

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	%		
2x Battered Onion Rings - Extra	76.2	4	318.6	4	4.6	7	0.9	5	7.9	3	1.2	1	0.9	2	0.8	3	0.3	5
Bacon - Rasher of Back - Extra	99.1	5	412.7	5	11.1	16	4.2	21	0.0	0	0.0	0	12.0	24	0.0	0	1.8	30
Baked Beans (V) - Extra 85g	63.8	3	266.1	3	0.3	0	0.1	0	11.6	4	3.1	3	4.2	8	3.1	13	0.5	9
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
Buttermilk Chicken - Extra	259.6	13	1084.0	13	16.0	23	5.8	29	14.4	6	1.2	1	14.6	29	1.8	8	0.7	12
Cheddar Cheese (V) - Extra	114.2	6	474.3	6	9.4	13	5.9	29	0.8	0	0.0	0	6.8	14	0.0	0	0.5	8
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
Crispy Onions - Extra	339.2	17	1406.7	17	25.6	37	12.8	64	24.5	9	8.3	9	3.3	7	2.2	9	0.8	13
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
Extra 170g Chips - Curry Upgrade (V)	277.0	14	1158.7	14	12.0	17	4.8	24	35.2	14	1.7	2	4.4	9	5.1	21	0.1	2
Extra 170g Chips - Upgrade (V)	277.0	14	1158.7	14	12.0	17	4.8	24	35.2	14	1.7	2	4.4	9	5.1	21	0.1	2
Fried Egg (V) - Extra	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
Fried Onions - Extra	59.7	3	246.5	3	4.7	7	0.5	3	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
Gravy (V) - Extra Jug of	23.7	1	99.4	1	0.9	1	0.6	3	3.8	1	0.1	0	0.1	0	0.1	0	0.5	8
Homemade Spiced-Slaw (V) - Extra	38.7	2	160.8	2	2.9	4	0.2	1	6.1	2	1.7	2	0.3	1	0.9	4	0.6	9
HRG Burger Extras	1727.7	86	7194.1	86	124.3	178	46.3	231	53.8	21	16.3	18	109.1	218	8.2	34	8.7	146
HRG LN White Long-Grain Rice (V) - For Hen House	256.0	13	1084.0	13	1.4	2	0.4	2	54.6	21	0.6	1	5.4	11	2.2	9	0.0	0
HRG LN 16oz Rump Steak	1619.5	81	6784.1	81	72.9	104	23.2	116	80.6	31	9.2	10	154.4	309	14.7	61	2.2	37
HRG LN 4oz Gammon Steak - LB	731.2	37	3035.9	36	26.8	38	10.3	51	73.5	28	11.8	13	42.2	84	12.0	50	3.6	61
HRG LN 8oz Gammon Steak	958.8	48	4016.2	48	37.4	53	14.3	72	76.6	29	13.7	15	72.9	146	13.9	58	6.7	111
HRG LN 8oz Rump Steak	1134.3	57	4750.3	57	50.3	72	16.4	82	80.4	31	9.2	10	84.0	168	14.6	61	1.5	26
HRG LN 8oz Sirloin Steak	1211.2	61	5054.7	60	65.2	93	23.3	117	80.4	31	9.2	10	69.3	139	14.6	61	1.5	24
HRG LN All Day Breakfast	1026.8	51	4286.9	51	56.3	80	20.2	101	84.5	32	16.3	18	52.6	105	14.5	60	3.5	59
HRG LN Baconnaisse & Crispy Onions (V) - For Hen House	241.2	12	1007.1	12	23.6	34	3.1	15	6.3	2	2.8	3	0.9	2	0.4	2	0.7	12
HRG LN 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
HRG LN Banoffee Pie (V)	588.3	29	2469.7	29	27.5	39	18.6	93	80.3	31	66.9	74	5.0	10	1.1	4	0.8	14
HRG LN Battered Onion Rings (V) - Side Order	457.2	23	1911.3	23	27.5	39	5.6	28	47.5	18	7.3	8	5.2	10	5.0	21	1.8	30
HRG LN Battered Onion Rings (V) - To Share	914.3	46	3822.7	46	54.9	78	11.1	56	94.9	37	14.7	16	10.4	21	10.0	42	3.6	60
HRG LN Beef Lasagne	656.6	33	2755.2	33	32.6	47	14.0	70	66.0	25	13.1	15	24.0	48	6.4	27	2.4	41
HRG LN Beef Lasagne < 500 Kcal	431.6	22	1813.9	22	21.0	30	10.4	52	41.4	16	11.3	13	19.5	39	4.4	18	1.9	31

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
HRG LN Beef Madras	1069.0	53	4478.5	53	39.7	57	9.2	46	132.7	51	27.7	31	37.5	75	12.3	51	5.2	86
HRG LN Beer Battered Fish and Chips	1369.5	68	5745.5	68	73.2	105	22.7	113	111.4	43	8.2	9	60.2	120	14.4	60	2.2	36
HRG LN Bloomer Bread and 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
HRG LN Bowl of Yorkshire Puddings (V) - Side Order	1252.6	63	5206.2	62	97.0	139	15.6	78	66.7	26	7.8	9	32.0	64	3.2	13	0.8	13
HRG LN Breaded Plaice and Chips - LB	892.9	45	3747.7	45	27.3	39	8.3	41	117.3	45	13.4	15	36.6	73	12.9	54	1.8	29
HRG LN Buttermilk Bacon Burger	1420.4	71	5928.7	71	88.1	126	28.5	142	112.8	43	14.1	16	38.8	78	13.0	54	4.1	69
HRG LN Buttermilk Chicken Nachos	1019.5	51	4256.1	51	57.5	82	19.7	99	88.0	34	8.4	9	31.9	64	6.7	28	4.3	71
HRG LN Buttermilk Chicken Nachos to Share	2039.0	102	8512.1	101	114.9	164	39.4	197	176.0	68	16.7	19	63.9	128	13.4	56	8.5	142
HRG LN Cauli Cheese (V) - Side Order	176.5	9	736.5	9	9.2	13	5.3	26	17.8	7	3.4	4	5.5	11	2.4	10	1.2	21
HRG LN Cheddar & Baked Beans Jacket (V)	596.1	30	2488.8	30	31.1	44	19.2	96	58.1	22	6.5	7	24.0	48	8.4	35	1.9	32
HRG LN Cheddar Cheese and BBQ Sauce (V) - Grill Topper	256.5	13	1067.4	13	18.7	27	11.8	59	8.0	3	5.3	6	13.7	27	0.1	0	1.4	24
HRG LN Cheddar Cheese and Onion Sandwich (V)	867.2	43	3632.1	43	40.7	58	21.8	109	85.7	33	5.5	6	36.7	73	4.6	19	3.3	55
HRG LN Cheese & Pickle Pie (V) - Sunday Lunch	1472.5	74	6142.6	73	88.7	127	36.7	184	141.0	54	25.7	29	25.2	50	12.3	51	5.9	98
HRG LN Cheesy Chips 227g (V) - Side Order	481.3	24	2009.8	24	25.1	36	12.2	61	47.7	18	2.3	3	12.7	25	6.8	28	0.6	11
HRG LN Cheesy Chips 454g (V) - To Share	970.8	49	4053.5	48	51.1	73	24.7	123	95.5	37	4.6	5	25.4	51	13.6	57	1.3	21
HRG LN Cheesy Curly Fries 227g (V) - Side Order	565.3	28	2363.9	28	33.7	48	10.3	51	54.1	21	2.5	3	11.6	23	3.6	15	2.0	33
HRG LN Cheesy Curly Fries 454g (V) - To Share	1138.8	57	4761.7	57	68.3	98	20.8	104	108.2	42	5.0	6	23.1	46	7.3	30	4.0	66
HRG LN Cheesy Garlic Bread (V) - Side Order	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
HRG LN Cheesy Garlic Bread Starter (V)	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
HRG LN Cheesy Mash 227g (V) - Side Order	516.6	26	2154.8	26	31.3	45	20.2	101	40.1	15	1.2	1	17.3	35	3.0	12	1.7	28
HRG LN Chicken & Bacon Salad	941.4	47	3927.4	47	51.3	73	12.5	62	73.3	28	17.2	19	76.6	153	6.3	26	5.8	97
HRG LN Chicken & Bacon Salad < 500 Kcal	491.4	25	2055.4	24	33.1	47	10.4	52	7.6	3	4.6	5	66.4	133	3.0	12	4.8	79
HRG LN Chicken and Bacon Club Sandwich	829.1	41	3471.6	41	39.3	56	8.5	42	84.2	32	4.3	5	45.4	91	6.0	25	4.6	77
HRG LN Chicken Balti	977.2	49	4104.5	49	32.6	47	3.8	19	124.2	48	23.3	26	42.3	85	11.6	48	5.0	84
HRG LN Chicken Burrito	1138.9	57	4778.8	57	45.4	65	12.4	62	136.1	52	12.9	14	41.7	83	9.8	41	3.1	52
HRG LN Chicken Korma Pie	982.4	49	3910.2	47	33.4	48	10.3	51	142.3	55	70.3	78	29.8	60	7.6	32	2.0	34
HRG LN Chicken Tikka Masala	956.8	48	4022.9	48	29.8	43	7.2	36	128.6	49	25.7	29	39.6	79	10.9	45	3.4	56
HRG LN Children's Cheese & Pickle Pie (V) - Sunday Lunch	1227.4	61	5119.5	61	77.2	110	32.4	162	110.6	43	17.4	19	22.0	44	7.8	32	4.6	77

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HRG LN Children's Roast Beef - Sunday Lunch	600.5	30	2509.9	30	31.7	45	8.5	43	67.8	26	14.8	16	11.2	22	5.9	24	4.2	70
HRG LN Children's Roast Pork - Sunday Lunch	809.9	40	3380.6	40	46.3	66	14.0	70	71.1	27	17.2	19	27.9	56	6.1	26	3.1	51
HRG LN Children's Roast Turkey - Sunday Lunch	837.5	42	3510.4	42	41.7	60	13.2	66	72.4	28	18.0	20	43.8	88	5.9	25	4.2	69
HRG LN Chip Buttie (V)	817.0	41	3435.4	41	22.9	33	7.1	36	128.0	49	6.2	7	18.0	36	11.0	46	1.6	27
HRG LN Chipotle Prawns	319.4	16	1330.8	16	22.0	31	3.0	15	19.7	8	2.8	3	9.5	19	1.9	8	1.8	30
HRG LN Chips (V) - For Hen House	465.3	23	1946.1	23	20.4	29	8.1	40	58.8	23	2.8	3	7.4	15	8.5	35	0.2	3
HRG LN Chips 227g (V) - Side Order	367.0	18	1535.5	18	15.7	22	6.3	32	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
HRG LN Chips 454g (V) - To Share	742.3	37	3104.9	37	32.4	46	12.9	64	94.0	36	4.5	5	11.8	24	13.6	57	0.3	5
HRG LN Chocolate Crownie (V)	708.6	35	2704.9	32	33.4	48	12.0	60	78.9	30	52.6	58	9.0	18	2.3	10	0.8	13
HRG LN Chocolate Fudge Cake (V)	690.4	35	2897.7	34	29.5	42	6.2	31	99.9	38	82.1	91	7.3	15	3.5	15	0.4	7
HRG LN Corn on the Cob (V) - For Hen House	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
HRG LN Corn on the Cob (V) - Side Order	194.1	10	823.5	10	4.1	6	0.6	3	34.1	13	4.1	5	7.4	15	5.1	21	0.0	0
HRG LN Crispy Buttermilk Chicken Strips	550.0	28	2295.3	27	34.8	50	11.8	59	29.5	11	2.8	3	29.5	59	4.1	17	2.4	41
HRG LN Curly Fries 227g (V) - Side Order	451.0	23	1889.6	22	24.4	35	4.4	22	53.3	21	2.5	3	4.8	10	3.6	15	1.5	25
HRG LN Curly Fries 454g (V) - To Share	910.3	46	3813.1	45	49.6	71	9.0	45	106.7	41	5.0	6	9.5	19	7.3	30	3.0	49
HRG LN Curly Tops - Dirty Chilli Cheese	1167.5	58	4874.4	58	70.9	101	26.7	134	98.3	38	22.4	25	34.2	68	7.0	29	4.4	74
HRG LN Curly Tops - Spicy Beans (Ve)	817.8	41	3423.4	41	45.4	65	9.9	50	90.9	35	13.2	15	11.9	24	9.5	40	3.2	54
HRG LN Curly Tops - Spicy Beans 'n' Cheese (V)	1046.3	52	4372.0	52	64.1	92	21.7	108	92.4	36	13.3	15	25.6	51	9.5	40	4.2	70
HRG LN Curly Tops - Teriyaki Chicken	1065.4	53	4459.1	53	55.2	79	13.9	70	102.4	39	25.0	28	39.5	79	5.4	22	4.1	68
HRG LN Dirty Chilli	419.9	21	1751.3	21	22.9	33	9.5	48	36.5	14	18.4	20	15.5	31	2.6	11	1.7	28
HRG LN Dirty Chilli & Onions - Grill Topper	368.6	18	1536.6	18	21.0	30	9.3	46	30.0	12	19.2	21	14.6	29	2.5	10	1.6	26
HRG LN Dirty Chilli Burrito	1134.4	57	4754.2	57	45.6	65	14.3	72	146.5	56	23.6	26	29.5	59	10.5	44	3.4	56
HRG LN Dirty Chilli Main	1107.8	55	4640.2	55	46.9	67	19.3	96	130.4	50	40.0	44	38.1	76	8.4	35	4.0	66
HRG LN Dirty Chilli Nachos	1043.1	52	4354.5	52	56.0	80	20.0	100	97.5	37	24.3	27	31.1	62	6.8	28	4.9	82
HRG LN Dirty Chilli Nachos to Share	2086.2	104	8709.0	104	112.1	160	40.0	200	195.0	75	48.6	54	62.1	124	13.6	57	9.8	164
HRG LN Double Whammy Burger	1573.1	79	6579.7	78	84.8	121	34.1	171	124.3	48	16.5	18	84.2	168	14.0	58	6.4	107
HRG LN Fish and Chips - LB	962.7	48	4020.9	48	47.8	68	14.7	73	90.6	35	6.2	7	36.1	72	12.0	50	1.7	28
HRG LN Garlic Bread (V) - For Hen House	213.8	11	894.2	11	11.0	16	3.4	17	23.4	9	1.7	2	4.3	9	2.0	8	0.5	9
HRG LN Garlic Bread (V) - 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
HRG LN Garlic Bread Starter (V)	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
HRG LN GG Golden Breaded Mushrooms (V)	368.5	18	1557.5	19	17.4	25	2.9	14	42.8	16	8.6	10	8.7	17	4.5	19	1.9	32

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HRG LN Giant Gammon Steak	1392.8	70	5837.1	69	54.2	77	20.4	102	86.6	33	22.0	24	133.9	268	15.4	64	12.9	215
HRG LN Giant Honeycomb Sundae (V)	1419.1	71	5957.5	71	66.7	95	41.9	209	188.8	73	165.7	184	14.4	29	2.1	9	1.1	19
HRG LN Giant Lovely-Bubbly Sundae (V)	1366.1	68	5742.7	68	68.4	98	38.8	194	170.4	66	115.9	129	16.0	32	3.0	12	1.7	29
HRG LN Giant Rocky Road Sundae	1313.3	66	5507.5	66	63.0	90	32.5	162	165.2	64	141.9	158	19.2	38	4.5	19	1.0	17
HRG LN Golden Breaded Mushrooms (V)	360.0	18	1521.7	18	17.2	25	2.8	14	41.3	16	7.3	8	8.3	17	3.9	16	1.9	32
HRG LN Golden Whitby Scampi	1016.4	51	4271.4	51	49.2	70	15.5	78	110.4	42	13.4	15	27.0	54	16.5	69	3.7	61
HRG LN Grand Canyon Burger	1168.5	58	4884.1	58	58.2	83	23.2	116	101.9	39	11.1	12	53.8	108	12.6	52	3.0	50
HRG LN Grand Canyon Burger (V)	1131.5	57	4734.8	56	55.7	80	17.4	87	110.6	43	12.8	14	40.5	81	15.1	63	2.6	44
HRG LN Grand Canyon Burger (Ve)	1056.5	53	4421.4	53	49.5	71	13.5	68	110.6	43	12.8	14	35.9	72	15.1	63	2.3	38
HRG LN Habanero Mango Sauce (V) - For Hen House	92.0	5	390.0	5	2.0	3	0.1	1	17.2	7	14.1	16	0.4	1	0.6	3	0.6	10
HRG LN Ham, Egg and Chips - LB	725.3	36	3006.4	36	32.5	46	11.6	58	64.2	25	8.0	9	37.8	76	8.0	33	2.8	46
HRG LN Harissa Rice (V) - For Hen House	344.4	17	1448.2	17	9.9	14	1.0	5	56.9	22	2.3	3	6.0	12	3.1	13	0.6	10
HRG LN Harissa Rice (V) - Side Order	344.4	17	1448.2	17	9.9	14	1.0	5	56.9	22	2.3	3	6.0	12	3.1	13	0.6	10
HRG LN Hen House - Buttermilk Chicken	519.2	26	2167.9	26	31.9	46	11.6	58	28.7	11	2.4	3	29.3	59	3.6	15	1.5	24
HRG LN Hen House - Grilled Chicken Breast	197.2	10	831.3	10	3.7	5	0.8	4	0.8	0	0.8	1	40.8	82	0.8	4	1.2	19
HRG LN Hen House - Half Roast Chicken	672.0	34	2803.2	33	41.3	59	12.2	61	0.3	0	0.3	0	74.9	150	1.6	7	2.2	37
HRG LN Homemade Spiced-Slaw (V) - Grill Topper	38.7	2	160.8	2	2.9	4	0.2	1	6.1	2	1.7	2	0.3	1	0.9	4	0.6	9
HRG LN Homemade Spiced-Slaw (V) - Side Order	154.9	8	643.2	8	11.5	16	0.8	4	24.4	9	7.0	8	1.2	2	3.5	14	2.2	37
HRG LN Honeycomb Sundae (V)	709.5	35	2978.7	35	33.4	48	20.9	105	94.4	36	82.9	92	7.2	14	1.0	4	0.6	10
HRG LN Huevos Rancheros (V)	939.4	47	3933.0	47	46.8	67	14.8	74	95.6	37	28.8	32	31.4	63	14.5	61	3.7	62
HRG LN Hunter's - For Hen House	383.5	19	1598.8	19	29.9	43	15.9	80	14.4	6	10.6	12	25.8	52	0.2	1	3.6	61
HRG LN Hunter's Chicken - LB	793.2	40	3291.9	39	41.1	59	17.6	88	66.3	26	8.4	9	46.1	92	8.2	34	3.5	58
HRG LN Hunter's Melt Baguette	795.0	40	3343.4	40	30.0	43	11.3	57	89.0	34	9.8	11	50.7	101	4.7	19	4.7	78
HRG LN Jam Swirl Pudding (V)	772.3	39	3228.0	38	42.4	61	12.0	60	96.3	37	62.9	70	17.8	36	2.0	8	1.0	17
HRG LN Japanese Veg Gyozas (V)	505.5	25	2111.7	25	28.5	41	8.7	43	52.3	20	14.5	16	8.3	17	2.0	9	1.9	32
HRG LN Large Roast Beef - Sunday Lunch	1054.3	53	4400.7	52	59.4	85	15.4	77	109.2	42	24.4	27	19.8	40	10.9	46	5.6	94
HRG LN Large Roast Pork - Sunday Lunch	1634.1	82	6809.5	81	101.0	144	29.6	148	112.5	43	26.8	30	68.1	136	12.0	50	4.5	75
HRG LN Large Roast Turkey - Sunday Lunch	1554.0	78	6513.1	78	73.2	105	21.3	106	113.9	44	27.6	31	109.5	219	11.0	46	5.9	98
HRG LN Lovely-Bubbly Sundae (V)	738.5	37	3103.8	37	37.1	53	21.2	106	91.6	35	63.5	71	8.8	18	1.5	6	0.9	15
HRG LN Mammoth Mixed Grill	1929.8	96	8084.0	96	83.0	119	27.3	136	89.6	34	14.8	16	199.9	400	17.6	74	9.5	158

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	%
HRG LN Mashed Potato 227g (V) - Side Order	305.3	15	1275.4	15	15.4	22	10.2	51	36.8	14	1.1	1	3.5	7	2.9	12	0.7	12
HRG LN Mega All Day Breakfast	1394.7	70	5819.0	69	82.3	118	29.4	147	98.7	38	20.3	23	84.0	168	18.1	75	6.5	108
HRG LN Melt Stack	1410.5	71	5906.1	70	59.9	86	26.9	135	84.1	32	17.4	19	127.3	255	14.6	61	9.7	161
HRG LN Mexican Burger	1088.0	54	4554.9	54	46.4	66	16.2	81	111.0	43	13.6	15	50.6	101	13.9	58	3.4	56
HRG LN Mexican Burger (Ve)	1051.0	53	4405.6	52	43.9	63	10.4	52	119.7	46	15.3	17	37.4	75	16.5	69	3.0	50
HRG LN Mini Kiev	618.0	31	2561.5	30	50.2	72	13.3	67	19.9	8	1.5	2	20.0	40	3.4	14	1.5	25
HRG LN Mixed Grill	1391.7	70	5827.1	69	61.9	88	20.4	102	88.4	34	14.3	16	113.3	227	16.6	69	5.3	89
HRG LN Mushroom Melt Salad (V)	674.0	34	2802.6	33	35.1	50	9.2	46	73.7	28	16.6	18	20.5	41	7.0	29	1.6	26
HRG LN Mushroom Melt Salad (V) < 500 Kcal	224.0	11	930.6	11	17.0	24	7.2	36	8.0	3	4.0	4	10.3	21	3.6	15	0.5	9
HRG LN Mushroom Salad (Ve)	600.2	30	2494.5	30	30.3	43	4.1	21	73.0	28	16.6	18	13.6	27	7.0	29	1.1	18
HRG LN Naan Bread (V) - Side Order	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
HRG LN Nachos (V)	759.9	38	3172.1	38	41.5	59	13.9	70	73.6	28	7.2	8	17.3	35	4.9	20	3.5	59
HRG LN Nachos to Share (V)	1519.8	76	6344.2	76	83.0	119	27.8	139	147.3	57	14.4	16	34.6	69	9.8	41	7.1	118
HRG LN Onion & Red Wine Gravy - Extra	56.5	3	236.3	3	2.6	4	1.1	6	7.2	3	0.8	1	0.3	1	0.3	1	0.8	13
HRG LN Onion Bhajis (V) - Side Order	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
HRG LN Peas (V) - For Hen House	58.7	3	245.7	3	0.3	0	0.1	0	7.7	3	2.6	3	4.4	9	3.9	16	0.1	1
HRG LN Peppercorn Sauce - Grill Topper	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
HRG LN Peshwari Chicken	987.4	49	4145.3	49	32.9	47	11.6	58	127.2	49	28.7	32	43.0	86	11.6	48	5.0	84
HRG LN Pigs in Blankets - Side Order	1283.3	64	5368.6	64	116.5	166	45.0	225	13.6	5	0.0	0	44.5	89	0.7	3	9.7	161
HRG LN Piri Piri Sauce (V) - For Hen House	110.0	6	455.0	5	10.4	15	0.7	4	2.6	1	1.4	2	0.7	1	1.5	6	3.5	58
HRG LN Plain and Simple 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
HRG LN Plain Beef Burger	960.2	48	4019.0	48	40.7	58	15.5	78	95.6	37	8.8	10	47.5	95	11.3	47	2.4	41
HRG LN Plain Buttermilk Chicken Burger	934.2	47	3912.9	47	40.7	58	14.5	73	107.5	41	9.8	11	29.3	59	12.9	54	1.7	28
HRG LN Plain Jacket Potato (V)	292.6	15	1227.2	15	12.1	17	7.3	37	42.9	16	2.9	3	5.5	11	4.8	20	0.3	5
HRG LN Poppadums and Dips (V)	255.2	13	1075.0	13	7.8	11	0.7	4	38.4	15	13.8	15	7.7	15	0.6	3	2.7	44
HRG LN Pork-tastic Grill	1560.5	78	6508.9	77	91.6	131	32.2	161	101.4	39	25.6	28	75.9	152	17.1	71	7.0	117
HRG LN Prawn Cocktail	439.8	22	1833.2	22	28.2	40	9.1	46	25.7	10	6.5	7	20.9	42	2.8	12	1.6	27
HRG LN Roast Beef - Sunday Lunch	845.6	42	3533.0	42	43.3	62	12.8	64	98.1	38	23.1	26	14.5	29	10.4	43	5.5	91
HRG LN Roast Pork - Sunday Lunch	1240.1	62	5172.6	62	71.3	102	22.7	113	101.4	39	25.5	28	47.0	94	11.1	46	4.4	73
HRG LN Roast Potatoes (V) - Side Order	315.4	16	1316.1	16	18.8	27	2.2	11	34.4	13	1.2	1	4.2	8	3.5	14	2.0	33
HRG LN Roast Turkey - Sunday Lunch	1213.9	61	5089.5	61	55.1	79	18.1	90	102.7	40	26.3	29	75.6	151	10.5	44	5.6	93

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	%		
HRG LN Rocky Road Sundae	663.7	33	2783.4	33	31.8	45	16.7	83	83.2	32	71.4	79	9.9	20	2.4	10	0.5	8
HRG LN Rump Steak Salad	874.0	44	3641.8	43	43.0	61	9.9	49	78.7	30	18.5	21	47.9	96	6.1	25	1.6	26
HRG LN Rump Steak Salad < 500 Kcal	424.0	21	1769.8	21	24.9	36	7.8	39	13.0	5	5.9	7	37.7	75	2.7	11	0.5	9
HRG LN Salad Bowl (V) - Side Order	31.8	2	132.4	2	2.1	3	0.4	2	2.6	1	2.4	3	0.7	1	1.2	5	0.0	0
HRG LN Samurai Chicken	369.6	18	1548.9	18	17.6	25	5.0	25	19.9	8	11.6	13	32.4	65	0.3	1	1.5	25
HRG LN Sautéed Mushrooms (V) - Grill Topper	54.4	3	225.0	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
HRG LN Sautéed Mushrooms (V) - Side Order	54.4	3	225.0	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
HRG LN Scampi - Grill Topper	170.8	9	712.5	8	9.3	13	2.9	14	15.5	6	3.0	3	6.2	12	2.2	9	1.2	19
HRG LN Sicilian Lemon Tart (V)	530.3	27	2220.5	26	25.8	37	11.2	56	68.0	26	48.6	54	6.2	12	0.7	3	0.4	6
HRG LN Side Combo (V) - Side Order	392.1	20	1645.4	20	21.5	31	4.7	23	41.5	16	4.1	5	7.1	14	4.2	17	1.5	24
HRG LN Side Salad (V) - For Hen House	15.6	1	65.9	1	0.3	0	0.1	0	2.6	1	2.4	3	0.7	1	1.2	5	0.0	0
HRG LN Skinny Steak < 500 Kcal	427.5	21	1800.4	21	13.9	20	5.8	29	4.4	2	4.2	5	71.5	143	2.0	8	0.4	7
HRG LN Somerset Brie & Apple Chutney Tart (V) - LB	787.5	39	3265.3	39	36.1	52	15.5	77	93.5	36	15.3	17	16.2	32	9.1	38	1.1	18
HRG LN Soup of the Day (V)	358.6	18	1472.5	18	17.3	25	8.3	41	42.6	16	10.3	11	7.4	15	4.1	17	1.0	16
HRG LN Spiced-Slaw (V) - For Hen House	77.5	4	321.6	4	5.8	8	0.4	2	12.2	5	3.5	4	0.6	1	1.7	7	1.1	19
HRG LN Spicy Bean & Onion Burrito (V)	991.9	50	4158.3	50	39.6	57	9.3	47	135.7	52	13.3	15	18.9	38	11.7	49	2.6	43
HRG LN Spicy Bean Nachos (V)	840.9	42	3512.1	42	45.4	65	14.4	72	82.6	32	11.2	12	19.9	40	7.1	30	4.1	69
HRG LN Spicy Bean Nachos (Ve)	628.1	31	2630.1	31	27.3	39	2.9	14	80.4	31	10.0	11	9.6	19	7.1	29	3.4	56
HRG LN Spicy Bean Nachos to Share (V)	1681.8	84	7024.2	84	90.7	130	28.8	144	165.3	64	22.4	25	39.8	80	14.2	59	8.3	138
HRG LN Spicy Bean Nachos to Share (Ve)	1256.2	63	5260.2	63	54.5	78	5.7	29	160.8	62	20.1	22	19.1	38	14.2	59	6.7	112
HRG LN Spicy Gumbo Croquettes (V)	354.8	18	1485.3	18	18.9	27	8.1	41	33.7	13	4.0	4	13.9	28	3.2	13	1.5	24
HRG LN Steak 'n' Eggs	1302.7	65	5452.9	65	60.0	86	19.2	96	87.3	34	16.0	18	96.4	193	15.5	65	1.8	30
HRG LN Steak and Marston's Ale Pie	1383.6	69	5793.3	69	61.8	88	25.3	127	158.2	61	10.9	12	38.9	78	16.1	67	3.4	57
HRG LN Steak and Marston's Ale Pie - LB	1094.3	55	4544.0	54	52.8	75	21.1	106	118.0	45	6.4	7	28.6	57	12.9	54	2.0	33
HRG LN Sticky Toffee Pudding (V)	562.6	28	2370.0	28	17.5	25	10.7	53	96.4	37	77.1	86	5.6	11	1.0	4	0.3	5
HRG LN Teriyaki Chicken Two Way Burger	1183.6	59	4956.7	59	49.8	71	17.1	86	132.0	51	28.0	31	46.3	93	13.1	54	3.2	53
HRG LN Triple Layer Cobbler (V)	464.6	23	1954.1	23	17.5	25	6.8	34	70.9	27	37.9	42	7.8	16	2.5	10	0.3	5
HRG LN Tuna Mayonnaise Jacket Potato	429.4	21	1799.7	21	20.4	29	8.0	40	46.1	18	4.2	5	18.0	36	5.3	22	1.2	19
HRG LN Tuna Mayonnaise Melt	701.0	35	2946.8	35	24.8	35	7.4	37	85.0	33	5.4	6	31.4	63	4.7	20	2.8	47
HRG LN Vegan Rancheros (Ve)	771.2	39	3234.4	39	36.0	51	9.7	48	89.7	34	21.4	24	20.6	41	15.2	63	3.7	61

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	%	g	%
HRG LN Vegetable Jalfrezi (V)	970.4	49	4063.7	48	33.9	48	4.1	21	141.2	54	31.1	35	19.5	39	13.6	57	4.2	70
HRG LN Vegetarian Lasagne (V)	599.0	30	2514.4	30	24.7	35	6.5	33	67.2	26	16.4	18	14.5	29	6.5	27	3.9	65
HRG LN Vegetarian Lasagne (V) < 500 Kcal	374.0	19	1573.1	19	13.1	19	3.0	15	42.6	16	14.6	16	10.0	20	4.4	18	3.4	56
HRG LN Volcano Burger	1089.8	54	4564.1	54	49.2	70	17.5	87	119.5	46	14.4	16	36.7	73	14.0	58	2.2	37
HRG LN Volcano Burger (V)	949.0	47	3978.9	47	38.7	55	9.8	49	109.1	42	14.5	16	34.3	69	14.0	58	2.2	37
HRG LN White Long Grain Rice (V) - Side Order	256.0	13	1084.0	13	1.4	2	0.4	2	54.6	21	0.6	1	5.4	11	2.2	9	0.0	0
HRG LN Wild West Burger	1210.5	61	5063.6	60	62.6	89	24.5	122	103.5	40	10.1	11	64.9	130	12.1	50	4.9	82
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
Maple Cured Bacon - Extra	375.0	19	1551.0	18	36.0	51	13.1	66	3.5	1	3.3	4	9.3	19	0.0	0	2.1	35
Maple Cured Bacon - Upgrade	750.0	38	3102.0	37	72.0	103	26.3	131	6.9	3	6.6	7	18.6	37	0.0	0	4.2	70
Monterey Jack Cheese - Extra	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
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
Sauces For Hen House	826.7	41	3450.9	41	65.9	94	19.8	99	40.5	16	28.9	32	27.8	56	2.7	11	8.4	141
Sausage - Extra	110.1	6	458.0	5	7.3	10	2.5	12	2.7	1	0.9	1	8.1	16	0.6	3	0.4	7
Sautéed Mushrooms - Extra	31.3	2	129.5	2	3.0	4	0.4	2	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
Sides For Hen House	1528.3	76	6417.6	76	51.1	73	13.7	69	233.2	90	18.1	20	32.5	65	25.2	105	2.5	42
Slice of Toast and Butter - Extra	201.9	10	841.2	10	12.1	17	7.4	37	19.5	8	0.5	1	3.8	8	1.2	5	0.6	11
Soya Burger (V) - Extra	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
Stuffing (Ve) - Extra	73.9	4	313.0	4	0.7	1	0.3	1	15.6	6	0.5	1	2.2	4	0.8	4	0.8	13
Sunday Veg NEW - Extra (V)	80.1	4	334.9	4	0.5	1	0.2	1	15.6	6	13.3	15	1.9	4	5.0	21	0.8	13
Upgrade from Chips (170g) to Curly Fries (170g)	166.6	8	697.7	8	9.1	13	1.6	8	19.6	8	0.9	1	1.7	3	1.3	6	0.5	9
Upgrade from Chips (284g) to Curly Fries (284g)	278.4	14	1165.9	14	15.2	22	2.8	14	32.6	13	1.5	2	2.9	6	2.2	9	0.9	15
Upgrade from Garlic Bread (x2) to Chips (284g)	129.4	6	541.0	6	5.7	8	2.2	11	16.4	6	0.8	1	2.1	4	2.4	10	0.0	1
Upgrade from Garlic Bread (x2) to Curly Fries (284g)	381.0	19	1596.0	19	20.8	30	3.8	19	44.6	17	2.1	2	4.0	8	3.0	13	1.2	21
Upgrade from Tortilla Chips (30g) to Chips (150g)	12.4	1	52.1	1	0.5	1	0.2	1	1.6	1	0.1	0	0.2	0	0.2	1	0.0	0
Upgrade from Tortilla Chips (30g) to Curly Fries (150g)	187.4	9	785.3	9	10.1	14	1.8	9	22.1	9	1.0	1	2.0	4	1.5	6	0.6	10
Upgrade from Tortilla Chips (30g) to Onion Rings (x6)	19.0	1	79.4	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	6.1	0	0.0	0	0.0	0	0.3	0	0.2	0	0.1	0	0.1	0	0.0	0
Yorkshire Pudding (V) - Side	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