

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	%
ACC LN BAR Pork Crackling & Apple Sauce	338.4	17	1399.8	17	30.6	44	10.4	52	7.4	3	4.4	5	8.1	16	0.2	1	0.3	6
ACC LN BAR Mixed Olives	188.8	9	786.0	9	11.6	17	3.8	19	5.4	2	0.0	0	1.5	3	0.2	1	3.3	55
ACC LN BAR Homemade Sausage Roll	701.1	35	2917.2	35	46.5	66	22.0	110	34.8	13	9.3	10	33.0	66	1.6	7	5.1	85
ACC LN BAR Chorizo Crisps	697.5	35	2936.1	35	23.3	33	7.6	38	99.0	38	4.4	5	27.8	56	-	-	3.0	50
ACC LN BAR Hummus & Flatbread	612.3	31	2559.5	30	34.0	49	4.2	21	61.4	24	1.8	2	14.7	29	3.8	16	1.8	29
ACC LN BAR Little Links	801.9	40	3328.9	40	63.6	91	21.7	108	24.0	9	15.7	17	33.6	67	0.3	1	2.9	49
ACC LN BAR Chicken Wings	758.3	38	3161.8	38	44.8	64	11.9	60	23.1	9	20.5	23	64.8	130	2.4	10	1.4	23
ACC LN BAR Mini Loaf	705.2	35	2957.9	35	28.7	41	3.9	19	95.6	37	7.5	8	16.3	33	5.5	23	2.2	37
ACC LN BAR Seeded Goats Cheese	723.7	36	3024.1	36	56.1	80	22.5	113	13.8	5	11.2	12	37.7	75	9.8	41	2.1	35
ACC LN Prawn Cocktail	465.8	23	1942.0	23	31.8	45	12.3	62	29.5	11	6.5	7	16.1	32	3.0	13	2.9	48
ACC LN NGCI Prawn Cocktail	372.2	19	1548.7	18	26.1	37	8.5	42	22.4	9	7.1	8	10.7	21	3.9	16	2.6	43
ACC LN Ham Hock Terrine	502.1	25	2103.4	25	22.7	32	9.0	45	59.4	23	14.7	16	14.3	29	3.3	14	2.4	40
ACC LN NGCI Ham Hock Terrine	304.6	15	1270.2	15	16.5	24	8.2	41	29.7	11	15.0	17	6.9	14	3.5	14	1.6	27
ACC LN Soup of the Day	555.9	28	2328.5	28	27.2	39	10.8	54	62.8	24	7.8	9	14.9	30	5.5	23	2.1	34
ACC LN NGCI Soup of the Day	246.6	12	1026.2	12	15.7	22	7.8	39	21.9	8	7.8	9	2.7	5	5.0	21	0.8	14
ACC LN VGN Soup of the Day	459.3	23	1929.1	23	17.4	25	2.1	10	63.2	24	7.7	9	12.2	24	5.7	24	1.7	28
ACC LN Grilled Pepper & Rosti Stack	257.0	13	1075.0	13	11.1	16	1.3	6	34.5	13	13.7	15	6.9	14	7.8	33	1.2	20
ACC LN NGCI Grilled Pepper & Rosti Stack	257.0	13	1075.0	13	11.1	16	1.3	6	34.5	13	13.7	15	6.9	14	7.8	33	1.2	20
ACC LN Whitebait	1083.3	54	4482.1	53	98.4	141	26.6	133	32.0	12	7.3	8	16.9	34	1.7	7	2.0	34
ACC LN Creamy Garlic Mushrooms	478.3	24	2000.4	24	26.2	37	9.1	46	49.7	19	2.1	2	10.6	21	4.0	17	2.2	36
ACC LN NGCI Creamy Garlic Mushrooms	280.8	14	1167.2	14	20.1	29	8.4	42	19.9	8	2.3	3	3.2	6	4.2	17	1.4	23
ACC LN Black Pudding and Rosti Stack	477.1	24	2002.2	24	25.8	37	7.9	40	42.7	16	5.3	6	21.2	42	2.7	11	3.8	63
ACC LN Chicken Wings	758.3	38	3161.8	38	44.8	64	11.9	60	23.1	9	20.5	23	64.8	130	2.4	10	1.4	23
ACC LN Baked Camembert Sharer	1432.2	72	5983.8	71	81.0	116	43.8	219	107.8	41	15.7	17	68.7	137	8.5	35	7.5	125
ACC LN NGCI Baked Camembert Sharer	1055.4	53	4393.4	52	71.6	102	42.7	213	46.4	18	14.7	16	54.0	108	8.7	36	6.2	103
ACC LN Sharer Board House	3108.2	155	12960.4	154	195.3	279	71.3	356	172.0	66	46.5	52	166.5	333	-	-	12.5	209
ACC LN Sharer Board Antipasti	1160.8	58	4856.2	58	56.5	81	13.6	68	107.7	41	13.7	15	46.2	92	8.8	37	9.0	149
ACC LN NGCI Sharer Board Antipasti	765.7	38	3189.9	38	44.2	63	12.1	61	48.2	19	14.2	16	31.4	63	9.1	38	7.4	124
ACC LN Sharer Board Mezze	1673.9	84	6996.9	83	106.4	152	31.2	156	106.9	41	38.5	43	56.8	114	19.0	79	7.0	116
ACC LN NGCI Sharer Board Mezze	1483.6	74	6196.8	74	96.6	138	29.8	149	85.9	33	39.8	44	49.1	98	21.6	90	6.4	106
ACC LN Steak & Ale Pie	1127.5	56	4709.6	56	54.9	78	25.0	125	122.0	47	11.3	13	32.8	66	10.6	44	3.9	64
ACC LN Pedigree Beef Lasagne	738.4	37	3087.3	37	37.0	53	16.4	82	63.1	24	17.3	19	36.4	73	6.0	25	7.1	118
ACC LN Pedigree Beef Lasagne <600	535.5	27	2236.3	27	28.3	40	13.1	66	36.6	14	16.9	19	32.2	64	5.2	22	10.7	178

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
ACC LN Beer Battered Fish and Chips	1014.3	51	4257.3	51	37.5	54	6.2	31	103.3	40	11.2	12	63.2	126	12.2	51	4.0	67
ACC LN Whitby Scampi	1812.3	91	3820.0	45	59.4	85	13.5	68	104.5	40	13.2	15	27.4	55	13.5	56	3.8	63
ACC LN Hunter's Chicken	1235.3	62	5182.7	62	61.2	87	20.1	101	71.9	28	16.7	19	95.5	191	7.5	31	8.4	140
ACC LN NGCI Hunter's Chicken	1235.3	62	5182.7	62	61.2	87	20.1	101	71.9	28	16.7	19	95.5	191	7.5	31	8.4	140
ACC LN Summer Salad	426.4	21	1783.8	21	37.6	54	4.9	25	16.6	6	4.1	5	5.8	12	3.7	15	12.7	211
ACC LN NGCI House Salad	426.4	21	1783.8	21	37.6	54	4.9	25	16.6	6	4.1	5	5.8	12	3.7	15	12.7	211
ACC LN Summer Salad Low Cal	194.7	10	824.2	10	17.2	25	2.2	11	6.2	2	3.2	4	4.1	8	2.5	11	12.4	207
ACC LN NGCI House Salad Low Cal	194.7	10	824.2	10	17.2	25	2.2	11	6.2	2	3.2	4	4.1	8	2.5	11	12.4	207
ACC LN Extra Chicken Breast	345.8	17	1457.7	17	8.1	12	2.3	11	0.0	0	0.0	0	68.3	137	0.0	0	0.3	6
ACC LN Extra 6oz Rump Steak	378.8	19	1575.4	19	26.4	38	8.4	42	0.0	0	0.0	0	35.2	70	0.0	0	1.2	20
ACC LN Extra Grilled Salmon Fillet	372.3	19	1550.0	18	25.2	36	11.9	60	0.6	0	0.6	1	35.8	72	3.8	16	0.5	9
ACC LN Extra Seeded Goats Cheese	651.6	33	2720.8	32	52.5	75	22.1	110	4.6	2	2.2	2	37.3	75	9.4	39	1.8	30
ACC LN Extra Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
ACC LN Extra Roast Peppers & Mushrooms	165.0	8	687.5	8	8.6	12	1.9	9	19.2	7	11.3	13	3.5	7	4.4	18	0.2	4
ACC LN Steak Sirloin 8oz	1056.0	53	4403.7	52	64.3	92	19.3	96	59.1	23	4.4	5	56.8	114	7.7	32	25.6	427
ACC LN NGCI Steak Sirloin 8oz	1056.0	53	4403.7	52	64.3	92	19.3	96	59.1	23	4.4	5	56.8	114	7.7	32	25.6	427
ACC LN Steak Ribeye 10oz	1320.0	66	5499.0	65	84.4	121	28.6	143	59.1	23	4.4	5	77.5	155	7.7	32	25.6	427
ACC LN NGCI Steak Ribeye 10oz	1320.0	66	5499.0	65	84.4	121	28.6	143	59.1	23	4.4	5	77.5	155	7.7	32	25.6	427
ACC LN Sweetcure Gammon Steaks	1241.6	62	5202.4	62	54.9	78	13.6	68	77.5	30	17.7	20	103.8	208	12.6	53	32.0	533
ACC LN NGCI Sweetcure Gammon Steaks	1241.6	62	5202.4	62	54.9	78	13.6	68	77.5	30	17.7	20	103.8	208	12.6	53	32.0	533
ACC LN Mixed Grill	1725.6	86	7188.1	86	106.1	152	34.2	171	72.3	28	5.8	6	118.2	236	7.7	32	30.5	508
ACC LN Kebab Chicken & Chorizo	1292.5	65	5417.0	64	58.8	84	12.3	62	130.6	50	28.6	32	60.5	121	11.0	46	17.7	295
ACC LN NGCI Kebab Chicken & Chorizo	1030.0	51	4306.4	51	53.8	77	13.9	69	84.7	33	27.1	30	48.6	97	10.5	44	16.4	273
ACC LN Kebab Halloumi & Veg	1284.4	64	5369.1	64	66.7	95	18.1	91	133.0	51	31.5	35	38.2	76	-	-	18.0	300
ACC LN NGCI Kebab Halloumi & Veg	1021.9	51	4258.5	51	61.6	88	19.7	98	87.0	33	30.0	33	26.4	53	-	-	16.6	277
ACC LN Kebab Lamb	1298.8	65	5434.3	65	66.9	96	18.2	91	129.5	50	28.0	31	44.8	90	11.0	46	16.5	275
ACC LN NGCI Kebab Lamb	1036.3	52	4323.7	51	61.9	88	19.7	99	83.5	32	26.6	30	32.9	66	10.5	44	15.2	253
ACC LN Burger Beef Plain	1210.4	61	5064.9	60	61.6	88	15.7	78	105.1	40	11.8	13	54.8	110	9.7	40	4.3	72
ACC LN Burger Chicken Plain	1288.9	64	5395.9	64	62.0	89	14.9	75	96.5	37	11.6	13	82.2	164	9.5	40	3.0	49
ACC LN Burger House Beef	1426.6	71	5966.6	71	80.3	115	24.3	121	105.5	41	-	-	65.9	132	9.7	40	-	-
ACC LN Burger House Chicken	1633.6	82	6837.3	81	91.6	131	27.8	139	96.6	37	11.8	13	101.7	203	9.5	40	5.1	85
ACC LN Burger House Veggie	1564.7	78	6528.5	78	97.1	139	27.1	136	122.3	47	24.2	27	45.0	90	18.2	76	5.4	90
ACC LN VGN Burger House	1111.4	56	4649.8	55	53.5	76	9.5	47	122.1	47	26.2	29	29.6	59	17.1	71	3.6	60

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ACC LN Burger Korean BBQ Chicken	1519.2	76	6387.9	76	51.2	73	15.0	75	174.3	67	29.0	32	88.7	177	-	-	3.8	63
ACC LN Extra Onion Rings	411.6	21	1717.6	20	24.9	36	4.5	23	40.5	16	4.0	4	4.8	10	3.2	13	1.9	32
ACC 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
ACC 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
ACC LN Extra Garlic Ciabatta	451.1	23	1892.2	23	19.3	28	7.0	35	58.1	22	5.1	6	9.6	19	3.9	16	1.0	17
ACC LN Extra Cheesy Garlic Ciabatta	669.5	33	2805.0	33	37.2	53	18.2	91	58.2	22	5.2	6	24.2	48	3.9	16	2.1	35
ACC LN Extra Salad Bowl	156.3	8	646.0	8	13.9	20	1.7	8	5.7	2	4.6	5	1.4	3	2.4	10	8.4	139
ACC LN Extra Seasonal Veg	31.2	2	130.0	2	0.7	1	0.1	1	4.3	2	4.0	4	2.2	4	3.3	14	0.2	4
ACC LN Extra Mash 284g	290.6	15	1213.8	14	10.0	14	6.5	32	42.6	16	2.9	3	4.3	9	5.7	24	0.8	14
ACC LN Extra Sauteed Mushrooms	255.1	13	1054.5	13	24.8	35	14.9	75	1.6	1	0.9	1	6.6	13	5.3	22	0.6	9
ACC LN Extra Bread & Butter	179.0	9	751.7	9	7.5	11	4.0	20	21.9	8	0.6	1	6.1	12	2.0	8	0.6	9
ACC LN NGCI Extra Bread & Butter	189.5	9	786.7	9	13.4	19	7.4	37	14.9	6	1.3	1	0.8	2	2.9	12	0.5	9
ACC LN Extra Halloumi Fries	509.7	25	2115.7	25	34.3	49	20.8	104	21.3	8	8.2	9	28.9	58	-	-	3.6	60
ACC LN Extra Mini Loaf	705.2	35	2957.9	35	28.7	41	3.9	19	95.6	37	7.5	8	16.3	33	5.5	23	2.2	37
ACC LN Extra Peppercorn Sauce 80g	66.4	3	280.0	3	4.2	6	2.5	12	5.6	2	1.4	2	1.2	2	0.6	2	0.8	13
ACC LN Extra Sauce Garlic Mushrooms	193.7	10	801.7	10	18.0	26	8.2	41	5.1	2	1.0	1	2.4	5	1.2	5	1.1	18
ACC LN Extra Fried Egg	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
ACC LN Extra Scampi x5	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
ACC LN Extra Double Beef Burger	267.3	13	1126.6	13	7.7	11	3.0	15	8.6	3	0.1	0	40.8	82	0.2	1	1.7	28
ACC LN Extra Bacon	252.7	13	1057.1	13	23.5	34	3.3	16	0.0	0	0.0	0	9.8	20	0.0	0	2.1	35
ACC LN Extra Cheddar Cheese 28g	109.2	5	456.4	5	9.0	13	5.6	28	0.1	0	0.1	0	7.3	15	0.0	0	0.5	9
ACC LN Extra Cheese Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
ACC 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
ACC LN Extra Pea & Mint Puree 75g	63.7	3	265.5	3	2.1	3	1.1	6	6.7	3	3.9	4	2.1	4	3.0	13	0.7	11
ACC LN Extra Kebab Chicken & Chorizo	350.4	18	1463.8	17	18.9	27	5.3	26	6.4	2	4.4	5	38.6	77	1.6	7	1.6	26
ACC LN Extra Kebab Halloumi	264.2	13	1092.9	13	20.0	29	10.5	53	6.4	2	5.1	6	14.6	29	-	-	1.8	30
ACC LN Extra Kebab Lamb	356.7	18	1481.0	18	27.1	39	11.1	56	5.2	2	3.9	4	22.9	46	1.6	7	0.4	6
ACC LN Extra Avocado	282.1	14	1162.8	14	28.1	40	6.7	33	2.7	1	0.7	1	2.3	5	4.8	20	0.0	0
ACC LN Extra Baked Beans	42.0	2	175.3	2	0.2	0	0.1	0	7.7	3	2.0	2	2.7	5	2.0	8	0.3	5
ACC LN Extra Black Pudding x1	99.7	5	417.1	5	4.8	7	1.9	10	8.8	3	1.4	2	6.3	13	0.0	0	0.9	15
ACC LN Extra Chicken Wings x4	758.3	38	3161.8	38	44.8	64	11.9	60	23.1	9	20.5	23	64.8	130	2.4	10	1.4	23
ACC LN Extra Cod Goujons	239.0	12	1013.4	12	1.4	2	0.3	1	30.4	12	0.8	1	27.9	56	1.9	8	2.4	40
ACC LN Extra Crispy Onions	60.5	3	253.0	3	2.8	4	0.8	4	8.2	3	1.5	2	1.1	2	0.8	3	0.1	1

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ACC LN Extra Sauce Garlic Mushrooms	193.7	10	801.7	10	18.0	26	8.2	41	5.1	2	1.0	1	2.4	5	1.2	5	1.1	18
ACC LN Extra Gravy	32.6	2	136.8	2	0.0	0	0.0	0	7.7	3	0.2	0	0.4	1	0.0	0	1.0	16
ACC LN Extra Grilled Mushroom x1	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
ACC LN Extra Half Tomato x2	20.2	1	86.7	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0
ACC LN Extra Mini Loaf	705.2	35	2957.9	35	28.7	41	3.9	19	95.6	37	7.5	8	16.3	33	5.5	23	2.2	37
ACC LN Extra Pineapple Ring	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
ACC LN Extra Poached Egg x1	60.4	3	250.8	3	4.4	6	1.3	6	0.0	0	0.0	0	5.2	10	0.0	0	0.3	4
ACC LN Extra Potato Rosti x2	86.3	4	365.7	4	0.3	0	0.0	0	19.6	8	1.2	1	2.5	5	2.1	9	0.1	2
ACC LN Extra Sourdough Bread	165.6	8	695.2	8	0.6	1	0.1	0	33.8	13	0.5	1	6.1	12	2.2	9	0.9	15
ACC LN Extra Stilton Cheese 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9
ACC LN Extra Vine Tomatoes x5	47.8	2	200.2	2	3.4	5	0.6	3	3.6	1	3.4	4	0.5	1	0.8	3	23.3	388
ACC LN Lunch Grilled Chicken Breast	861.1	43	3616.2	43	32.2	46	7.3	36	63.8	25	7.0	8	76.9	154	8.4	35	6.3	105
ACC LN Lunch Shakshuka	907.0	45	3804.4	45	38.2	55	11.0	55	110.8	43	15.0	17	29.4	59	12.6	53	3.5	58
ACC LN NGCI Lunch Shakshuka	426.6	21	1779.7	21	24.0	34	9.4	47	36.5	14	14.3	16	13.8	28	10.0	42	1.7	28
ACC LN VGN Lunch Shakshuka	798.0	40	3358.6	40	25.9	37	3.1	16	114.5	44	18.4	20	25.8	52	14.3	59	26.4	440
ACC LN NGCI VGN Lunch Shakshuka	691.9	35	2898.8	35	32.1	46	6.2	31	80.6	31	17.4	19	16.0	32	14.7	61	25.3	421
ACC LN Lunch Steak & 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
ACC LN Lunch Fish Goujons & Chips	906.3	45	3800.5	45	36.6	52	6.1	30	101.9	39	11.0	12	39.1	78	12.5	52	4.5	75
ACC LN Lunch Ploughman's	1136.1	57	4743.7	56	71.4	102	34.2	171	75.5	29	19.5	22	47.0	94	5.3	22	6.7	111
ACC LN NGCI Lunch Ploughman's	872.5	44	3638.2	43	64.1	92	35.9	179	32.4	12	18.6	21	40.7	81	4.3	18	5.1	86
ACC LN Lunch Ham Egg & Chips	922.7	46	3855.7	46	56.4	81	15.4	77	65.7	25	11.3	13	35.6	71	7.6	32	5.7	95
ACC LN Lunch Walnut & Roasted Pepper Salad	408.4	20	1709.5	20	35.6	51	4.2	21	13.7	5	10.5	12	8.2	16	4.3	18	26.0	434
ACC LN Melt in the Middle Pudding	805.1	40	3361.6	40	45.2	65	9.8	49	89.0	34	61.5	68	9.3	19	1.1	5	0.9	16
ACC LN Bramley 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
ACC LN VGN Bramley Apple Pie	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
ACC LN Sandwich BLT	1549.4	77	6477.5	77	116.4	166	26.5	133	76.6	29	4.2	5	46.0	92	8.4	35	8.5	142
ACC LN NGCI Sandwich BLT	1447.5	72	6049.4	72	107.1	153	18.9	95	77.1	30	6.7	7	36.0	72	13.1	55	8.3	138
ACC LN Sandwich Grilled Cheese	1090.8	55	4569.8	54	63.3	90	33.1	166	84.3	32	12.3	14	45.1	90	7.7	32	3.8	64
ACC LN NGCI Sandwich Grilled Cheese	989.0	49	4141.7	49	54.0	77	25.5	128	84.8	33	14.8	16	35.1	70	12.4	52	3.5	59
ACC LN Sandwich Fish Finger	997.7	50	4185.4	50	43.5	62	16.6	83	108.3	42	6.2	7	44.0	88	9.9	41	4.6	76
ACC LN Sandwich Hunter's Chicken	1151.4	58	4826.6	57	60.5	86	24.3	121	87.2	34	15.4	17	62.7	125	7.5	31	4.4	74
ACC LN NGCI Sandwich Hunter's Chicken	1049.6	52	4398.5	52	51.2	73	16.7	83	87.7	34	17.9	20	52.6	105	12.3	51	4.2	69
ACC LN Sandwich Goats Cheese & Grilled Pepper	1279.1	64	5346.3	64	84.0	120	29.5	148	84.7	33	10.7	12	42.3	85	19.2	80	2.7	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	%
ACC LN NGCI Sandwich Seeded Goats Cheese & Pepper	1101.7	55	4600.3	55	68.5	98	21.3	106	84.4	32	12.9	14	28.9	58	21.6	90	2.5	41
ACC LN Sunday Roast Beef	1018.4	51	4247.8	51	59.2	85	18.4	92	78.8	30	24.6	27	45.9	92	16.0	67	3.4	57
ACC LN NGCI Sunday Roast Beef	819.9	41	3423.5	41	43.6	62	16.0	80	68.1	26	23.1	26	41.5	83	15.5	65	3.2	53
ACC LN Sunday Roast Pork Leg	1390.7	70	5784.1	69	94.8	135	29.6	148	83.9	32	26.6	30	53.8	108	17.0	71	3.1	51
ACC LN NGCI Sunday Roast Pork Leg	784.9	39	3278.1	39	40.6	58	14.1	71	70.0	27	22.2	25	38.1	76	15.6	65	2.1	35
ACC LN Sunday Roast Pork & Beef	1763.1	88	7331.4	87	121.5	174	39.4	197	83.4	32	27.4	30	87.0	174	17.2	72	4.0	66
ACC LN NGCI Sunday Roast Pork & Beef	1157.3	58	4825.2	57	67.3	96	24.0	120	69.5	27	23.0	26	71.2	142	15.8	66	3.0	50
ACC LN Sunday Roast Chicken	979.1	49	4101.3	49	42.9	61	11.9	59	84.7	33	30.4	34	67.0	134	16.6	69	2.7	45
ACC LN NGCI Sunday Roast Chicken	681.7	34	2867.6	34	19.3	28	6.8	34	70.9	27	26.0	29	59.3	119	15.2	63	2.0	34
ACC LN Sunday Mushroom Parsnip & Hazelnut Tart	1211.5	61	5046.5	60	73.1	104	29.2	146	115.1	44	24.3	27	27.4	55	19.6	82	3.4	56
ACC LN Sunday Kids Roast Beef	561.1	28	2339.3	28	33.3	48	8.9	44	43.0	17	8.6	10	24.4	49	6.5	27	1.5	25
ACC LN NGCI Sunday Kids Roast Beef	362.7	18	1515.0	18	17.7	25	6.4	32	32.2	12	7.2	8	20.0	40	6.0	25	1.3	21
ACC LN Sunday Kids Roast Pork Leg	965.2	48	4007.0	48	72.2	103	21.2	106	46.2	18	11.6	13	34.3	69	7.5	31	2.3	38
ACC LN NGCI Sunday Kids Roast Pork Leg	359.4	18	1501.0	18	18.0	26	5.7	29	32.3	12	7.2	8	18.5	37	6.1	25	1.3	22
ACC LN Extra Pigs In Blankets x8	443.0	22	1839.7	22	34.2	49	12.3	61	11.6	4	1.6	2	22.0	44	0.8	3	3.1	51
ACC LN Extra Cauliflower Cheese	480.7	24	2011.8	24	31.8	45	19.8	99	18.0	7	4.6	5	28.3	57	5.8	24	2.9	48
ACC LN Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
ACC LN Extra Sunday Carrot & Swede Mash 227g	111.4	6	462.5	6	6.7	10	3.8	19	12.1	5	11.5	13	1.6	3	6.3	26	0.5	8
ACC LN Extra Sunday Chantenay Carrots 40g	13.6	1	56.4	1	0.4	1	0.1	0	2.4	1	2.2	2	0.3	1	1.3	5	0.1	1
ACC LN Extra Sunday Roast Parsnips 50g	52.9	3	221.2	3	3.0	4	0.4	2	5.9	2	2.7	3	0.9	2	2.9	12	0.1	1
ACC LN Extra Sunday Roast Potatoes 100g	171.7	9	725.3	9	2.7	4	0.3	1	34.6	13	1.2	1	4.2	8	3.5	15	0.0	1
ACC LN Extra Sunday Savoy Cabbage 50g	48.4	2	200.4	2	4.2	6	2.6	13	1.8	1	1.7	2	1.0	2	1.9	8	0.3	4
ACC 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
ACC LN Chocolate & Salted Caramel Tart	565.9	28	2364.6	28	30.7	44	18.3	91	64.3	25	47.1	52	3.0	6	-	-	0.3	5
ACC LN NGCI Chocolate & Salted Caramel Tart	565.9	28	2364.6	28	30.7	44	18.3	91	64.3	25	47.1	52	3.0	6	-	-	0.3	5
ACC LN VGN Chocolate & Salted Caramel Tart	539.3	27	2253.9	27	28.8	41	18.2	91	61.4	24	42.9	48	1.7	3	-	-	0.2	4
ACC LN NGCI VGN Chocolate & Salted Caramel Tart	539.3	27	2253.9	27	28.8	41	18.2	91	61.4	24	42.9	48	1.7	3	-	-	0.2	4
ACC LN Sicilian Lemon Muffin Cheesecake	720.0	36	2990.9	36	58.9	84	32.3	161	44.5	17	29.8	33	7.6	15	0.7	3	0.5	8
ACC LN 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
ACC LN 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
ACC LN Baked Cookie Dough	620.3	31	2593.8	31	27.2	39	16.3	81	85.1	33	59.1	66	6.9	14	-	-	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	%
ACC LN House Sundae	458.7	23	1910.2	23	30.7	44	19.1	95	40.2	15	39.8	44	4.6	9	3.4	14	0.3	5
ACC LN NGCI House Sundae	458.7	23	1910.2	23	30.7	44	19.1	95	40.2	15	39.8	44	4.6	9	3.4	14	0.3	5
ACC LN VGN Dairy-Free Sundae	300.1	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
ACC LN NGCI VGN Dairy-Free Sundae	300.1	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
ACC LN Lemon Drizzle Sundae	558.1	28	2330.3	28	31.6	45	20.4	102	63.0	24	53.4	59	5.8	12	0.5	2	0.5	9
ACC LN Chocolate Chip Cookie Sundae	540.6	27	2254.3	27	31.4	45	19.2	96	58.3	22	44.6	50	5.6	11	-	-	0.5	8
ACC LN Trio of Ice Cream	352.4	18	1473.2	18	17.7	25	10.6	53	42.6	16	34.7	39	5.2	10	0.4	2	0.4	6
ACC LN NGCI Trio of Ice Cream	332.6	17	1389.4	17	17.6	25	10.6	53	38.1	15	32.6	36	4.9	10	0.3	1	0.3	6
ACC LN Mini Cookie	58.5	3	244.6	3	2.6	4	1.6	8	7.9	3	5.3	6	0.6	1	0.3	1	0.1	1
ACC LN Cake Blueberry Muffin	433.1	22	1813.7	22	19.8	28	2.0	10	58.1	22	31.7	35	5.2	10	0.6	2	0.4	6
ACC LN Cake Chocolate Muffin	447.2	22	1872.7	22	20.3	29	4.5	22	57.9	22	34.8	39	6.4	13	3.5	15	0.2	4
ACC LN Cake Cookies	468.0	23	1957.0	23	20.9	30	12.5	63	63.3	24	42.3	47	5.0	10	2.7	11	0.7	11
ACC LN Cake Flapjack	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
ACC 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
ACC 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
ACC LN Kids Chicken Dippers	679.9	34	2829.9	34	42.7	61	10.0	50	53.9	21	3.0	3	18.2	36	5.7	24	1.7	28
ACC LN Kids Tagliatelle & Tomato Sauce	379.8	19	1587.7	19	16.4	23	7.9	39	42.6	16	4.5	5	15.2	30	2.7	11	1.6	27
ACC LN Kids Cheeseburger	598.8	30	2515.0	30	21.0	30	7.9	40	66.5	26	-	-	34.0	68	6.8	28	-	-
ACC LN Kids Bangers & Mash	613.1	31	2547.9	30	39.4	56	18.3	91	34.1	13	4.6	5	24.8	50	5.0	21	2.8	47
ACC LN NGCI Kids Bangers & Mash	500.4	25	2086.5	25	24.9	36	10.8	54	51.9	20	6.2	7	15.3	31	6.3	26	2.1	36
ACC LN Kids Bangers & Mash Veggie	344.1	17	1437.4	17	11.9	17	5.6	28	38.9	15	6.5	7	16.0	32	9.0	38	1.6	26
ACC LN Kids Fish Fingers	533.9	27	2228.9	27	28.7	41	6.0	30	49.5	19	2.6	3	16.4	33	5.8	24	1.5	24
ACC LN Kids Ice Cream Sundae	245.0	12	1024.1	12	11.9	17	7.2	36	30.5	12	24.5	27	3.5	7	-	-	0.2	4
ACC LN NGCI Kids Ice Cream Sundae	235.1	12	982.2	12	11.9	17	7.1	36	28.3	11	23.5	26	3.3	7	-	-	0.2	4
ACC LN VGN Kids 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
ACC LN Kids Fruit Salad	54.2	3	230.1	3	0.1	0	0.0	0	13.5	5	13.5	15	0.5	1	1.6	7	0.0	0
ACC LN NGCI Kids Fruit Salad	54.2	3	230.1	3	0.1	0	0.0	0	13.5	5	13.5	15	0.5	1	1.6	7	0.0	0
ACC LN Kids Chocolate Brownie	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
ACC LN Kids Extra Baked Beans 56g	42.0	2	175.3	2	0.2	0	0.1	0	7.7	3	2.0	2	2.7	5	2.0	8	0.3	5
ACC LN Kids Extra Cheeseburger	178.6	9	749.9	9	7.4	11	5.0	25	4.5	2	-	-	23.5	47	0.1	0	-	-
ACC LN Kids Extra Chicken Dippers x3	233.8	12	969.8	12	18.1	26	4.3	22	10.3	4	0.3	0	7.2	14	0.3	1	0.5	9
ACC LN Kids Extra Fish Fingers x2	172.1	9	716.9	9	10.8	15	2.2	11	11.2	4	0.6	1	7.3	15	0.6	2	0.5	8
ACC LN Kids Extra Peas 85g	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7

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	%
ACC LN Kids Extra Sausages x2	393.0	20	1630.5	19	31.2	45	13.0	65	3.9	2	1.0	1	19.8	40	0.0	0	2.0	34
ACC LN Kids Extra Veggie Sausages x2	160.0	8	671.0	8	5.4	8	1.9	10	7.5	3	1.5	2	17.9	36	5.0	21	1.3	21
ACC LN Brunch Sandwich Avocado & Pepper Club	1271.7	64	5301.4	63	82.8	118	31.3	156	104.4	40	9.1	10	24.9	50	15.1	63	2.9	49
ACC LN Brunch Sandwich Chicken & Avocado Club	1804.3	90	7534.6	90	121.8	174	37.2	186	100.6	39	5.4	6	73.2	146	13.8	58	6.3	105
ACC LN Brunch Full English Breakfast	1087.1	54	4536.6	54	67.2	96	21.4	107	75.8	29	9.2	10	44.2	88	7.9	33	29.1	486
ACC LN NGCI Brunch Full English Breakfast	966.9	48	4037.7	48	62.0	89	18.3	91	67.7	26	10.6	12	32.9	66	10.0	41	28.0	466
ACC LN VGN Brunch Full English Breakfast	616.2	31	2580.1	31	20.1	29	3.9	20	73.8	28	9.7	11	33.7	67	15.6	65	26.1	434
ACC LN Brunch Shakshuka	483.5	24	2020.6	24	20.2	29	3.6	18	55.5	21	13.5	15	19.1	38	9.3	39	2.0	34
ACC LN NGCI Brunch Shakshuka	426.6	21	1779.7	21	24.0	34	9.4	47	36.5	14	14.3	16	13.8	28	10.0	42	1.7	28
ACC LN VGN Brunch Shakshuka Vegan	478.7	24	2002.9	24	19.4	28	3.0	15	59.3	23	17.0	19	15.5	31	10.9	45	25.2	419
ACC LN NGCI VGN Brunch Shakshuka	691.9	35	2898.8	35	32.1	46	6.2	31	80.6	31	17.4	19	16.0	32	14.7	61	25.3	421
ACC LN Brunch Avocado On Toast	786.0	39	3255.6	39	58.4	83	13.7	68	41.3	16	3.8	4	20.4	41	10.3	43	2.4	40
ACC LN NGCI Brunch Avocado On Toast	791.1	40	3277.2	39	61.6	88	13.9	69	37.0	14	5.8	6	15.8	32	14.0	58	2.1	35
ACC LN VGN Brunch Avocado On Toast	720.8	36	2987.1	36	53.3	76	11.8	59	45.1	17	7.3	8	11.6	23	12.0	50	25.2	420
ACC LN Brunch Spinach & Rosti Stack	454.5	23	1899.5	23	32.6	47	9.3	47	25.4	10	4.6	5	16.0	32	4.0	17	1.4	23
ACC LN Brunch Steak & Eggs	764.5	38	3181.5	38	51.5	74	13.1	66	24.5	9	5.6	6	51.5	103	5.6	23	25.4	423
ACC LN Mozzarella Dippers	560.9	28	2338.0	28	28.0	40	15.8	79	49.9	19	4.8	5	27.7	55	3.4	14	2.3	38
ACC LN Black Pudding Bon Bons	730.6	37	3055.5	36	26.8	38	9.8	49	94.3	36	14.5	16	31.2	62	3.4	14	4.6	76
ACC LN Salt & Pepper Chicken Wings	787.3	39	3272.0	39	53.3	76	12.9	64	11.0	4	8.3	9	65.0	130	4.7	20	1.1	19
ACC LN VGN Aubergine Butternut & Pepper Bake	887.4	44	3690.5	44	62.4	89	10.5	53	65.1	25	22.5	25	12.3	25	10.2	42	6.6	110
ACC LN Salmon Hollandaise	840.0	42	3518.9	42	50.3	72	24.2	121	55.4	21	10.7	12	44.1	88	10.9	46	2.5	42
ACC LN Ultimate Sausage & Mash	1076.4	54	4472.1	53	68.5	98	28.5	142	65.5	25	10.0	11	41.7	83	9.7	40	5.5	92
ACC LN NGCI Ultimate Sausage & Mash	963.7	48	4010.6	48	54.0	77	21.1	105	83.3	32	11.6	13	32.1	64	10.9	46	4.8	80
ACC LN Port & Stilton Chicken	1158.2	58	4850.5	58	58.7	84	25.0	125	62.7	24	6.1	7	91.6	183	7.3	30	7.1	118
ACC LN Beef and Malbec Pie	1461.8	73	6103.6	73	74.7	107	26.7	134	149.1	57	10.4	12	39.1	78	12.7	53	4.5	75
ACC LN Pear Caramel & Whisky Pudding	745.3	37	3139.6	37	27.4	39	7.6	38	111.6	43	74.6	83	9.6	19	1.7	7	1.2	20
ACC LN Chocolate Chip Cookie Sundae	540.6	27	2254.3	27	31.4	45	19.2	96	58.3	22	44.6	50	5.6	11	-	-	0.5	8
ACC LN Sicilian Lemon Muffin Cheesecake	720.0	36	2990.9	36	58.9	84	32.3	161	44.5	17	29.8	33	7.6	15	0.7	3	0.5	8
ACC LN SB Beetroot Carpaccio	79.2	4	334.9	4	2.4	3	1.3	6	11.4	4	10.6	12	2.8	6	2.7	11	0.4	6
ACC LN SB Figs & Seeded Goats Cheese on Toast	719.0	36	3006.4	36	45.1	64	13.9	70	46.8	18	11.2	12	29.7	59	11.1	46	1.9	31
ACC LN SB NGCI Figs & Seeded Goats Cheese On Toast	724.1	36	3028.1	36	48.3	69	14.1	71	42.5	16	13.2	15	25.1	50	14.8	62	1.5	26
ACC LN SB Brie Bites	333.0	17	1389.6	17	16.2	23	8.7	44	37.3	14	22.1	25	8.4	17	2.0	9	0.8	14

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ACC LN SB Chicken Goujons	620.7	31	2597.5	31	31.4	45	11.1	55	51.2	20	28.6	32	31.1	62	0.8	3	3.2	54
ACC LN SB Rip n Dip Stilton & Garlic	1178.5	59	4924.8	59	71.2	102	30.9	154	98.5	38	3.6	4	35.5	71	6.0	25	4.3	72
ACC LN SB Rip n Dip Tomato Garlic & Rosemary	987.9	49	4131.5	49	56.9	81	22.9	115	92.1	35	5.1	6	27.8	56	6.4	27	4.2	70
ACC LN SB Scotch Egg	504.6	25	2110.9	25	18.0	26	7.2	36	61.1	23	16.3	18	23.6	47	2.5	10	3.3	56
ACC LN SB Salt & Pepper Ribs	566.3	28	2347.5	28	43.1	62	12.4	62	11.0	4	8.3	9	32.6	65	4.7	20	0.9	15
ACC LN SB Salmon & Pepper Skewers	493.8	25	2057.9	24	33.1	47	10.0	50	23.1	9	22.3	25	25.5	51	5.2	22	1.1	18
ACC LN SB Sunday Roast Lamb	944.2	47	3945.3	47	51.8	74	16.8	84	80.5	31	25.8	29	42.2	84	16.2	67	3.0	50
ACC LN SB NGCI Sunday Roast Lamb	745.7	37	3121.0	37	36.2	52	14.4	72	69.8	27	24.3	27	37.9	76	15.7	65	2.8	46
ACC LN SB Sunday Kids Roast Lamb	536.5	27	2236.9	27	31.3	45	8.3	41	43.1	17	8.8	10	22.5	45	6.6	28	1.6	26
ACC LN SB NGCI Sunday Kids Roast Lamb	338.0	17	1412.6	17	15.7	22	5.8	29	32.4	12	7.3	8	18.2	36	6.1	26	1.3	22
ACC LN SB Roasted Figs & Goats Cheese Salad	941.7	47	3949.0	47	73.7	105	24.9	124	24.8	10	19.4	22	43.1	86	14.7	61	14.3	238
ACC LN SB Pork & Black Pudding	1237.4	62	5151.5	61	77.5	111	33.5	167	69.6	27	12.7	14	64.4	129	9.1	38	3.7	62
ACC LN SB Trio of Lamb Chops	1208.1	60	5042.7	60	79.8	114	38.8	194	64.8	25	14.3	16	60.3	121	7.2	30	3.6	61
ACC LN SB Posh Fish & Chips	1018.5	51	4271.7	51	40.3	58	6.7	33	103.3	40	11.2	12	57.6	115	12.2	51	4.2	71
ACC LN SB Grilled Lemon Sole	591.9	30	2488.3	30	22.0	31	11.1	55	50.8	20	8.4	9	50.4	101	7.5	31	2.4	40
ACC LN SB Fish Pie	1088.0	54	4533.1	54	54.9	78	22.5	112	101.4	39	10.2	11	41.2	82	10.2	42	4.4	74
ACC LN SB Burger The Big Cheese	1646.4	82	6875.3	82	98.8	141	40.3	202	105.4	41	12.0	13	80.1	160	9.8	41	6.3	105
ACC LN SB Burger Mac Stack	2009.5	100	8412.2	100	113.0	161	33.6	168	158.9	61	28.3	31	86.1	172	14.5	61	8.6	143
ACC LN SB Burger Pin Wheel	1727.1	86	7213.3	86	97.6	139	29.3	147	103.5	40	13.7	15	104.5	209	10.2	42	4.9	82
ACC LN SB Burger Halloumi & Mushroom	1494.4	75	6220.8	74	94.8	135	37.6	188	107.8	41	16.1	18	49.0	98	-	-	6.6	110
ACC LN SB Burger Big Breakfast	1902.5	95	7945.1	95	119.0	170	29.7	149	115.9	45	13.7	15	86.1	172	9.7	40	8.5	142
ACC LN SB Burger Brunch	1660.5	83	6914.2	82	112.1	160	31.9	160	105.5	41	13.1	15	54.5	109	9.5	40	6.2	104
ACC LN SB Burger Chickpea & Aubergine	1176.1	59	4921.6	59	65.6	94	14.9	75	127.0	49	23.9	27	20.4	41	14.2	59	3.8	64
ACC LN SB VGN Burger Chickpea & Aubergine	893.0	45	3751.6	45	39.8	57	8.5	43	115.8	45	15.5	17	19.2	38	12.6	53	3.0	50
ACC LN SB Burger Stilton & Mushroom	1443.7	72	6032.8	72	81.1	116	28.4	142	105.4	41	11.9	13	68.9	138	10.6	44	5.4	90
ACC LN SB Steak Bistro Rump 7oz	850.6	43	3559.5	42	43.7	62	10.0	50	59.1	23	4.4	5	52.0	104	7.7	32	25.6	426
ACC LN SB Steak T-Bone 12oz	1293.1	65	5404.1	64	64.3	92	18.6	93	59.1	23	4.4	5	100.3	201	7.7	32	25.9	432
ACC LN SB Steak Fillet 8oz	956.1	48	3993.7	48	53.7	77	15.3	77	59.1	23	4.4	5	55.7	111	7.7	32	25.5	425
ACC LN SB Cajun Chicken & Rump	1366.5	68	5710.8	68	74.1	106	17.8	89	59.5	23	4.5	5	111.9	224	8.1	34	26.4	439
ACC LN SB Gammon & Rump	1545.9	77	6463.5	77	81.9	117	22.0	110	62.5	24	7.6	8	135.5	271	9.4	39	32.8	546
ACC LN SB Steak Bourbon Peppercorn	989.0	49	4117.1	49	63.6	91	29.0	145	42.8	16	5.4	6	56.1	112	5.3	22	3.1	51
ACC LN SB NGCI Steak Bourbon Peppercorn	928.6	46	3864.1	46	60.7	87	28.2	141	34.7	13	3.9	4	55.0	110	4.5	19	3.0	49
ACC LN SB Steak Americano	1480.3	74	6182.3	74	96.8	138	28.1	141	73.3	28	18.2	20	74.4	149	8.1	34	29.1	485

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	%
ACC LN SB Steak Port & Stilton	1386.1	69	5777.9	69	91.6	131	36.9	185	64.2	25	7.6	8	72.9	146	7.8	33	27.3	455
ACC LN SB Lamb Hotpot Pie	1168.4	58	4890.2	58	60.2	86	22.4	112	127.4	49	7.7	9	28.0	56	12.0	50	4.3	72
ACC LN SB Chicken & Portabello Pie	1438.0	72	5954.0	71	76.1	109	27.8	139	146.7	56	9.0	10	37.0	74	12.7	53	3.9	65
ACC LN SB Chicken Gammon & Leek Pie	1096.5	55	4583.5	55	57.7	82	22.4	112	100.4	39	8.0	9	39.8	80	12.2	51	3.8	63
ACC LN SB Leek Potato & Cheese Pie	1140.0	57	4763.5	57	62.1	89	25.8	129	117.0	45	8.1	9	24.9	50	14.0	58	3.7	62
ACC LN SB Chilli Con Carne	791.8	40	3334.6	40	27.3	39	10.5	52	106.3	41	8.9	10	32.8	66	7.8	33	1.8	30
ACC LN SB NGCI Chilli Con Carne	1025.9	51	4312.0	51	40.1	57	11.8	59	132.4	51	7.2	8	34.5	69	11.8	49	2.3	38
ACC LN SB Veg Chilli	616.3	31	2611.5	31	11.9	17	3.9	19	113.3	44	17.3	19	17.5	35	10.5	44	1.5	25
ACC LN SB NGCI Veg Chilli	850.4	43	3588.8	43	24.7	35	5.2	26	139.4	54	15.6	17	19.2	38	14.6	61	2.0	33
ACC LN SB Sandwich Croque Monsieur	1271.1	64	5318.4	63	75.9	108	36.1	180	90.3	35	12.8	14	53.3	107	8.7	36	11.4	190
ACC LN SB Cumberland Bangers & Mash	974.2	49	4053.5	48	59.7	85	26.9	135	64.5	25	6.2	7	35.6	71	6.6	28	5.0	83
ACC LN SB Curried Sword Fish	611.3	31	2557.7	30	29.0	41	3.6	18	36.9	14	15.8	18	47.2	94	8.3	35	3.7	62
ACC LN SB NGCI Curried Sword Fish	552.3	28	2309.7	27	27.0	39	3.3	16	27.0	10	8.4	9	47.0	94	8.0	33	3.2	54
ACC LN SB Sandwich Steak & Mushroom	1199.2	60	4914.7	59	63.0	90	18.9	95	99.2	38	3.7	4	51.4	103	7.3	31	4.2	70
ACC LN SB Lambs Liver & Bacon	670.9	34	2801.9	33	32.3	46	10.5	52	56.6	22	12.1	13	34.5	69	10.4	43	2.9	49
ACC LN SB Sandwich Prawn & Avocado	1068.4	53	4456.6	53	68.3	98	21.7	109	81.8	31	7.5	8	28.5	57	11.5	48	4.1	69
ACC LN SB NGCI Sandwich Prawn & Avocado	966.6	48	4028.5	48	59.0	84	14.2	71	82.3	32	10.0	11	18.5	37	16.2	68	3.9	64
ACC LN SB Seabass & Prosciutto Ham	570.4	29	2385.1	28	29.8	43	11.4	57	41.4	16	9.2	10	36.3	73	-	-	2.2	36
ACC LN SB Sandwich Roast Dinner	955.2	48	3994.3	48	48.6	69	21.8	109	91.7	35	5.8	6	39.8	80	8.5	36	3.2	54
ACC LN SB NGCI Sandwich Roast Dinner	754.4	38	3156.8	38	31.4	45	11.5	58	89.1	34	5.3	6	26.5	53	12.4	52	2.5	42
ACC LN SB Korean Pork Noodles	1438.1	72	6010.1	72	77.7	111	-	-	147.0	57	50.5	56	38.6	77	-	-	4.6	77
ACC LN SB Korean Cauliflower Veggie Noodles	1038.6	52	4339.0	52	55.7	80	-	-	117.7	45	54.9	61	16.2	32	8.3	35	4.7	79
ACC LN SB VGN Button Mushroom Bourguignon Pie	1143.9	57	4796.3	57	60.8	87	20.6	103	132.6	51	9.6	11	18.9	38	14.7	61	3.6	60
ACC LN SB Wings Rib & Steak Combo	1826.0	91	7596.2	90	128.0	183	26.9	134	65.5	25	9.5	11	99.5	199	9.8	41	26.2	436
ACC LN SB Chicken & Chorizo Tagliatelle	1383.4	69	5775.6	69	63.1	90	27.2	136	106.6	41	11.6	13	94.7	189	6.6	28	27.0	450
ACC LN SB Salmon & Pepper Salad	781.9	39	3260.1	39	64.1	92	14.1	70	21.3	8	8.5	9	30.5	61	8.1	34	13.2	220
ACC LN SB Salmon & Pepper Salad Low Cal	550.2	28	2300.5	27	43.7	62	11.4	57	10.8	4	7.6	8	28.8	58	7.0	29	12.9	215
ACC LN SB Lamb Curry	1430.6	72	6012.4	72	55.4	79	14.2	71	191.5	74	8.6	10	46.4	93	12.2	51	4.5	74
ACC LN SB Garlic Mushroom & Spinach Pasta	892.3	45	3717.1	44	41.3	59	16.0	80	104.6	40	10.0	11	23.1	46	6.9	29	26.1	436
ACC LN SB Sausage & Ricotta Ravioli	692.7	35	2907.2	35	28.8	41	11.2	56	71.6	28	8.1	9	36.4	73	-	-	3.0	51
ACC LN SB Cod Loin Glazed with Tomato & Red Pepper	745.9	37	3110.1	37	39.1	56	17.1	86	48.4	19	14.3	16	47.1	94	10.7	45	25.5	425
ACC LN SB Bantry Bay Mussels	1490.0	75	6241.7	74	64.5	92	20.7	103	154.2	59	4.5	5	70.2	140	11.5	48	11.2	186

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	%
ACC LN SB NGCI Bantry Bay Mussels	1009.6	50	4216.8	50	50.3	72	19.1	95	79.9	31	3.8	4	54.6	109	8.9	37	9.4	156
ACC LN SB Hot Chocolate	1656.6	83	6892.6	82	133.4	191	84.5	423	96.0	37	89.4	99	18.3	37	-	-	0.4	7
ACC LN SB Chocolate Mousse Cup	565.9	28	2370.5	28	31.0	44	19.3	97	53.8	21	45.6	51	13.5	27	8.4	35	0.5	8
ACC LN SB Homemade Apple & Pear Crumble	720.7	36	3027.4	36	28.7	41	17.6	88	111.0	43	68.7	76	8.6	17	8.9	37	2.0	33
ACC LN SB Homemade Apple & Raspberry Crumble	723.0	36	3035.9	36	28.7	41	17.6	88	109.0	42	65.9	73	8.7	17	8.5	36	3.3	54
ACC LN SB Homemade Apple Crumble	728.8	36	3060.8	36	29.1	42	17.9	90	110.5	42	67.6	75	8.5	17	7.1	30	3.5	58
ACC LN SB Homemade Mixed Berry Crumble	741.5	37	3113.3	37	24.1	34	14.6	73	116.6	45	73.2	81	10.8	22	19.7	82	0.6	10
ACC LN SB Peach Tea Cheesecake	497.8	25	2083.0	25	24.8	35	13.6	68	61.9	24	44.3	49	7.8	16	1.1	5	0.6	10
ACC LN SB Cheeseboard	1192.5	60	4972.6	59	81.5	116	50.2	251	67.6	26	19.2	21	45.5	91	5.4	22	4.3	72
ACC LN SB Parsnip & Brie Gratin	1132.3	57	3450.9	41	55.7	80	30.5	152	71.1	27	17.8	20	21.5	43	10.3	43	7.6	126
ACC LN SB Salmon Hollandaise	766.6	38	3211.2	38	45.9	66	22.1	111	50.6	19	9.8	11	40.3	81	10.0	42	2.3	39
ACC LN SB NGCI Salmon Hollandaise	766.6	38	3211.2	38	45.9	66	22.1	111	50.6	19	9.8	11	40.3	81	10.0	42	2.3	39