

## 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	%		
TST Braised Steak	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
TST DN <600 Classic Beef Burger	542.4	27	2271.1	27	22.6	32	7.7	38	46.4	18	10.5	12	40.6	81	4.8	20	2.8	47
TST DN <600 Classic Chicken Burger	454.0	23	2096.0	25	11.9	17	2.2	11	45.9	18	12.2	14	53.7	107	6.3	26	2.0	34
TST DN <600 Gammon Steak	588.9	29	2523.1	30	21.6	31	7.8	39	22.0	8	19.3	21	77.7	155	4.3	18	7.8	131
TST DN <600 Hunter's Chicken	482.2	24	2206.7	26	26.0	37	11.3	56	17.9	7	17.1	19	66.8	134	4.6	19	3.8	64
TST DN <600 Lasagne	537.4	27	2244.9	27	27.7	40	13.2	66	38.6	15	18.8	21	33.1	66	5.3	22	2.5	42
TST DN <600 Ultimate Burger (V)	580.4	29	2435.2	29	26.3	38	5.7	29	55.1	21	12.3	14	31.9	64	7.3	31	2.8	47
TST DN <600 Vegan Ultimate Burger (Ve)	477.7	24	2006.8	24	18.1	26	1.7	8	49.1	19	11.2	12	27.6	55	6.7	28	1.9	32
TST DN 100's & 1000's - Extra	39.8	2	169.3	2	0.0	0	0.0	0	9.9	4	8.5	9	0.0	0	0.0	0	0.0	0
TST DN Add 3 Onion Rings (Ve)	538.2	27	2248.4	27	34.6	49	6.5	33	53.1	20	5.2	6	6.3	13	4.2	17	2.5	42
TST DN Add on Baked Beans (Ve)	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.9	15
TST DN Add on Black Pudding	200.5	10	840.2	10	8.3	12	3.1	16	16.7	6	3.9	4	14.7	29	0.0	0	1.8	30
TST DN Add on Flat Mushrooms (Ve)	95.7	5	395.0	5	9.7	14	1.2	6	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
TST DN Add on Free Range Poached Egg (V)	73.4	4	306.3	4	5.0	7	1.4	7	0.0	0	0.2	0	7.1	14	0.0	0	0.5	8
TST DN Add on Free Range Scrambled Egg (V)	140.9	7	587.5	7	10.2	15	4.7	23	3.1	1	3.3	4	9.4	19	0.0	0	0.5	8
TST DN Add on Grilled Beef Tomato Wedge (Ve)	8.5	0	36.5	0	0.2	0	0.1	0	1.6	1	1.6	2	0.4	1	0.7	3	0.0	0
TST DN Add on Hash Brown (Ve) - Extra	115.6	6	481.6	6	6.8	10	2.9	14	11.5	4	0.4	0	1.2	2	1.5	6	0.3	5
TST DN Add on 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
TST DN Add on Sliced Sauteed Peppers (Ve)	181.4	9	747.1	9	18.6	27	2.2	11	3.2	1	3.1	3	0.5	1	1.1	4	0.0	0
TST DN Afternoon Tea	2197.3	110	9209.7	110	113.4	162	48.6	243	223.3	86	113.6	126	70.1	140	11.1	46	6.8	114
TST DN Apple Juice (Ve)	194.0	10	837.6	10	0.5	1	0.0	0	49.7	19	49.7	55	1.4	3	9.5	39	0.0	0
TST DN Apple Pie (V)	283.6	14	1195.7	14	9.3	13	4.5	23	45.1	17	26.9	30	5.1	10	1.8	8	0.3	4
TST DN Bacon - Rasher of Back Bacon - 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	2.1	34
TST DN Bacon Buttie	538.5	27	2257.8	27	34.6	49	14.5	73	45.3	17	1.2	1	36.6	73	4.2	17	5.2	87
TST DN BBQ Chicken Strips	630.1	32	2621.3	31	35.3	50	12.3	62	44.4	17	8.5	9	33.4	67	3.3	14	1.4	23
TST DN BBQ Jackfruit Salad (Ve)	172.1	9	722.8	9	4.0	6	0.4	2	29.8	11	20.7	23	3.9	8	5.2	22	1.2	20
TST DN BBQ Jackfruit Salad with Chicken	270.7	14	1230.3	15	6.6	9	1.1	6	30.7	12	21.7	24	26.8	54	6.0	25	1.6	26
TST DN BBQ Jackfruit Wrap (Ve)	669.4	33	2808.4	33	22.3	32	5.8	29	100.0	38	16.3	18	12.6	25	9.2	38	2.0	33
TST DN Beef Burger - 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
TST DN Beef Madras	1180.4	59	4969.6	59	35.9	51	10.8	54	167.3	64	31.4	35	43.3	87	15.0	63	4.6	77
TST DN Beer & Marmite Sauce	57.8	3	240.8	3	2.8	4	1.3	6	5.7	2	1.7	2	2.6	5	0.4	2	0.7	12

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST DN Beer & Marmite Steak	1254.0	63	5230.2	62	70.0	100	23.2	116	77.5	30	11.2	12	73.8	148	13.4	56	2.3	39
TST DN Beer Battered Onion Rings (V) - Side Order	513.0	26	2142.8	26	33.0	47	6.2	31	50.6	19	5.0	6	6.0	12	4.0	17	2.4	40
TST DN Big Breakfast	1632.0	82	6799.0	81	108.9	156	33.3	166	104.0	40	12.4	14	81.2	162	15.9	66	8.8	147
TST DN Big Breakfast (V)	1313.4	66	5479.5	65	73.6	105	19.2	96	105.5	41	10.4	12	52.6	105	21.4	89	4.5	75
TST DN Blue Moon Burger	1232.6	62	5149.7	61	62.7	90	24.8	124	106.0	41	8.8	10	61.1	122	9.1	38	4.4	73
TST DN Blueberry Muffin (V)	433.1	22	1813.7	22	19.8	28	2.0	10	58.1	22	31.7	35	5.2	10	0.6	2	0.4	6
TST DN Bowl of Pigs in Blankets	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
TST DN Bowl of Yorkshire Puddings Side Order (V)	1231.5	62	5118.0	61	96.1	137	15.7	79	64.9	25	6.6	7	35.8	72	3.2	13	1.1	18
TST DN Breaded Mushrooms (V)	375.4	19	1584.8	19	17.3	25	2.8	14	44.6	17	11.3	13	8.5	17	4.3	18	2.0	33
TST DN Breakfast Muffin - Sausage & Bacon	383.2	19	1603.3	19	19.5	28	6.9	35	37.3	14	1.6	2	26.7	53	2.8	11	3.2	53
TST DN Breakfast Muffin - Sausage & Egg	440.2	22	1837.0	22	22.6	32	5.2	26	37.3	14	1.8	2	21.8	44	2.8	11	1.3	22
TST DN Breakfast Muffin - Sausage & Egg (V)	394.6	20	1650.5	20	17.1	24	3.0	15	39.7	15	1.5	2	19.7	39	4.1	17	1.4	24
TST DN Brie (V) - Extra	85.4	4	354.2	4	7.0	10	4.9	25	0.3	0	0.3	0	5.3	11	0.0	0	0.4	7
TST DN Burger Bun (V) - Extra	185.4	9	783.2	9	2.5	4	0.5	2	33.4	13	4.0	4	6.3	13	1.7	7	0.8	13
TST DN Buttermilk Chicken - Extra	418.5	21	1747.9	21	25.2	36	9.3	46	23.7	9	2.0	2	24.1	48	3.0	13	1.2	20
TST DN Buttermilk Chicken Burger	1653.4	83	6920.3	82	101.4	145	20.2	101	141.1	54	13.5	15	44.0	88	12.4	52	4.1	69
TST DN Buttermilk Chicken Wrap	1114.2	56	4664.9	56	61.9	88	15.8	79	101.6	39	6.8	8	34.2	68	10.3	43	2.3	38
TST DN Carrot Cake (V)	420.7	21	1768.1	21	19.4	28	5.5	28	58.2	22	40.9	45	4.5	9	1.3	6	0.6	9
TST DN Charred Chicken Pathia	1061.1	53	4481.2	53	27.9	40	6.8	34	148.1	57	18.8	21	56.1	112	13.1	55	3.3	55
TST DN Cheddar Cheese & Red Onion Sandwich (V)	834.3	42	3498.1	42	42.1	60	20.0	100	82.3	32	3.6	4	31.2	62	7.7	32	2.3	38
TST DN Cheddar Cheese & Tomato Wrap	945.4	47	3960.9	47	51.2	73	25.6	128	81.4	31	5.8	6	37.0	74	8.2	34	2.7	45
TST DN Cheddar Cheese (V) - Extra	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
TST DN Cheesy Garlic Ciabatta Side Order (V)	624.4	31	2673.6	32	26.8	38	12.5	63	69.9	27	6.4	7	24.7	49	4.2	17	1.9	31
TST DN Cheesy Hobgob Nachos	319.4	16	1340.5	16	18.0	26	6.4	32	28.9	11	1.4	2	9.4	19	1.6	7	1.5	25
TST DN Chicken and Bacon Club Sandwich	1096.5	55	4690.3	56	55.0	79	17.8	89	108.3	42	5.9	7	58.9	118	11.2	46	4.6	77
TST DN Chicken Jalfrezi	1064.8	53	4493.6	53	25.7	37	5.7	29	171.3	66	27.6	31	48.0	96	14.4	60	4.2	71
TST DN Chicken Korma	1333.4	67	5581.5	66	47.1	67	27.8	139	176.1	68	39.5	44	50.7	101	14.0	58	4.2	70
TST DN Chicken Tikka Masala	1088.6	54	4595.6	55	28.0	40	9.1	46	163.2	63	27.3	30	45.3	91	14.0	58	3.6	59
TST DN Children's Apple Juice (Ve)	97.0	5	418.8	5	0.2	0	0.0	0	24.8	10	24.8	28	0.7	1	4.7	20	0.0	0
TST DN Children's Cheese & Tomato Pizza (V)	668.9	33	2811.3	33	26.5	38	14.7	73	83.6	32	10.4	12	26.3	53	8.7	36	2.3	38

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST DN Children's Chicken Dippers	543.6	27	2277.7	27	30.2	43	8.9	45	52.8	20	7.1	8	13.9	28	7.9	33	0.9	15
TST DN Children's Chocolate Brownie (V)	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
TST DN Children's Fish Fingers Goujons	615.2	31	2581.2	31	31.7	45	10.8	54	52.8	20	6.9	8	28.1	56	8.1	34	0.9	15
TST DN Children's Ice Cream (V)	320.0	16	1347.0	16	9.7	14	5.9	30	55.0	21	45.2	50	2.9	6	0.3	1	0.2	3
TST DN Children's Orange Juice (Ve)	42.4	2	180.9	2	0.1	0	0.0	0	9.7	4	9.7	11	1.3	3	2.6	11	0.0	0
TST DN Children's Pineapple Juice (Ve)	48.9	2	209.9	2	0.2	0	0.0	0	12.0	5	12.0	13	0.5	1	1.9	8	0.0	0
TST DN Children's Sausages	464.2	23	1951.0	23	21.4	31	8.2	41	45.3	17	8.4	9	21.2	42	8.8	37	1.0	17
TST DN Children's Sausages (V)	373.0	19	1578.1	19	10.5	15	3.7	19	50.0	19	7.7	9	16.9	34	11.5	48	1.3	21
TST DN Chips (V) (Ve) - Side Order	371.4	19	1553.5	18	16.2	23	6.5	32	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
TST DN 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
TST DN Chocolate Fudge Cake (V)	660.8	33	2772.9	33	26.1	37	8.7	44	99.1	38	83.8	93	6.7	13	4.2	17	0.7	12
TST DN Chocolate Indulgence Sundae (V)	655.6	33	2739.3	33	36.8	53	22.6	113	73.0	28	61.4	68	7.5	15	2.1	9	0.4	7
TST DN Classic Beef Burger	1021.1	51	4273.2	51	44.9	64	13.3	66	105.7	41	8.7	10	48.3	97	8.4	35	3.4	57
TST DN Classic Breakfast	819.9	41	3415.6	41	51.3	73	16.7	84	55.6	21	10.0	11	45.4	91	10.1	42	5.1	85
TST DN Classic Breakfast (V)	639.5	32	2667.8	32	32.4	46	9.0	45	54.6	21	8.2	9	29.9	60	13.5	56	2.7	45
TST DN Classic Chicken Burger	1067.7	53	4691.0	56	39.1	56	9.0	45	120.4	46	11.9	13	70.3	141	11.3	47	3.0	50
TST DN Classic Eggs Benedict (V)	512.8	26	2152.0	26	29.7	42	11.5	58	39.8	15	4.2	5	21.7	43	2.3	10	2.2	36
TST DN Coconut Shrimp	316.1	16	1312.0	16	24.8	35	4.2	21	13.9	5	5.8	6	8.8	18	0.9	4	0.9	16
TST DN Croissants (V)	324.9	16	1361.7	16	16.5	24	9.8	49	39.2	15	3.2	4	6.6	13	3.1	13	0.9	15
TST DN Danishes (V)	338.3	17	1414.6	17	21.4	31	8.4	42	33.1	13	10.4	12	2.9	6	2.0	9	0.4	6
TST DN DD <600 Classic Beef Burger	542.4	27	2271.1	27	22.6	32	7.7	38	46.4	18	10.5	12	40.6	81	4.8	20	2.8	47
TST DN DD <600 Classic Chicken Burger	454.0	23	2096.0	25	11.9	17	2.2	11	45.9	18	12.2	14	53.7	107	6.3	26	2.0	34
TST DN DD <600 Ultimate Burger (V)	580.4	29	2435.2	29	26.3	38	5.7	29	55.1	21	12.3	14	31.9	64	7.3	31	2.8	47
TST DN DD <600 Vegan Ultimate Burger (Ve)	477.7	24	2006.8	24	18.1	26	1.7	8	49.1	19	11.2	12	27.6	55	6.7	28	1.9	32
TST DN DD Apple Pie (V)	283.6	14	1195.7	14	9.3	13	4.5	23	45.1	17	26.9	30	5.1	10	1.8	8	0.3	4
TST DN DD Breaded Mushrooms (V)	375.4	19	1584.8	19	17.3	25	2.8	14	44.6	17	11.3	13	8.5	17	4.3	18	2.0	33
TST DN DD Chicken & Stuffing Pie	891.1	45	3816.4	45	41.3	59	17.1	86	96.1	37	12.8	14	36.6	73	10.8	45	2.5	42
TST DN DD Chilli Con Carne	457.2	23	1936.6	23	9.4	13	2.8	14	81.6	31	5.6	6	14.3	29	5.6	23	1.6	26
TST DN DD Chocolate Fudge Cake (V)	660.8	33	2772.9	33	26.1	37	8.7	44	99.1	38	83.8	93	6.7	13	4.2	17	0.7	12
TST DN DD Cottage Pie	595.1	30	2491.5	30	22.4	32	7.0	35	68.6	26	9.4	10	23.4	47	12.2	51	1.8	29
TST DN DD Fish 'n' Chips	767.1	38	3226.8	38	42.3	60	12.5	62	59.8	23	6.5	7	32.3	65	9.1	38	1.5	25

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST DN DD Gammon Steak	816.3	41	2492.1	30	25.5	36	9.3	46	43.6	17	7.8	9	52.6	105	9.6	40	4.4	74
TST DN DD Golden Breaded Scampi	576.9	29	2438.1	29	27.0	39	8.0	40	63.2	24	6.6	7	16.8	34	9.9	41	2.0	34
TST DN DD Ham Egg and Chips	733.4	37	3056.0	36	46.1	66	11.9	59	31.9	12	2.0	2	45.4	91	4.5	19	3.9	64
TST DN DD Hunter's Chicken	602.2	30	2612.4	31	33.7	48	14.8	74	42.9	17	12.9	14	46.7	93	6.3	26	3.6	59
TST DN DD Ice Cream (V)	332.6	17	1389.4	17	17.6	25	10.6	53	38.1	15	32.6	36	4.9	10	0.3	1	0.3	6
TST DN DD Jacket - Cheddar Cheese & Baked Beans (V)	512.4	26	2144.8	26	21.5	31	13.1	65	63.1	24	8.0	9	20.0	40	10.0	42	1.7	29
TST DN DD Jacket - Cheddar Cheese & Ham (V)	567.7	28	2377.3	28	32.3	46	19.4	97	42.9	16	2.7	3	29.1	58	4.6	19	2.5	41
TST DN DD Jacket Potato - Tuna Mayonnaise	466.8	23	1956.1	23	22.7	32	8.3	41	44.6	17	3.8	4	23.4	47	5.3	22	1.2	21
TST DN DD Macaroni Cheese (V)	1163.5	58	4914.3	59	41.6	59	24.3	121	160.1	62	8.0	9	34.3	69	5.7	24	2.2	36
TST DN DD Mexican Nachos (V)	329.0	16	1389.6	17	19.8	28	7.9	39	26.4	10	1.8	2	10.3	21	2.0	9	1.5	26
TST DN DD Sausage & Mash	613.4	31	2566.1	31	27.2	39	10.5	53	57.8	22	6.7	7	33.6	67	9.8	41	2.1	35
TST DN DD Sausage & Mash (V)	476.6	24	2006.7	24	10.8	15	3.8	19	64.8	25	5.7	6	27.3	55	13.9	58	2.4	40
TST DN DD Soup (V)	303.1	15	1275.3	15	13.8	20	4.5	23	37.1	14	10.4	12	7.8	16	3.3	14	1.8	30
TST DN DD Steak & Ale Pie	897.8	45	3748.9	45	45.4	65	18.2	91	91.9	35	6.8	8	25.3	51	10.3	43	1.7	29
TST DN DD Sweet Potato Jacket - BBQ Jackfruit (Ve)	316.7	16	1343.7	16	4.0	6	0.5	2	67.4	26	26.0	29	4.9	10	9.2	38	1.4	23
TST DN DD Sweet Potato Jacket - Fruity Chicken	383.2	19	1625.7	19	4.8	7	1.4	7	73.3	28	18.0	20	13.8	28	8.6	36	0.6	10
TST DN Double Dip Chicken	738.5	37	3085.9	37	53.1	76	13.7	69	32.7	13	3.5	4	32.5	65	4.1	17	1.9	32
TST DN Energy Boost Juice (Ve)	163.6	8	694.4	8	0.5	1	0.1	1	39.5	15	35.9	40	2.7	5	4.3	18	0.2	4
TST DN Fish & Chips Bites	345.9	17	1442.0	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.7	11	1.5	25
TST DN Fish and Chips	1439.3	72	6032.9	72	79.7	114	26.3	131	112.1	43	7.9	9	62.1	124	13.4	56	2.3	39
TST DN Flapjack (V)	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
TST DN Free Range Fried Egg (V) - Extra	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
TST DN Fried Bread (Ve)	348.7	17	1466.5	17	13.3	19	2.0	10	45.3	17	1.1	1	12.6	25	4.2	17	0.9	15
TST DN Fruity Chicken Salad	432.6	22	1821.8	22	8.7	12	2.6	13	63.1	24	17.7	20	23.7	47	6.0	25	0.8	14
TST DN Fruity Chicken Wrap	735.9	37	3090.4	37	23.0	33	6.8	34	105.9	41	8.3	9	21.5	43	8.6	36	1.2	20
TST DN Gammon Steak	1195.0	60	4104.0	49	41.5	59	15.3	77	60.9	23	8.9	10	92.6	185	12.6	53	8.4	139
TST DN Garlic Ciabatta Side Order (V) (Ve)	406.0	20	1760.8	21	8.8	13	1.3	7	69.8	27	6.3	7	10.2	20	4.2	17	0.8	13
TST DN Golden Breaded Scampi	884.5	44	3725.4	44	42.2	60	13.3	66	95.5	37	7.6	8	26.5	53	13.6	57	3.3	55
TST DN Grilled Cheese Sandwich (V)	854.3	43	3580.3	43	44.2	63	21.5	108	80.3	31	2.3	3	32.7	65	7.2	30	2.5	41
TST DN Homemade Slaw (V) - Side Order	175.5	9	726.5	9	14.7	21	1.2	6	22.1	8	6.1	7	1.4	3	3.7	15	2.0	34

## 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	%
TST DN Hunter's Chicken	995.1	50	4351.4	52	51.1	73	23.3	116	72.6	28	26.8	30	79.9	160	11.1	46	5.0	83
TST DN Hunter's Steak	1240.9	62	5180.3	62	74.5	106	29.8	149	68.7	26	18.4	20	79.4	159	10.6	44	4.5	76
TST DN Ice Cream Sundae (V)	537.3	27	2241.2	27	34.1	49	20.9	104	51.2	20	43.1	48	6.1	12	1.0	4	0.4	6
TST DN In the Buff Burger	1051.9	53	4411.5	53	45.7	65	15.2	76	112.7	43	11.3	13	47.6	95	8.7	36	3.6	60
TST DN Jalapenos (40g) Extra (V) (Ve)	7.6	0	88.8	1	0.0	0	0.0	0	1.6	1	0.4	0	0.4	1	1.6	7	0.6	11
TST DN Jam (Ve) - Extra	54.6	3	232.2	3	0.0	0	0.0	0	13.6	5	13.6	15	0.1	0	0.2	1	0.0	0
TST DN Japanese Karaage Style Chicken	428.0	21	1788.5	21	27.7	40	5.8	29	11.9	5	4.0	4	32.3	65	0.4	2	1.4	23
TST DN Karaage Chicken - Extra	338.6	17	1420.0	17	18.1	26	5.2	26	10.6	4	3.4	4	33.0	66	0.3	1	1.0	17
TST DN Karaage Chicken Burger	1163.7	58	4872.3	58	56.6	81	12.3	61	115.3	44	12.5	14	47.8	96	8.7	36	3.3	55
TST DN Katsu Chicken	811.8	41	3420.5	41	31.6	45	9.6	48	98.1	38	9.0	10	35.6	71	6.7	28	3.0	50
TST DN Katsu Chicken Curry Burger	1076.5	54	4515.5	54	47.5	68	12.1	60	123.3	47	13.6	15	39.0	78	9.5	40	4.2	70
TST DN Katsu Sauce (V) - Extra	99.0	5	416.0	5	5.7	8	1.3	7	10.1	4	6.4	7	1.4	3	1.1	5	0.9	15
TST DN Lasagne	729.3	36	3078.3	37	31.9	46	13.8	69	71.4	27	20.1	22	37.7	75	6.6	27	2.9	49
TST DN Lemon Drizzle (V)	271.3	14	1136.9	14	12.3	18	10.1	50	37.9	15	27.0	30	3.0	6	0.5	2	0.4	7
TST DN Macaroni Cheese (V)	1185.8	59	5008.2	60	42.0	60	24.4	122	164.3	63	11.8	13	35.2	70	7.3	30	2.2	36
TST DN Macaroni Cheese Burger (V) - Extra	363.4	18	1514.5	18	20.4	29	10.3	52	34.4	13	2.7	3	12.6	25	4.4	18	0.8	13
TST DN Macaroni Cheese W/ Bacon	1383.9	69	5833.7	69	64.3	92	32.7	164	164.3	63	11.8	13	59.2	118	7.3	30	6.3	105
TST DN Macaroni Cheese W/ Chicken	1321.9	66	5584.1	66	44.0	63	24.9	125	164.3	63	11.8	13	64.7	129	7.3	30	2.3	38
TST DN Macaroni Cheese W/ Jalapenos (V)	1204.8	60	5230.2	62	42.0	60	24.4	122	168.2	65	12.8	14	36.2	72	11.3	47	3.8	63
TST DN Mexican Burger Stack	1742.5	87	7271.1	87	99.7	142	44.9	224	151.5	58	32.6	36	59.1	118	11.7	49	5.6	93
TST DN Mexican Nachos (V)	329.0	16	1389.6	17	19.8	28	7.9	39	26.4	10	1.8	2	10.3	21	2.0	9	1.5	26
TST DN Mixed Olives Plate (V) (Ve)	444.8	22	1880.8	22	24.7	35	5.2	26	40.4	16	5.1	6	6.0	12	2.2	9	2.4	39
TST DN Monterey Jack (V) - 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
TST DN NGCI Bacon Buttie	543.8	27	2267.4	27	42.1	60	17.0	85	36.3	14	3.1	3	31.3	63	7.2	30	6.0	100
TST DN NGCI Beef Madras	874.1	44	3678.3	44	29.1	42	7.1	35	117.3	45	27.3	30	35.0	70	8.6	36	4.4	73
TST DN NGCI Cheddar Cheese & Red Onion Sandwich (V)	739.1	37	3088.5	37	41.8	60	19.3	96	66.6	26	4.9	5	20.1	40	9.4	39	2.0	33
TST DN NGCI Chicken and Bacon Club Sandwich	938.6	47	4011.6	48	53.9	77	16.5	82	83.2	32	7.7	9	41.4	83	13.5	56	4.0	67
TST DN NGCI Chicken Jalfrezi	758.5	38	3202.3	38	18.9	27	2.0	10	121.3	47	23.5	26	39.8	80	7.9	33	4.0	67
TST DN NGCI Chicken Korma	1027.1	51	4290.3	51	40.4	58	24.1	120	126.1	49	35.4	39	42.5	85	7.6	31	4.0	66
TST DN NGCI Chicken Tikka Masala	782.3	39	3304.3	39	21.3	30	5.4	27	113.2	44	23.2	26	37.1	74	7.6	31	3.3	55

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST DN NGCI Grilled Cheese Sandwich (V)	809.6	40	3378.9	40	48.8	70	23.9	120	64.4	25	3.4	4	23.7	47	8.8	37	2.3	39
TST DN NGCI Hunter's Steak	1210.5	61	5053.1	60	72.2	103	30.4	152	62.2	24	18.5	21	83.2	166	10.4	43	4.3	72
TST DN NGCI Ice Cream Sundae (V)	505.2	25	2104.9	25	33.4	48	20.5	102	45.0	17	39.7	44	5.8	12	1.0	4	0.3	5
TST DN NGCI Macaroni Cheese (V)	993.9	50	4174.8	50	37.8	54	23.7	119	131.4	51	10.6	12	30.6	61	6.0	25	1.8	30
TST DN NGCI Macaroni Cheese W/ Bacon	1192.0	60	5000.3	60	60.0	86	32.1	160	131.4	51	10.6	12	54.5	109	6.0	25	5.9	98
TST DN NGCI Macaroni Cheese W/ Chicken	1130.1	57	4750.7	57	39.8	57	24.3	121	131.4	51	10.6	12	60.0	120	6.0	25	1.9	32
TST DN NGCI Macaroni Cheese W/ Jalapenos (V)	1012.9	51	4396.8	52	37.8	54	23.7	119	135.3	52	11.6	13	31.6	63	10.0	42	3.4	56
TST DN NGCI Mexican Burger Stack	1703.5	85	7108.1	85	98.6	141	44.9	224	145.2	56	33.0	37	58.0	116	11.5	48	5.4	90
TST DN NGCI Rump Steak	1010.3	51	4215.5	50	54.3	78	19.8	99	55.6	21	5.7	6	69.2	138	11.2	47	1.0	17
TST DN NGCI Sausage Buttie	565.3	28	2355.2	28	32.4	46	12.7	64	42.5	16	5.1	6	21.6	43	8.6	36	1.9	31
TST DN NGCI Toast and Butter (V)	423.6	21	1764.5	21	23.6	34	11.6	58	45.7	18	3.9	4	2.5	5	9.0	37	1.3	21
TST DN NGCI Vegan Ice Cream Sundae (Ve)	359.3	18	1507.1	18	13.1	19	11.4	57	52.5	20	35.9	40	1.4	3	9.8	41	0.1	1
TST DN NGCI Vegetable Jalfrezi (V)	795.9	40	3345.1	40	25.4	36	2.3	12	125.8	48	28.6	32	17.0	34	10.3	43	4.2	70
TST DN Orange Juice (Ve)	63.5	3	271.3	3	0.2	0	0.0	0	14.6	6	14.6	16	1.9	4	3.9	16	0.0	0
TST DN Pancakes w/ Crispy Bacon & Maple Syrup	560.1	28	2347.9	28	26.0	37	8.6	43	76.3	29	32.8	36	30.1	60	1.6	7	4.9	81
TST DN Pancakes w/ Fresh Banana & Maple Syrup (V)	487.4	24	2054.4	24	4.1	6	0.4	2	107.0	41	60.4	67	7.8	16	3.6	15	0.7	12
TST DN Panko Chicken Schnitzel - Extra	411.3	21	1726.6	21	20.4	29	6.2	31	29.2	11	0.8	1	28.2	56	1.7	7	2.0	34
TST DN Pepper Sauce	78.8	4	331.5	4	5.7	8	3.5	17	5.5	2	2.6	3	1.1	2	0.5	2	0.6	9
TST DN Pineapple Juice (Ve)	97.8	5	419.8	5	0.5	1	0.0	0	24.1	9	24.1	27	1.0	2	3.8	16	0.0	0
TST DN Pineapplicious Juice (Ve)	130.0	6	557.2	7	0.6	1	0.0	0	31.4	12	31.4	35	1.9	4	5.8	24	0.0	0
TST DN Potato Swap - 150g Chips to Jacket	111.4	6	469.1	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
TST DN Potato Swap - 150g Chips to Skin on Fries	24.8	1	103.7	1	1.1	2	0.2	1	3.2	1	0.1	0	0.3	1	0.3	1	0.0	0
TST DN Potato Swap - 227g Chips to Jacket	41.8	2	175.9	2	1.1	2	0.7	3	7.4	3	0.3	0	0.9	2	0.7	3	0.0	1
TST DN Potato Swap - 227g Chips to Skin on Fries	37.2	2	155.5	2	1.7	2	0.4	2	4.9	2	0.1	0	0.5	1	0.4	2	0.0	0
TST DN Pulled Ham & Ale Burger	1430.3	72	5989.9	71	68.1	97	23.4	117	136.2	52	12.0	13	67.9	136	10.5	44	5.4	89
TST DN Pulled Ham and Ale Melt	808.5	40	3395.2	40	36.9	53	15.4	77	85.5	33	3.1	3	32.4	65	7.3	31	3.3	55
TST DN Route 66 Burger	1391.8	70	5816.4	69	69.4	99	20.9	104	129.3	50	15.9	18	62.7	125	12.3	51	4.3	72
TST DN Rump Steak	1138.5	57	4751.2	57	62.6	89	21.4	107	68.3	26	7.0	8	70.7	141	12.2	51	1.6	27
TST DN Salad Bowl (V) (Ve)	22.3	1	93.9	1	0.4	1	0.1	0	4.1	2	3.9	4	0.9	2	1.6	7	0.0	0
TST DN Salted Caramel & Welsh Fudge Brownie (V)	587.5	29	2458.3	29	31.1	44	14.2	71	68.9	26	62.1	69	6.1	12	3.1	13	0.1	2

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST DN Salted Caramel Yum Yum Pudding (V)	814.9	41	3400.1	40	48.8	70	27.1	135	82.5	32	57.9	64	11.1	22	2.8	11	1.0	17
TST DN Sausage Buttie	560.6	28	2348.3	28	26.9	38	11.1	56	50.7	19	2.9	3	28.9	58	5.4	23	1.9	31
TST DN Shroom Burger	1267.5	63	5304.1	63	60.0	86	19.5	98	126.6	49	9.8	11	54.8	110	9.5	39	4.4	73
TST DN Shroom Burger (V)	1283.2	64	5375.6	64	59.9	86	14.3	72	141.1	54	12.0	13	43.3	87	12.5	52	4.2	70
TST DN Shroom Burger (V) - Add On	255.9	13	1071.0	13	15.7	22	6.5	32	21.7	8	1.1	1	6.7	13	1.1	5	1.0	17
TST DN Skin on Fries (V) (Ve)- Side Order	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
TST DN Slice of Toast and Butter (V)	185.1	9	777.3	9	7.8	11	4.1	21	22.7	9	0.6	1	6.4	13	2.1	9	0.6	10
TST DN Smothered Wedges: Cheese and Bacon	582.4	29	2472.4	29	11.6	17	3.4	17	112.9	43	4.3	5	13.9	28	12.8	53	0.1	2
TST DN Smothered Wedges: Mexican (V) (Ve)	589.1	29	2500.8	30	11.7	17	3.4	17	114.2	44	4.3	5	14.1	28	13.0	54	0.1	2
TST DN Soya Burger (Ve) - 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
TST DN Spray Cream (V) - Extra	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
TST DN Steak & Horseradish Wrap	1015.0	51	4238.3	50	54.5	78	13.8	69	86.6	33	9.2	10	40.7	81	8.3	35	2.0	34
TST DN Stilton (V) - Extra	102.5	5	424.5	5	8.8	13	5.8	29	0.0	0	0.0	0	5.9	12	0.0	0	0.5	8
TST DN Sugar & Spice Doughnut Bon Bons (V)	488.6	24	2045.1	24	20.8	30	8.1	40	62.9	24	18.6	21	12.9	26	2.5	10	1.6	27
TST DN Sunday Lunch (V) Cheese & Pickle Tart (V)	1487.2	74	6205.5	74	87.5	125	33.3	167	138.1	53	23.6	26	36.2	72	19.8	82	4.3	72
TST DN Sunday Lunch - Children's Roast Chicken	974.0	49	4070.6	48	48.8	70	12.4	62	80.8	31	22.2	25	55.1	110	11.1	46	3.6	60
TST DN Sunday Lunch - Children's Roast Leg of Pork	829.8	41	3467.2	41	44.0	63	11.4	57	76.3	29	16.7	19	34.1	68	10.4	43	2.5	42
TST DN Sunday Lunch - Children's Roast Yorkshire Topside Beef	757.1	38	3163.8	38	41.0	59	10.5	52	57.4	22	13.8	15	40.4	81	9.3	39	3.1	51
TST DN Sunday Lunch - Roast Chicken	1592.3	80	6654.2	79	80.0	114	21.2	106	118.0	45	29.5	33	101.9	204	20.4	85	5.7	95
TST DN Sunday Lunch - Roast Leg of Pork	1325.6	66	5535.3	66	70.9	101	19.5	98	113.4	44	23.8	26	60.1	120	19.3	80	3.5	59
TST DN Sunday Lunch - Roast Yorkshire Topside Beef	1226.8	61	5130.6	61	61.4	88	17.2	86	94.5	36	20.9	23	74.3	149	17.8	74	4.3	72
TST DN Sunday Lunch - Sunday Best	1886.0	94	7873.5	94	107.0	153	28.2	141	121.1	47	22.7	25	112.5	225	20.3	85	6.2	104
TST DN Sweet Potato Fries (V) (Ve) - Side Order	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
TST DN Sweet Potato Fries 150g (V) (Ve)- Upgrade	256.6	13	1073.7	13	11.4	16	2.5	13	33.5	13	0.7	1	3.5	7	2.9	12	0.1	2
TST DN Sweet Potato Fries 227g (V) (Ve)- Upgrade	256.6	13	1073.7	13	11.4	16	2.5	13	33.5	13	0.7	1	3.5	7	2.9	12	0.1	2
TST DN Sweet Potato Jacket - BBQ Jackfruit (Ve)	316.7	16	1343.7	16	4.0	6	0.5	2	67.4	26	26.0	29	4.9	10	9.2	38	1.4	23
TST DN Sweet Potato Jacket - Fruity Chicken	383.2	19	1625.7	19	4.8	7	1.4	7	73.3	28	18.0	20	13.8	28	8.6	36	0.6	10

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST DN Tempura Cod Goujons & Tartare Sandwich	1052.9	53	4404.0	52	55.3	79	16.8	84	97.4	37	5.8	6	39.6	79	8.4	35	2.2	37
TST DN Texan Toast (V)	668.1	33	2856.7	34	26.8	38	12.5	63	79.7	31	15.8	18	25.1	50	4.7	20	2.4	40
TST DN The Don Burger (V)	1327.2	66	5553.2	66	57.7	82	19.7	98	170.6	66	22.2	25	33.2	66	15.2	63	3.6	61
TST DN The Open Omelette	886.9	44	3701.1	44	69.2	99	30.6	153	11.0	4	9.6	11	72.9	146	2.7	11	4.7	79
TST DN The Open Veggie Omelette (V)	806.8	40	3373.4	40	54.4	78	24.5	122	18.3	7	9.8	11	64.8	130	6.0	25	3.3	55
TST DN The Stacker Burger	1794.6	90	7501.1	89	92.7	132	35.4	177	167.9	65	23.2	26	87.1	174	14.9	62	8.0	133
TST DN Tiger Fries (V) (Ve) - Side Order	400.0	20	1673.8	20	17.8	25	3.9	20	52.2	20	1.1	1	5.4	11	4.5	19	0.2	4
TST DN Toast and Butter (V)	370.1	19	1554.7	19	15.6	22	8.2	41	45.4	17	1.2	1	12.7	25	4.2	17	1.2	19
TST DN Triple Chocolate Muffin (V)	447.2	22	1872.7	22	20.3	29	4.5	22	57.9	22	34.8	39	6.4	13	3.5	15	0.2	4
TST DN Ultimate Burger (V)	1260.0	63	5272.6	63	63.6	91	13.1	65	126.5	49	13.1	15	43.5	87	12.2	51	4.7	78
TST DN Vegan Apple Pie (V) (Ve)	285.9	14	1199.4	14	11.7	17	7.2	36	40.3	15	23.1	26	2.7	5	4.9	21	0.1	2
TST DN Vegan Ice Cream Sundae (Ve)	354.7	18	1487.9	18	12.9	18	11.2	56	51.8	20	35.5	39	1.4	3	9.7	40	0.1	1
TST DN Vegan Ultimate Burger (Ve)	1231.2	62	5159.6	61	54.8	78	8.9	44	137.5	53	12.1	13	42.1	84	13.3	55	3.4	57
TST DN Vegan Vegetable Jalfrezi (Ve)	653.0	33	2738.4	33	24.9	36	2.2	11	95.9	37	16.0	18	12.1	24	9.8	41	2.4	40
TST DN Vegan XL Ultimate Burger (Ve)	1263.7	63	5294.7	63	58.7	84	8.3	42	124.1	48	11.9	13	54.5	109	13.7	57	4.0	66
TST DN Vegetable Jalfrezi (V)	1102.2	55	4636.4	55	32.1	46	6.1	30	175.8	68	32.7	36	25.2	50	16.7	70	4.4	73
TST DN Veggie Mexican Burger Stack (V)	1832.5	92	7653.4	91	104.3	149	41.1	206	174.3	67	37.4	42	47.0	94	15.8	66	5.6	93
TST DN Victoria Sponge Cake (V)	427.0	21	1789.0	21	21.8	31	9.3	47	54.4	21	38.5	43	4.3	9	0.7	3	0.8	13
TST DN Waffle w/ Crispy Bacon & Maple Syrup	723.1	36	3032.0	36	47.5	68	20.3	102	67.7	26	32.0	36	30.0	60	2.0	8	5.2	86
TST DN Waffle w/ Fresh Banana & Maple Syrup (V)	650.4	33	2738.5	33	25.6	37	12.1	61	98.3	38	59.5	66	7.6	15	3.9	16	1.1	18
TST DN Wild Berry Juice (Ve)	49.6	2	210.1	3	0.2	0	0.0	0	11.6	4	10.3	11	1.3	3	2.8	12	0.3	5
TST DN XL Blue Moon Burger	1518.2	76	6339.7	75	78.6	112	31.6	158	108.4	42	9.0	10	93.9	188	9.3	39	5.9	98
TST DN XL Buttermilk Chicken Burger	1687.6	84	7060.3	84	103.2	147	24.2	121	133.6	51	12.5	14	56.3	113	12.6	52	4.4	73
TST DN XL Classic Beef Burger	1306.7	65	5463.2	65	60.9	87	20.1	100	108.1	42	8.9	10	81.1	162	8.5	36	4.9	82
TST DN XL Classic Chicken Burger	1129.9	56	5113.0	61	39.5	56	9.2	46	107.1	41	12.3	14	107.3	215	11.6	48	3.3	56
TST DN XL In the Buff Burger	1293.3	65	5426.4	65	56.2	80	20.2	101	122.1	47	14.0	16	75.2	150	9.2	38	5.0	83
TST DN XL Karaage Chicken Burger	1385.8	69	5804.3	69	68.9	98	16.1	80	116.6	45	14.7	16	74.1	148	8.3	35	4.0	66
TST DN XL Katsu Chicken Curry Burger	1133.3	57	4754.4	57	51.5	74	13.8	69	117.6	45	11.4	13	50.1	100	8.7	36	4.7	79
TST DN XL Mexican Burger Stack	1705.7	85	7116.0	85	97.2	139	43.4	217	126.8	49	27.0	30	80.0	160	9.8	41	6.0	101
TST DN XL NGCI Mexican Burger Stack	1672.5	84	6977.2	83	96.2	137	43.3	217	120.7	46	27.1	30	79.9	160	9.5	40	5.9	98
TST DN XL Pulled Ham & Ale Burger	1423.1	71	5953.9	71	70.1	100	25.3	127	111.2	43	9.8	11	86.5	173	8.5	36	5.7	96



## 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	%
TST DN XL Route 66 Burger	1406.2	70	5873.3	70	71.7	102	23.4	117	108.0	42	13.2	15	82.0	164	10.3	43	4.9	82
TST DN XL Shroom Burger	1553.1	78	6494.1	77	76.0	109	26.3	132	129.0	50	10.0	11	87.6	175	9.6	40	5.9	98
TST DN XL Shroom Burger (V)	1316.5	66	5514.5	66	63.1	90	13.1	66	130.3	50	12.0	13	54.4	109	13.1	55	4.6	77
TST DN XL The Don Burger (V)	1429.6	71	5976.1	71	66.6	95	25.9	130	172.0	66	20.7	23	39.0	78	16.6	69	3.7	62
TST DN XL The Stacker Burger	1756.4	88	7338.0	87	91.8	131	35.8	179	141.7	55	19.5	22	102.9	206	12.5	52	8.0	134
TST DN XL Ultimate Burger (V)	1284.1	64	5373.9	64	65.6	94	11.9	59	116.4	45	12.8	14	54.2	108	12.7	53	5.0	83
TST DN XL Veggie Mexican Burger Stack (V)	1856.6	93	7756.7	92	104.9	150	36.7	184	162.9	63	34.4	38	62.0	124	16.6	69	6.1	101
TST DN Yucatan Pickles (V) - Extra	823.0	41	3483.9	41	2.7	4	0.0	0	171.0	66	131.7	146	13.7	27	17.4	72	5.6	93
TST LN Guerrilla Gluttony	1844.2	92	7703.6	92	99.2	142	35.2	176	143.2	55	19.9	22	99.3	199	12.6	53	6.8	114
TST LN The Kong	3924.5	196	16406.0	195	213.2	305	79.1	396	313.5	121	41.0	46	209.7	419	30.7	128	16.9	282