

## 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	%
Bubblegum Milkshake (V)	493.1	25	2064.6	25	26.7	38	16.3	81	49.8	19	44.1	49	25.7	51	0.3	1	0.3	6
Chocolate Flake (V) - Milkshake 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
Chocolate Milkshake (V)	585.9	29	2464.5	29	21.5	31	13.4	67	81.6	31	69.7	77	27.5	55	2.5	11	0.3	5
Chocolate Sauce (V) - Milkshake Extra	80.9	4	343.6	4	0.1	0	0.1	1	19.2	7	13.6	15	0.4	1	0.6	3	0.0	0
Cookie Monster Milkshake (V) - Oreo Cookies	519.0	26	2173.6	26	25.4	36	13.9	69	58.1	22	52.7	59	26.7	53	1.3	5	0.3	6
D'aim of the Game Milkshake (V) - Daim Bar	567.9	28	2374.9	28	29.6	42	16.1	81	60.8	23	60.7	67	26.3	53	0.7	3	0.6	9
Daim Bar - Confectionary	148.4	7	617.4	7	8.7	12	4.5	22	16.5	6	16.4	18	0.8	2	0.3	1	0.2	4
Maltesers - Confectionary	186.9	9	781.8	9	9.3	13	5.6	28	22.9	9	19.2	21	3.0	6	0.4	2	0.1	1
Mars Bar - Confectionary	229.0	11	962.9	11	8.7	12	4.2	21	35.1	14	30.4	34	2.2	4	0.6	3	0.1	1
Marshmallows - Milkshake Extra	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
Mini Oreos (V) - Sundae/Milkshake Extra	56.9	3	237.7	3	2.5	4	1.3	6	7.9	3	4.8	5	0.7	1	0.5	2	0.0	0
Nutella (V) - Milkshake Extra	272.0	14	1136.5	14	15.8	23	5.5	27	28.7	11	27.5	31	3.0	6	1.7	7	0.0	1
Nutty Stella Milkshake (V) - Nutella	691.5	35	2894.0	34	36.7	52	17.1	85	72.9	28	71.8	80	28.5	57	2.0	8	0.4	6
Peanut Butter (V) - Milkshake Extra	310.1	16	1287.2	15	25.2	36	4.8	24	7.8	3	2.5	3	13.1	26	3.5	15	0.5	9
Snickers - Confectionary	244.8	12	1023.8	12	13.4	19	4.6	23	26.2	10	21.7	24	4.5	9	0.7	3	0.1	1
Spray Cream (V) - Milkshake 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
Strawberry Milkshake (V)	565.3	28	2377.6	28	20.6	29	12.9	65	80.8	31	68.7	76	25.9	52	0.8	3	0.4	6
Strawberry Sauce (V) - Milkshake Extra	80.4	4	341.0	4	0.0	0	0.0	0	19.9	8	14.0	16	0.0	0	0.2	1	0.1	1
The Nut Buster Milkshake (V) - Peanut Butter	729.5	36	3044.7	36	46.2	66	16.5	82	52.1	20	46.8	52	38.5	77	3.8	16	0.8	14
Toffee Sauce (V) - Milkshake Extra	91.3	5	385.8	5	1.7	2	1.1	5	18.7	7	14.9	17	0.3	1	0.0	0	0.1	1
Twix Bar - Confectionary	251.0	13	1050.0	13	12.5	18	9.5	48	32.5	13	24.0	27	2.5	5	0.6	2	0.2	3
UBC LN Blackened Cajun Spice Fries (V) (Ve)	406.7	20	1701.3	20	18.0	26	4.0	20	53.4	21	1.3	1	5.6	11	4.8	20	0.8	13
UBC LN <600 Beef Lasagne	432.1	22	1816.1	22	21.0	30	10.4	52	41.4	16	11.3	13	19.5	39	4.4	18	1.9	31
UBC LN <600 Deep South	339.0	17	1418.4	17	14.8	21	4.8	24	9.9	4	7.5	8	43.3	87	4.1	17	2.7	46
UBC LN <600 Skinny Steak	548.2	27	2290.6	27	30.6	44	10.4	52	4.4	2	4.0	4	64.2	128	2.0	8	0.6	11
UBC LN Add Chicken Breast	103.7	5	437.8	5	2.3	3	0.4	2	0.9	0	0.6	1	19.7	39	0.4	2	0.5	8
UBC LN Ale Gravy - Extra	72.0	4	304.0	4	2.2	3	0.8	4	8.6	3	2.0	2	3.8	8	0.6	3	2.0	33
UBC LN All Day Breakfast	1081.8	54	4513.8	54	62.4	89	21.8	109	88.7	34	23.2	26	50.2	100	18.2	76	4.2	70
UBC LN Ambrosia Sundae (V)	556.9	28	2328.3	28	37.2	53	24.6	123	47.5	18	42.5	47	7.5	15	0.9	4	0.3	5
UBC LN B.L.T	795.3	40	3325.5	40	50.1	72	15.1	76	70.6	27	4.1	5	38.1	76	8.3	35	5.0	83
UBC LN Baby Back Ribs	1449.2	72	6067.9	72	73.2	105	27.4	137	128.4	49	70.7	79	66.1	132	8.7	36	3.8	64

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UBC LN Backyard BBQ Burger	1192.2	60	4987.7	59	54.4	78	20.3	101	105.3	40	22.7	25	65.4	131	10.8	45	3.4	57
UBC LN Bacon - Toastie Element	99.1	5	412.7	5	11.1	16	4.2	21	0.0	0	0.0	0	12.0	24	0.0	0	1.8	30
UBC LN Bagel - Breakfast	830.6	42	3479.8	41	40.0	57	14.1	70	91.7	35	18.8	21	35.4	71	10.0	42	3.8	63
UBC LN Bagel - Cream Cheese, Tomato & Cucumber (V)	691.7	35	2901.5	35	33.1	47	17.1	85	81.5	31	10.8	12	16.5	33	8.3	35	1.6	27
UBC LN Bagel - Honey Roast Ham & Cheddar Salad	645.6	32	2709.2	32	23.9	34	11.4	57	79.1	30	8.0	9	27.6	55	8.2	34	2.6	43
UBC LN Baked Beans (Ve)	123.0	6	519.0	6	0.6	1	0.2	1	24.6	9	8.0	9	7.7	15	5.6	23	1.3	22
UBC LN Baked Beans (Ve) - Toastie Element	123.0	6	519.0	6	0.6	1	0.2	1	24.6	9	8.0	9	7.7	15	5.6	23	1.3	22
UBC LN Battered Onion Rings (Ve) - Side Order	457.2	23	1911.3	23	27.5	39	5.6	28	47.5	18	7.3	8	5.2	10	5.0	21	1.8	30
UBC LN Battered Onion Rings (Ve) - To Share	914.3	46	3822.7	46	54.9	78	11.1	56	94.9	37	14.7	16	10.4	21	10.0	42	3.6	60
UBC LN Battered Onion Rings (Ve) 2s	76.2	4	318.6	4	4.6	7	0.9	5	7.9	3	1.2	1	0.9	2	0.8	3	0.3	5
UBC LN Beef Burger - Plain	940.1	47	3934.3	47	41.1	59	14.8	74	91.2	35	9.0	10	46.7	93	10.2	42	2.7	45
UBC LN Beef Burger 6oz - 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
UBC LN Beef Lasagne	657.1	33	2757.3	33	32.6	47	14.0	70	66.1	25	13.2	15	24.0	48	6.5	27	2.4	41
UBC LN Beef Madras	1229.8	61	5157.6	61	43.0	61	13.2	66	157.4	61	30.4	34	43.2	86	17.0	71	5.4	89
UBC LN Beer Battered Fish and Chips	1274.4	64	5348.1	64	69.0	99	21.0	105	99.3	38	7.6	8	58.7	117	12.6	52	1.7	28
UBC LN Beet Burger (V)	944.7	47	3951.6	47	45.3	65	13.6	68	112.6	43	11.2	12	18.4	37	12.4	52	2.1	36
UBC LN Beet Burger (V) - Extra	290.2	15	1207.3	14	20.2	29	5.6	28	23.8	9	2.3	3	4.5	9	2.4	10	0.9	15
UBC LN Blackened Cajun Seasoning for Fries/Chips (V) (Ve)	4.9	0	20.1	0	0.2	0	0.0	0	0.9	0	0.2	0	0.2	0	0.3	1	0.5	9
UBC LN Blackened Cajun Spice Chips (V) (Ve)	376.4	19	1573.6	19	16.4	23	6.5	32	47.9	18	2.5	3	6.1	12	7.1	30	0.7	11
UBC LN Bloomer Bread and Butter (V) - Side Order	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
UBC LN Blue Moon Burger	1233.2	62	5151.5	61	65.7	94	30.5	152	91.3	35	9.1	10	64.3	129	10.2	42	4.1	68
UBC LN Bramley Apple Crumble (V)	494.0	25	2077.2	25	17.5	25	5.4	27	78.9	30	43.2	48	7.4	15	3.2	13	0.3	5
UBC LN Buttermilk Chicken - Extra	389.4	19	1625.9	19	24.0	34	8.7	44	21.5	8	1.8	2	22.0	44	2.7	11	1.1	18
UBC LN Buttermilk Chicken Burger	1232.7	62	5156.0	61	63.1	90	21.1	105	121.1	47	18.2	20	40.5	81	12.9	54	3.5	58
UBC LN Buttermilk Chicken Sub	1014.5	51	4253.9	51	45.2	65	13.6	68	112.7	43	7.4	8	35.9	72	9.9	41	2.4	40
UBC LN Cadbury Flake (V) - Sundae Extra	85.6	4	356.8	4	4.9	7	3.0	15	9.0	3	8.9	10	1.3	3	0.1	0	0.0	1
UBC LN Champion Chicken	2927.8	146	12267.9	146	133.1	190	32.9	165	235.1	90	37.1	41	204.6	409	26.7	111	14.6	243
UBC LN Charred Chicken Pathia	1175.8	59	4946.0	59	35.1	50	9.4	47	158.6	61	35.9	40	52.3	105	15.7	65	4.4	73

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UBC LN Cheddar Cheese & Baked Beans Jacket (V)	645.1	32	2697.6	32	32.0	46	19.6	98	67.5	26	10.8	12	27.1	54	10.3	43	2.6	44
UBC LN Cheddar Cheese & Ham Jacket	580.7	29	2424.2	29	33.7	48	20.3	102	43.2	17	2.9	3	28.6	57	4.8	20	2.4	40
UBC LN 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
UBC LN Cheddar Cheese (V) - Toastie Element	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
UBC LN Cheddar Cheese and Red Onion Sandwich (V)	930.9	47	3883.7	46	54.3	78	27.9	140	69.4	27	4.1	5	39.3	79	8.4	35	2.7	46
UBC LN Cheese & Slaw Sub (V)	1168.6	58	4883.0	58	64.8	93	29.6	148	112.6	43	11.4	13	43.2	86	10.6	44	5.1	85
UBC LN Cheesy Chips (V) - Side Order	486.2	24	2029.5	24	25.9	37	12.5	63	47.0	18	2.3	3	12.9	26	6.8	28	0.6	11
UBC LN Cheesy Chips (V) - To Share	972.5	49	4059.1	48	51.7	74	25.1	125	94.0	36	4.6	5	25.8	52	13.6	57	1.3	21
UBC LN Cheesy Fries (V) - Side Order	516.6	26	2157.2	26	27.5	39	10.0	50	52.5	20	1.2	1	12.4	25	4.5	19	0.7	12
UBC LN Cheesy Fries (V) - To Share	1033.1	52	4314.4	51	55.0	79	20.0	100	104.9	40	2.3	3	24.9	50	9.1	38	1.5	24
UBC LN Cheesy Garlic Bread (V) (Ve)	550.2	28	2293.3	27	35.8	51	17.2	86	35.2	14	2.6	3	20.4	41	3.0	12	1.8	30
UBC LN Cheesy Sweet Potato Fries (V) - Side Order	516.6	26	2157.2	26	27.5	39	10.0	50	52.5	20	1.2	1	12.4	25	4.5	19	0.7	12
UBC LN Cheesy Sweet Potato Fries (V) - To Share	1033.1	52	4314.4	51	55.0	79	20.0	100	104.9	40	2.3	3	24.9	50	9.1	38	1.5	24
UBC LN Chicken and Bacon Club Sandwich	926.9	46	3880.0	46	44.0	63	12.2	61	95.6	37	5.1	6	47.4	95	9.2	38	4.2	71
UBC LN Chicken and Bacon Salad	416.5	21	1743.4	21	24.7	35	6.8	34	7.4	3	7.1	8	54.6	109	3.9	16	3.0	50
UBC LN Chicken Balti	1138.0	57	4783.6	57	35.8	51	7.7	39	148.9	57	26.0	29	48.0	96	16.3	68	5.2	87
UBC LN Chicken Battered Fillet Burger - Plain	1104.4	55	4624.7	55	49.2	70	16.3	82	112.2	43	9.3	10	48.3	97	11.0	46	2.4	39
UBC LN Chicken Pasta Alfredo	929.5	46	3888.0	46	49.9	71	20.2	101	77.0	30	16.3	18	41.4	83	7.5	31	3.3	56
UBC LN Chicken Tikka Masala	1117.6	56	4702.0	56	33.1	47	11.1	56	153.4	59	28.4	32	45.3	91	15.6	65	3.5	59
UBC LN Chilli Cheese Fries	639.6	32	2673.2	32	31.7	45	10.9	55	64.9	25	6.1	7	20.2	40	7.7	32	2.1	34
UBC LN Chips (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
UBC LN Chips (Ve) - To Share	742.9	37	3107.1	37	32.5	46	12.9	65	94.0	36	4.5	5	11.8	24	13.6	57	0.3	5
UBC LN Chocolate Fudge Cake (V)	676.7	34	2844.0	34	24.3	35	7.2	36	107.1	41	90.8	101	6.9	14	4.5	19	0.7	12
UBC LN Chocolate Indulgence Sundae (V)	637.1	32	2674.5	32	36.0	51	23.2	116	68.0	26	62.3	69	9.2	18	1.8	8	0.4	6
UBC LN Corn on the Cob (Ve) - Extra	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
UBC LN Cottage Pie	1053.6	53	4404.0	52	45.4	65	16.1	81	108.5	42	20.4	23	38.9	78	19.3	81	3.4	57
UBC LN Crispy Buttermilk Chicken Strips	579.4	29	2423.3	29	32.0	46	11.6	58	42.9	16	15.3	17	29.6	59	3.8	16	2.0	33
UBC LN Criss-Cross Fries (Ve) - Side Order	718.3	36	2991.2	36	47.3	68	5.7	29	67.2	26	3.4	4	5.7	11	5.7	24	2.5	42
UBC LN Criss-Cross Fries (Ve) - To Share	1436.7	72	5982.5	71	94.6	135	11.5	57	134.4	52	6.8	8	11.3	23	11.3	47	5.0	83

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UBC LN Custard (V) - 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
UBC LN Deep South	694.4	35	2903.9	35	30.7	44	11.2	56	54.3	21	7.3	8	48.5	97	9.7	40	2.9	48
UBC LN Double Trouble Gammon Steaks	1353.2	68	5668.3	67	55.0	79	20.2	101	70.5	27	17.0	19	138.5	277	13.8	58	13.0	216
UBC LN Eton Tidy Tart (V)	454.9	23	1904.3	23	25.2	36	6.6	33	41.7	16	35.6	40	15.4	31	1.3	6	0.3	6
UBC LN Extra Battered Chicken Fillet	224.9	11	939.9	11	12.0	17	4.2	21	11.7	4	0.2	0	17.2	34	0.5	2	0.6	10
UBC LN Extra Hot Chicken Tikka Masala	1119.6	56	4710.3	56	33.2	47	11.2	56	153.6	59	28.4	32	45.4	91	15.8	66	3.8	63
UBC LN 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
UBC LN Fried Chicken & Waffles	1625.2	81	6805.3	81	89.6	128	28.7	143	160.7	62	45.7	51	41.3	83	10.2	42	3.1	52
UBC LN Fried Egg (V) - Extra	84.2	4	351.3	4	4.9	7	1.4	7	3.4	1	3.4	4	6.2	12	0.4	2	0.1	2
UBC LN Fried Onions Topping (Ve)	123.0	6	508.0	6	9.4	13	1.1	5	8.8	3	6.3	7	1.3	3	2.1	9	0.0	0
UBC LN Fries (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
UBC LN Fries (Ve) - To Share	803.5	40	3362.4	40	35.7	51	7.9	39	104.9	40	2.3	3	10.9	22	9.1	38	0.5	8
UBC LN Gammon Steak 8oz	943.7	47	3953.5	47	36.3	52	13.8	69	70.7	27	14.4	16	77.9	156	13.3	56	7.2	120
UBC LN Garlic Bread (Ve)	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
UBC LN Golden Breaded Mushrooms (V)	419.2	21	1754.9	21	17.2	25	10.7	54	53.5	21	15.3	17	10.7	21	6.7	28	2.6	44
UBC LN Golden Scampi	922.6	46	3878.8	46	45.0	64	13.9	70	98.6	38	12.9	14	25.5	51	14.8	61	3.6	61
UBC LN Gravy (V) - Extra Jug of	23.7	1	99.8	1	0.9	1	0.6	3	3.8	1	0.1	0	0.1	0	0.1	0	0.5	8
UBC LN Grilled Half Tomato (Ve) - Extra	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
UBC LN Hen House Platter	1738.5	87	7269.1	87	90.0	129	29.0	145	93.8	36	8.1	9	137.7	275	13.0	54	6.7	111
UBC LN Hickory Mac Fries	1076.8	54	4508.7	54	49.7	71	21.2	106	115.5	44	3.9	4	38.5	77	6.6	27	1.4	23
UBC LN Hog Roast Sub	1105.3	55	4622.2	55	54.9	78	16.8	84	101.8	39	13.0	14	46.9	94	7.5	31	1.7	29
UBC LN Homemade Spiced-Slaw (V) - Side Order	165.6	8	687.0	8	12.9	18	0.9	5	23.9	9	6.4	7	1.2	2	3.5	14	2.2	37
UBC LN Hunter's Chicken	1027.6	51	4301.5	51	50.8	73	23.8	119	77.8	30	32.2	36	73.9	148	9.7	40	5.0	83
UBC LN Hunter's Chicken Burger	1244.3	62	5211.2	62	59.3	85	25.2	126	105.0	40	24.7	27	81.0	162	11.3	47	5.7	95
UBC LN Hunter's Steak	1388.9	69	5813.6	69	65.4	93	26.9	135	96.7	37	34.3	38	97.0	194	13.1	55	3.6	60
UBC LN Ice Cream Scoop Extra (V) - Vanilla Flavour	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
UBC LN Jalapenos (Ve) - Toastie Element	18.0	1	76.3	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
UBC LN Jalapenos (Ve) (50g) - Extra	36.0	2	152.5	2	0.2	0	0.1	0	7.9	3	7.6	8	0.4	1	1.0	4	2.2	36
UBC LN Jam (Ve) - Toastie Element	109.2	5	464.4	6	0.0	0	0.0	0	27.2	10	27.2	30	0.1	0	0.4	2	0.0	0
UBC LN Junior Sunday Lunch - Cauli Cheese Tart (V)	1171.1	59	4878.1	58	78.8	113	18.2	91	83.9	32	12.4	14	29.0	58	11.0	46	3.7	62

## 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	%		
UBC LN Junior Sunday Lunch - Chicken	659.8	33	2762.4	33	30.3	43	5.2	26	63.1	24	15.9	18	31.4	63	9.0	37	3.2	53
UBC LN Junior Sunday Lunch - Roast Beef	672.5	34	2805.1	33	40.2	57	9.2	46	39.8	15	6.2	7	34.9	70	7.8	32	2.1	36
UBC LN Junior Sunday Lunch - Roast Pork	760.9	38	3175.9	38	42.7	61	9.2	46	64.2	25	14.5	16	27.7	55	9.1	38	2.8	47
UBC LN Junior Sunday Lunch - Roast Turkey	757.4	38	3173.3	38	33.4	48	5.9	30	68.7	26	16.4	18	43.2	86	9.4	39	3.2	53
UBC LN L/Club Prawn Cocktail	271.8	14	1136.2	14	14.9	21	4.7	24	22.0	8	3.7	4	12.6	25	2.4	10	1.0	16
UBC LN LB Cauli Cheese Tart (V)	850.5	43	3550.9	42	47.7	68	16.3	81	78.0	30	9.3	10	22.7	45	11.5	48	2.5	42
UBC LN LB Chicken and Bacon Salad	213.4	11	893.8	11	12.8	18	3.4	17	4.1	2	3.7	4	26.6	53	1.9	8	1.4	23
UBC LN LB Fish and Chips	816.1	41	3437.8	41	40.6	58	11.9	59	75.8	29	6.8	8	34.2	68	10.0	42	1.5	24
UBC LN LB Gammon Steak - 4oz	536.9	27	2249.9	27	19.4	28	7.4	37	47.7	18	12.2	14	39.0	78	9.4	39	3.5	58
UBC LN LB Ham, Egg and Chips	531.0	27	2220.4	26	25.1	36	8.8	44	38.5	15	8.4	9	34.6	69	5.4	22	2.6	43
UBC LN LB Hunter's Chicken	578.9	29	2423.7	29	28.4	41	12.9	65	47.0	18	16.7	19	37.2	74	5.9	25	2.4	41
UBC LN LB POTD - Cottage Pie	643.6	32	2690.8	32	27.4	39	10.5	52	68.3	26	9.3	10	22.9	46	11.7	49	2.0	34
UBC LN LB POTD Chicken and Stuffing Pie	893.2	45	3825.4	46	41.4	59	17.2	86	96.5	37	12.9	14	36.6	73	10.8	45	2.5	42
UBC LN LB POTD Steak and Ale Pie	900.0	45	3757.9	45	45.5	65	18.3	91	92.2	35	6.8	8	25.4	51	10.3	43	1.8	29
UBC LN Mac n Cheese Bites (V)	431.9	22	1805.8	21	22.3	32	9.8	49	47.3	18	16.7	19	9.5	19	1.4	6	2.0	33
UBC LN Mac n Cheese Topping (V)	480.0	24	2016.0	24	18.6	27	11.8	59	62.6	24	2.4	3	14.6	29	1.8	8	0.9	15
UBC LN Macaroni Cheese (V)	1201.1	60	5041.3	60	49.1	70	27.2	136	152.5	59	9.1	10	34.5	69	6.9	29	2.3	39
UBC LN Macaroni Cheese W/ Bacon	1399.2	70	5866.8	70	71.4	102	35.6	178	152.5	59	9.1	10	58.4	117	6.9	29	5.9	99
UBC LN Macaroni Cheese W/ Chicken	1304.8	65	5479.1	65	51.4	73	27.7	138	153.3	59	9.7	11	54.2	108	7.3	31	2.8	47
UBC LN Maltesers (Ve) - Sundae Extra	93.4	5	390.9	5	4.6	7	2.8	14	11.4	4	9.6	11	1.5	3	0.2	1	0.0	0
UBC LN Mammoth Mixed Grill	1982.6	99	8300.9	99	91.0	130	29.6	148	77.7	30	13.7	15	208.9	418	14.5	60	9.9	166
UBC LN Marshmallows - Sundae Extra	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
UBC LN Marshmallows - Toastie Element	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
UBC LN Mashed Potato (V) - Side Order	305.3	15	1275.4	15	15.4	22	10.2	51	36.8	14	1.1	1	3.5	7	2.9	12	0.7	12
UBC LN Mediterranean Chicken Salad	410.4	21	1717.9	20	27.4	39	8.7	44	10.4	4	9.0	10	31.2	62	4.4	18	1.8	30
UBC LN Mediterranean Salad (V)	306.7	15	1280.1	15	25.1	36	8.3	41	9.5	4	8.4	9	11.5	23	3.9	16	1.3	22
UBC LN Mediterranean Skewers (V)	158.2	8	662.0	8	13.2	19	5.4	27	2.5	1	1.8	2	7.8	16	0.8	3	1.0	17
UBC LN Mega All Day Breakfast XL	1613.7	81	6728.1	80	98.7	141	34.3	172	121.7	47	35.5	39	81.6	163	28.0	117	8.0	134
UBC LN Mega Munchie Sundae (V)	1586.0	79	6667.6	79	70.0	100	41.0	205	215.0	83	191.7	213	21.8	44	4.2	17	1.3	21
UBC LN Mexican Nachos (V)	282.7	14	1179.7	14	15.5	22	5.7	29	27.9	11	3.7	4	6.5	13	2.0	8	1.6	27
UBC LN Milk-Cake - App & Blckcrnt Lemon Curd Crumble (V)	820.9	41	3421.3	41	42.1	60	24.7	123	97.1	37	75.1	83	12.9	26	1.3	6	0.8	13

## 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	%
UBC LN Milk-Cake - Chocolate Hazelnut Brownie (V)	1022.7	51	4260.7	51	59.4	85	19.8	99	106.0	41	82.4	92	16.4	33	4.2	17	0.9	15
UBC LN Milk-Cake - Red Velvet	746.9	37	3120.2	37	44.2	63	25.2	126	75.4	29	65.2	72	14.0	28	1.7	7	0.5	8
UBC LN Milk-Cake - Salted Caramel Fudge Cake (V)	973.3	49	4084.8	49	48.3	69	20.3	101	123.7	48	112.5	125	13.2	26	4.0	16	1.2	21
UBC LN Mini Dessert - Blckcrt & Apple Crumble Chscake (V)	297.8	15	1239.2	15	14.9	21	8.4	42	35.8	14	26.2	29	3.9	8	0.6	3	0.4	6
UBC LN Mini Dessert - Lemon Meringue (V)	297.8	15	1239.2	15	14.9	21	8.4	42	35.8	14	26.2	29	3.9	8	0.6	3	0.4	6
UBC LN Mini Dessert - Red Velvet Ganache Swirl Cake	312.5	16	1304.8	16	16.8	24	8.9	45	35.6	14	30.4	34	4.6	9	0.8	4	0.2	4
UBC LN Mini Dessert Platter	816.1	41	3400.6	40	38.8	55	21.9	110	104.7	40	74.5	83	9.5	19	2.3	10	0.8	13
UBC LN Mini Kiev	620.2	31	2572.7	31	50.4	72	13.2	66	20.2	8	1.6	2	19.8	40	3.3	14	1.4	23
UBC LN Mixed Grill	1378.2	69	5765.9	69	67.1	96	21.8	109	75.4	29	13.0	14	112.9	226	13.2	55	5.4	90
UBC LN Munchie Sundae (V)	656.5	33	2760.4	33	28.7	41	17.1	86	90.3	35	78.8	88	8.2	16	1.7	7	0.5	8
UBC LN Mushroom (Ve) - Toastie Element	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
UBC LN Naan Bread (V) - Side Order	172.3	9	726.7	9	3.4	5	1.9	9	28.3	11	2.1	2	5.3	11	3.3	14	0.4	6
UBC LN NGCI Ambrosia Sundae (V)	601.3	30	2512.2	30	41.0	59	27.0	135	49.4	19	46.5	52	8.0	16	0.9	4	0.3	5
UBC LN NGCI B.L.T	778.0	39	3245.0	39	51.2	73	14.7	73	68.3	26	6.0	7	29.8	60	11.6	48	4.9	82
UBC LN NGCI Beef Madras	922.4	46	3861.6	46	36.2	52	9.5	47	107.3	41	26.3	29	34.9	70	10.5	44	5.1	85
UBC LN NGCI Charred Chicken Pathia	868.4	43	3650.0	43	28.4	41	5.7	28	108.4	42	31.8	35	44.0	88	9.2	38	4.1	68
UBC LN NGCI Cheddar Cheese and Red Onion Sandwich (V)	912.6	46	3799.4	45	55.4	79	27.5	137	66.8	26	5.9	7	31.0	62	11.7	49	2.7	45
UBC LN NGCI Chicken and Bacon Club Sandwich	871.7	44	3640.7	43	46.7	67	11.6	58	79.9	31	7.5	8	38.2	76	14.2	59	3.9	65
UBC LN NGCI Chicken Balti	830.6	42	3487.6	42	29.1	42	4.0	20	98.8	38	21.9	24	39.7	79	9.8	41	5.0	83
UBC LN NGCI Chicken Tikka Masala	810.2	41	3406.0	41	26.4	38	7.4	37	103.2	40	24.3	27	37.0	74	9.1	38	3.3	55
UBC LN NGCI Extra Hot Chicken Tikka Masala	812.2	41	3414.4	41	26.5	38	7.4	37	103.4	40	24.3	27	37.1	74	9.3	39	3.5	59
UBC LN NGCI Genius Bread and Butter (V) - Side Order	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
UBC LN NGCI Hunter's Steak	1298.6	65	5437.9	65	58.6	84	25.5	128	90.5	35	37.6	42	95.8	192	11.9	50	3.3	56
UBC LN NGCI L/Club Prawn Cocktail	251.5	13	1047.1	12	15.2	22	4.5	22	18.8	7	4.5	5	8.3	17	3.7	15	0.9	15
UBC LN NGCI Macaroni Cheese (V)	984.1	49	4134.1	49	37.7	54	23.7	119	129.2	50	8.5	9	30.3	61	5.5	23	1.8	30
UBC LN NGCI Macaroni Cheese W/ Bacon	1182.3	59	4959.5	59	60.0	86	32.1	160	129.2	50	8.5	9	54.3	109	5.5	23	5.4	90
UBC LN NGCI Macaroni Cheese W/ Chicken	1087.8	54	4571.8	54	40.0	57	24.1	121	130.0	50	9.1	10	50.1	100	5.9	25	2.3	38

## Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC LN NGCI Mammoth Mixed Grill	1919.0	96	8034.2	96	87.4	125	29.1	146	67.4	26	15.1	17	210.8	422	13.4	56	9.4	157
UBC LN NGCI Mixed Grill	1343.8	67	5621.4	67	64.8	93	21.8	109	66.2	25	14.6	16	118.0	236	12.3	51	5.0	84
UBC LN NGCI Prawn Half Pinter	363.3	18	1512.6	18	22.7	32	5.2	26	22.5	9	7.2	8	15.7	31	4.1	17	1.4	24
UBC LN NGCI Route 66 Steak	1011.6	51	4230.8	50	49.4	71	16.4	82	58.7	23	11.5	13	78.8	158	12.8	54	1.3	21
UBC LN NGCI Rump Steak - 16oz	1417.1	71	5944.8	71	56.2	80	20.3	102	60.4	23	6.9	8	161.8	324	12.3	51	1.6	26
UBC LN NGCI Rump Steak - 8oz	1012.6	51	4241.9	50	43.0	61	14.6	73	61.8	24	7.1	8	88.9	178	12.6	53	1.2	19
UBC LN NGCI Sirloin Steak - 8oz	1097.1	55	4576.6	54	59.3	85	22.2	111	61.9	24	7.1	8	72.8	146	12.6	53	1.1	18
UBC LN NGCI Soup of the Day (V)	291.5	15	1184.7	14	18.6	27	8.2	41	26.5	10	9.7	11	3.0	6	5.5	23	0.7	12
UBC LN NGCI Toasties (V)	478.5	24	1998.6	24	20.6	29	5.8	29	62.1	24	5.3	6	5.8	12	11.0	46	0.8	13
UBC LN NGCI Vegetable Jalfrezi (V)	823.8	41	3446.8	41	30.4	43	4.4	22	115.8	45	29.7	33	16.9	34	11.9	49	4.2	69
UBC LN Nutella (V) - Toastie Element	272.0	14	1136.5	14	15.8	23	5.5	27	28.7	11	27.5	31	3.0	6	1.7	7	0.0	1
UBC LN Pasta Alfredo (V)	825.8	41	3450.3	41	47.6	68	19.7	99	76.2	29	15.7	17	21.7	43	7.1	30	2.9	48
UBC LN Peanut Butter (Ve) - Toastie Element	310.1	16	1287.2	15	25.2	36	4.8	24	7.8	3	2.5	3	13.1	26	3.5	15	0.5	9
UBC LN 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
UBC LN Pepperoni - Extra	168.0	8	696.0	8	15.6	22	7.4	37	0.4	0	0.4	0	6.8	14	0.0	0	1.7	29
UBC LN Pigs in Blankets (Bowl of 10)	1283.2	64	5368.3	64	116.5	166	45.0	225	13.6	5	0.0	0	44.5	89	0.7	3	9.7	161
UBC LN Pineapple (Ve) - Extra	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
UBC LN Piri Piri Seasoning for Fries/Chips (V) (Ve)	4.9	0	20.1	0	0.2	0	0.0	0	0.9	0	0.2	0	0.2	0	0.3	1	0.5	9
UBC LN Piri Piri Spice Chips (V) (Ve)	376.4	19	1573.6	19	16.4	23	6.5	32	47.9	18	2.5	3	6.1	12	7.1	30	0.7	11
UBC LN Piri Piri Spice Fries (V) (Ve)	406.7	20	1701.3	20	18.0	26	4.0	20	53.4	21	1.3	1	5.6	11	4.8	20	0.8	13
UBC LN Plain Jacket Potato (V)	292.5	15	1226.6	15	12.1	17	7.3	37	42.8	16	2.8	3	5.5	11	4.8	20	0.3	5
UBC LN Polenta Sub and Butter (V) - Side Order	401.2	20	1687.8	20	14.1	20	7.4	37	57.4	22	3.3	4	10.1	20	2.5	11	1.0	17
UBC LN Popcorn Chicken	388.2	19	1631.7	19	16.2	23	2.5	13	30.4	12	14.0	16	30.1	60	1.1	5	1.7	28
UBC LN Poppadum - Extra (V)	37.6	2	159.7	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
UBC LN Poppadums and Dips (V)	193.6	10	821.9	10	0.7	1	0.2	1	38.8	15	13.4	15	8.1	16	1.1	4	2.3	39
UBC LN Prawn Half Pinter	381.5	19	1592.8	19	22.3	32	5.4	27	25.3	10	6.4	7	19.8	40	2.6	11	1.5	25
UBC LN Red Onion (Ve) - Toastie Element	18.0	1	75.0	1	0.1	0	0.0	0	4.0	2	2.8	3	0.6	1	0.9	4	0.0	0
UBC LN Rice and Criss-Cross Fries (Ve) 150g	474.7	24	1976.6	24	31.3	45	3.8	19	44.4	17	2.2	2	3.7	7	3.7	16	1.6	27
UBC LN Roasted Chicken Fillet - Extra	197.3	10	831.8	10	3.7	5	0.9	4	0.9	0	0.9	1	40.8	82	0.9	4	1.2	19
UBC LN Route 66 Burger	1135.2	57	4743.3	56	58.0	83	22.9	114	95.9	37	12.3	14	53.0	106	12.0	50	3.2	53
UBC LN Route 66 Steak	1243.4	62	5199.8	62	62.0	89	19.7	99	77.4	30	14.7	16	89.3	179	15.6	65	1.9	31

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC LN Route 66 Sub	947.9	47	3980.6	47	35.9	51	12.2	61	97.4	37	11.1	12	55.9	112	9.9	41	1.4	24
UBC LN Rump Steak - 16oz	1534.0	77	6433.5	77	63.4	91	21.8	109	72.8	28	8.9	10	162.6	325	13.6	57	2.0	34
UBC LN Rump Steak - 8oz	1130.7	57	4735.6	56	50.2	72	16.1	80	74.4	29	9.1	10	89.7	179	13.9	58	1.6	27
UBC LN Salad Bowl (Ve)	16.1	1	68.1	1	0.4	1	0.1	0	2.6	1	2.5	3	0.8	2	1.2	5	0.0	0
UBC LN Sausage - Extra	155.1	8	641.8	8	12.3	18	4.1	20	4.2	2	2.2	2	5.9	12	2.1	9	0.3	6
UBC LN Sausage - Toastie Element	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
UBC LN Sautéed Mushrooms (Ve) - Side Order	54.0	3	223.7	3	5.1	7	0.6	3	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
UBC LN Sautéed Onions (Ve) - Extra	102.9	5	424.0	5	9.3	13	1.1	5	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
UBC LN Scampi - Extra	170.7	9	712.2	8	9.3	13	2.9	14	15.5	6	3.0	3	6.2	12	2.2	9	1.2	19
UBC LN Side Combo (V)	404.1	20	1689.4	20	21.5	31	7.8	39	43.5	17	4.1	5	8.0	16	5.2	22	1.7	29
UBC LN Sirloin Steak - 8oz	1214.7	61	5068.2	60	66.4	95	23.6	118	74.4	29	9.1	10	73.8	148	13.9	58	1.5	26
UBC LN Small Portion of Chips (Ve)	245.4	12	1026.6	12	10.7	15	4.3	21	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
UBC LN Soup of the Day (V)	311.8	16	1273.8	15	18.3	26	8.5	42	29.7	11	8.9	10	7.3	15	4.3	18	0.8	14
UBC LN Spaghetti Hoops (V) - Toastie Element	26.0	1	109.0	1	0.1	0	0.0	0	5.2	2	2.0	2	0.8	2	0.3	1	0.2	3
UBC LN Steak and Marston's Ale Pie	1210.7	61	5051.9	60	60.7	87	25.2	126	128.5	49	10.3	11	34.3	69	13.7	57	2.9	49
UBC LN Sunday Lunch - Cauliflower Cheese Tart (V)	1431.5	72	5963.7	71	92.0	131	19.9	99	110.9	43	17.3	19	33.7	67	18.5	77	5.2	87
UBC LN Sunday Lunch - Roast Beef	1460.3	73	6096.0	73	84.2	120	18.7	94	97.3	37	18.3	20	72.9	146	16.6	69	5.7	96
UBC LN Sunday Lunch - Roast Chicken	1686.1	84	7050.0	84	85.6	122	18.4	92	115.1	44	22.1	25	108.7	217	17.1	71	7.9	132
UBC LN Sunday Lunch - Roast Pork	1393.3	70	5807.0	69	84.0	120	17.6	88	100.5	39	20.7	23	53.3	107	17.3	72	4.4	73
UBC LN Sunday Lunch - Roast Turkey	1285.7	64	5380.7	64	60.9	87	10.2	51	100.5	39	21.5	24	78.6	157	16.6	69	4.7	78
UBC LN Swap 6oz Beef Burger for Two Battered Chicken Fillets	237.0	12	990.4	12	12.7	18	4.5	22	11.8	5	0.2	0	18.6	37	0.5	2	0.6	11
UBC LN Swap Garlic Bread for Sweet Potato Fries (Ve)	318.2	16	1331.4	16	14.5	21	3.5	17	40.4	16	1.2	1	4.7	9	3.5	14	0.3	5
UBC LN Swap Garlic Bread for Chips (Ve)	139.6	7	583.9	7	6.2	9	2.4	12	17.4	7	0.9	1	2.3	5	2.4	10	0.1	1
UBC LN Swap Garlic Bread for Criss Cross Fries (Ve)	341.1	17	1421.3	17	21.7	31	3.2	16	32.8	13	1.8	2	3.4	7	2.8	12	1.1	19
UBC LN Swap Garlic Bread for Fries (Ve)	174.4	9	729.6	9	8.0	11	2.0	10	21.9	8	0.7	1	2.6	5	1.9	8	0.2	3
UBC LN Sweet Potato Fries (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
UBC LN Sweet Potato Fries (Ve) - To Share	803.5	40	3362.4	40	35.7	51	7.9	39	104.9	40	2.3	3	10.9	22	9.1	38	0.5	8
UBC LN Texan Toast (V)	631.4	32	2636.3	31	36.7	52	17.5	88	52.3	20	17.7	20	21.1	42	3.6	15	2.4	40



## 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	%
UBC LN The Cowboy Burger	1268.7	63	5299.0	63	71.5	102	31.1	156	91.3	35	9.1	10	72.7	145	10.2	42	5.5	92
UBC LN The Sunday Roaster Burger	1535.6	77	6387.9	76	106.2	152	24.4	122	74.2	29	4.1	5	68.7	137	6.8	28	5.8	96
UBC LN Three Cheese Fries (V)	829.4	41	3456.0	41	53.8	77	26.8	134	52.5	20	1.2	1	31.2	62	4.5	19	2.2	36
UBC LN Toasties (V)	573.1	29	2396.8	29	25.9	37	7.4	37	68.6	26	3.8	4	14.4	29	8.5	35	1.1	18
UBC LN Toffee Bacon Fries	690.0	34	2893.5	34	32.3	46	10.3	51	91.6	35	31.9	35	18.1	36	5.1	21	2.2	36
UBC LN Toffee Fries (Ve)	590.9	30	2480.8	30	21.2	30	6.1	30	91.6	35	31.9	35	6.1	12	5.1	21	0.4	6
UBC LN Toffee/Cinnamon/Sugar Upgrade for Fries (Ve)	189.2	9	799.6	10	3.3	5	2.1	11	39.2	15	30.8	34	0.7	1	0.6	2	0.1	2
UBC LN Tomato (Ve) - Toastie Element	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
UBC LN Topped Mac Burger	1420.1	71	5950.3	71	59.7	85	26.6	133	153.8	59	11.4	13	61.3	123	12.0	50	3.6	60
UBC LN Tuna Mayonnaise - Toastie Element	68.3	3	286.2	3	4.1	6	0.3	2	1.3	1	0.4	0	6.6	13	0.0	0	0.4	7
UBC LN Tuna Mayonnaise Jacket Potato	451.5	23	1894.1	23	20.5	29	8.0	40	46.1	18	4.2	5	23.3	47	5.3	22	1.3	22
UBC LN Tuna, Sweetcorn and Mayonnaise Sub	732.9	37	3085.9	37	22.1	32	5.1	26	97.4	37	6.9	8	32.6	65	8.5	35	2.0	34
UBC LN Ultimate Veggie Burger (V)	1030.7	52	4315.9	51	48.3	69	15.1	76	102.4	39	12.5	14	40.8	82	13.1	55	3.3	54
UBC LN Upgrade from Chips/Fries to Criss-Cross Fries (Ve) 150g	208.9	10	869.7	10	13.8	20	1.7	8	19.5	8	1.0	1	1.6	3	1.6	7	0.7	12
UBC LN Upgrade from Chips/Fries to Criss-Cross Fries (Ve) 227g	316.4	16	1317.7	16	20.8	30	2.5	13	29.6	11	1.5	2	2.5	5	2.5	10	1.1	18
UBC LN Upgrade from Chips/Fries to Criss-Cross Fries (Ve) 454g	646.5	32	2692.1	32	42.6	61	5.2	26	60.5	23	3.1	3	5.1	10	5.1	21	2.2	37
UBC LN Upgrade Garden Peas for Mushy Peas (Ve)	52.6	3	222.4	3	0.3	0	0.1	1	8.0	3	1.2	1	3.3	7	2.4	10	0.3	5
UBC LN Upgrade to Jacket on LB (V)	125.1	6	522.5	6	6.3	9	4.2	21	15.1	6	0.5	1	1.4	3	1.2	5	0.3	5
UBC LN Upgrade to Jacket on Mains (V)	47.1	2	196.6	2	2.4	3	1.6	8	5.7	2	0.2	0	0.5	1	0.4	2	0.1	2
UBC LN Upgrade to Mash on LB (V)	125.1	6	522.5	6	6.3	9	4.2	21	15.1	6	0.5	1	1.4	3	1.2	5	0.3	5
UBC LN Upgrade to Mash on Mains (V)	75.3	4	314.6	4	3.8	5	2.5	13	9.1	3	0.3	0	0.9	2	0.7	3	0.2	3
UBC LN Upgrade to Sweet Potato Fries 150g (Ve)	159.3	8	666.6	8	7.1	10	1.6	8	20.8	8	0.5	1	2.2	4	1.8	8	0.1	2
UBC LN Upgrade to Sweet Potato Fries 227g (Ve)	267.3	13	1118.3	13	11.9	17	2.6	13	34.9	13	0.8	1	3.6	7	3.0	13	0.2	3
UBC LN Vanilla Flavour Ice Cream (V)	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6
UBC LN Vegetable Jalfrezi (V)	1131.2	57	4742.8	56	37.2	53	8.1	40	165.9	64	33.8	38	25.2	50	18.3	76	4.4	73
UBC LN XL Backyard BBQ Burger	1173.2	59	4904.4	58	55.8	80	21.5	107	85.5	33	18.2	20	78.0	156	8.7	36	3.9	65
UBC LN XL Beef Burger - Plain	1225.7	61	5124.3	61	57.1	82	21.6	108	93.6	36	9.2	10	79.5	159	10.4	43	4.2	70
UBC LN XL Beet Burger (V)	1234.9	62	5158.9	61	65.5	94	19.2	96	136.4	52	13.5	15	22.9	46	14.9	62	3.1	51

## 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	%
UBC LN XL Blue Moon Burger	1518.8	76	6341.5	75	81.7	117	37.3	186	93.7	36	9.3	10	97.1	194	10.4	43	5.6	93
UBC LN XL Buttermilk Chicken Burger	1622.1	81	6782.0	81	87.1	124	29.8	149	142.7	55	19.9	22	62.5	125	15.6	65	4.6	76
UBC LN XL Chicken Battered Fillet Burger - Plain	1554.4	78	6505.2	77	73.2	105	24.7	123	135.6	52	9.7	11	82.7	165	12.0	50	3.5	59
UBC LN XL Hunter's Chicken Burger	1441.5	72	6042.5	72	63.1	90	26.0	130	105.9	41	25.5	28	121.8	244	12.2	51	6.8	114
UBC LN XL Route 66 Burger	1420.8	71	5933.3	71	74.0	106	29.7	148	98.3	38	12.5	14	85.8	172	12.1	51	4.7	78
UBC LN XL The Cowboy Burger	1554.3	78	6489.0	77	87.5	125	37.9	190	93.6	36	9.3	10	105.5	211	10.4	43	7.0	117
UBC LN XL Topped Mac Burger	1705.7	85	7140.3	85	75.7	108	33.4	167	156.2	60	11.6	13	94.1	188	12.2	51	5.1	85
UBC LN XL Ultimate Veggie Burger (V)	1279.3	64	5356.6	64	61.8	88	16.1	81	113.5	44	14.4	16	60.3	121	15.8	66	4.4	73
UBC LN Yorkshire Pudding (V) - Side	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
Vanilla Milkshake (V)	419.5	21	1757.5	21	20.9	30	11.6	58	44.3	17	44.3	49	25.5	51	0.3	1	0.3	5
You're Such a Teaser Milkshake (V) - Maltesters	606.3	30	2539.3	30	30.2	43	17.2	86	67.2	26	63.5	71	28.4	57	0.7	3	0.4	6