

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 DN Cheesy Nachos	1203.0	60	5025.6	60	62.0	89	16.6	83	131.3	50	8.1	9	24.1	48	8.4	35	5.0	83
ROT DN Cheesy Nachos Sharer	2440.8	122	10197.0	121	126.3	180	33.6	168	265.6	102	17.8	20	48.6	97	17.3	72	10.3	171
ROT DN Todays Soup	395.5	20	1659.1	20	18.3	26	8.5	43	48.7	19	10.6	12	8.9	18	4.0	17	2.3	38
ROT DN Todays Soup Vegan	291.4	15	1230.9	15	6.8	10	1.2	6	48.6	19	10.5	12	8.9	18	4.0	17	2.0	34
ROT DN 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 DN King Prawn Cocktail	398.0	20	1666.5	20	22.2	32	5.3	27	32.9	13	7.0	8	16.9	34	3.3	14	4.9	82
ROT DN NGCI King Prawn Cocktail	337.6	17	1407.2	17	21.9	31	5.0	25	22.9	9	7.6	8	10.7	21	4.0	16	4.7	79
ROT DN Breaded Mushrooms	434.3	22	1832.0	22	21.6	31	4.2	21	49.1	19	15.7	17	8.8	18	4.3	18	2.3	39
ROT DN Craft Halloumi Fries	576.3	29	2391.6	28	41.1	59	22.9	115	23.1	9	4.6	5	29.7	59	-	-	4.6	76
ROT DN Bruschetta	386.7	19	1614.5	19	23.5	34	5.9	29	36.6	14	8.6	10	5.8	12	3.2	13	18.0	300
ROT DN Bruschetta Prosciutto	420.6	21	1755.9	21	25.4	36	6.6	33	36.7	14	8.6	10	9.8	20	-	-	18.8	314
ROT DN Rotisserie Chicken Half	891.0	45	3700.0	44	61.0	87	17.0	85	0.4	0	0.0	0	84.2	168	0.3	1	2.4	39
ROT DN NGCI Rotisserie Chicken Half	868.3	43	3605.7	43	59.5	85	16.5	83	0.4	0	0.0	0	82.0	164	0.3	1	2.3	38
ROT DN Rotisserie Chicken Whole	1734.6	87	7203.2	86	118.8	170	33.0	165	0.8	0	0.0	0	163.9	328	0.5	2	4.6	77
ROT DN NGCI Rotisserie Chicken Whole	1704.2	85	7077.3	84	116.8	167	32.4	162	0.8	0	0.0	0	161.0	322	0.5	2	4.5	75
ROT DN Hunter's (Batch)	491.3	25	2058.2	25	22.8	33	13.2	66	43.6	17	41.0	46	25.5	51	1.1	5	5.4	89
ROT DN 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
ROT DN Garlic Mushroom Sauce (Batch)	74.0	4	325.0	4	5.2	7	2.1	11	3.5	1	0.8	1	3.3	7	0.9	4	0.6	11
ROT DN 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
ROT DN Slaw	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 DN Side Salad (Batch)	26.9	1	111.8	1	1.9	3	0.3	2	1.5	1	1.1	1	0.5	1	0.8	3	4.5	75
ROT DN Vegetables Peas and Carrots and Broccoli (Batch)	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.6	10
ROT DN 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 DN 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 DN Mashed Potato 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 DN 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 DN Beef & Pedigree Ale Lasagne	715.7	36	2992.2	36	36.0	51	16.2	81	60.6	23	15.2	17	35.7	71	4.8	20	3.0	49
ROT DN Breaded Scampi	2007.5	100	4015.9	48	57.9	83	14.5	72	118.8	46	12.2	14	34.8	70	16.4	69	4.0	66
ROT DN Beer Battered Fish and Chips	1001.3	50	4201.6	50	31.4	45	5.8	29	107.7	41	9.7	11	64.1	128	14.3	59	3.5	58
ROT DN Beef & Ale Pie	1500.4	75	6272.3	75	73.9	106	26.3	131	157.3	61	16.7	19	44.9	90	17.6	73	4.5	76
ROT DN Curry Rotisserie Chicken Tikka Masala	1162.1	58	4894.4	58	36.8	53	7.9	40	175.7	68	27.6	31	37.5	75	10.8	45	4.9	82
ROT DN NGCI Curry Rotisserie Chicken Tikka Masala	849.2	42	3578.8	43	28.9	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.7	79

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 DN Peppered Vegetable Pie	1267.1	63	5289.1	63	62.6	89	31.4	157	145.2	56	24.2	27	25.2	50	20.8	87	5.0	83
ROT DN Salad Pulled Rotisserie Chicken	168.3	8	704.2	8	13.4	19	3.6	18	1.7	1	1.1	1	17.1	34	0.8	4	6.5	109
ROT DN NGCI Salad Pulled Rotisserie Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ROT DN 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 DN Slaw	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 DN Diane Sauce	75.7	4	318.7	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
ROT DN Rotisserie Chicken Smoked Applewood Mash	729.3	36	3051.9	36	28.4	41	13.6	68	85.0	33	34.7	39	33.8	68	15.1	63	3.6	60
ROT DN NGCI Rotisserie Chicken Smoked Applewood Mash	766.0	38	3206.0	38	30.8	44	14.6	73	86.7	33	25.7	29	35.9	72	15.7	66	4.4	73
ROT DN Minted Lamb Shank NEW	1068.3	53	4467.5	53	50.1	72	23.6	118	74.0	28	27.1	30	74.9	150	14.5	60	3.0	50
ROT DN Steak Sirloin 8oz	1013.3	51	4226.5	50	60.6	87	18.6	93	57.4	22	3.0	3	56.6	113	7.8	32	2.3	39
ROT DN NGCI Steak Sirloin 8oz	1013.3	51	4226.5	50	60.6	87	18.6	93	57.4	22	3.0	3	56.6	113	7.8	32	2.3	39
ROT DN Steak Gammon 10oz	1193.8	60	5002.2	60	51.5	74	13.0	65	73.9	28	14.4	16	103.2	206	11.9	50	8.7	144
ROT DN NGCI Steak Gammon 10oz	1193.8	60	5002.2	60	51.5	74	13.0	65	73.9	28	14.4	16	103.2	206	11.9	50	8.7	144
ROT DN Peppercorn Sauce	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
ROT DN Diane Sauce	75.7	4	318.7	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
ROT DN Steak British Ribeye 10oz NEW	1498.8	75	6244.7	74	94.6	135	32.8	164	67.3	26	3.5	4	90.8	182	9.1	38	2.7	45
ROT DN NGCI Steak British Ribeye 10oz	1277.3	64	5321.8	63	80.6	115	27.9	140	57.4	22	3.0	3	77.4	155	7.8	32	2.3	38
ROT DN Burger Bacon & Cheddar Cheese	1294.7	65	5424.9	65	58.5	84	17.9	89	116.1	45	8.1	9	73.3	147	10.8	45	6.5	108
ROT DN Burger Bacon & Cheddar Cheese XL	1562.0	78	6551.6	78	66.2	95	20.8	104	124.7	48	8.3	9	114.1	228	11.0	46	8.1	136
ROT DN Burger Buttermilk Chicken	1554.0	78	6496.6	77	83.1	119	26.2	131	134.5	52	10.1	11	64.1	128	10.6	44	7.0	117
ROT DN Burger Buttermilk Chicken XL	2043.7	102	8538.5	102	113.8	163	37.1	186	157.3	61	11.3	13	94.1	188	10.6	44	8.6	143
ROT DN Burger Classic Beef	1106.9	55	4644.1	55	45.4	65	10.6	53	115.5	44	8.1	9	56.4	113	10.8	45	4.1	69
ROT DN Burger Classic Beef XL	1374.2	69	5770.7	69	53.1	76	13.6	68	124.1	48	8.2	9	97.2	194	11.0	46	5.8	97
ROT DN Burger Classic Plant Based NEW	1088.2	54	4558.2	54	51.1	73	8.6	43	118.0	45	9.9	11	35.2	70	13.3	55	3.6	60
ROT DN Burger Classic Plant Based VGN NEW	1072.3	54	4493.9	53	46.9	67	8.4	42	125.1	48	15.1	17	33.6	67	13.3	55	3.7	62
ROT DN Burger Lamb & Mint	1200.9	60	5030.7	60	68.6	98	15.9	80	120.7	46	11.5	13	41.8	84	10.7	45	4.8	80
ROT DN 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 DN 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 DN 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 DN 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 DN Sweet Potato Fries Upgrade 140g	276.7	14	1139.2	14	15.4	22	3.1	16	29.6	11	9.6	11	2.0	4	4.0	17	0.5	9

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 DN 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
ROT DN Sundae Chocolate Brownie	795.6	40	3320.9	40	40.8	58	17.0	85	93.5	36	71.5	79	12.0	24	-	-	0.7	12
ROT DN Apple Pie	476.1	24	2000.0	24	18.4	26	7.7	39	70.9	27	33.0	37	7.0	14	2.3	10	0.2	3
ROT DN Apple Pie Vegan	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
ROT DN Melt in the Middle Chocolate Pudding	935.8	47	3892.9	46	65.5	94	22.6	113	77.7	30	52.1	58	8.6	17	1.1	4	0.9	15
ROT DN Baked Lotus Biscoff Cheesecake	896.1	45	3720.4	44	68.5	98	36.8	184	59.7	23	36.0	40	11.0	22	0.7	3	0.9	15
ROT DN Pear Whisky Caramel Pudding	745.6	37	3140.8	37	27.4	39	7.6	38	111.6	43	74.6	83	9.6	19	1.7	7	1.2	20
ROT DN Very Berry Acai 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 DN VGN Very Berry Acai 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 DN KID Crispy Dippers	608.0	30	2533.3	30	37.2	53	8.7	43	49.8	19	5.8	6	15.2	30	6.5	27	1.6	27
ROT DN KID Burger Bar Beef	568.9	28	2392.9	28	18.3	26	4.6	23	66.9	26	8.4	9	30.8	62	8.2	34	2.2	37
ROT DN KID Super Pork Sausages	576.6	29	2409.3	29	29.7	42	8.5	43	57.8	22	8.0	9	15.8	32	7.3	31	2.3	38
ROT DN KID Super Veggie Sausage	506.3	25	2113.3	25	25.0	36	4.0	20	42.5	16	7.5	8	21.6	43	12.1	50	2.4	40
ROT DN KID Fish Fingers	554.5	28	2315.7	28	29.2	42	6.1	31	52.9	20	6.3	7	16.5	33	6.9	29	1.7	28
ROT DN Sunday Beef	1131.3	57	4720.7	56	62.8	90	14.8	74	87.1	34	26.8	30	51.6	103	16.3	68	4.3	72
ROT DN NGCI Sunday Beef	932.8	47	3896.4	46	47.2	67	12.4	62	76.4	29	25.3	28	47.3	95	15.8	66	4.1	68
ROT DN Sunday Beef Kids	701.0	35	2922.3	35	42.4	61	8.8	44	51.0	20	15.8	18	28.2	56	8.8	37	2.5	42
ROT DN NGCI Sunday Beef Kids	502.5	25	2098.0	25	26.8	38	6.4	32	40.3	16	14.3	16	23.8	48	8.3	35	2.3	38
ROT DN Sunday Chicken	1610.2	81	6716.6	80	87.8	125	20.2	101	105.0	40	32.5	36	96.3	193	16.5	69	6.5	109
ROT DN NGCI Sunday Chicken	1344.6	67	5608.9	67	71.0	101	17.5	87	81.4	31	30.6	34	90.2	180	15.4	64	5.6	94
ROT DN Sunday Chicken Kids	922.2	46	3846.5	46	51.7	74	11.3	57	62.3	24	21.3	24	50.4	101	8.6	36	3.4	57
ROT DN NGCI Sunday Chicken Kids	690.2	35	2880.5	34	35.5	51	8.7	44	45.1	17	19.6	22	45.1	90	7.7	32	2.8	47
ROT DN Sunday Veggie Roast	1517.4	76	6337.5	75	81.6	117	28.8	144	163.8	63	34.4	38	28.8	58	21.8	91	6.5	108
ROT DN VGN Sunday Veggie Roast	1309.5	65	5473.8	65	65.6	94	26.4	132	151.9	58	32.9	37	24.4	49	21.1	88	6.2	104
ROT DN Sunday Veggie Roast Kids	602.1	30	2517.7	30	28.3	40	5.2	26	54.3	21	13.9	15	28.5	57	13.0	54	3.2	53
ROT DN VGN Sunday Veggie Roast Kids	398.9	20	1673.7	20	12.5	18	2.8	14	43.0	17	12.4	14	24.1	48	12.4	52	3.0	49
ROT DN Sunday Roast Beef NEW	1034.3	52	4314.5	51	59.7	85	18.4	92	81.6	31	24.7	27	46.2	92	15.3	64	3.5	59
ROT DN NGCI Sunday Roast Beef NEW	746.5	37	3117.1	37	39.4	56	14.2	71	63.3	24	20.7	23	37.3	75	13.2	55	2.9	49
ROT DN Sunday Roast Beef Child NEW	537.2	27	2237.7	27	33.1	47	8.9	45	37.8	15	9.0	10	23.7	47	5.9	25	1.7	28
ROT DN NGCI Sunday Roast Beef Child NEW	338.7	17	1413.4	17	17.5	25	6.5	32	27.0	10	7.5	8	19.3	39	5.4	23	1.4	24
ROT DN Sunday Roast Chicken NEW	1472.5	74	6131.7	73	89.3	128	24.9	124	82.2	32	28.6	32	87.7	175	15.1	63	4.3	72
ROT DN NGCI Sunday Roast Chicken NEW	1187.8	59	4950.7	59	66.9	96	20.0	100	68.9	26	24.3	27	80.1	160	13.8	57	3.7	61
ROT DN Sunday Roast Chicken Child NEW	489.6	24	2039.0	24	31.7	45	7.7	38	39.0	15	11.2	12	16.0	32	6.4	27	2.0	33

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 DN NGCI Sunday Roast Chicken Child NEW	214.2	11	897.2	11	9.5	14	2.9	15	26.9	10	7.4	8	9.1	18	5.3	22	1.4	24
ROT DN Sunday Mushroom Parsnip & Hazelnut Tart NEW	1103.5	55	4597.1	55	66.4	95	26.3	131	105.4	41	22.1	25	24.9	50	17.1	71	3.1	51
ROT DN Crispy Potato Skins Cheese and Bacon	557.7	28	2325.7	28	32.5	46	16.1	80	36.8	14	16.0	18	26.8	54	4.2	18	3.8	64
ROT DN NGCI Crispy Potato Skins Cheese and Bacon	557.7	28	2325.7	28	32.5	46	16.1	80	36.8	14	16.0	18	26.8	54	4.2	18	3.8	64
ROT DN Baked Camembert Sharer	987.1	49	4115.9	49	62.7	90	38.2	191	47.1	18	14.3	16	58.0	116	4.3	18	5.2	86
ROT DN Bantry Bay Mussels	586.1	29	2453.2	29	24.1	34	10.3	52	39.0	15	4.2	5	52.0	104	2.0	8	8.3	139
ROT DN NGCI Bantry Bay Mussels	445.9	22	1865.6	22	16.4	23	6.9	35	24.7	10	2.8	3	48.0	96	3.0	12	8.1	135
ROT DN Roasted Beetroot Tarte Tatin	386.4	19	1621.8	19	21.4	31	9.4	47	45.3	17	27.2	30	6.4	13	4.0	17	1.7	29
ROT DN VGN Roasted Beetroot Tarte Tatin	358.3	18	1504.1	18	19.1	27	7.7	39	45.0	17	27.1	30	5.0	10	4.0	17	1.5	26
ROT DN Burger Two Way Chicken	1530.6	77	6395.1	76	85.2	122	25.9	130	130.9	50	9.7	11	59.0	118	11.2	47	5.7	95
ROT DN Burger Two Way Chicken XL	2020.5	101	8437.4	100	116.0	166	36.9	184	153.7	59	10.9	12	89.0	178	11.2	47	7.3	121
ROT DN Burger Halloumi & Red Pepper	1131.7	57	4728.6	56	58.2	83	20.5	102	115.0	44	15.2	17	33.9	68	-	-	4.7	79
ROT DN Burger Halloumi & Red Pepper XL	1389.3	69	5793.4	69	78.4	112	33.3	166	116.5	45	16.7	19	51.4	103	-	-	6.8	113
ROT DN Mixed Grill	1794.1	90	7485.5	89	105.9	151	34.6	173	70.1	27	5.8	6	136.4	273	9.3	39	7.1	119
ROT DN NGCI Mixed Grill	1794.1	90	7485.5	89	105.9	151	34.6	173	70.1	27	5.8	6	136.4	273	9.3	39	7.1	119
ROT DN Sticky BBQ Baby Back Ribs 8oz Half Rack	1343.4	67	5619.6	67	73.3	105	23.8	119	112.4	43	41.3	46	55.3	111	10.6	44	3.8	64
ROT DN Sticky BBQ Baby Back Ribs 16oz Whole Rack	2133.1	107	8927.0	106	116.7	167	42.1	211	165.0	63	78.0	87	102.9	206	13.5	56	6.3	105
ROT DN Cambodian Veg Curry	635.6	32	2681.4	32	10.2	15	4.3	22	107.7	41	11.7	13	21.4	43	8.5	35	3.7	62
ROT DN NGCI Cambodian Veg Curry	635.6	32	2681.4	32	10.2	15	4.3	22	107.7	41	11.7	13	21.4	43	8.5	35	3.7	62
ROT DN Cambodian Veg Curry W/ Chicken	744.6	37	3137.4	37	19.2	27	6.8	34	107.8	41	11.7	13	33.8	68	8.6	36	4.1	68
ROT DN NGCI Cambodian Veg Curry W/ Chicken	744.6	37	3137.4	37	19.2	27	6.8	34	107.8	41	11.7	13	33.8	68	8.6	36	4.1	68
ROT DN VGN Cambodian Veg Curry	594.7	30	2507.5	30	9.9	14	4.1	20	101.7	39	11.6	13	17.4	35	8.7	36	3.0	50
ROT DN VGN NGCI Cambodian Veg Curry	552.2	28	2328.5	28	9.2	13	3.8	19	94.4	36	10.8	12	16.2	32	8.1	34	2.8	47
ROT DN SB Bantry Bay Mussels	1045.7	52	4376.6	52	46.5	66	15.1	76	94.1	36	5.0	6	58.6	117	7.9	33	9.3	156
ROT DN SB NGCI Bantry Bay Mussels	905.5	45	3789.0	45	38.8	55	11.8	59	79.8	31	3.7	4	54.5	109	8.9	37	9.1	152
ROT DN SB Chicken & BBQ Baby Back Ribs	2117.9	106	8836.8	105	125.8	180	39.1	196	110.4	42	39.4	44	132.3	265	10.0	42	5.8	97
ROT DN SB Cowboy Steak	1589.0	79	6614.7	79	104.6	149	26.8	134	83.4	32	9.3	10	72.7	145	13.8	57	3.9	65
ROT DN SB NGCI Cowboy Steak	1291.5	65	5379.7	64	81.7	117	22.8	114	68.2	26	7.8	9	65.7	131	12.6	52	3.0	50
ROT DN SB Salmon Hollandaise	877.2	44	3679.4	44	45.2	65	20.8	104	66.9	26	16.9	19	50.6	101	16.5	69	2.8	46
ROT DN SB NGCI Salmon Hollandaise	877.2	44	3679.4	44	45.2	65	20.8	104	66.9	26	16.9	19	50.6	101	16.5	69	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 DN SB Sausage & Mash	996.2	50	4159.1	50	44.7	64	18.1	90	107.6	41	18.4	20	33.7	67	17.0	71	4.8	81
ROT DN SB NGCI Sausage & Mash	996.2	50	4159.1	50	44.7	64	18.1	90	107.6	41	18.4	20	33.7	67	17.0	71	4.8	81
ROT DN SB Steak Americano	1527.0	76	6373.0	76	87.0	124	30.8	154	95.0	37	20.6	23	84.6	169	12.2	51	7.1	119
ROT DN SB NGCI Steak Americano	1372.6	69	5728.9	68	77.6	111	29.1	145	79.8	31	19.1	21	82.8	166	11.0	46	6.4	107
ROT DN SB Trio of Lamb Chops	1237.1	62	5168.9	62	74.7	107	35.3	177	74.4	29	20.5	23	66.6	133	12.7	53	3.6	61
ROT DN SB NGCI Trio of Lamb Chops	1237.1	62	5168.9	62	74.7	107	35.3	177	74.4	29	20.5	23	66.6	133	12.7	53	3.6	61
ROT DN SB Pork and Black Pudding Stack	1326.6	66	5526.1	66	78.1	112	33.7	168	81.2	31	19.0	21	70.9	142	14.7	61	4.1	68
ROT DN SB Beef & Malbec Pie	1273.4	64	5314.8	63	60.0	86	23.1	115	129.5	50	17.6	20	42.4	85	16.2	68	4.7	78
ROT DN Chicken Leek & Cider Pie	1052.6	53	4417.5	53	43.7	62	16.1	80	127.9	49	16.5	18	36.0	72	16.7	69	3.6	60
ROT DN Moroccan Spiced Aubergine & Chicken Stew	661.2	33	2768.9	33	30.9	44	5.6	28	72.6	28	24.2	27	26.8	54	11.9	50	4.5	75
ROT DN Moroccan Spiced Aubergine Stew	552.2	28	2312.9	28	22.0	31	3.1	15	72.5	28	24.2	27	14.5	29	11.9	49	4.2	70
ROT DN Carbonara Chicken Pasta	1252.1	63	5241.1	62	57.7	82	23.6	118	126.6	49	7.6	8	60.9	122	2.6	11	5.6	93
ROT DN SB Kebab Lamb	1584.6	79	6643.2	79	72.1	103	17.2	86	183.5	71	-	-	47.1	94	11.1	46	17.0	283
ROT DN SB NGCI Kebab Lamb	1030.4	52	4299.3	51	61.2	87	19.4	97	84.0	32	26.9	30	32.4	65	10.6	44	15.2	253
ROT DN SB Kebab Halloumi & Veg	1647.5	82	6898.2	82	78.7	112	17.6	88	189.1	73	-	-	42.3	85	-	-	18.4	307
ROT DN SB NGCI Kebab Halloumi & Veg	1093.3	55	4554.3	54	67.8	97	19.8	99	89.7	35	32.5	36	27.7	55	-	-	16.6	276
ROT DN Sticky Toffee Pudding	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
ROT DN NGCI Sticky Toffee Pudding	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
ROT DN Jam Roly Poly	512.1	26	2150.7	26	23.5	34	16.0	80	69.6	27	40.9	45	6.7	13	1.5	6	0.5	9
ROT DN Cookie Cup	679.9	34	2853.7	34	30.8	44	14.3	71	92.0	35	61.7	69	8.2	16	-	-	0.5	8
ROT DN Baked Lotus Biscoff Cheesecake	896.1	45	3720.4	44	68.5	98	36.8	184	59.7	23	36.0	40	11.0	22	0.7	3	0.9	15
ROT DN Tomato and Rosemary Chicken FP	649.2	32	2717.9	32	35.7	51	8.1	41	62.8	24	6.0	7	23.2	46	8.1	34	6.8	113
ROT DN Fish and Chips FP	760.6	38	3185.6	38	29.9	43	5.5	28	81.2	31	7.7	9	35.4	71	11.1	46	2.5	41
ROT DN Wiltshire Ham and Eggs FP	946.5	47	3946.5	47	55.7	80	12.0	60	64.3	25	13.1	15	42.5	85	6.1	26	7.3	122
ROT DN NGCI Wiltshire Ham and Eggs FP	946.5	47	3946.5	47	55.7	80	12.0	60	64.3	25	13.1	15	42.5	85	6.1	26	7.3	122
ROT DN Steak and Chips FP	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 DN NGCI Steak and Chips FP	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 DN LB Breaded Scampi	1331.6	67	3380.4	40	43.6	62	9.9	50	98.2	38	9.3	10	24.9	50	13.9	58	3.0	50
ROT DN Burrito FP	1229.6	61	5147.0	61	47.2	67	15.2	76	146.8	56	12.2	14	38.9	78	31.7	132	8.4	140
ROT DN Burrito Vegan FP	1113.4	56	4665.1	56	37.6	54	9.2	46	146.3	56	12.2	14	31.9	64	31.7	132	7.9	131
ROT DN Lunch Greens and Pepper Salad	238.7	12	990.3	12	19.8	28	2.2	11	9.6	4	8.6	10	4.8	10	2.8	12	20.5	342
ROT DN Lunch NGCI Greens and Pepper Salad	238.7	12	990.3	12	19.8	28	2.2	11	9.6	4	8.6	10	4.8	10	2.8	12	20.5	342

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 DN Lunch Chicken Greens and Pepper Salad	220.2	11	916.1	11	18.2	26	3.0	15	6.2	2	5.5	6	10.9	22	1.8	8	13.2	220
ROT DN Lunch NGCI Chicken Greens and Pepper Salad	220.2	11	916.1	11	18.2	26	3.0	15	6.2	2	5.5	6	10.9	22	1.8	8	13.2	220
ROT DN Lunch Halloumi Greens and Pepper Salad	354.8	18	1469.2	17	28.5	41	11.5	58	7.3	3	6.7	7	16.9	34	-	-	14.6	244
ROT DN Lunch NGCI Halloumi Greens and Pepper Salad	354.8	18	1469.2	17	28.5	41	11.5	58	7.3	3	6.7	7	16.9	34	-	-	14.6	244
ROT DN Breaded Mushrooms - Lunch Menu	434.3	22	1832.0	22	21.6	31	4.2	21	49.1	19	15.7	17	8.8	18	4.3	18	2.3	39
ROT DN Todays Soup - Lunch Menu	395.5	20	1659.1	20	18.3	26	8.5	43	48.7	19	10.6	12	8.9	18	4.0	17	2.3	38
ROT DN NGCI Todays Soup - Lunch Menu	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 DN Todays Soup Vegan - Lunch Menu	291.4	15	1230.9	15	6.8	10	1.2	6	48.6	19	10.5	12	8.9	18	4.0	17	2.0	34
ROT DN Apple Pie FP	474.2	24	1991.8	24	18.4	26	7.7	38	70.6	27	32.8	36	6.9	14	2.3	9	0.2	3
ROT DN VGN Apple Pie FP	453.1	23	1899.6	23	19.3	28	9.4	47	63.9	25	27.3	30	4.2	8	5.2	21	0.0	1
ROT DN Melt in the Middle Chocolate Pudding	935.8	47	3892.9	46	65.5	94	22.6	113	77.7	30	52.1	58	8.6	17	1.1	4	0.9	15
ROT DN NGCI Sticky Toffee Pudding - Lunch Menu	582.6	29	2452.0	29	18.7	27	11.3	57	98.5	38	79.2	88	5.8	12	1.0	4	0.3	5
ROT DN Flatbread Garlic Starter	932.6	47	3895.6	46	53.4	76	20.1	101	95.4	37	2.6	3	17.7	35	5.8	24	3.2	53
ROT DN Flatbread Cheesy Garlic Starter	1100.0	55	4592.8	55	65.5	94	27.9	139	96.0	37	3.2	4	31.6	63	5.8	24	3.9	65
ROT DN Flatbread Dough Balls Garlic Starter	897.7	45	3747.5	45	53.3	76	20.1	101	88.2	34	2.4	3	16.6	33	5.5	23	3.2	53
ROT DN Flatbread Dough Balls Cheesy Garlic Starter	1013.9	51	4229.4	50	62.8	90	26.1	130	88.8	34	2.5	3	23.6	47	5.5	23	3.7	62
ROT DN Flatbread Cheese & Tomato	808.5	40	3405.0	41	25.7	37	12.3	62	103.3	40	10.2	11	40.7	81	8.1	34	21.3	356
ROT DN Flatbread Cheese & Tomato Vegan	660.9	33	2788.1	33	16.5	24	8.6	43	107.2	41	9.4	10	20.3	41	8.1	34	21.1	351
ROT DN Flatbread BBQ Chicken	1095.5	55	4615.9	55	34.4	49	14.7	74	146.4	56	51.7	57	52.4	105	7.1	30	6.5	109
ROT DN Flatbread Meat Lover	987.1	49	4143.0	49	41.3	59	16.6	83	102.3	39	9.3	10	53.8	108	7.5	31	6.5	109
ROT DN Flatbread Pepperoni	979.3	49	4104.4	49	44.6	64	18.7	94	102.0	39	8.7	10	42.3	85	7.5	31	5.2	87
ROT DN Flatbread Garlic Side	932.6	47	3895.6	46	53.4	76	20.1	101	95.4	37	2.6	3	17.7	35	5.8	24	3.2	53
ROT DN Flatbread Cheesy Garlic Side	1100.0	55	4592.8	55	65.5	94	27.9	139	96.0	37	3.2	4	31.6	63	5.8	24	3.9	65
ROT DN Flatbread Dough Balls Garlic Side	897.8	45	3747.9	45	53.3	76	20.1	101	88.2	34	2.4	3	16.6	33	5.6	23	3.2	53
ROT DN Flatbread Dough Balls Cheesy Garlic Side	1013.9	51	4229.4	50	62.8	90	26.1	130	88.8	34	2.5	3	23.6	47	5.5	23	3.7	62
ROT DN Sandwich Cheese & Caramelised Onion Chutney	931.4	47	3907.4	47	46.1	66	23.4	117	88.9	34	12.2	14	39.2	78	6.7	28	3.4	57
ROT DN NGCI Sandwich Cheese and Caramelised Onion Chutney	841.4	42	3522.9	42	47.5	68	22.8	114	68.1	26	13.6	15	31.1	62	9.4	39	3.0	50
ROT DN Sandwich Posh Fish Finger	733.8	37	3083.3	37	21.3	30	4.0	20	95.9	37	5.6	6	37.2	74	7.3	30	2.6	43
ROT DN Sandwich BBQ Chicken & Cheese Melt	896.3	45	3755.4	45	42.3	60	17.8	89	92.9	36	15.2	17	39.7	79	6.5	27	3.8	63
ROT DN NGCI Sandwich BBQ Chicken & Cheese	806.3	40	3370.9	40	43.6	62	17.2	86	72.1	28	16.6	18	31.6	63	9.2	38	3.3	55

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	%	
Melt																			
ROT DN Sandwich The Classic Club	909.4	45	3814.8	45	38.1	54	8.4	42	105.9	41	3.9	4	40.6	81	8.4	35	4.5	75	
ROT DN NGCI Sandwich The Classic Club	798.0	40	3337.7	40	41.2	59	7.8	39	77.5	30	8.8	10	29.1	58	13.7	57	3.8	64	