

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	%
BIR M2 <300 Vegan Ultimate Veggie Burger (Ve)	643.0	32	2694.5	32	32.7	47	2.6	13	34.7	13	11.9	13	49.0	98	9.2	38	3.6	60
BIR M2 <400 Cajun Chicken	335.0	17	1402.2	17	13.8	20	3.6	18	11.3	4	7.3	8	43.5	87	3.2	13	2.5	42
BIR M2 <400 Ultimate Veggie Burger (V)	382.6	19	1598.2	19	23.2	33	7.1	36	14.5	6	5.0	6	27.4	55	3.8	16	2.0	33
BIR M2 <600 Buttermilk Chicken Burger	568.1	28	2371.5	28	35.4	51	15.5	77	29.7	11	7.4	8	32.8	66	5.3	22	2.1	35
BIR M2 <600 Skinny Rump Steak	460.6	23	1918.9	23	30.1	43	10.0	50	4.1	2	3.8	4	43.6	87	1.8	8	1.2	20
BIR M2 <600 Skinny Rump Steak	460.6	23	1918.9	23	30.1	43	10.0	50	4.1	2	3.8	4	43.6	87	1.8	8	1.2	20
BIR M2 <600 Skinny Rump Steak Grill Night	460.6	23	1918.9	23	30.1	43	10.0	50	4.1	2	3.8	4	43.6	87	1.8	8	1.2	20
BIR M2 <600 Skinny Sirloin Steak	514.1	26	2138.7	25	35.3	50	12.6	63	4.1	2	3.9	4	45.3	91	1.8	8	1.2	20
BIR M2 <600 Skinny Sirloin Steak	514.1	26	2138.7	25	35.3	50	12.6	63	4.1	2	3.9	4	45.3	91	1.8	8	1.2	20
BIR M2 <600 Skinny Sirloin Steak Steak Night	514.1	26	2138.7	25	35.3	50	12.6	63	4.1	2	3.9	4	45.3	91	1.8	8	1.2	20
BIR M2 <600 The Alldayer Burger	595.6	30	2486.6	30	37.9	54	11.9	59	21.9	8	11.3	13	45.3	91	2.5	11	2.9	49
BIR M2 <600 The Cowboy Burger	530.1	27	2209.8	26	29.6	42	14.3	71	14.4	6	11.7	13	50.9	102	2.4	10	4.2	70
BIR M2 18 Yorkshire Pudding (V) - Side	70.0	4	294.3	4	2.1	3	0.2	1	10.9	4	1.4	2	1.8	4	0.6	3	0.2	3
BIR M2 Add Prawns to Curry	60.0	3	252.0	3	0.8	1	0.3	2	0.0	0	0.0	0	13.3	27	0.0	0	0.2	4
BIR M2 Bacon - Rasher of Back - Extra	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
BIR M2 Bacon - Rasher of Back - Extra	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
BIR M2 Bacon - Rasher of Back - Extra Breakfast	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
BIR M2 Bacon and Egg Muffin	530.8	27	2220.2	26	23.4	33	5.0	25	50.7	19	8.6	10	29.4	59	2.9	12	4.0	67
BIR M2 Bacon Buttie	489.7	24	2052.4	24	20.1	29	6.0	30	37.1	14	1.0	1	40.3	81	3.5	14	6.3	104
BIR M2 Bacon Muffin	429.3	21	1803.3	21	10.1	14	3.5	18	51.3	20	8.4	9	33.1	66	2.9	12	6.0	100
BIR M2 Baguette and Butter (V) - Side Order	409.0	20	1720.7	20	12.7	18	7.7	38	61.9	24	3.8	4	10.3	21	3.0	13	1.3	21
BIR M2 Baked Beans (Ve)	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.6	10
BIR M2 Baked Beans (Ve) EXTRA	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.9	15
BIR M2 Baked Beans Jacket (Ve)	307.8	15	1293.6	15	1.1	2	0.2	1	62.4	24	10.1	11	15.0	30	11.6	48	1.4	23
BIR M2 Bap and Butter (V) - Extra	253.7	13	1063.9	13	10.0	14	4.2	21	33.1	13	4.5	5	7.0	14	2.0	8	0.9	15
BIR M2 Battered Chicken Fillet - Extra	225.0	11	940.2	11	12.0	17	4.2	21	11.7	4	0.2	0	17.2	34	0.5	2	0.6	10
BIR M2 Battered Onion Rings (Ve) 2s	83.2	4	347.8	4	4.9	7	1.0	5	8.8	3	1.4	2	1.0	2	0.9	4	0.3	6
BIR M2 Beans on Toast (V)	388.9	19	1629.1	19	8.0	11	1.8	9	61.2	24	9.3	10	19.7	39	11.2	47	2.1	35
BIR M2 Beef Burger 6oz - Extra	285.6	14	1190.0	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
BIR M2 Beef Lasagne	764.9	38	3190.7	38	34.7	50	13.1	66	90.0	35	10.8	12	20.3	41	26.2	109	1.6	27
BIR M2 Beef Lasagne <600 Kcal	386.0	19	1603.6	19	16.7	24	6.6	33	43.9	17	12.3	14	16.6	33	26.2	109	1.5	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	%
BIR M2 Beef Madras	1033.4	52	4348.1	52	33.3	48	7.6	38	142.5	55	28.0	31	39.2	78	10.7	45	4.6	77
BIR M2 Black Pudding Hash Bites	340.0	17	1433.0	17	21.6	31	7.4	37	34.8	13	9.6	11	12.5	25	1.3	5	2.4	41
BIR M2 Bloomer Bread & Butter (V) - Side Order	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR M2 Bramley Apple & Pear Crumble (V)	474.2	24	1971.0	23	15.1	22	5.4	27	76.4	29	36.7	41	5.2	10	2.5	11	0.3	5
BIR M2 Brunch	1068.8	53	4456.4	53	59.1	84	17.3	87	83.3	32	10.6	12	47.7	95	12.9	54	5.1	86
BIR M2 Brunch	1068.8	53	4456.4	53	59.1	84	17.3	87	83.3	32	10.6	12	47.7	95	12.9	54	5.1	86
BIR M2 Butter Chicken	1103.6	55	4672.7	56	32.6	47	12.1	60	137.6	53	24.1	27	67.6	135	7.1	29	3.8	64
BIR M2 Buttermilk Chicken - Extra	418.5	21	1747.9	21	25.2	36	9.3	46	23.7	9	2.0	2	24.1	48	3.0	13	1.2	20
BIR M2 Buttermilk Chicken Baguette	907.9	45	3801.8	45	41.9	60	12.8	64	98.1	38	6.8	8	31.5	63	8.8	37	2.4	40
BIR M2 Buttermilk Chicken Burger	1090.2	55	4561.0	54	53.7	77	20.9	104	107.5	41	11.5	13	39.8	80	13.1	54	2.8	47
BIR M2 Buttermilk Chicken Strips	463.0	23	1934.8	23	25.5	36	9.3	46	33.3	13	11.1	12	24.8	50	4.0	17	1.6	27
BIR M2 Cajun Chicken	746.4	37	3122.3	37	32.2	46	11.1	55	64.2	25	7.3	8	47.8	96	10.0	42	2.6	43
BIR M2 Cheddar Cheese & Baked Beans Jacket (V)	541.3	27	2258.8	27	27.2	39	16.7	84	54.1	21	7.1	8	22.9	46	8.7	36	1.9	31
BIR M2 Cheddar Cheese & BBQ Sauce (V) - Steak Topper	265.7	13	1103.5	13	19.3	28	12.2	61	8.2	3	7.8	9	14.3	29	0.4	2	1.4	24
BIR M2 Cheddar Cheese (V) - Extra	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
BIR M2 Cheddar Cheese (V) - Extra LN18	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
BIR M2 Cheddar Cheese and Onion Baguette (V)	982.2	49	4103.3	49	51.7	74	27.6	138	86.8	33	6.0	7	38.9	78	7.3	30	3.0	50
BIR M2 Cheese Sandwich (V)	867.2	43	3616.9	43	52.2	75	27.3	136	60.1	23	2.3	3	37.5	75	7.0	29	2.6	44
BIR M2 Cheesy Chips (V) - To Share	1004.9	50	4196.4	50	51.3	73	24.4	122	103.0	40	5.0	6	25.2	50	14.9	62	1.2	20
BIR M2 Cheesy Chips (V) Side Order	472.9	24	1974.8	24	24.2	35	11.5	57	48.5	19	2.4	3	11.8	24	7.0	29	0.6	9
BIR M2 Cheesy Garlic Bread (V) - Side Order	600.6	30	2503.2	30	39.1	56	18.8	94	38.4	15	2.9	3	22.3	45	3.2	13	2.0	33
BIR M2 Cheesy Garlic Bread (V) - Starter	600.6	30	2503.2	30	39.1	56	18.8	94	38.4	15	2.9	3	22.3	45	3.2	13	2.0	33
BIR M2 Cheesy Garlic Bread (V) - To Share	1701.0	85	7089.9	84	110.6	158	53.3	266	108.8	42	8.1	9	63.2	126	9.1	38	5.5	92
BIR M2 Chicken & Bacon BBQ Melt	879.8	44	3689.4	44	31.2	45	12.7	64	95.9	37	13.1	15	49.3	99	7.5	31	4.1	68
BIR M2 Chicken and Bacon Salad	374.6	19	1568.6	19	16.9	24	3.8	19	7.6	3	7.0	8	49.5	99	2.8	12	2.6	43
BIR M2 Chicken Balti	960.7	48	4050.6	48	28.1	40	2.4	12	133.8	51	21.4	24	44.0	88	10.4	43	5.3	88
BIR M2 Chicken Tikka Masala	940.0	47	3967.5	47	25.3	36	5.8	29	138.3	53	23.8	26	41.3	83	9.7	40	3.6	60
BIR M2 Chicken Tikka Masala	940.0	47	3967.5	47	25.3	36	5.8	29	138.3	53	23.8	26	41.3	83	9.7	40	3.6	60
BIR M2 Chip Buttie (V)	574.0	29	2405.4	29	22.8	33	7.8	39	75.1	29	3.0	3	13.8	28	9.4	39	0.8	14
BIR M2 Chips (Ve) - Side Order	371.7	19	1555.1	19	15.9	23	6.4	32	47.6	18	2.3	3	6.0	12	6.9	29	0.1	2

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	%
BIR M2 Chips (Ve) - To Share	794.0	40	3321.6	40	34.0	49	13.6	68	101.6	39	4.9	5	12.8	26	14.7	61	0.3	5
BIR M2 Chips and Rice Upgrade (V)	512.3	26	2166.4	26	12.1	17	4.7	23	93.1	36	1.5	2	9.5	19	6.5	27	0.1	2
BIR M2 Chocolate Flake (V) - Extra	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
BIR M2 Chocolate Fudge Cake (V)	602.5	30	2530.1	30	24.7	35	5.9	30	89.1	34	73.6	82	6.6	13	2.9	12	0.4	6
BIR M2 Chocolate Indulgence Sundae (V)	612.8	31	2573.6	31	30.5	44	19.2	96	73.9	28	67.2	75	9.6	19	2.0	9	0.4	7
BIR M2 Chocolate Orange Bread & Butter Pudding (V)	642.4	32	2692.7	32	32.2	46	19.8	99	76.7	30	53.4	59	11.4	23	1.9	8	0.5	9
BIR M2 Curly Fries (Ve) - Side Order	442.7	22	1854.8	22	23.9	34	4.3	21	52.4	20	2.5	3	4.7	9	3.6	15	1.4	24
BIR M2 Curly Fries (Ve) - To Share	959.8	48	4020.9	48	51.8	74	9.3	47	113.5	44	5.3	6	10.1	20	7.7	32	3.1	52
BIR M2 Custard (V) - Extra	89.0	4	378.0	5	1.8	3	1.1	6	15.4	6	11.0	12	2.9	6	0.0	0	0.1	2
BIR M2 Egg Muffin (V)	511.9	26	2135.3	25	29.6	42	5.2	26	40.7	16	7.1	8	20.9	42	2.3	10	1.7	28
BIR M2 Eggs on Toast (V)	607.1	30	2531.3	30	39.5	56	7.3	36	37.9	15	1.5	2	25.4	51	3.5	15	1.4	23
BIR M2 FEB 2018 Mega Brunch	1751.7	88	7300.2	87	102.9	147	29.5	148	119.5	46	15.3	17	82.3	165	16.5	69	9.3	154
BIR M2 FEB 2018 Mega Brunch	1751.7	88	7300.2	87	102.9	147	29.5	148	119.5	46	15.3	17	82.3	165	16.5	69	9.3	154
BIR M2 FEB 2018 XL NGCI Mixed Grill	2246.8	112	9370.2	112	134.0	191	42.3	211	85.5	33	9.4	10	169.9	340	10.6	44	12.3	205
BIR M2 FEB 2018 XL NGCI Mixed Grill	2246.8	112	9370.2	112	134.0	191	42.3	211	85.5	33	9.4	10	169.9	340	10.6	44	12.3	205
BIR M2 FEB18 Sausage - Extra	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
BIR M2 FEB18 Sausage - Extra	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
BIR M2 Fish & Chips Bites	361.1	18	1504.6	18	20.9	30	3.7	19	28.3	11	4.6	5	15.8	32	2.7	11	2.1	35
BIR M2 Fish and Chips	1005.1	50	4204.5	50	48.5	69	10.0	50	105.9	41	10.7	12	31.4	63	14.6	61	2.9	49
BIR M2 Free Range Fried Egg (V) - Breakfast Extra	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
BIR M2 Free Range Fried Egg (V) - Extra	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
BIR M2 Freshly Battered Fish and Chips	1002.0	50	4202.8	50	30.6	44	9.3	46	111.4	43	10.2	11	63.2	126	15.2	63	2.9	48
BIR M2 Full English	436.6	22	1821.4	22	23.2	33	7.3	36	34.3	13	6.2	7	23.2	46	5.7	24	2.7	45
BIR M2 Gammon Steak 10oz	991.6	50	4142.6	49	49.8	71	19.3	97	72.9	28	12.9	14	58.0	116	12.3	51	8.4	140
BIR M2 Gammon Steak 10oz	991.6	50	4142.6	49	49.8	71	19.3	97	72.9	28	12.9	14	58.0	116	12.3	51	8.4	140
BIR M2 Gammon Steak 10oz Steak Night	991.6	50	4142.6	49	49.8	71	19.3	97	72.9	28	12.9	14	58.0	116	12.3	51	8.4	140
BIR M2 Garlic Bread (V) Starter	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
BIR M2 Garlic Bread (Ve) - To Share	1011.6	51	4232.1	50	52.1	74	16.0	80	110.8	43	8.1	9	20.3	41	9.3	39	2.5	41
BIR M2 Garlic Bread (Ve) Side Order	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
BIR M2 Golden Breaded Mushrooms (V)	473.2	24	1987.7	24	30.3	43	4.9	24	40.1	15	4.2	5	8.8	18	4.6	19	2.0	33

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	%
BIR M2 Golden Scampi	977.4	49	4086.3	49	47.5	68	15.0	75	103.9	40	9.4	10	28.5	57	15.3	64	4.1	68
BIR M2 Gravy (V) - Extra Jug of	35.5	2	149.4	2	1.3	2	0.9	5	5.7	2	0.2	0	0.1	0	0.1	0	0.7	12
BIR M2 Grilled Half Tomato (Ve) - Extra	15.1	1	64.0	1	0.7	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
BIR M2 Grilled Half Tomato (Ve) - Extra - V2	15.1	1	64.0	1	0.7	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
BIR M2 Ham Sandwich	578.6	29	2426.8	29	22.8	33	7.3	36	62.6	24	2.4	3	28.4	57	7.2	30	2.3	38
BIR M2 Hand Cut Potato Wedges (Ve)	250.0	12	1050.4	13	8.6	12	2.5	13	40.6	16	1.4	2	5.0	10	4.1	17	0.0	1
BIR M2 Hash Browns (Ve) - Extra	235.7	12	982.2	12	13.9	20	5.9	29	23.6	9	0.8	1	2.5	5	3.1	13	0.6	10
BIR M2 Honey Roast Ham & Cheese Jacket Potato	600.8	30	2510.1	30	34.1	49	19.9	99	41.2	16	2.9	3	34.2	68	4.5	19	2.7	45
BIR M2 Honey Roast Ham and Mustard Baguette	766.3	38	3219.7	38	24.8	35	7.7	38	98.2	38	8.6	10	32.7	65	8.4	35	4.5	75
BIR M2 Honey Roast Ham and Tomato Baguette	700.9	35	2946.6	35	21.9	31	7.2	36	92.1	35	8.6	10	30.1	60	8.6	36	2.7	45
BIR M2 House Salad (V)	17.5	1	74.0	1	0.4	1	0.1	0	2.9	1	2.7	3	0.8	2	1.3	6	0.0	0
BIR M2 Hunter's Chicken	982.6	49	4108.3	49	46.2	66	21.7	108	68.3	26	13.8	15	70.2	140	9.7	41	4.1	69
BIR M2 Ice Cream Scoop Extra (V) - Vanilla Flavour	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
BIR M2 Ice Cream Sundae (V)	479.8	24	2015.2	24	24.3	35	14.4	72	58.7	23	55.8	62	6.3	13	0.4	2	0.6	9
BIR M2 Jacket Potato (V) - Extra	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
BIR M2 Junior Sunday Roasts - Cauli Cheese Tart (V)	999.3	50	4169.7	50	62.3	89	15.9	79	83.1	32	11.9	13	25.4	51	10.0	41	3.8	63
BIR M2 Junior Sunday Roasts - Chicken	694.2	35	2905.8	35	32.8	47	5.9	30	63.7	24	17.6	20	34.7	69	7.9	33	2.8	46
BIR M2 Junior Sunday Roasts - Roast Beef	727.6	36	3030.9	36	46.4	66	11.0	55	44.4	17	8.0	9	31.2	62	7.7	32	1.9	32
BIR M2 Junior Sunday Roasts - Roast Pork	787.9	39	3289.4	39	45.3	65	10.3	51	64.0	25	16.1	18	29.8	60	7.9	33	2.5	42
BIR M2 Junior Sunday Roasts - Roast Turkey	687.5	34	2878.8	34	32.0	46	6.0	30	64.0	25	17.0	19	34.8	70	8.1	34	2.6	43
BIR M2 LB Breaded Plaice and Chips	727.9	36	3052.4	36	25.9	37	7.2	36	87.1	34	14.7	16	31.2	62	10.8	45	2.0	34
BIR M2 LB Cauliflower Cheese Tart (V)	856.3	43	3574.9	43	48.2	69	16.2	81	77.9	30	9.3	10	23.0	46	11.9	50	2.2	37
BIR M2 LB Chicken and Bacon Salad	204.4	10	855.9	10	8.8	13	1.8	9	4.1	2	3.9	4	27.0	54	1.5	6	1.3	22
BIR M2 LB Gammon Steak - 5oz	571.0	29	2386.9	28	26.4	38	10.3	51	48.5	19	11.6	13	31.3	63	8.8	37	4.3	72
BIR M2 LB Ham, Egg and Chips	659.5	33	2748.2	33	42.4	61	10.7	54	33.8	13	2.1	2	33.0	66	4.7	20	2.0	33
BIR M2 LB Hunter's Chicken	540.8	27	2261.0	27	24.1	34	11.1	55	42.4	16	10.9	12	35.5	71	5.7	24	2.2	36
BIR M2 LB Sausage & Mash	739.3	37	3088.3	37	36.2	52	13.3	67	75.6	29	7.8	9	22.6	45	10.2	43	3.1	51
BIR M2 LB Sausage & Mash (V)	491.2	25	2060.0	25	16.8	24	5.7	29	55.2	21	5.2	6	23.4	47	13.1	55	2.4	40
BIR M2 LC Bramley Apple & Pear Crumble (V)	474.2	24	1971.0	23	15.1	22	5.4	27	76.4	29	36.7	41	5.2	10	2.5	11	0.3	5
BIR M2 LC Breaded Plaice and Chips	727.9	36	3052.4	36	25.9	37	7.2	36	87.1	34	14.7	16	31.2	62	10.8	45	2.0	34

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	%
BIR M2 LC Cauliflower Cheese Tart (V)	814.2	41	3398.5	40	46.5	66	15.5	78	72.4	28	8.9	10	22.1	44	11.1	46	2.1	36
BIR M2 LC Chicken and Bacon Salad	181.7	9	760.7	9	7.9	11	1.6	8	3.6	1	3.5	4	24.0	48	1.3	6	1.2	19
BIR M2 LC Chocolate Fudge Cake (V)	602.5	30	2530.1	30	24.7	35	5.9	30	89.1	34	73.6	82	6.6	13	2.9	12	0.4	6
BIR M2 LC Gammon Steak - 5oz	571.0	29	2386.9	28	26.4	38	10.3	51	48.5	19	11.6	13	31.3	63	8.8	37	4.3	72
BIR M2 LC Golden Breaded Mushrooms (V)	461.7	23	1938.2	23	30.1	43	4.7	23	38.3	15	4.4	5	8.3	17	4.4	18	2.0	33
BIR M2 LC Ham, Egg and Chips	659.5	33	2748.2	33	42.4	61	10.7	54	33.8	13	2.1	2	33.0	66	4.7	20	2.0	33
BIR M2 LC Hunter's Chicken	540.8	27	2261.0	27	24.1	34	11.1	55	42.4	16	10.9	12	35.5	71	5.7	24	2.2	36
BIR M2 LC Mexican Nachos (V)	348.7	17	1454.3	17	20.2	29	8.4	42	29.6	11	3.5	4	10.6	21	2.2	9	2.0	33
BIR M2 LC NGCI Soup of the Day (V)	267.5	13	1121.1	13	14.3	20	4.4	22	30.6	12	11.6	13	2.3	5	4.3	18	1.7	28
BIR M2 LC Plain & Simple Vanilla Flavour Ice Cream (V)	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6
BIR M2 LC Sausage & Mash	739.3	37	3088.3	37	36.2	52	13.3	67	75.6	29	7.8	9	22.6	45	10.2	43	3.1	51
BIR M2 LC Sausage & Mash (V)	491.2	25	2060.0	25	16.8	24	5.7	29	55.2	21	5.2	6	23.4	47	13.1	55	2.4	40
BIR M2 LC Soup of the Day (V)	283.0	14	1190.6	14	12.7	18	4.4	22	36.4	14	11.6	13	5.0	10	2.3	10	1.7	29
BIR M2 Macaroni Cheese (V)	1249.2	62	5237.6	62	52.2	75	26.7	134	158.1	61	7.1	8	31.2	62	10.7	45	1.9	31
BIR M2 Macaroni Cheese W/ Bacon	1404.9	70	5888.6	70	59.6	85	29.7	149	163.8	63	7.4	8	47.6	95	11.1	46	4.7	78
BIR M2 Macaroni Cheese W/ Chicken	1373.0	69	5758.3	69	55.5	79	27.8	139	163.6	63	8.0	9	48.8	98	11.1	46	2.3	38
BIR M2 Macaroni Cheese W/ Jalapenoes (V)	1200.8	60	5035.9	60	49.2	70	25.2	126	154.4	59	12.1	13	29.6	59	10.8	45	3.3	55
BIR M2 Main Upgrade from Chips to Curly Fries (Ve)	157.6	8	660.3	8	8.5	12	1.5	8	18.6	7	0.9	1	1.7	3	1.3	5	0.5	9
BIR M2 Mashed Potato 227g (V) - Side Order	293.4	15	1228.2	15	12.8	18	8.6	43	39.3	15	1.2	1	3.7	7	3.1	13	0.7	11
BIR M2 Mexican Nachos (V)	625.1	31	2610.3	31	32.8	47	11.4	57	64.1	25	7.5	8	14.9	30	4.7	20	3.7	61
BIR M2 Mixed Grill	1488.1	74	6210.9	74	84.9	121	26.7	134	86.3	33	9.1	10	90.3	181	11.3	47	6.7	112
BIR M2 Mixed Grill	1488.1	74	6210.9	74	84.9	121	26.7	134	86.3	33	9.1	10	90.3	181	11.3	47	6.7	112
BIR M2 Naan Bread (V)	174.2	9	733.2	9	4.0	6	0.4	2	28.7	11	1.4	2	4.7	9	2.2	9	0.4	7
BIR M2 Naan Bread (V) - V2	174.2	9	733.2	9	4.0	6	0.4	2	28.7	11	1.4	2	4.7	9	2.2	9	0.4	7
BIR M2 NGCI Bacon Buttie	481.2	24	2007.7	24	22.2	32	5.9	29	32.7	13	2.8	3	33.9	68	6.5	27	6.6	109
BIR M2 NGCI Beans on Toast (V)	375.9	19	1567.8	19	8.9	13	1.5	7	59.1	23	11.1	12	13.6	27	13.9	58	2.1	35
BIR M2 NGCI Beef Madras	897.1	45	3775.2	45	29.8	43	7.2	36	119.3	46	24.4	27	37.2	74	8.8	37	4.6	76
BIR M2 NGCI Butter Chicken	964.1	48	4086.6	49	29.0	41	11.8	59	113.6	44	20.4	23	65.9	132	5.1	21	3.7	62
BIR M2 NGCI Cheese Sandwich (V)	825.7	41	3436.1	41	52.4	75	26.7	133	54.0	21	3.7	4	29.7	59	9.2	38	2.5	42
BIR M2 NGCI Chicken Balti	824.3	41	3477.2	41	24.6	35	2.0	10	110.6	43	17.8	20	42.1	84	8.5	35	5.2	87

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	%
BIR M2 NGCI Chicken Tikka Masala	803.5	40	3394.1	40	21.8	31	5.5	28	115.1	44	20.3	23	39.3	79	7.8	32	3.5	58
BIR M2 NGCI Chicken Tikka Masala Curry Night	803.5	40	3394.1	40	21.8	31	5.5	28	115.1	44	20.3	23	39.3	79	7.8	32	3.5	58
BIR M2 NGCI Chip Buttie (V)	534.9	27	2235.1	27	23.0	33	7.3	37	69.1	27	4.2	5	7.0	14	11.3	47	0.7	11
BIR M2 NGCI Eggs on Toast (V)	620.0	31	2574.7	31	44.1	63	7.4	37	34.2	13	3.4	4	18.1	36	6.8	28	1.3	22
BIR M2 NGCI Full English	432.1	22	1799.8	21	23.9	34	7.3	36	32.9	13	6.9	8	20.8	42	6.7	28	2.7	45
BIR M2 NGCI Genius Bread and Butter (V) - Side Order	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
BIR M2 NGCI Ham Sandwich	538.6	27	2251.7	27	23.3	33	6.8	34	56.4	22	3.8	4	20.5	41	9.5	40	2.2	36
BIR M2 NGCI Macaroni Cheese W/ Jalapenos (V)	983.2	49	4130.6	49	37.2	53	23.3	117	130.4	50	11.6	13	30.0	60	5.7	24	2.7	45
BIR M2 NGCI Macaroni Cheese (V)	1004.3	50	4218.9	50	38.5	55	24.2	121	131.8	51	8.6	10	31.0	62	5.5	23	1.8	30
BIR M2 NGCI Macaroni Cheese W/ Bacon	1144.1	57	4802.4	57	45.4	65	26.8	134	131.4	51	8.6	10	50.6	101	5.5	23	5.4	89
BIR M2 NGCI Macaroni Cheese W/ Chicken	1113.4	56	4677.9	56	40.7	58	24.5	123	132.3	51	9.4	10	52.5	105	5.5	23	2.2	37
BIR M2 NGCI Mixed Grill	1519.5	76	6335.5	75	91.7	131	27.7	139	73.1	28	7.3	8	95.9	192	9.9	41	6.4	107
BIR M2 NGCI Mixed Grill - V2	1519.5	76	6335.5	75	91.7	131	27.7	139	73.1	28	7.3	8	95.9	192	9.9	41	6.4	107
BIR M2 NGCI Prawn Cocktail	374.2	19	1558.1	19	23.4	33	5.4	27	23.0	9	7.4	8	16.1	32	3.9	16	1.5	24
BIR M2 NGCI Rump Steak - 16oz	1350.0	68	5634.3	67	73.0	104	27.6	138	65.4	25	7.0	8	101.5	203	12.7	53	2.1	35
BIR M2 NGCI Rump Steak - 16oz - V2	1409.6	70	5882.8	70	76.3	109	28.9	144	68.3	26	7.3	8	106.0	212	13.2	55	2.2	37
BIR M2 NGCI Rump Steak - 8oz	959.9	48	4006.6	48	50.5	72	18.1	90	64.5	25	6.9	8	55.9	112	12.5	52	1.8	30
BIR M2 NGCI Rump Steak - 8oz - Grill Night	959.9	48	4006.6	48	50.5	72	18.1	90	64.5	25	6.9	8	55.9	112	12.5	52	1.8	30
BIR M2 NGCI Sausage Buttie	568.0	28	2368.2	28	29.7	42	8.0	40	57.7	22	5.7	6	13.2	26	8.0	33	2.3	38
BIR M2 NGCI Sirloin Steak - 8oz	1013.3	51	4225.9	50	55.8	80	20.7	104	64.5	25	6.9	8	57.4	115	12.5	52	1.8	30
BIR M2 NGCI Sirloin Steak - 8oz	1013.3	51	4225.9	50	55.8	80	20.7	104	64.5	25	6.9	8	57.4	115	12.5	52	1.8	30
BIR M2 NGCI Sirloin Steak - 8oz - V2	1013.3	51	4225.9	50	55.8	80	20.7	104	64.5	25	6.9	8	57.4	115	12.5	52	1.8	30
BIR M2 NGCI Soup of the Day (V)	267.5	13	1121.1	13	14.3	20	4.4	22	30.6	12	11.6	13	2.3	5	4.3	18	1.7	28
BIR M2 NGCI Tuna Sandwich	501.7	25	2100.7	25	19.2	27	5.4	27	56.1	22	4.2	5	21.3	43	9.9	41	1.3	21
BIR M2 NGCI Vegetable Jalfrezi (V)	817.4	41	3435.6	41	25.9	37	2.4	12	127.9	49	25.8	29	18.8	38	10.5	44	4.4	73
BIR M2 Onion Rings (Ve) - Side Order	487.6	24	2039.2	24	28.7	41	5.7	28	51.8	20	8.0	9	5.7	11	5.5	23	2.0	33
BIR M2 Onion Rings (Ve) To Share	1039.1	52	4345.8	52	61.2	87	12.1	61	110.4	42	17.1	19	12.1	24	11.7	49	4.2	69
BIR M2 Peppercorn Sauce	71.3	4	300.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
BIR M2 Pineapple (Ve) - Extra	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
BIR M2 Plain & Simple Vanilla Flavour Ice Cream (V)	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6

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	%
BIR M2 Plain Beef Burger	1015.4	51	4250.1	51	44.0	63	15.9	80	102.2	39	10.0	11	47.4	95	11.9	50	2.7	45
BIR M2 Plain Chicken Burger	1024.1	51	4288.6	51	45.2	65	15.2	76	106.9	41	8.9	10	42.6	85	11.1	46	2.1	35
BIR M2 Plain Jacket Potato (V)	266.3	13	1116.8	13	11.0	16	6.7	33	39.0	15	2.6	3	5.0	10	4.3	18	0.3	5
BIR M2 Plain Veggie Burger (Ve)	1071.8	54	4492.1	53	45.4	65	11.2	56	121.2	47	12.8	14	37.7	75	15.8	66	2.6	43
BIR M2 Popcorn Chicken	647.5	32	2713.0	32	35.1	50	9.7	48	56.5	22	3.1	3	26.4	53	2.7	11	2.0	34
BIR M2 Popcorn Chicken - Extra	240.7	12	1008.7	12	13.0	19	4.7	23	14.7	6	1.0	1	16.0	32	0.2	1	0.7	12
BIR M2 Poppadum - Extra (V)	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
BIR M2 Poppadums and Dips (V)	221.8	11	941.4	11	0.9	1	0.2	1	42.5	16	10.3	11	10.9	22	1.1	5	2.7	45
BIR M2 Port & Stilton Sauce	71.3	4	300.8	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
BIR M2 Potato Swap - 150g Chips to Jacket	111.4	6	469.3	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
BIR M2 Potato Swap - 150g Chips to Mash	157.2	8	656.9	8	7.7	11	5.1	26	19.3	7	0.6	1	1.8	4	1.5	6	0.4	6
BIR M2 Potato Swap - 150g Chips to New Potatoes	101.8	5	430.4	5	2.7	4	1.6	8	18.6	7	1.5	2	2.0	4	1.5	6	0.6	11
BIR M2 Potato Swap - 150g Chips to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M2 Potato Swap - 227g Chips to Jacket	111.4	6	469.3	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
BIR M2 Potato Swap - 227g Chips to Mash	157.2	8	656.9	8	7.7	11	5.1	26	19.3	7	0.6	1	1.8	4	1.5	6	0.4	6
BIR M2 Potato Swap - 227g Chips to New Potatoes	101.8	5	430.4	5	2.7	4	1.6	8	18.6	7	1.5	2	2.0	4	1.5	6	0.6	11
BIR M2 Potato Swap - 227g Chips to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M2 Potato Swap - 227g Mash to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M2 Prawn Cocktail	389.5	19	1626.4	19	21.8	31	5.4	27	28.7	11	7.4	8	18.8	38	1.9	8	1.5	25
BIR M2 Prawn Marie Rose Baguette	770.8	39	3230.5	38	30.5	44	6.8	34	93.2	36	10.2	11	26.9	54	7.6	32	2.1	35
BIR M2 Rice (Ve) - Extra	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
BIR M2 Roast Beef Baguette	672.3	34	2821.1	34	26.9	38	7.5	37	75.5	29	3.9	4	29.7	59	4.8	20	1.7	28
BIR M2 Roast Beef Sandwich	614.8	31	2575.1	31	30.0	43	8.5	43	55.6	21	1.4	2	29.9	60	5.2	22	1.9	31
BIR M2 Roast Chicken Sandwich	730.1	37	3059.4	36	35.2	50	8.7	43	56.2	22	1.5	2	46.5	93	6.0	25	2.8	47
BIR M2 Roast Pork Sandwich	615.0	31	2575.1	31	30.6	44	7.8	39	55.6	21	1.4	2	28.6	57	5.2	22	1.9	32
BIR M2 Roast Potatoes (V) - Bowl Of	566.6	28	2363.0	28	36.4	52	4.2	21	52.8	20	1.1	1	4.0	8	6.5	27	1.1	19
BIR M2 Roast Turkey Sandwich	508.1	25	2138.7	25	16.4	23	3.2	16	55.7	21	1.4	2	33.8	68	5.2	22	1.9	32
BIR M2 Roasted Chicken Fillet - Extra	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
BIR M2 Rump Steak - 16oz	1472.9	74	6148.2	73	80.3	115	29.1	146	78.3	30	9.0	10	103.1	206	14.0	59	2.6	43
BIR M2 Rump Steak - 16oz - V2	1472.9	74	6148.2	73	80.3	115	29.1	146	78.3	30	9.0	10	103.1	206	14.0	59	2.6	43
BIR M2 Rump Steak - 8oz	1082.1	54	4517.4	54	57.6	82	19.5	98	77.3	30	8.9	10	57.5	115	13.9	58	2.3	38

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	%
BIR M2 Rump Steak - 8oz	1082.1	54	4517.4	54	57.6	82	19.5	98	77.3	30	8.9	10	57.5	115	13.9	58	2.3	38
BIR M2 Sausage - Extra	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
BIR M2 Sausage - Extra - V2	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
BIR M2 Sausage (V) - Extra	73.2	4	308.2	4	2.1	3	0.3	1	5.7	2	0.6	1	6.8	14	2.3	9	0.6	9
BIR M2 Sausage and Bacon Muffin	515.0	26	2160.2	26	16.2	23	5.4	27	64.7	25	10.0	11	27.2	54	3.7	15	4.6	77
BIR M2 Sausage and Egg Muffin	527.7	26	2205.9	26	25.2	36	5.9	29	54.8	21	8.7	10	20.2	40	3.1	13	2.3	38
BIR M2 Sausage and Egg Muffin (V)	461.2	23	1931.5	23	18.8	27	3.3	16	50.1	19	8.1	9	21.8	44	4.7	20	2.2	36
BIR M2 Sausage Buttie	564.2	28	2361.8	28	26.7	38	7.8	39	59.7	23	3.7	4	21.0	42	4.8	20	2.3	38
BIR M2 Sausage Buttie (V)	431.1	22	1812.5	22	14.0	20	2.7	13	50.3	19	2.1	2	24.1	48	8.1	34	2.0	34
BIR M2 Sausage Muffin	512.0	26	2145.2	26	19.0	27	6.2	31	66.5	26	9.9	11	18.2	36	3.8	16	2.8	46
BIR M2 Sausage Muffin (V)	374.0	19	1576.3	19	5.4	8	0.8	4	57.7	22	8.7	10	21.4	43	7.2	30	2.6	43
BIR M2 Sautéed Mushrooms (V) - Side Order	53.0	3	219.7	3	4.8	7	0.6	3	0.4	0	0.2	0	2.0	4	1.6	7	0.0	0
BIR M2 Sauteed Onions (Ve) - Add on	94.9	5	391.3	5	8.6	12	1.0	5	4.1	2	2.9	3	0.6	1	1.0	4	0.0	0
BIR M2 Scampi - Extra	173.3	9	725.2	9	9.1	13	2.9	15	15.9	6	0.8	1	7.4	15	1.7	7	1.1	19
BIR M2 Side Combo (V)	356.5	18	1494.9	18	20.2	29	4.5	22	36.6	14	3.7	4	6.2	12	3.7	15	1.3	22
BIR M2 Sirloin Steak - 8oz	1135.1	57	4735.2	56	62.9	90	22.2	111	77.3	30	8.9	10	59.0	118	13.9	58	2.3	38
BIR M2 Sirloin Steak - 8oz	1197.2	60	4994.3	59	66.3	95	23.4	117	81.6	31	9.4	10	62.2	124	14.6	61	2.4	40
BIR M2 Sirloin Steak - 8oz - V2	1135.1	57	4735.2	56	62.9	90	22.2	111	77.3	30	8.9	10	59.0	118	13.9	58	2.3	38
BIR M2 SL Bramley Apple & Pear Crumble (V)	314.5	16	1307.3	16	10.0	14	3.6	18	50.7	19	24.4	27	3.5	7	1.7	7	0.2	3
BIR M2 SL Chocolate Fudge Cake (V)	602.5	30	2530.1	30	24.7	35	5.9	30	89.1	34	73.6	82	6.6	13	2.9	12	0.4	6
BIR M2 SL Chocolate Indulgence Sundae (V)	612.8	31	2573.6	31	30.5	44	19.2	96	73.9	28	67.2	75	9.6	19	2.0	9	0.4	7
BIR M2 SL Chocolate Orange Bread & Butter Pudding (V)	567.7	28	2379.1	28	28.8	41	17.8	89	67.6	26	43.9	49	9.7	19	1.5	6	0.4	7
BIR M2 SL Ice Cream Sundae (V)	479.8	24	2015.2	24	24.3	35	14.4	72	58.7	23	55.8	62	6.3	13	0.4	2	0.6	9
BIR M2 SL Plain & Simple Vanilla Flavour Ice Cream (V)	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6
BIR M2 SL Sticky Toffee Pudding (V)	521.5	26	2192.2	26	18.9	27	10.9	55	83.6	32	71.3	79	4.6	9	1.0	4	0.3	5
BIR M2 Sliced Red Jalapenos (Ve) 50g	40.3	2	170.8	2	0.2	0	0.1	0	8.8	3	8.5	9	0.4	1	1.1	4	2.4	40
BIR M2 Soup of the Day (V)	283.0	14	1190.6	14	12.7	18	4.4	22	36.4	14	11.6	13	5.0	10	2.3	10	1.7	29
BIR M2 Steak and Marston's Ale Pie	1154.1	58	4822.9	57	53.3	76	21.9	110	133.4	51	8.5	9	25.9	52	14.4	60	2.5	41
BIR M2 Sticky Toffee Pudding (V)	521.5	26	2192.2	26	18.9	27	10.9	55	83.6	32	71.3	79	4.6	9	1.0	4	0.3	5
BIR M2 Sunday Lunch - Extra Meat	279.3	14	1161.1	14	19.6	28	7.6	38	0.0	0	0.0	0	25.8	52	0.0	0	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	%
BIR M2 Sunday Lunch - Roast Beef (LV)	974.0	49	4082.6	49	35.8	51	6.4	32	102.9	40	21.2	24	51.6	103	18.1	76	8.9	148
BIR M2 Sunday Roasts - Cauliflower Cheese Tart (V)	1310.0	65	5466.7	65	78.8	113	18.6	93	113.7	44	18.4	20	33.0	66	17.3	72	4.7	78
BIR M2 Sunday Roasts - Roast Beef	1334.3	67	5564.5	66	79.4	113	19.6	98	91.3	35	20.8	23	59.4	119	15.8	66	4.9	81
BIR M2 Sunday Roasts - Roast Chicken	1724.4	86	7200.7	86	96.9	138	22.4	112	99.9	38	25.9	29	109.5	219	18.4	77	6.1	101
BIR M2 Sunday Roasts - Roast Pork	1314.0	66	5481.2	65	76.9	110	17.6	88	95.3	37	23.5	26	56.3	113	15.7	65	3.6	60
BIR M2 Sunday Roasts - Roast Turkey	1098.1	55	4599.2	55	48.1	69	8.3	42	95.4	37	24.5	27	67.1	134	15.9	66	3.6	61
BIR M2 Swap Garlic Bread for Chips (Ve)	141.1	7	589.9	7	6.5	9	2.5	12	17.2	7	0.9	1	2.3	5	2.4	10	0.1	1
BIR M2 Swap Garlic Bread for Curly Fries (V)	99.6	5	417.4	5	5.4	8	1.0	5	11.8	5	0.6	1	1.1	2	0.8	3	0.3	5
BIR M2 Sweet Potato Fries (Ve) - Side Order	579.6	29	2420.3	29	38.2	55	4.7	24	51.5	20	18.3	20	4.0	8	7.0	29	1.1	18
BIR M2 Sweet Potato Fries (Ve) - To Share	628.4	31	2624.3	31	41.4	59	5.1	26	55.8	21	19.8	22	4.3	9	7.6	32	1.2	20
BIR M2 The Alldayer Burger	1073.4	54	4491.1	53	53.8	77	17.2	86	97.3	37	14.2	16	48.5	97	10.3	43	3.4	56
BIR M2 The Cowboy Burger	1064.7	53	4452.5	53	49.1	70	20.0	100	95.3	37	15.2	17	55.3	111	10.7	45	4.6	77
BIR M2 The Yorkshire Platter	1316.2	66	5505.1	66	57.6	82	19.6	98	154.3	59	20.9	23	35.7	71	20.4	85	4.6	77
BIR M2 The Yorkshire Platter (V)	1097.5	55	4601.9	55	37.4	53	11.6	58	138.8	53	18.7	21	39.5	79	25.5	106	4.2	69
BIR M2 Toast & Butter (V) - Side Order	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR M2 Toast & Butter (V) - Side Order EXTRA	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR M2 Tuna Mayonnaise Jacket Potato	399.3	20	1673.6	20	18.9	27	7.4	37	42.9	16	3.9	4	16.8	34	4.8	20	1.1	18
BIR M2 Tuna Mayonnaise Melt	769.7	38	3233.8	38	27.9	40	10.7	53	89.8	35	6.2	7	36.3	73	7.4	31	2.5	41
BIR M2 Tuna Sandwich	541.4	27	2274.7	27	18.7	27	5.9	29	62.2	24	2.8	3	29.2	58	7.6	32	1.4	24
BIR M2 Ultimate Veggie Burger (V)	948.5	47	3971.5	47	43.8	63	13.9	70	97.0	37	11.5	13	35.9	72	12.8	53	2.8	46
BIR M2 Upgrade from Chips to Curly Fries (Ve) 150g	149.5	7	626.1	7	8.1	12	1.4	7	17.7	7	0.8	1	1.6	3	1.2	5	0.5	8
BIR M2 Upgrade to Onion Rings from Chips/Salad (V)	20.8	1	87.0	1	1.2	2	0.2	1	2.2	1	0.3	0	0.2	0	0.2	1	0.1	1
BIR M2 Upgrade to Sweet Potato Fries 150g (Ve)	223.0	11	931.3	11	14.7	21	1.8	9	19.8	8	7.0	8	1.5	3	2.7	11	0.4	7
BIR M2 Upgrade to Sweet Potato Fries 227g (Ve)	374.1	19	1562.5	19	24.7	35	3.1	15	33.2	13	11.8	13	2.6	5	4.5	19	0.7	12
BIR M2 Vegan Ultimate Veggie Burger (Ve)	889.8	44	3729.5	44	37.3	53	9.2	46	101.2	39	12.0	13	31.4	63	13.4	56	2.4	41
BIR M2 Vegan Vegetable Jalfrezi (Ve)	831.0	42	3489.3	42	28.9	41	2.6	13	129.8	50	32.9	37	14.1	28	11.5	48	3.7	62
BIR M2 Vegetable Jalfrezi (V)	953.8	48	4009.0	48	29.5	42	2.7	14	151.1	58	29.4	33	20.9	42	12.5	52	4.4	74
BIR M2 Veggie Breakfast (V)	596.6	30	2485.7	30	34.6	49	8.6	43	42.9	16	7.8	9	28.7	57	8.5	36	2.1	36
BIR M2 XL Buttermilk Chicken Burger	1174.4	59	4911.3	58	61.0	87	23.3	117	103.7	40	10.7	12	48.9	98	12.7	53	3.1	52

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	%
BIR M2 XL Gammon Steak 20oz	1060.6	53	4427.1	53	58.4	83	22.5	113	54.3	21	9.4	10	76.3	153	9.0	37	11.9	198
BIR M2 XL Gammon Steak 20oz	1507.9	75	6294.4	75	83.0	119	32.0	160	77.2	30	13.4	15	108.5	217	12.7	53	16.9	282
BIR M2 XL Golden Scampi	1012.5	51	4234.0	50	49.9	71	15.8	79	105.2	40	8.5	9	31.5	63	14.7	61	4.6	77
BIR M2 XL Mixed Grill	2215.4	111	9245.2	110	127.1	182	41.2	206	98.7	38	11.3	13	164.3	329	12.0	50	12.6	209
BIR M2 XL Mixed Grill	2215.4	111	9245.2	110	127.1	182	41.2	206	98.7	38	11.3	13	164.3	329	12.0	50	12.6	209
BIR M2 XL Plain Beef Burger	1029.6	51	4305.1	51	47.4	68	17.9	90	83.1	32	8.1	9	63.2	126	9.6	40	3.3	55
BIR M2 XL Plain Chicken Burger	1078.6	54	4514.6	54	50.3	72	17.1	85	97.2	37	7.1	8	55.1	110	9.2	38	2.3	39
BIR M2 XL Plain Veggie Burger (Ve)	1126.8	56	4721.4	56	50.4	72	10.4	52	112.0	43	12.5	14	49.3	99	15.7	66	3.2	53
BIR M2 XL The Alldayer Burger	1076.4	54	4500.2	54	55.1	79	18.7	94	81.9	31	11.9	13	61.9	124	8.6	36	3.8	63
BIR M2 XL The Cowboy Burger	1069.4	53	4468.9	53	51.3	73	21.1	105	79.6	31	12.6	14	68.0	136	8.9	37	4.8	80
BIR M2 XL Ultimate Veggie Burger (V)	988.2	49	4137.6	49	47.0	67	12.6	63	90.7	35	11.2	12	44.7	89	12.9	54	3.2	53
BIR M2 XL Vegan Ultimate Veggie Burger (Ve)	939.9	47	3938.6	47	41.6	59	8.6	43	94.1	36	11.6	13	41.2	82	13.4	56	2.9	49
BIR M2 Yorkshire Pudding (V) Fresh - Side	183.6	9	763.2	9	14.3	20	2.2	11	9.7	4	1.4	2	4.6	9	0.5	2	0.2	4