

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	%
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
Baby Back BBQ Ribs - Half Rack 8oz	1107.2	55	45.9	66	16.0	80	128.3	56	50.6	56	42.8	95	11.8	49	4.0	67
Baby Back BBQ Ribs - Whole Rack 16oz	1584.7	79	70.9	101	25.7	129	162.3	71	83.1	92	72.0	160	11.8	49	6.8	114
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
Baked Beans (V) - Extra 100g	75.0	4	0.3	0	0.1	1	13.7	6	3.6	4	4.9	11	3.6	15	0.6	10
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
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
Brie - Add On	76.3	4	6.3	9	4.4	22	0.3	0	0.3	0	4.8	11	0.0	0	0.4	7
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 Salad (V)	531.4	27	36.8	53	9.5	47	39.5	17	13.7	15	14.1	31	6.8	28	2.4	40
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
Cauliflower Cheese (V) - Milestone	351.6	18	24.0	34	14.9	74	14.7	6	2.9	3	19.2	43	2.6	11	1.9	32
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 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
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
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 Dinner - Children's	877.1	44	31.5	45	14.7	74	112.7	49	15.9	18	30.2	67	8.8	37	11.9	199
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 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

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
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
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
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 140g	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	81.1	4	3.3	5	1.4	7	11.3	5	1.4	2	2.4	5	1.7	7	0.0	1
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 Chorizo - Add On	165.6	8	14.5	21	0.0	0	0.4	0	0.0	0	8.1	18	0.0	0	0.7	12
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
Custard - Extra	89.0	4	1.8	3	1.1	6	15.4	7	11.0	12	2.9	6	0.0	0	0.1	2
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
DN15 Cheese and Caramelised Onion Chutney Ciabatta	579.0	29	37.6	54	14.6	73	35.5	15	9.4	10	21.9	49	3.0	13	1.8	31
DN15 Cheese and Caramelised Onion Chutney Sandwich	821.5	41	45.5	65	24.1	120	62.9	27	9.6	11	40.5	90	5.4	23	3.2	53
DN15 MSG BBQ Chicken Melt Ciabatta	532.6	27	29.9	43	9.2	46	36.0	16	7.9	9	27.5	61	3.2	13	1.9	31
DN15 MSG BBQ Chicken Melt Sandwich	730.8	37	31.8	45	14.5	73	62.7	27	7.3	8	48.5	108	5.5	23	3.1	52
DN15 MSG The Classic Club Sandwich	939.9	47	40.4	58	9.9	49	86.5	38	5.5	6	59.5	132	9.0	37	6.0	100
DN15 Rump Steak and Red Onion Ciabatta	536.7	27	9.6	14	3.2	16	60.9	26	7.0	8	46.1	102	4.1	17	1.3	22
DN15 Rump Steak and Red Onion Sandwich	607.5	30	17.6	25	5.2	26	61.8	27	7.0	8	51.5	114	6.9	29	1.4	24
DN15 Tuna Melt Ciabatta	712.1	36	29.9	43	12.9	64	57.7	25	2.8	3	47.0	104	2.7	11	3.4	56
DN15 Tuna Melt Sandwich	782.9	39	37.9	54	14.8	74	58.7	26	2.9	3	52.4	116	5.5	23	3.5	58
DN15 Wiltshire Ham and Homemade Coleslaw	456.5	23	24.2	35	3.6	18	33.6	15	5.8	6	24.0	53	3.8	16	2.6	43

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
	<hr/>															
Ciabatta																
DN15 Wiltshire Ham and Homemade Coleslaw Sandwich	559.6	28	18.6	27	4.5	23	57.9	25	4.3	5	40.9	91	6.3	26	5.0	84
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
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
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
French Brie & Crispy Chorizo Beef Burger (7oz)	1415.5	71	77.3	110	21.3	106	107.6	47	13.1	15	67.5	150	11.3	47	5.5	92
French Brie & Crispy Chorizo Chicken Burger	1400.9	70	68.1	97	17.1	86	128.2	56	13.3	15	63.7	141	12.1	51	4.9	82
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
Frozen Long Grain Rice - MSR Option	228.0	11	0.6	1	0.2	1	50.4	22	0.4	0	4.4	10	0.6	3	0.0	0
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 Mushroom Sauce - Top It	78.0	4	5.8	8	3.5	18	3.4	1	0.6	1	3.2	7	0.9	4	0.6	10
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
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	825.7	41	40.8	58	14.1	71	53.8	23	10.2	11	57.9	129	5.9	25	6.2	104
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
Homemade Coleslaw Side	166.4	8	11.6	17	0.8	4	14.2	6	10.2	11	1.9	4	4.3	18	0.8	14
Hunter's - Top It	544.6	27	33.2	47	17.2	86	31.7	14	22.6	25	29.6	66	0.2	1	4.7	78
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
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
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
Jam Roly Poly Pudding (V)	831.6	42	43.6	62	12.7	64	106.8	46	70.7	79	19.7	44	2.1	9	1.1	19
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
Kid's Vegetarian Roast - Rotisserie Sunday Lunch	1111.9	56	69.2	99	27.0	135	90.8	39	22.3	25	20.1	45	11.9	49	5.0	84

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Korean Curry (V) Tak Toritang	641.8	32	26.2	37	3.3	17	87.6	38	21.5	24	12.3	27	6.4	27	2.2	37
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
Lime and Chilli Salmon Couscous Salad - extra leaves	828.9	41	39.8	57	5.8	29	73.7	32	18.6	21	48.9	109	5.7	24	2.5	42
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
Mashed Potato 227g	245.0	12	9.2	13	5.9	30	34.1	15	2.3	3	3.4	8	4.5	19	0.7	12
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
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
Monterey Jack Cheese - Add On	75.5	4	6.2	9	3.9	19	0.0	0	0.0	0	4.6	10	0.0	0	0.4	6
MSG Buttermilk Chicken Burger	1430.3	72	72.2	103	29.2	146	121.0	53	12.9	14	69.9	155	11.9	50	7.2	120
MSG Half Roast Chicken	672.0	34	41.3	59	12.2	61	0.3	0	0.3	0	74.9	166	1.6	7	2.2	37
MSG Korean Chicken Curry	1171.6	59	34.0	49	7.4	37	166.4	72	37.2	41	45.3	101	13.0	54	4.8	80
MSG 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
MSG Piri Piri Chicken Nachos for One	1260.8	63	72.9	104	25.1	125	91.0	40	14.1	16	56.2	125	9.8	41	9.2	154
MSG Piri Piri Chicken Nachos to Share	1689.8	84	97.7	140	33.6	168	121.9	53	18.9	21	75.3	167	13.1	54	12.4	206
MSG Roast Chicken - Sunday Lunch	1444.6	72	74.1	106	23.6	118	103.5	45	20.7	23	93.3	207	15.7	65	8.1	135
MSG Tikka Spiced Rotisserie Chicken Salad	766.5	38	59.6	85	6.2	31	19.1	8	13.3	15	37.0	82	8.2	34	4.0	67
MSG Two Way Chicken Burger - Piri Piri	1424.4	71	67.2	96	20.7	103	127.9	56	14.4	16	72.4	161	13.4	56	5.8	97
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

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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
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 - Top It	110.0	6	10.4	15	0.7	4	2.6	1	1.4	2	0.7	2	1.5	6	3.5	58
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
Poppadums and Dips (V)	330.5	17	16.9	24	3.6	18	36.7	16	12.4	14	7.6	17	0.6	3	2.6	43
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 Chillli 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 Onions - Add On	100.1	5	9.2	13	1.1	5	4.0	2	2.8	3	0.6	1	0.9	4	0.0	0
Rib Eye - 10oz 28 day aged Oxfordshire Steak - Milestone	1562.6	78	95.4	136	35.5	177	74.8	33	7.2	8	96.4	214	12.7	53	2.7	45
Roast Beef - Sunday Lunch	883.1	44	43.7	62	14.3	71	104.5	45	20.8	23	20.7	46	16.5	69	6.9	114
Roast Beef - Sunday Lunch Junior	930.4	47	47.6	68	16.4	82	85.0	37	16.9	19	42.9	95	13.4	56	5.9	98
Roast Chicken - Sunday Lunch Junior	969.7	48	36.5	52	12.3	61	104.0	45	21.2	24	59.2	132	14.9	62	7.0	117
Roast Pork - Sunday Lunch	1145.6	57	59.9	86	20.2	101	103.5	45	19.5	22	50.3	112	14.9	62	6.4	107
Roast Pork - Sunday Lunch Junior	959.3	48	46.4	66	15.8	79	103.4	45	19.5	22	34.3	76	14.4	60	6.1	102
Roast Turkey - Sunday Lunch	1035.1	52	36.5	52	12.7	63	103.2	45	20.3	23	75.6	168	14.1	59	6.2	103
Roast Turkey - Sunday Lunch Junior	934.6	47	35.8	51	12.5	62	106.7	46	21.0	23	48.6	108	14.6	61	6.2	104
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
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
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
Rustic Mezze - Milestone	1536.6	77	111.8	160	27.9	140	70.0	30	10.4	12	49.8	111	5.3	22	7.1	118
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

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	%
Sandwich Garnish	99.0	5	7.1	10	1.2	6	7.3	3	6.1	7	2.0	4	3.0	12	0.0	0
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
Side Salad - Side	18.3	1	1.1	2	0.2	1	1.6	1	1.4	2	0.5	1	0.8	3	0.0	0
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
Soup Choice for Sandwiches - Frozen - Milestone	102.0	5	5.2	7	0.8	4	11.6	5	8.4	9	2.2	5	2.6	11	0.2	3
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 Rotisserie (V)	93.6	5	1.0	1	0.3	1	13.5	6	8.8	10	6.4	14	6.9	29	0.1	2
Sticky Gingerbread Cheesecake (V)	861.5	43	62.0	89	34.0	170	69.2	30	52.5	58	8.2	18	0.7	3	0.5	9
Sticky Toffee Donut Pudding with Custard	745.5	37	38.9	56	8.9	44	93.9	41	58.9	65	10.6	24	0.4	2	0.7	12
SuperSalad - Milestone	739.7	37	41.0	59	3.5	17	81.9	36	24.8	28	17.7	39	9.5	40	1.3	22
Sweet Chilli Sauce Side	145.5	7	0.0	0	0.0	0	36.0	16	30.0	33	0.2	0	0.6	3	1.7	28
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
Thai Bean Burger (V)	925.3	46	37.4	53	11.9	60	120.9	53	21.2	24	22.0	49	14.4	60	3.6	60
Thai Fiery Chilli Sauce - Top It	84.8	4	0.6	1	0.1	0	18.2	8	13.5	15	0.7	2	2.3	9	3.8	63
Thai Sweet Chilli Sauce - Top It	145.5	7	0.0	0	0.0	0	36.0	16	30.0	33	0.2	0	0.6	3	1.7	28
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
Tikka Spiced - Top It	330.4	17	31.6	45	3.0	15	7.3	3	3.6	4	2.2	5	4.3	18	2.5	42
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
Tomato, Red Wine and Herb Sauce Side	77.0	4	3.9	6	0.6	3	10.1	4	7.3	8	1.4	3	1.9	8	0.6	10
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
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

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	%
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
Vegetables Side	93.6	5	1.0	1	0.3	1	13.5	6	8.8	10	6.4	14	6.9	29	0.1	2
Vegetarian Roast - Rotisserie Sunday Lunch	1328.7	66	76.6	109	31.1	155	123.8	54	27.1	30	25.7	57	18.2	76	6.9	115
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