

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	%
A Bit of What You Fancy	495.2	25	21.0	30	8.5	43	64.4	28	3.6	4	7.1	16	8.3	35	0.3	5
All Day Breakfast	990.3	50	52.6	75	18.5	93	75.0	33	13.2	15	49.1	109	10.8	45	5.0	83
B.L.T	803.7	40	46.2	66	10.3	51	67.4	29	4.8	5	28.3	63	4.2	18	4.7	79
Backyard BBQ Burger	1074.7	54	48.0	69	18.5	93	90.3	39	14.6	16	64.4	143	8.9	37	3.2	54
Bacon - Rasher of Streaky - Extra	84.9	4	6.8	10	2.5	12	0.0	0	0.0	0	6.0	13	0.0	0	1.1	18
Bacon - Toastie Element	169.8	8	13.6	19	4.9	25	0.0	0	0.0	0	12.0	27	0.0	0	2.1	35
Baguette and Butter (V) - Side Order	409.0	20	12.7	18	7.7	38	61.9	27	3.8	4	10.3	23	3.0	13	1.3	21
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
Baked Beans (V) - Toastie Element	39.5	2	0.1	0	0.0	0	6.3	3	2.5	3	2.4	5	1.9	8	0.3	5
Bang Bang Vegetable Curry (V)	923.7	46	24.1	34	4.3	22	154.9	67	51.0	57	15.3	34	10.2	42	3.9	66
Battered 'n' Fried Pickles (V)	329.4	16	28.3	40	7.3	37	16.1	7	7.8	9	1.2	3	0.6	2	0.9	14
Battered Onion Rings (V) - Side Order	457.2	23	27.5	39	5.6	28	47.5	21	7.3	8	5.2	12	5.0	21	1.8	30
Battered Onion Rings (V) - To Share	914.3	46	54.9	78	11.1	56	94.9	41	14.7	16	10.4	23	10.0	42	3.6	60
Battered Onion Rings (V) 2s	76.2	4	4.6	7	0.9	5	7.9	3	1.2	1	0.9	2	0.8	3	0.3	5
BBQ Chicken and Bacon Melt Baguette	904.0	45	37.8	54	12.6	63	87.3	38	12.7	14	51.4	114	5.4	22	4.7	79
BBQ Sauce (V) - For Loaded Chicken	129.0	6	0.2	0	0.0	0	29.0	13	27.8	31	1.0	2	1.5	6	1.5	25
Beef Burger 6oz - Extra	285.8	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	73	0.2	1	1.5	25
Beef Burger 6oz - Plain	843.6	42	34.7	50	13.1	65	81.7	36	6.5	7	45.7	101	8.2	34	2.5	42
Beef Lasagne	630.6	32	32.3	46	13.3	67	61.5	27	12.4	14	23.0	51	5.9	25	2.4	40
Beef Lasagne < 500 Kcal	431.8	22	21.0	30	10.4	52	41.4	18	11.3	13	19.5	43	4.4	18	1.9	31
Beef Madras	1022.3	51	37.3	53	8.4	42	127.4	55	27.2	30	36.3	81	10.2	42	5.2	86
Beer Battered Fish and Chips	1469.2	73	71.3	102	21.9	109	121.4	53	7.4	8	76.7	170	15.6	65	3.3	55
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
Blueberry Crumble Cheesecake (V)	778.0	39	51.3	73	33.9	169	62.7	27	42.5	47	9.2	20	1.0	4	0.4	7
Bubblicious Sundae (V)	908.7	45	45.9	66	27.3	137	113.5	49	79.7	89	9.5	21	1.7	7	1.0	16
Bubblegum Milkshake (V)	493.1	25	26.7	38	16.3	81	49.8	22	44.1	49	25.7	57	0.3	1	0.3	6
Burrito - Bang Bang Vegetable (V)	1063.5	53	38.2	55	13.8	69	154.5	67	42.6	47	17.6	39	13.5	56	3.0	51
Burrito - BBQ Chicken	1108.5	55	33.7	48	13.2	66	138.7	60	34.5	38	57.0	127	11.7	49	4.0	67
Burrito - Chipotle Pulled Chicken	988.2	49	31.0	44	12.6	63	134.7	59	27.9	31	36.4	81	11.5	48	3.1	52
Burrito - Hickory BBQ Pulled Pork	1099.1	55	43.1	62	17.8	89	136.7	59	32.6	36	34.6	77	10.9	46	2.7	45
Burrito Sauce - Extra - Green Chilli (V)	180.9	9	18.5	26	1.7	9	2.9	1	0.7	1	0.4	1	0.1	1	0.4	7

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	%
Burrito Sauce - Extra - Guacamole (V)	45.9	2	3.1	4	2.0	10	3.4	1	2.1	2	0.7	1	0.7	3	0.6	10
Burrito Sauce - Extra - Habanero (V)	26.8	1	0.7	1	0.1	1	3.0	1	1.9	2	0.7	2	0.7	3	1.9	32
Burrito Sauce - Extra - Soured Cream (V)	99.1	5	9.5	14	6.3	31	2.3	1	2.2	2	1.2	3	0.1	0	0.1	1
Burrito Sauce - Extra - Tomato Salsa (V)	25.8	1	0.2	0	0.1	1	5.0	2	3.4	4	0.6	1	0.7	3	0.8	14
Cadbury Flake - Sundae Extra	85.6	4	4.9	7	3.0	15	9.0	4	8.9	10	1.3	3	0.1	0	0.0	1
Cajun Chicken	761.8	38	32.4	46	11.8	59	64.0	28	6.1	7	49.7	110	10.0	41	3.0	50
Cauli Cheese Tart (V) - Sunday (Premium)	1302.9	65	75.2	107	23.6	118	126.0	55	16.2	18	32.4	72	16.5	69	8.3	138
Cauli Cheese Tart (V) - Sunday Junior (Premium)	1062.6	53	64.3	92	19.1	95	94.9	41	11.4	13	27.0	60	10.4	43	6.0	101
Challenge the Curry	2562.2	128	80.6	115	17.8	89	397.5	173	142.3	158	39.7	88	33.7	140	10.1	169
Cheddar Cheese & Baked Beans Jacket (V)	597.2	30	31.7	45	19.6	98	56.6	25	6.5	7	24.4	54	8.4	35	1.9	32
Cheddar Cheese (V) - Extra	114.8	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	16	0.0	0	0.5	8
Cheddar Cheese (V) - Toastie Element	114.8	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	16	0.0	0	0.5	8
Cheddar Cheese and BBQ Sauce (V) - Steak Topper	265.7	13	19.3	28	12.2	61	8.2	4	7.8	9	14.3	32	0.4	2	1.4	24
Cheddar Cheese and Onion Sandwich (V)	855.7	43	50.8	73	23.3	117	64.0	28	4.5	5	34.3	76	4.1	17	2.8	47
Cheese Slice - Extra	40.2	2	3.2	5	2.2	11	0.4	0	0.4	0	2.4	5	0.0	0	0.4	7
Cheesy Chips 227g (V) - Side Order	465.8	23	24.0	34	11.7	59	45.4	20	0.9	1	12.7	28	5.7	24	0.7	12
Cheesy Chips 454g (V) - To Share	931.6	47	48.1	69	23.5	117	90.9	40	1.9	2	25.3	56	11.3	47	1.5	24
Cheesy French Fries 227g (V) - Side Order	530.2	27	28.2	40	13.9	69	53.4	23	0.9	1	11.5	26	5.7	24	0.7	12
Cheesy French Fries 454g (V) - To Share	1060.4	53	56.3	80	27.8	139	106.7	46	1.9	2	23.1	51	11.4	47	1.5	24
Cheesy Garlic Bread (V)	512.8	26	35.4	51	16.3	81	28.6	12	1.6	2	19.0	42	2.2	9	1.7	29
Cheesy Jalapeño Poppers (V)	421.1	21	24.4	35	7.5	38	39.6	17	9.7	11	9.2	21	2.5	10	2.5	41
Chicken and Bacon Club Sandwich	1098.7	55	52.0	74	10.8	54	107.2	47	4.4	5	50.7	113	7.8	32	5.3	88
Chicken and Bacon Salad	516.7	26	30.0	43	7.3	36	7.9	3	7.4	8	54.7	122	3.9	16	3.4	57
Chicken Balti	930.5	47	30.2	43	3.0	15	118.9	52	22.8	25	41.1	91	9.5	40	5.1	84
Chicken Battered Fillet Burger - Plain	1007.8	50	42.8	61	14.6	73	102.7	45	6.7	7	47.2	105	9.1	38	2.2	36
Chicken Tikka Masala	910.1	46	27.5	39	6.4	32	123.3	54	25.1	28	38.4	85	8.8	37	3.4	56
Chicken Tikka Toasted Sandwich	439.4	22	18.1	26	2.7	14	40.9	18	4.4	5	28.0	62	4.6	19	1.3	21
Chicken Tikka Topped Naan	497.9	25	20.3	29	2.7	14	50.0	22	5.2	6	27.3	61	5.0	21	1.3	22
Chipotle Prawns	315.8	16	22.0	31	3.0	15	19.1	8	2.2	2	9.4	21	1.4	6	1.8	30
Chips (V) - For Loaded Chicken	439.3	22	18.0	26	7.1	35	56.8	25	1.1	1	7.1	16	7.1	30	0.3	5

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	%
Chips 227g (V) - Side Order	351.0	18	14.4	21	5.7	28	45.4	20	0.9	1	5.7	13	5.7	24	0.2	4
Chips 454g (V) - To Share	702.0	35	28.8	41	11.3	57	90.8	39	1.8	2	11.3	25	11.3	47	0.5	8
Chocolate Crownie (V)	763.4	38	34.5	49	12.7	64	88.4	38	59.4	66	10.8	24	2.3	10	0.8	14
Chocolate Flake (V) - Milkshake Extra	85.6	4	4.9	7	3.0	15	9.0	4	8.9	10	1.3	3	0.1	0	0.0	1
Chocolate Fudge Cake (V)	844.0	42	32.0	46	11.1	55	128.5	56	112.2	125	10.0	22	4.7	20	0.9	16
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
Chocolate Milkshake (V)	585.9	29	21.5	31	13.4	67	81.6	35	69.7	77	27.5	61	2.5	11	0.3	5
Chocolate Sauce (V) - Milkshake Extra	80.9	4	0.1	0	0.1	1	19.2	8	13.6	15	0.4	1	0.6	3	0.0	0
Coriander & Lime Rice (V) - For Loaded Chicken	271.4	14	4.9	7	0.5	2	51.0	22	0.8	1	4.8	11	0.9	4	0.6	9
Corn on the Cob (V) - For Loaded Chicken	99.0	5	2.1	3	0.3	2	17.4	8	2.1	2	3.8	8	2.6	11	0.0	0
Crispy Buttermilk Chicken Strips	493.7	25	29.2	42	9.7	48	24.2	11	1.5	2	32.9	73	1.5	6	2.3	38
Curly Fries 227g (V) - Side Order	457.3	23	25.1	36	4.6	23	53.3	23	2.5	3	4.8	11	3.6	15	1.5	25
Curly Fries 454g (V) - To Share	914.6	46	50.1	72	9.2	46	106.7	46	5.0	6	9.5	21	7.3	30	3.0	49
Curry Sauce (V) - Extra	38.0	2	2.6	4	1.6	8	2.9	1	1.5	2	0.6	1	0.2	1	0.3	5
Custard (V) - 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
D'aim of the Game Milkshake (V) - Daim Bar	503.1	25	26.6	38	14.6	73	52.5	23	52.4	58	25.1	56	0.6	2	0.5	8
Daim Bar - Confectionary	148.4	7	8.7	12	4.5	22	16.5	7	16.4	18	0.8	2	0.3	1	0.2	4
Egg Mayonnaise Baguette (V)	786.7	39	38.2	55	5.6	28	82.5	36	5.3	6	26.5	59	4.4	18	2.4	39
El Grande Nachos (V)	648.3	32	37.0	53	14.8	74	58.4	25	5.9	7	17.0	38	5.3	22	3.4	57
Extra Battered Chicken Fillet	225.0	11	12.0	17	4.2	21	11.7	5	0.2	0	17.2	38	0.5	2	0.6	10
Fish and Chips	1461.1	73	71.3	102	21.9	109	120.7	52	7.4	8	76.6	170	15.6	65	3.3	55
Flat Mushroom(V) - Extra	58.6	3	6.0	9	3.7	18	0.2	0	0.1	0	0.9	2	0.7	3	0.1	2
French Fries 227g (V) - Side Order	415.4	21	18.5	26	7.8	39	53.3	23	0.9	1	4.5	10	5.7	24	0.2	4
French Fries 454g (V) - To Share	830.8	42	37.1	53	15.6	78	106.7	46	1.8	2	9.1	20	11.4	47	0.5	8
Fried Chicken and Waffles	1318.3	66	65.1	93	24.7	124	133.1	58	48.4	54	47.5	106	6.4	27	3.3	55
Fried Egg - 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
Fried Onion Upgrade	78.0	4	4.8	7	0.5	3	8.1	4	5.7	6	1.2	3	1.9	8	0.0	0
Fries (V) - For Loaded Chicken	519.7	26	23.2	33	9.8	49	66.7	29	1.1	1	5.7	13	7.1	30	0.3	5
Gammon Steak 8oz	995.1	50	40.0	57	14.7	74	71.3	31	8.1	9	79.3	176	13.2	55	7.9	131
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 Gammon Steak	1508.9	75	67.1	96	22.3	111	77.7	34	12.6	14	141.2	314	14.2	59	14.2	236

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	%
Gold Rush Choco-Nut Stack (V)	1001.2	50	50.4	72	23.0	115	126.1	55	104.0	116	12.8	28	4.7	19	0.8	13
Golden Breaded Mushrooms (V)	398.2	20	17.2	25	10.7	53	48.0	21	9.8	11	10.7	24	6.8	28	2.6	43
Golden Scampi	1046.8	52	47.1	67	14.7	73	116.9	51	12.7	14	30.6	68	17.6	73	4.1	68
Gravy - Extra Jug of	23.7	1	0.9	1	0.6	3	3.8	2	0.1	0	0.1	0	0.1	0	0.5	8
Grilled Half Tomato (V) - Extra	10.1	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
Habanero Sauce (V) - For Loaded Chicken	109.0	5	4.9	7	0.7	4	11.7	5	10.4	12	0.8	2	1.6	7	4.4	73
Harissa Rice (V) - For Loaded Chicken	316.4	16	9.1	13	0.8	4	52.7	23	2.1	2	5.0	11	1.5	6	0.6	10
Herbed Potatoes (V) - Side Order	436.8	22	19.5	28	4.2	21	58.0	25	1.7	2	5.0	11	5.6	24	1.0	17
Herbed Potatoes (V) - To Share	458.4	23	20.5	29	4.4	22	60.8	26	1.8	2	5.2	12	5.9	25	1.0	17
Hickory BBQ Pulled Pork Hash Up	1289.1	64	66.9	96	27.0	135	108.2	47	46.4	52	58.2	129	9.8	41	4.7	78
Hickory BBQ Pulled Pork Jacket Potato	564.7	28	28.8	41	15.0	75	51.4	22	11.0	12	26.7	59	5.4	23	1.2	20
Hickory BBQ Pulled Pork Toasted Sandwich	644.1	32	35.8	51	12.8	64	46.1	20	10.6	12	33.8	75	4.6	19	1.8	30
Hickory BBQ Pulled Pork Topped Naan	702.6	35	38.0	54	12.8	64	55.2	24	11.5	13	33.0	73	5.0	21	1.8	31
Hokey Smoky Chicken Burger	740.4	37	23.1	33	6.9	34	87.0	38	10.2	11	40.2	89	9.8	41	3.2	53
Homemade Spiced-Slaw (V) - Extra	1913.0	96	149.0	213	10.9	54	276.6	120	74.2	82	14.2	32	40.2	167	26.6	444
Homemade Spiced-Slaw (V) - For Loaded Chicken	165.8	8	12.9	18	0.9	5	24.0	10	6.4	7	1.2	3	3.5	15	2.3	38
Homemade Spiced-Slaw (V) - Side Order	165.8	8	12.9	18	0.9	5	24.0	10	6.4	7	1.2	3	3.5	15	2.3	38
Hunter's Chicken	1087.7	54	55.0	79	25.1	126	68.4	30	12.3	14	74.9	166	9.6	40	5.0	83
Ice Cream Scoop - Extra	86.4	4	4.0	6	2.0	10	11.1	5	11.1	12	1.6	4	0.1	0	0.1	2
Jalapenos (V) - Toastie Element	18.0	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
Jalapenos (20g) Extra (V)	6.5	0	0.0	0	0.0	0	1.4	1	1.4	2	0.1	0	0.2	1	0.4	6
Jalapenos (50g) - Extra	16.2	1	0.1	0	0.0	0	3.6	2	3.4	4	0.2	0	0.4	2	1.0	16
Jam (V) - Toastie Element	109.2	5	0.0	0	0.0	0	27.2	12	27.2	30	0.1	0	0.4	2	0.0	0
Junior Sunday Lunch - Cauliflower Cheese Tart (V)	1069.6	53	67.5	96	19.0	95	88.3	38	12.2	14	25.3	56	12.5	52	3.6	60
Junior Sunday Lunch - Chicken	767.4	38	34.9	50	8.4	42	78.0	34	16.8	19	33.0	73	10.8	45	3.9	65
Junior Sunday Lunch - Roast Beef	816.5	41	47.1	67	12.8	64	59.0	26	12.8	14	37.1	82	9.7	41	3.4	57
Junior Sunday Lunch - Roast Pork	849.8	42	46.1	66	12.4	62	77.4	34	15.4	17	29.1	65	10.8	45	3.7	61
Junior Sunday Lunch - Roast Turkey	795.0	40	34.4	49	8.6	43	77.2	34	16.2	18	41.8	93	10.4	43	3.6	60
LB Breaded Plaice and Chips	774.5	39	20.3	29	5.5	28	104.0	45	8.3	9	37.6	83	13.7	57	2.1	35
LB Cauliflower Cheese Tart (V)	791.1	40	46.7	67	15.5	78	70.6	31	7.0	8	18.8	42	7.8	32	1.9	31

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	%
LB Fish and Chips	926.1	46	41.1	59	12.0	60	89.3	39	6.9	8	44.9	100	12.5	52	2.7	44
LB Gammon Steak - 4oz	635.9	32	26.8	38	9.5	48	46.9	20	7.4	8	45.9	102	9.7	40	4.6	77
LB Hunter's Chicken	610.9	31	29.7	42	13.2	66	44.5	19	10.4	12	37.6	84	5.7	24	2.7	44
LB Steak and Marston's Ale Pie	927.9	46	43.0	61	17.8	89	98.1	43	7.7	9	28.8	64	10.9	45	3.5	58
Loaded Chicken	672.0	34	41.3	59	12.2	61	0.3	0	0.3	0	74.9	166	1.6	7	2.2	37
Lunch Club Cheesy Jalapeño Poppers (V)	421.1	21	24.4	35	7.5	38	39.6	17	9.7	11	9.2	21	2.5	10	2.5	41
Lunch Club Golden Breaded Mushrooms (V)	398.2	20	17.2	25	10.7	53	48.0	21	9.8	11	10.7	24	6.8	28	2.6	43
Lunch Club Nachos (V)	648.3	32	37.0	53	14.8	74	58.4	25	5.9	7	17.0	38	5.3	22	3.4	57
Maltesers - Confectionary	186.9	9	9.3	13	5.6	28	22.9	10	19.2	21	3.0	7	0.4	2	0.1	1
Maltesers (V) - Sundae Extra	93.4	5	4.6	7	2.8	14	11.4	5	9.6	11	1.5	3	0.2	1	0.0	0
Mammoth Mixed Grill	1848.1	92	80.3	115	26.2	131	82.0	36	9.5	11	194.3	432	11.9	50	10.6	177
Mars Bar - Confectionary	229.0	11	8.7	12	4.2	21	35.1	15	30.4	34	2.2	5	0.6	3	0.1	1
Marshmallows - Milkshake Extra	48.6	2	0.0	0	0.0	0	11.3	5	10.8	12	0.8	2	0.0	0	0.0	0
Marshmallows - Sundae Extra	32.4	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
Marshmallows - Toastie Element	48.6	2	0.0	0	0.0	0	11.3	5	10.8	12	0.8	2	0.0	0	0.0	0
Mashed Potato 227g (V) - Side Order	245.0	12	9.2	13	5.9	30	34.1	15	2.3	3	3.4	8	4.5	19	0.7	12
Mega All Day Breakfast	1524.3	76	84.4	121	29.9	149	104.5	45	16.4	18	80.1	178	14.9	62	9.4	157
Mega Salted Caramel Profiterole Sundae	3293.2	165	91.0	130	53.2	266	186.8	81	156.9	174	14.2	32	6.0	25	1.6	26
Millionaires Choc-Chip Cookie (V)	816.2	41	33.8	48	19.7	98	117.9	51	96.2	107	10.0	22	3.6	15	0.7	12
Mini Bang Bang Vegetable Curry (V)	195.5	10	8.3	12	1.5	8	26.4	11	18.2	20	1.7	4	3.2	13	1.0	17
Mini Beef Lasagne	208.0	10	10.3	15	5.2	26	19.4	8	4.4	5	9.4	21	1.6	7	0.9	16
Mini Cod Gouons	460.4	23	23.4	33	7.1	35	31.6	14	1.1	1	31.8	71	2.2	9	1.5	25
Mini Meatball Melt Baguette	701.8	35	25.9	37	9.1	46	84.0	37	6.1	7	31.2	69	5.3	22	2.6	44
Mini Scampi	204.3	10	11.1	16	3.4	17	18.5	8	3.5	4	7.4	16	2.5	10	1.4	23
Mini Spicy Meatballs	214.9	11	8.0	11	3.7	18	11.3	5	3.6	4	23.6	52	1.5	6	1.9	31
Mini Vegetarian Lasagne (V)	180.0	9	6.4	9	1.4	7	20.1	9	6.1	7	4.7	10	1.6	7	1.7	28
Mixed Grill	1308.8	65	59.1	84	19.3	96	80.6	35	9.1	10	107.5	239	10.8	45	6.1	102
Mushroom (V) - Toastie Element	6.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
Naan Bread (V)	174.2	9	4.0	6	0.4	2	28.7	12	1.4	2	4.7	11	2.2	9	0.4	7
Nachos (V)	648.3	32	37.0	53	14.8	74	58.4	25	5.9	7	17.0	38	5.3	22	3.4	57
Nutella (V) - Toastie Element	272.0	14	15.8	23	5.5	27	28.7	12	27.5	31	3.0	7	1.7	7	0.0	1

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	%
Peanut Butter (V) - Milkshake Extra	310.1	16	25.2	36	4.8	24	7.8	3	2.5	3	13.1	29	3.5	15	0.5	9
Peanut Butter (V) - Toastie Element	310.1	16	25.2	36	4.8	24	7.8	3	2.5	3	13.1	29	3.5	15	0.5	9
Peas (V) - For Loaded Chicken	58.7	3	0.3	0	0.1	0	7.7	3	2.6	3	4.4	10	3.9	16	0.1	1
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
Peshwari Chicken	940.7	47	30.5	44	10.8	54	121.9	53	28.2	31	41.8	93	9.5	40	5.1	84
Pigs in Blankets (Bowl of 10)	1275.0	64	115.6	165	44.9	224	13.6	6	0.0	0	44.5	99	0.7	3	9.7	162
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 Sauce (V) - For Loaded Chicken	110.0	6	10.4	15	0.7	4	2.6	1	1.4	2	0.7	2	1.5	6	3.5	58
Pizza Burger (V)	817.4	41	32.7	47	12.9	64	101.4	44	15.7	17	23.7	53	10.5	44	3.0	50
Pizza Burger (V) - Extra	246.6	12	13.9	20	6.6	33	19.5	8	7.7	9	10.5	23	2.1	9	1.6	26
Plain and Simple Ice Cream (V)	259.1	13	11.9	17	5.9	30	33.2	14	33.2	37	4.8	11	0.3	1	0.3	6
Plain Jacket Potato (V)	292.6	15	12.1	17	7.3	37	42.9	19	2.9	3	5.5	12	4.8	20	0.3	5
Popcorn Chicken	358.4	18	15.7	22	2.4	12	24.5	11	8.5	9	29.3	65	1.1	5	1.6	27
Popcorn Chicken - Extra	165.6	8	8.1	12	1.2	6	8.4	4	0.4	0	14.9	33	0.4	2	0.6	10
Popcorn Chicken Pile Up	1032.2	52	50.6	72	13.5	67	100.5	44	5.3	6	45.0	100	9.8	41	3.1	51
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)	194.8	10	0.6	1	0.2	1	39.0	17	13.5	15	8.1	18	1.0	4	2.4	39
Prawn Cocktail	433.8	22	28.1	40	8.9	44	25.7	11	6.5	7	19.9	44	2.8	12	2.2	36
Quesadilla - Bang Bang Vegetable (V)	1120.8	56	49.4	71	20.1	100	138.2	60	41.9	47	22.7	50	13.0	54	3.1	52
Quesadilla - BBQ Chicken	1075.6	54	43.5	62	19.0	95	123.2	54	34.3	38	41.1	91	10.7	45	3.3	55
Quesadilla - Chipotle Pulled Chicken	1045.6	52	42.2	60	18.9	94	118.3	51	27.2	30	41.6	92	10.9	45	3.2	54
Quesadilla - Hickory BBQ Pulled Pork	1156.4	58	54.3	78	24.0	120	120.4	52	31.9	35	39.7	88	10.4	43	2.8	47
Red Onion (V) - Toastie Element	16.4	1	0.1	0	0.0	0	3.6	2	2.5	3	0.5	1	0.8	4	0.0	0
Roast Beef - Sunday Lunch (Premium)	1014.8	51	51.8	74	15.4	77	116.5	51	20.2	22	22.6	50	16.6	69	9.4	157
Roast Beef - Sunday Lunch Junior (Premium)	809.4	40	43.9	63	13.0	65	65.6	29	11.9	13	38.8	86	7.6	32	5.9	98
Roast Beef Baguette	763.4	38	28.6	41	7.7	38	81.7	36	4.2	5	42.3	94	5.4	22	2.8	47
Roast Pork - Sunday Lunch (Premium)	1242.2	62	71.6	102	22.8	114	100.1	44	19.1	21	51.4	114	14.5	61	7.2	121
Roast Pork - Sunday Lunch Junior (Premium)	790.5	40	44.6	64	13.1	65	68.9	30	14.3	16	29.4	65	7.9	33	4.7	78
Roast Turkey - Sunday Lunch (Premium)	1209.2	60	54.8	78	18.0	90	101.2	44	19.9	22	79.9	177	13.8	58	7.9	132
Roast Turkey - Sunday Lunch Junior (Premium)	837.5	42	42.0	60	12.9	65	70.1	30	15.1	17	45.9	102	7.7	32	5.5	92
Roasted Chicken Fillet - Extra	197.3	10	3.7	5	0.9	4	0.9	0	0.9	1	40.8	91	0.9	4	1.2	19

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	%
Rump Steak - 16oz	1516.7	76	61.3	88	21.1	105	79.7	35	7.6	8	154.4	343	13.8	57	3.8	63
Rump Steak - 8oz	1116.7	56	48.0	69	15.4	77	79.7	35	7.6	8	84.3	187	13.8	57	3.4	56
Rump Steak and Eggs	1199.7	60	48.5	69	17.1	85	85.9	37	14.4	16	96.7	215	14.4	60	2.6	44
Salad Bowl (V)	71.3	4	6.3	9	0.7	4	2.9	1	2.6	3	0.8	2	1.2	5	0.1	1
Salted Caramel Profiterole Sundae	1545.0	77	40.6	58	23.8	119	80.7	35	66.4	74	5.3	12	2.9	12	0.7	11
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
Sausage - Toastie Element	113.7	6	7.2	10	2.5	12	4.6	2	0.3	0	7.2	16	0.2	1	0.9	16
Sautéed Mushrooms (V)	54.4	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
Sautéed Onion - Extra	102.9	5	9.3	13	1.1	5	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
Scampi - Extra	170.8	9	9.3	13	2.9	14	15.5	7	3.0	3	6.2	14	2.2	9	1.2	19
Shroom and Tomato Hash Up (V)	922.5	46	45.6	65	18.1	90	106.3	46	33.4	37	30.9	69	12.0	50	5.6	93
Side Combo (V)	391.6	20	21.4	31	7.5	37	41.3	18	3.8	4	7.6	17	4.9	21	1.7	28
Side Salad (V) - For Loaded Chicken	15.8	1	0.3	0	0.1	0	2.6	1	2.4	3	0.7	2	1.2	5	0.0	0
Sirloin Steak - 8oz	1193.5	60	62.9	90	22.3	112	79.7	35	7.6	8	69.7	155	13.8	57	3.3	55
Small chips with curry	231.9	12	9.5	14	3.7	19	30.0	13	0.6	1	3.7	8	3.7	16	0.1	2
Smoked Cheddar & Sweet Red Pepper Pasta (V)	818.6	41	31.6	45	12.2	61	106.9	46	12.9	14	31.9	71	3.8	16	2.9	49
Smoky Chilli Chicken Hash Up	1034.9	52	46.3	66	18.3	91	90.5	39	27.4	30	60.0	133	9.1	38	3.6	61
Soup of the Day (V)	358.6	18	17.3	25	8.3	41	42.6	19	10.3	11	7.4	16	4.1	17	1.0	16
Spray Cream (V) - Milkshake Extra	89.9	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
Steak and Marston's Ale Pie	634.6	32	24.2	35	9.9	49	80.3	35	5.0	6	15.7	35	12.1	50	2.3	38
Strawberry Milkshake (V)	565.3	28	20.6	29	12.9	65	80.8	35	68.7	76	25.9	57	0.8	3	0.4	6
Strawberry Sauce (V) - Milkshake Extra	80.4	4	0.0	0	0.0	0	19.9	9	14.0	16	0.0	0	0.2	1	0.1	1
Sunday Lunch - Cauliflower Cheese Tart (V)	1396.3	70	82.4	118	23.6	118	128.1	56	18.3	20	31.2	69	21.6	90	4.9	82
Sunday Lunch - Roast Beef	1429.1	71	74.7	107	22.5	113	113.9	50	19.0	21	70.5	157	19.6	82	6.5	108
Sunday Lunch - Roast Chicken	1662.3	83	88.8	127	24.9	124	117.3	51	22.6	25	94.0	209	21.1	88	6.9	116
Sunday Lunch - Roast Pork	1361.9	68	74.5	106	21.4	107	117.3	51	21.4	24	50.8	113	20.3	85	5.3	88
Sunday Lunch - Roast Turkey	1253.1	63	51.2	73	13.9	70	117.0	51	22.3	25	76.3	169	19.5	81	5.0	84
Swap 6oz Beef Burger for Two Battered Chicken Fillets	237.0	12	12.7	18	4.5	22	11.8	5	0.2	0	18.6	41	0.5	2	0.6	11
Swap Garden Peas for Mushy Peas (V)	53.8	3	0.2	0	0.1	1	7.8	3	1.3	1	3.8	8	2.7	11	0.2	4
Swap Garlic Bread for Chips (V)	130.9	7	5.6	8	2.1	10	16.5	7	0.4	0	2.1	5	2.0	8	0.1	2

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	%
Swap Garlic Bread for Fries (V)	174.0	9	8.2	12	3.1	16	21.3	9	0.5	1	2.1	5	2.2	9	0.2	3
Sweet & Sour Sauce (V) - For Loaded Chicken	190.0	10	3.0	4	2.0	10	38.0	17	34.0	38	1.5	3	1.0	4	0.5	8
Taco - Bang Bang Vegetable (V)	1556.7	78	54.0	77	23.6	118	120.4	52	41.4	46	19.0	42	12.8	53	2.9	49
Taco - BBQ Chicken	1508.2	75	48.1	69	22.5	113	104.6	45	33.1	37	37.3	83	10.5	44	2.9	48
Taco - Chipotle Pulled Chicken	1481.4	74	46.8	67	22.4	112	100.5	44	26.7	30	37.9	84	10.7	45	3.0	50
Taco - Hickory BBQ Pulled Pork	1592.3	80	59.0	84	27.6	138	102.6	45	31.4	35	36.0	80	10.2	42	2.6	43
The Brekkie Burger	1257.1	63	62.7	90	28.8	144	94.5	41	8.3	9	74.3	165	10.9	45	5.0	83
The Cowboy Burger	1234.3	62	65.3	93	28.6	143	89.7	39	7.7	9	66.5	148	9.1	38	4.9	81
The Nut Buster Milkshake (V) - Peanut Butter	664.8	33	43.2	62	15.0	75	43.8	19	38.5	43	37.3	83	3.8	16	0.8	13
Tikka Sauce(V) - For Loaded Chicken	134.0	7	10.2	15	3.6	18	9.1	4	4.8	5	1.0	2	0.7	3	0.7	12
Toasties (V)	500.1	25	26.2	37	4.0	20	53.5	23	2.5	3	12.6	28	5.4	23	1.2	19
Toffee Sauce (V) - Milkshake Extra	91.3	5	1.7	2	1.1	5	18.7	8	14.9	17	0.3	1	0.0	0	0.1	1
Tomato (V) - Toastie Element	10.1	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
Triple Layer Cobbler (V)	519.4	26	18.6	27	7.4	37	80.4	35	44.6	50	9.6	21	2.5	10	0.4	6
Tuna Mayo Toasted Sandwich	426.1	21	21.1	30	1.9	10	39.0	17	2.2	2	20.2	45	3.9	16	1.4	24
Tuna Mayo Topped Naan	556.6	28	20.3	29	1.8	9	69.3	30	6.4	7	23.2	52	5.1	21	1.8	31
Tuna Mayonnaise - Toastie Element	111.8	6	10.1	14	0.8	4	0.4	0	0.4	0	4.7	11	0.0	0	0.3	5
Tuna Mayonnaise Jacket Potato	429.4	21	20.4	29	8.0	40	46.1	20	4.2	5	18.0	40	5.3	22	1.2	19
Tuna Mayonnaise Melt	728.6	36	30.1	43	7.9	40	81.0	35	5.3	6	31.8	71	4.9	21	2.6	43
Under 500 Skinny Steak	549.8	27	30.6	44	10.4	52	4.8	2	4.0	4	64.3	143	2.1	9	1.4	23
Upgrade from Crisps to Chips	23.2	1	1.0	1	0.4	2	3.0	1	0.1	0	0.4	1	0.4	2	0.0	0
Upgrade from Crisps to Curly Fries (V)	15.1	1	0.8	1	0.2	1	1.8	1	0.1	0	0.2	0	0.1	0	0.0	1
Upgrade from Crisps to Fries (V)	27.4	1	1.2	2	0.5	3	3.5	2	0.1	0	0.3	1	0.4	2	0.0	0
Upgrade from Crisps to Onion Rings	19.0	1	1.1	2	0.2	1	2.0	1	0.3	0	0.2	0	0.2	1	0.1	1
Upgrade from Fries to Curly Fries (V) 150g	151.1	8	8.3	12	1.5	8	17.6	8	0.8	1	1.6	3	1.2	5	0.5	8
Upgrade from Fries to Curly Fries (V) 170g	154.1	8	8.4	12	1.5	8	18.0	8	0.8	1	1.6	4	1.2	5	0.5	8
Upgrade from Fries to Curly Fries (V) 284g	200.2	10	11.0	16	2.0	10	23.4	10	1.1	1	2.1	5	1.6	7	0.6	11
Upgrade from Fries to Curly Fries (V) 300g	272.0	14	14.9	21	2.7	14	31.7	14	1.5	2	2.8	6	2.2	9	0.9	15
Upgrade from Fries to Curly Fries (V) 454g	411.6	21	22.6	32	4.1	21	48.0	21	2.2	2	4.3	10	3.3	14	1.3	22
Vanilla Milkshake (V)	354.7	18	18.0	26	10.1	51	36.0	16	36.0	40	24.3	54	0.2	1	0.2	4
Vegetarian Lasagne (V)	574.6	29	24.5	35	5.9	29	62.8	27	15.7	17	13.6	30	6.0	25	3.9	64

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	%
Vegetarian Lasagne (V) < 500 Kcal	375.8	19	13.2	19	3.0	15	42.8	19	14.6	16	10.1	22	4.4	18	3.4	56
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
You're Such a Teaser Milkshake (V) - Maltesters	541.6	27	27.2	39	15.7	79	58.9	26	55.2	61	27.2	61	0.7	3	0.3	5