	29	30.7	44	11.0	55	39.4	15	3.2	4	38.1	76	2.2	9	5.3	88
BRK T2 Eggs Benedict Mushroom	461.2	23	1922.0	23	24.3	35	8.5	43	39.9	15	3.4	4	20.4	41	4.0	17	1.8	29
ROT M1 BM Ultimate Breakfast Bap	842.6	42	3518.0	42	45.9	66	14.2	71	62.8	24	6.0	7	42.2	84	4.1	17	5.9	98
BRK T2 Beans on Toast	410.7	21	1727.4	21	3.1	4	1.0	5	77.8	30	8.2	9	19.4	39	10.3	43	2.0	34
BRK T2 Pancakes Bacon and Maple Syrup	597.0	30	2500.0	30	36.1	52	5.4	27	52.2	20	39.6	44	16.0	32	0.3	1	3.4	56
BRK T2 Avocado on Toast	754.3	38	3125.7	37	59.2	85	14.0	70	33.2	13	4.4	5	19.1	38	9.8	41	1.5	26
BRK T2 VGN Avocado On Toast	694.2	35	2878.4	34	54.6	78	12.2	61	37.1	14	7.9	9	10.4	21	11.4	48	24.3	405
ROT M1 BM Steak and Eggs	825.0	41	3430.6	41	57.4	82	17.3	86	23.3	9	4.1	5	52.6	105	5.6	23	25.4	424
ROT M1 BM Shakshuka	583.6	29	2438.1	29	29.3	42	9.6	48	59.4	23	9.7	11	18.0	36	6.1	26	2.5	42
ROT LN NGCI Brunch Shakshuka	466.0	23	1933.7	23	30.6	44	9.7	49	31.9	12	9.9	11	11.6	23	7.7	32	1.9	32
ROT M1 BM VGN Shakshuka	472.7	24	1984.1	24	17.6	25	1.6	8	61.5	24	11.7	13	14.4	29	7.8	32	25.4	423
ROT LN VGN NGCI Brunch Shakshuka	733.4	37	3061.2	36	39.5	56	6.4	32	74.7	29	11.6	13	13.8	28	12.5	52	25.6	427
ROT M1 BM Spinach and Rosti Stack	543.3	27	2251.8	27	40.6	58	14.0	70	25.8	10	4.4	5	17.0	34	4.0	17	1.5	25
ROT M1 BM Muffin Bacon	470.6	24	1971.9	23	15.2	22	5.5	27	37.0	14	3.0	3	46.3	93	-	-	8.0	133
ROT M1 BM Muffin Bacon and Egg	542.1	27	2263.8	27	25.2	36	6.6	33	37.0	14	3.0	3	41.6	83	-	-	6.4	106
ROT M1 BM Muffin Sausage	604.8	30	2529.7	30	26.1	37	8.7	43	69.5	27	7.0	8	22.1	44	-	-	2.9	49
ROT M1 BM Muffin Sausage and Egg	607.7	30	2536.0	30	31.3	45	8.2	41	58.7	23	5.7	6	22.1	44	-	-	2.4	40
ROT M1 BM Muffin Veggie Sausage	424.2	21	1782.6	21	9.2	13	3.1	15	48.2	19	5.3	6	33.6	67	-	-	2.8	46

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	%
ROT M1 BM Muffin Veggie Sausage and Egg	487.3	24	2038.0	24	20.1	29	4.5	23	44.5	17	4.5	5	29.8	60	-	-	2.3	38
BRK T2 Extra Toast and Butter	547.4	27	2294.5	27	21.0	30	12.2	61	75.7	29	1.7	2	14.5	29	4.7	20	1.9	32
BRK T2 Extra Toast and Jam	554.9	28	2348.7	28	3.8	5	1.3	6	116.4	45	42.4	47	14.6	29	5.4	22	1.5	25
BRK T2 Extra Hash Browns x 3	150.6	8	627.7	7	8.9	13	3.8	19	15.1	6	0.5	1	1.6	3	2.0	8	0.4	6
ROT M1 BM Kids Breakfast	480.1	24	1996.5	24	28.7	41	7.9	39	29.6	11	5.1	6	25.6	51	4.9	20	3.2	54
ROT LN Breakfast Kids Veggie	428.3	21	1784.1	21	22.2	32	5.6	28	26.2	10	5.3	6	28.5	57	9.3	39	2.0	34
BRK T2 VGN Breakfast Kids	335.4	17	1402.4	17	11.6	17	4.5	23	31.3	12	5.4	6	23.9	48	9.9	41	2.0	33
ROT M1 KID Garlic Ciabatta	132.2	7	553.8	7	6.3	9	2.0	10	15.7	6	2.2	2	2.7	5	1.3	6	5.3	89
ROT M1 KID Salad Sticks	45.1	2	187.4	2	1.7	2	0.3	2	6.8	3	6.2	7	0.9	2	2.7	11	5.1	86
ROT M1 KID Nachos	277.8	14	1153.1	14	16.9	24	6.7	33	20.9	8	1.2	1	9.1	18	1.5	6	6.0	101
ROT M1 KID Bangers and 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
ROT M1 KID Bangers and 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
ROT M1 KID NGCI Bangers and 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
ROT M1 KID VGN Bangers and Chips	450.2	23	1884.6	22	18.0	26	4.7	23	44.3	17	4.0	4	24.1	48	10.2	42	2.1	34
ROT M1 KID Tagliatelle with Tomato Sauce	402.4	20	1684.0	20	16.6	24	8.0	40	48.0	18	6.6	7	14.8	30	3.3	14	2.0	33
ROT M1 KID Cheeseburger	598.8	30	2515.0	30	21.0	30	7.9	40	66.5	26	-	-	34.0	68	6.8	28	-	-
ROT M1 KID Veggie Burger	675.2	34	2824.7	34	29.1	42	7.5	38	68.6	26	-	-	29.6	59	12.7	53	-	-
ROT M1 KID VGN Veggie Burger	630.2	32	2638.1	31	25.6	37	4.0	20	68.4	26	6.5	7	26.5	53	12.7	53	2.8	46
ROT M1 KID Crispy Chicken Dippers	612.2	31	2551.4	30	36.8	53	8.6	43	52.9	20	2.9	3	15.8	32	5.6	23	1.5	25
ROT M1 KID 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
ROT M1 KID Chocolate Brownie	354.5	18	1473.8	18	18.9	27	4.4	22	40.0	15	27.3	30	5.2	10	1.5	6	0.4	7
ROT M1 KID Fresh Fruit Salad	66.9	3	285.1	3	0.4	1	0.1	0	15.9	6	15.9	18	0.6	1	1.7	7	6.2	103
ROT M1 KID 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
ROT M1 KID 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
ROT LN KID Extra Corn on the Cob	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
ROT M1 KID Extra Salad Sticks	25.7	1	106.7	1	0.2	0	0.1	0	5.6	2	5.2	6	0.6	1	2.3	10	0.0	1
ROT LN KID Jacket Potato	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
ROT M1 KID Extra Mashed Potatoes 150g	150.3	8	627.8	7	5.2	7	3.4	17	22.0	8	1.5	2	2.2	4	2.9	12	0.4	7
ROT 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
ROT M1 KID Extra Baked Beans 100g	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
ROT M1 KID 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
ROT M1 KID 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
ROT 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

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	%
ROT M1 KID 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
ROT LN KID Extra Rotisserie Chicken	54.5	3	228.0	3	4.5	6	1.2	6	0.1	0	0.0	0	6.2	12	0.0	0	0.2	3
ROT LN KID Extra Buttermilk Chicken Goujons	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
ROT M1 KID 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
ROT M1 KID Extra Garlic Ciabatta Half	112.8	6	473.0	6	4.8	7	1.8	9	14.5	6	1.3	1	2.4	5	1.0	4	0.3	4
ROT M1 KID Extra Crispy Chicken Dippers x3	241.5	12	1003.3	12	18.2	26	4.3	22	12.1	5	0.3	0	7.2	14	0.3	1	0.5	9
ROT M1 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
ROT 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
ROT 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
ROT LN Cake Lemon Drizzle Cake	271.3	14	1136.9	14	12.3	18	10.1	50	37.9	15	27.0	30	3.0	6	0.5	2	0.4	7
ROT 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
ROT M1 LM Beer Battered Onion Rings x15	896.6	45	3750.9	45	46.9	67	8.5	42	104.2	40	34.8	39	10.1	20	6.7	28	5.3	88
ROT LN Lunch Bruschetta	409.8	20	1709.7	20	25.5	36	6.2	31	37.6	14	8.8	10	5.9	12	3.2	13	17.2	287
ROT M1 LM Todays Soup	452.4	23	1905.3	23	17.1	24	8.1	41	63.1	24	11.1	12	10.8	22	3.6	15	2.6	44
ROT M1 LM NGCI Todays Soup	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.7	29
ROT M1 LM VGN Todays Soup	472.0	24	1994.8	24	19.6	28	4.2	21	63.2	24	11.1	12	10.7	21	3.6	15	2.6	44
ROT M1 LM 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
ROT M1 LM 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
ROT M1 LM Cajun Chicken	892.4	45	3719.3	44	61.8	88	23.5	118	63.4	24	4.4	5	23.3	47	7.8	32	7.0	116
ROT M1 LM NGCI Cajun Chicken	892.4	45	3719.3	44	61.8	88	23.5	118	63.4	24	4.4	5	23.3	47	7.8	32	7.0	116
ROT M1 LM Beer Battered Cod Goujons and Chips	1085.6	54	4532.4	54	63.7	91	14.5	73	84.6	33	10.7	12	38.1	76	-	-	2.9	48
ROT M1 LM Wiltshire Ham and Eggs	956.9	48	3988.4	47	58.7	84	12.7	63	58.3	22	5.1	6	44.8	90	6.8	28	7.7	128
ROT M1 LM NGCI Wiltshire Ham and Eggs	956.9	48	3988.4	47	58.7	84	12.7	63	58.3	22	5.1	6	44.8	90	6.8	28	7.7	128
ROT M1 LM Steak and Chips	899.8	45	3753.7	45	53.2	76	14.5	73	55.3	21	1.0	1	47.0	94	6.1	25	2.5	41
ROT M1 LM NGCI Steak and Chips	899.8	45	3753.7	45	53.2	76	14.5	73	55.3	21	1.0	1	47.0	94	6.1	25	2.5	41
ROT M1 LM Roasted Tomato Tagliatelle	851.0	43	3561.3	42	37.1	53	16.5	83	98.0	38	15.1	17	30.2	60	7.3	30	27.2	454
ROT LN VGN Mediteranean Salad <300	275.2	14	1151.6	14	13.5	19	3.8	19	22.3	9	13.1	15	4.2	8	6.6	28	11.5	191
ROT LN NGCI VGN Mediteranean Salad <300	275.2	14	1151.6	14	13.5	19	3.8	19	22.3	9	13.1	15	4.2	8	6.6	28	11.5	191
ROT M1 LM Mediterranean Salad with BBQ Cauliflower Wings	406.2	20	1701.9	20	17.6	25	5.0	25	42.4	16	18.9	21	7.5	15	8.8	37	13.0	217
ROT M1 LM Mediterranean Salad with Pulled Chicken	400.3	20	1675.2	20	23.2	33	6.5	33	23.7	9	13.9	15	16.8	34	7.1	29	12.5	208
ROT M1 LM NGCI Mediterranean Salad with Pulled Chicken	400.3	20	1675.2	20	23.2	33	6.5	33	23.7	9	13.9	15	16.8	34	7.1	29	12.5	208

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	%
ROT M1 LM Mediterranean Salad with Feta Cheese	1431.3	72	1494.2	18	37.3	53	20.0	100	24.6	9	14.9	17	20.4	41	7.0	29	13.1	219
ROT M1 LM NGCI Mediterranean Salad with Feta Cheese	1431.3	72	1494.2	18	37.3	53	20.0	100	24.6	9	14.9	17	20.4	41	7.0	29	13.1	219
ROT M1 LM Mediterranean Salad with Grilled Halloumi	613.3	31	2550.2	30	39.5	56	20.0	100	25.5	10	15.8	18	26.3	53	-	-	14.7	245
ROT M1 LM NGCI Mediterranean Salad with Halloumi	613.3	31	2550.2	30	39.5	56	20.0	100	25.5	10	15.8	18	26.3	53	-	-	14.7	245
ROT M1 LM Mediterranean Salad with Sliced Rump Steak	530.3	27	2213.8	26	30.3	43	9.5	47	23.6	9	13.9	15	27.9	56	7.0	29	12.8	213
ROT M1 LM NGCI Mediterranean Salad with Rump Steak	530.3	27	2213.8	26	30.3	43	9.5	47	23.6	9	13.9	15	27.9	56	7.0	29	12.8	213
ROT M1 LM Ploughmans	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
ROT M1 LM NGCI Ploughmans	855.0	43	3562.8	42	59.6	85	33.9	169	30.2	12	15.4	17	47.7	95	4.3	18	7.3	122
ROT M1 LM 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
ROT M1 LM 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
ROT M1 LM 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
ROT M1 LM VGN Trio of 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
ROT M1 LM NGCI VGN Trio of 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
ROT M1 LM Trio of Ice Cream	311.5	16	1307.4	16	14.3	20	8.6	43	38.8	15	35.7	40	6.7	13	0.9	4	0.3	5
ROT M1 LM NGCI Trio of Ice Cream	288.5	14	1211.3	14	13.6	19	8.5	43	35.2	14	34.9	39	6.1	12	0.5	2	0.3	5