

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	%
TST LN20 Grazer Mexican Nachos	427.9	21	1797.5	21	22.1	32	6.1	30	45.4	17	1.4	2	9.7	19	3.1	13	1.7	28
TST LN20 VGN Grazer Olives and Ciabatta	467.4	23	1946.5	23	29.9	43	8.0	40	34.6	13	4.6	5	5.7	11	2.1	9	2.5	41
TST LN20 Grazer Crispy Jumbo Shrimp	747.2	37	661.1	8	8.5	12	2.6	13	34.9	13	12.0	13	13.4	27	1.5	6	1.7	28
TST LN20 Grazer Breaded Mushrooms	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
TST LN20 Grazer Fish & Chips Bites	345.9	17	1442.1	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.5	11	1.5	25
TST LN20 Grazer Thai Chicken Skewers	144.7	7	611.2	7	1.5	2	0.3	1	7.8	3	3.7	4	26.2	52	3.3	14	0.8	13
TST LN20 Grazer Halloumi Fries	376.1	19	1559.7	19	27.3	39	15.3	76	13.1	5	3.5	4	19.9	40	-	-	3.1	52
TST LN20 Grazer BBQ Chicken Strips	550.6	28	2288.1	27	32.1	46	11.0	55	40.0	15	12.6	14	25.5	51	2.4	10	1.1	19
TST LN20 VGN Grazer Crispy Potato Skins BBQ Jackfruit	331.5	17	1384.6	16	15.2	22	3.2	16	41.6	16	14.0	16	4.3	9	5.5	23	0.9	15
TST LN20 Grazer Crispy Potato Skins Cheese and Bacon	410.9	21	1707.3	20	28.2	40	11.9	60	22.0	8	2.2	2	15.3	31	3.7	16	1.9	31
TST LN20 VGN Grazer Buffalo Cauliflower Wings	167.5	8	702.5	8	3.4	5	1.0	5	31.4	12	17.1	19	3.4	7	2.0	8	1.3	21
TST LN20 Grazer Chicken Wings BBQ	623.9	31	2593.7	31	40.3	58	10.3	52	16.5	6	13.4	15	48.6	97	1.5	6	2.8	46
TST LN20 Grazer Chicken Wings Flaming Hot	593.3	30	2467.1	29	40.6	58	10.4	52	7.3	3	4.1	5	48.7	97	1.7	7	3.6	60
TST LN20 Grazer Chicken Wings Thai Sweet Chilli	625.5	31	2601.2	31	40.2	57	10.3	52	17.4	7	12.5	14	48.3	97	1.5	6	3.0	50
TST LN20 Grazer Sticky BBQ Ribs	578.2	29	2416.5	29	35.6	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
TST LN20 NGCI Grazer Chicken Wings Thai Sweet Chilli	625.5	31	2601.2	31	40.2	57	10.3	52	17.4	7	12.5	14	48.3	97	1.5	6	3.0	50
TST LN20 NGCI VGN Grazer Crispy Potato Skins BBQ Jackfruit	331.5	17	1384.6	16	15.2	22	3.2	16	41.6	16	14.0	16	4.3	9	5.5	23	0.9	15
TST LN20 NGCI Grazer Crispy Potato Skins Cheese and Bacon	410.9	21	1707.3	20	28.2	40	11.9	60	22.0	8	2.2	2	15.3	31	3.7	16	1.9	31
TST LN20 NGCI Grazer Fish & Chips Bites	345.9	17	1442.1	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.5	11	1.5	25
TST LN20 NGCI Grazer Mexican Nachos	603.8	30	2536.5	30	31.1	44	8.5	43	64.1	25	2.0	2	13.7	27	4.4	18	2.4	40
TST LN20 VGN Grazer Bruschetta	246.3	12	1034.7	12	10.0	14	3.6	18	32.7	13	5.8	6	5.6	11	3.3	14	0.6	9
TST LN20 NGCI Grazer Chicken Wings Flaming Hot	593.3	30	2467.1	29	40.6	58	10.4	52	7.3	3	4.1	5	48.7	97	1.7	7	3.6	60
TST LN20 NGCI Grazer Chicken Wings BBQ	623.9	31	2593.7	31	40.3	58	10.3	52	16.5	6	13.4	15	48.6	97	1.5	6	2.8	46
TST LN20 Fish and Chips	1201.8	60	5047.9	60	40.6	58	8.0	40	131.3	50	9.2	10	70.6	141	15.8	66	4.0	66
TST LN20 Sweetcure Gammon Steak	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
TST LN20 Sweetcure Gammon Steak Under 600	556.9	28	2346.7	28	15.7	22	5.8	29	15.3	6	14.4	16	88.2	176	3.9	16	7.1	119
TST LN20 Hunters Chicken	1127.1	56	4708.7	56	55.6	79	21.0	105	85.8	33	28.7	32	69.1	138	7.7	32	5.0	84
TST LN20 Hunters Chicken Under 550	506.6	25	2117.8	25	23.7	34	10.2	51	18.9	7	17.0	19	55.6	111	2.2	9	3.1	52
TST LN20 Rump Steak	1165.6	58	4866.0	58	64.8	93	17.6	88	79.8	31	6.8	8	60.1	120	11.9	49	3.4	57

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST LN20 Rump Steak Under 550	517.5	26	2157.2	26	33.2	47	11.1	56	5.9	2	5.4	6	48.5	97	2.7	11	1.3	22
TST LN20 Beef Lasagne	627.9	31	2618.3	31	26.9	38	10.4	52	74.9	29	15.4	17	22.1	44	29.2	122	2.1	36
TST LN20 Beef Lasagne Under 450	410.3	21	1706.3	20	17.4	25	6.9	35	47.2	18	14.0	16	17.6	35	27.9	116	1.6	27
TST LN20 Wholetails of Breaded Scampi	1618.1	81	3639.8	43	49.6	71	11.9	59	106.5	41	10.0	11	29.0	58	14.7	61	3.4	57
TST LN20 Chicken Tikka Masala	1136.6	57	4786.2	57	32.5	46	8.2	41	160.1	62	30.5	34	46.5	93	11.2	47	5.0	83
TST LN20 Steak and Ale Pie	1229.8	61	5141.6	61	56.8	81	19.4	97	139.3	54	8.8	10	33.6	67	12.5	52	3.7	61
TST LN20 Sticky BBQ Ribs and Chicken	2020.4	101	8438.8	100	118.8	170	40.8	204	126.9	49	44.6	50	107.8	216	8.3	35	5.0	84
TST LN20 NGCI Sweetcure Gammon Steak	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
TST LN20 NGCI Sweetcure Gammon Steak Under 600	556.9	28	2346.7	28	15.7	22	5.8	29	15.3	6	14.4	16	88.2	176	3.9	16	7.1	119
TST LN20 NGCI Hunters Chicken	1127.1	56	4708.7	56	55.6	79	21.0	105	85.8	33	28.7	32	69.1	138	7.7	32	5.0	84
TST LN20 NGCI Hunters Chicken Under 550	506.6	25	2117.8	25	23.7	34	10.2	51	18.9	7	17.0	19	55.6	111	2.2	9	3.1	52
TST LN20 NGCI Rump Steak	1011.3	51	4221.9	50	55.5	79	15.9	80	64.6	25	5.3	6	58.3	117	10.7	44	2.7	45
TST LN20 NGCI Rump Steak Under 550	517.5	26	2157.2	26	33.2	47	11.1	56	5.9	2	5.4	6	48.5	97	2.7	11	1.3	22
TST LN20 NGCI Chicken Tikka Masala	823.7	41	3470.6	41	24.6	35	7.6	38	108.1	42	27.3	30	40.7	81	6.5	27	4.8	80
TST LN20 Aubergine Pasta	753.8	38	3175.3	38	18.7	27	5.2	26	121.4	47	26.9	30	19.5	39	11.6	48	2.4	40
TST LN20 Rump and Shrimp	1682.5	84	5179.9	62	71.2	102	19.6	98	95.4	37	7.0	8	70.0	140	12.6	52	4.2	70
TST LN20 Sticky BBQ Ribs	1770.5	89	7400.5	88	102.8	147	35.3	177	113.0	43	44.2	49	95.2	190	7.2	30	4.7	78
TST LN20 Veggie Fish and Chips	1081.0	54	4529.1	54	46.6	67	7.8	39	132.9	51	10.5	12	24.5	49	18.0	75	4.4	74
TST LN20 VGN Veggie Fish n Chips	1008.8	50	4229.5	50	40.4	58	7.4	37	128.9	50	7.5	8	24.4	49	17.8	74	4.1	68
TST LN20 Salad Crispy Jumbo Shrimp	1186.3	59	1270.2	15	20.3	29	4.9	25	45.6	18	12.5	14	25.7	51	9.6	40	1.8	30
TST LN20 Salad Grilled Chicken Breast	357.9	18	1507.8	18	12.3	18	2.0	10	15.4	6	12.9	14	46.9	94	7.8	33	1.2	19
TST LN20 Salad Red Pepper and Mushroom	249.8	12	1050.6	13	13.1	19	2.0	10	22.2	9	19.4	22	9.1	18	11.6	48	0.2	4
TST LN20 VGN Salad Red Pepper and Mushroom	249.8	12	1050.6	13	13.1	19	2.0	10	22.2	9	19.4	22	9.1	18	11.6	48	0.2	4
TST LN20 Salad Rump Steak	387.8	19	1621.8	19	23.6	34	6.4	32	13.8	5	11.5	13	29.2	58	7.9	33	0.9	14
TST LN20 Salad Buffalo Cauliflower Wings	263.7	13	1109.9	13	10.9	16	1.9	10	32.5	13	16.6	18	8.7	17	9.6	40	1.1	18
TST LN20 VGN Salad Buffalo Cauliflower Wings	263.7	13	1109.9	13	10.9	16	1.9	10	32.5	13	16.6	18	8.7	17	9.6	40	1.1	18
TST LN20 Salad Thai Chicken Skewers	277.2	14	1170.3	14	8.1	12	1.2	6	20.2	8	14.9	17	31.7	63	10.9	45	0.8	13
TST LN20 NGCI Salad Grilled Chicken Breast	357.9	18	1507.8	18	12.3	18	2.0	10	15.4	6	12.9	14	46.9	94	7.8	33	1.2	19
TST LN20 NGCI Salad Thai Chicken Skewers	277.2	14	1170.3	14	8.1	12	1.2	6	20.2	8	14.9	17	31.7	63	10.9	45	0.8	13
TST LN20 NGCI Salad Red Pepper & Mushroom	249.8	12	1050.6	13	13.1	19	2.0	10	22.2	9	19.4	22	9.1	18	11.6	48	0.2	4
TST LN20 NGCI VGN Salad Red Pepper and Mushroom	249.8	12	1050.6	13	13.1	19	2.0	10	22.2	9	19.4	22	9.1	18	11.6	48	0.2	4
TST LN20 NGCI Salad Rump Steak	387.8	19	1621.8	19	23.6	34	6.4	32	13.8	5	11.5	13	29.2	58	7.9	33	0.9	14

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST LN20 VGN Mixed Olives	111.1	6	462.8	6	6.8	10	2.2	11	3.2	1	0.0	0	0.9	2	0.1	1	1.9	32
TST LN20 Burger Classic Beef	1087.4	54	4566.2	54	41.7	60	10.3	51	119.3	46	11.6	13	55.8	112	10.0	42	4.3	72
TST LN20 Burger Classic Beef XL	1354.7	68	5692.8	68	49.4	71	13.2	66	127.9	49	11.7	13	96.5	193	10.2	42	6.0	100
TST LN20 Burger Classic Beef Under 500	489.6	24	2068.0	25	10.2	15	3.8	19	51.7	20	11.6	13	48.1	96	4.1	17	2.6	44
TST LN20 Burger Classic Coated Chicken	1344.6	67	5633.4	67	58.2	83	17.3	87	145.0	56	12.2	14	55.0	110	11.1	46	6.5	108
TST LN20 Burger Classic Coated Chicken XL	1869.3	93	7827.6	93	82.5	118	27.4	137	179.4	69	13.0	14	95.1	190	12.4	52	10.4	173
TST LN20 Burger Classic Coated Chicken Under 700	746.9	37	3135.2	37	26.8	38	10.9	54	77.5	30	12.2	14	47.4	95	5.2	22	4.8	80
TST LN20 Burger Classic Meat-Free	1040.1	52	4360.6	52	45.9	66	8.2	41	120.5	46	13.1	15	32.3	65	12.2	51	3.6	60
TST LN20 Burger Classic Meat-Free L	1312.1	66	5485.6	65	68.0	97	10.1	50	124.1	48	14.0	16	43.0	86	20.2	84	5.6	94
TST LN20 Burger Classic Meat-Free Under 500	468.3	23	1964.4	23	19.5	28	2.2	11	49.8	19	12.8	14	21.4	43	9.1	38	2.4	41
TST LN20 VGN Burger Classic Meat-Free	1066.1	53	4462.6	53	51.0	73	8.7	43	117.4	45	12.7	14	29.0	58	15.0	62	4.1	69
TST LN20 VGN Burger Classic Meat-Free L	1312.1	66	5485.6	65	68.0	97	10.1	50	124.1	48	14.0	16	43.0	86	20.2	84	5.6	94
TST LN20 VGN Burger Classic Meat-Free Under 500	468.3	23	1964.4	23	19.5	28	2.2	11	49.8	19	12.8	14	21.4	43	9.1	38	2.4	41
TST LN20 Burger Route 66 Beef	1545.6	77	6468.6	77	77.4	111	36.5	183	128.0	49	-	-	79.9	160	12.1	50	-	-
TST LN20 Burger Route 66 Beef XL	1641.5	82	6880.5	82	74.1	106	28.5	143	129.2	50	-	-	110.7	221	12.0	50	-	-
TST LN20 Burger Route 66 Chicken	1765.5	88	7379.5	88	92.3	132	42.9	215	151.3	58	-	-	76.3	153	13.1	55	-	-
TST LN20 Burger Route 66 Chicken XL	2111.6	106	8831.0	105	103.9	148	41.3	206	182.6	70	-	-	103.9	208	14.3	60	-	-
TST LN20 Burger Blue Moon	1300.2	65	5449.2	65	59.5	85	21.8	109	119.6	46	11.7	13	68.7	137	10.9	45	5.3	88
TST LN20 Burger Blue Moon XL	1567.5	78	6575.8	78	67.2	96	24.8	124	128.2	49	11.9	13	109.5	219	11.1	46	7.0	116
TST LN20 Burger The Cheese Stacker	1472.2	74	6168.9	73	66.2	95	17.6	88	148.9	57	14.0	16	69.2	138	12.7	53	6.9	114
TST LN20 Burger The Cheese Stacker XL	1739.6	87	7295.8	87	73.9	106	20.6	103	157.5	61	14.1	16	110.0	220	12.9	54	8.5	142
TST LN20 Burger The Cowboy Cheese and Bacon	1363.0	68	5709.8	68	60.4	86	19.5	97	132.4	51	23.7	26	69.3	139	10.2	43	6.4	107
TST LN20 Burger The Cowboy Cheese and Bacon XL	1630.3	82	6836.4	81	68.1	97	22.5	112	141.0	54	23.8	26	110.1	220	10.4	43	8.1	136
TST LN20 Burger Dirty Chilli Cheese	1489.1	74	6240.3	74	66.0	94	22.4	112	143.7	55	28.7	32	76.7	153	11.9	50	6.2	104
TST LN20 Burger Dirty Chilli Cheese XL	1756.4	88	7366.8	88	73.7	105	25.4	127	152.3	59	28.8	32	117.4	235	12.1	50	7.9	132
TST LN20 Burger Inferno Chicken XL	1947.9	97	8156.6	97	86.2	123	29.3	146	187.9	72	19.2	21	96.5	193	13.1	55	12.9	216
TST LN20 Burger Inferno Chicken	1423.3	71	5962.4	71	61.9	88	19.2	96	153.6	59	18.4	20	56.4	113	11.9	49	9.1	151
TST LN20 Burger Blue Moon L	1433.8	72	6012.5	72	63.3	90	23.3	117	123.9	48	11.8	13	89.1	178	11.0	46	6.1	102
TST LN20 Burger Classic Beef L	1221.0	61	5129.5	61	45.5	65	11.7	59	123.6	48	11.6	13	76.2	152	10.1	42	5.2	86
TST LN20 Burger Classic Coated Chicken L	1606.9	80	6730.3	80	70.4	101	22.4	112	162.2	62	12.6	14	75.1	150	11.7	49	8.4	141
TST LN20 Burger Dirty Chilli Cheese L	1622.8	81	6803.6	81	69.8	100	23.9	120	148.0	57	28.8	32	97.1	194	12.0	50	7.1	118

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST LN20 Burger Inferno Chicken L	1685.6	84	7059.3	84	74.1	106	24.3	121	170.7	66	18.8	21	76.4	153	12.5	52	11.0	183
TST LN20 Burger Route 66 Beef L	1538.1	77	6445.4	77	70.3	100	27.0	135	131.7	51	-	-	90.6	181	12.2	51	-	-
TST LN20 Burger Route 66 Chicken L	1823.0	91	7625.5	91	89.1	127	33.1	165	166.5	64	-	-	82.2	164	13.7	57	-	-
TST LN20 Burger The Cheese Stacker L	1605.9	80	6732.2	80	70.1	100	19.1	96	153.2	59	14.0	16	89.6	179	12.8	53	7.7	128
TST LN20 Burger The Cowboy Cheese and Bacon L	1496.6	75	6273.1	75	64.3	92	21.0	105	136.7	53	23.7	26	89.7	179	10.3	43	7.3	122
TST LN20 Burger The Philly Steak Burger	1120.4	56	4689.9	56	53.5	76	14.8	74	115.9	45	9.4	10	40.6	81	10.8	45	3.8	63
TST LN20 VGN Burger Jackfruit	1207.3	60	5053.8	60	56.5	81	9.0	45	137.5	53	24.5	27	31.0	62	16.7	70	4.9	81
TST LN20 VGN L Burger Jackfruit	1453.3	73	6076.8	72	73.5	105	10.4	52	144.2	55	25.8	29	45.0	90	21.9	91	6.4	106
TST LN20 Extra Bacon Rasher Burger	104.4	5	432.1	5	8.9	13	3.1	16	0.0	0	0.0	0	6.0	12	0.0	0	1.2	20
TST LN20 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
TST LN20 Jalapenos	7.6	0	88.8	1	0.0	0	0.0	0	1.6	1	0.4	0	0.4	1	1.6	7	0.6	11
TST LN20 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
TST LN20 Fried Onions	129.5	6	536.4	6	10.5	15	1.2	6	7.1	3	5.0	6	1.1	2	1.3	5	0.0	0
TST LN20 Stilton 25g	102.5	5	425.0	5	8.8	13	5.8	29	0.0	0	0.0	0	5.9	12	0.0	0	0.5	8
TST LN20 Cheddar Cheese 56g	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
TST LN20 Choice Burger Cheese Slice x2	321.0	16	1333.0	16	25.0	36	25.0	125	1.4	1	-	-	22.0	44	0.0	0	-	-
TST LN20 Sauteed Mushrooms	106.1	5	439.0	5	10.1	14	1.3	6	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
TST LN20 Sauce BBQ 56g	105.3	5	439.6	5	0.2	0	0.1	0	25.2	10	24.1	27	0.8	2	0.5	2	0.8	14
TST LN20 Extra Beef Burger	133.7	7	563.3	7	3.9	6	1.5	7	4.3	2	0.1	0	20.4	41	0.1	0	0.8	14
TST LN20 Extra Mediterranean Melt Burger	280.5	14	1170.6	14	15.7	22	4.3	21	29.6	11	2.4	3	7.5	15	2.8	11	1.4	23
TST LN20 Sauce Burger Relish 28g	30.2	2	128.5	2	0.1	0	0.0	0	6.8	3	5.9	7	0.3	1	0.3	1	0.4	6
TST LN20 Extra Roast Chicken Fillet	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
TST LN20 Extra Sauteed Peppers	181.4	9	747.1	9	18.6	27	2.2	11	3.2	1	3.1	3	0.5	1	1.1	4	0.0	0
TST LN20 Sandwich Cheese and Onion	782.1	39	3278.5	39	34.4	49	17.2	86	84.1	32	4.4	5	32.1	64	9.5	40	2.1	36
TST LN20 Sandwich Classic Club	992.4	50	4167.1	50	38.9	56	10.2	51	108.2	42	4.9	5	51.4	103	11.6	48	3.6	60
TST LN20 Sandwich Coated Chicken	881.1	44	3695.3	44	36.6	52	10.8	54	98.4	38	3.8	4	36.6	73	10.0	41	3.2	54
TST LN20 VGN Sandwich Red Pepper and Guacamole	656.5	33	2764.5	33	22.1	32	6.8	34	92.2	35	11.0	12	19.8	40	11.3	47	1.6	26
TST LN20 Sandwich Red Pepper Chicken and Guacamole	761.1	38	3204.8	38	24.5	35	7.3	37	93.1	36	11.7	13	40.4	81	11.3	47	2.1	34
TST LN20 Sandwich Steak and Horseradish	807.4	40	3387.4	40	33.1	47	11.0	55	83.8	32	5.6	6	41.6	83	9.3	39	2.3	39
TST LN20 NGCI Sandwich Cheese & Red Onion	661.1	33	2759.9	33	33.8	48	16.5	82	64.0	25	5.6	6	19.8	40	10.7	45	1.7	29
TST LN20 NGCI Sandwich Classic Club	817.5	41	3417.2	41	38.1	54	9.1	46	79.3	30	7.8	9	33.2	66	14.0	58	3.0	49

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	%
TST LN20 NGCI Sandwich Red Pepper and Guacamole & Chicken	640.1	32	2686.1	32	23.9	34	6.6	33	73.0	28	12.9	14	28.1	56	12.5	52	1.6	27
TST LN20 NGCI Sandwich Steak and Horseradish	687.0	34	2871.2	34	32.5	46	10.2	51	63.6	24	6.7	7	29.4	59	10.6	44	1.9	32
TST LN20 Sandwich Thai Chicken Nanwich	760.9	38	3199.7	38	19.7	28	5.2	26	101.9	39	8.3	9	40.2	80	12.8	53	1.8	29
TST LN20 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
TST LN20 Beer Battered Onion Rings Side	617.4	31	2576.4	31	37.4	53	6.8	34	60.7	23	6.0	7	7.2	14	4.8	20	2.9	48
TST LN20 Loaded Onion Rings Cheese	849.8	42	3540.2	42	56.5	81	18.7	94	61.8	24	6.1	7	21.2	42	4.8	20	3.9	66
TST LN20 Loaded Onion Rings Cheese Bacon	954.2	48	3972.3	47	65.5	94	21.8	109	61.8	24	6.1	7	27.2	54	4.8	20	5.1	86
TST LN20 Loaded Chips Chilli Cheese	763.8	38	3184.5	38	46.1	66	20.7	104	54.0	21	17.6	20	31.2	62	5.1	21	3.0	49
TST LN20 Pepper Sauce	57.0	3	240.7	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
TST LN20 Salad Bowl	16.2	1	69.3	1	0.2	0	0.1	0	2.7	1	2.4	3	0.7	1	1.3	5	0.0	0
TST LN20 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
TST LN20 Extra 100s and 1000s	36.2	2	153.9	2	0.0	0	0.0	0	9.0	3	7.7	9	0.0	0	0.0	0	0.0	0
TST LN20 Extra Aerosol Cream	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
TST LN20 Extra Burger Bun	170.9	9	722.7	9	2.1	3	0.7	4	32.8	13	2.4	3	6.1	12	1.9	8	0.5	9
TST LN20 Cheesy Garlic Ciabatta Side	683.5	34	2855.9	34	38.4	55	18.9	95	59.2	23	5.2	6	23.6	47	3.9	16	2.1	35
TST LN20 Garlic Ciabatta Side	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
TST LN20 Garlic Ciabatta Slice	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
TST LN20 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	0.6	10
TST LN20 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
TST LN20 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
TST LN20 Scampi Pieces	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
TST LN20 Rice and Chips UPG	400.3	20	1682.4	20	15.9	23	3.4	17	57.2	22	0.6	1	6.3	13	4.8	20	0.7	12
TST LN20 Extra Yorkshire Pudding	198.5	10	824.3	10	15.6	22	2.4	12	10.7	4	1.5	2	4.4	9	0.5	2	0.2	4
TST LN20 Extra Sticky BBQ Ribs	578.2	29	2416.5	29	35.5	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
TST LN20 Hunters Steak Upgrade	442.1	22	1835.4	22	28.2	40	15.1	75	26.2	10	24.2	27	20.7	41	0.5	2	3.1	51
TST LN20 Loaded Chips Hunters	690.3	35	2873.7	34	40.7	58	17.8	89	55.3	21	24.6	27	24.2	48	3.6	15	3.6	60
TST LN20 Chips Topper Chilli Cheese	515.6	26	2146.2	26	33.7	48	18.0	90	24.9	10	17.2	19	27.8	56	1.9	8	2.4	41
TST LN20 Chocolate Melt in the Middle	838.5	42	3501.3	42	45.5	65	10.1	50	96.1	37	65.5	73	9.5	19	-	-	1.0	16
TST LN20 Chocolate Indulgence Sundae	583.2	29	2440.8	29	29.5	42	18.5	92	70.8	27	58.8	65	7.6	15	-	-	0.4	7
TST LN20 NGCI Chocolate Indulgence Sundae	583.2	29	2440.8	29	29.5	42	18.5	92	70.8	27	58.8	65	7.6	15	-	-	0.4	7
TST LN20 Ice Cream Sundae	693.7	35	2900.3	35	38.6	55	23.8	119	75.6	29	63.9	71	9.8	20	1.2	5	0.6	10
TST LN20 VGN Ice Cream Sundae	296.4	15	1238.7	15	12.0	17	10.4	52	39.4	15	25.0	28	1.5	3	9.2	38	0.0	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	%
TST LN20 NGCI Ice Cream Sundae	728.4	36	3044.2	36	41.2	59	25.3	127	78.0	30	67.5	75	10.3	21	1.2	5	0.6	10
TST LN20 NGCI VGN Ice Cream Sundae	296.4	15	1238.7	15	12.0	17	10.4	52	39.4	15	25.0	28	1.5	3	9.2	38	0.0	1
TST LN20 Salted Caramel Cheesecake Sandwich	631.1	32	2640.2	31	25.5	36	14.5	72	91.0	35	61.7	69	8.0	16	0.8	3	1.4	23
TST LN20 Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	57	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
TST LN20 NGCI Sticky Toffee Pudding	578.6	29	2435.0	29	18.7	27	11.3	57	97.5	37	78.2	87	5.8	12	1.0	4	0.3	5
TST LN20 VGN Apple Pie	451.4	23	1892.3	23	19.4	28	9.5	47	63.2	24	26.5	29	4.3	9	5.2	22	0.0	1
TST LN20 Apple Pie	472.1	24	1983.0	24	18.4	26	7.7	39	69.9	27	32.0	36	7.0	14	2.3	10	0.2	3
TST LN20 Breaded Mushrooms	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
TST LN20 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
TST LN20 Soup	325.8	16	1374.7	16	15.2	22	2.6	13	39.2	15	10.4	12	8.3	17	3.5	15	1.7	28
TST LN20 LC Fish and Chips	615.4	31	2580.6	31	18.8	27	5.1	25	68.8	26	8.7	10	37.0	74	11.4	48	1.8	31
TST LN20 LC Sweetcure Gammon Steak	586.2	29	2460.9	29	18.7	27	7.2	36	48.3	19	13.5	15	52.0	104	9.6	40	4.0	67
TST LN20 LC Ham Egg and Chips	652.4	33	2715.2	32	43.0	61	10.8	54	32.3	12	1.7	2	31.3	63	4.5	19	2.0	33
TST LN20 LC Hunters Chicken	631.2	32	2634.4	31	31.8	45	13.9	70	46.2	18	15.2	17	38.2	76	5.3	22	2.7	45
TST LN20 LC Steak and Ale Pie	898.6	45	3751.8	45	44.6	64	17.6	88	93.9	36	6.7	7	25.5	51	10.2	43	2.1	35
TST LN20 Burger Classic Beef Under 500	489.6	24	2068.0	25	10.2	15	3.8	19	51.7	20	11.6	13	48.1	96	4.1	17	2.6	44
TST LN20 Burger Classic Coated Chicken Under 700	746.9	37	3135.2	37	26.8	38	10.9	54	77.5	30	12.2	14	47.4	95	5.2	22	4.8	80
TST LN20 Burger Classic Meat-Free Under 500	468.3	23	1964.4	23	19.5	28	2.2	11	49.8	19	12.8	14	21.4	43	9.1	38	2.4	41
TST LN20 VGN Burger Classic Meat-Free Under 500	468.3	23	1964.4	23	19.5	28	2.2	11	49.8	19	12.8	14	21.4	43	9.1	38	2.4	41
TST LN20 LC Ice Cream Sundae	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
TST LN20 VGN LC Ice Cream	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
TST LN20 LC Salad Chicken	386.8	19	1621.9	19	16.7	24	4.9	24	32.6	13	5.6	6	26.1	52	3.2	13	1.0	17
TST LN20 VGN LC Salad Grilled Red Pepper and Mushroom	312.6	16	1310.2	16	14.9	21	4.5	22	36.0	14	8.8	10	7.2	14	5.1	21	0.5	9
TST LN20 LC Rump Steak	713.5	36	2978.8	35	37.2	53	11.6	58	55.8	21	7.5	8	34.0	68	10.4	43	1.9	31
TST LN20 LC Sticky BBQ Ribs	979.1	49	4091.4	49	55.7	80	20.4	102	67.7	26	23.9	27	49.1	98	5.7	24	2.3	38
TST LN20 LC Golden Breaded Scampi	1022.9	51	2401.3	29	30.0	43	8.7	44	71.6	28	9.7	11	20.9	42	12.2	51	1.9	32
TST LN20 VGN LC Fish n Chips	586.6	29	2460.0	29	20.2	29	5.7	28	78.0	30	6.6	7	17.3	35	13.5	56	2.0	33
TST LN20 LC Veggie Fish and Chips	658.8	33	2759.6	33	26.4	38	6.1	30	82.0	32	9.7	11	17.3	35	13.6	57	2.3	39
TST LN20 DD Aubergine Pasta	737.6	37	3106.1	37	18.4	26	5.1	26	118.7	46	24.6	27	18.8	38	10.3	43	2.4	40
TST LN20 Sunday Roast Beef	1163.5	58	4880.0	58	45.8	65	11.0	55	98.9	38	-	-	88.6	177	16.8	70	5.2	87
TST LN20 Sunday Roast Chicken	1399.3	70	5850.5	70	67.0	96	17.1	86	102.3	39	27.4	30	97.9	196	16.4	68	5.1	85

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	%
TST LN20 Sunday Cauliflower Tart	1124.9	56	4714.3	56	55.4	79	20.2	101	135.9	52	19.0	21	35.6	71	15.7	65	3.4	56
TST LN20 Kids Sunday Roast Beef	601.6	30	2516.9	30	29.1	42	6.1	31	52.8	20	-	-	32.1	64	7.4	31	3.3	55
TST LN20 Kids Sunday Roast Chicken	950.4	48	3972.1	47	44.1	63	10.7	53	86.3	33	34.6	38	53.6	107	9.4	39	3.5	59
TST LN20 Bowl of Pigs in Blankets	553.7	28	2299.6	27	42.8	61	15.4	77	14.5	6	2.0	2	27.5	55	1.0	4	3.8	64
TST LN20 Bowl of Yorkshire Puddings	1190.8	60	4945.7	59	93.6	134	14.6	73	64.4	25	8.9	10	26.1	52	3.0	13	1.4	24
TST LN20 Cauliflower Cheese	141.8	7	594.5	7	5.5	8	3.4	17	15.6	6	3.1	3	5.5	11	3.9	16	1.9	32
TST LN20 Sunday Cauliflower Tart XL	1429.0	71	5984.8	71	72.7	104	22.8	114	167.9	65	21.2	24	42.6	85	18.3	76	3.8	63
TST LN20 Sunday Roast Beef XL	1324.8	66	5549.6	66	59.5	85	13.3	66	115.5	44	-	-	83.2	166	16.7	70	5.1	85
TST LN20 Sunday Roast Chicken XL	1758.7	88	7351.0	88	88.6	127	21.2	106	135.8	52	29.8	33	107.6	215	19.2	80	5.8	97
TST LN20 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
TST LN20 NGCI 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
TST LN20 Chicken Jalfrezi	1131.7	57	4774.0	57	27.0	39	2.6	13	183.8	71	26.8	30	49.4	99	12.9	54	5.0	83
TST LN20 NGCI Chicken Jalfrezi	818.8	41	3458.4	41	19.1	27	2.1	10	131.9	51	23.6	26	43.5	87	8.1	34	4.8	80
TST LN20 NGCI 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
TST LN20 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
TST LN20 VGN Vegetable Jalfrezi	653.0	33	2738.4	33	24.9	36	2.2	11	95.9	37	16.0	18	12.1	24	9.8	41	2.4	40
TST LN20 NGCI Chicken Tikka Masala	823.7	41	3470.6	41	24.6	35	7.6	38	108.1	42	27.3	30	40.7	81	6.5	27	4.8	80
TST LN20 Chicken Tikka Masala	1136.6	57	4786.2	57	32.5	46	8.2	41	160.1	62	30.5	34	46.5	93	11.2	47	5.0	83
TST LN20 Lamb Saag Masala	1264.3	63	5321.4	63	44.7	64	7.7	39	171.3	66	23.4	26	44.3	89	12.9	54	5.0	83
TST LN20 Chicken Korma	1184.5	59	4991.5	59	29.3	42	10.4	52	180.9	70	32.5	36	49.0	98	10.2	42	4.8	80
TST LN20 NGCI Chicken Korma	873.2	44	3682.8	44	21.5	31	9.9	49	129.2	50	29.4	33	43.2	86	5.4	23	4.6	77
TST LN20 Breakfast Big Breakfast	1539.2	77	6415.4	76	91.4	131	21.9	109	110.8	43	11.8	13	69.2	138	14.9	62	7.8	129
TST LN20 VGN Breakfast Classic Veggie	551.0	28	2295.0	27	25.4	36	4.5	22	42.3	16	11.0	12	33.9	68	17.4	73	3.3	55
TST LN20 Breakfast Classic Veggie	718.3	36	2981.5	35	46.6	67	8.2	41	39.1	15	9.9	11	32.8	66	14.4	60	2.7	46
TST LN20 VGN Breakfast Fabulous Veggie	1138.6	57	4758.5	57	51.3	73	9.7	49	105.5	41	13.8	15	57.9	116	27.2	113	5.3	88
TST LN20 Breakfast Fabulous Veggie	1578.4	79	6568.0	78	99.7	142	17.7	88	102.3	39	12.7	14	63.7	127	24.2	101	5.0	83
TST LN20 Breakfast Muffin Bacon and Egg	435.3	22	1814.6	22	22.6	32	4.7	23	34.7	13	0.8	1	23.4	47	2.1	9	2.7	45
TST LN20 Breakfast Muffin Sausage and Bacon	385.8	19	1616.1	19	12.9	18	4.4	22	45.5	17	2.1	2	21.6	43	2.8	11	3.2	53
TST LN20 Breakfast Muffin Sausage and Egg	503.9	25	2100.1	25	27.4	39	6.2	31	45.5	17	2.1	2	18.6	37	2.8	11	1.6	27
TST LN20 Breakfast Muffin Veggie Sausage and Egg	468.7	23	1952.1	23	25.1	36	3.9	20	37.9	15	1.9	2	21.5	43	5.1	21	1.7	28
TST LN20 Breakfast Muffin Veggie Sausages	384.0	19	1605.6	19	13.1	19	1.3	7	41.1	16	3.0	3	22.6	45	8.1	34	2.2	37
TST LN20 Breakfast Classic Eggs Benedict	444.2	22	1863.3	22	23.7	34	8.4	42	39.4	15	3.2	4	18.3	37	2.3	10	1.8	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	%		
TST LN20 Sausage Buttie	572.1	29	2404.6	29	21.1	30	6.7	33	71.3	27	3.9	4	24.1	48	5.8	24	2.3	39
TST LN20 Veggie Sausage Buttie	451.7	23	1906.5	23	9.9	14	2.9	15	57.1	22	2.8	3	31.7	63	9.6	40	2.2	37
TST LN20 Breakfast Classic	955.1	48	3972.8	47	59.3	85	16.5	83	65.9	25	10.8	12	39.6	79	10.8	45	4.9	82
TST LN20 Breakfast Veggie Brunch	987.0	49	4113.5	49	53.6	77	9.4	47	83.9	32	10.3	11	37.2	74	18.2	76	3.5	58
TST LN20 VGN Breakfast Veggie Brunch	902.4	45	3767.0	45	41.6	59	6.8	34	87.1	33	11.4	13	38.3	77	21.2	88	4.0	67
TST LN20 Breakfast Brunch	988.8	49	4123.9	49	53.4	76	12.4	62	88.3	34	9.4	10	36.2	72	12.8	53	4.4	74
TST LN20 Breakfast Baked Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.5	8	5.4	6	7.4	15	5.4	23	0.7	12
TST LN20 Breakfast Poached Egg	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
TST LN20 Breakfast Scrambled Egg	128.0	6	532.0	6	9.5	14	4.6	23	3.1	1	3.1	3	7.5	15	0.0	0	0.4	7
TST LN20 Breakfast Hash Brown	50.2	3	209.2	2	3.0	4	1.3	6	5.0	2	0.2	0	0.5	1	0.7	3	0.1	2
TST LN20 Breakfast 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
TST LN20 Breakfast Veggie Sausage	80.0	4	335.5	4	2.7	4	1.0	5	3.8	1	0.8	1	9.0	18	2.5	10	0.6	10
TST LN20 Breakfast Flat Mushrooms	98.3	5	406.0	5	9.8	14	1.2	6	0.5	0	0.2	0	2.2	4	1.8	7	0.0	0
TST LN20 Breakfast Black Pudding	197.5	10	825.9	10	9.6	14	3.8	19	17.5	7	2.8	3	12.6	25	0.0	0	1.8	30
TST LN20 Breakfast Toast and Butter Brown	207.8	10	876.7	10	9.2	13	2.2	11	24.8	10	0.6	1	6.9	14	2.3	10	0.5	8
TST LN20 Breakfast Toast and Butter White	192.3	10	809.6	10	8.3	12	2.1	11	25.2	10	0.5	1	4.8	10	1.6	7	0.5	8
TST LN20 Fried Bread Brown	371.4	19	1562.9	19	13.5	19	2.1	11	49.3	19	1.2	1	13.7	27	4.5	19	1.0	16
TST LN20 Fried Bread White	370.8	19	1556.0	19	12.6	18	2.1	10	54.4	21	1.1	1	10.4	21	3.4	14	1.1	18
TST LN20 NGCI Toast and Butter	294.5	15	1234.7	15	17.8	25	3.7	18	29.6	11	2.4	3	1.5	3	5.8	24	0.6	9
TST LN20 Extra Jam	54.6	3	232.2	3	0.0	0	0.0	0	13.6	5	13.6	15	0.1	0	0.2	1	0.0	0
TST LN20 Breakfast Bacon Rasher	104.4	5	432.1	5	8.9	13	3.1	16	0.0	0	0.0	0	6.0	12	0.0	0	1.2	20
TST LN20 Breakfast Grilled Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
TST LN20 Breakfast 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
TST LN20 Kids Breaded Mushrooms Starter	238.0	12	1001.0	12	10.8	15	2.1	11	30.0	12	13.1	15	4.5	9	2.2	9	1.2	19
TST LN20 Kids 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
TST LN20 Kids Pizza the Action	675.6	34	2831.1	34	27.6	39	15.4	77	83.2	32	8.8	10	25.5	51	8.1	34	2.3	38
TST LN20 Kids Cluck A Doodle Doo Dippers	556.9	28	2333.3	28	30.9	44	9.0	45	53.9	21	7.2	8	14.6	29	8.0	33	1.0	16
TST LN20 Kids Extra Fish Finger	86.1	4	358.5	4	5.4	8	1.1	5	5.6	2	0.3	0	3.6	7	0.3	1	0.2	4
TST LN20 Kids Extra Pork Sausage	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
TST LN20 Kids Super Sausages	525.5	26	2209.4	26	23.5	34	8.9	44	61.8	24	9.3	10	15.2	30	8.8	37	1.6	27
TST LN20 Kids Super Sausages Veggie	455.2	23	1913.3	23	18.8	27	4.3	22	46.6	18	8.9	10	21.0	42	13.6	56	1.8	29
TST LN20 Kids Veggie Sausage	105.0	5	436.5	5	6.0	9	0.6	3	3.2	1	1.1	1	8.0	16	3.0	13	0.7	12
TST LN20 VGN Kids Veg Lasagne	536.2	27	2258.3	27	12.7	18	4.4	22	83.2	32	15.2	17	19.5	39	13.0	54	2.1	35

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	%		
TST LN20 Kids Ice Cream Sundae	520.2	26	2180.8	26	22.3	32	13.4	67	72.9	28	61.2	68	6.5	13	0.6	2	0.4	7
TST LN20 VGN Kids Ice Cream Sundae	224.8	11	939.5	11	7.9	11	6.9	35	33.5	13	20.6	23	0.9	2	5.8	24	0.1	1
TST LN20 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
TST LN20 Kids Glass Milk	151.9	8	641.2	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
TST LN20 VGN Juice Apple	194.0	10	837.6	10	0.5	1	0.0	0	49.7	19	49.7	55	1.4	3	9.5	39	0.0	0
TST LN20 VGN Juice Orange	63.5	3	271.3	3	0.2	0	0.0	0	14.6	6	14.6	16	1.9	4	3.9	16	0.0	0
TST LN20 VGN Juice Energy Boost Juice	171.7	9	728.8	9	0.5	1	0.1	1	41.3	16	38.1	42	2.8	6	4.3	18	0.0	0
TST LN20 VGN Juice Wild Berry	51.1	3	216.9	3	0.2	0	0.0	0	11.4	4	10.5	12	1.2	2	2.7	11	0.0	0
TST LN20 VGN Juice Pineapple	149.9	7	643.6	8	0.7	1	0.0	0	36.9	14	36.9	41	1.5	3	5.9	24	0.0	0
TST LN20 VGN Juice Pineapplcius	182.1	9	781.1	9	0.8	1	0.0	0	44.3	17	44.3	49	2.4	5	7.8	33	0.0	0
TST LN20 VGN Kids Juice Apple	97.0	5	418.8	5	0.2	0	0.0	0	24.8	10	24.8	28	0.7	1	4.7	20	0.0	0
TST LN20 VGN Kids Juice Orange	42.6	2	181.7	2	0.1	0	0.0	0	9.8	4	9.8	11	1.3	3	2.6	11	0.0	0
TST LN20 VGN Kids Juice Pineapple	75.0	4	321.8	4	0.4	1	0.0	0	18.5	7	18.5	21	0.7	1	2.9	12	0.0	0