

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	706.2	35	2939.4	35	46.8	67	22.0	110	34.8	13	9.4	10	33.7	67	1.6	7	5.1	86
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	3329.0	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	555.8	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	3113.4	156	12982.7	155	195.6	279	71.3	356	172.0	66	46.6	52	167.3	335	-	-	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	1128.9	56	4715.3	56	55.0	79	25.0	125	122.1	47	11.4	13	32.8	66	10.6	44	3.9	64
ACC LN Pedigree Beef Lasagne	737.9	37	3085.1	37	37.0	53	16.4	82	63.1	24	17.3	19	36.4	73	6.0	25	3.0	50
ACC LN Pedigree Beef Lasagne <600	534.6	27	2231.9	27	28.3	40	13.1	65	36.6	14	16.9	19	32.2	64	5.3	22	2.5	41

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ACC LN Beer Battered Fish and Chips	1014.2	51	4257.1	51	37.5	54	6.2	31	103.3	40	10.9	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	1234.9	62	5180.5	62	61.2	87	20.1	101	71.9	28	16.7	19	95.5	191	7.5	31	4.3	72
ACC LN NGCI Hunter's Chicken	1234.9	62	5180.5	62	61.2	87	20.1	101	71.9	28	16.7	19	95.5	191	7.5	31	4.3	72
ACC LN Summer Salad	420.2	21	1756.9	21	37.0	53	4.9	24	16.6	6	4.2	5	5.7	11	3.8	16	0.4	7
ACC LN NGCI House Salad	420.2	21	1756.9	21	37.0	53	4.9	24	16.6	6	4.2	5	5.7	11	3.8	16	0.4	7
ACC LN Summer Salad Low Cal	188.5	9	797.3	9	16.6	24	2.2	11	6.2	2	3.3	4	4.0	8	2.6	11	0.2	3
ACC LN NGCI House Salad Low Cal	188.5	9	797.3	9	16.6	24	2.2	11	6.2	2	3.3	4	4.0	8	2.6	11	0.2	3
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	1038.4	52	4329.1	52	63.2	90	19.1	95	57.9	22	3.3	4	56.6	113	7.5	31	2.8	47
ACC LN NGCI Steak Sirloin 8oz	1038.4	52	4329.1	52	63.2	90	19.1	95	57.9	22	3.3	4	56.6	113	7.5	31	2.8	47
ACC LN Steak Ribeye 10oz	1302.4	65	5424.4	65	83.2	119	28.3	142	57.9	22	3.3	4	77.3	155	7.5	31	2.8	46
ACC LN NGCI Steak Ribeye 10oz	1302.4	65	5424.4	65	83.2	119	28.3	142	57.9	22	3.3	4	77.3	155	7.5	31	2.8	46
ACC LN Sweetcure Gammon Steaks	1237.0	62	5183.3	62	54.4	78	13.5	67	76.3	29	16.8	19	105.4	211	12.5	52	9.2	153
ACC LN NGCI Sweetcure Gammon Steaks	1237.0	62	5183.3	62	54.4	78	13.5	67	76.3	29	16.8	19	105.4	211	12.5	52	9.2	153
ACC LN Mixed Grill	1721.0	86	7168.7	85	105.6	151	34.1	171	71.1	27	4.9	5	119.9	240	7.5	31	7.7	128
ACC LN Kebab Chicken & Chorizo	1288.2	64	5398.8	64	58.2	83	11.9	59	130.9	50	29.0	32	60.7	121	11.1	46	4.2	70
ACC LN NGCI Kebab Chicken & Chorizo	1025.7	51	4288.2	51	53.1	76	13.4	67	84.9	33	27.6	31	48.9	98	10.5	44	2.8	47
ACC LN Kebab Halloumi & Veg	1280.1	64	5350.8	64	66.1	94	17.7	88	133.3	51	31.9	35	38.5	77	-	-	4.4	74
ACC LN NGCI Kebab Halloumi & Veg	1017.6	51	4240.2	50	61.0	87	19.2	96	87.3	34	30.4	34	26.6	53	-	-	3.1	51
ACC LN Kebab Lamb	1294.6	65	5416.0	64	66.3	95	17.7	89	129.8	50	28.5	32	45.0	90	11.1	46	3.0	50
ACC LN NGCI Kebab Lamb	1032.1	52	4305.4	51	61.3	88	19.3	96	83.8	32	27.0	30	33.2	66	10.5	44	1.6	27
ACC LN Burger Beef Plain	1172.6	59	4905.6	58	60.5	86	15.2	76	103.9	40	11.7	13	49.0	98	9.7	40	4.1	68
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	1388.8	69	5807.3	69	79.2	113	23.9	119	104.3	40	-	-	60.1	120	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	1567.3	78	6546.2	78	93.5	134	26.7	134	126.6	49	24.8	28	50.6	101	15.7	66	5.1	84
ACC LN VGN Burger House	1114.0	56	4667.6	56	49.9	71	9.1	45	126.5	49	26.9	30	35.1	70	14.6	61	3.2	54

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ACC LN Burger Korean BBQ Chicken	1520.9	76	6395.2	76	51.3	73	15.0	75	174.5	67	29.0	32	88.8	178	-	-	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	155.3	8	641.6	8	13.8	20	1.7	8	5.7	2	4.6	5	1.4	3	2.4	10	0.2	3
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 Garlic Mushrooms	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
ACC LN Extra Fried Egg	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
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	229.5	11	967.3	12	6.6	9	2.6	13	7.4	3	0.1	0	35.0	70	0.2	1	1.4	24
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	63.8	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	282.2	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	1013.3	12	1.4	2	0.3	1	30.4	12	0.6	1	27.8	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 Garlic Mushrooms	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
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	73.4	4	306.3	4	5.0	7	1.4	7	0.0	0	0.2	0	7.1	14	0.0	0	0.3	5
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	30.3	2	125.6	1	2.2	3	0.4	2	2.4	1	2.2	2	0.4	1	0.6	2	0.5	8
ACC LN Lunch Grilled Chicken Breast	860.7	43	3614.0	43	32.2	46	7.3	36	63.8	25	7.1	8	76.9	154	8.5	35	2.2	37
ACC LN Lunch Shakshuka	920.0	46	3860.0	46	38.8	55	11.2	56	110.8	43	15.3	17	31.3	63	12.6	53	3.5	59
ACC LN NGCI Lunch Shakshuka	439.5	22	1835.2	22	24.6	35	9.5	48	36.5	14	14.6	16	15.7	31	10.0	42	1.7	29
ACC LN VGN Lunch Shakshuka	780.5	39	3283.9	39	24.8	35	2.9	15	113.3	44	17.3	19	25.6	51	14.1	59	3.6	59
ACC LN NGCI VGN Lunch Shakshuka	674.3	34	2824.1	34	31.0	44	6.0	30	79.4	31	16.2	18	15.8	32	14.5	61	2.4	41
ACC LN Lunch Steak & Chips	912.8	46	3809.2	45	53.8	77	14.6	73	55.3	21	1.2	1	48.8	98	6.1	25	2.5	42
ACC LN Lunch Fish Goujons & Chips	906.2	45	3800.4	45	36.6	52	6.1	30	101.9	39	10.9	12	39.1	78	12.5	52	4.5	75
ACC LN Lunch Ploughman's	1138.7	57	4754.8	57	71.5	102	34.3	171	75.5	29	19.6	22	47.3	95	5.3	22	6.7	112
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	935.6	47	3911.3	47	57.1	82	15.5	77	65.7	25	11.6	13	37.4	75	7.6	32	5.7	96
ACC LN Lunch Walnut & Roasted Pepper Salad	402.5	20	1682.7	20	35.1	50	4.1	21	13.9	5	10.8	12	8.2	16	4.5	19	0.3	5
ACC LN Melt in the Middle Pudding	805.1	40	3361.6	40	45.1	64	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	1549.3	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	997.6	50	4185.3	50	43.5	62	16.6	83	108.3	42	6.1	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	1024.0	51	4271.6	51	59.5	85	18.5	92	78.8	30	24.6	27	46.7	93	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	1396.3	70	5807.9	69	95.0	136	29.6	148	83.9	32	26.7	30	54.6	109	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	1768.6	88	7354.9	88	121.8	174	39.5	197	83.4	32	27.5	31	87.8	176	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	984.6	49	4125.1	49	43.1	62	11.9	60	84.7	33	30.5	34	67.8	136	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	1217.0	61	5070.3	60	73.4	105	29.2	146	115.1	44	24.4	27	28.2	56	19.6	82	3.4	57
ACC LN Sunday Kids Roast Beef	566.7	28	2363.1	28	33.6	48	8.9	45	43.0	17	8.7	10	25.2	50	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	970.8	49	4030.8	48	72.4	103	21.2	106	46.2	18	11.7	13	35.1	70	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	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	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	300.2	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	300.2	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	579.9	29	2435.4	29	20.4	29	7.7	39	65.9	25	-	-	31.1	62	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	159.7	8	670.3	8	6.8	10	4.8	24	3.9	1	-	-	20.6	41	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	13.1	65	3.9	2	1.1	1	19.8	40	0.0	0	2.0	34
ACC LN Kids Extra Veggie Sausages x2	144.0	7	603.9	7	4.9	7	1.7	9	6.8	3	1.4	2	16.1	32	4.5	19	1.1	19
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	7534.5	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	1082.5	54	4517.5	54	66.7	95	21.3	106	74.6	29	8.3	9	45.9	92	7.8	32	6.4	106
ACC LN NGCI Brunch Full English Breakfast	962.3	48	4018.6	48	61.5	88	18.2	91	66.5	26	9.7	11	34.6	69	9.8	41	5.2	86
ACC LN VGN Brunch Full English Breakfast	582.7	29	2438.4	29	18.4	26	3.5	18	71.8	28	8.5	9	31.7	63	15.0	62	3.1	52
ACC LN Brunch Shakshuka	496.5	25	2076.1	25	20.8	30	3.7	19	55.5	21	13.7	15	20.9	42	9.3	39	2.1	35
ACC LN NGCI Brunch Shakshuka	439.5	22	1835.2	22	24.6	35	9.5	48	36.5	14	14.6	16	15.7	31	10.0	42	1.7	29
ACC LN VGN Brunch Shakshuka Vegan	461.2	23	1928.3	23	18.2	26	2.8	14	58.1	22	15.9	18	15.3	31	10.7	45	2.3	39
ACC LN NGCI VGN Brunch Shakshuka	674.3	34	2824.1	34	31.0	44	6.0	30	79.4	31	16.2	18	15.8	32	14.5	61	2.4	41
ACC LN Brunch Avocado On Toast	811.9	41	3366.6	40	59.7	85	13.9	70	41.3	16	4.2	5	24.1	48	10.3	43	2.5	42
ACC LN NGCI Brunch Avocado On Toast	817.0	41	3388.3	40	62.9	90	14.1	71	37.0	14	6.2	7	19.5	39	14.0	58	2.2	37
ACC LN VGN Brunch Avocado On Toast	703.2	35	2912.5	35	52.1	74	11.6	58	43.9	17	6.2	7	11.4	23	11.8	49	2.4	39
ACC LN Brunch Spinach & Rosti Stack	480.4	24	2010.6	24	33.8	48	9.6	48	25.4	10	5.0	6	19.7	39	4.0	17	1.5	25
ACC LN Brunch Steak & Eggs	772.9	39	3217.9	38	51.6	74	13.1	66	23.3	9	4.9	5	55.0	110	5.4	23	2.7	44
ACC LN Mozzarella Dippers	552.7	28	2303.9	27	28.0	40	15.8	79	47.6	18	4.8	5	27.8	56	3.2	13	2.2	37
ACC LN Black Pudding Bon Bons	720.0	36	3011.3	36	26.9	38	9.8	49	91.4	35	14.4	16	31.3	63	3.3	14	4.5	75
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	886.9	44	3688.2	44	62.4	89	10.5	53	65.1	25	22.5	25	12.3	25	10.2	42	2.5	41
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	1157.8	58	4848.2	58	58.7	84	25.0	125	62.7	24	6.1	7	91.6	183	7.3	31	3.0	50
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	716.7	36	2997.3	36	44.8	64	13.7	69	46.8	18	11.3	13	29.8	60	11.1	46	1.8	31
ACC LN NGCI SB Figs & Seeded Goats Cheese On Toast	721.9	36	3018.9	36	48.0	69	13.9	69	42.6	16	13.3	15	25.2	50	14.7	61	1.5	25
ACC LN SB Brie Bites	317.7	16	1327.1	16	14.5	21	7.4	37	36.7	14	22.2	25	9.1	18	1.9	8	0.9	15

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	1178.3	59	4924.1	59	71.2	102	30.9	154	98.4	38	2.7	3	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	510.2	26	2135.9	25	18.7	27	7.3	36	59.0	23	16.4	18	25.6	51	2.4	10	3.4	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	949.7	47	3969.1	47	52.0	74	16.9	84	80.5	31	25.9	29	43.0	86	16.2	67	3.0	50
ACC LN NGCI SB 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	542.0	27	2260.7	27	31.6	45	8.3	42	43.1	17	8.9	10	23.3	47	6.6	28	1.6	26
ACC LN NGCI SB 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	935.6	47	3922.1	47	73.1	104	24.8	124	24.8	10	19.5	22	43.0	86	14.7	61	2.1	34
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	1018.4	51	4271.5	51	40.3	58	6.7	33	103.3	40	10.9	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	1596.8	80	6668.1	79	96.0	137	38.6	193	104.3	40	12.1	13	74.9	150	9.7	40	6.1	102
ACC LN SB Burger Mac Stack	1971.7	99	8252.9	98	111.9	160	33.2	166	157.7	61	28.3	31	80.3	161	14.5	60	8.3	139
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	1877.6	94	7841.3	93	118.6	169	29.4	147	114.7	44	13.9	15	82.2	164	9.7	40	8.3	139
ACC LN SB Burger Brunch	1673.5	84	6969.7	83	112.7	161	32.1	160	105.5	41	13.3	15	56.3	113	9.5	40	6.3	105
ACC LN SB Burger Chickpea & Aubergine	1176.2	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	892.9	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	1405.9	70	5873.5	70	80.0	114	28.0	140	104.2	40	11.9	13	63.1	126	10.5	44	5.2	86
ACC LN SB Steak Bistro Rump 7oz	833.1	42	3484.9	41	42.5	61	9.8	49	57.9	22	3.3	4	51.8	104	7.5	31	2.7	45
ACC LN SB Steak T-Bone 12oz	1275.6	64	5329.5	63	63.1	90	18.4	92	57.9	22	3.3	4	100.1	200	7.5	31	3.1	52
ACC LN SB Steak Fillet 8oz	938.6	47	3919.0	47	52.6	75	15.1	76	57.9	22	3.3	4	55.5	111	7.5	31	2.7	45
ACC LN SB Cajun Chicken & Rump	1348.9	67	5636.2	67	73.0	104	17.6	88	58.3	22	3.4	4	111.7	223	7.9	33	3.5	59
ACC LN SB Gammon & Rump	1541.3	77	6444.4	77	81.4	116	22.0	110	61.3	24	6.7	7	137.2	274	9.2	39	10.0	167
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 NGCI SB 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	1462.8	73	6107.7	73	95.7	137	27.9	140	72.1	28	17.0	19	74.2	148	7.9	33	6.3	105

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	1368.5	68	5703.3	68	90.4	129	36.7	184	63.0	24	6.4	7	72.7	145	7.7	32	4.4	74
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	1099.7	55	4597.4	55	57.9	83	22.4	112	100.4	39	8.0	9	40.2	80	12.2	51	3.8	64
ACC LN SB Leek Potato & Cheese Pie	1142.2	57	4772.8	57	62.2	89	25.8	129	117.0	45	8.2	9	25.2	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 NGCI SB 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 NGCI SB 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	1270.1	64	5314.7	63	75.9	108	36.1	180	90.2	35	11.0	12	53.3	107	8.7	36	7.3	122
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	609.1	30	2548.5	30	28.7	41	3.4	17	36.9	14	15.9	18	47.3	95	8.3	35	3.7	62
ACC LN NGCI SB Curried Sword Fish	550.1	28	2300.6	27	26.7	38	3.1	15	27.1	10	8.5	9	47.1	94	7.9	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 NGCI SB 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 NGCI SB 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	1808.5	90	7521.5	90	126.8	181	26.7	133	64.3	25	8.4	9	99.3	199	9.6	40	3.3	56
ACC LN SB Chicken & Chorizo Tagliatelle	1365.9	68	5701.0	68	61.9	88	27.0	135	105.4	41	10.5	12	94.5	189	6.4	27	4.2	69
ACC LN SB Salmon & Pepper Salad	775.8	39	3233.2	38	63.5	91	14.0	70	21.3	8	8.6	10	30.4	61	8.2	34	1.0	16
ACC LN SB Salmon & Pepper Salad Low Cal	544.1	27	2273.6	27	43.1	62	11.3	57	10.8	4	7.7	9	28.7	57	7.0	29	0.7	11
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	874.8	44	3642.5	43	40.1	57	15.8	79	103.3	40	8.9	10	22.9	46	6.7	28	3.3	55
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	728.4	36	3035.5	36	38.0	54	16.9	85	47.2	18	13.2	15	46.9	94	10.6	44	2.7	45
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 NGCI SB 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	3036.0	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	1168.9	58	4876.9	58	78.2	112	47.7	238	67.9	26	19.5	22	46.6	93	5.1	21	4.5	74
ACC LN SB Parsnip & Brie Gratin	1131.8	57	3448.7	41	55.7	80	30.5	152	71.1	27	17.8	20	21.5	43	10.3	43	3.5	58
ACC LN SB Salmon Hollandaise	767.7	38	3216.1	38	46.0	66	22.1	111	50.7	19	9.8	11	40.3	81	10.0	42	2.3	39
ACC LN SB NGCI Salmon Hollandaise	767.7	38	3216.1	38	46.0	66	22.1	111	50.7	19	9.8	11	40.3	81	10.0	42	2.3	39

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	398.1	20	1666.5	20	22.2	32	5.3	27	33.0	13	7.0	8	16.9	34	3.4	14	2.7	45
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	17	2.5	41
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 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 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 DN Cheesy Garlic Ciabatta Starter	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
ROT DN Beer Battered Onion Rings Sharer	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 DN Rotisserie Chicken Wings Sharer x8	1440.2	72	6020.0	72	76.6	109	21.6	108	57.1	22	54.7	61	127.2	254	1.7	7	5.8	96
ROT DN NGCI Rotisserie Chicken Wings Sharer x8	1440.2	72	6020.0	72	76.6	109	21.6	108	57.1	22	54.7	61	127.2	254	1.7	7	5.8	96
ROT DN Rotisserie Chicken Wings Sharer x16	2880.5	144	12040.0	143	153.1	219	43.1	216	114.1	44	109.3	121	254.3	509	3.4	14	11.5	192
ROT DN NGCI Rotisserie Chicken Wings Sharer x16	2880.5	144	12040.3	143	153.1	219	43.1	216	114.1	44	109.3	121	254.3	509	3.4	14	11.5	192
ROT DN Ploughmans Lunch	838.7	42	3502.2	42	50.8	73	28.2	141	61.1	24	14.7	16	32.8	66	4.8	20	3.7	62
ROT DN Ploughmans Lunch Sharer	1567.0	78	6544.8	78	92.4	132	50.4	252	122.1	47	29.4	33	58.8	118	9.7	40	6.9	115
ROT DN Crispy Potato Skins Cheese and Bacon	542.8	27	2263.4	27	31.7	45	15.8	79	36.8	14	16.0	18	24.7	49	4.2	18	3.5	58
ROT DN NGCI Crispy Potato Skins Cheese and Bacon	542.8	27	2263.4	27	31.7	45	15.8	79	36.8	14	16.0	18	24.7	49	4.2	18	3.5	58
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	4.9	10	4.0	17	1.5	26
ROT DN Bruschetta	382.1	19	1594.1	19	23.1	33	5.8	29	36.6	14	8.6	10	5.8	12	3.3	14	0.6	10
ROT DN Bruschetta Prosciutto	416.0	21	1735.5	21	25.1	36	6.6	33	36.7	14	8.7	10	9.8	20	-	-	1.5	24
ROT DN Craft Mixed Kefalonia 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	50
ROT DN NGCI Craft Mixed Kefalonia 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	50
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 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 DN Craft Rotisserie Chicken Wings	720.1	36	3010.0	36	38.3	55	10.8	54	28.5	11	27.3	30	63.6	127	0.9	4	2.9	48
ROT DN NGCI Craft Rotisserie Chicken Wings	720.1	36	3010.0	36	38.3	55	10.8	54	28.5	11	27.3	30	63.6	127	0.9	4	2.9	48
ROT DN Craft Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30
ROT DN NGCI Craft Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30

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 Craft Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.7	28
ROT DN NGCI Craft Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.7	28
ROT DN 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 DN Craft Hunters Chicken Bites	546.4	27	2285.5	27	28.1	40	12.5	62	52.0	20	29.9	33	19.5	39	1.6	7	2.5	42
ROT DN Craft Red Shrimp Tails	677.9	34	644.7	8	8.4	12	2.6	13	32.6	13	12.0	13	11.9	24	1.4	6	1.6	26
ROT DN Craft Roasted Figs	144.8	7	611.5	7	7.4	11	2.4	12	16.9	7	16.5	18	3.7	7	3.4	14	0.2	3
ROT DN NGCI Craft Roasted Figs	144.8	7	611.5	7	7.4	11	2.4	12	16.9	7	16.5	18	3.7	7	3.4	14	0.2	3
ROT DN Craft Pork Crackling	350.9	18	1452.9	17	31.2	45	10.6	53	9.0	3	7.8	9	8.3	17	0.1	0	0.3	5
ROT DN LB Beer Battered Fish and Chips	828.4	41	3472.9	41	30.4	43	5.6	28	92.7	36	7.7	9	39.6	79	12.8	54	2.7	46
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 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 Melt	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
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 The Classic Club	894.5	45	3752.5	45	37.3	53	8.2	41	105.9	41	3.9	4	38.6	77	8.4	35	4.1	68
ROT DN NGCI Sandwich The Classic Club	783.0	39	3275.4	39	40.5	58	7.5	37	77.5	30	8.8	10	27.1	54	13.7	57	3.5	58
ROT DN Sandwich Posh Fish Finger	733.7	37	3083.0	37	21.3	30	4.0	20	95.9	37	5.3	6	37.2	74	7.3	30	2.6	43
ROT DN Sandwich Beet L T	565.7	28	2380.1	28	15.5	22	3.6	18	89.5	34	12.6	14	15.8	32	9.8	41	1.5	26
ROT DN NGCI Sandwich Beet L T	475.7	24	1995.6	24	16.8	24	3.0	15	68.6	26	14.0	16	7.7	15	12.5	52	1.1	18
ROT DN Jacket Cheese and Baked Beans	729.6	36	3042.1	36	40.9	58	22.3	112	60.5	23	8.2	9	32.1	64	9.5	40	2.5	41
ROT DN NGCI Jacket Cheese and Baked Beans	729.6	36	3042.1	36	40.9	58	22.3	112	60.5	23	8.2	9	32.1	64	9.5	40	2.5	41
ROT DN Jacket Wiltshire Ham & Cheddar	556.2	28	2325.3	28	27.5	39	12.3	61	46.6	18	6.1	7	31.5	63	5.9	25	5.2	86
ROT DN NGCI Jacket Wiltshire Ham & Cheddar	556.2	28	2325.3	28	27.5	39	12.3	61	46.6	18	6.1	7	31.5	63	5.9	25	5.2	86
ROT DN Jacket Baked Beans	381.0	19	1596.4	19	12.2	17	4.4	22	58.9	23	8.1	9	11.1	22	9.5	40	0.9	15
ROT DN NGCI Jacket Baked Beans	381.0	19	1596.4	19	12.2	17	4.4	22	58.9	23	8.1	9	11.1	22	9.5	40	0.9	15
ROT DN Jacket Baked Beans Vegan	319.7	16	1345.7	16	2.9	4	0.5	2	64.7	25	13.2	15	11.0	22	9.6	40	0.9	16
ROT DN NGCI Jacket Baked Beans Vegan	319.7	16	1345.7	16	2.9	4	0.5	2	64.7	25	13.2	15	11.0	22	9.6	40	0.9	16
ROT DN Wiltshire Ham and Eggs	1020.7	51	4258.5	51	59.8	85	12.8	64	67.5	26	14.2	16	48.4	97	6.4	27	7.8	130
ROT DN NGCI Wiltshire Ham and Eggs	1020.7	51	4258.5	51	59.8	85	12.8	64	67.5	26	14.2	16	48.4	97	6.4	27	7.8	130
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 Beef & Pedigree Ale Lasagne <550	594.8	30	2482.3	30	32.6	47	15.0	75	38.1	15	15.9	18	36.2	72	4.3	18	2.8	47

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 Salad Pulled Rotisserie Chicken	167.7	8	701.3	8	13.4	19	3.6	18	1.8	1	1.2	1	17.1	34	0.9	4	0.5	8
ROT DN NGCI Salad Pulled Rotisserie Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ROT DN Salad Rump Steak	171.7	9	714.7	9	11.4	16	3.7	18	1.6	1	1.1	1	15.3	31	0.8	3	0.4	7
ROT DN NGCI Salad Rump Steak	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ROT DN 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	23	1.2	20
ROT DN Wholegrain Mustard Potato Salad	264.4	13	1111.4	13	11.6	17	1.0	5	36.0	14	6.6	7	5.1	10	5.1	21	1.2	20
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 Thai Sweet Chilli Slaw	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 DN Roasted Vegetables	70.3	4	297.9	4	1.4	2	0.2	1	12.9	5	8.8	10	2.1	4	4.3	18	0.1	2
ROT DN Rotisserie Chicken Half	884.2	44	3671.7	44	60.6	87	16.8	84	0.4	0	0.0	0	83.5	167	0.3	1	2.3	39
ROT DN NGCI Rotisserie Chicken Half	868.9	43	3608.2	43	59.5	85	16.5	83	0.4	0	0.0	0	82.1	164	0.3	1	2.3	38
ROT DN Rotisserie Chicken Whole	1725.1	86	7163.9	85	118.2	169	32.8	164	0.8	0	0.0	0	163.0	326	0.5	2	4.6	76
ROT DN NGCI Rotisserie Chicken Whole	1704.7	85	7079.2	84	116.8	167	32.5	162	0.8	0	0.0	0	161.0	322	0.5	2	4.5	75
ROT DN 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 DN Piri Piri Sauce (Batch)	1362.5	68	5600.0	67	125.0	179	8.6	43	26.3	10	21.3	24	7.5	15	27.5	115	45.0	750
ROT DN Hunter's (Batch)	476.4	24	1995.9	24	22.1	32	13.0	65	43.6	17	41.0	46	23.4	47	1.1	5	5.0	83
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 Thai Sweet Chilli Slaw	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 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	1.6	1	1.1	1	0.5	1	0.9	4	0.0	0
ROT DN Roasted Vegetables	70.3	4	297.9	4	1.4	2	0.2	1	12.9	5	8.8	10	2.1	4	4.3	18	0.1	2
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 Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
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 Cous Cous Sunshine (Batch)	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
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

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 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 Sirloin 8oz Under 600	580.6	29	2414.9	29	40.2	57	14.2	71	3.8	1	3.2	4	50.7	101	2.7	11	1.4	23
ROT DN NGCI Steak Sirloin 8oz Under 600	580.6	29	2414.9	29	40.2	57	14.2	71	3.8	1	3.2	4	50.7	101	2.7	11	1.4	23
ROT DN Steak Rump 8oz	956.6	48	3993.5	48	55.0	79	15.8	79	57.4	22	3.0	3	55.1	110	7.8	32	2.3	39
ROT DN NGCI Steak Rump 8oz	956.6	48	3993.5	48	55.0	79	15.8	79	57.4	22	3.0	3	55.1	110	7.8	32	2.3	39
ROT DN Steak Rump 8oz Under 550	523.9	26	2181.9	26	34.6	49	11.3	57	3.8	1	3.2	4	49.1	98	2.7	11	1.3	22
ROT DN NGCI Steak Rump 8oz Under 550	523.9	26	2181.9	26	34.6	49	11.3	57	3.8	1	3.2	4	49.1	98	2.7	11	1.3	22
ROT DN Steak British Ribeye 10oz	1571.7	79	6545.0	78	102.0	146	30.7	154	76.2	29	7.3	8	82.3	165	11.2	47	2.6	43
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 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	1242.6	62	5203.1	62	62.7	90	19.2	96	125.0	48	52.9	59	41.1	82	10.6	44	4.0	66
ROT DN Sticky BBQ Baby Back Ribs 16oz Whole Rack	1931.7	97	8094.0	96	95.6	137	32.8	164	190.2	73	101.2	112	74.6	149	13.5	56	6.6	110
ROT DN Chicken & Steak	1778.1	89	7405.2	88	111.3	159	31.5	157	57.7	22	3.0	3	132.7	265	8.0	33	4.5	75
ROT DN NGCI Chicken & Steak	1778.1	89	7405.2	88	111.3	159	31.5	157	57.7	22	3.0	3	132.7	265	8.0	33	4.5	75
ROT DN Steak Gammon 10oz	1206.8	60	5057.7	60	52.2	75	13.1	65	73.9	28	14.6	16	105.1	210	11.9	50	8.7	145
ROT DN NGCI Steak Gammon 10oz	1206.8	60	5057.7	60	52.2	75	13.1	65	73.9	28	14.6	16	105.1	210	11.9	50	8.7	145
ROT DN Steak Gammon 10oz (Lunch Time)	1050.7	53	4411.4	53	37.9	54	10.6	53	73.9	28	14.4	16	98.0	196	11.9	50	8.5	142
ROT DN NGCI Steak Gammon 10oz (Lunch Time)	1050.7	53	4411.4	53	37.9	54	10.6	53	73.9	28	14.4	16	98.0	196	11.9	50	8.5	142
ROT DN Burger Bacon & Cheddar Cheese	1242.0	62	5203.3	62	56.7	81	17.2	86	114.8	44	8.1	9	65.5	131	10.7	45	5.8	97
ROT DN Burger Bacon & Cheddar Cheese XL	1471.5	74	6170.6	73	63.3	90	19.7	99	122.2	47	8.2	9	100.5	201	10.9	45	7.3	121
ROT DN Burger Buttermilk Chicken	1539.0	77	6434.3	77	82.3	118	25.9	130	134.5	52	10.1	11	62.0	124	10.6	44	6.7	111
ROT DN Burger Buttermilk Chicken XL	2028.9	101	8476.7	101	113.0	161	36.9	184	157.3	61	11.3	13	92.0	184	10.6	44	8.2	137
ROT DN Burger Classic Chicken	1329.4	66	5559.8	66	68.4	98	18.5	93	129.7	50	9.2	10	45.6	91	10.6	44	4.0	67
ROT DN Burger Classic Chicken XL	1819.2	91	7602.0	91	99.1	142	29.5	147	152.5	59	10.4	12	75.6	151	10.6	44	5.5	92
ROT DN Burger Classic Beef	1069.1	53	4484.8	53	44.3	63	10.1	51	114.3	44	8.1	9	50.6	101	10.7	45	3.9	65
ROT DN Burger Classic Beef XL	1298.6	65	5452.1	65	50.9	73	12.7	64	121.7	47	8.2	9	85.6	171	10.9	45	5.4	89
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 Burger Lamb & Mint XL	1496.3	75	6267.5	75	94.5	135	23.8	119	130.2	50	11.5	13	67.6	135	10.7	45	6.7	111
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	8437.3	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 Classic Plant Based	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

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 Burger Classic Plant Based XL	1336.8	67	5598.9	67	64.6	92	9.6	48	129.1	50	11.8	13	54.7	109	16.0	67	4.7	79
ROT DN Burger Classic Plant Based VGN	1079.0	54	4521.6	54	47.5	68	8.3	42	123.8	48	15.0	17	35.1	70	13.3	56	3.8	63
ROT DN Burger Classic Plant Based VGN XL	1327.6	66	5562.3	66	61.0	87	9.3	47	134.9	52	16.9	19	54.7	109	16.1	67	4.9	82
ROT DN Burger Bologna	1174.0	59	4921.6	59	51.0	73	9.1	45	134.2	52	18.3	20	39.8	80	15.5	64	4.6	76
ROT DN Burger Bologna XL	1422.6	71	5962.3	71	64.5	92	10.1	50	145.3	56	20.2	22	59.3	119	18.2	76	5.7	95
ROT DN Burger Chicken Fajita	1145.2	57	4785.5	57	65.3	93	12.6	63	111.6	43	11.5	13	31.3	63	12.1	50	3.4	56
ROT DN Burger Chicken Fajita XL	1276.0	64	5332.7	63	76.1	109	15.6	78	111.8	43	11.5	13	46.1	92	12.1	50	3.8	63
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 Burger Classic Rotisserie Chicken	970.4	49	4064.7	48	48.4	69	10.6	53	107.0	41	8.0	9	30.4	61	10.6	44	2.9	48
ROT DN Burger Classic Rotisserie Chicken XL	1101.2	55	4611.9	55	59.2	85	13.6	68	107.2	41	8.0	9	45.3	91	10.7	44	3.3	55
ROT DN Sunday Beef	1136.9	57	4744.5	56	63.1	90	14.8	74	87.1	34	26.8	30	52.4	105	16.3	68	4.4	73
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	706.6	35	2946.1	35	42.7	61	8.9	44	51.0	20	15.9	18	29.0	58	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 Beef Large	1527.6	76	6368.7	76	92.0	131	22.4	112	97.9	38	28.4	32	74.8	150	16.8	70	4.7	79
ROT DN Sunday Pork	1243.1	62	5193.8	62	67.4	96	17.1	86	104.7	40	31.7	35	51.7	103	16.2	67	4.7	78
ROT DN NGCI Sunday Pork	972.0	49	4062.4	48	50.2	72	14.3	72	81.1	31	29.7	33	44.7	89	15.0	62	3.8	63
ROT DN Sunday Pork Kids	741.8	37	3098.5	37	41.6	59	9.8	49	62.2	24	20.6	23	28.4	57	8.4	35	2.5	41
ROT DN NGCI Sunday Pork Kids	504.2	25	2108.8	25	25.1	36	7.2	36	45.0	17	18.8	21	22.4	45	7.5	31	1.9	31
ROT DN Sunday Pork Large	1738.5	87	7256.7	86	102.3	146	26.1	131	128.3	49	33.7	37	74.7	149	17.4	72	5.8	96
ROT DN Sunday Chicken	1615.7	81	6740.1	80	88.1	126	20.3	101	105.0	40	32.6	36	97.1	194	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	927.8	46	3870.3	46	52.0	74	11.4	57	62.3	24	21.4	24	51.2	102	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 Chicken Large	2297.5	115	9577.2	114	133.4	191	30.9	154	128.8	50	34.6	38	142.9	286	17.9	74	8.5	142
ROT DN Sunday Mixed Roast	1856.2	93	7736.8	92	113.1	162	26.7	133	110.9	43	28.8	32	97.1	194	17.6	73	6.4	107
ROT DN NGCI Sunday Mixed Roast	1381.1	69	5757.4	69	80.0	114	21.4	107	76.6	29	25.3	28	85.0	170	15.9	66	5.2	87
ROT DN Sunday Veggie Roast	1522.8	76	6361.0	76	81.9	117	28.9	144	163.8	63	34.5	38	29.6	59	21.8	91	6.5	109
ROT DN VGN Sunday Veggie Roast	1310.9	66	5479.7	65	65.6	94	26.4	132	152.1	59	32.9	37	24.4	49	21.1	88	6.2	104
ROT DN Sunday Veggie Roast Kids	591.6	30	2474.4	29	28.1	40	5.1	26	53.6	21	13.9	15	27.5	55	12.5	52	3.1	52
ROT DN VGN Sunday Veggie Roast Kids	383.6	19	1609.6	19	12.0	17	2.6	13	42.3	16	12.3	14	22.3	45	11.9	50	2.8	47
ROT DN Sunday Lamb Shank	1487.5	74	6229.8	74	74.4	106	23.4	117	112.7	43	46.7	52	87.5	175	17.0	71	6.3	104

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	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 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 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 DN House Salad	53.9	3	223.6	3	3.9	6	0.7	3	3.2	1	2.3	3	1.1	2	1.8	7	0.0	1
ROT DN Cauliflower Cheese	354.7	18	1475.0	18	24.8	35	15.4	77	14.7	6	1.7	2	18.1	36	1.5	6	2.2	36
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 Thai Sweet Chilli Slaw	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 DN Pigs in Blankets x6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
ROT DN 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 DN Crispy Onion Cluster	294.4	15	1223.1	15	21.4	31	2.8	14	18.8	7	4.3	5	4.9	10	3.5	14	0.3	5
ROT DN Chicken Gravy	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 DN Gravy	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 DN Roasted Vegetables	70.3	4	297.9	4	1.4	2	0.2	1	12.9	5	8.8	10	2.1	4	4.3	18	0.1	2
ROT DN Side Vegetables	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 Sauteed Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
ROT DN Cheesy Garlic Ciabatta	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
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 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 Poppadum	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
ROT DN Poppadums & Dips	346.8	17	1463.8	17	8.1	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
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 Loaded Chips Cheese & Bacon	748.7	37	3123.8	37	44.3	63	17.8	89	56.2	22	0.9	1	28.4	57	6.0	25	3.5	58
ROT DN Bread & Butter Brown	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 DN Bread & Butter White	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 DN NGCI Bread & 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 DN Peppercorn Sauce	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
ROT DN Rotisserie Chicken Wings x2	297.6	15	1239.8	15	19.1	27	5.4	27	0.1	0	0.0	0	31.3	63	0.1	0	0.6	10
ROT DN Extra Sunday Beef	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
ROT DN Extra Sunday Chicken	410.8	21	1705.8	20	28.1	40	7.8	39	0.2	0	0.0	0	38.8	78	0.1	1	1.1	18
ROT DN Extra Sunday Pork	224.2	11	931.2	11	17.8	25	6.2	31	0.0	0	0.0	0	16.1	32	0.0	0	0.2	3
ROT DN Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
ROT DN Stuffing	201.2	10	850.1	10	3.8	5	1.0	5	38.6	15	1.2	1	5.4	11	2.1	9	1.9	32
ROT DN Wholegrain Mustard Potato Salad	264.4	13	1111.4	13	11.6	17	1.0	5	36.0	14	6.6	7	5.1	10	5.1	21	1.2	20

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 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 Loaded Chips Pizza	725.0	36	3027.2	36	42.2	60	16.8	84	62.3	24	5.0	6	21.9	44	7.3	30	2.9	48
ROT DN Extra Smoky Cheese Sauce	155.3	8	648.8	8	11.3	16	7.3	36	4.6	2	0.0	0	8.3	17	0.2	1	0.9	15
ROT DN 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	23	1.2	20
ROT DN 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 DN Pineapple	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
ROT DN Cheese Brie	85.4	4	354.2	4	7.0	10	4.9	25	0.3	0	0.3	0	5.3	11	0.0	0	0.4	7
ROT DN Cream	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
ROT DN 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 DN 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 DN Ice Cream Scoop Chocolate	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
ROT DN Ice Cream Scoop Strawberry	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
ROT DN Ice Cream Scoop Vanilla	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
ROT DN Peas	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 DN Extra Beef Burgers	229.5	11	967.3	12	6.6	9	2.6	13	7.4	3	0.1	0	35.0	70	0.2	1	1.4	24
ROT DN 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 DN Veggie Sausage	72.0	4	302.0	4	2.4	3	0.9	4	3.4	1	0.7	1	8.1	16	2.3	9	0.6	9
ROT DN 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 DN 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 DN Cheese Monterey Jack	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
ROT DN Cheese Stilton	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 DN Garlic Mushroom Sauce	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 Piri Piri Sauce 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 DN Diane Sauce	75.8	4	318.8	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
ROT DN Red Hot Chilli Pepper Sauce 112g	126.6	6	536.5	6	0.9	1	0.1	1	27.1	10	20.2	22	1.0	2	3.4	14	5.6	93
ROT DN Satay Sauce	203.0	10	845.0	10	17.0	24	8.7	44	8.2	3	4.2	5	4.0	8	1.3	5	1.4	23
ROT DN Sweet Chilli Sauce 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 DN Buffalo Sauce 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 DN BBQ Sauce 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 DN 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 DN Cheddar Cheese	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
ROT DN Custard	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 DN Grilled Mushroom	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

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 Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
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 Baked Beans	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 DN Fried Egg x1	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
ROT DN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
ROT DN 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 DN Avocado	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 DN Cherry Tomatoes	11.3	1	47.5	1	0.3	0	0.1	0	1.9	1	1.9	2	0.5	1	0.8	3	0.0	0
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 Hash Browns x3	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 DN Ice Cream Scoop Vegan	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 DN Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
ROT DN 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 DN Bolognese	95.0	5	400.0	5	3.5	5	0.8	4	10.4	4	3.3	4	4.6	9	2.1	9	0.8	13
ROT DN 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 DN Smoked Cheese	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 DN Cheese Feta	140.5	7	588.5	7	11.7	17	8.3	42	1.6	1	0.2	0	7.4	15	0.0	0	0.8	14
ROT DN 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 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
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 Loaded Chips Cheese & Bacon Upgrade	289.1	14	1200.4	14	21.9	31	13.0	65	1.1	0	0.1	0	21.8	44	0.0	0	2.5	41
ROT DN Loaded Chips Pizza Upgrade	265.4	13	1103.8	13	19.9	28	11.9	60	7.2	3	4.2	5	15.4	31	1.3	5	1.9	32
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 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 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 Sundae Keep it Simple	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
ROT DN NGCI Sundae Keep it Simple	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
ROT DN Sundae Keep it Simple Vegan	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 DN NGCI Sundae Keep it Simple Vegan	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 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

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 DN Sundae Berry Citrus NEW	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN NGCI Sundae Berry Citrus	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN VGN Sundae Berry Citrus	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 DN NGCI Sundae Berry Citrus Vegan	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 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 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 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 Cheese and Biscuits	665.9	33	2780.2	33	43.0	61	23.9	120	43.5	17	18.9	21	25.0	50	2.8	12	2.2	37
ROT DN Christmas Pudding	389.8	19	1647.0	20	7.1	10	4.4	22	75.6	29	33.8	38	4.0	8	4.1	17	0.3	4
ROT DN Brunch Smashed Avocado on Toast	425.7	21	1774.6	21	26.8	38	6.7	34	29.6	11	3.6	4	15.2	30	7.0	29	1.1	18
ROT DN Brunch Smashed Avocado on Toast Bacon	534.0	27	2226.0	27	32.3	46	8.8	44	28.7	11	2.7	3	30.6	61	6.6	28	3.9	65
ROT DN Brunch Smashed Avocado on Toast Vegan	347.3	17	1446.4	17	21.7	31	5.3	26	28.7	11	2.5	3	7.9	16	6.6	28	0.8	13
ROT DN Brunch Pancake Stack	665.2	33	2782.6	33	11.2	16	4.7	24	130.8	50	65.8	73	8.7	17	2.2	9	1.0	16
ROT DN Brunch Pancake Stack Kids	334.6	17	1399.8	17	5.6	8	2.4	12	65.9	25	33.4	37	4.4	9	1.1	5	0.5	8
ROT DN Brunch	897.7	45	3747.7	45	48.2	69	11.3	57	81.5	31	7.8	9	31.8	64	11.0	46	3.8	63
ROT DN Brunch Veggie	844.9	42	3530.5	42	41.9	60	9.2	46	77.4	30	7.9	9	35.0	70	14.9	62	2.8	47
ROT DN Brunch Breakfast Big	1312.5	66	5469.5	65	78.6	112	21.4	107	91.6	35	11.2	12	59.7	119	10.8	45	7.0	117
ROT DN Brunch Breakfast Big Veggie	1042.9	52	4348.9	52	59.1	84	14.4	72	71.5	27	9.3	10	52.7	105	17.1	71	3.7	61
ROT DN Brunch Breakfast Big Vegan	820.7	41	3435.0	41	33.5	48	10.4	52	77.0	30	11.5	13	48.1	96	21.1	88	3.8	64
ROT DN Brunch Breakfast Classic	646.1	32	2692.8	32	36.9	53	11.0	55	45.5	18	8.8	10	33.8	68	7.2	30	4.0	66
ROT DN Brunch Breakfast Classic Veggie	493.5	25	2058.5	25	25.8	37	6.9	35	32.6	13	7.5	8	30.6	61	11.1	46	2.1	35
ROT DN Brunch Breakfast Classic Vegan	409.4	20	1714.1	20	14.0	20	5.3	26	36.0	14	7.9	9	31.6	63	13.4	56	2.5	41
ROT DN Brunch Breakfast Kids	459.4	23	1911.5	23	28.5	41	7.7	38	26.1	10	4.4	5	24.2	48	4.0	17	2.8	47
ROT DN Brunch Breakfast Kids Veggie	406.5	20	1694.2	20	22.3	32	5.5	28	22.1	8	4.4	5	27.4	55	7.9	33	1.8	31
ROT DN Brunch Breakfast Kids Vegan	300.7	15	1257.1	15	11.0	16	4.3	21	27.1	10	4.4	5	20.9	42	8.5	36	1.8	29
ROT DN Brunch Breakfast Buttie Bacon	430.7	22	1811.4	22	10.9	16	4.0	20	50.4	19	1.0	1	33.1	66	3.1	13	5.2	87
ROT DN Brunch Breakfast Buttie Black Pudding	460.2	23	1935.5	23	12.2	17	4.7	23	68.0	26	3.9	4	22.3	45	3.1	13	2.8	47
ROT DN Brunch Breakfast Buttie Fried Eggs	572.9	29	2394.1	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.1	13	1.4	24
ROT DN Brunch Breakfast Buttie Sausage	681.3	34	2855.0	34	27.5	39	9.3	46	82.9	32	5.0	6	24.9	50	5.0	21	3.0	51
ROT DN Brunch Breakfast Buttie Sausage Veggie	476.7	24	2007.2	24	9.8	14	3.4	17	60.5	23	3.1	3	33.8	68	9.9	41	2.7	45

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 Brunch Eggs Your Way	573.2	29	2395.3	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.2	13	1.4	24
ROT DN KID Garlic Ciabatta Starter	124.8	6	523.7	6	5.0	7	1.8	9	17.1	7	3.2	4	2.5	5	1.5	6	0.4	7
ROT DN KID Corn on the Cob Starter	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 DN KID Nachos Starter	242.0	12	1008.7	12	14.5	21	6.4	32	18.4	7	2.1	2	8.7	17	1.4	6	1.1	18
ROT DN KID Salad Sticks Starter	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
ROT DN KID Burger Rotisserie Chicken	490.6	25	2060.2	25	19.0	27	4.4	22	63.1	24	7.7	9	16.5	33	7.4	31	1.1	19
ROT DN KID Crispy Dippers	608.8	30	2535.8	30	37.2	53	8.7	43	50.2	19	5.1	6	15.1	30	5.8	24	1.2	20
ROT DN KID Gammon Steak	683.2	34	2864.5	34	26.6	38	7.0	35	53.1	20	4.9	5	53.0	106	9.5	40	4.7	79
ROT DN KID Burger Bar Beef	550.8	28	2315.8	28	17.8	25	4.4	22	66.7	26	7.7	9	27.8	56	7.5	31	1.7	28
ROT DN KID Super Pork Sausages	577.5	29	2411.9	29	29.8	43	8.5	43	58.2	22	7.3	8	15.7	31	6.6	27	1.8	31
ROT DN KID Super Veggie Sausage	441.1	22	1846.7	22	18.0	26	4.6	23	43.3	17	6.0	7	21.6	43	9.8	41	1.6	27
ROT DN KID Fish Fingers	555.3	28	2318.2	28	29.3	42	6.1	31	53.3	21	5.6	6	16.4	33	6.2	26	1.2	20
ROT DN KID Burger Bar Crispy Buttermilk Chicken Goujons	762.6	38	3193.7	38	35.0	50	10.4	52	78.2	30	8.5	9	30.3	61	7.4	31	2.0	33
ROT DN KID Cheesy Tomato Pasta	514.9	26	2158.0	26	19.7	28	5.0	25	67.2	26	9.7	11	13.9	28	7.0	29	1.6	26
ROT DN KID Tacos Rotisserie Chicken	593.7	30	2484.1	30	29.5	42	10.5	53	61.9	24	16.4	18	20.7	41	4.8	20	2.6	43
ROT DN KID Tacos Buttermilk Chicken Goujons	865.7	43	3617.6	43	45.4	65	16.6	83	77.0	30	17.2	19	34.5	69	4.7	20	3.5	58
ROT DN KID Tacos Vegan	461.2	23	1935.2	23	15.9	23	3.4	17	68.6	26	22.8	25	8.5	17	7.4	31	2.0	33
ROT DN KID Tacos Veggie	577.4	29	2417.1	29	25.4	36	9.4	47	69.1	27	22.8	25	15.5	31	7.4	31	2.5	41
ROT DN KID Burger Bar Veggie	515.6	26	2167.2	26	16.3	23	3.7	19	69.0	27	8.9	10	19.2	38	9.6	40	1.4	24
ROT DN KID Ice Cream Sundae	206.8	10	867.5	10	8.3	12	4.1	21	28.4	11	21.9	24	4.5	9	-	-	0.2	3
ROT DN KID Jelly & Ice Cream	89.9	4	374.4	4	4.0	6	2.0	10	11.2	4	10.0	11	2.0	4	0.1	0	0.3	4
ROT DN KID Chocolate Brownie	353.0	18	1467.4	17	18.9	27	4.4	22	39.8	15	27.2	30	5.2	10	1.5	6	0.4	7
ROT DN KID Donut Dippers	267.0	13	1117.1	13	13.0	19	6.8	34	35.4	14	17.1	19	3.2	6	-	-	0.4	7
ROT DN KID Ice Cream Sundae Vegan	187.2	9	783.0	9	8.1	12	7.0	35	23.6	9	15.7	17	0.9	2	-	-	0.0	0
ROT DN KID Jam Roly Poly	306.4	15	1287.8	15	13.2	19	8.8	44	42.5	16	26.0	29	4.9	10	0.7	3	0.3	6
ROT DN 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 DN KID Extra Salad Sticks	16.5	1	68.3	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
ROT DN KID Mini Potato Waffles	190.0	9	791.8	9	11.0	16	1.5	8	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
ROT DN 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 DN KID Mash	140.3	7	586.0	7	4.9	7	3.2	16	20.5	8	1.4	2	2.1	4	2.7	11	0.4	7
ROT DN KID Peas	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 DN KID Baked Beans	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

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 KID Carrots	29.7	1	123.9	1	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	0.2	3
ROT DN KID Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
ROT DN KID Chips	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
ROT DN KID Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
ROT DN KID Cheese	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
ROT DN Curry Rotisserie Chicken Jalfrezi	1278.1	64	5372.8	64	42.4	61	5.5	27	188.4	72	31.9	35	39.0	78	15.3	64	5.5	91
ROT DN NGCI Curry Rotisserie Chicken Jalfrezi	965.2	48	4057.1	48	34.5	49	4.9	24	136.4	52	28.7	32	33.1	66	10.5	44	5.3	88
ROT DN Curry Vegetable Jalfrezi	1169.1	58	4916.8	59	33.4	48	3.0	15	188.3	72	31.9	35	26.6	53	15.3	64	5.1	85
ROT DN NGCI Curry Vegetable Jalfrezi	856.2	43	3601.2	43	25.5	36	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
ROT DN Curry Beef Madras	1247.3	62	5250.0	62	37.2	53	7.7	39	179.8	69	30.5	34	44.6	89	13.6	57	5.3	89
ROT DN NGCI Curry Beef Madras	934.4	47	3934.4	47	29.3	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
ROT DN Curry Rotisserie Chicken Bhuna	1107.1	55	4664.4	56	32.3	46	4.4	22	173.2	67	26.4	29	35.8	72	11.5	48	4.8	80
ROT DN NGCI Curry Rotisserie Chicken Bhuna	794.2	40	3348.8	40	24.4	35	3.8	19	121.3	47	23.2	26	29.9	60	6.7	28	4.6	77
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
ROT DN Cambodian Veg Curry	631.1	32	2663.1	32	9.6	14	3.9	20	107.8	41	11.9	13	21.6	43	8.4	35	3.7	61
ROT DN NGCI Cambodian Veg Curry	631.1	32	2663.1	32	9.6	14	3.9	20	107.8	41	11.9	13	21.6	43	8.4	35	3.7	61
ROT DN Cambodian Veg Curry W/ Chicken	740.1	37	3119.1	37	18.5	26	6.4	32	107.9	41	11.9	13	34.0	68	8.4	35	4.0	67
ROT DN NGCI Cambodian Veg Curry W/ Chicken	740.1	37	3119.1	37	18.5	26	6.4	32	107.9	41	11.9	13	34.0	68	8.4	35	4.0	67
ROT DN VGN Cambodian Veg Curry	595.9	30	2512.4	30	10.0	14	4.1	21	101.9	39	11.7	13	17.4	35	8.7	36	3.0	51
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 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 Greens and Pepper Salad FP	233.1	12	965.7	11	19.3	28	2.1	11	9.6	4	8.7	10	4.8	10	3.0	12	0.1	2
ROT DN Extra Cheese Halloumi 100g - Lunch Menu	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 DN Wiltshire Ham and Eggs FP	921.4	46	3844.4	46	54.0	77	11.6	58	61.0	23	12.8	14	43.7	87	5.8	24	7.1	118
ROT DN NGCI Wiltshire Ham and Eggs FP	921.4	46	3844.4	46	54.0	77	11.6	58	61.0	23	12.8	14	43.7	87	5.8	24	7.1	118
ROT DN Ploughmans Lunch FP	838.8	42	3502.6	42	50.8	73	28.2	141	61.1	24	14.7	16	32.8	66	4.8	20	3.7	62
ROT DN Steak and Chips FP	912.8	46	3809.2	45	53.8	77	14.6	73	55.3	21	1.2	1	48.8	98	6.1	25	2.5	42
ROT DN NGCI Steak and Chips FP	912.8	46	3809.2	45	53.8	77	14.6	73	55.3	21	1.2	1	48.8	98	6.1	25	2.5	42
ROT DN Fish and Chips FP	760.5	38	3185.3	38	29.9	43	5.5	28	81.2	31	7.3	8	35.3	71	11.1	46	2.5	41
ROT DN Burrito FP	1229.7	61	5147.0	61	47.2	67	15.2	76	146.9	56	12.3	14	38.9	78	31.8	132	3.9	65
ROT DN Burrito Vegan FP	1113.5	56	4665.2	56	37.6	54	9.2	46	146.4	56	12.3	14	31.9	64	31.8	132	3.4	57

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 DN Apple Pie FP	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 VGN Apple Pie FP	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 Cookie Cup - FP	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 Mediterannean Salad	280.4	14	1173.7	14	13.9	20	4.0	20	21.8	8	11.9	13	4.4	9	6.3	26	3.1	52
ROT DN Cheese Feta Salad Topper	281.0	14	1177.0	14	23.3	33	16.7	83	3.1	1	0.3	0	14.7	29	0.0	0	1.7	28
ROT DN Pulled Rotisserie Chicken Salad Topper	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
ROT DN Rump Steak Salad Topper	77.8	4	323.8	4	5.2	7	1.8	9	0.0	0	0.0	0	7.7	15	0.0	0	0.2	4
ROT DN Sunday Roast Beef	960.7	48	4004.1	48	58.5	84	18.4	92	66.2	25	24.2	27	45.0	90	14.6	61	3.6	60
ROT DN NGCI Sunday Roast Beef	756.7	38	3156.1	38	42.6	61	15.9	80	55.4	21	22.6	25	39.9	80	14.1	59	3.3	56
ROT DN Sunday Roast Beef Child	542.6	27	2260.8	27	33.4	48	9.0	45	37.8	15	9.1	10	24.5	49	6.1	26	1.7	28
ROT DN NGCI Sunday Roast Beef Child	338.6	17	1412.7	17	17.5	25	6.5	33	27.0	10	7.5	8	19.3	39	5.6	24	1.4	24
ROT DN Sunday Roast Pork Leg	1339.2	67	5565.8	66	94.6	135	29.7	149	71.2	27	26.2	29	53.1	106	15.6	65	3.3	54
ROT DN NGCI Sunday Roast Pork Leg	721.7	36	3010.7	36	39.6	57	14.0	70	57.3	22	21.7	24	36.5	73	14.2	59	2.3	38
ROT DN Sunday Roast Pork Leg Child	952.8	48	3953.9	47	72.8	104	21.5	108	41.0	16	12.0	13	34.5	69	7.1	29	2.5	41
ROT DN NGCI Sunday Roast Pork Leg Child	452.5	23	1889.6	22	22.2	32	7.2	36	45.2	17	13.7	15	20.1	40	10.7	44	1.7	29
ROT DN Sunday Roast Pork & Beef	1711.5	86	7113.2	85	121.4	173	39.6	198	70.8	27	27.1	30	86.3	173	15.8	66	4.2	70
ROT DN NGCI Sunday Roast Pork & Beef	1094.0	55	4557.7	54	66.3	95	23.9	119	56.9	22	22.6	25	69.6	139	14.5	60	3.2	53
ROT DN Sunday Roast Chicken	1500.5	75	6244.4	74	94.2	135	26.6	133	72.4	28	30.0	33	92.6	185	15.4	64	4.7	78
ROT DN NGCI Sunday Roast Chicken	1197.4	60	4986.6	59	70.4	101	21.4	107	58.6	23	25.5	28	84.2	168	14.1	59	4.0	67
ROT DN Sunday Roast Chicken Child	510.2	26	2125.7	25	33.2	47	8.1	40	39.5	15	10.7	12	17.4	35	6.2	26	2.1	35
ROT DN NGCI Sunday Roast Chicken Child	214.0	11	896.5	11	9.5	14	3.0	15	26.9	10	7.3	8	9.0	18	5.5	23	1.4	24
ROT DN Sunday Mushroom Parsnip & Hazelnut Tart	1148.9	57	4782.6	57	72.4	103	29.1	146	101.3	39	24.0	27	26.5	53	18.3	76	3.4	57
ROT DN Sunday Roast Lamb	884.3	44	3692.5	44	50.9	73	16.7	83	67.9	26	25.5	28	41.2	82	14.8	62	3.2	53
ROT DN NGCI Sunday Roast Lamb	680.2	34	2844.5	34	35.0	50	14.2	71	57.2	22	23.9	27	36.0	72	14.3	60	2.9	49
ROT DN Sunday Roast Lamb Child	516.8	26	2153.8	26	31.3	45	8.4	42	38.0	15	9.2	10	22.5	45	6.3	26	1.8	29
ROT DN NGCI Sunday Roast Lamb Child	430.0	21	1796.7	21	19.9	28	7.3	37	45.3	17	13.8	15	19.7	39	10.7	45	1.7	29

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 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	398.1	20	1666.5	20	22.2	32	5.3	27	33.0	13	7.0	8	16.9	34	3.4	14	2.7	45
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	17	2.5	41
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 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 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 DN Cheesy Garlic Ciabatta Starter	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
ROT DN Beer Battered Onion Rings Sharer	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 DN Rotisserie Chicken Wings Sharer x8	1440.2	72	6020.0	72	76.6	109	21.6	108	57.1	22	54.7	61	127.2	254	1.7	7	5.8	96
ROT DN NGCI Rotisserie Chicken Wings Sharer x8	1440.2	72	6020.0	72	76.6	109	21.6	108	57.1	22	54.7	61	127.2	254	1.7	7	5.8	96
ROT DN Rotisserie Chicken Wings Sharer x16	2880.5	144	12040.0	143	153.1	219	43.1	216	114.1	44	109.3	121	254.3	509	3.4	14	11.5	192
ROT DN NGCI Rotisserie Chicken Wings Sharer x16	2880.5	144	12040.3	143	153.1	219	43.1	216	114.1	44	109.3	121	254.3	509	3.4	14	11.5	192
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	4.9	10	4.0	17	1.5	26
ROT DN Bruschetta	382.1	19	1594.1	19	23.1	33	5.8	29	36.6	14	8.6	10	5.8	12	3.3	14	0.6	10
ROT DN Bruschetta Prosciutto	416.0	21	1735.5	21	25.1	36	6.6	33	36.7	14	8.7	10	9.8	20	-	-	1.5	24
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 Craft Mixed Kefalonia 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	50
ROT DN NGCI Craft Mixed Kefalonia 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	50
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 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 DN Craft Rotisserie Chicken Wings	720.1	36	3010.0	36	38.3	55	10.8	54	28.5	11	27.3	30	63.6	127	0.9	4	2.9	48
ROT DN NGCI Craft Rotisserie Chicken Wings	720.1	36	3010.0	36	38.3	55	10.8	54	28.5	11	27.3	30	63.6	127	0.9	4	2.9	48
ROT DN Craft Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30
ROT DN NGCI Craft Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30
ROT DN 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 DN Craft Red Shrimp Tails	677.9	34	644.7	8	8.4	12	2.6	13	32.6	13	12.0	13	11.9	24	1.4	6	1.6	26

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 Craft Roasted Figs	144.8	7	611.5	7	7.4	11	2.4	12	16.9	7	16.5	18	3.7	7	3.4	14	0.2	3
ROT DN NGCI Craft Roasted Figs	144.8	7	611.5	7	7.4	11	2.4	12	16.9	7	16.5	18	3.7	7	3.4	14	0.2	3
ROT DN Craft Pork Crackling	350.9	18	1452.9	17	31.2	45	10.6	53	9.0	3	7.8	9	8.3	17	0.1	0	0.3	5
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 Melt	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
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 The Classic Club	894.5	45	3752.5	45	37.3	53	8.2	41	105.9	41	3.9	4	38.6	77	8.4	35	4.1	68
ROT DN NGCI Sandwich The Classic Club	783.0	39	3275.4	39	40.5	58	7.5	37	77.5	30	8.8	10	27.1	54	13.7	57	3.5	58
ROT DN Sandwich Beet L T	565.7	28	2380.1	28	15.5	22	3.6	18	89.5	34	12.6	14	15.8	32	9.8	41	1.5	26
ROT DN NGCI Sandwich Beet L T	475.7	24	1995.6	24	16.8	24	3.0	15	68.6	26	14.0	16	7.7	15	12.5	52	1.1	18
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 Beef & Pedigree Ale Lasagne <550	594.8	30	2482.3	30	32.6	47	15.0	75	38.1	15	15.9	18	36.2	72	4.3	18	2.8	47
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 - Signature	1007.3	50	4234.2	50	31.8	45	5.9	29	106.4	41	9.0	10	67.5	135	14.3	59	3.5	59
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
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 VGN Peppered Vegetable Pie	1436.1	72	5998.7	71	75.0	107	29.7	149	157.7	61	22.2	25	27.5	55	21.1	88	5.1	86
ROT DN Beef Casserole	843.1	42	3526.4	42	30.2	43	14.3	72	104.1	40	23.5	26	33.8	68	21.0	88	3.6	60
ROT DN Minted Lamb Shank	1065.0	53	4454.5	53	52.0	74	20.4	102	62.6	24	28.7	32	81.3	163	14.2	59	3.3	55
ROT DN Cod and Crispy Bacon Rarebit	711.8	36	2975.3	35	25.6	37	10.1	51	45.5	18	13.1	15	67.1	134	15.6	65	4.4	73
ROT DN NGCI Cod and Crispy Bacon Rarebit	711.8	36	2975.3	35	25.6	37	10.1	51	45.5	18	13.1	15	67.1	134	15.6	65	4.4	73
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 Cambodian Veg Curry	631.1	32	2663.1	32	9.6	14	3.9	20	107.8	41	11.9	13	21.6	43	8.4	35	3.7	61
ROT DN NGCI Cambodian Veg Curry	631.1	32	2663.1	32	9.6	14	3.9	20	107.8	41	11.9	13	21.6	43	8.4	35	3.7	61
ROT DN Cambodian Veg Curry W/ Chicken	740.1	37	3119.1	37	18.5	26	6.4	32	107.9	41	11.9	13	34.0	68	8.4	35	4.0	67

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN NGCI Cambodian Veg Curry W/ Chicken	740.1	37	3119.1	37	18.5	26	6.4	32	107.9	41	11.9	13	34.0	68	8.4	35	4.0	67
ROT DN VGN Cambodian Veg Curry	595.9	30	2512.4	30	10.0	14	4.1	21	101.9	39	11.7	13	17.4	35	8.7	36	3.0	51
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 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 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 Mediteranean Salad	280.4	14	1173.7	14	13.9	20	4.0	20	21.8	8	11.9	13	4.4	9	6.3	26	3.1	52
ROT DN Cheese Feta Salad Topper	281.0	14	1177.0	14	23.3	33	16.7	83	3.1	1	0.3	0	14.7	29	0.0	0	1.7	28
ROT DN Pulled Rotisserie Chicken Salad Topper	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
ROT DN Rump Steak Salad Topper	77.8	4	323.8	4	5.2	7	1.8	9	0.0	0	0.0	0	7.7	15	0.0	0	0.2	4
ROT DN Rotisserie Chicken Half	884.2	44	3671.7	44	60.6	87	16.8	84	0.4	0	0.0	0	83.5	167	0.3	1	2.3	39
ROT DN NGCI Rotisserie Chicken Half	868.9	43	3608.2	43	59.5	85	16.5	83	0.4	0	0.0	0	82.1	164	0.3	1	2.3	38
ROT DN Rotisserie Chicken Whole	1725.1	86	7163.9	85	118.2	169	32.8	164	0.8	0	0.0	0	163.0	326	0.5	2	4.6	76
ROT DN NGCI Rotisserie Chicken Whole	1704.7	85	7079.2	84	116.8	167	32.5	162	0.8	0	0.0	0	161.0	322	0.5	2	4.5	75
ROT DN Hunter's (Batch)	476.4	24	1995.9	24	22.1	32	13.0	65	43.6	17	41.0	46	23.4	47	1.1	5	5.0	83
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 Thai Sweet Chilli Slaw	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 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	1.6	1	1.1	1	0.5	1	0.9	4	0.0	0
ROT DN Roasted Vegetables	70.3	4	297.9	4	1.4	2	0.2	1	12.9	5	8.8	10	2.1	4	4.3	18	0.1	2
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 Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
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 Cous Cous Sunshine (Batch)	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
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 Sirloin 8oz Under 600	580.6	29	2414.9	29	40.2	57	14.2	71	3.8	1	3.2	4	50.7	101	2.7	11	1.4	23
ROT DN NGCI Steak Sirloin 8oz Under 600	580.6	29	2414.9	29	40.2	57	14.2	71	3.8	1	3.2	4	50.7	101	2.7	11	1.4	23

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 Steak Rump 8oz	956.6	48	3993.5	48	55.0	79	15.8	79	57.4	22	3.0	3	55.1	110	7.8	32	2.3	39
ROT DN NGCI Steak Rump 8oz	956.6	48	3993.5	48	55.0	79	15.8	79	57.4	22	3.0	3	55.1	110	7.8	32	2.3	39
ROT DN Steak Rump 8oz Under 550	523.9	26	2181.9	26	34.6	49	11.3	57	3.8	1	3.2	4	49.1	98	2.7	11	1.3	22
ROT DN NGCI Steak Rump 8oz Under 550	523.9	26	2181.9	26	34.6	49	11.3	57	3.8	1	3.2	4	49.1	98	2.7	11	1.3	22
ROT DN Steak British Ribeye 10oz	1571.7	79	6545.0	78	102.0	146	30.7	154	76.2	29	7.3	8	82.3	165	11.2	47	2.6	43
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 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 Chicken & Steak	1778.1	89	7405.2	88	111.3	159	31.5	157	57.7	22	3.0	3	132.7	265	8.0	33	4.5	75
ROT DN NGCI Chicken & Steak	1778.1	89	7405.2	88	111.3	159	31.5	157	57.7	22	3.0	3	132.7	265	8.0	33	4.5	75
ROT DN Steak Gammon 10oz	1206.8	60	5057.7	60	52.2	75	13.1	65	73.9	28	14.6	16	105.1	210	11.9	50	8.7	145
ROT DN NGCI Steak Gammon 10oz	1206.8	60	5057.7	60	52.2	75	13.1	65	73.9	28	14.6	16	105.1	210	11.9	50	8.7	145
ROT DN Burger Bacon & Cheddar Cheese	1242.0	62	5203.3	62	56.7	81	17.2	86	114.8	44	8.1	9	65.5	131	10.7	45	5.8	97
ROT DN Burger Bacon & Cheddar Cheese XL	1471.5	74	6170.6	73	63.3	90	19.7	99	122.2	47	8.2	9	100.5	201	10.9	45	7.3	121
ROT DN Burger Buttermilk Chicken	1539.0	77	6434.3	77	82.3	118	25.9	130	134.5	52	10.1	11	62.0	124	10.6	44	6.7	111
ROT DN Burger Buttermilk Chicken XL	2028.9	101	8476.7	101	113.0	161	36.9	184	157.3	61	11.3	13	92.0	184	10.6	44	8.2	137
ROT DN Burger Classic Chicken	1329.4	66	5559.8	66	68.4	98	18.5	93	129.7	50	9.2	10	45.6	91	10.6	44	4.0	67
ROT DN Burger Classic Chicken XL	1819.2	91	7602.0	91	99.1	142	29.5	147	152.5	59	10.4	12	75.6	151	10.6	44	5.5	92
ROT DN Burger Classic Beef	1069.1	53	4484.8	53	44.3	63	10.1	51	114.3	44	8.1	9	50.6	101	10.7	45	3.9	65
ROT DN Burger Classic Beef XL	1298.6	65	5452.1	65	50.9	73	12.7	64	121.7	47	8.2	9	85.6	171	10.9	45	5.4	89
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 Burger Lamb & Mint XL	1496.3	75	6267.5	75	94.5	135	23.8	119	130.2	50	11.5	13	67.6	135	10.7	45	6.7	111
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	8437.3	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 Classic Plant Based	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 XL	1336.8	67	5598.9	67	64.6	92	9.6	48	129.1	50	11.8	13	54.7	109	16.0	67	4.7	79
ROT DN Burger Classic Plant Based VGN	1079.0	54	4521.6	54	47.5	68	8.3	42	123.8	48	15.0	17	35.1	70	13.3	56	3.8	63
ROT DN Burger Classic Plant Based VGN XL	1327.6	66	5562.3	66	61.0	87	9.3	47	134.9	52	16.9	19	54.7	109	16.1	67	4.9	82
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 Burger Classic Rotisserie Chicken	970.4	49	4064.7	48	48.4	69	10.6	53	107.0	41	8.0	9	30.4	61	10.6	44	2.9	48
ROT DN Burger Classic Rotisserie Chicken XL	1101.2	55	4611.9	55	59.2	85	13.6	68	107.2	41	8.0	9	45.3	91	10.7	44	3.3	55
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

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 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 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 DN House Salad	53.9	3	223.6	3	3.9	6	0.7	3	3.2	1	2.3	3	1.1	2	1.8	7	0.0	1
ROT DN Cauliflower Cheese	354.7	18	1475.0	18	24.8	35	15.4	77	14.7	6	1.7	2	18.1	36	1.5	6	2.2	36
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 Thai Sweet Chilli Slaw	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 DN Pigs in Blankets x6	332.2	17	1379.8	16	25.7	37	9.2	46	8.7	3	1.2	1	16.5	33	0.6	3	2.3	38
ROT DN 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 DN Crispy Onion Cluster	294.4	15	1223.1	15	21.4	31	2.8	14	18.8	7	4.3	5	4.9	10	3.5	14	0.3	5
ROT DN Chicken Gravy	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 DN Gravy	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 DN Roasted Vegetables	70.3	4	297.9	4	1.4	2	0.2	1	12.9	5	8.8	10	2.1	4	4.3	18	0.1	2
ROT DN Side Vegetables	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 Sauteed Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
ROT DN Cheesy Garlic Ciabatta	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
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 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 Poppadum	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
ROT DN Poppadums & Dips	346.8	17	1463.8	17	8.1	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
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 Loaded Chips Cheese & Bacon	748.7	37	3123.8	37	44.3	63	17.8	89	56.2	22	0.9	1	28.4	57	6.0	25	3.5	58
ROT DN Bread & Butter Brown	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 DN Bread & Butter White	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 DN NGCI Bread & 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 DN Peppercorn Sauce	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
ROT DN Rotisserie Chicken Wings x2	297.6	15	1239.8	15	19.1	27	5.4	27	0.1	0	0.0	0	31.3	63	0.1	0	0.6	10
ROT DN Extra Sunday Beef	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
ROT DN Extra Sunday Chicken	410.8	21	1705.8	20	28.1	40	7.8	39	0.2	0	0.0	0	38.8	78	0.1	1	1.1	18
ROT DN Extra Sunday Pork	224.2	11	931.2	11	17.8	25	6.2	31	0.0	0	0.0	0	16.1	32	0.0	0	0.2	3
ROT DN Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
ROT DN Stuffing	201.2	10	850.1	10	3.8	5	1.0	5	38.6	15	1.2	1	5.4	11	2.1	9	1.9	32
ROT DN Wholegrain Mustard Potato Salad	264.4	13	1111.4	13	11.6	17	1.0	5	36.0	14	6.6	7	5.1	10	5.1	21	1.2	20
ROT DN 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

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 Loaded Chips Pizza	725.0	36	3027.2	36	42.2	60	16.8	84	62.3	24	5.0	6	21.9	44	7.3	30	2.9	48
ROT DN Extra Smoky Cheese Sauce	155.3	8	648.8	8	11.3	16	7.3	36	4.6	2	0.0	0	8.3	17	0.2	1	0.9	15
ROT DN 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	23	1.2	20
ROT DN Pineapple	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
ROT DN Cheese Brie	85.4	4	354.2	4	7.0	10	4.9	25	0.3	0	0.3	0	5.3	11	0.0	0	0.4	7
ROT DN Cream	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
ROT DN 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 DN 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 DN Ice Cream Scoop Chocolate	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
ROT DN Ice Cream Scoop Strawberry	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
ROT DN Ice Cream Scoop Vanilla	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
ROT DN Peas	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 DN Extra Beef Burgers	229.5	11	967.3	12	6.6	9	2.6	13	7.4	3	0.1	0	35.0	70	0.2	1	1.4	24
ROT DN 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 DN Veggie Sausage	72.0	4	302.0	4	2.4	3	0.9	4	3.4	1	0.7	1	8.1	16	2.3	9	0.6	9
ROT DN 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 DN 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 DN Cheese Monterey Jack	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
ROT DN Cheese Stilton	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 DN Garlic Mushroom Sauce	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 Piri Piri Sauce 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 DN Diane Sauce	75.8	4	318.8	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
ROT DN Red Hot Chilli Pepper Sauce 112g	126.6	6	536.5	6	0.9	1	0.1	1	27.1	10	20.2	22	1.0	2	3.4	14	5.6	93
ROT DN Satay Sauce	203.0	10	845.0	10	17.0	24	8.7	44	8.2	3	4.2	5	4.0	8	1.3	5	1.4	23
ROT DN Sweet Chilli Sauce 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 DN Buffalo Sauce 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 DN BBQ Sauce 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 DN 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 DN Cheddar Cheese	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
ROT DN Custard	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 DN Grilled Mushroom	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 DN Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
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

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 Baked Beans	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 DN Fried Egg x1	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
ROT DN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
ROT DN 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 DN Avocado	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 DN Cherry Tomatoes	11.3	1	47.5	1	0.3	0	0.1	0	1.9	1	1.9	2	0.5	1	0.8	3	0.0	0
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 Hash Browns x3	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 DN Ice Cream Scoop Vegan	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 DN Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
ROT DN 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 DN Bolognese	95.0	5	400.0	5	3.5	5	0.8	4	10.4	4	3.3	4	4.6	9	2.1	9	0.8	13
ROT DN 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 DN Smoked Cheese	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 DN Cheese Feta	140.5	7	588.5	7	11.7	17	8.3	42	1.6	1	0.2	0	7.4	15	0.0	0	0.8	14
ROT DN 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 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
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 Loaded Chips Cheese & Bacon Upgrade	289.1	14	1200.4	14	21.9	31	13.0	65	1.1	0	0.1	0	21.8	44	0.0	0	2.5	41
ROT DN Loaded Chips Pizza Upgrade	265.4	13	1103.8	13	19.9	28	11.9	60	7.2	3	4.2	5	15.4	31	1.3	5	1.9	32
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 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 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 Sundae Keep it Simple	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
ROT DN NGCI Sundae Keep it Simple	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	0.3	5
ROT DN Sundae Keep it Simple Vegan	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 DN NGCI Sundae Keep it Simple Vegan	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 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 Sundae Berry Citrus NEW	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN NGCI Sundae Berry Citrus	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5

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 VGN Sundae Berry Citrus	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 DN NGCI Sundae Berry Citrus Vegan	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 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 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 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 Brunch Smashed Avocado on Toast	425.7	21	1774.6	21	26.8	38	6.7	34	29.6	11	3.6	4	15.2	30	7.0	29	1.1	18
ROT DN Brunch Smashed Avocado on Toast Bacon	534.0	27	2226.0	27	32.3	46	8.8	44	28.7	11	2.7	3	30.6	61	6.6	28	3.9	65
ROT DN Brunch Smashed Avocado on Toast Vegan	347.3	17	1446.4	17	21.7	31	5.3	26	28.7	11	2.5	3	7.9	16	6.6	28	0.8	13
ROT DN Brunch Pancake Stack	665.2	33	2782.6	33	11.2	16	4.7	24	130.8	50	65.8	73	8.7	17	2.2	9	1.0	16
ROT DN Brunch Pancake Stack Kids	334.6	17	1399.8	17	5.6	8	2.4	12	65.9	25	33.4	37	4.4	9	1.1	5	0.5	8
ROT DN Brunch	897.7	45	3747.7	45	48.2	69	11.3	57	81.5	31	7.8	9	31.8	64	11.0	46	3.8	63
ROT DN Brunch Veggie	844.9	42	3530.5	42	41.9	60	9.2	46	77.4	30	7.9	9	35.0	70	14.9	62	2.8	47
ROT DN Brunch Breakfast Big	1312.5	66	5469.5	65	78.6	112	21.4	107	91.6	35	11.2	12	59.7	119	10.8	45	7.0	117
ROT DN Brunch Breakfast Big Veggie	1042.9	52	4348.9	52	59.1	84	14.4	72	71.5	27	9.3	10	52.7	105	17.1	71	3.7	61
ROT DN Brunch Breakfast Big Vegan	820.7	41	3435.0	41	33.5	48	10.4	52	77.0	30	11.5	13	48.1	96	21.1	88	3.8	64
ROT DN Brunch Breakfast Classic	646.1	32	2692.8	32	36.9	53	11.0	55	45.5	18	8.8	10	33.8	68	7.2	30	4.0	66
ROT DN Brunch Breakfast Classic Veggie	493.5	25	2058.5	25	25.8	37	6.9	35	32.6	13	7.5	8	30.6	61	11.1	46	2.1	35
ROT DN Brunch Breakfast Classic Vegan	409.4	20	1714.1	20	14.0	20	5.3	26	36.0	14	7.9	9	31.6	63	13.4	56	2.5	41
ROT DN Brunch Breakfast Kids	459.4	23	1911.5	23	28.5	41	7.7	38	26.1	10	4.4	5	24.2	48	4.0	17	2.8	47
ROT DN Brunch Breakfast Kids Veggie	406.5	20	1694.2	20	22.3	32	5.5	28	22.1	8	4.4	5	27.4	55	7.9	33	1.8	31
ROT DN Brunch Breakfast Kids Vegan	300.7	15	1257.1	15	11.0	16	4.3	21	27.1	10	4.4	5	20.9	42	8.5	36	1.8	29
ROT DN Brunch Breakfast Buttie Bacon	430.7	22	1811.4	22	10.9	16	4.0	20	50.4	19	1.0	1	33.1	66	3.1	13	5.2	87
ROT DN Brunch Breakfast Buttie Black Pudding	460.2	23	1935.5	23	12.2	17	4.7	23	68.0	26	3.9	4	22.3	45	3.1	13	2.8	47
ROT DN Brunch Breakfast Buttie Fried Eggs	572.9	29	2394.1	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.1	13	1.4	24
ROT DN Brunch Breakfast Buttie Sausage	681.3	34	2855.0	34	27.5	39	9.3	46	82.9	32	5.0	6	24.9	50	5.0	21	3.0	51
ROT DN Brunch Breakfast Buttie Sausage Veggie	476.7	24	2007.2	24	9.8	14	3.4	17	60.5	23	3.1	3	33.8	68	9.9	41	2.7	45
ROT DN Brunch Eggs Your Way	573.2	29	2395.3	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.2	13	1.4	24
ROT DN KID Garlic Ciabatta Starter	124.8	6	523.7	6	5.0	7	1.8	9	17.1	7	3.2	4	2.5	5	1.5	6	0.4	7
ROT DN KID Corn on the Cob Starter	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 DN KID Nachos Starter	242.0	12	1008.7	12	14.5	21	6.4	32	18.4	7	2.1	2	8.7	17	1.4	6	1.1	18

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 KID Salad Sticks Starter	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
ROT DN KID Burger Rotisserie Chicken	490.6	25	2060.2	25	19.0	27	4.4	22	63.1	24	7.7	9	16.5	33	7.4	31	1.1	19
ROT DN KID Crispy Dippers	608.8	30	2535.8	30	37.2	53	8.7	43	50.2	19	5.1	6	15.1	30	5.8	24	1.2	20
ROT DN KID Gammon Steak	683.2	34	2864.5	34	26.6	38	7.0	35	53.1	20	4.9	5	53.0	106	9.5	40	4.7	79
ROT DN KID Burger Bar Beef	550.8	28	2315.8	28	17.8	25	4.4	22	66.7	26	7.7	9	27.8	56	7.5	31	1.7	28
ROT DN KID Super Pork Sausages	577.5	29	2411.9	29	29.8	43	8.5	43	58.2	22	7.3	8	15.7	31	6.6	27	1.8	31
ROT DN KID Super Veggie Sausage	441.1	22	1846.7	22	18.0	26	4.6	23	43.3	17	6.0	7	21.6	43	9.8	41	1.6	27
ROT DN KID Fish Fingers	555.3	28	2318.2	28	29.3	42	6.1	31	53.3	21	5.6	6	16.4	33	6.2	26	1.2	20
ROT DN KID Burger Bar Crispy Buttermilk Chicken Goujons	762.6	38	3193.7	38	35.0	50	10.4	52	78.2	30	8.5	9	30.3	61	7.4	31	2.0	33
ROT DN KID Cheesy Tomato Pasta	514.9	26	2158.0	26	19.7	28	5.0	25	67.2	26	9.7	11	13.9	28	7.0	29	1.6	26
ROT DN KID Tacos Rotisserie Chicken	593.7	30	2484.1	30	29.5	42	10.5	53	61.9	24	16.4	18	20.7	41	4.8	20	2.6	43
ROT DN KID Tacos Buttermilk Chicken Goujons	865.7	43	3617.6	43	45.4	65	16.6	83	77.0	30	17.2	19	34.5	69	4.7	20	3.5	58
ROT DN KID Tacos Vegan	461.2	23	1935.2	23	15.9	23	3.4	17	68.6	26	22.8	25	8.5	17	7.4	31	2.0	33
ROT DN KID Tacos Veggie	577.4	29	2417.1	29	25.4	36	9.4	47	69.1	27	22.8	25	15.5	31	7.4	31	2.5	41
ROT DN KID Burger Bar Veggie	515.6	26	2167.2	26	16.3	23	3.7	19	69.0	27	8.9	10	19.2	38	9.6	40	1.4	24
ROT DN KID Ice Cream Sundae	206.8	10	867.5	10	8.3	12	4.1	21	28.4	11	21.9	24	4.5	9	-	-	0.2	3
ROT DN KID Jelly & Ice Cream	89.9	4	374.4	4	4.0	6	2.0	10	11.2	4	10.0	11	2.0	4	0.1	0	0.3	4
ROT DN KID Chocolate Brownie	353.0	18	1467.4	17	18.9	27	4.4	22	39.8	15	27.2	30	5.2	10	1.5	6	0.4	7
ROT DN KID Donut Dippers	267.0	13	1117.1	13	13.0	19	6.8	34	35.4	14	17.1	19	3.2	6	-	-	0.4	7
ROT DN KID Ice Cream Sundae Vegan	187.2	9	783.0	9	8.1	12	7.0	35	23.6	9	15.7	17	0.9	2	-	-	0.0	0
ROT DN KID Jam Roly Poly	306.4	15	1287.8	15	13.2	19	8.8	44	42.5	16	26.0	29	4.9	10	0.7	3	0.3	6
ROT DN 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 DN KID Extra Salad Sticks	16.5	1	68.3	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
ROT DN KID Mini Potato Waffles	190.0	9	791.8	9	11.0	16	1.5	8	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
ROT DN 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 DN KID Mash	140.3	7	586.0	7	4.9	7	3.2	16	20.5	8	1.4	2	2.1	4	2.7	11	0.4	7
ROT DN KID Peas	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 DN KID Baked Beans	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 DN KID Carrots	29.7	1	123.9	1	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	0.2	3
ROT DN KID Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
ROT DN KID Chips	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
ROT DN KID Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	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 DN KID Cheese	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
ROT DN Curry Rotisserie Chicken Jalfrezi	1278.1	64	5372.8	64	42.4	61	5.5	27	188.4	72	31.9	35	39.0	78	15.3	64	5.5	91
ROT DN NGCI Curry Rotisserie Chicken Jalfrezi	965.2	48	4057.1	48	34.5	49	4.9	24	136.4	52	28.7	32	33.1	66	10.5	44	5.3	88
ROT DN Curry Vegetable Jalfrezi	1169.1	58	4916.8	59	33.4	48	3.0	15	188.3	72	31.9	35	26.6	53	15.3	64	5.1	85
ROT DN NGCI Curry Vegetable Jalfrezi	856.2	43	3601.2	43	25.5	36	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
ROT DN Curry Beef Madras	1247.3	62	5250.0	62	37.2	53	7.7	39	179.8	69	30.5	34	44.6	89	13.6	57	5.3	89
ROT DN NGCI Curry Beef Madras	934.4	47	3934.4	47	29.3	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
ROT DN Curry Rotisserie Chicken Bhuna	1107.1	55	4664.4	56	32.3	46	4.4	22	173.2	67	26.4	29	35.8	72	11.5	48	4.8	80
ROT DN NGCI Curry Rotisserie Chicken Bhuna	794.2	40	3348.8	40	24.4	35	3.8	19	121.3	47	23.2	26	29.9	60	6.7	28	4.6	77
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
ROT DN Cambodian Veg Curry	631.1	32	2663.1	32	9.6	14	3.9	20	107.8	41	11.9	13	21.6	43	8.4	35	3.7	61
ROT DN NGCI Cambodian Veg Curry	631.1	32	2663.1	32	9.6	14	3.9	20	107.8	41	11.9	13	21.6	43	8.4	35	3.7	61
ROT DN Cambodian Veg Curry W/ Chicken	740.1	37	3119.1	37	18.5	26	6.4	32	107.9	41	11.9	13	34.0	68	8.4	35	4.0	67
ROT DN NGCI Cambodian Veg Curry W/ Chicken	740.1	37	3119.1	37	18.5	26	6.4	32	107.9	41	11.9	13	34.0	68	8.4	35	4.0	67
ROT DN VGN Cambodian Veg Curry	595.9	30	2512.4	30	10.0	14	4.1	21	101.9	39	11.7	13	17.4	35	8.7	36	3.0	51
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 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 Greens and Pepper Salad FP	233.1	12	965.7	11	19.3	28	2.1	11	9.6	4	8.7	10	4.8	10	3.0	12	0.1	2
ROT DN Extra Cheese Halloumi 100g - Lunch Menu	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 DN Wiltshire Ham and Eggs FP	921.4	46	3844.4	46	54.0	77	11.6	58	61.0	23	12.8	14	43.7	87	5.8	24	7.1	118
ROT DN NGCI Wiltshire Ham and Eggs FP	921.4	46	3844.4	46	54.0	77	11.6	58	61.0	23	12.8	14	43.7	87	5.8	24	7.1	118
ROT DN Ploughmans Lunch FP	838.8	42	3502.6	42	50.8	73	28.2	141	61.1	24	14.7	16	32.8	66	4.8	20	3.7	62
ROT DN Steak and Chips FP	912.8	46	3809.2	45	53.8	77	14.6	73	55.3	21	1.2	1	48.8	98	6.1	25	2.5	42
ROT DN NGCI Steak and Chips FP	912.8	46	3809.2	45	53.8	77	14.6	73	55.3	21	1.2	1	48.8	98	6.1	25	2.5	42
ROT DN Fish and Chips FP	760.5	38	3185.3	38	29.9	43	5.5	28	81.2	31	7.3	8	35.3	71	11.1	46	2.5	41
ROT DN Burrito FP	1229.7	61	5147.0	61	47.2	67	15.2	76	146.9	56	12.3	14	38.9	78	31.8	132	3.9	65
ROT DN Burrito Vegan FP	1113.5	56	4665.2	56	37.6	54	9.2	46	146.4	56	12.3	14	31.9	64	31.8	132	3.4	57
ROT DN Apple Pie FP	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 VGN Apple Pie FP	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 Cookie Cup - FP	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 Sunday Roast Beef	960.7	48	4004.1	48	58.5	84	18.4	92	66.2	25	24.2	27	45.0	90	14.6	61	3.6	60

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 Beef	756.7	38	3156.1	38	42.6	61	15.9	80	55.4	21	22.6	25	39.9	80	14.1	59	3.3	56
ROT DN Sunday Roast Beef Child	542.6	27	2260.8	27	33.4	48	9.0	45	37.8	15	9.1	10	24.5	49	6.1	26	1.7	28
ROT DN NGCI Sunday Roast Beef Child	338.6	17	1412.7	17	17.5	25	6.5	33	27.0	10	7.5	8	19.3	39	5.6	24	1.4	24
ROT DN Sunday Roast Pork Leg	1339.2	67	5565.8	66	94.6	135	29.7	149	71.2	27	26.2	29	53.1	106	15.6	65	3.3	54
ROT DN NGCI Sunday Roast Pork Leg	721.7	36	3010.7	36	39.6	57	14.0	70	57.3	22	21.7	24	36.5	73	14.2	59	2.3	38
ROT DN Sunday Roast Pork Leg Child	952.8	48	3953.9	47	72.8	104	21.5	108	41.0	16	12.0	13	34.5	69	7.1	29	2.5	41
ROT DN NGCI Sunday Roast Pork Leg Child	452.5	23	1889.6	22	22.2	32	7.2	36	45.2	17	13.7	15	20.1	40	10.7	44	1.7	29
ROT DN Sunday Roast Pork & Beef	1711.5	86	7113.2	85	121.4	173	39.6	198	70.8	27	27.1	30	86.3	173	15.8	66	4.2	70
ROT DN NGCI Sunday Roast Pork & Beef	1094.0	55	4557.7	54	66.3	95	23.9	119	56.9	22	22.6	25	69.6	139	14.5	60	3.2	53
ROT DN Sunday Roast Chicken	1500.5	75	6244.4	74	94.2	135	26.6	133	72.4	28	30.0	33	92.6	185	15.4	64	4.7	78
ROT DN NGCI Sunday Roast Chicken	1197.4	60	4986.6	59	70.4	101	21.4	107	58.6	23	25.5	28	84.2	168	14.1	59	4.0	67
ROT DN Sunday Roast Chicken Child	510.2	26	2125.7	25	33.2	47	8.1	40	39.5	15	10.7	12	17.4	35	6.2	26	2.1	35
ROT DN NGCI Sunday Roast Chicken Child	214.0	11	896.5	11	9.5	14	3.0	15	26.9	10	7.3	8	9.0	18	5.5	23	1.4	24
ROT DN Sunday Mushroom Parsnip & Hazelnut Tart	1148.9	57	4782.6	57	72.4	103	29.1	146	101.3	39	24.0	27	26.5	53	18.3	76	3.4	57
ROT DN Sunday Roast Lamb	884.3	44	3692.5	44	50.9	73	16.7	83	67.9	26	25.5	28	41.2	82	14.8	62	3.2	53
ROT DN NGCI Sunday Roast Lamb	680.2	34	2844.5	34	35.0	50	14.2	71	57.2	22	23.9	27	36.0	72	14.3	60	2.9	49
ROT DN Sunday Roast Lamb Child	516.8	26	2153.8	26	31.3	45	8.4	42	38.0	15	9.2	10	22.5	45	6.3	26	1.8	29
ROT DN NGCI Sunday Roast Lamb Child	430.0	21	1796.7	21	19.9	28	7.3	37	45.3	17	13.8	15	19.7	39	10.7	45	1.7	29
ROT DN SB Rip n Dip Stilton & Garlic	1099.1	55	4597.0	55	60.9	87	21.1	105	101.0	39	2.3	3	36.3	73	6.4	27	4.1	68
ROT DN SB Rip n Dip Tomato Garlic & Rosemary	921.7	46	3857.8	46	47.1	67	13.0	65	96.3	37	6.2	7	28.9	58	7.2	30	4.0	67
ROT DN SB Scotch Egg	775.7	39	3245.1	39	27.2	39	10.7	53	92.9	36	12.8	14	39.1	78	4.8	20	4.5	74
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 Bourbon Peppercorn Steak	997.7	50	4156.1	49	60.2	86	26.9	134	48.4	19	6.6	7	60.7	121	6.5	27	3.0	50
ROT DN SB NGCI Bourbon Peppercorn Steak	934.8	47	3893.3	46	57.3	82	26.0	130	39.9	15	5.1	6	59.6	119	5.6	24	2.9	48
ROT DN SB Chilli con Carne	792.9	40	3339.1	40	27.4	39	10.5	52	106.4	41	8.9	10	32.9	66	7.9	33	1.8	30
ROT DN SB NGCI Chilli con Carne	567.3	28	2393.0	28	17.7	25	7.0	35	77.4	30	6.4	7	28.0	56	5.9	25	1.3	22
ROT DN SB Veg Chilli	608.1	30	2576.6	31	11.8	17	3.8	19	112.1	43	16.4	18	16.9	34	10.1	42	1.4	24
ROT DN SB NGCI Veg Chilli	382.6	19	1630.6	19	2.2	3	0.3	2	83.1	32	13.8	15	12.1	24	8.2	34	0.9	15
ROT DN SB Croque Monsieur Sandwich	875.6	44	3671.0	44	36.3	52	14.0	70	85.0	33	5.0	6	49.1	98	7.1	30	8.8	146
ROT DN SB Curried Sword Fish	609.5	30	2550.5	30	28.7	41	3.4	17	37.0	14	15.9	18	47.3	95	8.3	35	3.7	62
ROT DN SB Grilled Lemon Sole	717.2	36	3011.2	36	26.5	38	10.5	53	62.4	24	14.7	16	57.0	114	13.0	54	2.9	48

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 NGCI Grilled Lemon Sole	717.2	36	3011.2	36	26.5	38	10.5	53	62.4	24	14.7	16	57.0	114	13.0	54	2.9	48
ROT DN SB Korean Cauliflower Veggie Noodles	1038.9	52	4339.9	52	55.7	80	-	-	117.7	45	54.9	61	16.2	32	8.3	35	4.7	79
ROT DN SB Korean Pork Noodles	1386.2	69	5789.3	69	77.6	111	-	-	134.7	52	50.4	56	37.8	76	-	-	4.5	75
ROT DN SB Korean Chicken Noodles	1033.0	52	4313.2	51	61.3	88	-	-	99.1	38	49.8	55	25.6	51	6.6	28	4.2	70
ROT DN SB Chicken & BBQ Baby Back Ribs	2017.2	101	8420.3	100	115.3	165	34.5	172	123.1	47	51.0	57	118.2	236	10.0	42	6.0	99
ROT DN SB Cowboy Steak	1614.9	81	6725.5	80	105.9	151	27.1	135	83.4	32	9.7	11	76.4	153	13.8	57	4.0	67
ROT DN SB NGCI Cowboy Steak	1304.5	65	5435.3	65	82.3	118	22.9	114	68.2	26	8.0	9	67.6	135	12.6	52	3.1	51
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
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 & Wings	1646.2	82	6875.8	82	92.3	132	25.4	127	90.9	35	28.6	32	108.3	217	8.8	37	5.3	89
ROT DN SB NGCI Steak & Wings	1676.7	84	7003.4	83	93.3	133	26.6	133	85.9	33	30.3	34	118.7	237	8.6	36	5.2	87
ROT DN SB Steak Americano	1512.1	76	6310.8	75	86.3	123	30.5	152	95.0	37	20.6	23	82.5	165	12.2	51	6.7	112
ROT DN SB NGCI Steak Americano	1357.7	68	5666.6	67	76.9	110	28.8	144	79.8	31	19.1	21	80.7	161	11.0	46	6.0	100
ROT DN SB Sunday Lamb	1057.0	53	4420.7	53	53.3	76	13.6	68	89.9	35	29.9	33	50.0	100	15.6	65	4.9	81
ROT DN SB NGCI Sunday Lamb	853.0	43	3572.6	43	37.4	53	11.1	55	79.2	30	28.3	31	44.9	90	15.1	63	4.6	77
ROT DN SB Sunday Lamb Kids	647.3	32	2707.9	32	34.6	49	8.0	40	53.8	21	19.0	21	27.8	56	8.1	34	2.9	48
ROT DN SB NGCI Sunday Lamb Kids	435.8	22	1828.6	22	18.4	26	5.5	27	42.4	16	17.1	19	22.3	45	7.5	31	2.6	43
ROT DN SB Sunday Lamb Large	1427.1	71	5959.4	71	80.5	115	20.7	103	100.7	39	31.5	35	71.1	142	16.1	67	5.3	89
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 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