

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	%
COM DN Soup of the Day	243.6	12	1030.5	12	10.4	15	2.3	11	30.4	12	9.7	11	7.0	14	3.5	14	1.7	28
COM DN NGCI Soup of the Day	265.3	13	1115.3	13	14.9	21	2.2	11	29.2	11	11.1	12	2.2	4	4.1	17	1.6	27
COM DN Golden Breaded Mushrooms	441.1	22	1860.8	22	21.7	31	4.2	21	50.3	19	16.7	19	9.0	18	4.8	20	2.3	39
COM DN Mexican Nachos	619.0	31	2570.9	31	36.1	52	15.7	79	50.7	19	6.8	8	19.5	39	3.7	15	3.5	59
COM DN NGCI Mexican Nachos	619.0	31	2570.9	31	36.1	52	15.7	79	50.7	19	6.8	8	19.5	39	3.7	15	3.5	59
COM DN Mexican Nachos Sharer	1238.1	62	5141.7	61	72.2	103	31.4	157	101.3	39	13.7	15	39.0	78	7.4	31	7.1	118
COM DN NGCI Mexican Nachos Sharer	1238.1	62	5141.7	61	72.2	103	31.4	157	101.3	39	13.7	15	39.0	78	7.4	31	7.1	118
COM DN VGN Mexican Nachos	503.2	25	2105.2	25	21.9	31	1.8	9	61.4	24	9.4	10	11.5	23	6.8	28	3.1	51
COM DN VGN Mexican Nachos Sharer	832.5	42	3484.4	41	34.7	50	2.8	14	107.6	41	14.7	16	16.2	32	10.2	43	5.3	88
COM DN Crispy Jumbo Prawns	785.1	39	655.8	8	8.5	12	2.6	13	35.6	14	11.4	13	14.1	28	1.2	5	1.7	29
COM DN Crispy Jumbo Prawns Sharer	1570.2	79	1311.6	16	17.1	24	5.3	26	71.3	27	22.9	25	28.2	56	2.4	10	3.5	58
COM DN Battered Chicken Strips	722.3	36	3007.3	36	41.3	59	14.3	71	51.9	20	14.4	16	35.0	70	3.4	14	1.8	31
COM DN Battered Chicken Strips Sharer	1444.7	72	6014.6	72	82.6	118	28.6	143	103.8	40	28.8	32	70.1	140	6.7	28	3.7	61
COM DN Cheese and Bacon Crispy Potato Skins	420.3	21	1745.2	21	25.6	37	11.9	60	25.1	10	3.8	4	20.0	40	4.3	18	2.5	41
COM DN NGCI Cheese and Bacon Crispy Potato Skins	409.6	20	1700.7	20	24.9	36	11.6	58	24.5	9	3.7	4	19.5	39	4.2	17	2.4	40
COM DN Chicken Wings	749.9	37	3124.9	37	47.5	68	9.6	48	29.1	11	27.7	31	49.5	99	0.7	3	3.7	61
COM DN Chicken Wings Sharer	1499.8	75	6249.8	74	95.0	136	19.2	96	58.3	22	55.5	62	98.9	198	1.5	6	7.4	123
COM DN NGCI Chicken Wings	641.9	32	2674.9	32	40.7	58	8.2	41	24.9	10	23.7	26	42.3	85	0.6	3	3.2	53
COM DN NGCI Chicken Wings Sharer	1283.8	64	5349.9	64	81.3	116	16.4	82	49.9	19	47.5	53	84.7	169	1.2	5	6.3	105
COM DN Cauliflower Wings	234.8	12	989.2	12	5.1	7	1.4	7	42.3	16	21.3	24	5.1	10	3.0	12	2.2	36
COM DN Cauliflower Wings Sharer	469.5	23	1978.5	24	10.2	15	2.8	14	84.7	33	42.5	47	10.1	20	6.0	25	4.3	72
COM DN VGN Cauliflower Wings	297.2	15	1254.4	15	5.1	7	1.4	7	56.5	22	34.9	39	5.6	11	3.4	14	3.0	50
COM DN VGN Cauliflower Wings Sharer	594.4	30	2508.8	30	10.3	15	2.8	14	113.0	43	69.8	78	11.2	22	6.7	28	6.0	100
COM DN Salad Chicken and Bacon Under 500	458.1	23	1919.1	23	19.8	28	5.1	25	7.9	3	6.5	7	62.6	125	2.9	12	4.5	76
COM DN NGCI Salad Chicken and Bacon Under 500	458.1	23	1919.1	23	19.8	28	5.1	25	7.9	3	6.5	7	62.6	125	2.9	12	4.5	76
COM DN BBQ Cauliflower Wings Salad Under 300	278.2	14	1164.7	14	13.0	19	2.8	14	34.4	13	12.7	14	6.2	12	5.6	23	1.4	23
COM DN Burger Classic Beef	1142.7	57	4775.7	57	54.8	78	18.1	91	100.5	39	12.1	13	61.3	123	10.2	43	4.0	66
COM DN Burger Classic Beef L	1351.6	68	5645.9	67	67.1	96	23.9	119	101.5	39	12.6	14	85.5	171	10.8	45	4.9	81
COM DN Burger Classic Beef XL	1442.3	72	6023.9	72	72.5	104	26.4	132	102.0	39	12.8	14	96.1	192	11.1	46	5.3	88
COM DN Burger Skinny Classic Beef	552.4	28	2306.7	27	30.0	43	12.5	63	20.9	8	10.8	12	50.7	101	4.1	17	2.5	42
COM DN Burger Classic Chicken	1401.4	70	5854.1	70	74.0	106	22.2	111	128.5	49	12.7	14	52.2	104	9.0	38	4.2	70
COM DN Burger Classic Chicken L	1739.7	87	7263.5	86	96.1	137	30.0	150	143.5	55	13.5	15	71.8	144	9.0	38	5.2	87

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
COM DN Burger Classic Chicken XL	1712.5	86	7165.6	85	75.7	108	25.6	128	163.3	63	12.6	14	88.2	176	11.5	48	9.5	158
COM DN Burger Skinny Classic Chicken	811.1	41	3385.1	40	49.3	70	16.6	83	48.9	19	11.3	13	41.6	83	2.9	12	2.7	46
COM DN VGN Burger Classic Plant Based	993.8	50	4157.0	49	46.5	66	7.8	39	108.1	42	12.1	13	28.1	56	15.8	66	3.7	61
COM DN VGN Burger Classic Plant Based XL	1231.8	62	5142.0	61	63.5	91	9.1	46	112.0	43	13.2	15	42.1	84	22.3	93	5.2	86
COM DN VGN Burger Skinny Classic Plant Based	372.6	19	1551.3	18	22.2	32	2.4	12	22.9	9	10.9	12	16.2	32	9.4	39	2.2	37
COM DN Burger Cowboy	1304.1	65	5447.9	65	65.3	93	26.5	132	100.9	39	-	-	77.3	155	10.2	43	-	-
COM DN Burger Cowboy L	1558.0	78	6504.7	77	81.2	116	35.7	178	102.1	39	-	-	104.7	209	10.8	45	-	-
COM DN Burger Cowboy XL	1693.6	85	7069.3	84	90.0	129	41.7	208	102.7	40	-	-	118.3	237	11.1	46	-	-
COM DN Burger Skinny Cowboy	713.8	36	2978.9	35	40.5	58	20.9	104	21.3	8	-	-	66.8	134	4.1	17	-	-
COM DN VGN Burger Chilli Plant Based	1167.8	58	4883.0	58	55.5	79	8.6	43	123.4	47	16.3	18	34.8	70	19.3	80	4.6	76
COM DN VGN Burger Chilli Plant Based XL	1405.8	70	5868.0	70	72.5	104	9.9	49	127.3	49	17.4	19	48.8	98	25.8	107	6.1	101
COM DN VGN Burger Skinny Chilli Plant Based	546.6	27	2277.3	27	31.2	45	3.1	16	38.2	15	15.1	17	23.0	46	12.8	53	3.1	52
COM DN Burger Chilli Cheese	1515.7	76	6331.3	75	76.3	109	31.2	156	124.8	48	-	-	81.2	162	12.1	51	-	-
COM DN Burger Chilli Cheese L	1769.6	88	7388.1	88	92.2	132	40.5	202	126.0	48	-	-	108.5	217	12.7	53	-	-
COM DN Burger Chilli Cheese XL	1905.2	95	7952.7	95	101.1	144	46.5	232	126.6	49	-	-	122.1	244	13.0	54	-	-
COM DN Burger Skinny Chilli Cheese	925.4	46	3862.4	46	51.5	74	25.6	128	45.2	17	-	-	70.6	141	6.0	25	-	-
COM DN Burger Ultimate Cheese	1423.1	71	5946.3	71	70.4	101	22.4	112	130.1	50	14.5	16	68.8	138	13.0	54	5.3	89
COM DN Burger Ultimate Cheese L	1632.0	82	6816.5	81	82.8	118	28.2	141	131.1	50	15.0	17	93.0	186	13.6	56	6.2	104
COM DN Burger Ultimate Cheese XL	1722.8	86	7194.5	86	88.2	126	30.6	153	131.6	51	15.2	17	103.5	207	13.8	58	6.6	110
COM DN Burger Skinny Ultimate Cheese	832.8	42	3477.4	41	45.6	65	16.8	84	50.5	19	13.2	15	58.2	116	6.8	28	3.9	64
COM DN Burger Ultimate Stacker	2132.9	107	8904.8	106	116.4	166	49.0	245	145.4	56	-	-	123.4	247	10.6	44	-	-
COM DN Burger Skinny Ultimate Stacker	1542.7	77	6436.1	77	91.6	131	43.4	217	65.8	25	-	-	112.9	226	4.4	18	-	-
COM DN Burger Inferno Chicken	1445.6	72	6040.5	72	74.9	107	22.3	112	135.2	52	18.3	20	53.1	106	9.8	41	6.7	112
COM DN Burger Inferno Chicken L	1783.9	89	7449.9	89	97.0	139	30.1	150	150.2	58	19.1	21	72.7	145	9.8	41	7.7	129
COM DN Burger Inferno Chicken XL	1756.7	88	7352.1	88	76.6	109	25.7	129	170.0	65	18.2	20	89.1	178	12.2	51	12.0	200
COM DN Burger Skinny Inferno Chicken	855.3	43	3571.6	43	50.1	72	16.7	84	55.6	21	16.9	19	42.5	85	3.7	15	5.3	88
COM DN Steak Rump 8oz	1136.0	57	4743.6	56	62.8	90	17.4	87	77.8	30	7.4	8	59.8	120	12.1	50	3.2	54
COM DN NGCI Steak Rump 8oz	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
COM DN Steak Rump Skinny Under 600	510.5	26	2127.2	25	33.1	47	11.1	55	4.5	2	3.9	4	48.2	96	2.3	9	1.3	22
COM DN NGCI Steak Rump Skinny Under 600	510.5	26	2127.2	25	33.1	47	11.1	55	4.5	2	3.9	4	48.2	96	2.3	9	1.3	22
COM DN Gammon Steak 8oz	1100.5	55	4595.0	55	62.2	89	17.0	85	75.9	29	15.5	17	55.4	111	11.1	46	14.1	235
COM DN NGCI Gammon Steak 8oz	1100.5	55	4595.0	55	62.2	89	17.0	85	75.9	29	15.5	17	55.4	111	11.1	46	14.1	235
COM DN Mixed Grill	1501.0	75	6264.5	75	86.2	123	23.0	115	90.3	35	9.7	11	86.1	172	12.7	53	7.0	117

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COM DN NGCI Mixed Grill	1366.7	68	5702.6	68	78.3	112	21.4	107	76.5	29	7.6	8	84.1	168	11.2	47	6.5	108
COM DN Peppercorn Sauce	72.2	4	304.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
COM DN Scampi Pieces 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
COM DN Hunters Chicken	1098.2	55	4591.5	55	49.1	70	18.9	94	87.5	34	31.1	35	72.4	145	8.0	33	6.3	106
COM DN NGCI Hunters Chicken	1098.2	55	4591.5	55	49.1	70	18.9	94	87.5	34	31.1	35	72.4	145	8.0	33	6.3	106
COM DN Wholetails of Breaded Scampi	1758.8	88	3597.9	43	54.8	78	13.2	66	100.9	39	10.4	12	27.9	56	13.3	56	3.8	63
COM DN Beer Battered Cod and Chips	1595.1	80	6672.1	79	88.5	126	23.0	115	118.1	45	-	-	75.9	152	-	-	4.8	79
COM DN VGN Vegetable and Lentil Chilli	845.7	42	3549.8	42	32.9	47	5.2	26	109.4	42	14.2	16	24.4	49	9.9	41	3.1	51
COM DN NGCI VGN Vegetable and Lentil Chilli	649.2	32	2729.0	32	22.1	32	1.9	10	88.7	34	14.5	16	21.0	42	9.4	39	2.6	43
COM DN Steak and Ale Pie	1442.3	72	6026.7	72	73.0	104	26.4	132	147.6	57	14.0	16	-	-	15.1	63	4.1	69
COM DN Steak and Ale Pie (Peters)	1246.3	62	5215.7	62	58.2	83	19.0	95	135.6	52	16.8	19	37.1	74	15.7	65	4.0	66
COM DN VGN Peppered Mushroom and Root Veg Pie	1443.6	72	6026.9	72	76.1	109	30.8	154	158.1	61	21.1	23	23.6	47	19.0	79	5.4	90
COM DN VGN Mushroom Bourguignon Pie	1249.4	62	5238.6	62	62.5	89	21.9	109	150.3	58	14.9	17	21.8	44	18.1	75	5.0	83
COM DN Beef Lasagne	1937.8	97	2286.1	27	41.5	59	20.8	104	67.9	26	14.5	16	42.3	85	5.8	24	3.7	62
COM DN Beef Lasagne Under 450	1500.3	75	474.4	6	11.8	17	5.5	28	44.8	17	13.8	15	24.4	49	4.5	19	2.2	36
COM DN VGN Lentil and Butternut Lasagne	619.0	31	2591.6	31	19.0	27	5.0	25	83.4	32	16.1	18	24.5	49	10.7	45	2.8	47
COM DN VGN Lentil and Butternut Lasagne Under 450	413.9	21	1734.1	21	8.1	12	1.7	8	61.3	24	15.4	17	20.6	41	9.5	40	2.3	39
COM DN Chicken Tikka Masala	1187.9	59	5007.4	60	38.5	55	8.1	40	161.1	62	28.9	32	45.3	91	10.9	45	4.6	76
COM DN NGCI Chicken Tikka Masala	807.0	40	3403.2	41	30.4	43	7.4	37	97.2	37	25.7	29	35.2	70	5.8	24	3.5	59
COM DN Sausage and Mash	981.9	49	4099.1	49	45.6	65	19.1	96	107.0	41	17.3	19	29.7	59	14.8	62	5.1	85
COM DN NGCI Sausage and Mash	981.9	49	4099.1	49	45.6	65	19.1	96	107.0	41	17.3	19	29.7	59	14.8	62	5.1	85
COM DN Veggie Sausage and Mash	741.3	37	3103.0	37	23.1	33	11.6	58	78.6	30	15.0	17	45.1	90	22.3	93	4.9	81
COM DN Garlic Bread	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
COM DN Cheesy Garlic Bread	436.8	22	1818.4	22	26.0	37	11.0	55	35.7	14	2.6	3	13.4	27	3.0	12	1.3	21
COM DN Battered Onion Rings x12	499.0	25	2086.9	25	29.4	42	5.8	29	53.0	20	8.2	9	5.8	12	5.6	23	2.0	33
COM 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
COM DN Curly Fries 284g	601.9	30	2517.1	30	33.4	48	6.0	30	65.3	25	1.7	2	-	-	6.0	25	3.4	57
COM DN Side Salad Bowl	16.4	1	69.8	1	0.2	0	0.1	0	2.5	1	1.9	2	0.8	2	1.4	6	0.0	0
COM DN NGCI Side Salad Bowl	34.7	2	144.8	2	2.2	3	0.4	2	2.5	1	1.9	2	0.8	2	1.4	6	0.0	0
COM DN LC Hunters Chicken	636.3	32	2658.5	32	30.5	44	11.2	56	46.1	18	16.2	18	41.4	83	4.1	17	4.1	68
COM DN NGCI LC Hunters Chicken	636.3	32	2658.5	32	30.5	44	11.2	56	46.1	18	16.2	18	41.4	83	4.1	17	4.1	68
COM DN LC Sausage and Mash	595.0	30	2483.5	30	27.1	39	12.2	61	66.3	25	13.4	15	17.6	35	11.0	46	3.4	57

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COM DN NGCI LC Sausage and Mash	595.0	30	2483.5	30	27.1	39	12.2	61	66.3	25	13.4	15	17.6	35	11.0	46	3.4	57
COM DN LC Veggie Sausage and Mash	474.7	24	1985.5	24	15.8	23	8.5	42	52.1	20	12.3	14	25.3	51	14.8	61	3.3	55
COM DN LC Gammon 4oz	655.7	33	2732.9	33	39.5	56	10.1	50	39.1	15	4.9	5	32.8	66	7.8	33	4.3	71
COM DN NGCI LC Gammon 4oz	655.7	33	2732.9	33	39.5	56	10.1	50	39.1	15	4.9	5	32.8	66	7.8	33	4.3	71
COM DN LC VGN Vegetable and Lentil Chilli	552.7	28	2326.4	28	16.9	24	1.4	7	83.5	32	8.4	9	14.6	29	5.2	22	1.9	32
COM DN NGCI LC VGN Vegetable and Lentil Chilli	552.7	28	2326.4	28	16.9	24	1.4	7	83.5	32	8.4	9	14.6	29	5.2	22	1.9	32
COM DN LC Scampi and Chips	974.4	49	2194.1	26	32.7	47	7.3	36	58.4	22	8.5	9	16.7	33	9.0	38	2.5	41
COM DN Sandwich Chicken and Bacon Club	849.3	42	3567.0	42	33.2	47	6.9	34	87.5	34	4.8	5	49.1	98	9.0	37	4.3	72
COM DN NGCI Sandwich Chicken and Bacon Club	788.4	39	3299.6	39	34.1	49	6.1	31	77.9	30	7.1	8	36.3	73	12.7	53	4.1	68
COM DN Sandwich Cheese and Onion	757.5	38	3156.1	38	40.5	58	16.6	83	68.4	26	3.0	3	27.9	56	6.9	29	2.4	40
COM DN NGCI Sandwich Cheese and Onion	716.8	36	2977.9	35	41.1	59	16.1	81	62.0	24	4.5	5	19.3	39	9.4	39	2.2	37
COM DN Sandwich Tuna Mayo Melt Baguette	563.6	28	2363.5	28	21.7	31	6.9	34	63.0	24	3.7	4	26.7	53	4.5	19	2.2	36
COM DN NGCI Sandwich Tuna Mayo Melt	687.3	34	2870.0	34	33.4	48	9.7	48	61.9	24	4.2	5	29.9	60	9.5	40	2.7	45
COM DN Sandwich Crispy Chicken BBQ Melt Baguette	1104.4	55	4625.8	55	47.0	67	17.7	88	115.7	44	18.3	20	50.2	100	6.3	26	5.6	93
COM DN Onion Rings x3	124.7	6	521.7	6	7.3	10	1.5	7	13.2	5	2.1	2	1.5	3	1.4	6	0.5	8
COM DN Topper Cheese	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
COM DN Topper Chilli Cheese	399.4	20	1659.5	20	24.0	34	12.0	60	24.4	9	17.1	19	20.8	42	1.9	8	1.9	31
COM DN Topper Veg Chilli Cheese	290.2	15	1203.1	14	18.4	26	6.7	34	15.8	6	4.2	5	13.7	27	3.4	14	1.4	23
COM DN Topper 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
COM DN Topper Beans n Cheese	228.7	11	946.6	11	9.9	14	6.1	31	21.1	8	5.4	6	14.3	29	5.4	23	1.3	21
COM DN Topper Hunters	380.3	19	1586.9	19	18.0	26	8.4	42	15.7	6	14.7	16	37.7	75	0.4	2	3.5	59
COM DN Topper VGN Veg Chilli	174.0	9	726.0	9	9.0	13	0.8	4	15.3	6	4.2	5	6.8	14	3.5	14	0.9	15
COM DN MEGA Melt Stack	1674.9	84	7003.0	83	76.1	109	28.4	142	96.7	37	33.5	37	146.9	294	10.6	44	12.3	206
COM DN NGCI MEGA Melt Stack	1674.9	84	7003.0	83	76.1	109	28.4	142	96.7	37	33.5	37	146.9	294	10.6	44	12.3	206
COM DN MEGA Mixed Grill	2293.1	115	9564.0	114	136.4	195	38.3	191	102.4	39	11.3	13	160.1	320	13.3	56	12.2	203
COM DN NGCI MEGA Mixed Grill	2168.3	108	9042.0	108	129.1	184	36.8	184	89.1	34	9.3	10	158.7	317	11.9	50	11.7	195
COM DN MEGA Steak Rump	1614.0	81	6732.8	80	95.0	136	28.2	141	77.9	30	7.4	8	106.8	214	12.1	50	4.5	75
COM DN NGCI MEGA Steak Rump	1489.2	74	6211.1	74	87.6	125	26.8	134	64.6	25	5.3	6	105.3	211	10.7	45	4.0	67
COM DN Burger MEGA Chilli Cheese	3022.3	151	12617.6	150	165.4	236	62.9	314	239.8	92	-	-	140.8	282	20.9	87	-	-
COM DN Apple Pie	520.5	26	2184.5	26	22.8	33	9.7	48	72.4	28	27.5	31	7.8	16	2.6	11	0.2	4
COM DN VGN Apple Pie	499.8	25	2093.8	25	23.8	34	11.4	57	65.7	25	22.0	24	5.1	10	5.4	23	0.1	2
COM DN Chocolate Fudge Cake	683.8	34	2867.3	34	29.8	43	6.4	32	97.0	37	77.8	86	7.8	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	%
COM DN NGCI Chocolate Fudge Cake	683.8	34	2867.3	34	29.8	43	6.4	32	97.0	37	77.8	86	7.8	16	-	-	0.4	7
COM DN Salted Caramel Cheesecake Sandwich	597.3	30	2497.9	30	24.2	35	13.9	69	85.9	33	59.0	66	7.6	15	0.7	3	1.3	22
COM DN Rocky Road Sundae	635.4	32	2659.4	32	30.3	43	15.3	77	79.1	30	65.2	72	10.3	21	-	-	0.5	8
COM DN Sticky Toffee Pudding	555.0	28	2333.0	28	22.5	32	13.5	68	81.6	31	62.7	70	5.4	11	2.0	8	0.8	13
COM DN NGCI Sticky Toffee Pudding	555.0	28	2333.0	28	22.5	32	13.5	68	81.6	31	62.7	70	5.4	11	2.0	8	0.8	13
COM DN Melt in the Middle Chocolate Pudding	774.3	39	3234.0	39	43.2	62	8.3	41	85.3	33	58.5	65	9.7	19	1.1	5	0.9	15
COM DN Smoffle	928.5	46	3896.2	46	44.9	64	19.2	96	117.0	45	79.2	88	11.9	24	-	-	1.1	18
COM DN VGN Ice Cream Sundae	327.4	16	1369.3	16	11.9	17	10.4	52	48.0	18	29.9	33	-	-	8.7	36	0.1	1
COM DN Chicken Tikka Masala	1187.9	59	5007.4	60	38.5	55	8.1	40	161.1	62	28.9	32	45.3	91	10.9	45	4.6	76
COM DN NGCI Chicken Tikka Masala	807.0	40	3403.2	41	30.4	43	7.4	37	97.2	37	25.7	29	35.2	70	5.8	24	3.5	59
COM DN Chicken Korma Curry	1259.9	63	5291.4	63	41.5	59	13.4	67	169.0	65	36.6	41	48.1	96	9.1	38	5.1	85
COM DN NGCI Chicken Korma Curry	879.0	44	3687.2	44	33.3	48	12.8	64	105.2	40	33.3	37	38.0	76	4.0	17	4.1	68
COM DN Beef Madras	1321.1	66	5543.0	66	49.3	70	10.7	53	167.6	64	34.5	38	43.7	87	12.5	52	5.6	94
COM DN NGCI Beef Madras	940.2	47	3938.8	47	41.1	59	10.0	50	103.8	40	31.3	35	33.6	67	7.4	31	4.6	76
COM DN Vegetable Jalfrezi	1242.9	62	5209.8	62	45.6	65	5.9	30	176.1	68	35.9	40	25.7	51	14.2	59	5.4	90
COM DN NGCI Vegetable Jalfrezi	862.0	43	3605.6	43	37.4	53	5.3	26	112.3	43	32.6	36	15.5	31	9.1	38	4.4	73
COM DN VGN Vegetable Jalfrezi	742.1	37	3107.6	37	28.1	40	2.4	12	105.7	41	32.6	36	13.2	26	9.0	37	3.9	65
COM DN Poppadum	37.5	2	159.0	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
COM DN Poppadums and Dips	179.6	9	762.5	9	0.5	1	0.1	1	36.3	14	12.7	14	7.2	14	0.6	2	2.2	37
COM DN KID Garlic Bread	169.3	8	712.3	8	5.6	8	1.7	8	25.9	10	14.5	16	2.7	5	1.3	6	1.1	18
COM DN KID Salad Sticks Starter	82.0	4	345.9	4	0.3	0	0.1	0	18.4	7	17.6	20	1.0	2	2.5	10	0.8	14
COM DN KID Burger Beef	645.7	32	2712.3	32	18.0	26	4.6	23	83.0	32	9.6	11	36.8	74	11.4	48	2.7	44
COM DN KID Chicken Dippers	696.2	35	2901.9	35	37.1	53	8.7	44	68.3	26	6.9	8	21.3	43	9.6	40	2.1	35
COM DN KID Fish Fingers	632.4	32	2639.6	31	29.1	42	6.1	31	68.9	27	7.4	8	22.6	45	10.0	42	2.1	35
COM DN KID Pork Sausages	654.6	33	2733.2	33	29.6	42	8.5	43	73.8	28	9.1	10	21.9	44	10.4	44	2.7	45
COM DN KID Veggie Sausages	534.2	27	2235.2	27	18.3	26	4.8	24	59.6	23	8.0	9	29.6	59	14.2	59	2.6	44
COM DN KID Jelly and Ice Cream	88.7	4	368.6	4	4.0	6	2.0	10	11.3	4	8.9	10	2.0	4	0.1	0	0.2	3
COM 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
COM DN KID Ice Cream Sundae	225.5	11	945.8	11	8.5	12	4.3	21	32.4	12	24.3	27	4.7	9	-	-	0.2	3
COM DN KID VGN Ice Cream Sundae	205.9	10	861.3	10	8.3	12	7.1	36	27.7	11	18.2	20	1.1	2	-	-	0.0	0
COM DN KID Chips	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
COM DN KID Mini Potato Waffles	161.7	8	675.5	8	7.8	11	0.5	3	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
COM DN KID Mashed Potato	178.1	9	742.1	9	8.0	11	5.1	26	22.5	9	1.5	2	2.3	5	3.0	13	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	%
COM 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
COM DN KID Baked Beans	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.6	9
COM DN KID Carrots	29.7	1	124.0	1	0.0	0	0.0	0	5.7	2	5.5	6	0.3	1	2.7	11	0.2	3
COM DN KID Burger Bar Beef (Batch)	271.4	14	1148.2	14	5.0	7	1.7	8	30.8	12	3.1	3	25.1	50	2.2	9	1.3	22
COM DN KID Extra Chicken Dippers	161.0	8	668.9	8	12.1	17	2.9	14	8.1	3	0.2	0	4.8	10	0.2	1	0.4	6
COM DN KID Extra Fish Fingers	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
COM DN KID 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
COM DN KID Extra 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
COM DN KID Chips	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
COM DN KID Mini Potato Waffles	161.7	8	675.5	8	7.8	11	0.5	3	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
COM DN KID Mashed Potato	178.1	9	742.1	9	8.0	11	5.1	26	22.5	9	1.5	2	2.3	5	3.0	13	0.5	8
COM 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
COM DN KID Baked Beans	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.6	9
COM DN KID Carrots	29.7	1	124.0	1	0.0	0	0.0	0	5.7	2	5.5	6	0.3	1	2.7	11	0.2	3
COM DN Dirty Chilli Extra	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
COM DN Bacon	71.6	4	298.9	4	3.5	5	1.3	7	0.0	0	0.0	0	9.9	20	0.0	0	1.8	30
COM DN Extra Baked Beans 150g	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
COM DN Extra Cheddar Cheese 28g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
COM DN Extra Jalapenos 25g	18.0	1	76.2	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
COM DN Extra Mushroom Sauteed	65.8	3	275.5	3	6.9	10	1.7	8	0.3	0	0.2	0	1.0	2	0.8	3	0.1	2
COM DN Extra Mushy Peas	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
COM DN Extra Pie Veg	0.1	0	0.5	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
COM DN 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
COM DN Extra Veg Chilli	174.0	9	726.0	9	9.0	13	0.8	4	15.3	6	4.2	5	6.8	14	3.5	14	0.9	15
COM DN Extra 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
COM DN Cheese Burger Slice	62.0	3	257.4	3	4.8	7	4.8	24	0.3	0	-	-	4.2	8	0.0	0	-	-
COM DN Extra Mediterranean Melt	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
COM DN 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
COM DN Fried Onions	64.3	3	266.9	3	4.7	7	0.5	3	4.4	2	3.1	3	0.7	1	0.8	3	0.0	0
COM DN Sweet Chilli Sauce	54.3	3	227.4	3	0.0	0	0.0	0	13.4	5	11.2	12	0.1	0	0.2	1	0.6	10
COM DN BBQ Sauce	124.9	6	530.3	6	0.1	0	0.0	0	28.3	11	27.3	30	1.1	2	0.7	3	1.7	28
COM DN Inferno Sauce	44.2	2	186.5	2	0.9	1	0.1	1	6.7	3	5.6	6	0.9	2	0.8	3	2.5	42
COM DN Chicken Breast	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

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	%
COM DN Garlic Mayonnaise	404.3	20	1664.3	20	44.1	63	3.5	17	0.9	0	0.8	1	0.7	1	0.1	0	0.5	8
COM DN Curly Fries Upgrade 284g	601.9	30	2517.1	30	33.4	48	6.0	30	65.3	25	1.7	2	-	-	6.0	25	3.4	57
COM DN Curly Fries Upgrade 150g	319.5	16	1335.9	16	17.8	25	3.2	16	34.5	13	0.9	1	-	-	3.2	13	1.8	30
COM DN Garlic Bread Upgrade Curly Fries 284g	601.9	30	2517.1	30	33.4	48	6.0	30	65.3	25	1.7	2	-	-	6.0	25	3.4	57
COM DN Guacamole	45.9	2	189.8	2	3.1	4	2.0	10	3.4	1	2.1	2	0.7	1	0.7	3	0.6	10
COM DN Mango Chutney	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
COM DN Mint Sauce	67.2	3	294.0	3	0.2	0	0.0	0	14.0	5	12.9	14	1.0	2	0.2	1	1.4	23
COM DN Sour Cream	68.9	3	285.0	3	5.6	8	3.5	18	3.6	1	1.1	1	1.0	2	0.0	0	0.1	1
COM DN Tartare Sauce	182.0	9	754.3	9	15.7	22	1.1	6	9.0	3	6.7	7	1.2	2	0.2	1	1.4	23
COM DN Cranberry Sauce	105.8	5	443.0	5	0.0	0	0.0	0	26.6	10	26.4	29	0.1	0	0.7	3	0.0	0
COM DN Mayonnaise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
COM DN Extra Tuna Mayonnaise	74.2	4	311.3	4	3.9	6	0.3	2	1.0	0	0.4	0	8.9	18	0.1	0	0.5	9
COM DN Sliced Tomatoes	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
COM 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
COM 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
COM DN Ice Cream Scoop Vanilla	84.1	4	352.5	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
COM 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
COM DN VGN Ice Cream Scoop 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
COM DN Chocolate Sauce	74.8	4	313.3	4	0.8	1	0.5	2	16.1	6	9.9	11	0.5	1	-	-	0.0	0
COM DN Raspberry Sauce	77.3	4	323.4	4	0.0	0	0.0	0	19.3	7	10.4	12	-	-	0.1	0	0.0	1
COM DN Toffee Sauce	76.7	4	320.6	4	1.0	1	0.6	3	16.5	6	10.8	12	0.4	1	0.0	0	0.0	1
COM DN Marshmallows	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
COM DN 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
COM DN Bread and flora dairy free Brown x2	335.1	17	1412.9	17	17.2	25	4.1	21	36.1	14	1.0	1	10.0	20	3.3	14	1.0	16
COM DN Bread and flora dairy free White x2	331.0	17	1393.0	17	16.0	23	4.1	20	40.1	15	0.9	1	7.6	15	2.5	10	1.1	18
COM DN NGCI Bread and flora dairy free x2	294.5	15	1234.7	15	17.8	25	3.7	18	29.7	11	2.5	3	1.5	3	5.8	24	0.8	14
COM DN Baguette and Flora Dairy Free	366.7	18	1551.3	18	8.2	12	2.1	10	61.8	24	3.8	4	10.2	20	3.0	13	1.2	19
COM DN Toast and flora dairy free	273.2	14	1154.0	14	10.2	15	2.4	12	36.0	14	1.0	1	10.0	20	3.3	14	0.9	14
COM DN Mashed Potato 284g	282.0	14	1177.6	14	9.7	14	6.3	31	41.4	16	2.8	3	4.2	8	5.5	23	0.8	14
COM DN Cheesy Mashed Potato 284g	523.0	26	2168.0	26	28.9	41	18.4	92	43.7	17	2.9	3	18.3	37	5.7	24	1.8	31
COM DN Katsu Curry Sauce	89.8	4	375.8	4	5.1	7	1.2	6	9.2	4	6.0	7	1.2	2	1.3	5	1.0	16
COM DN Pineapple	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
COM DN VGN Rice Pilau	283.9	14	1203.6	14	3.9	6	0.3	2	55.4	21	4.1	5	6.6	13	1.0	4	0.7	12

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	%
COM DN Side Combo	421.5	21	1767.7	21	23.9	34	5.3	27	43.3	17	4.4	5	7.3	15	4.4	18	1.5	25
COM DN Extra 8oz Rump Steak	467.5	23	1946.5	23	30.7	44	10.8	54	0.0	0	0.0	0	47.6	95	0.0	0	1.1	19
COM DN Gravy	48.5	2	203.7	2	1.9	3	1.3	6	7.7	3	0.3	0	0.2	0	0.1	1	1.0	17