

Recipes with Nutritional GDA

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

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Adult Carvery - Milestone	1120.9	56	33.3	48	11.1	56	139.0	60	28.4	32	69.9	155	23.7	99	6.7	111
Adult Carvery Large Plate - Milestone	1497.4	75	43.2	62	14.0	70	187.3	81	34.7	39	93.8	208	30.3	126	9.2	153
Adult Sunday Carvery - Milestone	1122.8	56	33.5	48	11.2	56	139.0	60	28.3	31	69.8	155	23.7	99	6.6	110
Adult Sunday Carvery Large Plate - Milestone	1501.1	75	43.7	62	14.1	71	187.3	81	34.7	39	93.6	208	30.3	126	9.1	152
Adult Vegetarian Carvery (V) - Milestone	2030.3	102	116.9	167	46.7	234	203.9	89	36.9	41	34.3	76	28.1	117	7.2	119
Adult Vegetarian Carvery Large Plate - Milestone	2313.0	116	123.5	176	48.3	241	252.1	110	43.2	48	42.3	94	34.6	144	9.2	154
Adult Vegetarian Sunday Carvery (V) - Milestone	2030.3	102	116.9	167	46.7	234	203.9	89	36.9	41	34.3	76	28.1	117	7.2	119
Adult Vegetarian Sunday Carvery Large Plate - Milestone	2313.0	116	123.5	176	48.3	241	252.1	110	43.2	48	42.3	94	34.6	144	9.2	154
Apple Pie (V)	521.2	26	17.2	25	8.4	42	82.8	36	49.3	55	9.0	20	3.5	15	0.5	8
Bacon and Cheddar Cheese Burger (7oz)	1532.8	77	81.9	117	32.4	162	111.2	48	15.2	17	82.9	184	11.9	50	8.3	138
Bacon Rasher - Add On	195.3	10	14.7	21	5.5	28	0.0	0	0.0	0	15.8	35	0.0	0	3.2	53
Baked Beans - Kids Extra	81.4	4	0.4	1	0.1	0	16.3	7	5.3	6	5.1	11	3.7	15	0.9	15
BBQ Chicken - Light Bite	449.0	22	16.7	24	5.6	28	46.3	20	11.2	12	24.6	55	5.5	23	1.3	22
BBQ Chicken Melt Ciabatta - Chips	1013.0	51	38.3	55	18.3	91	107.2	47	8.2	9	48.8	109	8.4	35	3.3	54
BBQ Chicken Melt Ciabatta - Salad	759.0	38	30.8	44	13.8	69	69.1	30	13.4	15	45.1	100	5.7	24	3.1	51
BBQ Chicken Melt Ciabatta - Soup	909.7	45	51.1	73	15.7	78	61.6	27	13.5	15	46.9	104	5.5	23	3.2	54
BBQ Chicken Melt Sandwich - Chips	1083.8	54	46.4	66	20.2	101	108.2	47	8.2	9	54.2	120	11.2	47	3.4	56
BBQ Chicken Melt Sandwich - Salad	829.8	41	38.8	55	15.7	79	70.0	30	13.5	15	50.5	112	8.5	35	3.2	53
BBQ Chicken Melt Sandwich - Soup	884.1	44	39.2	56	16.2	81	78.9	34	16.7	19	53.8	120	8.6	36	3.5	59
BBQ Sauce - Extra	56.0	3	0.1	0	0.0	0	12.9	6	10.5	12	0.2	0	0.2	1	0.8	14
Beef Burger 7oz - Add On	332.6	17	18.6	27	7.9	40	2.8	1	0.2	0	38.2	85	0.2	1	1.7	29
Beef Burger Bar - Childrens	865.0	43	39.9	57	42.3	211	285.0	124	7.7	9	36.8	82	8.2	34	2.5	41
Beef Madras - Large Naan	1167.2	58	37.6	54	11.2	56	155.5	68	29.7	33	42.0	93	14.0	58	5.3	89
Beer Battered Fish and Chips	1366.3	68	71.0	101	21.4	107	99.1	43	8.2	9	74.2	165	14.5	60	3.2	54
Beer Battered Fish and Chips - Light Bite	1231.5	62	69.9	100	21.2	106	96.3	42	6.9	8	46.0	102	13.4	56	2.9	49
Beer Battered Onion Rings Side Order (V)	256.5	13	16.5	24	3.1	16	25.3	11	2.5	3	3.0	7	2.0	8	1.2	20
British Beef and Pedigree Ale Pie - Light Bite - Milestone	1011.0	51	46.4	66	19.2	96	109.1	47	7.9	9	30.0	67	12.1	50	3.7	61
British Beef and Pedigree Ale Pie - Milestone	1548.3	77	78.3	112	31.5	157	157.3	68	12.0	13	48.1	107	15.1	63	5.1	85
Butternut Squash and Feta Moussaka (V)	721.0	36	47.6	68	12.3	61	58.8	26	14.0	16	17.3	39	8.0	33	2.9	48
Butternut Squash and Feta Moussaka Extra	531.4	27	36.8	53	9.5	47	39.5	17	13.7	15	14.1	31	6.8	28	2.4	40

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Salad (V)																
Carrots - Kids Extra	34.3	2	0.3	0	0.1	0	7.7	3	7.3	8	0.6	1	3.1	13	1.2	20
Carvery Meat Salad - Beef	567.0	28	36.9	53	10.2	51	9.4	4	7.8	9	49.6	110	3.6	15	0.6	11
Carvery Meat Salad - Gammon	462.5	23	27.3	39	5.8	29	11.0	5	8.0	9	43.4	96	4.3	18	4.7	78
Carvery Meat Salad - Mixed	447.4	22	22.7	32	4.3	22	9.4	4	7.6	8	51.8	115	3.6	15	1.2	19
Carvery Meat Salad - Pork (Sunday Only)	589.0	29	34.0	49	8.6	43	8.0	3	6.5	7	63.3	141	3.0	13	0.8	13
Carvery Meat Salad - Turkey	427.7	21	18.8	27	2.6	13	9.5	4	7.8	9	55.6	124	3.6	15	0.8	14
Carvery Sandwich - Beef and Horseradish	867.5	43	39.3	56	10.5	53	82.5	36	5.7	6	48.5	108	7.3	31	2.7	44
Carvery Sandwich - Ham and English Mustard	775.6	39	29.4	42	7.3	37	84.3	37	5.5	6	45.3	101	7.0	29	5.9	99
Carvery Sandwich - Turkey and Stuffing	782.2	39	22.0	31	5.4	27	93.4	41	2.6	3	54.2	120	7.2	30	3.8	64
Channa Masala (V) - Side Order	274.0	14	14.4	21	1.0	5	23.8	10	6.6	7	9.6	21	6.4	27	1.8	30
Cheeky Monkey's Favourite (V)	196.2	10	2.9	4	1.7	9	38.4	17	30.3	34	5.1	11	1.0	4	0.2	3
Cheese and Bacon Jacket Potato	861.5	43	57.4	82	30.6	153	47.4	21	4.3	5	41.6	92	5.4	22	5.2	86
Cheese and Baked Beans Jacket Potato (V)	744.9	37	43.3	62	25.2	126	61.1	27	7.9	9	31.0	69	9.0	37	2.6	44
Cheese and Caramelised Onion Chutney Ciabatta - Chips	1103.7	55	52.0	74	27.8	139	107.4	47	10.4	12	40.8	91	8.3	35	3.3	55
Cheese and Caramelised Onion Chutney Ciabatta - Salad	1031.5	52	67.0	96	26.1	130	63.3	28	16.7	19	39.0	87	5.4	23	3.3	55
Cheese and Caramelised Onion Chutney Ciabatta - Soup	852.6	43	42.6	61	22.9	115	73.5	32	17.9	20	37.3	83	5.2	22	3.3	55
Cheese and Caramelised Onion Chutney Sandwich - Chips	1174.5	59	60.1	86	29.8	149	108.4	47	10.5	12	46.2	103	11.1	46	3.4	57
Cheese and Caramelised Onion Chutney Sandwich - Salad	920.5	46	52.6	75	25.3	126	70.2	31	15.7	17	42.5	94	8.4	35	3.2	54
Cheese and Caramelised Onion Chutney Sandwich - Soup	923.5	46	50.7	72	24.9	124	74.5	32	18.0	20	42.7	95	8.0	34	3.4	57
Cheese Board	1107.7	55	81.8	117	50.6	253	53.6	23	15.5	17	37.7	84	3.3	14	4.2	70
Cheese Sprinkle	228.5	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	30	0.0	0	1.0	17
Cheesy Garlic Bread (V)	511.7	26	34.8	50	15.9	79	30.1	13	1.6	2	18.6	41	2.2	9	1.7	29
Cheesy Garlic Bread (V) - Starter	511.7	26	34.8	50	15.9	79	30.1	13	1.6	2	18.6	41	2.2	9	1.7	29
Chicken and Bacon Salad	592.6	30	34.3	49	8.5	43	7.2	3	6.5	7	64.8	144	3.6	15	5.0	83
Chicken and Gammon Pie - Milestone	1293.3	65	67.9	97	29.5	148	126.4	55	14.9	17	39.1	87	13.6	57	4.3	72
Chicken Bhuna - Large Naan	898.3	45	11.8	17	4.7	23	148.9	65	27.7	31	43.1	96	12.0	50	5.3	89

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Chicken Burger Bar - Childrens	873.7	44	36.9	53	18.1	90	284.9	124	8.1	9	45.5	101	8.6	36	2.5	41
Chicken Dippers - Children's	585.3	29	24.3	35	7.0	35	69.9	30	5.1	6	17.0	38	6.6	28	1.2	21
Chicken Jalfrezi - Large Naan	1031.2	52	25.4	36	5.7	29	159.6	69	28.0	31	46.8	104	13.0	54	4.2	70
Chicken Melt	867.6	43	44.2	63	21.9	109	45.3	20	3.8	4	75.5	168	5.8	24	5.5	91
Chicken Passanda - Large Naan	1184.2	59	40.3	58	16.3	81	152.1	66	28.0	31	48.5	108	11.3	47	4.1	69
Chicken Tikka Masala - Large Naan - Milestone	1054.9	53	27.7	40	9.1	46	151.4	66	27.7	31	44.1	98	12.6	53	3.5	58
Chicken Tikka Samosas - Side Order	197.1	10	8.0	11	2.2	11	20.3	9	2.9	3	10.8	24	1.3	5	0.7	12
Chicken, Bacon and Cheddar Cheese Burger	1577.9	79	75.9	108	29.5	147	136.0	59	16.0	18	82.5	183	13.1	55	8.0	134
Children's Potato Accompaniment	353.0	18	14.6	21	5.7	29	45.5	20	0.9	1	5.7	13	5.7	24	0.2	4
Children's Vegetable Accompaniment	52.6	3	0.2	0	0.0	0	10.7	5	3.8	4	1.7	4	0.5	2	0.3	5
Child's Carvery - Milestone	716.1	36	21.2	30	6.4	32	86.3	38	22.6	25	46.2	103	15.3	64	4.9	82
Child's Sunday Carvery - Milestone	717.1	36	21.3	30	6.4	32	86.3	38	22.6	25	46.2	103	15.3	64	4.9	81
Child's Sunday Vegetarian Carvery - Milestone	1720.4	86	108.3	155	43.3	216	151.3	66	31.1	35	26.5	59	19.8	82	5.8	97
Child's Vegetarian Carvery (V) - Milestone	3928.9	196	247.2	353	98.9	494	345.6	150	71.1	79	60.5	134	45.2	188	13.3	222
Chipolata Side	63.3	3	3.0	4	1.1	6	0.6	0	0.3	0	8.4	19	0.0	0	0.4	7
Chips - Kids Extra	353.0	18	14.6	21	5.7	29	45.5	20	0.9	1	5.7	13	5.7	24	0.2	4
Chips 227g (V)	346.6	17	13.9	20	5.5	28	45.4	20	0.9	1	5.7	13	5.7	24	0.2	4
Chocolate Brownie (Childs)	333.1	17	17.7	25	4.2	21	38.3	17	27.8	31	4.4	10	1.4	6	0.5	8
Chocolate Indulgence Sundae (V)	804.9	40	51.9	74	31.8	159	73.5	32	67.2	75	10.0	22	1.9	8	0.4	7
Chocolate Orange Stack	769.8	38	62.4	89	26.9	134	47.7	21	35.4	39	4.2	9	0.5	2	0.3	5
Classic Beef Burger 7oz	1128.5	56	50.7	72	16.4	82	108.1	47	15.1	17	55.1	122	11.7	49	4.2	70
Classic Chicken Burger	1113.9	56	41.5	59	12.3	62	128.8	56	15.3	17	51.3	114	12.5	52	3.6	61
Classic Combo - Milestone Carvery	1235.7	62	65.0	93	16.9	84	113.0	49	12.2	14	51.2	114	11.4	47	3.7	62
Cookies and Cream Sundae (V)	789.1	39	49.3	70	29.1	146	78.0	34	62.2	69	8.0	18	2.2	9	0.4	7
Corn on the Cob (V)	81.1	4	3.3	5	1.4	7	11.3	5	1.4	2	2.4	5	1.7	7	0.0	1
Country Pate	583.0	29	37.5	54	17.6	88	38.4	17	9.3	10	20.4	45	1.5	6	1.7	29
Crispy Piri Piri Chicken Burger - Milestone	1375.6	69	68.6	98	22.4	112	127.4	55	13.2	15	57.2	127	13.0	54	5.6	94
Crumbled Stilton Cheese - Add On	82.5	4	7.0	10	4.6	23	0.0	0	0.0	0	4.8	11	0.0	0	0.4	7
Diane Sauce	120.8	6	11.3	16	6.9	35	3.8	2	1.9	2	1.0	2	0.3	1	0.6	10
Extra Cadbury's Flake	85.6	4	4.9	7	3.0	15	9.0	4	8.9	10	1.3	3	0.1	0	0.0	1
Fish and Chips - children's	703.2	35	27.2	39	6.8	34	94.9	41	4.7	5	24.3	54	8.3	35	2.1	35

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Fish Combo - Milestone	1467.7	73	71.5	102	18.4	92	135.4	59	14.9	17	67.7	150	13.7	57	6.3	104
Fish Fingers - Children's	589.6	29	22.7	32	6.4	32	73.0	32	5.6	6	18.3	41	7.0	29	1.3	21
Flame Grilled Salmon Salad	484.8	24	33.0	47	5.0	25	7.4	3	6.8	8	39.6	88	4.0	17	0.4	6
Flat Mushroom - Add On	6.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
Fried Egg (V) - Extra	165.0	8	15.2	22	2.8	14	0.0	0	0.0	0	7.1	16	0.0	0	0.2	3
Gammon Steak - 10oz	1067.4	53	48.8	70	15.9	79	58.5	25	8.4	9	93.2	207	11.0	46	8.3	139
Gammon Steak - Childrens	658.4	33	25.3	36	9.6	48	57.6	25	5.0	6	45.4	101	6.9	29	4.4	74
Gammon Steak 5oz - Light Bite	805.2	40	38.8	55	13.6	68	53.3	23	4.4	5	55.0	122	10.1	42	4.4	73
Garlic Bread (V)	283.2	14	16.1	23	4.1	21	28.6	12	1.5	2	5.0	11	2.2	9	0.7	12
Garlic Bread (V) - Starter	279.4	14	15.9	23	4.0	20	28.2	12	1.5	2	4.9	11	2.1	9	0.7	12
Giant Apple Crumble Cake	1010.9	51	61.0	87	28.4	142	106.7	46	57.4	64	8.6	19	5.3	22	0.4	7
Giant Bakewell Tart	1386.3	69	85.3	122	29.1	146	167.9	73	119.9	133	12.6	28	3.7	16	1.5	24
Giant Black Forest	995.4	50	73.9	106	37.4	187	72.8	32	56.3	63	9.5	21	0.9	4	0.6	9
Giant Cinnamon Apple Cake	292.4	15	29.8	43	18.4	92	4.8	2	3.9	4	1.3	3	0.1	0	0.0	1
Giant Flaky Chocolate Cheesecake	1020.2	51	76.1	109	43.7	218	71.0	31	46.8	52	12.7	28	2.0	8	1.0	17
Giant Hot Pudding Tower	1262.2	63	72.3	103	30.8	154	143.1	62	103.2	115	9.2	20	2.8	12	1.5	24
Giant Marshmallow Gateau	1149.7	57	83.7	120	39.3	197	86.6	38	62.0	69	12.0	27	2.5	10	0.3	5
Giant New York Cheesecake	1181.2	59	69.9	100	39.4	197	122.2	53	86.7	96	15.9	35	1.0	4	0.3	6
Giant Red Velvet Cheesecake	1093.5	55	80.0	114	41.3	207	111.3	48	39.9	44	8.4	19	1.7	7	0.8	13
Giant Rocky Raspberry and Chocolate Doughnut Gateau	1481.2	74	106.7	152	48.2	241	114.8	50	84.5	94	15.2	34	4.8	20	0.8	13
Giant Terribly Delicious Carrot Cake	1664.0	83	108.9	156	40.8	204	161.8	70	120.1	133	10.2	23	3.3	14	0.7	11
Giant Toffee and Banana Milkshake Cake	1512.1	76	88.9	127	32.3	161	160.1	70	105.7	117	10.3	23	2.4	10	2.0	34
Golden Breaded Mushrooms (V)	391.4	20	17.2	25	10.7	53	46.4	20	7.4	8	10.6	24	6.5	27	2.6	43
Golden Breaded Scampi	1019.8	51	46.8	67	14.2	71	111.0	48	14.6	16	31.7	70	17.7	74	4.5	75
Golden Breaded Scampi- Light Bite	715.6	36	33.4	48	10.0	50	78.0	34	10.9	12	19.2	43	13.0	54	3.4	57
Ham, Egg and Chips - Carvery	869.7	43	44.1	63	13.6	68	55.1	24	10.2	11	60.0	133	6.5	27	5.0	84
Homemade Coleslaw (V)	166.1	8	11.5	16	0.8	4	14.2	6	10.2	11	1.9	4	4.3	18	0.8	14
Ice Cream Sundae (V) - Children's	212.8	11	8.1	12	4.1	20	31.3	14	27.2	30	3.6	8	0.5	2	0.2	4
Italian Style Chicken	694.7	35	27.6	39	10.4	52	56.5	25	10.7	12	52.6	117	9.0	37	2.3	38
Jacket Potato (V)	232.1	12	6.2	9	3.6	18	41.3	18	1.5	2	5.1	11	4.2	17	0.2	3

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Jacket Potato Half - Kids Extra	342.5	17	14.5	21	8.8	44	49.9	22	1.8	2	6.2	14	5.0	21	0.4	6
Jalapeno Flamers (V) - Milestone DN15	411.2	21	21.8	31	8.3	42	40.3	18	3.4	4	12.2	27	2.7	11	2.6	43
Jam Roly Poly Pudding - Childs	485.5	24	23.2	33	7.2	36	65.3	28	43.7	49	12.2	27	1.0	4	0.7	11
Jelly and Ice Cream - Children's	70.5	4	3.0	4	1.5	7	9.4	4	9.4	10	1.2	3	0.1	0	0.3	4
Lamb Saag Masala - Large Naan	1163.8	58	43.0	61	10.8	54	147.0	64	24.6	27	41.7	93	13.0	54	4.2	70
Lasagne	633.0	32	33.1	47	13.4	67	60.5	26	11.4	13	22.7	51	5.4	23	2.4	40
Lasagne (500 Calories)	443.4	22	22.3	32	10.7	53	41.2	18	11.0	12	19.5	43	4.3	18	1.9	31
Lemon and Mandarin Sponge (V) - Milestone	805.8	40	50.8	73	21.1	106	80.6	35	52.1	58	6.6	15	1.2	5	1.0	16
Mains Salad Base - Milestone	141.0	7	12.5	18	1.4	7	5.6	2	5.0	6	1.6	4	2.4	10	0.2	3
Mashed Potato - Kids Extra	272.3	14	12.5	18	8.0	40	33.5	15	2.3	3	3.4	8	4.5	19	0.8	13
Melt in the Middle Chocolate Pudding (V)	941.5	47	66.0	94	24.0	120	78.0	34	54.6	61	7.5	17	3.1	13	0.8	13
Millionaire Chocolate Gateau Cake	1152.0	58	81.7	117	41.1	206	92.2	40	67.9	75	11.8	26	3.2	14	1.0	16
Mini Potato Waffles - Kids Extra	206.5	10	14.2	20	2.8	14	17.1	7	0.5	1	1.9	4	1.3	5	0.6	10
Mixed Grill - 20oz	1373.8	69	75.7	108	30.0	150	57.6	25	5.2	6	109.6	244	10.8	45	5.4	90
Naan Bread - Extra (V)	344.5	17	6.9	10	3.8	19	56.7	25	4.2	5	10.7	24	6.6	28	0.7	12
Nachos (V) for One	559.4	28	34.8	50	14.3	71	45.3	20	7.4	8	14.4	32	4.1	17	3.1	51
Nachos (V) to Share	566.4	28	34.9	50	14.2	71	46.0	20	7.2	8	15.0	33	4.2	17	3.1	52
New Potatoes - Kids Extra	238.8	12	10.9	16	6.7	34	34.2	15	2.3	3	3.2	7	4.4	18	0.3	5
New Potatoes 227g	185.4	9	6.4	9	3.8	19	31.2	14	2.1	2	2.9	6	4.0	17	0.2	3
Olives (V)	157.3	8	9.7	14	3.1	16	4.5	2	0.0	0	1.3	3	0.2	1	2.7	46
Onion Bhajis (V) - Side Order	158.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	11	4.3	18	0.3	6
Pasta and Meatballs - Children's	588.0	29	20.0	29	4.3	22	82.0	36	10.6	12	24.1	54	5.4	23	1.4	23
Pasta Shapes - Kida Extra	159.7	8	3.4	5	0.3	1	29.4	13	1.3	1	4.8	11	1.2	5	0.0	0
Peas - Kids Extra	67.7	3	0.3	0	0.1	0	8.8	4	3.0	3	5.1	11	4.5	19	1.2	20
Peppercorn Sauce	71.3	4	5.0	7	3.0	15	5.5	2	2.8	3	1.1	2	0.5	2	0.6	9
Peshwari Chicken Curry - Large Naan	1085.5	54	30.8	44	13.6	68	150.1	65	30.7	34	47.5	105	13.3	55	5.2	86
Pineapple - Extra	28.9	1	0.0	0	0.0	0	7.5	3	7.5	8	0.2	0	0.3	1	0.0	0
Piri Piri Chicken - Milestone Carvery	849.1	42	40.0	57	11.2	56	68.1	30	8.0	9	51.2	114	11.6	48	5.6	94
Piri Piri Chicken Wings - Milestone	357.7	18	22.6	32	5.4	27	6.6	3	4.5	5	32.2	72	2.0	8	1.2	20
Pizza Party - Children 2015	976.8	49	61.6	88	35.1	176	59.9	26	4.8	5	41.4	92	6.2	26	3.0	51
Poppadum - Extra (V)	37.5	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8

Recipes with Nutritional GDA

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Poppadums and Dips (V)	184.9	9	4.1	6	0.4	2	29.3	13	7.0	8	7.5	17	0.5	2	2.1	34
Pork Super Sausages - Children's	640.0	32	33.0	47	11.7	59	60.3	26	5.3	6	19.2	43	7.0	29	2.0	34
Prawn Cocktail Sundae	438.3	22	23.1	33	5.4	27	35.6	15	7.3	8	23.0	51	4.0	17	2.2	37
Pulled Pork and Beef Chilli Jacket Potato	610.4	31	29.5	42	13.6	68	68.9	30	21.4	24	19.4	43	7.3	30	1.9	31
Pulled Pork and Beef Nachos for One	500.3	25	29.4	42	12.1	61	41.0	18	14.1	16	16.5	37	3.6	15	2.6	44
Pulled Pork and Beef Nachos to Share	1510.4	76	90.8	130	37.4	187	123.1	54	33.4	37	45.4	101	10.8	45	8.1	135
Quorn Sausages - Children's	394.6	20	15.3	22	2.1	10	46.7	20	5.7	6	16.7	37	7.0	29	2.5	42
Red Bean, Paprika and Pepper Burger (V)	997.5	50	42.2	60	13.7	68	125.5	55	16.8	19	25.3	56	14.4	60	2.8	47
Roasted Chicken Fillet - Extra	197.3	10	3.7	5	0.9	4	0.9	0	0.9	1	40.8	91	0.9	4	1.2	19
Roasted Vegetable Jalfrezi - Large Naan	1068.5	53	31.8	45	6.1	30	164.0	71	33.1	37	24.0	53	15.3	64	4.4	73
Rump Steak - 8oz	898.7	45	37.1	53	12.4	62	53.8	23	5.2	6	81.6	181	11.0	46	1.7	29
Rump Steak - 8oz (500 Calories)	444.2	22	15.5	22	6.1	30	4.2	2	3.8	4	72.4	161	2.5	11	0.4	7
Rump Steak and Red Onion Ciabatta - Chips	889.7	44	24.2	35	8.9	45	106.3	46	7.9	9	51.8	115	9.8	41	1.6	26
Rump Steak and Red Onion Ciabatta - Salad	635.7	32	16.7	24	4.4	22	68.2	30	13.1	15	48.1	107	7.0	29	1.4	23
Rump Steak and Red Onion Ciabatta - Soup	675.7	34	15.7	22	4.2	21	76.7	33	16.2	18	51.1	114	7.1	29	1.6	27
Rump Steak and Red Onion Sandwich - Chips	960.6	48	32.2	46	10.9	54	107.3	47	7.9	9	57.1	127	12.6	52	1.7	28
Rump Steak and Red Onion Sandwich - Salad	706.6	35	24.7	35	6.4	32	69.1	30	13.2	15	53.4	119	9.8	41	1.5	24
Rump Steak and Red Onion Sandwich - Soup	749.9	37	24.1	34	6.3	31	77.6	34	16.3	18	56.7	126	10.0	42	1.7	29
Rustic Bread and Butter (V)	423.1	21	16.4	23	8.5	42	54.3	24	1.5	2	15.2	34	5.0	21	1.3	22
Saag Aloo (V) - Side Order	224.0	11	13.2	19	1.0	5	20.4	9	5.2	6	4.4	10	4.0	17	1.2	21
Salad Bowl (V)	59.8	3	4.0	6	0.4	2	5.2	2	4.0	4	1.0	2	1.8	8	0.2	4
Salad Sticks - Kids Extra	18.7	1	0.3	0	0.1	0	3.6	2	3.3	4	0.6	1	1.9	8	0.1	1
Sauteed Flat Mushrooms (V)	117.6	6	11.7	17	7.1	35	0.7	0	0.4	0	2.6	6	2.1	9	0.3	4
Scoop Vanilla Ice Cream - Coke Float	86.4	4	4.0	6	2.0	10	11.1	5	11.1	12	1.6	4	0.1	0	0.1	2
Simply Delicious - Vanilla/Choc/Cookies and Cream	307.2	15	14.4	21	8.4	42	38.3	17	35.8	40	5.6	12	0.9	4	0.3	5
Sirloin Steak - 8oz	945.0	47	56.6	81	20.6	103	14.9	6	6.4	7	91.2	203	8.3	34	2.1	35
Sirloin Steak - 8oz (500 Calories)	472.7	24	27.6	39	11.8	59	3.8	2	3.5	4	52.4	116	2.3	10	0.3	6
Small Plate Carvery - Milestone	716.1	36	21.2	30	6.4	32	86.3	38	22.6	25	46.2	103	15.3	64	4.9	82
Small Plate Sunday Carvery - Milestone	717.1	36	21.3	30	6.4	32	86.3	38	22.6	25	46.2	103	15.3	64	4.9	81
Small Plate Sunday Vegetarian Carvery - Milestone	798.4	40	21.4	31	6.1	31	132.6	58	28.1	31	22.3	50	23.4	97	4.6	76

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Small Plate Vegetarian Carvery (V) - Milestone	1736.7	87	46.6	67	13.3	67	288.4	125	61.1	68	48.5	108	50.9	212	10.0	166
Spaghetti Hoops - Kids Extra	52.6	3	0.2	0	0.0	0	10.7	5	3.8	4	1.7	4	0.5	2	0.3	5
Standard Vegetable Accompaniment - Milestone Carvery	85.0	4	0.5	1	0.1	1	12.8	6	8.2	9	5.2	12	6.7	28	1.3	22
Sweet Potato Fries Side Order (V)	460.8	23	25.3	36	5.1	25	49.9	22	21.8	24	3.4	8	6.8	28	0.9	15
Sweetcorn - Kids Extra	119.1	6	1.3	2	0.1	0	22.2	10	2.6	3	3.0	7	3.3	14	0.5	8
The Classic Club Sandwich - Chips	1298.0	65	55.5	79	15.6	78	132.3	58	6.5	7	64.5	143	14.6	61	6.1	102
The Classic Club Sandwich - Salad	1044.0	52	47.9	68	11.1	55	94.2	41	11.8	13	60.8	135	11.9	50	5.9	99
The Classic Club Sandwich - Soup	1047.0	52	46.0	66	10.7	53	98.5	43	14.0	16	61.0	136	11.6	48	6.1	102
Three Cheese and Red Onion Tart (V) - Light Bite	612.1	31	28.2	40	14.4	72	71.5	31	9.6	11	16.5	37	10.2	42	2.3	39
Three Cheese and Red Onion Tart (V) - Milestone	369.4	18	18.8	27	8.7	44	39.5	17	15.6	17	8.6	19	1.6	7	0.9	15
Today's Soup (V)	474.8	24	24.0	34	9.4	47	52.3	23	11.2	12	12.5	28	6.1	26	1.7	28
Tortilla Factory (chicken breast)	710.4	36	32.2	46	11.8	59	68.0	30	9.4	10	35.4	79	4.3	18	4.4	74
Tortilla Factory (crispy chicken) TILL ONLY	765.3	38	34.6	49	13.3	66	78.8	34	8.9	10	32.9	73	4.4	18	4.5	75
Tortilla Factory (veg)	671.0	34	30.4	43	11.6	58	76.9	33	17.0	19	18.3	41	8.1	34	4.1	68
Towering Beer Battered Onion Rings (V)	782.9	39	46.4	66	8.7	44	85.5	37	18.8	21	8.7	19	5.8	24	4.3	72
Tuna Mayonnaise Jacket Potato	511.0	26	23.4	33	8.3	41	48.4	21	5.6	6	29.4	65	5.9	25	1.8	29
Tuna Melt Ciabatta - Chips	1065.1	53	44.5	64	18.6	93	103.2	45	3.7	4	52.7	117	8.4	35	3.6	60
Tuna Melt Ciabatta - Salad	811.1	41	37.0	53	14.1	70	65.0	28	8.9	10	49.0	109	5.7	24	3.4	56
Tuna Melt Ciabatta - Soup	814.1	41	35.1	50	13.7	68	69.3	30	11.2	12	49.2	109	5.3	22	3.6	59
Tuna Melt Sandwich - Chips	1135.9	57	52.6	75	20.6	103	104.2	45	3.8	4	58.1	129	11.2	47	3.7	62
Tuna Melt Sandwich - Salad	881.9	44	45.0	64	16.0	80	66.0	29	9.0	10	54.3	121	8.5	35	3.5	58
Tuna Melt Sandwich - Soup	884.9	44	43.1	62	15.6	78	70.3	31	11.3	13	54.6	121	8.1	34	3.7	61
Tutti Frutti Sundae	777.4	39	44.2	63	26.7	133	88.1	38	77.6	86	6.4	14	0.7	3	0.4	7
Two Fried Eggs (V)	224.0	11	18.7	27	4.0	20	1.1	0	1.1	1	14.1	31	0.0	0	0.4	7
Two Tier American Brownie Birthday Cake	1167.9	58	75.9	108	37.6	188	108.7	47	83.5	93	13.1	29	3.8	16	1.0	17
Upgrade King Prawn Skewers	36.8	2	0.2	0	0.0	0	0.1	0	0.0	0	8.5	19	0.0	0	0.2	4
Upgrade Sweet Potato Fries (V)	345.1	17	20.8	30	4.5	23	34.0	15	14.8	16	2.3	5	4.6	19	0.6	10
Vegetable Lasagne (V) (TILL ONLY)	577.0	29	25.3	36	6.0	30	61.8	27	14.7	16	13.3	30	5.5	23	3.9	64
Vegetable Lasagne (V) 500 Calories (TILL ONLY)	387.4	19	14.5	21	3.2	16	42.6	19	14.4	16	10.1	22	4.3	18	3.4	56
Vegetable Samosas (V) - Side Order	166.5	8	7.2	10	2.6	13	21.4	9	3.6	4	2.9	6	2.2	9	0.8	13

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Yee-Ha Beef Burger (7oz)	1510.3	76	75.3	108	29.7	149	129.6	56	30.4	34	73.7	164	13.2	55	5.6	93
Yee-Ha Chicken Burger	1455.6	73	64.3	92	24.9	125	146.2	64	29.8	33	68.0	151	13.7	57	4.9	81
Yorkshire Pudding - Side	70.0	4	2.1	3	0.2	1	10.9	5	1.4	2	1.8	4	0.6	3	0.2	3