

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	%
10oz Gammon - TFO Grill	1003.5	50	4169.9	50	55.2	79	21.6	108	64.3	25	3.6	4	58.8	118	7.8	33	8.8	146
241 DN Chicken Katsu - Calzone	1240.8	62	5210.4	62	51.8	74	22.8	114	134.2	52	15.3	17	56.5	113	11.8	49	5.5	91
241 DN Chicken Katsu - Half Pizza	595.0	30	2498.5	30	24.8	35	11.0	55	64.3	25	7.3	8	27.1	54	5.6	23	2.6	44
241 DN Chicken Katsu Pizza	1189.9	59	4997.0	59	49.7	71	21.9	110	128.7	49	14.6	16	54.2	108	11.3	47	5.2	87
241 DN Chicken Katsu Pizza - Low Cal	449.9	22	1890.1	23	18.7	27	8.4	42	48.1	19	7.3	8	21.6	43	5.3	22	1.9	32
241 DN Four Cheese - Calzone	1696.6	85	7109.8	85	86.4	123	49.3	247	143.2	55	21.5	24	82.9	166	9.6	40	7.4	124
241 DN Four Cheese - Half Pizza	859.3	43	3601.0	43	43.7	62	25.0	125	72.7	28	10.8	12	42.0	84	5.1	21	3.8	63
241 DN Four Cheese Pizza	1718.7	86	7202.1	86	87.4	125	49.9	250	145.5	56	21.6	24	84.0	168	10.2	42	7.5	125
241 DN Four Cheese Pizza - Low Cal	494.2	25	2071.5	25	25.6	37	15.3	76	40.0	15	8.2	9	25.3	51	3.2	13	2.1	35
241 DN Jalapeno Popper - Calzone	1207.3	60	5112.1	61	53.2	76	26.8	134	125.1	48	23.8	26	54.3	109	9.9	41	7.8	130
241 DN Jalapeno Popper - Half Pizza	1221.2	61	5170.8	62	53.9	77	27.1	136	126.5	49	23.9	27	54.9	110	10.0	42	7.9	132
241 DN Jalapeno Popper Pizza	1163.8	58	4927.8	59	51.3	73	25.8	129	120.5	46	22.8	25	52.3	105	9.5	40	7.5	125
241 DN Jalapeno Popper Pizza - Low Cal	811.4	41	3446.5	41	36.1	52	19.3	96	82.2	32	21.7	24	38.2	76	8.1	34	5.8	97
241 DN Pepperoni Pizza Topping - Upgrade	1188.7	59	4928.6	59	98.4	141	50.9	254	13.7	5	11.7	13	58.4	117	7.1	30	7.0	116
241 DN Praline Chocolate Tart	466.0	23	1949.7	23	25.7	37	12.9	65	49.9	19	33.5	37	6.9	14	1.5	6	0.3	5
241 LN Baked Mac & Cheese (V)	336.0	17	1414.0	17	14.0	20	8.5	43	36.4	14	3.3	4	16.2	32	1.4	6	1.3	22
241 LN Banana & Butterscotch Sundae - to share	1341.1	67	5636.1	67	68.1	97	43.6	218	168.8	65	149.0	166	14.6	29	3.6	15	0.8	14
241 LN Banana & Butterscotch Sundae (V) - for one	670.5	34	2818.0	34	34.0	49	21.8	109	84.4	32	74.5	83	7.3	15	1.8	7	0.4	7
241 LN BBQ Bonanza - Calzone	1385.1	69	5795.9	69	69.7	100	31.0	155	119.7	46	21.9	24	66.7	133	9.9	41	6.6	111
241 LN BBQ Bonanza - Half Pizza	692.1	35	2895.9	34	34.8	50	15.5	77	59.8	23	10.9	12	33.3	67	4.9	21	3.3	55
241 LN BBQ Bonanza - Pizza	1384.1	69	5791.8	69	69.6	99	30.9	155	119.6	46	21.8	24	66.6	133	9.9	41	6.6	111
241 LN BBQ Bonanza Pizza - Low Cal	500.4	25	2100.7	25	26.0	37	11.8	59	41.7	16	9.9	11	24.5	49	4.6	19	2.2	37
241 LN BBQ Pulled Pork Hash	546.2	27	2311.7	28	29.4	42	9.5	48	42.2	16	27.5	31	23.4	47	8.8	37	3.0	50
241 LN BBQ Sauce - Pizza Extra	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14
241 LN BBQ Sauce (V) - Add On	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14
241 LN Beef Dripping & Merlot Sauce	42.4	2	180.8	2	2.2	3	1.0	5	4.6	2	1.8	2	1.1	2	0.3	1	0.6	11
241 LN Beef Lasagne Under 500 Kcal	448.1	22	1860.4	22	21.7	31	7.4	37	47.0	18	14.1	16	17.6	35	27.7	116	1.7	28
241 LN Butcher's Block Pizza - Low Cal	454.0	23	1903.4	23	20.1	29	9.4	47	38.1	15	4.9	5	29.5	59	4.4	18	2.6	43
241 LN Buttermilk Chicken	645.8	32	2692.0	32	42.1	60	13.0	65	34.1	13	3.4	4	32.4	65	4.1	17	2.1	36
241 LN Charred Cauli Cheese (V)	170.0	9	710.0	8	10.7	15	6.4	32	10.7	4	5.6	6	8.8	18	2.9	12	1.3	21

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
241 LN Cheese & Chive Mash (V)	516.9	26	2155.9	26	31.3	45	20.2	101	40.2	15	1.2	1	17.3	35	3.0	13	1.7	28
241 LN Cheesy Nachos (V)	898.8	45	3747.2	45	55.0	79	23.3	117	68.3	26	7.1	8	27.6	55	4.5	19	4.2	70
241 LN Cheesy Nachos to Share (V)	1344.2	67	5604.0	67	82.3	118	34.2	171	104.8	40	12.3	14	38.7	77	7.0	29	6.2	104
241 LN Chicken Tikka Masala	1088.6	54	4595.5	55	28.0	40	9.1	46	163.2	63	27.3	30	45.3	91	14.0	58	3.6	59
241 LN Chicken, Gammon & Mustard Pie	1312.7	66	5480.8	65	69.9	100	30.5	152	128.1	49	15.9	18	38.8	78	14.1	59	3.4	57
241 LN Chocolate Crownie (V)	793.5	40	3065.4	36	33.5	48	12.2	61	99.1	38	67.2	75	9.4	19	2.9	12	0.8	13
241 LN Chocolate Eclair Cake	1031.2	52	4318.7	51	51.9	74	20.9	104	123.8	48	109.8	122	16.7	33	1.7	7	1.7	28
241 LN Classic Burger Sauce (V) - Add On	111.3	6	460.4	5	10.5	15	0.8	4	3.8	1	3.0	3	0.3	1	0.1	0	0.6	10
241 LN Crispy Bacon - Add On	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
241 LN Crispy Fried Onions (V) - Add On	101.1	5	416.5	5	9.3	13	1.1	5	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
241 LN Double Bass - Tomato Sauce	810.1	41	3407.5	41	28.4	41	15.3	76	99.3	38	6.0	7	37.3	75	8.9	37	3.0	50
241 LN Fried Egg (V) - Add On	84.2	4	351.3	4	4.9	7	1.4	7	3.4	1	3.4	4	6.2	12	0.4	2	0.1	2
241 LN Garlic Mushroom Sauce (V)	78.0	4	325.0	4	5.8	8	3.5	18	3.4	1	0.6	1	3.2	6	0.9	4	0.6	10
241 LN Golden Breaded Mushrooms (V)	455.8	23	1925.2	23	22.4	32	3.6	18	51.2	20	9.2	10	10.3	21	4.9	21	2.4	40
241 LN Grilled Chicken Breast - Add On	197.2	10	1014.9	12	5.3	8	1.4	7	1.9	1	1.9	2	45.9	92	1.7	7	0.7	12
241 LN Grilled Field Mushroom - Add On	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
241 LN Ham-ma Mia - Calzone	972.8	49	4086.4	49	37.1	53	17.1	86	104.7	40	10.4	12	52.3	105	9.9	41	6.7	111
241 LN Ham-ma Mia - Half Pizza	485.9	24	2041.1	24	18.5	26	8.6	43	52.3	20	5.2	6	26.1	52	4.9	21	3.3	56
241 LN Ham-ma Mia - Pizza	971.9	49	4082.3	49	37.0	53	17.1	86	104.6	40	10.3	11	52.2	104	9.8	41	6.7	111
241 LN Ham-ma Mia Pizza - Low Cal	319.5	16	1343.5	16	11.3	16	5.7	28	35.7	14	4.8	5	18.1	36	4.4	18	2.1	34
241 LN Herd It All Beef-Ore - Calzone	1123.9	56	4709.9	56	41.2	59	19.1	95	110.4	42	15.5	17	74.8	150	9.5	40	5.9	98
241 LN Herd It All Beef-ore - Half	1144.7	57	4797.1	57	42.0	60	19.4	97	112.5	43	15.8	18	76.2	152	9.7	40	6.0	100
241 LN Herd It All Beef-ore - Low Cal	442.5	22	1854.8	22	15.1	22	7.3	36	39.7	15	8.5	9	36.2	72	4.3	18	2.3	38
241 LN Herd It All Beef-Ore - Pizza	1123.9	56	4709.9	56	41.2	59	19.1	95	110.4	42	15.5	17	74.8	150	9.5	40	5.9	98
241 LN House Salad (V)	61.9	3	257.1	3	4.7	7	0.6	3	3.9	2	3.6	4	1.1	2	1.7	7	0.1	1
241 LN Jalapenos (V) - Add On	20.2	1	85.4	1	0.1	0	0.0	0	4.4	2	4.2	5	0.2	0	0.5	2	1.2	20
241 LN Lovely Rita - Calzone	887.8	44	3732.9	44	32.7	47	15.7	79	108.1	42	12.8	14	38.4	77	11.1	46	3.5	58
241 LN Lovely Rita - Half Pizza	467.6	23	1966.2	23	17.2	25	8.3	41	57.0	22	6.7	7	20.2	40	5.8	24	1.8	31
241 LN Lovely Rita - Pizza	887.6	44	3732.1	44	32.7	47	15.7	79	108.1	42	12.7	14	38.4	77	11.0	46	3.5	58
241 LN Mad About the Med - Calzone	1033.0	52	4332.1	52	45.7	65	17.5	87	112.7	43	16.8	19	40.4	81	13.1	55	4.3	72
241 LN Mad About The Med - Half Pizza	516.5	26	2166.0	26	22.8	33	8.7	44	56.4	22	8.4	9	20.2	40	6.6	27	2.2	36

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
241 LN Mad About the Med - Pizza	1033.0	52	4332.1	52	45.7	65	17.5	87	112.7	43	16.8	19	40.4	81	13.1	55	4.3	72
241 LN Mad About The Med Pizza - Low Cal	363.0	18	1522.0	18	16.4	23	6.1	30	38.9	15	7.3	8	14.5	29	5.8	24	1.4	24
241 LN Monterey Jack Cheese (V) - Add On	75.0	4	313.4	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
241 LN Pepperoni Pizza Fries	791.1	40	3271.9	39	50.7	72	24.5	123	50.5	19	5.3	6	27.5	55	8.3	35	2.8	47
241 LN Prawn Cocktail	390.8	20	1632.1	19	22.4	32	5.5	27	26.7	10	7.3	8	21.2	42	2.9	12	1.5	25
241 LN Prime Beef Burger - Add On	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
241 LN Red Velvet & White Chocolate Cheesecake (V)	1101.7	55	4578.0	55	80.0	114	41.3	207	113.3	44	41.4	46	8.4	17	1.7	7	0.8	13
241 LN Roasted Vegetable Jalfrezi (V)	1102.2	55	4636.3	55	32.1	46	6.1	30	175.8	68	32.7	36	25.2	50	16.7	70	4.4	73
241 LN Roasted Vegetable Jalfrezi (Ve)	751.2	38	3152.5	38	27.4	39	2.6	13	114.5	44	30.3	34	12.8	26	10.8	45	3.3	54
241 LN Roquefort Sauce (V)	89.6	4	376.8	4	6.9	10	4.2	21	4.1	2	1.1	1	2.7	5	0.2	1	1.0	17
241 LN Simply Delicious (V)	324.2	16	1357.4	16	16.0	23	9.6	48	40.7	16	34.9	39	4.5	9	0.8	4	0.3	6
241 LN Steak & Ale Pie	1136.0	57	4748.6	57	51.3	73	21.6	108	128.8	50	10.2	11	32.6	65	13.2	55	2.5	42
241 LN Stilton Cheese (V) - Add On	92.3	5	382.1	5	7.9	11	5.2	26	0.0	0	0.0	0	5.3	11	0.0	0	0.4	7
241 LN Stilton Cheese Topper (V)	25.7	1	108.3	1	1.8	3	1.1	5	2.0	1	1.0	1	0.4	1	0.2	1	0.2	3
241 LN The Butcher's Block - Calzone	1268.7	63	5318.8	63	55.6	79	25.3	127	111.3	43	10.1	11	77.8	156	10.0	42	7.0	117
241 LN The Butcher's Block - Pizza	1267.7	63	5314.7	63	55.5	79	25.3	127	111.2	43	10.0	11	77.7	155	9.9	41	7.0	117
241 LN The Grill Combo (V)	303.0	15	1256.8	15	25.3	36	6.4	32	15.5	6	5.3	6	4.2	8	4.3	18	0.4	7
241 LN The Matador - Calzone	1161.3	58	4876.2	58	47.1	67	20.5	102	110.8	43	13.2	15	71.5	143	10.7	44	5.3	88
241 LN The Matador - Half Pizza	624.3	31	2621.5	31	25.3	36	11.0	55	59.6	23	7.0	8	38.5	77	5.7	24	2.8	47
241 LN The Matador - Pizza	1160.3	58	4872.0	58	47.0	67	20.4	102	110.7	43	13.1	15	71.5	143	10.6	44	5.3	88
241 LN The Matador Pizza - Low Cal	448.7	22	1885.7	22	17.3	25	7.6	38	39.0	15	6.3	7	33.9	68	4.9	20	2.0	33
241 LN Vegetarian Lasagne (V) Under 500 Kcal	433.1	22	1658.7	20	20.4	29	4.4	22	39.1	15	14.2	16	9.1	18	5.6	23	2.1	34
241 LN17 Lovely Rita Pizza - Low Cal	291.0	15	1224.9	15	9.9	14	5.2	26	36.7	14	5.6	6	13.5	27	4.6	19	1.0	17
241G LN Baked Mac & Cheese - Add On	168.0	8	707.0	8	7.0	10	4.3	21	18.2	7	1.7	2	8.1	16	0.7	3	0.7	11
241G LN Black & Blue - Topper	238.1	12	984.3	12	22.1	32	9.4	47	0.3	0	0.2	0	9.6	19	0.9	4	0.7	12
241G LN Bocata Roll & Butter	445.0	22	1853.9	22	14.6	21	8.5	42	68.5	26	3.8	4	10.2	20	5.9	25	1.5	24
241G LN Chicken and Bacon Caesar Salad	639.5	32	2851.8	34	38.7	55	8.4	42	14.0	5	5.6	6	71.3	143	3.3	14	5.9	98
241G LN Grilled Salmon Fillet - Add On	407.3	20	1693.8	20	29.4	42	12.5	63	0.0	0	0.0	0	35.6	71	3.4	14	0.5	8
241G LN Route 66 - Topper	91.3	5	378.0	5	6.2	9	0.8	4	7.5	3	6.0	7	1.8	4	2.5	11	0.0	0
241G LN Steak & Blue Cheese Salad	826.4	41	3433.6	41	59.7	85	20.9	104	5.9	2	5.2	6	66.3	133	2.4	10	1.3	22

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Add Prawns	68.0	3	285.6	3	0.9	1	0.3	2	0.0	0	0.0	0	15.0	30	0.0	0	0.3	4
Bacon - Pizza Extra	115.6	6	482.8	6	5.7	8	2.1	11	0.0	0	0.0	0	16.0	32	0.0	0	2.9	48
BBQ Jackfruit - Pizza Extra	23.0	1	96.8	1	1.0	1	0.1	0	3.4	1	2.7	3	0.1	0	0.1	0	0.1	1
BIR 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
Brie - Pizza Extra	54.9	3	227.7	3	4.5	6	3.2	16	0.2	0	0.2	0	3.4	7	0.0	0	0.3	5
Butcher's Block - Half Pizza	733.9	37	3073.6	37	33.9	48	14.9	74	56.1	22	5.7	6	49.4	99	5.0	21	4.5	75
Butchers Boy - Pizza - 241	659.0	33	2762.6	33	28.3	40	11.3	56	62.5	24	6.4	7	37.1	74	4.9	20	3.7	62
Buttermilk Chicken - Extra 241	119.3	6	500.6	6	5.3	8	2.2	11	8.8	3	0.7	1	9.0	18	1.1	5	0.4	7
Buttermilk Peppercorn Sauce - TFO Grill	76.8	4	323.2	4	5.0	7	3.1	16	6.1	2	1.8	2	1.6	3	0.8	3	0.6	9
BYO Cheddar Cheese	102.0	5	423.5	5	8.4	12	5.3	26	0.7	0	0.0	0	6.1	12	0.0	0	0.5	8
Cheese - Extra	228.5	11	948.6	11	18.7	27	11.8	59	1.5	1	0.1	0	13.6	27	0.0	0	1.0	17
Chicken - Extra	197.2	10	1014.9	12	5.3	8	1.4	7	1.9	1	1.9	2	45.9	92	1.7	7	0.7	12
Chicken & Bacon Bocata - TFO Grill	992.3	50	4336.1	52	34.9	50	7.4	37	108.6	42	9.1	10	70.0	140	11.7	49	4.2	69
Chipotle Pulled Chicken - Extra 241	70.6	4	299.6	4	0.7	1	0.2	1	1.1	0	0.1	0	14.9	30	0.3	1	0.2	3
Chocolate Sauce	80.9	4	343.6	4	0.1	0	0.1	1	19.2	7	13.6	15	0.4	1	0.6	3	0.0	0
Chorizo - Pizza Extra	172.0	9	714.5	9	13.6	19	4.6	23	1.4	1	0.7	1	11.1	22	0.0	0	1.5	25
Coleslaw - Extra	193.7	10	797.0	9	20.3	29	1.4	7	2.2	1	1.6	2	0.4	1	0.6	3	0.2	4
Corn on the Cob (V)	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
Cream Cheese - Pizza Extra	44.1	2	183.6	2	4.2	6	2.5	13	0.6	0	0.6	1	1.0	2	0.0	0	0.1	2
Crispy Onion Bits - Pizza Extra	109.8	5	455.4	5	8.3	12	4.1	21	7.9	3	2.7	3	1.1	2	0.7	3	0.3	4
Custard - 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
FBR DN 10oz Rump Steak	1071.8	54	4456.6	53	55.2	79	22.9	115	66.1	25	3.8	4	72.7	145	8.2	34	1.1	18
FBR DN 12oz Ribeye Steak	1093.9	55	4549.8	54	68.3	98	28.7	144	61.4	24	3.5	4	73.2	146	7.7	32	1.1	18
FBR DN 20oz Mixed Grill	1761.0	88	7313.5	87	113.9	163	45.1	225	69.6	27	4.9	5	108.2	216	8.6	36	6.1	102
FBR DN 5oz Gammon - Lunch Deal	643.8	32	2668.2	32	29.8	43	11.6	58	53.8	21	3.5	4	34.2	68	9.6	40	4.6	76
FBR DN 5oz Rump Steak - Lunch Deal	1085.3	54	4498.5	54	51.7	74	19.1	96	83.2	32	5.6	6	61.7	123	15.1	63	1.8	30
FBR DN 8oz Fillet Steak	961.2	48	3993.9	48	51.0	73	19.4	97	62.9	24	3.6	4	58.0	116	7.9	33	1.8	31
FBR DN 8oz Sirloin Steak	1194.0	60	4955.5	59	69.4	99	26.2	131	70.9	27	4.0	4	66.5	133	8.9	37	1.3	22
FBR DN Apple & Berry Crumble Pizza - for one	495.2	25	2087.1	25	16.4	23	7.5	37	76.5	29	20.2	22	10.2	20	3.9	16	1.2	20
FBR DN Apple & Blackberry Crumble Pizza - to share	1541.5	77	6499.5	77	42.4	61	16.2	81	255.5	98	63.5	71	33.5	67	13.3	55	4.0	67

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	%
FBR DN Crispy Onion Bits - add on	109.8	5	455.4	5	8.3	12	4.1	21	7.9	3	2.7	3	1.1	2	0.7	3	0.3	4
FBR DN Extra Garlic Mayo - Add On	31.5	2	133.9	2	0.2	0	0.0	0	6.7	3	4.7	5	0.5	1	0.8	3	0.2	4
FBR DN Extra Katsu Sauce - Add On	37.1	2	156.0	2	2.1	3	0.5	2	3.8	1	2.4	3	0.5	1	0.4	2	0.3	6
FBR DN Extra Spicy Guacamole - Add On	99.6	5	416.8	5	8.6	12	1.9	9	4.8	2	1.1	1	1.2	2	0.4	2	0.6	11
FBR DN Extra Tortilla Wraps - Add On	249.9	12	1051.1	13	6.5	9	2.7	13	39.7	15	2.2	2	6.2	12	3.8	16	0.6	10
FBR DN Extra Yucatan Pickles - Add On	31.5	2	133.9	2	0.2	0	0.0	0	6.7	3	4.7	5	0.5	1	0.8	3	0.2	4
FBR DN Festive Pizza - Sparkle	1156.5	58	4854.4	58	49.6	71	23.2	116	127.5	49	25.9	29	48.2	96	10.2	43	4.3	71
FBR DN Full Rack of Ribs	1256.2	63	5242.1	62	64.0	91	23.2	116	116.5	45	63.7	71	50.0	100	7.5	31	4.2	69
FBR DN Garlic Bocata Bread (V)	267.6	13	1113.1	13	11.7	17	1.9	10	35.1	14	2.0	2	5.4	11	3.2	13	0.7	12
FBR DN Golden Whitby Scampi	927.9	46	3880.2	46	45.4	65	14.2	71	96.8	37	9.1	10	28.8	58	14.3	60	3.8	63
FBR DN Hickory Pulled Pork Burger	1296.6	65	5397.2	64	65.4	93	24.6	123	94.9	36	17.4	19	76.0	152	10.7	44	4.0	66
FBR DN Highlander Steak - Scotland	1030.3	52	4285.6	51	54.8	78	23.5	118	58.3	22	5.2	6	71.8	144	9.5	40	2.0	34
FBR DN Hunter's Chicken	1191.7	60	5172.1	62	58.3	83	22.7	113	95.5	37	23.6	26	79.3	159	10.3	43	5.3	88
FBR DN Mac Daddy	1373.9	69	5726.4	68	65.3	93	23.9	119	120.6	46	13.3	15	70.6	141	12.5	52	4.3	71
FBR DN Macaroni Cheese - Scotland	831.8	42	3472.5	41	44.9	64	21.5	107	77.2	30	12.5	14	29.9	60	10.1	42	4.8	80
FBR DN Masala Fries - Side	410.5	21	1696.9	20	19.1	27	5.6	28	47.3	18	6.2	7	7.7	15	7.2	30	1.6	27
FBR DN Masala Fries - Upgrade	471.9	24	1977.6	24	18.0	26	2.0	10	66.0	25	3.2	4	7.6	15	7.5	31	1.5	26
FBR DN NGCI Pizza Base - Swap	462.0	23	1933.8	23	4.4	6	0.0	0	101.2	39	5.5	6	4.4	9	2.2	9	1.1	18
FBR DN Pizza Extras - Spec Purposes Only	2278.6	114	9541.1	114	138.5	198	62.6	313	84.7	33	50.6	56	170.0	340	13.5	56	16.5	274
FBR DN Plain Beef Burger	1177.4	59	4894.3	58	58.4	83	16.1	81	103.7	40	16.4	18	53.3	107	11.7	49	3.9	64
FBR DN Plain Chicken Burger	1171.2	59	4874.1	58	60.8	87	16.7	83	112.7	43	16.2	18	38.3	77	13.2	55	3.1	52
FBR DN Potato Wedges - Upgrade	287.4	14	1207.2	14	10.6	15	3.1	16	45.2	17	1.6	2	5.5	11	4.6	19	0.0	1
FBR DN Salted Caramel Dough Balls - for one	591.6	30	2495.7	30	16.4	23	5.7	28	98.1	38	34.5	38	12.8	26	4.1	17	1.7	28
FBR DN Salted Caramel Dough Balls - to share	571.3	29	2410.9	29	14.4	21	4.8	24	96.8	37	30.5	34	13.4	27	4.4	18	1.7	28
FBR DN Skin On Fries	401.1	20	1678.5	20	17.8	25	3.9	20	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
FBR DN Skin on Fries - Upgrade	37.6	2	157.2	2	1.7	2	0.4	2	4.9	2	0.1	0	0.5	1	0.4	2	0.0	0
FBR DN Soup of the Day (V)	324.5	16	1324.9	16	12.5	18	5.0	25	45.8	18	10.3	11	7.3	15	5.5	23	0.9	15
FBR DN Spicy Juan Burger	1334.0	67	5792.3	69	65.1	93	13.4	67	118.2	45	18.9	21	76.3	153	16.4	68	5.5	92
FBR DN Sticky Toffee Cookie Pudding	595.6	30	2505.2	30	21.5	31	9.0	45	95.4	37	68.4	76	7.3	15	2.2	9	0.4	7
FBR DN T-Bone Steak	1213.1	61	5055.9	60	52.1	74	21.5	107	57.5	22	3.3	4	107.5	215	7.2	30	1.2	21
FBR DN The Knock Out	1454.5	73	6057.4	72	74.4	106	27.6	138	109.2	42	17.2	19	81.0	162	12.0	50	4.6	77

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	%
FBR DN The Veggie 1/4lb	1065.5	53	4438.5	53	48.2	69	8.6	43	115.1	44	24.1	27	35.6	71	14.7	61	3.5	59
FBR DN Toasted Brie, Tomato and Rocket Bocata	905.8	45	3779.1	45	39.8	57	17.2	86	106.6	41	8.7	10	28.8	58	10.7	44	3.1	52
FBR DN Trio of Steak Sharer- Sparkle	1124.8	56	4180.6	50	53.7	77	20.8	104	57.0	22	7.5	8	75.5	151	6.8	28	1.9	32
FBR DN Two Chicken Wings - Add On	347.8	17	1447.0	17	23.1	33	5.7	29	2.6	1	0.9	1	32.2	64	0.9	4	1.6	26
FBR DN Vegetarian Lasagne (V)	625.2	31	2467.5	29	27.8	40	5.6	28	67.5	26	13.4	15	13.1	26	7.3	31	2.6	43
FBR DN Whitby Scampi - Lunch Deal	839.6	42	3509.9	42	39.9	57	12.4	62	91.2	35	10.4	12	23.1	46	-	-	2.8	46
FBR DN Yucatan Pickles - Topper	93.7	5	398.4	5	0.4	1	0.1	0	19.9	8	14.1	16	1.6	3	2.2	9	0.7	11
FBR LN Beef Madras	1180.4	59	4969.5	59	35.9	51	10.8	54	167.3	64	31.4	35	43.3	87	15.0	63	4.6	77
FBR LN Brazilian Rump Steak - Skewer (Chips)	1365.4	68	5668.9	67	83.8	120	25.7	129	82.3	32	12.0	13	67.4	135	11.2	47	2.8	47
FBR LN Brie & Tomato Salad - Lunch Deal	609.1	30	2525.9	30	49.8	71	24.4	122	15.0	6	12.3	14	25.6	51	4.8	20	2.3	38
FBR LN Cheesy Garlic Pizza Bread	890.5	45	3732.2	44	41.5	59	13.0	65	96.9	37	2.3	3	30.5	61	7.5	31	3.0	49
FBR LN Chicken Jalfrezi	1064.8	53	4493.5	53	25.7	37	5.7	29	171.3	66	27.6	31	48.0	96	14.4	60	4.2	71
FBR LN Chicken Pathia	1040.6	52	4396.4	52	25.9	37	6.3	32	152.0	58	28.8	32	51.8	104	11.9	50	3.8	63
FBR LN Garlic & Herb Tenderstem Broccoli - Side	123.6	6	510.7	6	10.9	16	1.5	7	2.4	1	1.3	1	3.9	8	3.0	12	0.1	2
FBR LN Garlic Dough Balls	731.8	37	3065.8	36	32.2	46	3.1	16	93.2	36	3.4	4	16.9	34	5.7	24	3.3	55
FBR LN Garlic Pizza Bread	707.3	35	2970.6	35	27.4	39	3.3	16	96.9	37	2.3	3	18.2	36	6.4	27	2.4	39
FBR LN Halloumi Tikka Masala	1416.7	71	5948.7	71	60.5	86	33.5	167	167.0	64	26.3	29	49.7	99	14.2	59	4.1	69
FBR LN Ham and Eggs - Lunch Deal	705.4	35	2948.5	35	31.1	44	10.9	54	54.8	21	12.6	14	44.9	90	10.2	42	6.4	107
FBR LN Lamb Saag	1197.4	60	5040.9	60	43.3	62	10.8	54	158.8	61	24.2	27	42.9	86	14.4	60	4.2	71
FBR LN Mozzarella Dough Balls	997.6	50	4177.3	50	47.7	68	13.6	68	107.6	41	3.8	4	32.4	65	7.4	31	3.9	65
FBR LN Quorn Sausages & Mash - Lunch Deal	731.4	37	3060.8	36	31.4	45	12.6	63	75.8	29	7.3	8	29.4	59	14.9	62	3.5	58
FBR LN Sausages & Mash - Lunch Deal	912.9	46	3807.0	45	50.5	72	21.3	106	76.8	30	9.8	11	27.8	56	10.7	45	4.3	71
FBR LN Steak & Cheese Open Bocata - Lunch Deal	1014.8	51	4231.9	50	54.0	77	18.0	90	81.2	31	5.3	6	49.8	100	7.2	30	2.2	37
FBR PK DN Pepperoni Pizza - Lunch Deal	1063.1	53	4437.8	53	61.8	88	22.1	111	87.0	33	11.7	13	38.1	76	9.8	41	5.1	85
Fried Egg (V)	84.2	4	351.3	4	4.9	7	1.4	7	3.4	1	3.4	4	6.2	12	0.4	2	0.1	2
Garlic Fries - TFO Grill	367.4	18	1515.8	18	14.1	20	5.6	28	48.6	19	1.2	1	7.2	14	6.5	27	0.2	4
GGE M1 Extra Cadbury's Flake (V)	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
GGE M1 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
GGE M1 Sliced Tomatoes Pizza Extra	16.8	1	72.2	1	0.3	0	0.1	0	3.1	1	3.1	3	0.7	1	1.3	5	0.0	0
GGE M1 Wiltshire Ham Pizza Extra	67.0	3	280.0	3	3.0	4	1.0	5	0.5	0	0.8	1	9.2	18	0.0	0	2.1	35

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	%		
GGE PK M1 Chicken Breast Pizza Extra	109.7	5	461.6	5	2.2	3	0.3	2	0.9	0	0.9	1	21.3	43	0.0	0	0.4	7
GGE PK M1 Jalapenos Pizza Extra	20.2	1	85.4	1	0.1	0	0.0	0	4.4	2	4.2	5	0.2	0	0.5	2	1.2	20
GGE PK M1 Meatballs Pizza Extra	94.6	5	396.0	5	3.9	6	1.8	9	3.2	1	0.1	0	11.5	23	0.4	2	0.5	9
GGE PK M1 Mozzarella Cheese Pizza Extra	139.0	7	578.0	7	10.7	15	7.4	37	0.0	0	0.0	0	9.4	19	0.9	4	0.5	8
Green Jalapenos - Pizza Extra	3.4	0	40.0	0	0.0	0	0.0	0	0.7	0	0.2	0	0.2	0	0.7	3	0.3	5
Halloumi - Extra	198.0	10	813.6	10	15.8	23	9.7	49	1.0	0	1.0	1	12.8	26	0.0	0	1.5	25
Hickory BBQ Pulled Pork - Extra	231.1	12	963.0	11	13.3	19	5.5	27	8.6	3	8.2	9	18.7	37	0.6	3	0.7	12
Hickory BBQ Pulled Pork - Pizza Extra	145.6	7	605.9	7	9.9	14	4.1	20	0.3	0	0.3	0	13.8	28	0.2	1	0.2	4
HRG M1 Mushrooms Pizza Extra	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
HRG M1 Pepperoni Pizza Extra	94.8	5	391.2	5	9.0	13	3.7	19	0.2	0	0.2	0	3.2	6	0.0	0	0.8	13
HRG M1 Red Onion Pizza Extra	4.6	0	19.1	0	0.0	0	0.0	0	1.0	0	0.7	1	0.2	0	0.2	1	0.0	0
HRG M1 Rocket Pizza Extra	1.0	0	4.1	0	0.0	0	0.0	0	0.1	0	0.1	0	0.1	0	0.1	0	0.0	0
Indian Pickle - Extra	197.2	10	827.9	10	8.0	11	0.6	3	27.5	11	25.2	28	2.0	4	2.1	9	0.3	5
Katsu Curry Sauce - Pizza Extra	17.8	1	74.9	1	1.0	1	0.2	1	1.8	1	1.2	1	0.3	1	0.2	1	0.2	3
Little Rita - Pizza - 241	416.6	21	1751.8	21	14.7	21	5.6	28	54.5	21	6.6	7	15.8	32	4.5	19	1.8	31
Mashed Potato (V) 227g	288.2	14	1206.1	14	12.6	18	8.4	42	38.6	15	1.2	1	3.7	7	3.0	12	0.7	11
New Potatoes 284g (V)	229.0	11	967.3	12	6.5	9	3.9	19	40.7	16	3.3	4	4.3	9	3.4	14	0.2	3
Pepperoni Party - Pizza - 241	667.5	33	2792.0	33	34.3	49	13.6	68	63.9	25	6.8	8	24.5	49	4.8	20	3.7	62
Pesto - Pizza Extra	91.0	5	375.0	4	9.2	13	1.2	6	0.6	0	0.3	0	1.0	2	0.9	4	0.6	10
Pineapple - Pizza 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
Pineapple (V) - 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
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
Poppadums and Dips (V)	266.3	13	1115.0	13	13.3	19	3.3	16	29.1	11	7.0	8	7.4	15	0.6	2	2.0	34
Pulled Pork - Extra 241	145.6	7	605.9	7	9.9	14	4.1	20	0.3	0	0.3	0	13.8	28	0.2	1	0.2	4
Raspberry Sauce	79.8	4	338.8	4	0.0	0	0.0	0	19.8	8	14.9	17	0.0	0	0.2	1	0.1	1
Red Chillis - Pizza Extra	6.7	0	18.5	0	0.1	0	0.0	0	0.8	0	0.8	1	0.3	1	0.3	1	0.0	0
Roast Beef Extra - 85g	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
Roast Gammon Extra - 85g	166.9	8	697.6	8	12.3	18	4.8	24	0.5	0	0.4	0	13.5	27	0.0	0	2.7	45
Roast Turkey Extra - 85g	90.7	5	383.1	5	0.9	1	0.3	1	0.0	0	0.0	0	20.7	41	0.0	0	0.2	3
Sliced Peppers - Pizza Extra	7.7	0	33.4	0	0.1	0	0.0	0	1.6	1	1.5	2	0.4	1	0.7	3	0.0	0
Spring Onion - Pizza Extra	4.1	0	17.6	0	0.1	0	0.0	0	0.5	0	0.5	1	0.4	1	0.4	2	0.0	0

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Standard Vegetable Accompaniment Sunday	94.5	5	395.7	5	1.0	1	0.3	1	13.1	5	8.7	10	6.4	13	7.0	29	1.2	21
Steak Bocata - TFO Grill	981.2	49	4095.5	49	41.9	60	11.0	55	106.9	41	6.9	8	43.3	87	9.5	40	2.1	35
Sticky Beef - Extra 241	115.9	6	488.3	6	3.4	5	1.4	7	3.7	1	3.6	4	17.6	35	0.1	0	0.3	6
Texan Chick - Pizza - 241	625.0	31	2646.2	32	21.7	31	8.3	42	79.7	31	16.8	19	27.1	54	6.0	25	2.7	45
TFO DN Apple Pie	460.1	23	1935.0	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
TFO DN Baked Camembert	918.2	46	3829.6	46	58.5	84	38.2	191	41.1	16	8.1	9	56.6	113	2.4	10	5.6	94
TFO DN BBQ Taco	317.0	16	1333.3	16	10.7	15	1.6	8	50.5	19	30.9	34	3.3	7	2.6	11	1.5	25
TFO DN Black Pudding Croquettes	357.3	18	1503.7	18	23.1	33	7.6	38	35.5	14	9.2	10	12.5	25	1.3	6	2.3	39
TFO DN Chicken Katsu Fries	852.0	43	3562.2	42	45.9	66	14.0	70	83.2	32	10.8	12	23.9	48	8.4	35	2.1	34
TFO DN Chocolate Fudge Cake	694.4	35	2914.7	35	29.5	42	6.2	31	100.9	39	83.0	92	7.3	15	3.5	15	0.4	7
TFO DN Chocolate Indulgence Sundae	637.1	32	2674.5	32	36.0	51	23.2	116	68.0	26	62.3	69	9.2	18	1.8	8	0.4	6
TFO DN Chocolate Indulgence Sundae Sharer	1274.1	64	5348.9	64	72.0	103	46.5	232	135.9	52	124.6	138	18.4	37	3.6	15	0.7	12
TFO DN Chocolate Orange Bread & Butter Pudding	585.8	29	2461.5	29	25.2	36	15.6	78	79.6	31	49.6	55	10.3	21	1.3	5	0.4	7
TFO DN Cowboy Fries	753.5	38	3153.0	38	39.5	56	15.5	78	70.2	27	12.1	13	26.0	52	6.4	27	3.3	55
TFO DN Crispy Fried Onions	105.5	5	435.0	5	9.2	13	1.1	5	5.2	2	3.7	4	0.8	2	1.2	5	0.0	0
TFO DN Double Bass - Garlic Base	980.5	49	4106.6	49	48.5	69	17.9	89	96.6	37	2.3	3	36.6	73	7.8	33	3.2	54
TFO DN Jam Roly Poly	718.1	36	3018.9	36	32.3	46	22.3	111	99.2	38	57.7	64	9.4	19	2.1	9	0.8	13
TFO DN Sausage Bean & Kale Pasta Bake	571.2	29	2407.1	29	16.0	23	4.9	24	78.8	30	12.8	14	31.4	63	6.6	28	2.5	42
TFO DN Tomato Butterbean and Lentil Stew	570.5	29	2385.5	28	28.9	41	4.2	21	57.0	22	13.5	15	17.6	35	11.1	46	2.4	40
TFO PK DN NGCI BBQ Bonanza	1528.0	76	6358.8	76	79.7	114	31.2	156	145.1	56	14.9	17	55.0	110	6.9	29	5.7	96
TFO PK DN NGCI BBQ Jackfruit	1196.7	60	4995.2	59	41.4	59	18.1	90	171.9	66	20.0	22	31.7	63	9.3	39	3.4	57
TFO PK DN NGCI Four Cheese	1417.4	71	5909.8	70	70.5	101	38.6	193	140.7	54	12.4	14	52.5	105	6.1	25	5.0	83
TFO PK DN NGCI Ham-ma Mia	947.1	47	3950.0	47	38.1	54	14.1	70	115.5	44	11.2	12	33.0	66	5.7	24	5.3	89
TFO PK DN NGCI Lovely Rita	822.5	41	3433.4	41	26.1	37	5.7	28	133.1	51	14.8	16	13.3	27	6.0	25	2.6	43
TFO PK DN NGCI Mad About the Med	1029.6	51	4290.0	51	46.4	66	14.8	74	126.6	49	18.0	20	24.3	49	8.9	37	3.5	59
TFO PK DN NGCI The Butcher's Block	1547.1	77	6446.7	77	70.1	100	26.7	133	173.1	67	16.1	18	52.6	105	7.7	32	7.1	119
TFO PK DN NGCI The Matador	1367.2	68	5706.1	68	57.2	82	20.7	104	150.6	58	18.3	20	60.3	121	8.4	35	5.2	87
TFO PK DN NGCI The Veg Patch	675.5	34	2821.1	34	16.8	24	1.1	6	123.3	47	23.1	26	8.2	16	7.8	32	3.1	51
TFO PK LN Topping Crispy Buttermilk Chicken Goujons	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
The Rocky Road Block - Calzone Pizza	2477.4	124	10413.0	124	91.1	130	35.7	178	373.7	144	182.7	203	36.7	73	13.3	56	4.3	72

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	%		
The Rocky Road Block - Calzone Pizza for 1	2426.7	121	10194.7	121	90.5	129	35.3	176	360.5	139	175.9	195	39.0	78	13.1	55	4.2	70
This Little Piggy - Pizza - 241	463.7	23	1947.9	23	16.8	24	6.3	31	54.4	21	6.6	7	22.6	45	4.2	18	3.4	57
VLG M1 Naan Bread - Extra (V)	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
VLG M1 Stuffing (Ve) - Extra	63.9	3	269.9	3	1.2	2	0.6	3	12.4	5	0.4	0	1.7	3	0.7	3	0.6	11
Wholegrain Mustard Mash (V)	346.4	17	1449.2	17	16.1	23	8.7	43	42.5	16	4.9	5	5.6	11	5.8	24	1.5	25
Yorkshire Pudding - Extra	208.8	10	867.7	10	16.2	23	2.6	13	11.1	4	1.3	1	5.3	11	0.5	2	0.1	2