

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 - Skin on Fries	1115.9	56	46.0	66	16.0	80	130.0	57	50.6	56	43.0	95	12.0	50	4.1	68
Baby Back BBQ Ribs - Whole Rack 16oz - Skin on Fries	1593.4	80	71.0	101	25.8	129	164.0	71	83.1	92	72.2	160	12.0	50	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 - Skin on Fries	750.5	38	36.4	52	41.1	205	269.7	117	7.4	8	34.6	77	6.2	26	2.4	40
Beer Battered Fish and Chips - Light Bite - Skin on Fries	1240.2	62	70.0	100	21.3	107	98.0	43	7.0	8	46.2	103	13.6	57	2.9	49
Beer Battered Fish and Chips - Skin on Fries	1374.9	69	71.0	101	21.5	107	100.7	44	8.2	9	74.4	165	14.7	61	3.3	54
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 - Skin on Fries	1019.6	51	46.5	66	19.3	96	110.8	48	7.9	9	30.2	67	12.3	51	3.7	61
British Beef and Pedigree Ale Pie - Milestone - Skin on Fries	1329.4	66	66.9	96	26.9	134	135.9	59	10.3	11	41.3	92	13.1	54	4.3	72
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 - Skin on Fries	1302.0	65	67.9	97	29.6	148	128.1	56	14.9	17	39.3	87	13.8	57	4.3	72
Chicken Dippers - Children's - Skin on Fries	470.7	24	20.8	30	5.8	29	54.5	24	4.8	5	14.8	33	4.6	19	1.2	19

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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 Pizza Toppings - Ham	91.7	5	3.5	5	1.3	7	0.8	0	0.0	0	14.3	32	0.0	0	1.8	29
Children's Pizza Toppings - Mushroom	5.0	0	0.2	0	0.0	0	0.2	0	0.1	0	0.7	2	0.6	2	0.0	0
Children's Pizza Toppings - Peppers	11.6	1	0.1	0	0.0	0	2.3	1	2.2	2	0.4	1	0.8	3	0.0	0
Children's Pizza Toppings - Pineapple	64.0	3	0.0	0	0.0	0	16.5	7	16.5	18	0.5	1	0.7	3	0.0	0
Children's Pizza Toppings - Red Onion	20.2	1	0.1	0	0.0	0	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
Children's Pizza Toppings - Rotisserie Chicken	416.9	21	23.8	34	6.6	33	0.3	0	0.0	0	50.1	111	0.1	1	1.1	19
Children's Pizza Toppings - Sweetcorn	120.0	6	1.3	2	0.1	1	22.4	10	2.6	3	3.0	7	3.3	14	0.5	8
Children's Potato Accompaniment (skin on fries)	238.5	12	11.1	16	4.5	23	30.1	13	0.6	1	3.5	8	3.6	15	0.1	2
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
Chilli Bourbon Rotisserie Chicken - Rotisserie Special	1468.8	73	73.6	105	21.2	106	91.2	40	25.3	28	106.9	238	9.8	41	3.6	60
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 - Skin on Fries	1137.2	57	50.8	73	16.5	82	109.8	48	15.1	17	55.3	123	11.9	50	4.2	71
Classic Chicken Burger - Skin on Fries	1122.6	56	41.6	59	12.4	62	130.5	57	15.3	17	51.5	114	12.7	53	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
Crispy Rotisserie Pork Belly - Rotisserie Special	1789.6	89	110.6	158	41.5	207	68.5	30	21.9	24	124.6	277	14.7	61	2.7	44
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 MSR Rotisserie BBQ Chicken Melt Ciabatta	973.2	49	45.2	65	18.8	94	61.2	27	6.7	7	73.5	163	2.4	10	3.6	61

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
DN15 MSR Rotisserie BBQ Chicken Melt Sandwich	1044.0	52	53.3	76	20.7	104	62.2	27	6.7	7	78.8	175	5.2	22	3.8	63
DN15 MSR The Classic Rotisserie Club Sandwich	1258.2	63	62.4	89	16.1	80	86.4	38	5.0	6	89.1	198	8.7	36	6.5	109
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 Ciabatta	456.5	23	24.2	35	3.6	18	33.6	15	5.8	6	24.0	53	3.8	16	2.6	43
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
Double Cream - Extra	265.6	13	28.8	41	17.9	89	0.9	0	0.9	1	0.9	2	0.0	0	0.0	0
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 - Skin on Fries	588.7	29	23.7	34	5.6	28	79.6	35	4.3	5	22.1	49	6.3	26	2.0	33
Fish Fingers - Children's - Skin on Fries	475.0	24	19.2	27	5.2	26	57.6	25	5.3	6	16.1	36	5.0	21	1.2	20
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) - Skin on Fries	1424.2	71	77.4	111	21.3	107	109.3	48	13.2	15	67.7	150	11.5	48	5.5	92
French Brie & Crispy Chorizo Chicken Burger - Skin on Fries	1344.2	67	65.0	93	16.4	82	123.9	54	12.8	14	60.9	135	11.8	49	4.7	78
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 - Skin On Fries	1076.1	54	48.8	70	15.9	80	60.2	26	8.4	9	93.4	208	11.2	47	8.3	139
Gammon Steak - Children's - Skin on Fries	543.8	27	21.8	31	8.3	42	42.2	18	4.6	5	43.2	96	4.8	20	4.3	72
Gammon Steak 5oz - Light Bite - Skin on Fries	813.9	41	38.9	56	13.7	68	55.0	24	4.4	5	55.2	123	10.3	43	4.4	74
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 - Light Bite - Skin on Fries	724.3	36	33.5	48	10.0	50	79.7	35	11.0	12	19.4	43	13.2	55	3.4	57
Golden Breaded Scampi - Skin on Fries	1028.4	51	46.8	67	14.3	71	112.7	49	14.6	16	31.9	71	17.9	74	4.5	75

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Half Rotisserie Chicken	833.9	42	47.6	68	13.3	66	0.6	0	0.0	0	100.1	222	0.3	1	2.2	37
Ham, Egg and Chips - Skin on Fries	834.3	42	40.8	58	14.2	71	55.5	24	10.2	11	58.1	129	6.1	26	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
Kick Ass Rotisserie Chicken - Rotisserie Special	1847.4	92	94.1	134	38.0	190	134.9	59	40.5	45	112.2	249	6.8	28	6.1	101
Kid's Roast Beef - Rotisserie Sunday Lunch	762.4	38	42.5	61	12.5	62	57.4	25	14.8	16	38.8	86	7.1	30	5.1	85
Kid's Roast Chicken - Rotisserie Sunday Lunch	972.6	49	48.8	70	14.0	70	71.1	31	14.4	16	63.1	140	7.8	32	5.1	85
Kid's Roast Pork - Rotisserie Sunday Lunch	742.1	37	38.6	55	11.8	59	70.8	31	14.4	16	29.0	64	8.1	34	4.3	71
Kid's Roast Turkey - Rotisserie Sunday Lunch	669.5	33	26.7	38	7.9	40	70.7	31	15.2	17	37.9	84	7.8	32	4.1	69
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
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
Mediterranean Lamb Shank - Rotisserie Special	1667.0	83	84.3	120	28.2	141	102.3	44	29.6	33	131.7	293	9.0	37	2.6	44
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
Minted Lamb Shank - Rotisserie Special	1253.6	63	58.7	84	27.6	138	67.9	30	25.3	28	106.9	238	11.6	48	3.5	58

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Mixed Grill - 20oz - Skin on Fries	1382.5	69	75.7	108	30.0	150	59.3	26	5.2	6	109.8	244	11.0	46	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
MSR Buttermilk Chicken Burger	1439.0	72	72.3	103	29.3	146	122.7	53	12.9	14	70.1	156	12.1	51	7.2	120
MSR Korean Chicken Curry	1489.9	74	56.0	80	13.6	68	166.3	72	36.8	41	74.9	167	12.7	53	5.3	89
MSR Piri Piri Chicken Nachos for One	1132.6	57	68.9	98	22.4	112	59.3	26	8.8	10	65.5	146	6.1	25	6.5	109
MSR Piri Piri Chicken Nachos to Share	2326.4	116	141.5	202	46.0	230	121.7	53	18.1	20	134.6	299	12.5	52	13.4	224
MSR Tiger Tops - Brie and Chorizo	1523.7	76	105.0	150	29.8	149	56.0	24	13.8	15	84.2	187	6.7	28	5.3	88
MSR Tiger Tops - Pir Piri	1133.0	57	70.1	100	25.0	125	52.8	23	12.4	14	68.7	153	7.4	31	4.7	78
MSR Tiger Tops - Tikka Spiced	1093.6	55	69.4	99	15.0	75	56.0	24	14.6	16	56.4	125	9.0	38	3.5	58
MSR Tikka Spiced Rotisserie Chicken Salad	808.7	40	60.1	86	10.1	51	12.1	5	8.1	9	53.4	119	4.9	21	3.1	52
MSR Two Way Chicken Burger - Piri Piri	1751.4	88	89.2	127	27.0	135	129.5	56	14.0	16	102.3	227	13.3	55	6.3	106
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
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
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 - Skin on Fries	598.7	30	33.3	48	11.8	59	51.8	23	5.6	6	19.3	43	5.7	24	2.2	36
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 Ham Hock Salad - Rotisserie Special	1329.9	66	80.2	115	26.5	133	14.5	6	6.0	7	138.8	308	2.6	11	14.9	249
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

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	%
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
Quarter Rotisserie Chicken	416.9	21	23.8	34	6.6	33	0.3	0	0.0	0	50.1	111	0.1	1	1.1	19
Quorn Super Sausages - Children's - Skin on Fries	420.1	21	15.0	21	5.0	25	50.8	22	5.3	6	17.2	38	8.1	34	1.4	24
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 - Skin on Fries	1571.3	79	95.5	136	35.5	178	76.5	33	7.3	8	96.6	215	12.9	54	2.7	45
Roast Beef - Rotisserie Sunday Lunch	1135.4	57	59.0	84	21.0	105	84.3	37	16.5	18	69.2	154	13.4	56	6.1	101
Roast Chicken - Rotisserie Sunday Lunch	1611.3	81	82.4	118	24.7	123	99.2	43	14.4	16	119.9	266	14.2	59	9.0	150
Roast Pork - Rotisserie Sunday Lunch	1188.7	59	64.4	92	21.8	109	102.7	45	19.2	21	51.8	115	14.9	62	6.3	105
Roast Turkey - Rotisserie Sunday Lunch	1177.3	59	47.8	68	17.1	86	103.8	45	20.0	22	85.2	189	14.2	59	7.0	117
Rotisserie Chicken and Baby Back Ribs - Rotisserie Special	1536.4	77	80.4	115	26.2	131	73.9	32	30.0	33	125.0	278	6.3	26	4.7	78
Rotisserie Chicken Bhuna	1276.6	64	44.2	63	11.3	57	144.9	63	26.8	30	68.8	153	11.3	47	4.7	78
Rotisserie Chicken Breast - Extra	225.3	11	12.9	18	3.6	18	0.2	0	0.0	0	27.1	60	0.1	0	0.6	10
Rotisserie Chicken Burger Bar - Childrens	1072.4	54	54.9	78	23.1	115	269.0	117	7.2	8	73.7	164	6.2	26	3.0	50
Rotisserie Chicken Dinner - Children's	1075.7	54	49.5	71	19.7	99	96.9	42	14.9	17	58.3	130	6.5	27	12.5	208
Rotisserie Chicken Tikka Masala	1330.0	66	48.5	69	14.7	74	147.3	64	28.1	31	70.5	157	10.6	44	4.8	79
Rotisserie Ham Hock - Rotisserie Special	1198.1	60	58.4	83	24.0	120	54.3	24	15.4	17	110.1	245	10.4	43	12.5	209
Rotisserie Pizza Party - Children 2015	553.9	28	28.2	40	14.2	71	56.8	25	6.0	7	16.4	36	5.7	24	1.3	21
Rump Steak - 8oz - Skin on Fries	907.4	45	37.2	53	12.5	62	55.5	24	5.2	6	81.8	182	11.3	47	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 Bread and Olives (V)	1050.5	53	60.4	86	12.0	60	94.1	41	10.0	11	23.6	53	7.6	32	4.1	68
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
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
Sausage - Extra	139.6	7	8.9	13	3.0	15	5.7	2	0.4	0	8.9	20	0.2	1	1.1	19
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

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
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 - Skin on Fries	984.3	49	52.1	74	19.4	97	55.5	24	5.2	6	67.2	149	11.3	47	1.6	27
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
Skin on Fries - Kids Extra	238.5	12	11.1	16	4.5	23	30.1	13	0.6	1	3.5	8	3.6	15	0.1	2
Skin on Fries 140g	238.5	12	11.1	16	4.5	23	30.1	13	0.6	1	3.5	8	3.6	15	0.1	2
Skin on Fries 227g (V)	380.7	19	17.3	25	7.1	35	48.8	21	0.9	1	5.7	13	5.9	25	0.2	4
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
Steak and Half Rotisserie Chicken - Rotisserie Special	1458.4	73	71.0	101	21.6	108	47.0	20	4.4	5	152.4	339	9.6	40	3.3	55
Sticky Gingerbread Cheesecake (V)	863.0	43	61.9	88	34.3	172	69.5	30	53.9	60	8.4	19	0.7	3	0.7	11
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 Pork Belly - Rotisserie Special	2094.1	105	111.4	159	36.7	184	148.1	64	73.0	81	124.4	276	7.7	32	4.5	75
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
Takeaway Rotisserie Chicken	1667.7	83	95.2	136	26.5	133	1.3	1	0.0	0	200.2	445	0.5	2	4.5	74
Thai Bean Burger (V) Skin on Fries	934.0	47	37.5	54	12.0	60	122.6	53	21.3	24	22.2	49	14.6	61	3.6	60
Thai Fiery Chilli Sauce - Add On	31.6	2	0.2	0	0.0	0	6.8	3	5.0	6	0.3	1	0.8	4	1.4	23
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 Fiery Chilli Sauce Side	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 - Add On	145.5	7	0.0	0	0.0	0	36.0	16	30.0	33	0.2	0	0.6	3	1.7	28
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
Tiger Fries Side Order (V)	424.5	21	21.8	31	6.2	31	49.4	21	11.4	13	4.5	10	6.4	26	0.6	9
Tiger Fries Upgrade (V)	105.6	5	4.4	6	1.4	7	14.3	6	2.4	3	1.4	3	1.8	8	0.1	2
Tiger Tops - Mexican	819.0	41	53.3	76	24.1	120	61.5	27	19.0	21	20.3	45	7.7	32	3.0	50

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	kcal	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Tiger Tops - Pulled Pork & Beef Chilli	1052.4	53	66.2	95	31.1	155	77.0	33	30.8	34	33.6	75	8.4	35	3.0	50
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 (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 (Rotisserie)	1023.6	51	53.7	77	18.0	90	67.4	29	8.8	10	65.7	146	4.0	17	5.0	84
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 - Extra	99.0	5	0.6	1	0.2	1	0.0	0	0.0	0	23.5	52	0.0	0	0.8	13
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
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
Whole Rotisserie Chicken	1667.7	83	95.2	136	26.5	133	1.3	1	0.0	0	200.2	445	0.5	2	4.5	74
Yee-Ha Beef Burger (7oz) - Skin on Fries	1518.9	76	75.4	108	29.8	149	131.3	57	30.4	34	73.9	164	13.4	56	5.6	93
Yee-Ha Chicken Burger - Skin on Fries	1504.3	75	66.2	95	25.6	128	151.9	66	30.6	34	70.1	156	14.2	59	5.0	83
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