

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	%
Fruit Pastilles - Confectionary	179.1	9	761.4	9	0.1	0	0.0	0	42.0	16	28.7	32	2.1	4	0.1	0	0.1	2
TSP Ultimate Fish Pie	1118.8	56	4665.8	56	52.9	76	23.0	115	108.4	42	21.8	24	43.0	86	16.3	68	4.1	69
White Loaf Bread - Take Away Sales PROMO	1564.5	78	6608.4	79	15.0	21	5.0	25	302.3	116	6.3	7	57.6	115	18.8	78	6.1	101
WLW Crunchie - Confectionary	188.0	9	786.0	9	7.6	11	4.9	25	28.0	11	26.0	29	1.4	3	0.5	2	0.3	5
WLW LN17 NGCI Roasted Red Pepper and Tomato Soup Homemade (V)	276.7	14	1151.6	14	16.1	23	8.0	40	27.8	11	12.1	13	3.7	7	6.4	27	0.8	13
WLW LN18 Multigrain Loaf Bread - Take Away Sales PROMO	1595.8	80	6758.6	80	24.4	35	5.6	28	271.6	104	6.9	8	75.7	151	25.0	104	5.4	90
WLW LN18 Tuna Mayonnaise Sandwich	608.9	30	2565.8	31	20.5	29	2.9	15	67.4	26	5.1	6	39.6	79	7.0	29	2.5	42
WLW M1 <400 Cajun Chicken	430.8	22	1802.4	21	22.2	32	3.1	15	15.8	6	12.4	14	43.3	87	3.0	12	3.3	54
WLW M1 <400 Cajun Chicken - 241	430.8	22	1802.4	21	22.2	32	3.1	15	15.8	6	12.4	14	43.3	87	3.0	12	3.3	54
WLW M1 <400 Cajun Chicken - 3 Course	430.8	22	1802.4	21	22.2	32	3.1	15	15.8	6	12.4	14	43.3	87	3.0	12	3.3	54
WLW M1 <500 Plain Roasted Chicken Burger	848.8	42	3570.4	43	29.3	42	4.7	23	71.3	27	22.6	25	74.5	149	6.3	26	3.7	62
WLW M1 <500 Plain Veggie Burger (Ve)	1063.2	53	4461.5	53	49.6	71	5.5	27	100.0	38	27.4	30	49.2	98	12.1	50	4.7	78
WLW M1 <500 Plain Veggie Burger (Ve) - 241	1063.2	53	4461.5	53	49.6	71	5.5	27	100.0	38	27.4	30	49.2	98	12.1	50	4.7	78
WLW M1 <500 Plain Veggie Burger (Ve) - 3 Course	1063.2	53	4461.5	53	49.6	71	5.5	27	100.0	38	27.4	30	49.2	98	12.1	50	4.7	78
WLW M1 <500 Vegetarian Lasagne (V)	532.8	27	2076.8	25	27.6	39	5.2	26	46.7	18	21.0	23	9.8	20	6.0	25	2.8	46
WLW M1 <600 Pedigree Ale Beef Lasagne	665.6	33	2779.2	33	39.0	56	14.5	72	43.9	17	23.5	26	33.5	67	5.1	21	3.3	55
WLW M1 <600 Pedigree Ale Beef Lasagne - 241	665.6	33	2779.2	33	39.0	56	14.5	72	43.9	17	23.5	26	33.5	67	5.1	21	3.3	55
WLW M1 <600 Pedigree Ale Beef Lasagne - 3 Course	665.6	33	2779.2	33	39.0	56	14.5	72	43.9	17	23.5	26	33.5	67	5.1	21	3.3	55
WLW M1 <600 Plain Beef Burger	641.4	32	2685.4	32	30.7	44	8.9	45	48.1	19	13.8	15	41.2	82	4.3	18	3.0	50
WLW M1 <600 Plain Beef Burger - 241	641.4	32	2685.4	32	30.7	44	8.9	45	48.1	19	13.8	15	41.2	82	4.3	18	3.0	50
WLW M1 <600 Plain Beef Burger - 3 Course	641.4	32	2685.4	32	30.7	44	8.9	45	48.1	19	13.8	15	41.2	82	4.3	18	3.0	50
WLW M1 <600 Rump Steak 10oz	664.3	33	2773.6	33	40.6	58	13.6	68	13.4	5	12.3	14	60.8	122	3.0	12	1.2	20
WLW M1 <600 Sirloin Steak 8oz	623.6	31	2600.0	31	40.6	58	14.0	70	13.4	5	12.3	14	50.7	101	3.0	12	1.2	19
WLW M1 18 Bounty - Confectionary	278.2	14	1162.8	14	14.8	21	12.2	61	33.2	13	27.2	30	2.2	4	0.9	4	0.1	1
WLW M1 18 Crunchie - Confectionary	188.0	9	786.0	9	7.6	11	4.9	25	28.0	11	26.0	29	1.4	3	0.5	2	0.3	5
WLW M1 18 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
WLW M1 18 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
WLW M1 18 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
WLW M1 18 Skittles - Confectionary	221.1	11	936.1	11	2.3	3	1.3	6	49.6	19	49.2	55	0.0	0	0.0	0	0.0	0

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
WLW M1 2018 2 Ltr Milk Bottle - Take Away Sales PROMO	1215.0	61	5130.0	61	40.5	58	27.0	135	121.5	47	121.5	135	91.8	184	0.0	0	2.7	45
WLW M1 2018 Black Pudding Hash PROMO	496.0	25	2066.4	25	31.7	45	9.4	47	33.5	13	3.0	3	19.1	38	3.0	13	2.0	33
WLW M1 2018 Cheese & Pickle Tart (V) PROMO	1034.4	52	4322.1	51	56.2	80	28.4	142	107.4	41	18.3	20	23.5	47	13.7	57	3.0	50
WLW M1 2018 Mini Pies Platter PROMO	1020.7	51	4240.2	50	50.5	72	23.8	119	116.7	45	9.1	10	23.8	48	10.5	44	2.8	47
WLW M1 2018 Pedigree Chutney - Take Away Sales PROMO	324.3	16	1377.7	16	2.3	3	0.2	1	71.5	28	64.6	72	2.8	6	2.5	11	1.6	27
WLW M1 All Day Breakfast	1420.7	71	5926.7	71	80.2	115	22.0	110	110.5	43	19.8	22	59.6	119	16.4	68	7.1	119
WLW M1 American BBQ Pizza	1474.4	74	6258.5	75	43.8	63	16.6	83	195.5	75	42.9	48	72.8	146	11.7	49	8.5	142
WLW M1 Apple Pie (V)	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
WLW M1 Apple Pie (V)	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
WLW M1 Apple Pie (V)	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
WLW M1 Apple Pie (V) PROMO	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
WLW M1 Bacon and Egg Muffin	426.0	21	1782.0	21	18.8	27	4.0	20	40.7	16	6.9	8	23.6	47	2.3	10	3.2	54
WLW M1 Bacon and Sausage Muffin	410.1	21	1720.2	20	12.9	18	4.3	22	51.5	20	8.0	9	21.6	43	2.9	12	3.7	61
WLW M1 Bacon Buttie	661.2	33	2775.2	33	28.5	41	6.8	34	57.2	22	7.9	9	43.7	87	5.0	21	7.1	119
WLW M1 Bacon Muffin	340.1	17	1428.7	17	8.0	11	2.8	14	40.7	16	6.7	7	26.2	52	2.3	10	4.7	79
WLW M1 Baked Beans (Ve) Extra	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
WLW M1 BBQ Jackfruit Nachos (Ve)	316.6	16	1325.3	16	12.9	18	1.0	5	43.8	17	12.0	13	4.3	9	3.2	13	1.3	21
WLW M1 BBQ Ranch Burger	1403.6	70	5877.3	70	66.4	95	24.4	122	127.7	49	29.3	33	66.6	133	13.0	54	6.7	112
WLW M1 BBQ Sauce (Ve) Extra	263.2	13	1099.8	13	11.8	17	6.0	30	36.4	14	22.1	25	3.2	6	2.5	11	0.0	0
WLW M1 Beans on Toast (V)	559.7	28	2347.2	28	11.2	16	2.5	13	88.8	34	12.3	14	28.1	56	15.4	64	2.9	49
WLW M1 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
WLW M1 Beef Madras	1214.4	61	5113.7	61	36.1	52	10.9	54	173.1	67	31.5	35	45.3	91	15.2	63	5.0	83
WLW M1 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
WLW M1 Beer & Marmite Steak	1172.8	59	4892.9	58	65.7	94	20.7	103	75.8	29	17.7	20	64.1	128	13.4	56	2.9	49
WLW M1 Beer Battered Fish and Chips	1013.2	51	4248.6	51	35.7	51	9.3	47	103.3	40	15.9	18	60.5	121	14.3	60	2.7	46
WLW M1 Beer Battered Onion Rings Side Order (Ve)	399.0	20	1667.3	20	26.2	37	4.1	20	35.4	14	9.8	11	4.0	8	2.6	11	2.1	35
WLW M1 Black Pudding - Extra	199.4	10	833.8	10	9.7	14	3.8	19	17.6	7	2.8	3	12.7	25	0.0	0	1.8	30
WLW M1 Black Pudding Hash	496.0	25	2066.4	25	31.7	45	9.4	47	33.5	13	3.0	3	19.1	38	3.0	13	2.0	33
WLW M1 Bloomer Bread and Butter - Brown (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

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WLW M1 Bloomer Bread and Butter - White (V)	364.9	18	1529.7	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
WLW M1 Boiled Eggs and Soldiers (V)	541.9	27	2272.5	27	26.9	38	11.6	58	47.6	18	1.8	2	28.1	56	4.4	18	1.7	28
WLW M1 Bowl of Yorkshire Puddings Side Order (V)	816.1	41	3392.3	40	63.5	91	9.9	50	42.9	17	6.3	7	20.6	41	2.0	8	1.1	18
WLW M1 Bramley Apple & Pear Crumble (V)	478.5	24	1989.2	24	15.1	22	5.4	27	77.4	30	37.7	42	5.3	11	2.6	11	0.3	5
WLW M1 Bramley Apple & Pear Crumble (V) - Promo	478.5	24	1989.2	24	15.1	22	5.4	27	77.4	30	37.7	42	5.3	11	2.6	11	0.3	5
WLW M1 Bramley Apple & Pear Crumble (V) - Sunday	478.5	24	1989.2	24	15.1	22	5.4	27	77.4	30	37.7	42	5.3	11	2.6	11	0.3	5
WLW M1 Breaded Plaice	975.3	49	4089.2	49	39.1	56	10.5	53	114.4	44	21.5	24	34.2	68	14.1	59	2.2	37
WLW M1 Breaded Plaice - 241	975.3	49	4089.2	49	39.1	56	10.5	53	114.4	44	21.5	24	34.2	68	14.1	59	2.2	37
WLW M1 Breaded Plaice - 3 Course	975.3	49	4089.2	49	39.1	56	10.5	53	114.4	44	21.5	24	34.2	68	14.1	59	2.2	37
WLW M1 Broccoli and Stilton Soup (V) S/W Accompaniment	88.8	4	369.2	4	5.7	8	3.0	15	4.2	2	1.5	2	4.9	10	1.4	6	0.3	5
WLW M1 Broccoli and Stilton Soup Homemade (V)	452.3	23	1887.5	22	27.1	39	15.1	75	35.0	13	3.6	4	17.1	34	5.2	22	1.4	23
WLW M1 Broccoli and Stilton Soup Homemade (V) - 3 Course	452.3	23	1887.5	22	27.1	39	15.1	75	35.0	13	3.6	4	17.1	34	5.2	22	1.4	23
WLW M1 Broccoli and Stilton Soup Homemade (V) - Sunday	452.3	23	1887.5	22	27.1	39	15.1	75	35.0	13	3.6	4	17.1	34	5.2	22	1.4	23
WLW M1 Brunch Omelette	772.9	39	3225.9	38	56.3	80	21.3	107	15.1	6	14.7	16	56.3	113	2.5	10	4.4	73
WLW M1 Butter Chicken	1288.0	64	5452.2	65	35.4	51	15.5	77	169.3	65	27.7	31	73.3	147	11.8	49	4.2	70
WLW M1 Buttermilk Chicken Goujons	620.4	31	2595.6	31	33.7	48	12.3	62	45.8	18	16.3	18	32.7	65	4.4	18	2.4	41
WLW M1 Buttermilk Chicken Goujons - 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
WLW M1 Cajun Chicken	750.8	38	3141.9	37	34.8	50	9.3	46	63.3	24	11.6	13	43.7	87	9.2	38	3.0	50
WLW M1 Cajun Chicken - 241	750.8	38	3141.9	37	34.8	50	9.3	46	63.3	24	11.6	13	43.7	87	9.2	38	3.0	50
WLW M1 Cajun Chicken - 3 Course	750.8	38	3141.9	37	34.8	50	9.3	46	63.3	24	11.6	13	43.7	87	9.2	38	3.0	50
WLW M1 Carrot & Coriander Soup (Ve) S/W Accompaniment	31.3	2	129.8	2	0.9	1	0.1	1	5.2	2	4.3	5	0.8	2	2.5	10	0.1	2
WLW M1 Carrot and Coriander Soup Homemade (V)	321.1	16	1340.3	16	16.6	24	8.7	43	35.2	14	9.4	10	8.6	17	7.4	31	1.0	17
WLW M1 Carrot and Coriander Soup Homemade (V) - 3 Course	321.1	16	1340.3	16	16.6	24	8.7	43	35.2	14	9.4	10	8.6	17	7.4	31	1.0	17
WLW M1 Carrot and Coriander Soup Homemade (V) - Sunday	321.1	16	1340.3	16	16.6	24	8.7	43	35.2	14	9.4	10	8.6	17	7.4	31	1.0	17

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WLW M1 Cauliflower Cheese Side Order (V)	1701.7	85	7134.3	85	66.2	95	41.1	205	187.5	72	36.9	41	66.0	132	47.0	196	23.3	388
WLW M1 Charred Chicken Pathia	1160.7	58	4904.4	58	28.2	40	6.9	34	170.5	66	31.3	35	58.2	116	13.1	54	4.5	75
WLW M1 Cheddar Cheese (V) - Extra	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
WLW M1 Cheddar Cheese (V) - Extra - V2	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
WLW M1 Cheese & Chutney Sandwich (V)	815.9	41	3429.6	41	40.7	58	18.1	90	76.8	30	28.8	32	35.3	71	6.3	26	3.2	54
WLW M1 Cheese & Pickle Tart (V) Sunday Lunch	1414.1	71	5911.6	70	75.5	108	31.7	159	144.6	56	27.4	30	36.6	73	20.7	86	5.5	91
WLW M1 Cheese and Beans Jacket (V)	646.6	32	2706.5	32	31.8	45	14.4	72	72.0	28	14.7	16	21.1	42	10.5	44	2.6	43
WLW M1 Cheese and Beans Jacket (V) - 241	646.6	32	2706.5	32	31.8	45	14.4	72	72.0	28	14.7	16	21.1	42	10.5	44	2.6	43
WLW M1 Cheese and Beans Jacket (V) - 3 Course	646.6	32	2706.5	32	31.8	45	14.4	72	72.0	28	14.7	16	21.1	42	10.5	44	2.6	43
WLW M1 Cheese Plate (V)	840.3	42	3493.1	42	60.1	86	36.4	182	38.9	15	15.7	17	34.5	69	2.4	10	2.9	48
WLW M1 Cheese Plate (V) PROMO	840.3	42	3493.1	42	60.1	86	36.4	182	38.9	15	15.7	17	34.5	69	2.4	10	2.9	48
WLW M1 Cheesy Chips Side Order (V)	806.1	40	3372.9	40	46.8	67	20.3	102	68.5	26	9.9	11	23.3	47	9.2	38	2.1	34
WLW M1 Cheesy Garlic Ciabatta Side Order (V)	774.5	39	3245.6	39	45.0	64	18.9	94	65.8	25	11.8	13	24.9	50	4.2	18	2.9	48
WLW M1 Cheesy Roast Potatoes (V) - Side Order	429.3	21	1803.8	21	21.3	30	11.5	58	42.6	16	1.6	2	19.8	40	4.3	18	1.1	19
WLW M1 Chicken and Ham Bake	1174.8	59	4896.8	58	60.5	86	22.8	114	104.5	40	26.6	30	47.0	94	19.5	81	4.4	74
WLW M1 Chicken Breast Skillet	746.8	37	3126.8	37	36.3	52	15.5	77	49.0	19	13.6	15	56.2	112	7.3	30	3.1	51
WLW M1 Chicken Jalfjezi Pie	807.5	40	3193.8	38	19.3	28	5.3	27	136.7	53	58.4	65	28.3	57	5.6	23	2.5	42
WLW M1 Chicken Tikka Burger	1065.2	53	4469.9	53	50.1	72	11.6	58	112.6	43	17.2	19	34.6	69	14.0	58	2.9	49
WLW M1 Chicken Tikka Masala	1122.3	56	4738.6	56	28.3	40	9.2	46	169.0	65	27.4	30	47.4	95	14.2	59	4.0	66
WLW M1 Children's Roast Chicken Sunday Lunch	907.6	45	3799.9	45	43.6	62	12.0	60	75.9	29	18.4	20	53.8	108	9.9	41	4.2	71
WLW M1 Children's Roast Leg of Welsh Lamb Sunday Lunch	649.2	32	2719.1	32	32.7	47	9.7	49	57.4	22	16.0	18	30.2	60	8.0	33	3.2	53
WLW M1 Children's Roast Shoulder of British Pork Sunday Lunch	691.9	35	2902.1	35	27.8	40	7.4	37	76.0	29	17.4	19	35.1	70	9.0	37	3.3	54
WLW M1 Children's Roast Turkey Sunday Lunch	660.3	33	2773.3	33	23.6	34	6.1	31	75.9	29	18.3	20	36.9	74	9.1	38	3.3	55
WLW M1 Children's Roast Yorkshire Topside Beef Sunday Lunch	677.6	34	2831.3	34	36.4	52	10.2	51	55.5	21	14.5	16	31.5	63	8.2	34	3.6	61
WLW M1 Chips Side Order (Ve)	565.3	28	2366.0	28	27.5	39	8.6	43	66.5	26	9.5	11	8.1	16	8.9	37	0.9	16
WLW M1 Chocolate Fudge Cake (V)	657.8	33	2763.4	33	27.3	39	5.3	26	95.8	37	76.3	85	8.5	17	3.1	13	0.4	7
WLW M1 Chocolate Fudge Cake (V)	657.8	33	2763.4	33	27.3	39	5.3	26	95.8	37	76.3	85	8.5	17	3.1	13	0.4	7
WLW M1 Chocolate Fudge Cake (V)	657.8	33	2763.4	33	27.3	39	5.3	26	95.8	37	76.3	85	8.5	17	3.1	13	0.4	7
WLW M1 Chocolate Fudge Cake (V) PROMO	657.8	33	2763.4	33	27.3	39	5.3	26	95.8	37	76.3	85	8.5	17	3.1	13	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	%	g	%
WLW M1 Chocolate Indulgence Sundae (V)	668.0	33	2800.8	33	34.1	49	21.6	108	80.9	31	68.6	76	8.4	17	2.3	10	0.4	7
WLW M1 Chocolate Indulgence Sundae (V) - Promo	668.0	33	2800.8	33	34.1	49	21.6	108	80.9	31	68.6	76	8.4	17	2.3	10	0.4	7
WLW M1 Chocolate Indulgence Sundae (V) - Sunday	668.0	33	2800.8	33	34.1	49	21.6	108	80.9	31	68.6	76	8.4	17	2.3	10	0.4	7
WLW M1 Chocolate Orange Bread & Butter Pudding (V)	579.8	29	2429.1	29	29.2	42	17.9	90	70.4	27	45.5	51	9.0	18	1.6	7	0.4	7
WLW M1 Chocolate Orange Bread & Butter Pudding (V) - Promo	579.8	29	2429.1	29	29.2	42	17.9	90	70.4	27	45.5	51	9.0	18	1.6	7	0.4	7
WLW M1 Chocolate Orange Bread & Butter Pudding (V) - Sunday	579.8	29	2429.1	29	29.2	42	17.9	90	70.4	27	45.5	51	9.0	18	1.6	7	0.4	7
WLW M1 Corn on the Cob Side Order (V)	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
WLW M1 Daytime Menu - Beef Burger	1220.6	61	5112.8	61	53.9	77	17.2	86	126.7	49	29.9	33	50.1	100	12.7	53	4.5	75
WLW M1 Daytime Menu - Beef Burger - Two For One	1220.6	61	5112.8	61	53.9	77	17.2	86	126.7	49	29.9	33	50.1	100	12.7	53	4.5	75
WLW M1 Daytime Menu - Veggie Burger (Ve)	1184.3	59	4966.3	59	51.4	73	11.3	57	135.6	52	31.7	35	36.7	73	15.3	64	4.1	69
WLW M1 Daytime Menu - Veggie Burger (Ve)	1184.3	59	4966.3	59	51.4	73	11.3	57	135.6	52	31.7	35	36.7	73	15.3	64	4.1	69
WLW M1 Diane Sauce (V)	75.8	4	318.8	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
WLW M1 Dip Pot (V) - Extra	171.0	9	716.0	9	18.5	26	1.6	8	0.8	0	0.7	1	0.3	1	0.0	0	0.3	5
WLW M1 Dressed House Side Salad (Ve)	147.9	7	618.5	7	10.9	16	1.2	6	10.5	4	9.5	11	1.5	3	1.7	7	0.8	13
WLW M1 Egg and Sausage Muffin	496.0	25	2073.5	25	23.7	34	5.5	28	51.5	20	8.2	9	19.0	38	2.9	12	2.2	36
WLW M1 Egg and Sausage Muffin (V)	439.3	22	1839.9	22	17.9	26	3.1	16	47.7	18	7.7	9	20.8	42	4.5	19	2.1	34
WLW M1 Egg Muffin (V)	511.9	26	2135.3	25	29.6	42	5.2	26	40.7	16	7.1	8	20.9	42	2.3	10	1.7	28
WLW M1 Eggs on Toast (V)	766.1	38	3201.1	38	48.0	69	8.1	41	54.9	21	8.6	10	28.6	57	4.8	20	2.3	39
WLW M1 Extra Cajun Chicken	269.2	13	1127.2	13	10.4	15	1.7	9	4.3	2	1.9	2	41.6	83	0.8	3	2.5	41
WLW M1 Extra Gammon Steak 10oz	477.1	24	1988.0	24	31.2	45	11.9	60	1.4	1	0.0	0	48.3	97	0.0	0	8.2	136
WLW M1 Firecracker Noodles (V)	278.3	14	698.0	8	18.1	26	3.2	16	94.2	36	27.1	30	18.9	38	9.5	40	4.1	69
WLW M1 Fish & Chips Bites	361.4	18	1506.7	18	20.8	30	3.7	19	28.3	11	4.4	5	16.3	33	2.7	11	1.6	26
WLW M1 Flat Mushroom (V) - Extra	50.9	3	210.2	3	5.2	7	3.2	16	0.2	0	0.1	0	1.0	2	0.7	3	0.1	2
WLW M1 Free Range Fried Egg (V) - Breakfast 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
WLW M1 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
WLW M1 Free Range Fried Egg (V) - Topping	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

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	%
WLW M1 Free Range Scrambled Egg (V) - Extra	140.9	7	587.4	7	10.2	15	4.7	23	3.1	1	3.3	4	9.4	19	0.0	0	0.5	8
WLW M1 Full English Breakfast	789.4	39	3296.6	39	43.2	62	11.8	59	63.2	24	14.5	16	37.2	74	8.7	36	5.0	83
WLW M1 Gammon Steak 10oz	1212.6	61	5062.8	60	69.0	99	21.7	109	78.5	30	18.9	21	64.1	128	12.4	52	9.2	153
WLW M1 Garlic and Herb Butter (V) - Extra	392.6	20	1614.5	19	43.2	62	18.2	91	0.6	0	0.5	1	0.3	1	0.1	0	1.0	17
WLW M1 Garlic and Herb Butter Topper (V)	392.6	20	1614.5	19	43.2	62	18.2	91	0.6	0	0.5	1	0.3	1	0.1	0	1.0	17
WLW M1 Garlic and Herb Butter Topper (V) - V2	392.6	20	1614.5	19	43.2	62	18.2	91	0.6	0	0.5	1	0.3	1	0.1	0	1.0	17
WLW M1 Garlic Ciabatta Side Order (Ve)	556.1	28	2332.8	28	27.1	39	7.7	38	65.7	25	11.7	13	10.3	21	4.2	18	1.8	30
WLW M1 Genius Bread and Butter (V)	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
WLW M1 Giant Yorkshire Pudding (V) - Extra	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
WLW M1 Golden Breaded Mushrooms (V)	468.2	23	1973.3	23	24.2	35	4.6	23	51.3	20	16.9	19	9.2	18	4.7	20	2.4	40
WLW M1 Golden Breaded Mushrooms (V) - 3 Course	468.2	23	1973.3	23	24.2	35	4.6	23	51.3	20	16.9	19	9.2	18	4.7	20	2.4	40
WLW M1 Golden Breaded Mushrooms (V) - Sunday	468.2	23	1973.3	23	24.2	35	4.6	23	51.3	20	16.9	19	9.2	18	4.7	20	2.4	40
WLW M1 Golden Breaded Scampi	1028.0	51	4300.6	51	51.8	74	15.0	75	106.9	41	14.8	16	28.2	56	15.1	63	4.2	69
WLW M1 Gravy (V) - Extra Jug of	35.4	2	148.8	2	1.3	2	0.9	5	5.7	2	0.2	0	0.1	0	0.1	0	0.7	12
WLW M1 Grill Supplement	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
WLW M1 Grill Supplement - Extra	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
WLW M1 Grilled Cheese SW - BBQ Jack Fruit (V)	801.9	40	3368.4	40	39.6	57	14.0	70	79.4	31	21.3	24	31.7	63	7.5	31	3.6	59
WLW M1 Grilled Cheese SW - BBQ Pulled Pork	856.1	43	3590.7	43	47.4	68	19.1	95	59.7	23	9.9	11	48.2	96	5.9	25	3.1	52
WLW M1 Grilled Cheese SW - Chicken Tikka	813.0	41	3416.5	41	44.7	64	14.6	73	63.2	24	11.3	13	39.7	79	6.7	28	3.5	59
WLW M1 Grilled Cheese SW - Dbl Cheese & Red Onion (V)	746.0	37	3134.0	37	40.4	58	17.5	87	61.5	24	11.1	12	34.6	69	6.2	26	3.2	53
WLW M1 Grilled Chicken and Bacon Salad	689.5	34	2891.4	34	30.6	44	7.4	37	44.4	17	15.8	18	59.2	118	4.9	20	4.1	68
WLW M1 Grilled Half Tomato (Ve)	10.1	1	43.4	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
WLW M1 Guacamole (Ve) - Extra	73.4	4	306.9	4	6.4	9	1.4	7	3.4	1	0.6	1	0.8	2	0.2	1	0.5	8
WLW M1 Half Pint Milk (V)	182.2	9	761.3	9	10.3	15	6.5	32	12.6	5	12.6	14	23.5	47	0.0	0	0.0	0
WLW M1 Halloumi Fries (V)	453.1	23	1868.8	22	37.0	53	17.5	88	11.5	4	2.8	3	18.0	36	0.8	3	2.4	41
WLW M1 Ham and Eggs	1021.7	51	4262.2	51	61.2	87	15.7	78	62.9	24	11.7	13	49.3	99	8.2	34	7.9	132
WLW M1 Ham and Eggs - 241	1021.7	51	4262.2	51	61.2	87	15.7	78	62.9	24	11.7	13	49.3	99	8.2	34	7.9	132
WLW M1 Ham and Eggs - 3 Course	1021.7	51	4262.2	51	61.2	87	15.7	78	62.9	24	11.7	13	49.3	99	8.2	34	7.9	132
WLW M1 Hand Cut Potato Wedges Side Order (Ve)	374.3	19	1572.4	19	17.2	25	3.4	17	50.9	20	8.4	9	6.0	12	4.7	20	0.8	14

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	%
WLW M1 Hash Brown (Ve) - Extra	50.2	3	209.2	2	3.0	4	1.3	6	5.0	2	0.2	0	0.5	1	0.7	3	0.1	2
WLW M1 Hawaiian Pizza	1143.2	57	4860.5	58	36.4	52	14.6	73	151.4	58	28.7	32	54.3	109	8.4	35	9.6	159
WLW M1 Hickory Burger	1430.9	72	5988.3	71	67.7	97	23.2	116	129.2	50	29.9	33	68.6	137	13.3	56	4.8	79
WLW M1 Hickory Nachos	464.1	23	1943.1	23	22.4	32	7.6	38	42.9	17	17.0	19	20.4	41	2.3	10	2.5	41
WLW M1 Homemade Coleslaw Side Order (V)	161.1	8	667.9	8	12.5	18	0.9	4	11.0	4	7.6	8	1.5	3	3.6	15	0.8	14
WLW M1 Hunter's Chicken	1137.5	57	4770.4	57	52.2	75	21.0	105	92.2	35	37.6	42	70.2	140	9.9	41	6.0	100
WLW M1 Ice Cream Scoop Extra (V) - Vanilla Pod	108.9	5	454.9	5	5.8	8	3.5	17	12.5	5	10.7	12	1.6	3	0.1	0	0.1	2
WLW M1 Ice Cream Sundae (V)	528.7	26	2215.8	26	29.6	42	18.7	93	58.0	22	51.4	57	7.2	14	1.9	8	0.4	6
WLW M1 Ice Cream Sundae (V) - Promo	528.7	26	2215.8	26	29.6	42	18.7	93	58.0	22	51.4	57	7.2	14	1.9	8	0.4	6
WLW M1 Ice Cream Sundae (V) - Sunday	528.7	26	2215.8	26	29.6	42	18.7	93	58.0	22	51.4	57	7.2	14	1.9	8	0.4	6
WLW M1 Indian Beer Battered Fish and Chips	1079.4	54	4536.4	54	30.4	43	9.0	45	128.9	50	25.2	28	64.8	130	15.7	66	4.0	67
WLW M1 Indian Platter Starter	911.5	46	3808.6	45	60.3	86	7.3	37	46.6	18	20.5	23	43.3	87	11.9	50	2.8	47
WLW M1 Indian Platter Starter - Sunday Lunch	911.5	46	3808.6	45	60.3	86	7.3	37	46.6	18	20.5	23	43.3	87	11.9	50	2.8	47
WLW M1 Jacket - BBQ Jackfruit (Ve)	459.4	23	1933.0	23	16.1	23	1.4	7	71.6	28	21.1	23	8.2	16	6.8	28	1.6	26
WLW M1 Jacket - BBQ Jackfruit (Ve) - 241	459.4	23	1933.0	23	16.1	23	1.4	7	71.6	28	21.1	23	8.2	16	6.8	28	1.6	26
WLW M1 Jacket - BBQ Jackfruit (Ve) - 3 Course	459.4	23	1933.0	23	16.1	23	1.4	7	71.6	28	21.1	23	8.2	16	6.8	28	1.6	26
WLW M1 Jacket - Hickory BBQ Pulled Pork	627.4	31	2630.6	31	33.2	47	12.4	62	51.6	20	9.5	11	32.6	65	5.3	22	1.7	28
WLW M1 Jacket - Hickory BBQ Pulled Pork - 241	627.4	31	2630.6	31	33.2	47	12.4	62	51.6	20	9.5	11	32.6	65	5.3	22	1.7	28
WLW M1 Jacket - Hickory BBQ Pulled Pork - 3 Course	627.4	31	2630.6	31	33.2	47	12.4	62	51.6	20	9.5	11	32.6	65	5.3	22	1.7	28
WLW M1 Jalapenos (Ve) - Extra	40.3	2	170.8	2	0.2	0	0.1	0	8.8	3	8.5	9	0.4	1	1.1	4	2.4	40
WLW M1 Jalapenos (Ve) - Extra PROMO	40.3	2	170.8	2	0.2	0	0.1	0	8.8	3	8.5	9	0.4	1	1.1	4	2.4	40
WLW M1 King Prawn Cup	352.4	18	1475.7	18	16.7	24	5.3	26	28.7	11	4.3	5	22.2	44	3.2	13	1.3	21
WLW M1 King Prawn Cup - 3 Course	352.4	18	1475.7	18	16.7	24	5.3	26	28.7	11	4.3	5	22.2	44	3.2	13	1.3	21
WLW M1 King Prawn Cup - Sunday	352.4	18	1475.7	18	16.7	24	5.3	26	28.7	11	4.3	5	22.2	44	3.2	13	1.3	21
WLW M1 LB Beer Battered Fish and Chips	843.8	42	3535.7	42	33.6	48	8.9	44	92.1	35	15.3	17	35.9	72	13.6	56	2.3	38
WLW M1 LB Gammon Steak - 5 oz	940.3	47	3925.5	47	53.2	76	15.8	79	69.1	27	11.4	13	40.3	81	11.8	49	5.2	87
WLW M1 LB Hunter's Chicken	834.0	42	3494.6	42	39.0	56	14.2	71	76.5	29	23.8	26	39.0	78	9.3	39	3.3	55
WLW M1 LB NOT Fish and Chips (V)	1005.4	50	4190.2	50	53.9	77	21.7	108	92.7	36	16.6	18	31.3	63	13.6	57	4.0	67
WLW M1 LB Steak and Ale Pie	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WLW M1 Margherita Pizza (V)	923.2	46	3934.0	47	29.4	42	12.1	61	131.4	51	13.4	15	34.9	70	8.6	36	5.2	86

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
WLW M1 Meat Feast Pizza	1374.0	69	5824.8	69	48.7	70	18.5	93	151.5	58	15.1	17	83.0	166	8.8	37	10.6	176
WLW M1 MEGA Breakfast	1871.9	94	7814.2	93	103.5	148	31.6	158	148.2	57	22.0	24	82.1	164	18.8	79	10.3	172
WLW M1 Minty Sundae (V)	610.1	31	2552.6	30	34.4	49	21.6	108	67.1	26	58.9	65	6.9	14	1.2	5	0.4	7
WLW M1 Minty Sundae (V) - Promo	610.1	31	2552.6	30	34.4	49	21.6	108	67.1	26	58.9	65	6.9	14	1.2	5	0.4	7
WLW M1 Minty Sundae (V) - Sunday	610.1	31	2552.6	30	34.4	49	21.6	108	67.1	26	58.9	65	6.9	14	1.2	5	0.4	7
WLW M1 Mixed Grill	1559.5	78	6511.3	78	87.4	125	26.4	132	91.3	35	16.2	18	95.0	190	14.1	59	7.4	123
WLW M1 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
WLW M1 Mushroom and Butternut Squash Rigatoni (V)	1393.2	70	5797.9	69	53.8	77	28.0	140	160.1	62	30.7	34	28.8	58	8.7	36	5.6	93
WLW M1 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
WLW M1 NGCI Beef Madras	923.5	46	3888.4	46	29.0	41	7.1	35	126.3	49	27.0	30	38.4	77	8.7	36	5.1	85
WLW M1 NGCI Broccoli and Stilton Soup Homemade (V)	406.9	20	1690.5	20	27.6	39	15.1	75	26.4	10	4.5	5	10.8	22	6.3	26	1.2	20
WLW M1 NGCI Butter Chicken	990.4	50	4198.3	50	28.3	40	11.5	57	121.3	47	23.3	26	66.3	133	5.1	21	4.3	72
WLW M1 NGCI Carrot and Coriander Soup Homemade (V)	270.9	14	1124.1	13	16.6	24	8.4	42	26.8	10	10.2	11	2.6	5	8.3	35	0.9	14
WLW M1 NGCI Charred Chicken Pathia	871.8	44	3687.1	44	21.3	30	3.1	16	123.9	48	26.9	30	51.2	102	6.6	28	4.6	77
WLW M1 NGCI Cheese & Chutney Sandwich (V)	769.9	38	3225.6	38	44.0	63	19.1	95	63.5	24	32.9	37	26.0	52	8.2	34	3.1	52
WLW M1 NGCI Chicken Tikka Masala	832.8	42	3518.7	42	21.3	30	5.4	27	122.3	47	23.0	26	40.4	81	7.7	32	4.0	67
WLW M1 NGCI Children's Roast Chicken Sunday Lunch	578.8	29	2425.9	29	24.6	35	7.8	39	44.0	17	15.5	17	45.0	90	7.5	31	2.6	43
WLW M1 NGCI Children's Roast Leg of Welsh Lamb Sunday Lunch	408.0	20	1715.6	20	15.2	22	6.4	32	42.7	16	13.7	15	23.7	47	6.5	27	2.4	41
WLW M1 NGCI Children's Roast Shoulder of British Pork Sunday Lunch	362.0	18	1523.7	18	8.8	13	3.2	16	44.1	17	14.6	16	26.2	52	6.6	27	1.6	27
WLW M1 NGCI Children's Roast Yorkshire Topside Beef Sunday Lunch	436.5	22	1828.3	22	19.0	27	6.9	34	40.8	16	12.1	13	25.0	50	6.7	28	2.9	48
WLW M1 NGCI Grilled Cheese SW - BBQ Jack Fruit (V)	700.8	35	2933.0	35	40.1	57	13.6	68	61.0	23	23.2	26	19.9	40	9.0	37	3.2	54
WLW M1 NGCI Grilled Cheese SW - BBQ Pulled Pork	760.4	38	3177.4	38	48.3	69	18.9	95	40.9	16	11.5	13	37.0	74	7.4	31	2.8	47
WLW M1 NGCI Grilled Cheese SW - Chicken Tikka	639.5	32	2682.0	32	38.3	55	13.7	69	42.5	16	11.8	13	27.9	56	8.3	34	2.8	47
WLW M1 NGCI Grilled Cheese SW - Dbl Cheese & Red Onion (V)	648.7	32	2714.0	32	41.3	59	17.3	87	42.9	17	12.8	14	23.1	46	7.8	32	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	%	g	%
WLW M1 NGCI Grilled Chicken and Bacon Salad	460.4	23	1930.5	23	20.8	30	3.8	19	14.7	6	13.3	15	54.4	109	2.9	12	3.6	60
WLW M1 NGCI King Prawn Cup	312.2	16	1301.5	15	16.9	24	5.0	25	22.7	9	5.2	6	15.7	31	4.5	19	1.1	19
WLW M1 NGCI Mixed Grill	1626.1	81	6784.5	81	95.8	137	27.8	139	83.5	32	15.6	17	100.9	202	13.5	56	7.2	120
WLW M1 NGCI Mushroom and Butternut Squash Rigatoni (V)	722.6	36	2999.4	36	27.4	39	15.5	77	79.2	30	19.0	21	14.8	30	4.4	18	3.3	54
WLW M1 NGCI Pea and Ham Soup Homemade	401.1	20	1670.3	20	17.5	25	8.9	44	37.9	15	13.4	15	17.7	35	13.4	56	2.8	47
WLW M1 NGCI Roast Beef Sandwich	632.9	32	2652.1	32	29.3	42	6.4	32	66.3	26	15.9	18	23.3	47	8.9	37	2.9	48
WLW M1 NGCI Roast Chicken Salad Sandwich	603.5	30	2522.4	30	34.2	49	3.2	16	47.1	18	14.3	16	24.0	48	7.6	32	2.8	46
WLW M1 NGCI Roast Chicken Sunday Lunch	1154.5	58	4838.0	58	48.6	69	14.9	75	86.4	33	25.0	28	92.4	185	17.7	74	4.7	79
WLW M1 NGCI Roast Lamb Sandwich	604.0	30	2538.0	30	25.5	36	5.9	29	68.2	26	17.5	19	22.0	44	8.8	37	2.4	40
WLW M1 NGCI Roast Leg of Welsh Lamb Sunday Lunch	813.7	41	3416.2	41	29.9	43	12.0	60	85.0	33	23.0	26	49.6	99	16.0	67	3.7	61
WLW M1 NGCI Roast Pork Sandwich	533.2	27	2243.7	27	16.6	24	1.8	9	69.7	27	18.4	20	23.9	48	8.8	37	1.6	26
WLW M1 NGCI Roast Shoulder of British Pork Sunday Lunch	722.9	36	3041.4	36	17.1	24	5.7	28	86.4	33	23.9	27	55.1	110	16.0	67	2.8	46
WLW M1 NGCI Roast Yorkshire Topside Beef Sunday Lunch	848.1	42	3554.0	42	33.7	48	12.5	62	83.1	32	21.5	24	52.1	104	16.2	67	4.1	68
WLW M1 NGCI Roasted Vegetable Jalfrezi (V)	846.2	42	3559.1	42	25.4	36	2.4	12	134.7	52	28.4	32	20.6	41	10.4	43	4.9	81
WLW M1 NGCI Simply Delicious (V)	351.7	18	1470.6	18	17.9	26	10.8	54	42.0	16	36.3	40	5.2	10	1.0	4	0.3	6
WLW M1 NGCI Steak & Onion Sandwich	868.6	43	3617.1	43	58.0	83	15.1	75	49.4	19	17.2	19	33.7	67	8.1	34	3.3	56
WLW M1 NGCI Sunday Best Sunday Lunch	1158.3	58	4850.3	58	50.3	72	16.3	81	83.2	32	21.6	24	92.2	184	17.0	71	5.2	86
WLW M1 NGCI Vegetable Soup Homemade (V)	353.4	18	1471.9	18	19.8	28	9.6	48	39.1	15	7.8	9	4.5	9	8.3	35	0.9	14
WLW M1 NOT Fish and Chips (V)	1353.0	68	5625.4	67	78.1	112	36.0	180	104.7	40	18.6	21	51.3	103	14.4	60	6.4	107
WLW M1 Passionfruit & Prosecco Pie (V)	420.1	21	1768.2	21	13.8	20	6.8	34	67.4	26	49.4	55	6.5	13	0.7	3	0.4	7
WLW M1 Passionfruit & Prosecco Pie (V) - Promo	420.1	21	1768.2	21	13.8	20	6.8	34	67.4	26	49.4	55	6.5	13	0.7	3	0.4	7
WLW M1 Passionfruit & Prosecco Pie (V) - Sunday	420.1	21	1768.2	21	13.8	20	6.8	34	67.4	26	49.4	55	6.5	13	0.7	3	0.4	7
WLW M1 Pea and Ham Soup Homemade	450.0	23	1881.0	22	17.6	25	9.2	46	46.0	18	12.7	14	23.5	47	12.5	52	3.0	50
WLW M1 Pea and Ham Soup Homemade PROMO	450.0	23	1881.0	22	17.6	25	9.2	46	46.0	18	12.7	14	23.5	47	12.5	52	3.0	50
WLW M1 Pea and Ham Soup S/W Accompaniment	99.1	5	414.3	5	1.7	2	0.5	3	10.9	4	5.9	7	8.3	17	5.1	21	1.1	18
WLW M1 Pearl Jet & Marmite Burger	1425.5	71	5960.8	71	70.5	101	24.4	122	120.6	46	17.8	20	70.6	141	13.3	56	4.6	77
WLW M1 Pedigree Ale Beef Lasagne	1113.3	56	4653.0	55	57.5	82	22.3	112	102.3	39	24.8	28	41.0	82	12.9	54	3.5	59
WLW M1 Pedigree Ale Beef Lasagne - 241	1113.3	56	4653.0	55	57.5	82	22.3	112	102.3	39	24.8	28	41.0	82	12.9	54	3.5	59

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	%
WLW M1 Pedigree Ale Beef Lasagne - 3 Course	1113.3	56	4653.0	55	57.5	82	22.3	112	102.3	39	24.8	28	41.0	82	12.9	54	3.5	59
WLW M1 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
WLW M1 Peppered Steak Hash	1119.6	56	4555.2	54	48.5	69	20.1	100	104.6	40	25.6	28	51.0	102	19.2	80	3.2	53
WLW M1 Pigs in Blankets (Bowl of 10)	1278.5	64	5349.0	64	115.9	166	45.0	225	13.6	5	0.0	0	44.7	89	0.7	3	9.7	162
WLW M1 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
WLW M1 Pineapple (Ve) - Extra PROMO	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
WLW M1 Plain Beef Burger	1172.9	59	4909.1	58	54.5	78	17.7	88	114.6	44	15.7	17	49.5	99	12.8	53	3.6	60
WLW M1 Plain Buttermilk Chicken Burger	1184.1	59	4957.6	59	57.8	83	18.2	91	123.3	47	15.9	18	37.0	74	14.1	59	3.0	50
WLW M1 Plain Jacket (V)	399.4	20	1673.8	20	21.1	30	8.1	40	48.4	19	8.7	10	5.9	12	4.8	20	1.0	17
WLW M1 Plain Roasted Chicken Burger	1095.7	55	4596.8	55	43.1	62	11.8	59	113.9	44	16.9	19	58.0	116	12.6	52	3.1	51
WLW M1 Plain Veggie Burger (V)	1111.8	56	4659.0	55	50.8	73	11.6	58	120.8	46	17.1	19	35.4	71	15.0	62	3.2	53
WLW M1 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
WLW M1 Poppadums and Dips (V)	265.4	13	1120.3	13	6.3	9	0.6	3	41.7	16	10.6	12	10.3	21	0.8	3	2.9	49
WLW M1 Potato Swap - 227g Chips to Jacket	44.1	2	185.7	2	1.2	2	0.7	3	7.9	3	0.3	0	1.0	2	0.8	3	0.0	1
WLW M1 Potato Swap - 227g Chips to New Potatoes	17.2	1	72.6	1	0.5	1	0.3	1	3.1	1	0.3	0	0.3	1	0.3	1	0.1	2
WLW M1 Prawn Mayonnaise Sandwich	587.5	29	2470.3	29	20.6	29	3.1	16	66.4	26	5.1	6	34.8	70	6.9	29	2.0	34
WLW M1 Pulled Pork and Apple Cottage Pie	1169.7	58	4906.6	58	50.4	72	17.7	89	124.7	48	40.1	45	45.1	90	22.9	96	4.0	67
WLW M1 Pulled Pork and Apple Cottage Pie PROMO	1182.9	59	4962.2	59	51.0	73	17.9	90	126.1	49	40.5	45	45.7	91	23.2	97	4.0	67
WLW M1 Rasher of Back Bacon - Extra	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
WLW M1 Rasher of Back Bacon - Topping	70.2	4	293.0	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
WLW M1 Rib Eye Steak 10oz	1432.5	72	5971.9	71	85.7	122	31.7	158	76.0	29	14.0	16	82.2	164	13.6	57	2.6	44
WLW M1 Rice (Ve) - Extra	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
WLW M1 Roast Beef Sandwich	736.3	37	3097.2	37	29.1	42	7.0	35	84.6	33	14.3	16	35.0	70	7.4	31	3.2	54
WLW M1 Roast Chicken Salad Sandwich	707.1	35	2968.1	35	33.9	48	3.9	20	65.7	25	12.7	14	35.6	71	6.2	26	3.1	52
WLW M1 Roast Chicken Sunday Lunch	1524.1	76	6383.1	76	69.3	99	20.2	101	122.1	47	28.9	32	103.0	206	21.3	89	7.0	117
WLW M1 Roast Lamb Sandwich	708.3	35	2986.3	36	25.4	36	6.5	33	86.5	33	15.8	18	33.8	68	7.2	30	2.8	46
WLW M1 Roast Leg of Welsh Lamb Sunday Lunch	1095.3	55	4589.5	55	49.0	70	16.5	82	103.5	40	26.4	29	57.9	116	18.7	78	5.1	84
WLW M1 Roast Pork Sandwich	639.4	32	2700.3	32	16.7	24	2.6	13	87.8	34	16.7	19	35.6	71	7.3	30	2.0	33
WLW M1 Roast Potatoes (Ve) Side Order	210.9	11	891.0	11	3.3	5	0.3	2	42.5	16	1.5	2	5.2	10	4.3	18	0.0	1
WLW M1 Roast Shoulder of British Pork Sunday	1093.4	55	4590.0	55	37.8	54	11.0	55	122.1	47	27.8	31	65.8	132	19.6	82	5.1	85

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	%
Lunch																		
WLW M1 Roast Turkey Sunday Lunch	1031.1	52	4336.8	52	29.5	42	8.6	43	121.9	47	28.6	32	69.3	139	19.8	82	5.1	84
WLW M1 Roast Yorkshire Topside Beef Sunday Lunch	1129.7	56	4727.0	56	52.8	75	17.0	85	101.5	39	24.8	28	60.4	121	18.9	79	5.5	92
WLW M1 Roasted Chicken Fillet - Extra	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
WLW M1 Roasted Red Pepper & Tomato Soup (Ve) S/W Accompaniment	40.3	2	168.7	2	1.1	2	0.2	1	6.1	2	5.2	6	1.4	3	1.6	7	0.1	2
WLW M1 Roasted Red Pepper & Tomato Soup Homemade (V)	325.0	16	1359.3	16	16.2	23	8.3	42	35.8	14	11.4	13	9.3	19	5.5	23	1.0	16
WLW M1 Roasted Red Pepper & Tomato Soup Homemade (V) - 3 Course	325.0	16	1359.3	16	16.2	23	8.3	42	35.8	14	11.4	13	9.3	19	5.5	23	1.0	16
WLW M1 Roasted Red Pepper & Tomato Soup Homemade (V) - Sunday	325.0	16	1359.3	16	16.2	23	8.3	42	35.8	14	11.4	13	9.3	19	5.5	23	1.0	16
WLW M1 Roasted Vegetable Jalfrezi (V)	1135.9	57	4779.5	57	32.3	46	6.1	31	181.6	70	32.9	37	27.2	54	16.9	71	4.8	80
WLW M1 Rocket (Ve) - Extra	2.0	0	8.3	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.2	1	0.0	0
WLW M1 Rump Steak 10oz	1118.5	56	4671.2	56	60.8	87	20.3	102	70.3	27	12.9	14	66.1	132	12.6	53	2.5	42
WLW M1 Rump Steak Skillet	966.1	48	4033.2	48	57.5	82	24.1	120	56.4	22	14.8	16	54.6	109	8.7	36	3.4	56
WLW M1 Sausage - Extra	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
WLW M1 Sausage & Cheesy Mash	1317.4	66	5501.8	65	70.8	101	27.0	135	123.6	48	17.7	20	37.8	76	16.3	68	5.1	85
WLW M1 Sausage & Cheesy Mash - 241	1317.4	66	5501.8	65	70.8	101	27.0	135	123.6	48	17.7	20	37.8	76	16.3	68	5.1	85
WLW M1 Sausage & Cheesy Mash - 3 Course	1317.4	66	5501.8	65	70.8	101	27.0	135	123.6	48	17.7	20	37.8	76	16.3	68	5.1	85
WLW M1 Sausage & Cheesy Mash (V)	1101.3	55	4609.7	55	51.0	73	19.2	96	107.6	41	15.6	17	42.0	84	21.4	89	4.7	78
WLW M1 Sausage & Cheesy Mash (V) - 241	1101.3	55	4609.7	55	51.0	73	19.2	96	107.6	41	15.6	17	42.0	84	21.4	89	4.7	78
WLW M1 Sausage & Cheesy Mash (V) - 3 Course	1101.3	55	4609.7	55	51.0	73	19.2	96	107.6	41	15.6	17	42.0	84	21.4	89	4.7	78
WLW M1 Sausage (V) - Extra	73.3	4	308.4	4	2.1	3	0.3	1	5.7	2	0.6	1	6.8	14	2.3	9	0.6	9
WLW M1 Sausage Buttie	704.4	35	2953.5	35	33.6	48	8.2	41	76.0	29	10.2	11	23.9	48	6.0	25	3.1	52
WLW M1 Sausage Buttie (V)	501.3	25	2109.1	25	18.9	27	2.9	15	58.1	22	7.7	9	23.0	46	7.8	32	2.5	42
WLW M1 Sausage Muffin	480.1	24	2011.7	24	17.8	25	5.9	29	62.4	24	9.3	10	17.1	34	3.6	15	2.6	44
WLW M1 Sausage Muffin (V)	355.8	18	1499.4	18	5.2	7	0.8	4	54.8	21	8.3	9	20.4	41	6.8	28	2.4	41
WLW M1 Sautéed Mushrooms Side Order (V)	67.9	3	281.9	3	6.0	9	3.4	17	0.7	0	0.4	0	3.0	6	2.4	10	0.1	2
WLW M1 Scampi - Extra	173.3	9	725.2	9	9.1	13	2.9	15	15.9	6	0.8	1	7.4	15	1.7	7	1.1	19
WLW M1 Seasonal Vegetables (Ve) - Extra	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.6	10
WLW M1 Simply Delicious (V)	371.4	19	1554.4	19	18.0	26	10.8	54	46.4	18	38.4	43	5.5	11	1.1	5	0.4	6

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	%
WLW M1 Simply Delicious (V)	371.4	19	1554.4	19	18.0	26	10.8	54	46.4	18	38.4	43	5.5	11	1.1	5	0.4	6
WLW M1 Simply Delicious (V)	371.4	19	1554.4	19	18.0	26	10.8	54	46.4	18	38.4	43	5.5	11	1.1	5	0.4	6
WLW M1 Simply Delicious (V) PROMO	371.4	19	1554.4	19	18.0	26	10.8	54	46.4	18	38.4	43	5.5	11	1.1	5	0.4	6
WLW M1 Sirloin Steak 8oz	1073.7	54	4480.8	53	60.4	86	20.6	103	69.8	27	12.8	14	56.5	113	12.5	52	2.5	41
WLW M1 Small Portion of Chips (Ve)	251.2	13	1050.3	13	11.4	16	4.5	22	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
WLW M1 Small Portion of Sweet Potato Fries (Ve) PROMO	358.5	18	1497.2	18	23.6	34	2.9	15	31.8	12	11.3	13	2.5	5	4.3	18	0.7	11
WLW M1 Smothered Wedges (V) : Cheese Sour Cream Salsa & Guacamole	592.5	30	2515.0	30	11.8	17	3.4	17	114.9	44	4.3	5	14.1	28	13.0	54	0.1	2
WLW M1 Smothered Wedges (Ve) : Salsa & Guacamole	592.3	30	2514.5	30	11.8	17	3.4	17	114.9	44	4.3	5	14.1	28	13.0	54	0.1	2
WLW M1 Soured Cream (V) - Extra	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WLW M1 Steak & Onion Sandwich	894.3	45	3743.0	45	49.0	70	10.3	51	68.2	26	15.5	17	45.2	90	6.6	28	3.5	59
WLW M1 Steak, Cheese & Marston's Ale Pie	1644.8	82	6876.9	82	82.0	117	31.5	158	171.1	66	25.7	29	46.8	94	20.9	87	4.5	76
WLW M1 Steak, Cheese & Marston's Ale Pie - V2	1644.8	82	6876.9	82	82.0	117	31.5	158	171.1	66	25.7	29	46.8	94	20.9	87	4.5	76
WLW M1 Steamed Chicken Breast - Extra	109.7	5	461.6	5	2.2	3	0.3	2	0.9	0	0.9	1	21.3	43	0.0	0	0.4	7
WLW M1 Sticky Toffee Pudding (V)	423.6	21	1784.4	21	13.1	19	8.0	40	72.8	28	58.3	65	4.2	8	0.7	3	0.2	4
WLW M1 Sticky Toffee Pudding (V) - Promo	423.6	21	1784.4	21	13.1	19	8.0	40	72.8	28	58.3	65	4.2	8	0.7	3	0.2	4
WLW M1 Sticky Toffee Pudding (V) - Sunday	423.6	21	1784.4	21	13.1	19	8.0	40	72.8	28	58.3	65	4.2	8	0.7	3	0.2	4
WLW M1 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
WLW M1 Stilton (V) - Topping	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
WLW M1 Stuffing (Ve) - Extra	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WLW M1 Sunday Best Sunday Lunch	1528.0	76	6395.6	76	71.0	101	21.6	108	118.9	46	25.5	28	102.8	206	20.6	86	7.5	124
WLW M1 Sunday Unlimited Gravy (V)	0.5	0	2.0	0	0.0	0	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0
WLW M1 Sunday Unlimited Vegetables (V)	0.8	0	3.6	0	0.0	0	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0
WLW M1 Swap Chips for Side Salad (Ve)	7.1	0	29.4	0	0.5	1	0.1	0	0.5	0	0.5	1	0.1	0	0.2	1	0.0	0
WLW M1 Swap Peas for Side Salad (Ve)	25.4	1	105.3	1	2.0	3	0.3	2	1.6	1	1.5	2	0.4	1	0.7	3	0.0	0
WLW M1 Sweet Potato Fries Side Order (Ve)	683.3	34	2855.9	34	46.0	66	5.4	27	58.9	23	24.9	28	4.7	9	7.4	31	1.9	31
WLW M1 Toast and Butter (V)	364.7	18	1532.9	18	14.7	21	7.7	38	45.8	18	1.2	1	12.8	26	4.2	18	1.1	19
WLW M1 Tomato Salsa (Ve) - Extra	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
WLW M1 Tuna Mayonnaise Jacket	535.8	27	2244.6	27	29.3	42	8.7	44	51.9	20	10.1	11	18.2	36	5.2	22	1.9	32
WLW M1 Tuna Mayonnaise Jacket - 241	535.8	27	2244.6	27	29.3	42	8.7	44	51.9	20	10.1	11	18.2	36	5.2	22	1.9	32

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	%
WLW M1 Tuna Mayonnaise Jacket - 3 Course	535.8	27	2244.6	27	29.3	42	8.7	44	51.9	20	10.1	11	18.2	36	5.2	22	1.9	32
WLW M1 Two Free Range Fried Eggs Side Order (V)	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
WLW M1 Ultimate Veggie Burger (V)	1108.8	55	4645.1	55	49.8	71	14.9	74	117.2	45	12.8	14	40.3	81	15.4	64	3.2	53
WLW M1 Ultimate Veggie Burger (Ve)	1109.7	55	4649.9	55	46.8	67	11.8	59	125.8	48	13.8	15	38.4	77	16.6	69	3.0	50
WLW M1 Undressed House Side Salad (Ve)	122.8	6	515.1	6	8.2	12	0.8	4	10.5	4	9.5	11	1.5	3	1.7	7	0.8	13
WLW M1 Upgrade Garden Peas for Mushy Peas (Ve)	61.5	3	272.1	3	0.3	0	0.1	1	8.8	3	1.6	2	4.3	9	3.2	13	0.4	6
WLW M1 Upgrade Sweet Potato Fries (Ve) 150g	243.8	12	1018.1	12	16.1	23	2.0	10	21.7	8	7.7	9	1.7	3	3.0	12	0.5	8
WLW M1 Upgrade Sweet Potato Fries (Ve) 227g	365.7	18	1527.1	18	24.1	34	3.0	15	32.5	12	11.5	13	2.5	5	4.4	18	0.7	12
WLW M1 Vegan Apple Pie (Ve)	333.0	17	1396.3	17	14.2	20	6.9	35	47.0	18	20.1	22	3.1	6	3.8	16	0.0	0
WLW M1 Vegan Apple Pie (Ve)	333.0	17	1396.3	17	14.2	20	6.9	35	47.0	18	20.1	22	3.1	6	3.8	16	0.0	0
WLW M1 Vegan Apple Pie (Ve)	333.0	17	1396.3	17	14.2	20	6.9	35	47.0	18	20.1	22	3.1	6	3.8	16	0.0	0
WLW M1 Vegan Apple Pie (Ve) PROMO	333.0	17	1396.3	17	14.2	20	6.9	35	47.0	18	20.1	22	3.1	6	3.8	16	0.0	0
WLW M1 Vegan Ice Cream Sundae (Ve)	356.0	18	1494.1	18	12.7	18	11.1	55	52.6	20	37.2	41	1.3	3	9.5	39	0.1	2
WLW M1 Vegan Ice Cream Sundae (Ve) - Promo	356.0	18	1494.1	18	12.7	18	11.1	55	52.6	20	37.2	41	1.3	3	9.5	39	0.1	2
WLW M1 Vegan Ice Cream Sundae (Ve) - Sunday	356.0	18	1494.1	18	12.7	18	11.1	55	52.6	20	37.2	41	1.3	3	9.5	39	0.1	2
WLW M1 Vegan Roasted Vegetable Jalfrezi (Ve)	734.4	37	3083.6	37	25.6	37	2.3	12	114.7	44	29.1	32	12.4	25	10.2	42	3.3	55
WLW M1 Vegetable Skillet (V)	608.8	30	2545.2	30	34.3	49	15.4	77	50.2	19	13.3	15	24.1	48	9.6	40	2.4	39
WLW M1 Vegetable Soup Homemade (V)	401.8	20	1680.2	20	19.9	28	10.0	50	47.2	18	7.1	8	10.2	20	7.4	31	1.0	17
WLW M1 Vegetable Soup Homemade (V) - 3 Course	401.8	20	1680.2	20	19.9	28	10.0	50	47.2	18	7.1	8	10.2	20	7.4	31	1.0	17
WLW M1 Vegetable Soup Homemade (V) - S/W Accompaniment	77.2	4	322.8	4	2.9	4	1.0	5	11.6	4	3.1	3	1.7	3	2.6	11	0.2	3
WLW M1 Vegetable Soup Homemade (V) - Sunday	401.8	20	1680.2	20	19.9	28	10.0	50	47.2	18	7.1	8	10.2	20	7.4	31	1.0	17
WLW M1 Vegetarian Lasagne (V)	980.1	49	3946.6	47	46.0	66	13.0	65	105.3	40	22.3	25	16.9	34	13.9	58	3.0	50
WLW M1 Veggie 1/4lb 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
WLW M1 Veggie Breakfast (V)	794.7	40	3315.5	39	48.3	69	12.1	60	60.1	23	14.4	16	29.9	60	11.1	46	2.8	46
WLW M1 Wiltshire Ham - Extra	134.0	7	560.0	7	6.0	9	2.0	10	0.9	0	1.6	2	18.3	37	0.0	0	4.2	71
WLW M1 Wiltshire Ham - Extra - V2	134.0	7	560.0	7	6.0	9	2.0	10	0.9	0	1.6	2	18.3	37	0.0	0	4.2	71
WLW M1 Wiltshire Ham & Mustard Sandwich	600.6	30	2526.7	30	23.2	33	4.5	22	62.6	24	12.7	14	34.4	69	6.2	26	6.9	115
WLW M1 XL BBQ Ranch Burger	1212.9	61	5074.4	60	59.2	85	22.4	112	93.4	36	21.2	24	71.4	143	9.5	39	5.9	98

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	%
WLW M1 XL Hickory Burger	1716.3	86	7177.3	85	83.7	120	30.0	150	131.4	51	30.0	33	101.5	203	13.5	56	6.3	104
WLW M1 XL Pearl Jet & Marmite Burger	1711.0	86	7150.4	85	86.4	123	31.2	156	122.8	47	17.9	20	103.5	207	13.5	56	6.1	102
WLW M1 XL Plain Beef Burger	1035.3	52	4329.4	52	50.0	71	17.4	87	82.9	32	11.3	13	58.6	117	9.2	38	3.6	61
WLW M1 XL Plain Buttermilk Chicken Burger	1252.8	63	5242.2	62	64.7	92	21.4	107	115.9	45	14.1	16	47.2	94	13.5	56	3.3	55
WLW M1 XL Plain Roasted Chicken Burger	925.9	46	3886.8	46	34.0	49	9.1	46	81.9	32	13.0	14	70.5	141	8.9	37	2.9	48
WLW M1 XL Plain Veggie Burger (V)	1140.7	57	4779.2	57	53.9	77	10.6	53	110.7	43	16.0	18	46.0	92	14.9	62	3.6	60
WLW M1 XL Ultimate Veggie Burger (V)	1493.1	75	6254.3	74	69.6	99	17.5	87	141.2	54	16.2	18	65.9	132	20.0	83	4.7	79
WLW M1 XL Ultimate Veggie Burger (Ve)	1448.6	72	6068.8	72	64.5	92	13.6	68	144.9	56	16.7	19	62.5	125	20.5	85	4.5	74
WLW M1 Yorkshire Pudding (V) Fresh - Side	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4