

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	%
SIG DN Soup of the Day	478.1	24	2003.3	24	21.5	31	12.2	61	56.9	22	7.9	9	13.8	28	3.7	15	1.9	31
SIG DN NGCI Soup of the Day	268.5	13	1116.3	13	18.0	26	9.2	46	22.1	8	7.9	9	2.8	6	5.0	21	0.8	14
SIG DN VGN Soup of the Day	384.2	19	1621.7	19	16.9	24	3.8	19	49.5	19	7.6	8	9.0	18	3.4	14	1.5	25
SIG DN Crayfish Lobster Risotto	255.1	13	1075.0	13	9.4	13	4.0	20	26.6	10	3.3	4	17.1	34	0.9	4	1.2	20
SIG DN Creamy Garlic Mushrooms	296.8	15	1239.9	15	18.5	26	8.3	41	26.3	10	1.6	2	6.0	12	1.9	8	1.6	26
SIG DN NGCI Creamy Garlic Mushrooms	280.7	14	1166.8	14	20.1	29	8.4	42	19.9	8	2.3	3	3.2	6	4.1	17	1.4	23
SIG DN VGN Bruschetta	407.9	20	1701.9	20	25.5	36	6.2	31	37.2	14	9.0	10	5.9	12	3.3	14	18.7	311
SIG DN Bruschetta Prosciutto	441.8	22	1843.3	22	27.4	39	7.0	35	37.3	14	9.0	10	9.9	20	-	-	19.5	325
SIG DN Baked Camembert Sharer	1096.0	55	4573.2	54	68.4	98	42.6	213	61.0	23	13.3	15	59.8	120	4.5	19	6.7	111
SIG DN NGCI Baked Camembert Sharer	1062.5	53	4421.5	53	71.5	102	42.8	214	48.1	18	14.7	16	54.2	108	9.0	37	6.3	105
SIG DN Prawn and Crayfish Cocktail	597.9	30	2487.7	30	44.7	64	13.2	66	29.9	11	6.3	7	16.4	33	3.1	13	7.1	119
SIG DN NGCI Prawn and Crayfish Cocktail	504.3	25	2094.4	25	39.1	56	9.4	47	22.7	9	6.9	8	11.1	22	4.0	17	6.8	114
SIG DN Nachos	866.3	43	3608.2	43	51.9	74	18.2	91	71.9	28	7.8	9	22.5	45	6.1	25	20.8	346
SIG DN Nachos Veggie	858.7	43	3565.4	42	52.5	75	18.8	94	69.8	27	6.4	7	22.6	45	5.5	23	20.9	348
SIG DN NGCI Nachos Veggie	865.3	43	3592.9	43	53.0	76	18.9	95	70.2	27	6.7	7	22.7	45	5.6	23	22.6	377
SIG DN VGN Nachos	604.1	30	2522.1	30	31.1	44	3.9	20	69.5	27	5.6	6	8.2	16	5.5	23	20.1	335
SIG DN NGCI VGN Nachos	604.1	30	2522.1	30	31.1	44	3.9	20	69.5	27	5.6	6	8.2	16	5.5	23	20.1	335
SIG DN Meat in the Middle Board	2695.2	135	11066.8	132	193.8	277	64.0	320	111.8	43	53.5	59	122.5	245	-	-	26.1	435
SIG DN Mezze Board	2368.8	118	9441.1	112	132.4	189	40.3	201	268.0	103	-	-	59.2	118	-	-	30.0	500
SIG DN Chicken Wings Sharer x8	1665.1	83	6951.4	83	94.7	135	25.3	127	60.0	23	55.2	61	138.8	278	3.9	16	5.1	85
SIG DN NGCI Chicken Wings Sharer x8	1665.1	83	6951.4	83	94.7	135	25.3	127	60.0	23	55.2	61	138.8	278	3.9	16	5.1	85
SIG DN Chicken Wings Sharer x16	3080.4	154	12842.1	153	189.2	270	50.7	253	63.3	24	55.8	62	275.5	551	6.3	26	6.8	113
SIG DN NGCI Chicken Wings Sharer x16	3080.4	154	12842.1	153	189.2	270	50.7	253	63.3	24	55.8	62	275.5	551	6.3	26	6.8	113
SIG DN Duck Truffle and Marmalade Terrine	318.2	16	1334.7	16	13.2	19	5.4	27	35.0	13	11.4	13	14.7	29	1.3	5	1.3	22
SIG DN NGCI Duck Truffle and Marmalade Terrine	302.2	15	1262.1	15	14.8	21	5.4	27	28.6	11	12.1	13	11.9	24	3.5	15	1.1	19
SIG DN Garlic and Herb Argentine Prawns	405.2	20	1698.1	20	16.3	23	6.7	33	43.6	17	2.1	2	21.0	42	-	-	2.0	34
SIG DN NGCI Garlic and Herb Argentine Prawns	372.9	19	1552.0	18	19.5	28	6.9	34	30.9	12	3.6	4	15.4	31	-	-	1.7	28
SIG DN Chicken Wings	813.9	41	3392.7	40	48.8	70	13.0	65	22.9	9	20.3	23	69.8	140	2.3	10	1.4	24
SIG DN NGCI Chicken Wings	815.7	41	3397.8	40	48.8	70	13.0	65	23.1	9	20.5	23	69.9	140	2.4	10	1.4	24
SIG DN Pork Crackling & Apple Sauce	338.3	17	1399.5	17	30.6	44	10.4	52	7.4	3	4.4	5	8.1	16	-	-	0.3	6
SIG DN Mixed Olives	205.2	10	854.4	10	12.6	18	4.1	20	5.9	2	0.0	0	1.7	3	0.2	1	3.6	59
SIG DN NGCI Mixed Olives	205.2	10	854.4	10	12.6	18	4.1	20	5.9	2	0.0	0	1.7	3	0.2	1	3.6	59
SIG DN Pork Cranberries Chestnut Sage Sausage	424.9	21	1633.3	19	24.1	34	10.4	52	39.6	15	15.6	17	13.1	26	2.6	11	1.3	21

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Roll																		
SIG DN Hummus and Flatbread	762.8	38	3194.3	38	36.4	52	3.3	17	161.9	62	-	-	17.0	34	7.7	32	2.4	40
SIG DN NGCI Hummus and Toast	426.6	21	1777.5	21	23.6	34	2.3	11	114.2	44	3.3	4	7.9	16	10.3	43	1.5	25
SIG DN Halloumi Fries	871.1	44	3615.8	43	61.5	88	34.3	172	36.4	14	9.5	11	44.4	89	-	-	6.7	111
SIG DN Beef and Ale Pie	1421.3	71	5929.6	71	80.1	114	44.4	222	112.9	43	11.6	13	62.5	125	10.9	46	3.9	64
SIG DN Peppered Vegetable Pie	1341.7	67	5585.8	66	79.1	113	42.0	210	132.1	51	19.2	21	18.6	37	14.1	59	5.0	83
SIG DN VGN Peppered Vegetable Pie	1377.9	69	5751.4	68	74.3	106	29.5	148	149.2	57	17.1	19	21.0	42	15.1	63	5.2	87
SIG DN Beef and Pancetta Lasagne	956.3	48	3865.9	46	39.0	56	17.7	89	79.3	30	15.1	17	61.8	124	6.4	27	7.5	126
SIG DN Beer Battered Cod and Chips	1043.0	52	4380.6	52	41.6	59	6.7	33	98.2	38	6.4	7	65.6	131	-	-	4.5	76
SIG DN Whitby Scampi	1836.4	92	3916.8	47	63.8	91	14.0	70	99.4	38	8.5	9	27.7	55	13.7	57	4.2	69
SIG DN Hunter's Chicken	1253.3	63	5240.8	62	62.4	89	20.9	104	73.2	28	16.9	19	95.0	190	7.6	32	9.0	150
SIG DN NGCI Hunter's Chicken	1253.3	63	5240.8	62	62.4	89	20.9	104	73.2	28	16.9	19	95.0	190	7.6	32	9.0	150
SIG DN Curry Chicken Tikka Masala	1448.7	72	6091.9	73	42.3	60	12.8	64	205.4	79	44.5	49	54.8	110	16.2	67	14.3	239
SIG DN NGCI Curry Chicken Tikka Masala	1105.3	55	4646.7	55	34.3	49	12.2	61	148.1	57	41.3	46	47.0	94	11.3	47	13.8	229
SIG DN Curry Vegetable	1179.4	59	4967.8	59	24.9	36	7.9	39	199.5	77	40.1	45	29.4	59	13.8	58	15.0	251
SIG DN NGCI Curry Vegetable	836.0	42	3522.6	42	16.9	24	7.3	36	142.3	55	36.9	41	21.7	43	8.9	37	14.5	241
SIG DN VGN Curry Vegetable	718.4	36	3029.1	36	11.9	17	4.3	21	128.9	50	36.6	41	16.8	34	8.7	36	13.5	225
SIG DN NGCI VGN Vegetable Curry	718.4	36	3029.1	36	11.9	17	4.3	21	128.9	50	36.6	41	16.8	34	8.7	36	13.5	225
SIG DN Chicken and Portabello Pie	1445.2	72	5984.0	71	76.0	109	27.8	139	147.8	57	10.1	11	37.0	74	12.2	51	4.1	68
SIG DN SB Kebab Halloumi and Veg	1858.0	93	6876.3	82	84.2	120	20.6	103	186.4	72	-	-	41.8	84	-	-	18.7	311
SIG DN SB NGCI Kebab Halloumi and Veg	1163.7	58	3955.4	47	58.8	84	20.9	105	85.4	33	28.5	32	26.6	53	-	-	16.9	281
SIG DN SB Kebab Lamb	1878.8	94	6968.3	83	83.0	119	16.9	85	185.2	71	-	-	50.7	101	11.6	48	17.2	287
SIG DN SB NGCI Kebab Lamb	1185.8	59	4052.5	48	57.7	82	17.3	86	84.4	32	27.5	31	35.5	71	10.7	45	15.4	257
SIG DN SB Kebab Chicken and Chorizo	1944.1	97	7247.2	86	83.2	119	15.4	77	186.3	72	-	-	65.8	132	11.6	48	18.4	307
SIG DN SB NGCI Kebab Chicken and Chorizo	1251.1	63	4331.4	52	57.8	83	15.7	78	85.6	33	28.0	31	50.6	101	10.7	45	16.6	277
SIG DN SB Chilli Con Carne	1037.1	52	4350.3	52	27.6	39	7.5	37	142.9	55	11.4	13	48.0	96	19.5	81	2.8	47
SIG DN SB VGN Veg Chilli	1058.1	53	4440.3	53	34.5	49	5.7	28	151.3	58	11.4	13	29.7	59	12.9	54	2.8	46
SIG DN SB Crayfish Linguine	1020.2	51	4303.1	51	43.2	62	19.5	98	116.7	45	-	-	41.4	83	-	-	2.0	34
SIG DN SB Chicken and Beef Duo	996.8	50	4173.2	50	44.8	64	23.4	117	59.1	23	13.6	15	85.8	172	-	-	4.8	80
SIG DN SB NGCI Chicken and Beef Duo	996.8	50	4173.2	50	44.8	64	23.4	117	59.1	23	13.6	15	85.8	172	-	-	4.8	80
SIG DN Feel Good Salad <350	180.3	9	758.2	9	10.7	15	1.3	7	14.2	5	4.7	5	5.7	11	5.2	22	13.7	229
SIG DN NGCI Feel Good Salad <350	180.3	9	758.2	9	10.7	15	1.3	7	14.2	5	4.7	5	5.7	11	5.2	22	13.7	229
SIG DN VGN Feel Good Salad <350	180.3	9	758.2	9	10.7	15	1.3	7	14.2	5	4.7	5	5.7	11	5.2	22	13.7	229

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
SIG DN NGCI VGN Feel Good Salad <350	180.3	9	758.2	9	10.7	15	1.3	7	14.2	5	4.7	5	5.7	11	5.2	22	13.7	229
SIG DN Feel Good Salad with Steak	559.1	28	2331.9	28	37.0	53	9.7	49	14.2	5	4.7	5	40.9	82	5.3	22	14.9	249
SIG DN NGCI Feel Good Salad with Steak	559.1	28	2331.9	28	37.0	53	9.7	49	14.2	5	4.7	5	40.9	82	5.3	22	14.9	249
SIG DN 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
SIG DN Extra 6oz Rump Steak	378.8	19	1573.7	19	26.4	38	8.4	42	0.0	0	0.0	0	35.2	70	0.0	0	1.2	20
SIG DN 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
SIG DN Extra Roast Peppers and Mushrooms	173.3	9	721.7	9	9.5	14	2.0	10	19.2	7	11.3	13	3.5	7	4.4	18	0.2	4
SIG DN Extra Crayfish tails	45.6	2	192.6	2	0.5	1	0.2	1	0.6	0	0.6	1	9.4	19	0.4	2	0.3	5
SIG DN Steak Sirloin 8oz	1060.0	53	4420.3	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.9	431
SIG DN NGCI Steak Sirloin 8oz	1060.0	53	4420.3	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.9	431
SIG DN Steak Sirloin 8oz <550	544.1	27	2267.5	27	34.3	49	13.7	69	6.7	3	5.8	6	51.4	103	3.0	12	28.2	470
SIG DN NGCI Steak Sirloin 8oz <550	544.1	27	2267.5	27	34.3	49	13.7	69	6.7	3	5.8	6	51.4	103	3.0	12	28.2	470
SIG DN Steak Ribeye 10oz	1319.4	66	5496.6	65	84.4	121	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.8	431
SIG DN NGCI Steak Ribeye 10oz	1319.4	66	5496.6	65	84.4	121	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.8	431
SIG DN Sweetcure Gammon Steaks	1259.5	63	5278.5	63	55.8	80	13.7	69	79.9	31	20.2	22	103.9	208	12.7	53	38.4	640
SIG DN NGCI Sweetcure Gammon Steaks	1259.5	63	5278.5	63	55.8	80	13.7	69	79.9	31	20.2	22	103.9	208	12.7	53	38.4	640
SIG DN Mixed Grill	1728.5	86	7200.0	86	106.3	152	34.3	171	72.2	28	5.7	6	118.5	237	7.6	32	30.7	512
SIG DN Extra Peppercorn Sauce 80g	72.8	4	302.4	4	4.3	6	2.8	14	5.7	2	1.0	1	0.9	2	0.7	3	0.8	14
SIG DN Extra Garlic Mushrooms	202.7	10	835.9	10	20.4	29	11.1	56	2.9	1	2.1	2	2.7	5	1.9	8	0.2	3
SIG DN Extra Fried Egg	143.1	7	590.8	7	13.6	19	2.4	12	0.0	0	0.0	0	5.2	10	0.0	0	0.2	3
SIG DN Extra Rarebit Sauce 100g	240.0	12	997.0	12	18.3	26	11.2	56	3.2	1	1.4	2	14.0	28	0.6	3	0.9	15
SIG DN Extra Smokey Bacon Butter	140.7	7	578.6	7	15.4	22	7.1	36	0.2	0	0.1	0	0.2	0	0.0	0	0.3	5
SIG DN Burger Beef Plain	1359.7	68	5669.3	67	84.1	120	-	-	102.1	39	-	-	45.1	90	-	-	2.4	40
SIG DN Burger Chicken Plain	1258.4	63	5270.6	63	56.3	80	14.7	74	101.9	39	8.9	10	82.2	164	9.0	38	2.2	37
SIG DN Burger Bacon and Cheese Beef	1576.0	79	6571.1	78	102.8	147	-	-	102.5	39	-	-	56.2	112	-	-	-	-
SIG DN Burger Bacon and Cheese Chicken	1617.2	81	6753.4	80	86.9	124	28.3	141	103.0	40	8.9	10	101.2	202	9.0	38	4.3	72
SIG DN Burger Veggie	1530.6	77	6376.9	76	88.2	126	27.3	136	131.8	51	21.7	24	47.8	96	15.0	62	4.2	69
SIG DN VGN Burger Veggie	1075.5	54	4502.6	54	50.2	72	9.1	45	118.7	46	18.7	21	33.0	66	14.9	62	3.2	53
SIG DN Burger Korean BBQ Chicken	1578.2	79	6633.6	79	53.6	77	15.4	77	183.5	71	28.5	32	89.3	179	-	-	3.4	57
SIG DN Burger Glazed Pulled Beef	2196.6	110	9179.6	109	138.8	198	-	-	152.2	59	-	-	81.4	163	-	-	9.0	150
SIG DN 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
SIG DN Extra Chunky 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	1.2	21
SIG DN Extra Skinny Fries	362.0	18	1513.2	18	17.3	25	3.7	18	44.6	17	1.0	1	4.8	10	4.0	17	0.4	7

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SIG DN 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
SIG DN Extra Cheesy Garlic Ciabatta	683.5	34	2846.4	34	38.1	54	18.9	95	59.2	23	5.1	6	23.6	47	3.9	16	2.0	34
SIG DN Extra House Salad	164.3	8	679.5	8	14.4	21	1.8	9	6.3	2	5.1	6	1.6	3	2.7	11	9.2	153
SIG DN Extra Seasonal Veg	38.4	2	160.0	2	0.5	1	0.1	1	5.5	2	5.0	6	2.1	4	2.8	12	0.1	2
SIG DN Extra Mash 284g	423.4	21	1757.8	21	27.2	39	17.3	86	38.0	15	3.0	3	4.1	8	5.0	21	1.0	17
SIG DN Extra 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
SIG DN Extra Bread and Butter	283.1	14	1180.0	14	19.0	27	11.3	56	22.0	8	0.7	1	6.2	12	2.0	8	0.8	14
SIG DN Extra Halloumi Fries	588.9	29	2445.4	29	41.0	59	22.9	114	26.1	10	8.2	9	29.7	59	-	-	4.5	74
SIG DN Extra Mini Loaf	363.4	18	1524.1	18	15.5	22	2.6	13	48.9	19	6.6	7	7.1	14	1.3	6	1.0	17
SIG DN Posh Cheesy Chips	815.8	41	3397.5	40	50.1	72	22.0	110	58.8	23	2.3	3	27.5	55	6.6	28	2.6	44
SIG DN Posh Cheesy Chips with bacon	942.2	47	3926.1	47	61.8	88	23.7	118	58.8	23	2.3	3	32.4	65	6.6	28	3.7	62
SIG DN NGCI Extra Bread and Butter	137.5	7	572.6	7	7.7	11	3.8	19	14.8	6	1.3	1	0.8	2	2.9	12	0.4	7
SIG DN Extra Chicken Wings x2	353.8	18	1472.7	18	23.6	34	6.3	32	0.8	0	0.1	0	34.2	68	0.6	3	0.4	7
SIG DN Extra Chicken Wings x4	816.2	41	3402.5	41	48.9	70	13.0	65	23.2	9	20.6	23	70.0	140	2.5	10	1.4	24
SIG DN Extra Streaky 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
SIG DN 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
SIG DN Extra Cheddar Cheese 28g	116.2	6	477.1	6	9.4	13	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	8
SIG DN Extra Cheese Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
SIG DN 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
SIG DN Extra Pea & Mint Puree 75g	63.7	3	265.5	3	2.1	3	1.1	6	6.7	3	3.9	4	2.1	4	3.0	13	0.7	11
SIG DN Extra Kebab Chicken and Chorizo	354.6	18	1481.7	18	19.0	27	5.3	26	7.3	3	5.1	6	38.8	78	1.9	8	1.6	26
SIG DN Extra Kebab Halloumi	268.5	13	1110.8	13	20.0	29	10.5	53	7.3	3	5.7	6	14.8	30	-	-	1.8	30
SIG DN Extra Kebab Lamb	289.3	14	1202.8	14	18.9	27	6.9	34	6.1	2	4.6	5	23.6	47	1.9	8	0.3	6
SIG DN Extra Kebab Prawn	94.2	5	392.9	5	4.0	6	0.5	3	5.9	2	4.3	5	8.6	17	-	-	0.6	10
SIG DN Extra Crayfish tails	45.6	2	192.6	2	0.5	1	0.2	1	0.6	0	0.6	1	9.4	19	0.4	2	0.3	5
SIG DN Extra Pineapple Ring	42.7	2	182.5	2	0.3	0	0.1	0	10.2	4	10.2	11	0.3	1	0.4	2	6.2	103
SIG DN Extra Avocado	282.1	14	1162.8	14	28.1	40	6.7	33	2.7	1	0.7	1	2.3	5	4.8	20	0.0	0
SIG DN Extra Bay Scallops	458.8	23	744.0	9	17.1	24	7.3	36	4.7	2	-	-	14.8	30	-	-	1.6	27
SIG DN Extra Beef Burger	447.1	22	1856.4	22	35.9	51	-	-	0.2	0	-	-	31.1	62	-	-	0.5	8
SIG DN 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
SIG DN Extra Carrot and Celery Sticks	21.0	1	88.0	1	0.3	0	0.1	0	4.4	2	4.2	5	0.6	1	2.3	10	0.1	2
SIG DN Extra Chocolate Flake	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
SIG DN Extra 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

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	%
SIG DN 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
SIG DN 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
SIG DN 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
SIG DN 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
SIG DN Extra Half Tomato x2	20.4	1	87.4	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0
SIG DN Extra Poached Egg x1	60.4	3	250.8	3	4.4	6	1.3	6	0.0	0	0.0	0	5.2	10	0.0	0	0.3	4
SIG DN Extra Prawns x 3	36.6	2	154.3	2	0.1	0	0.1	0	0.7	0	0.7	1	8.2	16	-	-	0.4	7
SIG DN Extra Sauce Apple 28g	30.0	1	127.4	2	0.0	0	0.0	0	7.4	3	4.4	5	0.0	0	0.2	1	0.1	1
SIG DN Extra Sauce BBQ Korean 50g	103.5	5	438.6	5	1.5	2	0.3	2	21.1	8	19.8	22	1.2	2	0.6	2	0.6	10
SIG DN Extra Sauce BBQ Smoky 56g	127.1	6	539.8	6	0.1	0	0.0	0	28.8	11	27.8	31	1.1	2	0.7	3	1.7	29
SIG DN Extra Sauce Burger 56g	166.3	8	688.8	8	15.7	22	1.2	6	6.2	2	4.3	5	0.5	1	0.4	2	0.7	11
SIG DN Extra Sauce Chocolate 28g	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
SIG DN Extra Sauce Cranberry 28g	35.8	2	152.3	2	0.0	0	0.0	0	8.8	3	8.7	10	0.1	0	0.1	1	0.0	0
SIG DN Extra Sauce Fruity Chilli 56g	50.2	3	212.6	3	0.2	0	0.0	0	11.3	4	11.2	12	0.3	1	1.5	6	0.1	2
SIG DN Extra Sauce Horseradish 28g	58.5	3	244.7	3	3.6	5	0.5	2	5.7	2	5.5	6	0.5	1	0.2	1	1.2	20
SIG DN Extra Sauce Lemon Drizzle 28g	52.6	3	221.8	3	1.1	2	0.4	2	10.4	4	9.5	11	0.0	0	0.1	0	0.0	0
SIG DN Extra Sauce Mayo 56g	196.6	10	811.4	10	20.2	29	1.6	8	3.1	1	1.2	1	0.3	1	0.3	1	0.7	11
SIG DN Extra Sauce Mint 28g	33.6	2	147.0	2	0.1	0	0.0	0	7.0	3	6.4	7	0.5	1	0.1	0	0.7	12
SIG DN Extra Sauce Red Onion Chutney 56g	95.8	5	404.9	5	0.1	0	0.0	0	22.2	9	20.9	23	0.6	1	1.0	4	0.1	1
SIG DN Extra Sauce Tartare 56g	168.6	8	696.1	8	16.8	24	1.3	7	3.0	1	1.4	2	0.4	1	0.5	2	0.8	14
SIG DN Extra Sauce Tomato and Red Pepper Chutney 56g	129.9	6	544.9	6	5.2	7	0.7	4	19.1	7	15.3	17	1.1	2	0.9	4	0.8	13
SIG DN Extra Sausage	199.1	10	826.1	10	15.8	23	6.6	33	2.0	1	0.5	1	10.0	20	0.0	0	1.0	17
SIG 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
SIG DN Extra Scoop Banana and Butterscotch	108.1	5	452.5	5	5.3	8	3.2	16	13.6	5	11.6	13	1.5	3	0.3	1	0.1	2
SIG DN Extra Scoop Chocolate	122.1	6	511.8	6	5.8	8	3.5	17	15.6	6	13.6	15	1.8	4	0.6	3	0.1	2
SIG DN Extra Scoop Mint	118.7	6	495.6	6	6.3	9	3.8	19	13.7	5	11.8	13	1.7	3	0.3	1	0.1	2
SIG DN Extra Scoop Strawberry	104.9	5	439.3	5	5.9	8	3.6	18	11.7	4	10.9	12	1.4	3	0.2	1	0.1	2
SIG DN Extra Scoop Vanilla	110.9	6	463.1	6	5.9	8	3.5	18	12.7	5	10.9	12	1.6	3	0.1	0	0.1	2
SIG DN Extra Scoop VGN Vanilla	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
SIG DN 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
SIG DN Extra Sugar Curl Wafer	9.9	0	41.9	0	0.0	0	0.0	0	2.2	1	1.0	1	0.2	0	0.1	0	0.0	0
SIG DN Extra Vine Tomatoes x5	52.9	3	221.3	3	3.9	6	0.7	3	3.6	1	3.4	4	0.5	1	0.8	3	23.3	388

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	%
SIG DN 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
SIG DN Kids Extra Chicken Dippers x3	241.5	12	1003.3	12	18.2	26	4.3	22	12.1	5	0.3	0	7.2	14	0.3	1	0.5	9
SIG DN 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
SIG DN 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
SIG DN Kids Extra Sausages x2	393.0	20	1630.5	19	31.2	45	13.0	65	3.9	2	1.0	1	19.8	40	0.0	0	2.0	34
SIG DN Kids Extra Veggie Sausages x2	160.0	8	671.0	8	5.4	8	1.9	10	7.5	3	1.5	2	17.9	36	5.0	21	1.3	21
SIG DN Extra Roast Peppers and Mushrooms	173.3	9	721.7	9	9.5	14	2.0	10	19.2	7	11.3	13	3.5	7	4.4	18	0.2	4
SIG DN Kids Extra Chips 150g	244.8	12	1023.9	12	12.2	17	2.7	14	28.7	11	0.4	0	3.4	7	3.1	13	0.5	9
SIG DN Extra Sunday Cauliflower Cheese	279.0	14	1159.7	14	15.6	22	9.3	47	14.7	6	6.7	7	17.0	34	-	-	1.3	21
SIG DN Extra Sunday Roast Potatoes	210.2	11	884.5	11	6.2	9	0.7	4	36.2	14	-	-	4.5	9	2.8	12	0.0	1
SIG DN Extra Sunday Cabbage	220.8	11	215.3	3	0.1	0	0.0	0	-	-	-	-	0.6	1	1.8	8	0.2	3
SIG DN Kids Extra Cheeseburger	178.6	9	749.9	9	7.4	11	5.0	25	4.5	2	-	-	23.5	47	0.1	0	-	-
SIG DN Extra Sunday Carrots and Parsnips	266.0	13	1110.2	13	12.1	17	1.7	8	37.6	14	-	-	3.6	7	13.9	58	0.3	6
SIG DN Extra Sunday Seasonal Greens	38.8	2	162.5	2	0.7	1	0.1	1	3.5	1	1.6	2	3.5	7	2.8	12	0.0	1
SIG DN Extra Sunday Gravy	59.7	3	249.3	3	1.3	2	0.2	1	10.0	4	-	-	0.8	2	0.2	1	1.2	20
SIG DN Extra Sunday Roast Beef	171.5	9	713.4	8	11.4	16	4.6	23	0.0	0	0.0	0	17.2	34	0.0	0	0.2	4
SIG DN Extra Sunday Roast Breast Of Chicken	242.5	12	1024.9	12	4.2	6	0.9	4	0.0	0	0.0	0	51.1	102	0.0	0	0.4	6
SIG DN ROT Extra Sunday Roast 1/4 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
SIG DN Extra Sunday Roast Leg of Pork	176.4	9	732.6	9	12.8	18	4.1	21	0.3	0	0.3	0	15.0	30	0.2	1	0.2	3
SIG DN 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
SIG DN 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
SIG DN ROT Extra Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
SIG DN Extra Potato Rosti x1	336.3	17	1405.0	17	16.3	23	9.2	46	39.4	15	1.6	2	6.2	12	3.4	14	0.3	5
SIG DN Soup of the Day	478.1	24	2003.3	24	21.5	31	12.2	61	56.9	22	7.9	9	13.8	28	3.7	15	1.9	31
SIG DN NGCI Soup of the Day	268.5	13	1116.3	13	18.0	26	9.2	46	22.1	8	7.9	9	2.8	6	5.0	21	0.8	14
SIG DN VGN Soup of the Day	384.2	19	1621.7	19	16.9	24	3.8	19	49.5	19	7.6	8	9.0	18	3.4	14	1.5	25
SIG DN Creamy Garlic Mushrooms	296.8	15	1239.9	15	18.5	26	8.3	41	26.3	10	1.6	2	6.0	12	1.9	8	1.6	26
SIG DN NGCI Creamy Garlic Mushrooms	280.7	14	1166.8	14	20.1	29	8.4	42	19.9	8	2.3	3	3.2	6	4.1	17	1.4	23
SIG DN VGN Bruschetta	407.9	20	1701.9	20	25.5	36	6.2	31	37.2	14	9.0	10	5.9	12	3.3	14	18.7	311
SIG DN Bruschetta Prosciutto	441.8	22	1843.3	22	27.4	39	7.0	35	37.3	14	9.0	10	9.9	20	-	-	19.5	325
SIG DN Lunch Steak and Chips	899.2	45	3749.3	45	53.1	76	14.5	73	55.1	21	0.9	1	47.0	94	6.0	25	2.7	45
SIG DN NGCI Lunch Steak and Chips	899.2	45	3749.3	45	53.1	76	14.5	73	55.1	21	0.9	1	47.0	94	6.0	25	2.7	45
SIG DN Lunch Cod Goujons and Chips	927.6	46	3889.9	46	40.8	58	6.5	33	96.2	37	6.2	7	40.2	80	-	-	4.2	70

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	%
SIG DN Lunch Wiltshire Ham and Eggs	890.5	45	3710.7	44	55.7	80	11.7	58	57.9	22	4.3	5	35.7	71	6.8	28	6.0	100
SIG DN NGCI Lunch Wiltshire Ham and Eggs	890.5	45	3710.7	44	55.7	80	11.7	58	57.9	22	4.3	5	35.7	71	6.8	28	6.0	100
SIG DN Lunch Cumberland Bangers and Mash	1107.0	55	4597.5	55	76.9	110	37.7	189	59.9	23	6.3	7	35.4	71	5.9	25	5.1	85
SIG DN VGN Lunch Mediterranean Salad	358.3	18	1502.6	18	18.8	27	4.4	22	25.3	10	14.6	16	8.3	17	9.7	40	16.7	279
SIG DN NGCI VGN Lunch Mediterranean Salad	358.3	18	1502.6	18	18.8	27	4.4	22	25.3	10	14.6	16	8.3	17	9.7	40	16.7	279
SIG DN Lunch Mediterranean Salad Chicken	704.0	35	2960.3	35	26.9	38	6.7	33	25.3	10	14.6	16	76.5	153	9.7	40	17.1	284
SIG DN NGCI Lunch Mediterranean Salad Chicken	704.0	35	2960.3	35	26.9	38	6.7	33	25.3	10	14.6	16	76.5	153	9.7	40	17.1	284
SIG DN Lunch Mediterranean Salad Crayfish	403.9	20	1695.3	20	19.3	28	4.6	23	25.9	10	15.2	17	17.7	35	10.0	42	17.0	284
SIG DN NGCI Lunch Mediterranean Salad Crayfish	403.9	20	1695.3	20	19.3	28	4.6	23	25.9	10	15.2	17	17.7	35	10.0	42	17.0	284
SIG DN Lunch Mediterranean Salad Halloumi	680.3	34	2833.6	34	44.0	63	20.4	102	27.2	10	16.5	18	30.2	60	-	-	19.3	322
SIG DN NGCI Lunch Mediterranean Salad Halloumi	680.3	34	2833.6	34	44.0	63	20.4	102	27.2	10	16.5	18	30.2	60	-	-	19.3	322
SIG DN Lunch Mediterranean Salad Steak	737.0	37	3076.3	37	45.1	64	12.8	64	25.3	10	14.6	16	43.5	87	9.7	40	17.9	299
SIG DN NGCI Lunch Mediterranean Salad Steak	737.0	37	3076.3	37	45.1	64	12.8	64	25.3	10	14.6	16	43.5	87	9.7	40	17.9	299
SIG DN Lunch Tomato Rosemary Tagliatelle	626.0	31	2637.9	31	18.3	26	4.8	24	98.5	38	16.5	18	16.3	33	7.3	30	26.2	437
SIG DN Lunch Ploughman's	977.5	49	3939.7	47	60.3	86	31.2	156	68.8	26	24.0	27	40.5	81	4.9	21	5.4	91
SIG DN NGCI Lunch Ploughman's	855.2	43	3563.3	42	59.6	85	33.9	169	30.2	12	15.4	17	47.7	95	4.3	18	7.3	122
SIG DN Lunch Cajun Chicken	1103.6	55	4614.9	55	58.1	83	22.6	113	64.6	25	5.6	6	76.9	154	8.2	34	7.1	119
SIG DN NGCI Lunch Cajun Chicken	1103.6	55	4614.9	55	58.1	83	22.6	113	64.6	25	5.6	6	76.9	154	8.2	34	7.1	119
SIG DN Trio of Ice Cream	308.9	15	1296.9	15	14.6	21	9.1	46	37.7	15	37.4	42	6.5	13	0.5	2	0.4	6
SIG DN NGCI Trio of Ice Cream	297.4	15	1248.9	15	14.0	20	8.8	44	36.3	14	36.0	40	6.3	13	0.5	2	0.3	6
SIG DN Melt in the Middle Pudding	805.1	40	3361.6	40	45.2	65	9.8	49	89.0	34	61.5	68	9.3	19	1.1	5	0.9	16
SIG DN Bramley Apple and Caramel Tart	455.5	23	1912.0	23	16.6	24	7.6	38	69.3	27	39.7	44	6.7	13	1.4	6	0.4	7
SIG DN VGN Bramley Apple and Caramel Tart	434.8	22	1821.3	22	17.6	25	9.4	47	62.6	24	34.2	38	4.0	8	4.3	18	0.3	5
SIG DN 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	8.8	146
SIG DN 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	8.5	142
SIG DN Sandwich Mature Cheddar & Chutney	1059.2	53	4437.0	53	62.0	89	32.4	162	80.4	31	12.2	14	44.1	88	7.3	30	4.0	66
SIG DN NGCI Sandwich Mature Cheddar & Chutney	989.0	49	4141.7	49	54.0	77	25.5	128	84.8	33	14.8	16	35.1	70	12.4	52	3.8	63
SIG DN Sandwich Posh Fish Finger Sarnie	975.3	49	4093.6	49	44.1	63	16.2	81	101.3	39	3.7	4	43.9	88	-	-	4.1	69
SIG DN Sandwich Hunter's Chicken Melt	1119.8	56	4693.8	56	59.2	85	23.6	118	83.4	32	15.3	17	61.6	123	7.2	30	4.6	76
SIG DN NGCI Sandwich Hunter's Melt Chicken	1056.6	53	4419.2	53	51.7	74	17.0	85	88.2	34	17.8	20	52.3	105	12.3	51	4.4	73
SIG DN Sandwich Chicken Club	1511.9	76	6326.3	75	94.9	136	28.3	142	92.8	36	4.7	5	69.9	140	9.9	41	6.3	104
SIG DN NGCI Sandwich Chicken Club	1278.5	64	5345.6	64	80.0	114	17.8	89	77.2	30	6.7	7	55.4	111	13.1	55	5.6	93

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	%
SIG DN Chocolate Praline Torte	566.8	28	2364.4	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
SIG DN NGCI Chocolate Praline Torte	566.8	28	2364.4	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
SIG DN VGN Chocolate Praline Torte	540.2	27	2253.7	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
SIG DN NGCI VGN Chocolate Praline Torte	540.2	27	2253.7	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
SIG DN Strawberry Clotted Cream Cheesecake	855.2	43	3326.1	40	66.2	95	37.2	186	55.9	22	23.6	26	9.4	19	0.9	4	0.7	11
SIG DN Sticky Toffee Pudding	762.9	38	3194.0	38	40.0	57	13.2	66	95.3	37	74.3	83	7.3	15	1.6	6	0.8	14
SIG DN NGCI Sticky Toffee Pudding	734.6	37	3079.2	37	35.6	51	10.3	52	96.9	37	73.1	81	8.5	17	1.4	6	0.8	14
SIG DN Sundae Chocolate Brownie	1046.8	52	4352.7	52	64.9	93	31.7	159	104.0	40	77.6	86	11.2	22	-	-	0.8	14
SIG DN House Sundae	470.5	24	1958.9	23	32.2	46	19.9	99	40.5	16	39.5	44	4.0	8	3.4	14	0.3	5
SIG DN NGCI House Sundae	470.5	24	1958.9	23	32.2	46	19.9	99	40.5	16	39.5	44	4.0	8	3.4	14	0.3	5
SIG DN VGN Zesty Sundae	300.1	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
SIG DN NGCI VGN Zesty Sundae	300.1	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
SIG DN Trio of Ice Cream	308.9	15	1296.9	15	14.6	21	9.1	46	37.7	15	37.4	42	6.5	13	0.5	2	0.4	6
SIG DN NGCI Trio of Ice Cream	297.4	15	1248.9	15	14.0	20	8.8	44	36.3	14	36.0	40	6.3	13	0.5	2	0.3	6
SIG DN Banoffee Profiterole	721.7	36	2997.1	36	52.7	75	30.6	153	59.9	23	44.0	49	5.4	11	2.1	9	0.3	5
SIG DN NGCI Banoffee Profiterole	721.7	36	2997.1	36	52.7	75	30.6	153	59.9	23	44.0	49	5.4	11	2.1	9	0.3	5
SIG DN Lemon Panna Cotta	673.6	34	2807.7	33	53.2	76	28.7	143	42.8	16	23.2	26	6.8	14	-	-	0.5	8
SIG DN NGCI Lemon Panna Cotta	320.4	16	1340.5	16	26.5	38	16.8	84	17.5	7	15.8	18	3.7	7	-	-	0.1	2
SIG DN Pudding Tasting Board Small	904.3	45	3771.7	45	56.2	80	31.4	157	88.3	34	65.0	72	10.0	20	-	-	0.5	9
SIG DN Pudding Tasting Board Large	1804.5	90	7526.5	90	112.4	161	62.7	314	175.6	68	129.0	143	19.9	40	-	-	1.1	18
SIG DN Sundae Lotus Biscoff and Gingerbread	825.7	41	3443.4	41	46.3	66	28.1	140	94.8	36	70.8	79	8.0	16	0.6	3	0.7	12
SIG DN Cinnamon Swirl B&B Pudding	853.0	43	3572.0	43	40.2	57	18.7	93	106.9	41	50.7	56	15.5	31	2.6	11	1.1	19
SIG DN Espresso Martini Tiramisu	801.0	40	3326.5	40	63.2	90	36.9	185	51.4	20	39.1	43	7.1	14	-	-	0.4	7
SIG DN MINI Eton Mess	326.3	16	1350.9	16	28.2	40	17.5	87	16.7	6	16.5	18	2.0	4	1.6	7	0.1	2
SIG DN MINI NGCI Eton Mess	326.3	16	1350.9	16	28.2	40	17.5	87	16.7	6	16.5	18	2.0	4	1.6	7	0.1	2
SIG DN MINI Lemon Panna Cotta	219.8	11	922.8	11	13.5	19	6.2	31	21.5	8	11.7	13	3.0	6	-	-	0.2	4
SIG DN MINI NGCI Lemon Panna Cotta	119.4	6	502.8	6	8.6	12	5.5	27	9.1	3	8.2	9	1.7	3	-	-	0.1	1
SIG DN MINI St Clements Cake	251.5	13	1048.4	12	14.6	21	3.0	15	27.6	11	14.0	16	2.5	5	1.3	5	0.4	7
SIG DN MINI Strawberry Clotted Cream Cheesecake	310.3	16	1180.6	14	20.0	29	10.5	52	28.1	11	11.9	13	4.3	9	0.5	2	0.3	5
SIG DN MINI Espresso Martini Tiramisu	300.1	15	1251.6	15	18.7	27	10.5	52	29.1	11	21.3	24	3.3	7	-	-	0.2	3
SIG DN MINI Cinnamon Swirl B&B Pudding	428.5	21	1794.5	21	20.1	29	9.3	47	53.9	21	25.8	29	7.7	15	1.3	5	0.6	9
SIG DN Sunday Roast Beef	1327.1	66	4837.9	58	53.6	77	13.7	69	-	-	-	-	53.3	107	23.1	96	3.0	50

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	%
SIG DN NGCI Sunday Roast Beef	1165.8	58	4163.6	50	44.4	63	12.0	60	-	-	-	-	47.9	96	22.4	93	2.9	49
SIG DN Sunday Roast Breast Of Chicken	1451.8	73	5373.8	64	54.7	78	9.7	48	-	-	-	-	78.2	156	23.9	100	4.4	74
SIG DN NGCI Sunday Roast Breast Of Chicken	1191.6	60	4290.0	51	37.6	54	5.2	26	-	-	-	-	69.5	139	22.4	93	3.9	65
SIG DN Sunday Roast Leg of Pork	1564.2	78	5815.5	69	77.1	110	19.7	99	-	-	-	-	55.5	111	-	-	3.5	59
SIG DN NGCI Sunday Roast Leg of Pork	1175.6	59	4202.0	50	47.2	67	11.0	55	-	-	-	-	43.5	87	22.7	95	2.9	48
SIG DN Sunday Vegetable Seeded Roast	1404.1	70	5169.1	62	49.4	71	6.3	32	-	-	-	-	28.8	58	27.3	114	3.8	64
SIG DN VGN Sunday Vegetable Seeded Roast	1251.0	63	4530.8	54	39.1	56	4.5	22	-	-	-	-	23.4	47	26.9	112	3.8	63
SIG DN ROT Sunday Roast Half Chicken	2030.9	102	7760.6	92	106.8	153	24.4	122	-	-	-	-	104.7	209	24.2	101	6.3	104
SIG DN ROT NGCI Sunday Roast Half Chicken	1770.7	89	6676.7	79	89.7	128	20.0	100	-	-	-	-	96.0	192	22.6	94	5.7	95
SIG DN Kids Sunday Roast Beef	752.5	38	2791.4	33	31.4	45	7.7	39	-	-	-	-	29.4	59	12.2	51	2.0	34
SIG DN NGCI Kids Sunday Roast Beef	591.2	30	2117.1	25	22.2	32	5.9	30	-	-	-	-	24.1	48	11.5	48	1.9	32
SIG DN Kids Sunday Roast Breast Of Chicken	801.2	40	2999.8	36	30.0	43	6.2	31	-	-	-	-	41.1	82	13.0	54	2.4	41
SIG DN NGCI Kids Sunday Roast Breast Of Chicken	541.0	27	1916.2	23	12.9	18	1.8	9	-	-	-	-	32.4	65	11.5	48	1.9	31
SIG DN Kids Sunday Roast Leg of Pork	856.3	43	3220.0	38	40.7	58	9.9	49	-	-	-	-	30.5	61	13.2	55	2.5	41
SIG DN NGCI Kids Sunday Roast Leg of Pork	596.1	30	2136.3	25	23.6	34	5.4	27	-	-	-	-	21.8	44	11.6	48	1.9	32
SIG DN Kids Sunday Veggie Sausages	741.0	37	2749.0	33	25.4	36	5.0	25	-	-	-	-	30.1	60	17.2	72	3.1	51
SIG DN VGN Kids Sunday Veggie Sausages	579.7	29	2074.7	25	16.2	23	3.2	16	-	-	-	-	24.7	49	16.5	69	2.9	49
SIG DN SB Steak Fillet 8oz	955.6	48	3991.2	48	53.7	77	15.3	77	59.0	23	4.3	5	55.6	111	7.6	32	25.8	430
SIG DN SB NGCI Steak Fillet 8oz	955.6	48	3991.2	48	53.7	77	15.3	77	59.0	23	4.3	5	55.6	111	7.6	32	25.8	430
SIG DN SB Steak T-Bone 12oz	1292.5	65	5401.7	64	64.2	92	18.6	93	59.0	23	4.3	5	100.3	201	7.6	32	26.2	436
SIG DN SB NGCI Steak T-Bone 12oz	1292.5	65	5401.7	64	64.2	92	18.6	93	59.0	23	4.3	5	100.3	201	7.6	32	26.2	436
SIG DN Steak Sirloin 8oz	1060.0	53	4420.3	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.9	431
SIG DN NGCI Steak Sirloin 8oz	1060.0	53	4420.3	53	64.6	92	19.4	97	59.0	23	4.3	5	57.2	114	7.6	32	25.9	431
SIG DN Steak Ribeye 10oz	1319.4	66	5496.6	65	84.4	121	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.8	431
SIG DN NGCI Steak Ribeye 10oz	1319.4	66	5496.6	65	84.4	121	28.5	143	59.0	23	4.3	5	77.5	155	7.6	32	25.8	431
SIG DN Sweetcure Gammon Steaks	1259.5	63	5278.5	63	55.8	80	13.7	69	79.9	31	20.2	22	103.9	208	12.7	53	38.4	640
SIG DN NGCI Sweetcure Gammon Steaks	1259.5	63	5278.5	63	55.8	80	13.7	69	79.9	31	20.2	22	103.9	208	12.7	53	38.4	640
SIG DN Cake St Clements	251.5	13	1048.4	12	14.6	21	3.0	15	27.6	11	14.0	16	2.5	5	1.3	5	0.4	7
zzz SIG DN CAKE Caramel Heaven	303.5	15	1272.0	15	14.5	21	5.9	30	38.4	15	25.0	28	4.0	8	2.6	11	0.3	5
zzz SIG DN CAKE Carrot	271.7	14	1140.1	14	13.2	19	4.9	25	36.0	14	24.4	27	2.6	5	1.0	4	0.3	5
zzz SIG DN CAKE Muffin Blueberry	477.5	24	2.0	0	25.0	36	2.8	14	57.5	22	32.5	36	6.0	12	1.5	6	0.9	16
zzz SIG DN CAKE Raspberry Almond Slice	251.4	13	1054.8	13	11.6	17	4.3	21	32.6	13	19.1	21	3.5	7	0.9	4	0.2	4

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
zzz SIG DN CAKE Muffin Chocolate	404.0	20	1.7	0	21.0	30	5.2	26	47.0	18	28.0	31	6.5	13	2.6	11	0.6	10
zzz SIG DN CAKE Brownie	277.8	14	1162.2	14	16.4	23	10.0	50	28.2	11	23.5	26	3.1	6	2.3	10	0.3	4
SIG DN ROT Rotisserie Chicken Half	2000.1	100	8342.2	99	119.7	171	34.6	173	109.8	42	51.6	57	112.7	225	11.8	49	9.5	159
SIG DN ROT NGCI Rotisserie Chicken Half	2000.1	100	8342.2	99	119.7	171	34.6	173	109.8	42	51.6	57	112.7	225	11.8	49	9.5	159
SIG DN ROT Rotisserie Chicken Whole	1492.4	75	6216.6	74	93.1	133	26.5	133	58.3	22	27.3	30	100.7	201	6.4	26	6.2	103
SIG DN ROT NGCI Rotisserie Chicken Whole	1951.8	98	8130.3	97	121.7	174	34.7	174	76.2	29	35.7	40	131.7	263	8.3	35	8.1	135
SIG DN ROT Extra Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	22	1.2	20
SIG DN Extra Chunky 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	1.2	21
SIG DN Extra Mash 284g	423.4	21	1757.8	21	27.2	39	17.3	86	38.0	15	3.0	3	4.1	8	5.0	21	1.0	17
COR Jacket with Butter	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
SIG DN Extra Slaw	186.9	9	773.4	9	14.9	21	1.3	6	9.1	4	7.5	8	2.1	4	3.4	14	0.6	10
SIG DN Extra Thai Sweet Chilli Slaw	150.1	8	627.5	7	0.5	1	0.1	1	32.5	12	27.9	31	2.0	4	3.7	15	1.5	25
SIG DN Extra Roasted Vegetables	71.5	4	302.6	4	1.3	2	0.2	1	13.4	5	9.4	10	2.0	4	4.5	19	0.1	2
SIG DN Extra Seasonal Veg	38.4	2	160.0	2	0.5	1	0.1	1	5.5	2	5.0	6	2.1	4	2.8	12	0.1	2
SIG DN Side Salad (Batch 1.33kg)	26.7	1	111.8	1	1.2	2	0.2	1	2.9	1	2.4	3	0.7	1	1.3	5	4.5	75
COR Corn on the Cob with Butter	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
SIG DN Extra Skinny Fries	362.0	18	1513.2	18	17.3	25	3.7	18	44.6	17	1.0	1	4.8	10	4.0	17	0.4	7
SIG DN ROT Hunter's (Batch)	474.7	24	1996.4	24	21.5	31	12.4	62	42.4	16	40.9	45	25.9	52	1.1	5	5.3	89
SIG DN ROT 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
SIG DN Piri Piri Sauce (Batch 1.25g)	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
SIG DN ROT 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
SIG DN ROT Garlic Mushroom Sauce (Batch)	130.0	7	538.0	6	12.1	17	5.5	28	3.4	1	0.7	1	1.6	3	0.8	3	0.7	12
COR Gravy VGN	30.0	1	125.8	1	0.0	0	0.0	0	7.1	3	0.1	0	0.4	1	0.0	0	0.9	15
SIG DN Kids Bangers & Mash	658.2	33	2732.2	33	45.7	65	22.2	111	31.6	12	4.6	5	24.7	49	4.7	19	2.8	47
SIG DN Kids NGCI Bangers & Mash	545.5	27	2270.7	27	31.2	45	14.8	74	49.4	19	6.2	7	15.1	30	5.9	25	2.2	36
SIG DN Kids Bangers & Mash Veggie	425.2	21	1772.7	21	19.9	28	11.1	55	35.2	14	5.1	6	22.8	46	9.7	40	2.1	34
SIG DN Kids VGN Bangers & Chips	451.1	23	1888.1	22	18.0	26	4.7	24	44.4	17	4.0	4	24.1	48	10.2	42	2.1	34
SIG DN 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
SIG DN Kids Chicken Dippers	612.2	31	2551.4	30	36.8	53	8.6	43	52.9	20	2.9	3	15.8	32	5.6	23	1.5	25
SIG DN Kids Tagliatelle & Tomato Sauce	402.4	20	1684.0	20	16.6	24	8.0	40	48.0	18	6.6	7	14.8	30	3.3	14	2.0	33
SIG DN Kids Cheeseburger	598.8	30	2515.0	30	21.0	30	7.9	40	66.5	26	-	-	34.0	68	6.8	28	-	-
SIG DN Kids Veggie Cheeseburger	673.4	34	2817.3	34	29.1	42	7.5	38	68.4	26	-	-	29.5	59	12.6	53	-	-
SIG DN Kids VGN Burger	652.7	33	2732.2	33	26.5	38	4.2	21	70.8	27	6.7	7	27.5	55	13.1	55	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	%
SIG DN Kids Fruit Salad	66.9	3	285.1	3	0.4	1	0.1	0	15.9	6	15.9	18	0.6	1	1.7	7	6.2	103
SIG DN Kids NGCI Fruit Salad	66.9	3	285.1	3	0.4	1	0.1	0	15.9	6	15.9	18	0.6	1	1.7	7	6.2	103
SIG DN 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
SIG DN 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
SIG DN Kids NGCI 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
SIG DN Kids VGN Ice Cream Sundae	181.9	9	760.6	9	8.1	12	7.0	35	22.5	9	15.0	17	0.9	2	-	-	0.0	0
SIG DN Kids Starter Nachos	242.3	12	1013.3	12	15.2	22	6.2	31	16.6	6	1.2	1	9.0	18	1.3	5	6.0	100
SIG DN Kids Starter Salad Sticks	45.1	2	187.4	2	1.7	2	0.3	2	6.8	3	6.2	7	0.9	2	2.7	11	5.1	86
SIG DN Kids Starter Garlic Ciabatta	132.2	7	553.8	7	6.3	9	2.0	10	15.7	6	2.2	2	2.7	5	1.3	6	5.3	89
SIG DN Posh Cheesy Chips Upgrade	815.8	41	3397.5	40	50.1	72	22.0	110	58.8	23	2.3	3	27.5	55	6.6	28	2.6	44
SIG DN Posh Cheesy Chips with bacon Upgrade	942.2	47	3926.1	47	61.8	88	23.7	118	58.8	23	2.3	3	32.4	65	6.6	28	3.7	62
SIG DN Sweet Potato Fries 150g Upgrade	275.1	14	1132.6	13	13.5	19	2.4	12	32.9	13	10.6	12	2.2	4	4.5	19	0.8	14
SIG 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	1.4	23