

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	%
Adult Carvery - Taverners	1025.8	51	28.6	41	10.5	53	124.2	54	27.2	30	68.8	153	22.3	93	5.6	94
Adult Vegetarian Carvery (V) - Taverners	1924.2	96	111.0	159	45.6	228	189.2	82	35.7	40	33.2	74	26.7	111	6.3	105
Apple Crumble (V) - Taverners	380.8	19	12.3	18	4.5	22	61.6	27	35.8	40	7.4	16	1.8	7	0.3	5
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
Battered Onion Rings (V) Side Order 6s	180.7	9	10.9	16	2.2	11	18.8	8	2.9	3	2.1	5	2.0	8	0.7	12
Beef and Horseradish Melt Baguette	955.7	48	44.2	63	18.6	93	81.6	35	8.5	9	56.8	126	5.4	23	3.0	50
Beef Madras - Large Naan	1167.2	58	37.6	54	11.2	56	155.5	68	29.7	33	42.0	93	14.0	58	5.3	89
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
Breaded Mushrooms - 8 - Taverners	368.6	18	21.3	30	9.1	46	34.2	15	2.3	3	8.5	19	5.1	21	2.3	38
Breaded Mushrooms - Taverners	448.8	22	24.8	35	11.3	56	43.6	19	4.0	4	10.9	24	6.9	29	2.7	45
Carvery Bap - Beef and Horseradish	782.2	39	33.7	48	9.5	48	74.4	32	8.4	9	46.3	103	5.1	21	2.5	42
Carvery Bap - Gammon and Mustard	677.2	34	22.3	32	5.9	29	76.4	33	8.3	9	42.5	95	4.7	20	6.3	104
Carvery Bap - Triple Stacker	677.1	34	21.9	31	6.7	33	68.4	30	9.7	11	51.8	115	4.2	17	3.5	58
Carvery Bap - Turkey and Stuffing	598.6	30	12.1	17	3.2	16	75.9	33	4.3	5	46.1	102	4.4	18	3.4	56
Channa Masala (V) - Side Order	274.0	14	14.4	21	1.0	5	23.8	10	6.6	7	9.6	21	6.4	27	1.8	30
Cheese Sprinkle	218.4	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	32	0.0	0	1.1	18
Cheesy Garlic Bread (V)	626.0	31	44.1	63	21.7	109	30.8	13	1.6	2	25.4	56	2.2	9	2.2	37
Cheesy Roast Potatoes (V) - Taverners	407.3	20	20.4	29	11.4	57	41.8	18	1.5	2	17.0	38	2.8	12	1.1	18
Chicken and Gammon Dijon Mustard Pie - Taverners Carvery	1385.4	69	64.6	92	27.4	137	158.2	69	34.9	39	45.5	101	23.6	98	4.2	70
Chicken Dippers - Children's - Taverners	437.1	22	20.7	30	2.6	13	48.1	21	4.0	4	16.2	36	5.6	23	2.2	36
Chicken Jalfrezi - Large Naan	1031.2	52	25.4	36	5.7	29	159.6	69	28.0	31	46.8	104	13.0	54	4.2	70
Chicken Passanda - Large Naan	1184.2	59	40.3	58	16.3	81	152.1	66	28.0	31	48.5	108	11.3	47	4.1	69
Chicken Tikka Masala - Large Naan	1054.9	53	27.7	40	9.1	46	151.4	66	27.7	31	44.1	98	12.6	53	3.5	58
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
Child's Carvery - Taverners	700.0	35	19.9	28	7.1	35	83.2	36	20.7	23	46.9	104	15.1	63	4.2	70
Chipolata Side - Taverners	67.5	3	3.2	5	1.2	6	0.7	0	0.3	0	9.0	20	0.0	0	0.5	8
Chocolate Fudge Cake (V)	344.4	17	14.4	21	4.9	25	49.3	21	44.5	49	4.3	10	1.8	8	0.4	7
Chocolate Ice Cream Sundae (V) - Children's	180.7	9	12.5	18	8.3	42	14.0	6	13.9	15	2.9	6	0.5	2	0.1	2
Chocolate Indulgence Sundae (V)	719.1	36	40.7	58	26.2	131	76.5	33	70.8	79	10.5	23	1.9	8	0.4	7
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

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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 Fingers - Children's - Taverners	441.4	22	19.1	27	2.0	10	51.2	22	4.5	5	17.5	39	6.0	25	2.2	37
Gammon Ham and English Mustard Melt Baguette	863.9	43	34.2	49	15.4	77	83.4	36	8.4	9	53.5	119	5.1	21	6.3	105
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 Apple Crumble Cake - Taverners	925.1	46	49.8	71	22.8	114	109.8	48	61.0	68	9.1	20	5.3	22	0.4	6
Giant Bakewell Tart - Taverners	1065.0	53	59.6	85	18.6	93	142.4	62	103.1	115	10.9	24	3.1	13	1.2	20
Giant Flaky Chocolate Cheesecake - Taverners	934.4	47	64.8	93	38.1	190	74.0	32	50.4	56	13.2	29	2.0	8	1.0	17
Giant Hot Pudding Tower - Taverners	855.2	43	42.6	61	17.3	87	109.7	48	80.5	89	7.3	16	2.1	9	1.1	18
Giant Marshmallow Gateau - Taverners	1063.9	53	72.5	104	33.7	168	89.7	39	65.6	73	12.5	28	2.5	10	0.3	5
Giant New York Cheesecake - Taverners	937.9	47	49.3	70	28.6	143	108.9	47	78.7	87	14.3	32	0.9	4	0.3	5
Giant Red Velvet Cheesecake - Taverners	1007.7	50	68.8	98	35.7	178	114.3	50	43.5	48	8.9	20	1.7	7	0.7	12
Giant Rocky Raspberry and Chocolate Doughnut Gateau - Taverners	1096.2	55	73.9	106	32.8	164	94.6	41	71.0	79	12.6	28	3.9	16	0.6	10
Giant Terribly Delicious Carrot Cake - Taverners	1234.9	62	72.2	103	23.2	116	136.7	59	102.0	113	9.4	21	2.7	11	0.5	9
Giant Toffee and Banana Milkshake Cake - Taverners	1224.9	61	65.8	94	22.3	112	141.8	62	95.2	106	9.4	21	2.1	9	1.7	29
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
Lamb Saag Masala - Large Naan	1163.8	58	43.0	61	10.8	54	147.0	64	24.6	27	41.7	93	13.0	54	4.2	70
Large Adult Carvery - Taverners	1384.2	69	37.7	54	13.3	67	169.6	74	33.5	37	92.5	205	28.6	119	7.9	131
Liver, Bacon and Onions - Taverners	954.7	48	36.2	52	11.5	58	101.6	44	25.1	28	56.2	125	21.8	91	5.6	93
Mashed Potato Side Order 280g	245.0	12	9.2	13	5.9	30	34.1	15	2.3	3	3.4	8	4.5	19	0.7	12
Meat-Free Carvery (V) - Taverners	807.6	40	17.8	25	6.3	31	139.0	60	27.4	30	23.4	52	22.8	95	6.0	100
Neapolitan Belgian Waffle (V) - Taverners Carvery	820.0	41	39.2	56	20.7	103	103.5	45	65.2	72	11.8	26	3.0	13	1.3	22
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
Pedigree Sausages & Mash - Taverners	1141.5	57	39.2	56	14.0	70	147.4	64	28.7	32	44.0	98	25.9	108	5.4	90
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)	184.9	9	4.1	6	0.4	2	29.3	13	7.0	8	7.5	17	0.5	2	2.1	34
Pork Sausages - Children's - Taverners	576.8	29	33.7	48	9.0	45	47.3	21	4.8	5	20.7	46	6.7	28	3.4	57
Prawn Cocktail - Sliced Bread	401.8	20	22.6	32	5.3	26	29.1	13	7.7	9	20.8	46	3.5	14	2.1	35
Prawn Dopiazza	1014.2	51	24.2	35	6.4	32	152.8	66	23.3	26	38.0	85	15.7	65	4.8	80
Quorn Sausages (V) - Children's - Taverners	398.2	20	15.3	22	2.2	11	46.2	20	4.6	5	18.7	41	9.2	38	2.7	45

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Quorn Sausages (V) - Taverners	981.9	49	23.1	33	7.4	37	148.5	65	29.3	33	40.3	90	31.3	131	4.1	68
Roast Potatoes (V) - Side Order	182.9	9	2.7	4	0.3	1	38.4	17	1.3	1	4.0	9	2.7	11	0.1	2
Roasted Chicken Crown - Taverners	1170.5	59	46.4	66	14.2	71	100.1	44	26.1	29	85.8	191	22.2	93	4.5	76
Roasted Roots Crown (V) - Taverners Carvery	1137.4	57	53.5	76	23.6	118	127.0	55	34.7	39	25.7	57	25.0	104	3.2	53
Saag Aloo (V) - Side Order	224.0	11	13.2	19	1.0	5	20.4	9	5.2	6	4.4	10	4.0	17	1.2	21
Salmon with Hollandaise Sauce - Taverners Carvery	1053.3	53	50.9	73	16.1	81	94.3	41	27.7	31	55.6	124	20.8	87	2.6	43
Simply Delicious/Plain and Simple - Vanilla Only	476.2	24	21.8	31	10.9	55	61.0	27	61.0	68	8.8	20	0.6	3	0.6	10
Small Plate Carvery - Taverners	637.9	32	18.1	26	6.4	32	75.8	33	18.9	21	42.7	95	13.7	57	3.8	64
Soup of the Day (V) - Taverners	324.9	16	18.5	26	8.5	43	31.9	14	9.0	10	7.9	18	4.5	19	0.9	14
Steak and Ale Pie - Taverners Carvery	1457.0	73	63.3	90	22.2	111	180.4	78	32.0	36	45.3	101	23.6	98	4.0	67
Strawberry Ice Cream Sundae (V) - Children's	161.6	8	11.7	17	7.9	39	11.7	5	11.9	13	2.3	5	0.1	1	0.1	2
Syrup Sponge Pudding (V)	764.3	38	25.5	36	4.1	21	124.4	54	97.0	108	9.1	20	0.9	4	1.2	20
Triple Stacker Melt Baguette	1050.3	53	40.5	58	18.7	93	94.0	41	12.0	13	75.4	168	5.7	24	4.7	79
Turkey and Stuffing Melt Baguette	965.8	48	29.7	42	15.0	75	102.6	45	6.0	7	69.2	154	5.9	25	4.6	77
Ultimate Combo - Taverners	1363.6	68	81.1	116	22.7	114	90.7	39	13.3	15	64.4	143	11.2	47	6.2	104
Vegetable Dopiazza (V) - Large Naan	946.2	47	23.3	33	6.1	30	152.8	66	23.3	26	23.0	51	15.7	65	4.6	76
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
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