

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	%
16oz Rump Steak	1593.1	80	70.6	101	22.2	111	78.5	34	7.5	8	154.0	342	13.2	55	2.2	36
2x Battered Onion Rings - Extra	76.2	4	4.6	7	0.9	5	7.9	3	1.2	1	0.9	2	0.8	3	0.3	5
8oz Gammon Steak	931.4	47	35.1	50	13.3	67	74.2	32	11.7	13	72.5	161	12.5	52	6.6	110
8oz Rump Steak	1107.9	55	48.0	69	15.4	77	78.3	34	7.4	8	83.6	186	13.1	55	1.5	25
8oz Sirloin Steak	1184.8	59	62.9	90	22.3	112	78.3	34	7.4	8	69.0	153	13.1	55	1.4	23
All Day Breakfast	1161.6	58	66.3	95	23.2	116	85.5	37	17.2	19	47.9	106	16.0	67	3.9	64
B.L.T	794.0	40	35.5	51	8.8	44	85.1	37	6.1	7	30.4	68	4.8	20	5.1	85
Backwoods BBQ Burger	1157.8	58	51.7	74	20.0	100	100.5	44	12.8	14	65.8	146	10.2	42	3.3	55
Baguette and Butter (V) - Side Order	409.0	20	12.7	18	7.7	38	61.9	27	3.8	4	10.3	23	3.0	13	1.3	21
Battered Onion Rings (V) - Side Order	457.2	23	27.5	39	5.6	28	47.5	21	7.3	8	5.2	12	5.0	21	1.8	30
Battered Onion Rings (V) - To Share	914.3	46	54.9	78	11.1	56	94.9	41	14.7	16	10.4	23	10.0	42	3.6	60
BBQ Sauce (V) - For Loaded Chicken	100.0	5	0.1	0	0.0	0	23.0	10	18.8	21	0.4	1	0.3	1	1.5	25
BBQ Topped Waffle Fries	1627.6	81	109.3	156	29.1	146	107.3	47	21.2	24	52.9	118	9.5	40	5.5	91
Beef Burger 6oz - Extra	285.8	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	73	0.2	1	1.5	25
Beef Lasagne	630.6	32	32.3	46	13.3	67	61.5	27	12.4	14	23.0	51	5.9	25	2.4	40
Beef Lasagne < 500 Kcal	431.8	22	21.0	30	10.4	52	41.4	18	11.3	13	19.5	43	4.4	18	1.9	31
Beef Madras	1031.1	52	37.7	54	8.6	43	128.5	56	27.2	30	36.5	81	10.3	43	5.2	87
Beer Battered Fish and Chips	1468.5	73	71.3	102	21.9	109	121.0	53	7.4	8	76.6	170	15.5	65	2.8	46
Bloomer Bread and Butter (V) - Side Order	315.5	16	14.7	21	8.0	40	36.1	16	1.0	1	10.1	22	3.3	14	1.0	16
Bollywood Burger	1154.8	58	61.3	88	18.4	92	103.0	45	12.5	14	41.8	93	9.8	41	3.3	54
Burger Extras	1057.4	53	81.4	116	33.2	166	26.7	12	16.6	18	53.9	120	3.3	14	5.2	86
Buttermilk Chicken - Extra	347.1	17	19.7	28	7.1	35	17.6	8	0.8	1	24.5	55	0.8	3	1.0	16
Cajun Fried Chicken	1928.1	96	115.9	166	37.8	189	126.5	55	14.5	16	94.2	209	17.0	71	5.3	89
Cape Cod Burger	1184.8	59	52.1	74	15.3	76	123.1	54	11.7	13	48.1	107	13.5	56	2.4	40
Cauliflower Cheese Tart (V) - Sunday Lunch	1182.2	59	69.4	99	20.0	100	109.5	48	15.1	17	30.9	69	14.4	60	6.3	105
Cheddar Cheese & Baked Beans Jacket (V)	596.1	30	31.1	44	19.2	96	58.1	25	6.5	7	24.0	53	8.4	35	1.9	32
Cheddar Cheese (V) - Extra	114.2	6	9.4	13	5.9	29	0.8	0	0.0	0	6.8	15	0.0	0	0.5	8
Cheddar Cheese and BBQ Sauce (V) - Grill Topper	256.5	13	18.7	27	11.8	59	8.0	3	5.3	6	13.7	30	0.1	0	1.4	24
Cheddar Cheese and Onion Sandwich (V)	867.2	43	40.7	58	21.8	109	85.7	37	5.5	6	36.7	82	4.6	19	3.3	55
Cheesy Chips 227g (V) - Side Order	465.2	23	23.8	34	11.5	58	46.1	20	0.9	1	12.5	28	5.7	24	0.7	12

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Cheesy Chips 454g (V) - To Share	930.5	47	47.5	68	23.1	115	92.3	40	1.9	2	25.0	55	11.4	47	1.5	24
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 Jalapeño Poppers (V)	421.5	21	24.5	35	7.6	38	39.4	17	8.5	9	9.5	21	2.8	11	2.5	41
Cheesy Waffle Fries 227g (V) - Side Order	832.6	42	56.7	81	11.6	58	67.9	30	3.4	4	12.5	28	5.7	24	3.0	50
Cheesy Waffle Fries 454g (V) - To Share	1665.1	83	113.3	162	23.2	116	135.9	59	6.9	8	25.0	55	11.3	47	6.0	100
Chicken and Bacon BBQ Melt Baguette	865.7	43	32.4	46	12.1	60	89.0	39	9.8	11	50.7	113	4.7	19	5.0	83
Chicken and Bacon Club Sandwich	899.8	45	41.7	60	9.2	46	84.2	37	4.3	5	45.5	101	6.0	25	4.9	82
Chicken and Bacon Salad	516.7	26	30.0	43	7.3	36	7.9	3	7.4	8	54.7	122	3.9	16	3.4	57
Chicken Balti	939.3	47	30.6	44	3.1	16	120.0	52	22.8	25	41.2	92	9.6	40	5.1	84
Chicken Tikka Masala	918.9	46	27.8	40	6.5	33	124.4	54	25.2	28	38.5	86	9.0	37	3.4	56
Children's Cauliflower Cheese Tart (V) - Sunday Lunch	1002.2	50	61.4	88	17.3	86	86.7	38	10.8	12	26.2	58	9.3	39	5.0	83
Children's Roast Beef - Sunday Lunch	748.8	37	41.0	59	11.2	56	57.3	25	11.4	13	38.0	84	6.5	27	4.6	77
Children's Roast Pork - Sunday Lunch	729.8	36	41.7	60	11.3	56	60.5	26	13.7	15	28.6	64	6.8	28	3.3	55
Children's Roast Turkey - Sunday Lunch	777.1	39	39.0	56	11.1	56	61.8	27	14.6	16	45.1	100	6.6	27	4.4	74
Chipotle Chilli (V)	655.2	33	15.7	22	3.6	18	109.3	48	20.0	22	16.1	36	10.2	43	2.8	46
Chipotle Chilli (Vegan) - HeritageLN2016	503.5	25	4.8	7	0.8	4	98.4	43	20.9	23	13.9	31	9.6	40	2.5	42
Chipotle Chilli Nachos Sharer (V)	513.4	26	25.1	36	8.7	43	55.2	24	9.6	11	12.8	28	5.4	23	2.6	44
Chipotle Chilli Topped Waffle Fries (V)	1176.7	59	67.7	97	10.8	54	124.0	54	23.9	27	15.9	35	15.3	64	5.4	91
Chipotle Chilli Topped Waffle Fries (Vegan) - HeritageLN2016	1127.1	56	62.9	90	7.7	38	122.9	53	22.8	25	15.3	34	15.2	63	5.4	90
Chipotle Prawns	327.9	16	22.2	32	3.0	15	21.2	9	4.2	5	9.9	22	2.5	10	1.8	30
Chips (V) - For Loaded Chicken	439.7	22	18.1	26	7.1	36	56.8	25	1.1	1	7.1	16	7.1	30	0.3	5
Chips 227g (V) - Side Order	351.0	18	14.4	21	5.7	28	45.4	20	0.9	1	5.7	13	5.7	24	0.2	4
Chips 454g (V) - To Share	702.0	35	28.8	41	11.3	57	90.8	39	1.8	2	11.3	25	11.3	47	0.5	8
Chocolate Crownie (V)	708.6	35	33.4	48	12.0	60	78.9	34	52.6	58	9.0	20	2.3	10	0.8	13
Chocolate Flake (V) - Extra	85.5	4	4.9	7	3.0	15	8.9	4	8.9	10	1.3	3	0.1	0	0.0	1
Chocolate Fudge Cake (V)	730.9	37	29.6	42	6.2	31	109.5	48	88.9	99	7.5	17	3.8	16	0.4	7
Chocolate Indulgence Sundae (V)	699.8	35	35.5	51	22.3	111	83.0	36	76.2	85	10.9	24	2.1	9	0.5	8
Cluckin' Tuckin	1225.8	61	76.1	109	21.8	109	54.4	24	13.8	15	80.5	179	2.5	10	4.8	79
Coriander & Lime Rice (V) - For Loaded Chicken	271.4	14	4.9	7	0.5	2	51.0	22	0.8	1	4.8	11	0.9	4	0.6	9
Corn on the Cob (V) - For Loaded Chicken	149.1	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	8	2.5	11	0.1	2

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Crispy Buttermilk Chicken Strips	502.1	25	29.4	42	9.7	48	25.7	11	2.8	3	33.3	74	2.1	9	2.3	38
Custard (V) - 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
Double Whammy Burger	1505.4	75	75.4	108	30.3	152	119.7	52	14.2	16	79.7	177	11.3	47	5.7	95
Extra 170g Chips - Curry Upgrade (V)	261.7	13	10.7	15	4.2	21	34.0	15	0.7	1	4.3	9	4.3	18	0.2	3
Extras For Loaded Chicken	306.4	15	14.9	21	4.6	23	39.3	17	10.4	12	9.5	21	9.4	39	1.3	22
Falafel Bites (V)	292.7	15	18.0	26	3.5	17	23.4	10	5.8	6	7.1	16	5.1	21	1.4	23
Falafel Melt Baguette (V)	772.9	39	27.2	39	9.6	48	101.6	44	7.3	8	25.2	56	8.6	36	2.9	48
Falafel Salad (V)	392.6	20	22.2	32	4.6	23	35.1	15	11.7	13	10.7	24	8.9	37	1.7	28
Fried Egg - Extra	84.2	4	4.9	7	1.4	7	3.4	1	3.4	4	6.2	14	0.4	2	0.1	2
Fried Onions - Extra	61.5	3	4.7	7	0.5	3	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
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
Giant Chocolate Indulgence Sundae (V)	1158.3	58	58.2	83	36.1	181	139.0	60	127.3	141	17.6	39	3.4	14	0.8	13
Giant Gammon Steak	1364.3	68	51.9	74	19.4	97	84.0	37	19.7	22	133.6	297	13.9	58	12.8	214
Giant Lovely-Bubbly Sundae (V)	1366.1	68	68.4	98	38.8	194	170.4	74	115.9	129	16.0	36	3.0	12	1.7	29
Giant Trifle Tower Sundae (V)	756.8	38	36.2	52	23.0	115	95.7	42	82.7	92	12.1	27	1.7	7	0.8	14
Golden Breaded Mushrooms (V)	398.5	20	17.3	25	10.7	54	47.8	21	8.6	10	10.9	24	7.0	29	2.6	43
Golden Greats Lemon Tart (V)	401.3	20	17.1	24	7.1	36	56.8	25	43.8	49	5.3	12	0.8	3	0.5	8
Golden Whitby Scampi	1047.4	52	47.2	67	14.7	73	116.9	51	12.7	14	30.6	68	17.6	73	4.1	68
Grand Canyon Burger	1117.4	56	54.2	77	19.5	97	97.8	43	10.1	11	53.3	118	11.5	48	2.9	49
Gravy (V) - Extra Jug of	23.7	1	0.9	1	0.6	3	3.8	2	0.1	0	0.1	0	0.1	0	0.5	8
Habanero Sauce (V) - For Loaded Chicken	47.0	2	1.2	2	0.2	1	5.2	2	3.4	4	1.2	3	1.2	5	3.4	57
Harissa Rice (V) - For Loaded Chicken	316.4	16	9.1	13	0.8	4	52.7	23	2.1	2	5.0	11	1.5	6	0.6	10
Hawaiian Gammon Melt Baguette	780.7	39	25.0	36	9.8	49	86.6	38	8.0	9	49.4	110	4.9	20	5.1	85
Hickory BBQ Pulled Pork - Extra	223.0	11	13.2	19	5.5	27	6.9	3	5.6	6	18.6	41	0.3	1	0.7	12
Hickory BBQ Pulled Pork Jacket Potato	556.4	28	28.7	41	14.9	75	50.0	22	8.5	9	26.5	59	5.1	21	1.2	20
Homemade Spiced-Slaw (V) - For Loaded Chicken	82.8	4	6.5	9	0.5	2	12.0	5	3.2	4	0.6	1	1.7	7	1.1	19
Homemade Spiced-Slaw (V) - Grill / Burger Topper	41.4	2	3.2	5	0.2	1	6.0	3	1.6	2	0.3	1	0.9	4	0.6	9
Homemade Spiced-Slaw (V) - Side Order (Heritage)	165.6	8	12.9	18	0.9	5	23.9	10	6.4	7	1.2	3	3.5	14	2.2	37
Hunter's Chicken	1079.1	54	54.5	78	24.7	124	68.2	30	9.7	11	74.4	165	9.2	39	5.0	83

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Ice Cream Scoop Extra (V) - Vanilla Flavour	86.4	4	4.0	6	2.0	10	11.1	5	11.1	12	1.6	4	0.1	0	0.1	2
Italian Burger (V)	907.7	45	36.5	52	14.3	72	113.3	49	16.6	18	25.0	56	12.3	51	2.8	47
Kickin' Chicken	762.4	38	32.5	46	11.9	59	64.0	28	6.1	7	49.7	110	10.0	41	3.0	50
King Burger	1272.2	64	63.8	91	21.0	105	101.2	44	11.9	13	66.5	148	12.2	51	4.0	67
LB 4oz Gammon Steak	729.3	36	26.7	38	10.3	51	73.1	32	11.5	13	42.1	94	11.9	50	3.5	58
LB Breaded Plaice and Chips	951.3	48	27.6	39	8.4	42	126.8	55	8.7	10	40.4	90	16.6	69	2.2	37
LB Fish and Chips	1053.3	53	48.2	69	14.9	74	100.7	44	7.2	8	46.4	103	14.6	61	2.0	34
LB Ham, Egg and Chips	725.3	36	32.5	46	11.6	58	64.2	28	8.0	9	37.8	84	8.0	33	2.8	46
LB Hunter's Chicken	779.1	39	36.7	52	15.9	80	66.3	29	8.4	9	40.1	89	8.2	34	2.8	46
LB Steak and Marston's Ale Pie	1095.8	55	50.3	72	20.6	103	119.8	52	7.7	9	31.0	69	13.1	55	2.4	40
LB Three Cheese and Red Onion Tart (V)	768.0	38	37.0	53	15.8	79	86.5	38	6.8	8	15.7	35	8.9	37	1.1	19
Lemon & Strawberry Meringue Pie (V)	621.3	31	26.0	37	13.2	66	90.4	39	71.9	80	6.6	15	1.0	4	0.6	10
Loaded 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
Lovely-Bubbly Sundae (V)	738.5	37	37.1	53	21.2	106	91.6	40	63.5	71	8.8	20	1.5	6	0.9	15
Mammoth Mixed Grill	1948.3	97	85.7	122	27.9	139	89.1	39	14.3	16	197.4	439	17.6	74	9.4	156
Maple Cured Bacon - Extra	375.0	19	36.0	51	13.1	66	3.5	2	3.3	4	9.3	21	0.0	0	2.1	35
Mashed Potato 227g (V) - Side Order	245.0	12	9.2	13	5.9	30	34.1	15	2.3	3	3.4	8	4.5	19	0.7	12
Mega All Day Breakfast	1690.0	85	104.6	149	36.3	182	102.8	45	23.8	26	74.9	166	22.6	94	7.1	118
Melt Stack	1384.1	69	57.6	82	25.9	130	82.0	36	15.7	17	127.0	282	13.2	55	9.6	160
Mixed Grill	1410.2	71	64.5	92	21.0	105	87.8	38	13.8	15	110.7	246	16.6	69	5.2	87
Monterey Jack Cheese - Extra	75.0	4	6.2	9	3.8	19	0.0	0	0.0	0	4.6	10	0.0	0	0.4	6
Mountie Burger	1314.2	66	74.4	106	27.6	138	98.1	43	11.4	13	56.5	126	9.8	41	4.7	78
Naan Bread (V)	174.2	9	4.0	6	0.4	2	28.7	12	1.4	2	4.7	11	2.2	9	0.4	7
Nachos (V)	746.2	37	39.9	57	14.2	71	73.6	32	7.9	9	17.2	38	5.1	21	3.6	60
Nachos Sharer (V)	734.7	37	39.2	56	14.0	70	72.5	32	7.8	9	17.0	38	5.1	21	3.5	59
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
Peas (V) - For Loaded Chicken	58.7	3	0.3	0	0.1	0	7.7	3	2.6	3	4.4	10	3.9	16	0.1	1
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	949.5	47	30.9	44	10.9	55	123.1	54	28.2	31	41.9	93	9.6	40	5.1	84
Piri Piri Pork Belly Curry	1130.3	57	45.5	65	12.0	60	137.3	60	32.9	37	38.2	85	8.3	35	3.9	65
Piri Piri Sauce (V) - For Loaded Chicken	110.0	6	10.4	15	0.7	4	2.6	1	1.4	2	0.7	2	1.5	6	3.5	58

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Pizza Burger (V) - Extra	246.6	12	13.9	20	6.6	33	19.5	8	7.7	9	10.5	23	2.1	9	1.6	26
Plain and Simple Ice Cream (V)	259.1	13	11.9	17	5.9	30	33.2	14	33.2	37	4.8	11	0.3	1	0.3	6
Plain Beef Burger	934.8	47	38.4	55	14.5	73	93.6	41	7.1	8	47.2	105	9.8	41	2.6	43
Plain Buttermilk Chicken Burger	880.5	44	35.6	51	12.4	62	102.9	45	7.5	8	30.7	68	10.2	43	1.7	28
Plain Jacket Potato (V)	292.6	15	12.1	17	7.3	37	42.9	19	2.9	3	5.5	12	4.8	20	0.3	5
Popcorn Chicken	359.1	18	16.2	23	2.5	12	23.2	10	6.0	7	30.0	67	0.8	3	1.7	28
Popcorn Chicken - Grill Topper	165.6	8	8.1	12	1.2	6	8.4	4	0.4	0	14.9	33	0.4	2	0.6	10
Popcorn Chicken Pile Up	1431.4	72	87.3	125	11.0	55	119.9	52	9.8	11	47.9	106	10.4	44	5.9	99
Poppadums and Dips (V)	255.2	13	7.7	11	0.7	4	38.4	17	13.8	15	7.7	17	0.6	3	2.7	44
Pork-tastic Grill	1498.5	75	81.0	116	28.5	142	98.7	43	26.9	30	86.7	193	14.6	61	6.3	105
Prawn Cocktail	433.8	22	28.1	40	8.9	44	25.7	11	6.5	7	19.9	44	2.8	12	2.2	36
Pulled Pork Nachos Sharer	1792.3	90	97.4	139	35.7	178	157.0	68	23.9	27	59.2	132	10.7	45	8.2	136
Roast Beef - Sunday Lunch	721.0	36	37.1	53	9.2	46	80.1	35	15.6	17	17.2	38	11.6	48	5.8	97
Roast Beef Silverside Oven (cont.)	418.7	21	23.8	34	9.4	47	0.0	0	0.0	0	51.3	114	0.0	0	0.2	4
Roast Pork - Leg - Oven (cont.)	370.3	19	27.0	39	8.7	44	0.0	0	0.0	0	31.7	70	0.8	4	0.1	1
Roast Pork - Sunday Lunch	1120.7	56	65.7	94	19.2	96	83.4	36	18.0	20	49.8	111	12.3	51	4.7	78
Roast Turkey - Sunday Lunch	1088.4	54	48.9	70	14.4	72	84.7	37	18.8	21	78.3	174	11.7	49	5.9	99
Salad Bowl (V)	71.3	4	6.3	9	0.7	4	2.9	1	2.6	3	0.8	2	1.2	5	0.1	1
Sauces For Loaded Chicken	447.0	22	14.7	21	2.9	15	68.8	30	57.6	64	3.8	8	4.0	17	8.9	148
Sautéed Mushrooms - Extra	31.3	2	3.0	4	0.4	2	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
Sautéed Mushrooms (V) - Grill Topper	54.4	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
Sautéed Mushrooms (V) - Side Order	54.4	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
Scampi - Grill Topper	170.8	9	9.3	13	2.9	14	15.5	7	3.0	3	6.2	14	2.2	9	1.2	19
Side Combo (V) - Heritage	391.6	20	21.4	31	7.5	37	41.3	18	3.8	4	7.6	17	4.9	21	1.7	28
Side Salad (V) - For Loaded Chicken	15.8	1	0.3	0	0.1	0	2.6	1	2.4	3	0.7	2	1.2	5	0.0	0
Sides For Loaded Chicken	1255.6	63	32.7	47	8.6	43	210.9	92	4.5	5	21.3	47	10.1	42	1.5	24
Skinny Steak < 500 Kcal	427.7	21	13.9	20	5.8	29	4.4	2	4.3	5	71.5	159	2.0	8	0.4	7
Soup of the Day (V)	358.6	18	17.3	25	8.3	41	42.6	19	10.3	11	7.4	16	4.1	17	1.0	16
Steak 'n' Eggs	1276.3	64	57.7	82	18.2	91	85.2	37	14.3	16	96.1	213	14.0	58	1.7	29
Steak and Marston's Ale Pie	626.2	31	24.3	35	9.9	49	79.2	34	4.5	5	15.0	33	11.5	48	1.2	19
Sticky Toffee Donut Pudding (V)	583.2	29	34.0	49	7.0	35	66.8	29	39.1	43	7.8	17	0.3	1	0.5	9

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	%
Streaky Bacon Rasher - Extra	84.9	4	6.8	10	2.5	12	0.0	0	0.0	0	6.0	13	0.0	0	1.1	18
Stuffing - Extra	78.0	4	0.9	1	0.3	2	15.1	7	0.3	0	2.1	5	0.7	3	1.5	24
Sunday Veg - Extra (V)	76.7	4	0.8	1	0.2	1	10.5	5	6.7	7	5.7	13	6.3	26	1.1	18
Sweet & Sour Sauce (V) - For Loaded Chicken	190.0	10	3.0	4	2.0	10	38.0	17	34.0	38	1.5	3	1.0	4	0.5	8
Tandoori Chicken Thighs	514.2	26	39.0	56	10.7	54	13.3	6	6.9	8	27.8	62	0.8	3	2.2	37
Tandoori Topped Waffle Fries	1509.1	75	98.2	140	17.9	90	119.1	52	22.4	25	37.0	82	7.5	31	6.6	110
Trifle Tower Sundae (V)	378.4	19	18.1	26	11.5	57	47.8	21	41.3	46	6.0	13	0.9	4	0.4	7
Triple Layer Cobbler (V)	464.6	23	17.5	25	6.8	34	70.9	31	37.9	42	7.8	17	2.5	10	0.3	5
Tuna Mayonnaise Jacket Potato	429.4	21	20.4	29	8.0	40	46.1	20	4.2	5	18.0	40	5.3	22	1.2	19
Tuna Mayonnaise Melt	701.0	35	24.8	35	7.4	37	85.0	37	5.4	6	31.4	70	4.7	20	2.8	47
Upgrade from Chips (170g) to Waffle Fries (170g)	235.8	12	15.5	22	1.9	9	22.1	10	1.1	1	1.9	4	1.9	8	0.8	14
Upgrade from Chips (284g) to Waffle Fries (284g)	394.0	20	25.9	37	3.1	16	36.9	16	1.9	2	3.1	7	3.1	13	1.4	23
Upgrade from Garlic Bread (x2) to Chips (284g)	122.2	6	5.0	7	2.0	10	15.8	7	0.3	0	2.0	4	2.0	8	0.1	1
Upgrade from Tortilla Chips (30g) to Chips (150g)	11.8	1	0.5	1	0.2	1	1.5	1	0.0	0	0.2	0	0.2	1	0.0	0
Upgrade from Tortilla Chips (30g) to Onion Rings (x6)	19.0	1	1.1	2	0.2	1	2.0	1	0.3	0	0.2	0	0.2	1	0.1	1
Upgrade from Tortilla Chips (30g) to Salad Garnish	1.4	0	0.0	0	0.0	0	0.3	0	0.2	0	0.1	0	0.1	0	0.0	0
Upgrade from Tortilla Chips (30g) to Waffle Fries (150g)	24.1	1	1.6	2	0.2	1	2.2	1	0.1	0	0.2	0	0.2	1	0.1	1
Vegetarian Lasagne (V)	574.6	29	24.5	35	5.9	29	62.8	27	15.7	17	13.6	30	6.0	25	3.9	64
Vegetarian Lasagne (V) < 500 Kcal	375.8	19	13.2	19	3.0	15	42.8	19	14.6	16	10.1	22	4.4	18	3.4	56
Vietnamese Vegetable Curry (V)	898.5	45	31.0	44	8.4	42	133.1	58	31.6	35	19.5	43	9.2	38	4.0	66
Vietnamese Vegetable Curry (Vegan) - HeritageLN2016	642.9	32	27.5	39	8.1	41	84.7	37	20.3	23	13.2	29	8.0	33	2.3	38
Volcano Burger	1009.4	50	42.5	61	14.9	74	110.2	48	8.7	10	39.2	87	10.8	45	3.0	50
Waffle Fries 227g (V) - Side Order	718.3	36	47.3	68	5.7	29	67.2	29	3.4	4	5.7	13	5.7	24	2.5	42
Waffle Fries 454g (V) - To Share	1436.7	72	94.6	135	11.5	57	134.4	58	6.8	8	11.3	25	11.3	47	5.0	83
Waffle Waffle Chicken	1441.5	72	77.4	111	25.4	127	137.2	60	49.4	55	47.6	106	6.5	27	3.7	62
Watermelon Cheesecake	591.9	30	33.0	47	17.0	85	66.8	29	50.3	56	7.0	16	1.1	4	0.7	12
White Long-Grain Rice (V) - For Loaded Chicken	228.0	11	0.6	1	0.2	1	50.4	22	0.4	0	4.4	10	0.6	3	0.0	0
Wild West Burger	1170.9	59	56.0	80	21.8	109	101.5	44	8.4	9	58.7	130	10.7	44	4.3	71

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	%
Yorkshire Pudding (V) - Side	208.8	10	16.2	23	2.6	13	11.1	5	1.3	1	5.3	12	0.5	2	0.1	2