

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	%
2pc Buttermilk Chicken	472.1	24	1975.5	24	26.8	38	9.6	48	23.9	9	1.1	1	33.4	67	1.1	5	1.3	22
Add on Chilli Jack Mac (V)	306.0	15	1282.0	15	14.2	20	8.4	42	34.7	13	4.7	5	12.3	25	5.3	22	1.2	20
Apple Pie (V)	288.0	14	1214.5	14	9.3	13	4.5	23	46.1	18	27.9	31	5.2	10	1.9	8	0.3	4
Asian Slaw - Side (V)	32.8	2	141.4	2	0.3	0	0.0	0	7.1	3	6.6	7	0.9	2	2.4	10	0.9	15
Baby Back BBQ Ribs - Half Rack 8oz - Skin on Fries	1242.7	62	5188.6	62	55.1	79	16.7	84	139.5	54	57.1	63	45.0	90	15.3	64	3.5	59
Baby Back BBQ Ribs - Whole Rack 16oz - Skin on Fries	1720.2	86	7188.6	86	80.1	114	26.5	132	173.5	67	89.6	100	74.2	148	15.3	64	5.1	86
Bacon - Extra	146.5	7	608.0	7	11.1	16	4.2	21	0.0	0	0.0	0	11.7	23	0.0	0	2.2	37
Bacon Rasher - Add On	130.6	7	544.3	6	14.7	21	5.5	28	0.0	0	0.0	0	15.8	32	0.0	0	2.4	39
Baked Beans - Kids Extra	81.4	4	343.3	4	0.4	1	0.1	0	16.3	6	5.3	6	5.1	10	3.7	15	0.9	15
Baked Beans (V) - Extra 100g	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.6	10
Baked Camembert - Milestone	1013.1	51	4234.2	50	56.9	81	35.2	176	62.8	24	10.1	11	61.7	123	4.9	21	6.1	102
BBQ Sauce - 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
Beef Burger 7oz - Add On	332.6	17	1386.0	17	18.6	27	7.9	40	2.8	1	0.2	0	38.2	76	0.2	1	1.7	29
Beef Burger Bar - Childrens - Skin on Fries	762.9	38	3194.0	38	36.7	52	39.1	196	271.9	105	7.5	8	34.4	69	5.3	22	2.4	40
Beef Tomato Cutting Guide	20.2	1	86.7	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0
Beer Battered Fish and Chips - Light Bite - Skin on Fries	1149.6	57	4794.4	57	69.6	99	21.1	106	87.9	34	6.1	7	35.9	72	11.1	46	2.5	42
Beer Battered Fish and Chips - Skin on Fries	1250.3	63	5220.5	62	70.6	101	21.3	107	89.1	34	7.3	8	57.7	115	12.2	51	2.8	46
Beer Battered Onion Rings Side Order (V)	256.5	13	1071.4	13	16.5	24	3.1	16	25.3	10	2.5	3	3.0	6	2.0	8	1.2	20
Bread Cutting Guide	1580.1	79	6683.5	80	19.7	28	5.3	27	286.9	110	6.6	7	66.6	133	21.9	91	5.8	96
Brie - Add On	76.3	4	316.3	4	6.3	9	4.4	22	0.3	0	0.3	0	4.8	10	0.0	0	0.4	7
British Beef and Pedigree Ale Pie - Light Bite - Milestone - Skin on Fries	1007.0	50	4184.5	50	48.9	70	19.7	98	107.5	41	6.2	7	27.1	54	11.5	48	2.0	34
British Beef and Pedigree Ale Pie - Milestone - Skin on Fries	1321.2	66	5496.6	65	66.8	95	26.9	134	134.8	52	9.9	11	40.7	81	12.5	52	3.4	56
Buttermilk Chicken Burger Bar - Childrens	834.4	42	3499.8	42	37.2	53	16.9	85	282.8	109	8.0	9	39.9	80	5.9	25	2.5	42
Carrots - Kids Extra	34.3	2	143.2	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	415.8	21	1730.1	21	29.3	42	18.4	92	16.4	6	2.1	2	21.7	43	1.8	7	2.4	40
Chana Masala (V) - Side Order	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
Cheese and Baked Beans Jacket Potato (V)	871.7	44	3632.0	43	52.4	75	25.9	130	70.6	27	14.5	16	33.0	66	12.3	51	3.2	54
Cheese Sprinkle	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

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	%
Cheesy Garlic Bread (V)	512.1	26	2133.7	25	34.8	50	15.9	79	30.1	12	1.6	2	18.6	37	2.2	9	1.7	29
Cheesy Tomato Pasta Melt - Children's MS	612.2	31	2568.8	31	21.9	31	8.3	41	85.3	33	10.5	12	14.5	29	9.5	39	1.7	29
Chicken and Gammon Pie - Milestone - Skin on Fries	1293.8	65	5380.8	64	67.9	97	29.6	148	127.0	49	14.6	16	38.7	77	13.2	55	3.3	56
Chicken Dippers - Children's - Skin on Fries	483.3	24	2023.9	24	21.0	30	3.8	19	56.8	22	4.9	5	14.7	29	3.7	16	1.2	19
Chicken Gravy - Top It	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
Chicken Tikka Samosas - Side Order	197.1	10	821.7	10	8.0	11	2.2	11	20.3	8	2.9	3	10.8	22	1.3	5	0.7	12
Children's Pizza Toppings - Ham	91.7	5	385.7	5	3.5	5	1.3	7	0.8	0	0.0	0	14.3	29	0.0	0	1.8	29
Children's Pizza Toppings - Mushroom	5.0	0	21.3	0	0.2	0	0.0	0	0.2	0	0.1	0	0.7	1	0.6	2	0.0	0
Children's Pizza Toppings - Peppers	11.6	1	48.8	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	273.0	3	0.0	0	0.0	0	16.5	6	16.5	18	0.5	1	0.7	3	0.0	0
Children's Pizza Toppings - Red Onion	20.2	1	84.0	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	415.3	21	1730.3	21	23.7	34	6.6	33	0.3	0	0.0	0	49.9	100	0.1	1	1.1	19
Children's Pizza Toppings - Sweetcorn	100.8	5	425.0	5	1.1	2	0.1	0	18.8	7	2.2	2	2.5	5	2.8	12	0.4	7
Children's Potato Accompaniment	251.1	13	1050.4	13	11.4	16	2.5	13	32.3	12	0.7	1	3.4	7	2.8	12	0.1	2
Children's Vegetable Accompaniment	52.6	3	223.3	3	0.2	0	0.0	0	10.7	4	3.8	4	1.7	3	0.5	2	0.3	5
Chocolate Brownie (Childs)	519.7	26	2167.9	26	26.4	38	8.2	41	62.0	24	50.6	56	7.8	16	1.7	7	0.7	11
Corn on the Cob	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
Corn on the Cob - Children's Starter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
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
Crumbled Stilton Cheese - Add On	82.5	4	341.8	4	7.0	10	4.6	23	0.0	0	0.0	0	4.8	10	0.0	0	0.4	7
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
Diane Sauce	120.8	6	507.8	6	11.3	16	6.9	35	3.8	1	1.9	2	1.0	2	0.3	1	0.6	10
Donut Dipper (V) - Children's	315.7	16	1325.1	16	13.5	19	7.2	36	46.3	18	26.4	29	3.3	7	1.5	6	0.4	7
Double Cream - Extra	265.6	13	1093.6	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 (V)	85.5	4	356.2	4	4.9	7	3.0	15	8.9	3	8.9	10	1.3	3	0.1	0	0.0	1
Extra Focaccia (V) Milestone	302.2	15	1277.5	15	4.2	6	0.6	3	54.7	21	1.2	1	9.8	20	3.0	13	1.5	25
Fish Fingers - Children's - Skin on Fries	487.6	24	2044.0	24	19.5	28	3.2	16	59.9	23	5.4	6	16.0	32	4.1	17	1.2	20
Flat Mushroom - Add On	6.5	0	27.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
Fried Egg (V) - Extra	165.0	8	682.8	8	15.2	22	2.8	14	0.0	0	0.0	0	7.1	14	0.0	0	0.2	3
Gammon Steak - 10oz - Skin On Fries	1076.1	54	4530.9	54	48.8	70	15.9	80	60.2	23	8.4	9	93.4	187	11.2	47	8.3	139

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	%
Gammon Steak - Children's - Skin on Fries	556.4	28	2358.6	28	22.1	32	6.4	32	44.5	17	4.8	5	43.1	86	4.0	17	4.3	72
Gammon Steak 5oz - Light Bite - Skin on Fries	813.9	41	3404.9	41	38.9	56	13.7	68	55.0	21	4.4	5	55.2	110	10.3	43	4.4	74
Garlic Bread - Children's Starter	122.5	6	513.7	6	5.4	8	1.4	7	16.0	6	5.8	6	1.8	4	0.8	3	0.7	11
Garlic Bread (V)	283.6	14	1185.0	14	16.1	23	4.1	21	28.6	11	1.5	2	5.0	10	2.2	9	0.7	12
Garlic Mushroom Sauce - Top It	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
Giant Red Velvet Cheesecake	1093.5	55	4543.0	54	80.0	114	41.3	207	111.3	43	39.9	44	8.4	17	1.7	7	0.8	13
Golden Breaded Mushrooms (V)	391.4	20	1637.6	19	17.2	25	10.7	53	46.4	18	7.4	8	10.6	21	6.5	27	2.6	43
Golden Breaded Scampi - Light Bite - Skin on Fries	716.1	36	2969.3	35	33.4	48	10.0	50	78.7	30	10.6	12	18.8	38	12.6	53	2.4	41
Golden Breaded Scampi - Skin on Fries	971.9	49	4063.3	48	46.5	66	14.1	71	104.2	40	13.7	15	28.1	56	15.3	64	4.2	70
Grilled Chicken Burger Bar - Childrens	772.6	39	3240.3	39	33.7	48	14.9	75	271.9	105	8.1	9	43.3	87	5.8	24	2.4	40
Half Rotisserie Chicken	830.5	42	3460.7	41	47.4	68	13.2	66	0.6	0	0.0	0	99.7	199	0.3	1	2.2	37
Ham Hock & Split Pea Terrine - Milestone	420.6	21	1760.1	21	20.2	29	9.4	47	37.4	14	9.5	11	20.6	41	3.2	13	2.9	49
Ham, Egg and Chips - Skin on Fries	834.4	42	3471.0	41	40.8	58	14.2	71	55.5	21	10.2	11	58.1	116	6.1	26	6.2	104
Homemade Kale Slaw - Chicken Inclusive	168.4	8	698.7	8	12.0	17	0.9	4	13.1	5	9.1	10	2.5	5	4.4	18	0.8	14
Homemade Kale Slaw - Side	168.4	8	698.7	8	12.0	17	0.9	4	13.1	5	9.1	10	2.5	5	4.4	18	0.8	14
Hunter's - Top It	452.0	23	1883.4	22	29.9	43	15.9	80	31.7	12	22.6	25	26.1	52	0.2	1	3.3	55
Ice Cream Sundae (V) - Children's	212.8	11	894.8	11	8.1	12	4.1	20	31.3	12	27.2	30	3.6	7	0.5	2	0.2	4
Jacket Potato (V)	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
Jacket Potato Half - Kids Extra	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
Jam Roly Poly Pudding (V)	776.8	39	3246.8	39	42.4	61	12.0	60	97.4	37	63.9	71	17.9	36	2.1	9	1.0	17
Jelly and Ice Cream - Children's	92.1	5	384.3	5	4.0	6	2.0	10	12.2	5	12.2	14	1.6	3	0.1	0	0.3	5
Jumbo Fish Finger - Children's - Milestone	490.9	25	2062.1	25	17.9	26	3.0	15	62.7	24	5.0	6	17.9	36	3.9	16	1.2	20
Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
Kids Vegetable Sticks	138.7	7	571.2	7	10.6	15	0.9	4	9.6	4	7.0	8	1.1	2	2.8	12	0.8	13
Lasagne	641.3	32	2688.5	32	34.0	49	13.6	68	60.5	23	11.4	13	22.7	45	5.4	23	2.4	40
Lasagne (500 Calories)	455.5	23	1911.4	23	23.7	34	10.9	54	41.2	16	11.0	12	19.5	39	4.3	18	1.9	31
Lemon Drizzle - Children's	415.1	21	1747.6	21	15.2	22	11.8	59	62.8	24	44.8	50	7.7	15	0.5	2	0.6	10
Mains Spiral Salad Base - Milestone	151.0	8	625.6	7	12.5	18	1.4	7	8.1	3	7.5	8	1.9	4	3.3	14	0.2	4
Mascapone & Beetroot Tart (V) - Light Bite	419.0	21	1751.9	21	22.2	32	9.7	49	44.7	17	19.7	22	8.9	18	2.1	9	0.9	15
Mascapone & Beetroot Tart (V) - Milestone	394.1	20	1648.8	20	20.3	29	9.4	47	43.3	17	18.5	21	8.4	17	1.4	6	0.9	15
Mashed Potato - Kids Extra	314.7	16	1314.7	16	15.8	23	10.5	52	38.0	15	1.2	1	3.6	7	2.9	12	0.7	12

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	%
Mashed Potato 227g (V)	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
Melt in the Middle Chocolate Pudding (V)	980.6	49	4063.6	48	67.9	97	24.2	121	82.5	32	57.3	64	8.0	16	3.3	14	0.8	13
Mini Potato Waffles - Kids Extra	173.8	9	724.3	9	10.0	14	1.4	7	18.1	7	0.6	1	2.1	4	1.4	6	0.6	10
Mixed Grill - 20oz - Skin on Fries	1382.5	69	5740.3	68	75.7	108	30.0	150	59.3	23	5.2	6	109.8	220	11.0	46	5.4	90
Monterey Jack Cheese - Add On	75.5	4	315.4	4	6.2	9	3.9	19	0.0	0	0.0	0	4.6	9	0.0	0	0.4	6
MS Brie and Bacon Melt Focaccia	711.5	36	2971.0	35	44.8	64	21.0	105	50.2	19	2.6	3	37.6	75	2.6	11	5.1	84
MS Brie and Bacon Melt Sandwich	772.5	39	3222.5	38	51.2	73	22.7	113	48.6	19	2.8	3	41.9	84	4.2	18	4.8	80
MS Chana Masala Melt Focaccia	722.8	36	3025.8	36	34.5	49	8.0	40	73.6	28	8.7	10	25.3	51	9.0	38	4.0	67
MS Chana Masala Melt Sandwich	783.8	39	3277.2	39	40.9	58	9.6	48	72.0	28	8.9	10	29.5	59	10.6	44	3.8	63
MS Cheese and Caramelised Onion Chutney - Focaccia	540.2	27	2209.1	26	35.1	50	13.6	68	33.1	13	8.7	10	20.4	41	2.8	12	1.7	29
MS Cheese and Caramelised Onion Chutney Sandwich	770.8	39	3220.1	38	44.7	64	23.9	119	54.3	21	9.3	10	38.1	76	4.6	19	3.0	51
MS Focaccia Cutting Guide	1683.5	84	7117.5	85	23.4	33	3.3	16	304.9	117	6.5	7	54.6	109	16.9	70	8.5	141
MS MSR Rotisserie BBQ Chicken Melt Focaccia	930.8	47	3892.7	46	46.0	66	18.9	94	55.2	21	6.3	7	72.0	144	2.8	12	3.8	64
MS MSR Rotisserie BBQ Chicken Melt Sandwich	991.7	50	4144.1	49	52.4	75	20.5	103	53.6	21	6.5	7	76.2	152	4.4	18	3.6	60
MS MSR The Classic Rotisserie Club Sandwich	1208.5	60	5056.4	60	64.2	92	16.2	81	81.6	31	5.2	6	90.9	182	8.3	35	5.5	91
MS Prawn & Asian Slaw Focaccia	432.1	22	1823.3	22	11.8	17	1.3	6	59.2	23	14.0	16	21.8	44	7.0	29	3.5	58
MS Prawn & Asian Slaw Sandwich	471.5	24	1984.1	24	17.1	24	2.7	14	55.7	21	13.7	15	24.8	50	8.2	34	3.1	52
MS Rump Steak and Red Onion Focaccia	568.9	28	2398.4	29	12.0	17	3.8	19	62.9	24	7.6	8	51.4	103	5.1	21	1.7	29
MS Rump Steak and Red Onion Sandwich	630.5	32	2651.7	32	19.1	27	5.6	28	60.3	23	7.7	9	55.5	111	6.9	29	1.4	24
MS Yuca Piri Piri Focaccia	456.6	23	1866.1	22	24.2	35	3.6	18	33.6	13	5.8	6	24.0	48	3.8	16	2.6	43
MS Yuca Piri Piri Sandwich	456.6	23	1866.1	22	24.2	35	3.6	18	33.6	13	5.8	6	24.0	48	3.8	16	2.6	43
MSC 3pc Stuffing	85.8	4	363.3	4	0.8	1	0.3	2	18.1	7	0.6	1	2.5	5	1.0	4	0.9	15
MSR Apple & Pumpkin Crumble	1420.9	71	5959.7	71	64.0	91	38.3	191	198.1	76	116.3	129	18.5	37	4.0	17	0.8	14
MSR Bacon and Cheddar Cheese Burger	1383.6	69	5755.5	69	80.8	115	28.0	140	100.6	39	16.7	19	71.1	142	12.3	51	6.7	111
MSR BBQ Burnt Ends Burger	1461.7	73	6092.2	73	69.3	99	19.1	95	126.2	49	30.6	34	78.6	157	14.2	59	6.1	102
MSR Boneless Spicy Rib Stack	1337.4	67	5576.9	66	65.1	93	15.1	75	137.1	53	26.4	29	47.3	95	15.2	63	5.6	93
MSR Buttermilk Chicken Burger - LN16	1465.7	73	6111.7	73	78.6	112	28.5	143	129.2	50	18.8	21	69.1	138	14.5	61	6.9	115
MSR Caramalised Biscuit Cheesecake	1159.8	58	4822.1	57	85.2	122	46.4	232	86.6	33	62.6	70	11.2	22	0.6	2	1.0	17
MSR Chicken & Slaw	1481.1	74	6173.3	73	75.1	107	19.4	97	124.2	48	32.2	36	74.1	148	18.8	79	6.4	106
MSR Chillli Jack Mac Nachos For One	487.6	24	2036.8	24	27.2	39	11.8	59	46.6	18	6.4	7	14.2	28	4.7	19	2.2	37

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	%
MSR Chilli Jack Mac Nachos To Share	533.5	27	2227.2	27	30.7	44	12.7	63	49.2	19	6.8	8	14.5	29	4.3	18	2.5	42
MSR Chocolate Brownie Sundae (V)	897.4	45	3737.2	44	55.3	79	27.0	135	87.8	34	70.1	78	10.7	21	3.0	13	0.7	11
MSR Classic Chicken Burger	986.4	49	4110.0	49	45.7	65	10.3	51	109.6	42	17.3	19	31.0	62	12.9	54	3.4	56
MSR Classic Prime Steak Burger	1256.4	63	5227.0	62	63.2	90	16.8	84	112.1	43	18.8	21	56.0	112	13.9	58	4.8	81
MSR Clotted Cream Rice Pudding	707.1	35	2975.0	35	29.6	42	17.6	88	106.4	41	83.0	92	6.9	14	1.2	5	0.5	8
MSR Crispy Chicken Skin	905.8	45	3741.5	45	85.4	122	24.0	120	0.0	0	0.0	0	34.1	68	0.0	0	0.4	7
MSR Empire Hash	845.1	42	3557.7	42	24.3	35	4.5	23	120.5	46	13.2	15	35.5	71	7.4	31	4.1	68
MSR Falafel Bites	332.4	17	1385.4	16	19.5	28	4.2	21	27.9	11	5.8	6	8.7	17	6.2	26	1.5	25
MSR Falafel, Houmus and Pickle Flatbread (V)	1287.4	64	5367.2	64	62.2	89	13.0	65	146.8	56	19.7	22	28.3	57	17.7	74	5.2	87
MSR Gooseberry Toffee Tart (V)	988.9	49	4129.9	49	61.3	88	30.2	151	102.2	39	61.1	68	7.3	15	3.0	13	0.8	14
MSR Half Rotisserie Chicken - Garlic Mushroom	795.6	40	3324.6	40	36.5	52	12.4	62	56.7	22	11.0	12	57.3	115	8.1	34	2.3	39
MSR Half Rotisserie Chicken - Hunter's	869.4	43	3627.9	43	48.3	69	18.7	94	42.5	16	14.4	16	74.1	148	3.0	13	3.2	54
MSR Half Rotisserie Chicken - Piri Piri	781.7	39	3249.6	39	41.0	59	10.7	54	41.3	16	12.7	14	59.3	119	6.7	28	2.6	43
MSR Half Rotisserie Chicken - Southern Gravy	816.2	41	3393.7	40	43.5	62	14.5	73	37.1	14	1.9	2	66.6	133	4.6	19	2.0	34
MSR Half Rotisserie Chicken - Sriracha	772.3	39	3235.0	39	34.8	50	9.6	48	53.3	21	12.2	14	61.0	122	4.5	19	5.4	90
MSR Half Rotisserie Chicken - Sweet Chilli	951.5	48	4013.2	48	40.2	57	9.6	48	75.1	29	38.1	42	72.3	145	4.8	20	2.7	45
MSR Keralan Prawns	1249.7	62	5207.4	62	45.9	66	26.4	132	167.0	64	28.7	32	37.5	75	14.4	60	4.5	76
MSR Lemon Meringue Sundae	784.0	39	3272.6	39	42.7	61	26.4	132	92.9	36	79.8	89	7.2	14	0.7	3	0.6	11
MSR Piri Piri Chicken Nachos for One	1078.7	54	4499.3	54	63.0	90	22.1	111	59.9	23	15.7	17	66.0	132	4.8	20	5.0	84
MSR Piri Piri Chicken Nachos to Share	2158.3	108	9002.3	107	126.0	180	44.2	221	119.9	46	31.5	35	132.1	264	9.5	40	10.1	168
MSR Roast Pork Leg - Kids	901.7	45	3756.1	45	59.1	84	16.6	83	59.6	23	18.3	20	35.7	71	8.3	35	2.7	44
MSR Roast Pork Leg - Sunday Lunch	1331.7	67	5545.5	66	87.6	125	25.8	129	82.6	32	27.1	30	55.9	112	13.8	57	4.1	68
MSR Roast Silverside Beef - Kids	974.9	49	4065.0	48	62.8	90	20.5	103	56.1	22	18.1	20	48.6	97	7.5	31	4.3	71
MSR Roast Silverside Beef - Sunday Lunch	1414.0	71	5899.3	70	88.1	126	27.1	136	80.9	31	28.1	31	76.7	153	12.9	54	5.4	90
MSR Salted Caramel Chicken Wings	535.2	27	2266.8	27	28.5	41	7.6	38	29.1	11	27.3	30	40.9	82	0.6	3	0.5	9
MSR Small Plates - BBQ Burnt Ends	304.7	15	1283.7	15	10.2	15	3.7	19	15.0	6	12.7	14	37.5	75	0.3	1	1.5	26
MSR Small Plates - Breaded Mushrooms	470.8	24	1972.1	23	18.2	26	13.6	68	58.9	23	3.0	3	15.4	31	9.4	39	3.2	53
MSR Small Plates - Buttermilk Bread	552.7	28	2313.5	28	28.0	40	7.0	35	67.5	26	10.6	12	11.7	23	2.9	12	2.4	40
MSR Small Plates - Buttermilk Chicken	435.7	22	1823.3	22	24.8	35	8.9	45	22.1	8	1.0	1	30.8	62	1.0	4	1.2	20
MSR Small Plates - Falafel Bites	294.3	15	1228.6	15	14.9	21	4.0	20	28.4	11	5.5	6	9.0	18	6.9	29	1.3	21
MSR Small Plates - Houmous & Flatbread	374.8	19	1575.0	19	20.9	30	2.3	11	34.1	13	1.7	2	10.4	21	3.0	13	1.6	27

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	%
MSR Small Plates - Olives	157.3	8	655.0	8	9.7	14	3.1	16	4.5	2	0.0	0	1.3	3	0.2	1	2.7	46
MSR Small Plates - Piri Piri Chicken Wings	379.6	19	1610.1	19	21.8	31	2.9	15	2.9	1	1.5	2	42.6	85	1.3	5	1.8	31
MSR Spicy Rib Meat Nachos for One	865.6	43	3607.1	43	56.5	81	20.4	102	54.6	21	9.8	11	32.7	65	3.8	16	4.0	67
MSR Spicy Rib Meat Nachos to Share	1731.2	87	7214.2	86	113.0	161	40.8	204	109.3	42	19.7	22	65.4	131	7.7	32	8.0	133
MSR Sticky Toffee Pudding	567.0	28	2388.8	28	17.5	25	10.7	54	97.4	37	78.1	87	5.7	11	1.0	4	0.3	5
MSR The Big Cluck	2254.4	113	9384.3	112	131.4	188	42.4	212	110.6	43	22.2	25	163.9	328	13.8	58	11.1	185
MSR Tiger Tops - Buttermilk Chicken	948.0	47	3964.7	47	51.0	73	19.9	99	75.7	29	4.4	5	43.8	88	5.8	24	3.0	49
MSR Tiger Tops - Pir Piri	1169.4	58	4871.8	58	72.1	103	26.3	132	57.0	22	3.2	4	70.2	140	5.6	23	4.3	72
MSR Tiger Tops - Tikka Spiced	1072.6	54	4466.7	53	65.8	94	12.8	64	59.1	23	4.4	5	57.1	114	7.2	30	3.2	53
MSR Tikka Spiced Rotisserie Chicken Salad - LN16	817.0	41	3390.9	40	60.0	86	10.1	51	14.6	6	10.7	12	53.4	107	5.9	24	3.1	52
MSR Two Way Piri Piri Chicken Burger	1798.3	90	7493.9	89	94.8	135	29.6	148	134.3	52	26.5	29	97.8	196	15.7	66	5.7	95
MSR Vegetarian Roast - Kids (V)	1311.6	66	5246.5	62	89.0	127	34.9	175	97.5	37	26.6	30	35.3	71	10.9	45	4.0	67
MSR Vegetarian Roast - Sunday Lunch (V)	1649.1	82	6659.0	79	109.6	157	41.4	207	127.5	49	37.2	41	44.3	89	17.2	72	5.6	94
MSR Whole Rotisserie Chicken - Garlic Mushroom	832.6	42	3475.8	41	41.3	59	13.0	65	40.1	15	7.7	9	73.0	146	5.8	24	2.4	40
MSR Whole Rotisserie Chicken - Hunter's	886.7	44	3698.3	44	49.7	71	17.3	87	28.4	11	9.5	11	86.4	173	2.1	9	3.0	50
MSR Whole Rotisserie Chicken - Piri Piri	827.5	41	3443.0	41	44.8	64	12.0	60	28.0	11	8.5	9	76.2	152	4.6	19	2.5	42
MSR Whole Rotisserie Chicken - Southern Gravy	853.3	43	3550.9	42	46.7	67	14.6	73	24.2	9	1.2	1	82.2	164	3.1	13	2.2	36
MSR Whole Rotisserie Chicken - Sriracha	824.6	41	3446.7	41	41.1	59	11.3	57	34.8	13	7.9	9	78.4	157	3.0	13	4.4	73
MSR Whole Rotisserie Chicken - Sweet Chilli	940.1	47	3947.8	47	44.8	64	11.5	57	47.5	18	24.0	27	86.5	173	3.2	13	2.6	44
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
Nachos (V) for One	559.4	28	2332.4	28	34.8	50	14.1	70	45.8	18	7.5	8	14.2	28	3.2	14	2.8	47
Nachos (V) to Share	573.3	29	2390.7	28	35.6	51	14.4	72	46.9	18	7.7	9	14.6	29	3.3	14	2.9	49
Nachos Starter (V) - Children's 2016	253.5	13	1057.3	13	14.9	21	6.3	32	19.9	8	1.6	2	8.6	17	1.4	6	1.0	17
New Potatoes - Kids Extra	238.8	12	1003.3	12	10.9	16	6.7	34	34.2	13	2.3	3	3.2	6	4.4	18	0.3	5
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
Pasta Shapes - Kida Extra	159.7	8	677.7	8	3.4	5	0.3	1	29.4	11	1.3	1	4.8	10	1.2	5	0.0	0
Pearl Barley Risotto - Milestone	673.9	34	2810.0	33	41.1	59	15.0	75	54.3	21	7.0	8	16.4	33	7.8	33	3.2	53
Pearl Barley Risotto (500 Cal) - Milestone	498.0	25	2074.4	25	31.4	45	12.4	62	36.0	14	6.7	7	13.4	27	6.7	28	2.7	45
Peas - Kids Extra	67.7	3	283.4	3	0.3	0	0.1	0	8.8	3	3.0	3	5.1	10	4.5	19	1.2	20
Peppercorn Sauce	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
Pigs in Blankets 3pc	382.5	19	1600.4	19	34.7	50	13.5	67	4.1	2	0.0	0	13.4	27	0.2	1	2.9	48

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	%		
Pineapple (V) - Extra	28.9	1	123.0	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	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
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)	271.1	14	1139.7	14	10.2	15	3.2	16	36.7	14	13.0	14	8.1	16	0.6	3	2.3	38
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
Prawn Cocktail Sundae	418.9	21	1751.0	21	22.9	33	5.6	28	31.3	12	7.2	8	22.8	46	3.6	15	1.6	27
Quarter Rotisserie Chicken	415.3	21	1730.3	21	23.7	34	6.6	33	0.3	0	0.0	0	49.9	100	0.1	1	1.1	19
Quorn Super Sausages - Children's - Skin on Fries	432.7	22	1816.7	22	15.3	22	3.0	15	53.1	20	5.5	6	17.0	34	7.3	30	1.4	24
Red Onions - Add On	100.1	5	412.6	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	6532.2	78	95.5	136	35.5	178	76.5	29	7.3	8	96.6	193	12.9	54	2.7	45
Rice Bulgar Wheat & Quinoa Salad	422.0	21	1772.0	21	11.8	17	1.2	6	65.8	25	13.0	14	10.4	21	6.4	27	1.4	23
Rice Bulgar Wheat Quinoa Salad - Milestone	573.0	29	2397.6	29	24.3	35	2.6	13	73.9	28	20.5	23	12.3	25	9.7	41	1.6	27
Roasted Vegetable Jalfrezi - Large Naan	1096.2	55	4600.3	55	32.7	47	6.3	31	168.2	65	33.3	37	25.0	50	16.9	71	4.3	72
Rotisserie Chicken Bhuna	1303.6	65	5467.9	65	45.0	64	11.5	58	149.1	57	27.1	30	69.7	139	12.9	54	4.7	78
Rotisserie Chicken Burger Bar - Childrens	1084.2	54	4532.9	54	55.1	79	21.1	105	271.4	104	7.5	8	73.4	147	5.5	23	3.0	50
Rotisserie Chicken Dinner - Children's	812.6	41	3397.8	40	38.3	55	10.0	50	58.0	22	6.0	7	56.8	114	4.1	17	2.2	37
Rotisserie Chicken Tikka Masala	1357.1	68	5691.6	68	49.4	71	14.9	75	151.5	58	28.3	31	71.4	143	12.2	51	4.8	79
Rotisserie Chicken Upgrade	415.3	21	1730.3	21	23.7	34	6.6	33	0.3	0	0.0	0	49.9	100	0.1	1	1.1	19
Rotisserie Half Chicken Sunday Lunch	1951.0	98	8134.9	97	114.8	164	31.8	159	106.0	41	23.6	26	127.2	254	15.0	63	7.5	125
Rotisserie Pizza Party - Children 2015	643.9	32	2695.0	32	25.1	36	8.9	44	82.4	32	8.8	10	18.9	38	6.0	25	2.0	34
Rotisserie Quarter Chicken Sunday Lunch - Kids	1173.8	59	4893.4	58	71.2	102	18.7	94	67.5	26	13.3	15	69.4	139	9.8	41	4.3	72
Rump Steak - 8oz - Skin on Fries	905.5	45	3772.5	45	37.2	53	12.5	62	55.0	21	5.2	6	81.7	163	11.1	46	1.0	16
Rump Steak - 8oz (500 Calories)	456.3	23	1918.6	23	16.8	24	6.3	31	4.2	2	3.8	4	72.4	145	2.5	11	0.4	7
Rustic Bread and Butter (V)	434.6	22	1825.6	22	18.3	26	9.7	48	53.3	20	1.4	2	14.9	30	4.9	20	1.4	23
Rustic Bread and Olives (V)	974.5	49	4064.6	48	59.2	85	11.7	58	81.1	31	9.7	11	20.0	40	6.4	27	3.8	64
Saag Aloo	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	21
Salad Bowl (V)	67.9	3	281.3	3	4.9	7	0.5	3	5.2	2	4.0	4	1.0	2	1.8	8	0.2	4
Salad Sticks - Kids Extra	18.7	1	77.2	1	0.3	0	0.1	0	3.6	1	3.3	4	0.6	1	1.9	8	0.1	1
Salted Caramel and Pecan Brownie - Milestone	886.1	44	3713.8	44	42.8	61	20.1	100	112.0	43	102.4	114	11.0	22	3.8	16	0.5	8
Sandwich Garnish	99.0	5	409.9	5	7.1	10	1.2	6	7.3	3	6.1	7	2.0	4	3.0	12	0.0	0

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	%
Sausage - Extra	154.9	8	641.3	8	12.3	18	4.1	20	4.2	2	2.2	2	5.9	12	2.1	9	0.3	6
Sausages - Children's - Skin On Fries	613.5	31	2556.2	30	36.1	52	10.7	54	51.5	20	8.8	10	16.9	34	7.5	31	1.1	19
Sauteed Flat Mushrooms (V)	117.6	6	485.6	6	11.7	17	7.1	35	0.7	0	0.4	0	2.6	5	2.1	9	0.3	4
Scampi 5pc - Add On	88.4	4	373.5	4	0.1	0	0.0	0	15.5	6	3.0	3	6.2	12	2.2	9	1.2	19
Side Salad - Side	18.3	1	75.7	1	1.1	2	0.2	1	1.6	1	1.4	2	0.5	1	0.8	3	0.0	0
Sirloin Steak - 8oz - Skin on Fries	982.4	49	4077.0	49	52.1	74	19.4	97	55.0	21	5.2	6	67.1	134	11.1	46	0.9	15
Sirloin Steak - 8oz (500 Calories)	510.0	26	2126.4	25	30.4	43	12.6	63	4.0	2	3.6	4	55.2	110	2.4	10	0.4	6
Skin on Fries - Kids Extra	251.1	13	1050.4	13	11.4	16	2.5	13	32.3	12	0.7	1	3.4	7	2.8	12	0.1	2
Skin on Fries 140g	251.1	13	1050.4	13	11.4	16	2.5	13	32.3	12	0.7	1	3.4	7	2.8	12	0.1	2
Skin on Fries 227g (V)	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
Spaghetti Hoops - Kids Extra	52.6	3	223.3	3	0.2	0	0.0	0	10.7	4	3.8	4	1.7	3	0.5	2	0.3	5
Standard Vegetable Accompaniment - Milestone Rotisserie (V)	93.6	5	391.4	5	1.0	1	0.3	1	13.5	5	8.8	10	6.4	13	6.9	29	0.1	2
Sweet Potato Fries Side Order (V)	401.8	20	1681.2	20	17.9	26	3.9	20	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
Sweet Potato Fries Upgrade (V)	401.8	20	1681.4	20	17.9	26	3.9	20	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
Sweetcorn - Kids Extra	119.1	6	502.1	6	1.3	2	0.1	0	22.2	9	2.6	3	3.0	6	3.3	14	0.5	8
Takeaway Rotisserie Chicken	1661.1	83	6921.3	82	94.9	136	26.4	132	1.3	0	0.0	0	199.4	399	0.5	2	4.4	74
Thai Fiery Chilli Sauce - Top It	84.8	4	359.3	4	0.6	1	0.1	0	18.2	7	13.5	15	0.7	1	2.3	9	3.8	63
Thai Sweet Chilli Sauce - Top It	177.8	9	802.5	10	0.2	0	0.0	0	47.0	18	43.9	49	0.0	0	0.0	0	0.5	9
Tiger Fries Side Order (V)	405.2	20	1695.5	20	18.2	26	4.1	20	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
Tiger Fries Upgrade (V)	103.5	5	434.2	5	3.7	5	0.7	3	15.3	6	0.3	0	1.6	3	1.3	6	0.1	1
Tiger Fries Upgrade (V)	405.2	20	1695.5	20	18.2	26	4.1	20	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
Tiger Tops - Mexican	799.7	40	3334.6	40	49.8	71	21.9	110	64.6	25	8.8	10	21.2	42	5.8	24	2.7	44
Tikka Spiced - Top It	330.4	17	1363.1	16	31.6	45	3.0	15	7.3	3	3.6	4	2.2	4	4.3	18	2.5	42
Today's Soup (V)	434.8	22	1789.6	21	23.2	33	9.1	46	45.5	18	10.6	12	10.9	22	5.4	23	1.5	25
Tortilla Factory (buttermilk) TILL ONLY	721.9	36	3026.0	36	31.1	44	12.3	62	75.8	29	8.9	10	31.5	63	5.8	24	2.7	45
Tortilla Factory (Rotisserie)	972.2	49	4060.9	48	49.0	70	16.5	82	64.5	25	8.4	9	65.0	130	5.4	23	3.2	53
Towering Beer Battered Onion Rings (V)	782.9	39	3274.6	39	46.4	66	8.7	44	85.5	33	18.8	21	8.7	17	5.8	24	4.3	72
Tuna - Extra	99.0	5	422.0	5	0.6	1	0.2	1	0.0	0	0.0	0	23.5	47	0.0	0	0.8	13
Tuna Mayonnaise Jacket Potato	637.7	32	2669.0	32	32.5	46	8.9	45	57.9	22	12.2	14	31.4	63	9.2	38	2.4	40
Two Fried Eggs (V)	224.0	11	930.5	11	18.7	27	4.0	20	1.1	0	1.1	1	14.1	28	0.0	0	0.4	7

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	%		
Upgrade King Prawn Skewers	36.8	2	155.8	2	0.2	0	0.0	0	0.1	0	0.0	0	8.5	17	0.0	0	0.2	4
Upgrade Sweet Potato Fries (V)	273.4	14	1144.3	14	12.2	17	2.7	13	35.7	14	0.8	1	3.7	7	3.1	13	0.2	3
Veg Pasta Shells - LN16	591.6	30	2479.4	30	19.2	27	7.2	36	83.3	32	10.4	12	15.9	32	10.7	45	1.4	23
Vegetable Lasagne (V) (TILL ONLY)	583.7	29	2447.7	29	26.1	37	6.1	31	61.7	24	14.7	16	13.3	27	5.5	23	3.8	64
Vegetable Lasagne (V) 500 Calories (TILL ONLY)	397.9	20	1670.6	20	15.8	23	3.4	17	42.4	16	14.3	16	10.1	20	4.3	18	3.3	56
Vegetable Samosas (V) - Side Order	144.9	7	604.8	7	6.3	9	1.9	9	20.5	8	3.7	4	1.0	2	1.3	5	0.4	6
Vegetables Side	93.6	5	391.4	5	1.0	1	0.3	1	13.5	5	8.8	10	6.4	13	6.9	29	0.1	2
Veggie Tortilla Factory - Children's 2016	590.2	30	2469.5	29	25.7	37	9.9	50	71.0	27	14.4	16	16.1	32	8.0	33	2.1	35
Whole Rotisserie Chicken	1661.1	83	6921.3	82	94.9	136	26.4	132	1.3	0	0.0	0	199.4	399	0.5	2	4.4	74
Whole Rotisserie Chicken to Share	1992.0	100	8315.8	99	106.5	152	31.3	157	24.7	10	1.1	1	232.1	464	1.6	7	5.7	96
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
Yorkshire Pudding (V) - Side	70.0	4	294.3	4	2.1	3	0.2	1	10.9	4	1.4	2	1.8	4	0.6	3	0.2	3
Yuca Fries 250g (V)	334.2	17	1410.1	17	9.5	14	2.6	13	62.5	24	0.0	0	0.0	0	2.5	10	2.1	34
Yuca Fries Upgrade	334.2	17	1410.1	17	9.5	14	2.6	13	62.5	24	0.0	0	0.0	0	2.5	10	2.1	34