

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 | % |
| 241 LN 10oz Gammon Steak | 1287.5 | 64 | 4490.6 | 53 | 45.5 | 65 | 16.9 | 85 | 72.6 | 28 | 9.4 | 10 | 94.0 | 188 | 14.3 | 60 | 8.2 | 137 |
| 241 LN 10oz Rump Steak | 1300.5 | 65 | 5429.8 | 65 | 70.0 | 100 | 23.8 | 119 | 88.3 | 34 | 10.4 | 12 | 73.1 | 146 | 15.4 | 64 | 1.8 | 30 |
| 241 LN 8oz Sirloin Steak | 1286.8 | 64 | 5370.8 | 64 | 69.7 | 100 | 24.2 | 121 | 88.3 | 34 | 10.4 | 12 | 70.2 | 140 | 15.4 | 64 | 1.8 | 29 |
| 241 LN Baked Mac & Cheese (V) | 336.0 | 17 | 1414.0 | 17 | 14.0 | 20 | 8.5 | 43 | 36.4 | 14 | 3.3 | 4 | 16.2 | 32 | 1.4 | 6 | 1.3 | 22 |
| 241 LN Banana & Butterscotch Sundae - to share | 1332.1 | 67 | 5598.1 | 67 | 68.0 | 97 | 43.6 | 218 | 166.6 | 64 | 147.0 | 163 | 14.4 | 29 | 3.4 | 14 | 0.8 | 14 |
| 241 LN Banana & Butterscotch Sundae (V) - for one | 666.1 | 33 | 2799.0 | 33 | 34.0 | 49 | 21.8 | 109 | 83.3 | 32 | 73.5 | 82 | 7.2 | 14 | 1.7 | 7 | 0.4 | 7 |
| 241 LN BBQ Chicken Burger | 1289.8 | 64 | 5400.6 | 64 | 61.6 | 88 | 22.2 | 111 | 134.7 | 52 | 21.7 | 24 | 43.5 | 87 | 16.8 | 70 | 3.4 | 57 |
| 241 LN BBQ Chicken Melt | 803.1 | 40 | 3376.0 | 40 | 27.6 | 39 | 13.0 | 65 | 90.1 | 35 | 15.3 | 17 | 45.1 | 90 | 4.5 | 19 | 3.7 | 61 |
| 241 LN BBQ Pulled Pork Hash | 484.2 | 24 | 2015.3 | 24 | 25.5 | 36 | 8.3 | 42 | 36.8 | 14 | 24.0 | 27 | 20.4 | 41 | 7.5 | 31 | 2.6 | 43 |
| 241 LN BBQ Ribs & Chicken | 1518.1 | 76 | 6353.4 | 76 | 76.3 | 109 | 29.0 | 145 | 105.8 | 41 | 32.8 | 36 | 99.9 | 200 | 13.8 | 57 | 3.4 | 57 |
| 241 LN BBQ Sauce (V) - Add On | 56.0 | 3 | 237.4 | 3 | 0.1 | 0 | 0.0 | 0 | 12.9 | 5 | 10.5 | 12 | 0.2 | 0 | 0.2 | 1 | 0.8 | 14 |
| 241 LN Beef Dripping & Merlot Sauce | 42.4 | 2 | 180.8 | 2 | 2.2 | 3 | 1.0 | 5 | 4.6 | 2 | 1.8 | 2 | 1.1 | 2 | 0.3 | 1 | 0.6 | 11 |
| 241 LN Beef Lasagne | 669.1 | 33 | 2805.2 | 33 | 34.5 | 49 | 14.2 | 71 | 64.8 | 25 | 11.9 | 13 | 23.7 | 47 | 5.9 | 24 | 2.5 | 41 |
| 241 LN Beef Lasagne Under 500 Kcal | 472.1 | 24 | 1979.8 | 24 | 25.3 | 36 | 10.9 | 54 | 41.6 | 16 | 11.4 | 13 | 19.6 | 39 | 4.4 | 18 | 1.9 | 32 |
| 241 LN Beer Battered Fish and Chips | 1388.6 | 69 | 5819.5 | 69 | 78.9 | 113 | 24.5 | 122 | 101.7 | 39 | 8.2 | 9 | 60.4 | 121 | 14.1 | 59 | 2.3 | 38 |
| 241 LN Brownie Stuffed Pancakes (V) | 786.7 | 39 | 3302.2 | 39 | 32.5 | 46 | 10.3 | 51 | 110.4 | 42 | 89.2 | 99 | 12.7 | 25 | 1.6 | 7 | 0.8 | 14 |
| 241 LN Buttermilk Chicken | 598.9 | 30 | 2522.3 | 30 | 33.3 | 48 | 11.8 | 59 | 46.5 | 18 | 19.0 | 21 | 29.4 | 59 | 3.8 | 16 | 1.7 | 28 |
| 241 LN Cheese & Chive Mash (V) | 576.1 | 29 | 2404.8 | 29 | 33.0 | 47 | 21.4 | 107 | 49.9 | 19 | 1.5 | 2 | 18.2 | 36 | 3.8 | 16 | 1.8 | 30 |
| 241 LN Cheesy Garlic Bread (V) | 663.3 | 33 | 2764.3 | 33 | 44.6 | 64 | 22.7 | 114 | 37.4 | 14 | 2.7 | 3 | 26.9 | 54 | 3.0 | 12 | 2.3 | 38 |
| 241 LN Cheesy Melt Sharer (V) | 683.3 | 34 | 2857.7 | 34 | 33.0 | 47 | 18.9 | 95 | 61.3 | 24 | 20.6 | 23 | 34.6 | 69 | 5.7 | 24 | 2.3 | 39 |
| 241 LN Cheesy Nachos (V) | 903.0 | 45 | 3764.3 | 45 | 55.1 | 79 | 23.4 | 117 | 69.2 | 27 | 7.3 | 8 | 27.7 | 55 | 4.8 | 20 | 3.9 | 65 |
| 241 LN Cheesy Nachos to Share (V) | 1344.2 | 67 | 5604.0 | 67 | 82.3 | 118 | 34.2 | 171 | 104.8 | 40 | 12.3 | 14 | 38.7 | 77 | 7.0 | 29 | 6.2 | 104 |
| 241 LN Chicken & Bacon Club | 804.1 | 40 | 3370.6 | 40 | 40.5 | 58 | 8.6 | 43 | 73.3 | 28 | 5.6 | 6 | 49.2 | 98 | 7.5 | 31 | 4.3 | 72 |
| 241 LN Chicken & Bacon Salad | 538.8 | 27 | 2250.8 | 27 | 32.9 | 47 | 8.1 | 41 | 17.1 | 7 | 5.8 | 6 | 56.2 | 112 | 3.7 | 15 | 3.4 | 56 |
| 241 LN Chicken Laksa Noodles | 352.1 | 18 | 1471.9 | 18 | 10.3 | 15 | 5.4 | 27 | 36.8 | 14 | 10.4 | 12 | 28.4 | 57 | 6.0 | 25 | 2.6 | 43 |
| 241 LN Chicken Liver Pate | 517.5 | 26 | 2162.5 | 26 | 28.2 | 40 | 10.8 | 54 | 47.1 | 18 | 15.5 | 17 | 18.4 | 37 | 2.9 | 12 | 1.4 | 23 |
| 241 LN Chicken Tikka Masala | 1082.6 | 54 | 4559.5 | 54 | 28.6 | 41 | 9.3 | 47 | 155.6 | 60 | 27.9 | 31 | 45.1 | 90 | 14.2 | 59 | 3.5 | 58 |
| 241 LN Chicken, Gammon & Mustard Pie | 1419.7 | 71 | 5928.5 | 71 | 74.5 | 106 | 32.3 | 162 | 141.7 | 54 | 16.6 | 18 | 40.5 | 81 | 16.1 | 67 | 3.5 | 58 |
| 241 LN Chilli Cheese Beef Burger | 1452.0 | 73 | 6074.1 | 72 | 68.2 | 97 | 26.4 | 132 | 135.3 | 52 | 34.2 | 38 | 68.1 | 136 | 16.4 | 68 | 5.4 | 91 |
| 241 LN Chilli Cheese Fries | 905.3 | 45 | 3781.7 | 45 | 46.8 | 67 | 17.1 | 85 | 90.2 | 35 | 18.6 | 21 | 27.4 | 55 | 7.6 | 32 | 2.2 | 36 |

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 | % |
| 241 LN Chips (V) - Side | 464.7 | 23 | 1943.6 | 23 | 20.3 | 29 | 8.1 | 40 | 58.8 | 23 | 2.8 | 3 | 7.4 | 15 | 8.5 | 35 | 0.2 | 3 |
| 241 LN Choco Meltdown - for one | 700.3 | 35 | 2939.7 | 35 | 37.1 | 53 | 21.8 | 109 | 81.5 | 31 | 74.0 | 82 | 9.1 | 18 | 1.4 | 6 | 0.5 | 8 |
| 241 LN Choco Meltdown - to Share | 1486.1 | 74 | 6245.6 | 74 | 67.5 | 96 | 38.9 | 195 | 199.1 | 77 | 174.3 | 194 | 18.3 | 37 | 3.5 | 15 | 1.0 | 16 |
| 241 LN Chocolate Crownie (V) | 793.5 | 40 | 3065.4 | 36 | 33.5 | 48 | 12.2 | 61 | 99.1 | 38 | 67.2 | 75 | 9.4 | 19 | 2.9 | 12 | 0.8 | 13 |
| 241 LN Chocolate Eclair Cake | 1031.2 | 52 | 4318.7 | 51 | 51.9 | 74 | 20.9 | 104 | 123.8 | 48 | 109.8 | 122 | 16.7 | 33 | 1.7 | 7 | 1.7 | 28 |
| 241 LN Classic Burger Sauce (V) - Add On | 111.3 | 6 | 460.4 | 5 | 10.5 | 15 | 0.8 | 4 | 3.8 | 1 | 3.0 | 3 | 0.3 | 1 | 0.1 | 0 | 0.6 | 10 |
| 241 LN Cone of Onion Rings (V) | 791.9 | 40 | 3314.1 | 39 | 44.4 | 63 | 9.0 | 45 | 89.1 | 34 | 22.0 | 24 | 8.6 | 17 | 8.3 | 34 | 3.7 | 62 |
| 241 LN Cone of Popcorn Chicken and Onion Rings | 962.6 | 48 | 4033.4 | 48 | 51.0 | 73 | 15.3 | 77 | 81.3 | 31 | 17.9 | 20 | 43.7 | 87 | - | - | 3.9 | 65 |
| 241 LN Crispy Bacon - Add On | 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 |
| 241 LN Crispy Fried Onions (V) - Add On | 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 |
| 241 LN Fish & Chip Shop Bites | 335.7 | 17 | 1418.9 | 17 | 15.2 | 22 | 3.4 | 17 | 30.6 | 12 | 2.2 | 2 | 19.0 | 38 | 4.9 | 20 | 1.4 | 24 |
| 241 LN Fried Egg (V) - Add On | 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 |
| 241 LN Garlic Bread (V) | 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 |
| 241 LN Garlic Bread Selection (V) | 996.0 | 50 | 4156.3 | 49 | 61.2 | 87 | 27.8 | 139 | 75.1 | 29 | 7.1 | 8 | 33.4 | 67 | 6.4 | 27 | 3.3 | 54 |
| 241 LN Garlic Mushroom Sauce (V) | 78.0 | 4 | 325.0 | 4 | 5.8 | 8 | 3.5 | 18 | 3.4 | 1 | 0.6 | 1 | 3.2 | 6 | 0.9 | 4 | 0.6 | 10 |
| 241 LN Golden Breaded Mushrooms (V) | 453.0 | 23 | 1912.9 | 23 | 22.5 | 32 | 3.6 | 18 | 50.4 | 19 | 9.1 | 10 | 10.2 | 20 | 4.9 | 20 | 2.3 | 39 |
| 241 LN Golden Whitby Scampi | 1082.7 | 54 | 4547.9 | 54 | 52.8 | 75 | 16.7 | 83 | 116.3 | 45 | 14.4 | 16 | 29.4 | 59 | 17.1 | 71 | 4.1 | 69 |
| 241 LN Grilled Chicken Breast - Add On | 197.2 | 10 | 831.3 | 10 | 3.7 | 5 | 0.9 | 4 | 0.9 | 0 | 0.9 | 1 | 40.8 | 82 | 0.9 | 4 | 1.2 | 19 |
| 241 LN Grilled Field Mushroom - Add On | 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 |
| 241 LN Ham & Coleslaw Sandwich - TILL ONLY | 690.4 | 35 | 2908.3 | 35 | 18.8 | 27 | 4.2 | 21 | 78.4 | 30 | 8.6 | 10 | 50.0 | 100 | 5.7 | 24 | 7.0 | 117 |
| 241 LN Harissa Houmous & Cheddar Sandwich - TILL ONLY | 783.7 | 39 | 3288.0 | 39 | 37.1 | 53 | 13.7 | 68 | 80.4 | 31 | 4.4 | 5 | 28.9 | 58 | 5.7 | 24 | 3.0 | 49 |
| 241 LN Homemade Potato Wedges (V) - Side | 262.5 | 13 | 1102.2 | 13 | 9.6 | 14 | 2.8 | 14 | 41.3 | 16 | 1.4 | 2 | 5.0 | 10 | 4.2 | 17 | 0.0 | 1 |
| 241 LN House Salad (V) | 56.1 | 3 | 231.8 | 3 | 4.6 | 7 | 0.5 | 3 | 2.8 | 1 | 2.5 | 3 | 0.9 | 2 | 1.2 | 5 | 0.1 | 1 |
| 241 LN Jalapenos (V) - Add On | 20.2 | 1 | 85.4 | 1 | 0.1 | 0 | 0.0 | 0 | 4.4 | 2 | 4.2 | 5 | 0.2 | 0 | 0.5 | 2 | 1.2 | 20 |
| 241 LN Kentish Bramley Apple Crumble (V) | 498.0 | 25 | 2094.2 | 25 | 17.5 | 25 | 5.4 | 27 | 79.9 | 31 | 44.2 | 49 | 7.4 | 15 | 3.2 | 13 | 0.3 | 5 |
| 241 LN Lemon, Raspberry & Blueberry Sponge Pudding (V) | 590.6 | 30 | 2485.1 | 30 | 22.3 | 32 | 4.3 | 22 | 88.7 | 34 | 56.2 | 62 | 8.8 | 18 | 2.5 | 10 | 0.5 | 8 |
| 241 LN Mexican Chilli Chicken Melt | 1147.0 | 57 | 4803.3 | 57 | 47.0 | 67 | 22.1 | 110 | 94.9 | 36 | 12.0 | 13 | 84.0 | 168 | 8.0 | 33 | 4.0 | 66 |
| 241 LN Monterey Jack Cheese (V) - Add On | 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 |
| 241 LN Onion Rings (V) - Side | 304.8 | 15 | 1274.2 | 15 | 18.3 | 26 | 3.7 | 19 | 31.6 | 12 | 4.9 | 5 | 3.5 | 7 | 3.3 | 14 | 1.2 | 20 |
| 241 LN Passion Fruit & Prosecco Meringue Pie (V) | 679.6 | 34 | 2854.1 | 34 | 26.9 | 38 | 13.1 | 66 | 99.4 | 38 | 81.5 | 91 | 9.8 | 20 | 1.2 | 5 | 0.7 | 12 |

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 | % |
| 241 LN Pepperoni Pizza Fries | 925.4 | 46 | 3859.8 | 46 | 56.7 | 81 | 24.1 | 121 | 70.7 | 27 | 5.9 | 7 | 29.1 | 58 | 8.3 | 35 | 3.0 | 51 |
| 241 LN Piri Piri Chicken Burger | 1157.8 | 58 | 4851.3 | 58 | 49.9 | 71 | 18.0 | 90 | 109.3 | 42 | 16.9 | 19 | 63.3 | 127 | 15.3 | 64 | 4.1 | 68 |
| 241 LN Piri Piri Chicken Burger Under 500 Kcal | 443.3 | 22 | 1854.0 | 22 | 23.4 | 33 | 5.9 | 29 | 11.4 | 4 | 9.2 | 10 | 47.5 | 95 | 4.9 | 20 | 2.9 | 48 |
| 241 LN Piri Piri Sauce (V) - Add On | 25.1 | 1 | 106.1 | 1 | 0.6 | 1 | 0.0 | 0 | 4.7 | 2 | 3.8 | 4 | 0.3 | 1 | 0.5 | 2 | 0.4 | 7 |
| 241 LN Plain & Simple Beef Burger | 1187.7 | 59 | 4965.7 | 59 | 57.4 | 82 | 17.2 | 86 | 112.6 | 43 | 17.6 | 20 | 49.9 | 100 | 14.2 | 59 | 3.7 | 61 |
| 241 LN Plain & Simple Beef Burger Under 500 Kcal | 437.9 | 22 | 1822.6 | 22 | 26.6 | 38 | 7.8 | 39 | 14.7 | 6 | 10.0 | 11 | 34.8 | 70 | 4.3 | 18 | 2.1 | 35 |
| 241 LN Plain & Simple Buttermilk Chicken Buger | 1291.5 | 65 | 5401.6 | 64 | 65.3 | 93 | 19.1 | 96 | 131.8 | 51 | 19.2 | 21 | 39.1 | 78 | 16.8 | 70 | 3.2 | 54 |
| 241 LN Plain & Simple Buttermilk Chicken Burger Under 500 Kcal | 541.7 | 27 | 2258.6 | 27 | 34.6 | 49 | 9.7 | 49 | 33.9 | 13 | 11.6 | 13 | 24.0 | 48 | 6.8 | 29 | 1.7 | 28 |
| 241 LN Praline Chocolate Tart (V) | 732.5 | 37 | 3063.8 | 36 | 41.0 | 59 | 20.7 | 104 | 77.0 | 30 | 52.2 | 58 | 10.7 | 21 | 2.0 | 8 | 0.5 | 8 |
| 241 LN Prawn Cocktail | 444.2 | 22 | 1852.0 | 22 | 28.2 | 40 | 9.1 | 46 | 27.0 | 10 | 7.4 | 8 | 21.3 | 43 | 3.3 | 14 | 1.6 | 27 |
| 241 LN Prawn Salad Sandwich - TILL ONLY | 646.5 | 32 | 2717.3 | 32 | 21.6 | 31 | 2.3 | 11 | 83.5 | 32 | 11.3 | 13 | 27.6 | 55 | 5.3 | 22 | 2.3 | 39 |
| 241 LN Prime Beef Burger - Add On | 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 |
| 241 LN Pulled Chipotle Chicken - Add On | 107.1 | 5 | 454.8 | 5 | 1.0 | 1 | 0.3 | 1 | 1.7 | 1 | 0.2 | 0 | 22.6 | 45 | 0.5 | 2 | 0.3 | 5 |
| 241 LN Rack of Ribs | 2065.0 | 103 | 8631.5 | 103 | 118.2 | 169 | 45.2 | 226 | 140.1 | 54 | 56.6 | 63 | 107.7 | 215 | 14.2 | 59 | 4.3 | 72 |
| 241 LN Raspberry Ripple Brioche Bread & Butter Pudding (V) | 750.8 | 38 | 3150.7 | 38 | 39.8 | 57 | 23.6 | 118 | 86.7 | 33 | 62.4 | 69 | 12.0 | 24 | 2.2 | 9 | 0.7 | 12 |
| 241 LN Red Velvet & White Chocolate Cheesecake (V) | 1101.7 | 55 | 4578.0 | 55 | 80.0 | 114 | 41.3 | 207 | 113.3 | 44 | 41.4 | 46 | 8.4 | 17 | 1.7 | 7 | 0.8 | 13 |
| 241 LN Roasted Vegetable Jalfrezi (V) | 1096.2 | 55 | 4600.3 | 55 | 32.7 | 47 | 6.3 | 31 | 168.2 | 65 | 33.3 | 37 | 25.0 | 50 | 16.9 | 71 | 4.3 | 72 |
| 241 LN Roasted Vegetable Jalfrezi (Ve) | 742.3 | 37 | 3103.9 | 37 | 28.0 | 40 | 2.7 | 14 | 106.3 | 41 | 30.3 | 34 | 12.4 | 25 | 10.8 | 45 | 3.2 | 53 |
| 241 LN Roquefort Sauce (V) | 89.6 | 4 | 376.8 | 4 | 6.9 | 10 | 4.2 | 21 | 4.1 | 2 | 1.1 | 1 | 2.7 | 5 | 0.2 | 1 | 1.0 | 17 |
| 241 LN Sausages & Mash | 1012.0 | 51 | 4206.5 | 50 | 65.4 | 93 | 26.9 | 134 | 72.5 | 28 | 11.6 | 13 | 26.6 | 53 | 14.1 | 59 | 2.8 | 47 |
| 241 LN Shredded Beef Tagliatelle | 400.1 | 20 | 1679.9 | 20 | 12.7 | 18 | 2.0 | 10 | 42.6 | 16 | 8.6 | 10 | 29.1 | 58 | 2.3 | 10 | 2.4 | 41 |
| 241 LN Shroom Burger (V) | 1223.6 | 61 | 5119.4 | 61 | 60.9 | 87 | 19.2 | 96 | 137.5 | 53 | 16.8 | 19 | 25.8 | 52 | 15.5 | 65 | 3.4 | 57 |
| 241 LN Shroom Salad (V) | 933.4 | 47 | 3891.7 | 46 | 65.0 | 93 | 25.0 | 125 | 61.6 | 24 | 7.1 | 8 | 25.0 | 50 | 4.9 | 20 | 3.4 | 56 |
| 241 LN Simply Delicious (V) | 324.2 | 16 | 1357.4 | 16 | 16.0 | 23 | 9.6 | 48 | 40.7 | 16 | 34.9 | 39 | 4.5 | 9 | 0.8 | 4 | 0.3 | 6 |
| 241 LN Smoked Applewood, Brie and Gooseberry Tart (V) | 400.7 | 20 | 1674.3 | 20 | 20.6 | 29 | 9.1 | 46 | 43.0 | 17 | 19.2 | 21 | 9.4 | 19 | 2.1 | 9 | 0.8 | 14 |
| 241 LN Smothered Chicken - BBQ | 1232.8 | 62 | 5163.4 | 61 | 61.9 | 88 | 22.7 | 113 | 107.3 | 41 | 22.4 | 25 | 70.7 | 141 | 15.2 | 63 | 5.2 | 87 |
| 241 LN Smothered Chicken - Piri Piri | 1227.1 | 61 | 5138.2 | 61 | 63.0 | 90 | 22.8 | 114 | 103.8 | 40 | 19.4 | 22 | 71.1 | 142 | 16.1 | 67 | 5.2 | 86 |
| 241 LN Soup of the Day (V) | 358.6 | 18 | 1472.5 | 18 | 17.3 | 25 | 8.3 | 41 | 42.6 | 16 | 10.3 | 11 | 7.4 | 15 | 4.1 | 17 | 1.0 | 16 |

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 | % |
| 241 LN Spicy Pulled Pork & Beef Chilli - Add On | 283.2 | 14 | 1182.4 | 14 | 14.6 | 21 | 6.1 | 30 | 23.8 | 9 | 17.1 | 19 | 13.8 | 28 | 1.9 | 8 | 1.4 | 23 |
| 241 LN Steak & Ale Pie | 1309.7 | 65 | 5466.0 | 65 | 65.0 | 93 | 27.0 | 135 | 141.2 | 54 | 10.9 | 12 | 35.8 | 72 | 15.5 | 64 | 3.1 | 51 |
| 241 LN Steak & Onion Melt | 939.3 | 47 | 3933.2 | 47 | 44.2 | 63 | 19.2 | 96 | 78.6 | 30 | 5.7 | 6 | 54.8 | 110 | 4.5 | 19 | 2.7 | 44 |
| 241 LN Stilton Cheese (V) - Add On | 92.3 | 5 | 382.1 | 5 | 7.9 | 11 | 5.2 | 26 | 0.0 | 0 | 0.0 | 0 | 5.3 | 11 | 0.0 | 0 | 0.4 | 7 |
| 241 LN Stilton Cheese Topper (V) | 25.7 | 1 | 108.3 | 1 | 1.8 | 3 | 1.1 | 5 | 2.0 | 1 | 1.0 | 1 | 0.4 | 1 | 0.2 | 1 | 0.2 | 3 |
| 241 LN Strawberry & Prosecco Sundae (V) - for one | 641.9 | 32 | 2668.7 | 32 | 28.3 | 40 | 17.7 | 88 | 87.3 | 34 | 82.4 | 92 | 7.4 | 15 | 2.4 | 10 | 0.4 | 7 |
| 241 LN Strawberry & Prosecco Sundae (V) - to share | 1185.9 | 59 | 4924.4 | 59 | 51.9 | 74 | 32.0 | 160 | 161.7 | 62 | 151.8 | 169 | 13.8 | 28 | 4.8 | 20 | 0.8 | 13 |
| 241 LN The Cowboy Classic Burger | 1363.2 | 68 | 5697.8 | 68 | 74.7 | 107 | 25.2 | 126 | 113.0 | 43 | 17.9 | 20 | 66.7 | 133 | 14.3 | 60 | 5.8 | 97 |
| 241 LN The Filler | 1543.5 | 77 | 6460.1 | 77 | 85.6 | 122 | 23.1 | 115 | 147.1 | 57 | 16.6 | 18 | 46.5 | 93 | 14.8 | 62 | 4.8 | 80 |
| 241 LN The Grill Combo (V) | 291.1 | 15 | 1208.2 | 14 | 23.6 | 34 | 6.3 | 31 | 16.5 | 6 | 5.6 | 6 | 3.9 | 8 | 4.1 | 17 | 0.5 | 8 |
| 241 LN Three King Prawn Skewers | 55.2 | 3 | 233.8 | 3 | 0.3 | 0 | 0.0 | 0 | 0.2 | 0 | 0.0 | 0 | 12.8 | 26 | 0.0 | 0 | 0.3 | 6 |
| 241 LN Two Battered Chicken Fillets - Add On | 449.9 | 22 | 1880.5 | 22 | 24.1 | 34 | 8.3 | 42 | 23.4 | 9 | 0.4 | 0 | 34.4 | 69 | 1.0 | 4 | 1.1 | 19 |
| 241 LN Vegetable Gyozas (V) | 661.4 | 33 | 2785.4 | 33 | 37.0 | 53 | 11.0 | 55 | 71.1 | 27 | 24.5 | 27 | 10.1 | 20 | 2.7 | 11 | 1.9 | 32 |
| 241 LN Vegetarian Lasagne (V) | 611.5 | 31 | 2564.4 | 31 | 26.7 | 38 | 6.7 | 34 | 66.0 | 25 | 15.2 | 17 | 14.2 | 28 | 5.9 | 25 | 3.9 | 65 |
| 241 LN Vegetarian Lasagne (V) Under 500 Kcal | 414.5 | 21 | 1739.0 | 21 | 17.4 | 25 | 3.4 | 17 | 42.8 | 16 | 14.6 | 16 | 10.2 | 20 | 4.4 | 19 | 3.4 | 57 |
| Add Prawns | 68.0 | 3 | 285.6 | 3 | 0.9 | 1 | 0.3 | 2 | 0.0 | 0 | 0.0 | 0 | 15.0 | 30 | 0.0 | 0 | 0.3 | 4 |
| Adult Sunday Carvery - Milestone | 1075.4 | 54 | 4523.8 | 54 | 29.7 | 42 | 11.7 | 58 | 133.4 | 51 | 27.7 | 31 | 68.8 | 138 | 21.7 | 90 | 5.0 | 83 |
| Adult Sunday Carvery Large Plate - Milestone | 1443.2 | 72 | 6073.0 | 72 | 39.0 | 56 | 14.7 | 74 | 181.1 | 70 | 34.5 | 38 | 92.9 | 186 | 27.9 | 116 | 6.6 | 110 |
| Adult Vegetarian Sunday Carvery (V) - Milestone | 1305.5 | 65 | 5472.3 | 65 | 54.5 | 78 | 18.7 | 94 | 167.7 | 65 | 32.6 | 36 | 36.1 | 72 | 24.4 | 102 | 5.5 | 91 |
| Adult Vegetarian Sunday Carvery Large Plate - Milestone | 1578.9 | 79 | 6624.1 | 79 | 60.3 | 86 | 20.5 | 102 | 215.3 | 83 | 39.3 | 44 | 44.5 | 89 | 30.6 | 127 | 6.6 | 110 |
| Baguette and Butter (V) - Side Order | 409.0 | 20 | 1720.7 | 20 | 12.7 | 18 | 7.7 | 38 | 61.9 | 24 | 3.8 | 4 | 10.3 | 21 | 3.0 | 13 | 1.3 | 21 |
| Beef Madras - Large Naan | 1254.0 | 63 | 5249.6 | 62 | 50.9 | 73 | 16.4 | 82 | 144.9 | 56 | 31.2 | 35 | 42.7 | 85 | 19.2 | 80 | 5.4 | 90 |
| Carvery Bap - Beef & Horseradish | 784.5 | 39 | 3294.1 | 39 | 32.6 | 47 | 9.5 | 48 | 75.4 | 29 | 11.6 | 13 | 47.9 | 96 | 6.2 | 26 | 2.7 | 46 |
| Carvery Bap - Gammon & Mustard | 678.1 | 34 | 2852.5 | 34 | 21.0 | 30 | 5.8 | 29 | 77.5 | 30 | 11.5 | 13 | 44.1 | 88 | 5.8 | 24 | 6.5 | 108 |
| Carvery Bap - Pork & Apple | 706.2 | 35 | 2976.3 | 35 | 21.2 | 30 | 6.7 | 34 | 80.9 | 31 | 16.8 | 19 | 47.4 | 95 | 5.3 | 22 | 2.4 | 39 |
| Carvery Bap - Turkey and Stuffing | 594.8 | 30 | 2514.5 | 30 | 10.7 | 15 | 3.1 | 16 | 77.4 | 30 | 7.2 | 8 | 47.7 | 95 | 5.4 | 23 | 2.8 | 47 |
| Carvery Sandwich - Beef and Horseradish | 789.8 | 39 | 3307.6 | 39 | 38.0 | 54 | 10.2 | 51 | 68.9 | 26 | 5.2 | 6 | 45.1 | 90 | 6.6 | 28 | 2.4 | 41 |
| Carvery Sandwich - Ham and English Mustard | 699.7 | 35 | 2933.6 | 35 | 28.2 | 40 | 7.1 | 35 | 70.6 | 27 | 5.1 | 6 | 41.9 | 84 | 6.3 | 26 | 5.6 | 94 |
| Carvery Sandwich - Turkey and Stuffing | 703.7 | 35 | 2962.6 | 35 | 20.8 | 30 | 5.2 | 26 | 80.2 | 31 | 2.4 | 3 | 50.9 | 102 | 6.6 | 28 | 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 | % | | |
| Cauliflower Cheese (V) | 333.8 | 17 | 1389.0 | 17 | 23.5 | 34 | 14.7 | 74 | 13.2 | 5 | 1.7 | 2 | 17.4 | 35 | 1.5 | 6 | 1.9 | 32 |
| Chana Masala (V) - Side Order | 274.0 | 14 | 1144.0 | 14 | 14.4 | 21 | 1.0 | 5 | 23.8 | 9 | 6.6 | 7 | 9.6 | 19 | 6.4 | 27 | 1.8 | 30 |
| Cheese - Extra | 228.5 | 11 | 948.6 | 11 | 18.7 | 27 | 11.8 | 59 | 1.5 | 1 | 0.1 | 0 | 13.6 | 27 | 0.0 | 0 | 1.0 | 17 |
| Cheese and Bacon Jacket Potato | 739.5 | 37 | 3083.0 | 37 | 52.5 | 75 | 29.3 | 146 | 43.9 | 17 | 1.8 | 2 | 37.6 | 75 | 4.3 | 18 | 3.6 | 60 |
| Cheese and Beans Jacket Potato - 241 LN | 804.4 | 40 | 3362.3 | 40 | 42.2 | 60 | 25.3 | 126 | 76.7 | 29 | 12.4 | 14 | 35.9 | 72 | 11.7 | 49 | 3.6 | 60 |
| Cheese and Coleslaw Jacket Potato - 241 LN | 829.4 | 41 | 3447.9 | 41 | 61.2 | 87 | 26.4 | 132 | 48.5 | 19 | 3.2 | 4 | 26.0 | 52 | 4.9 | 21 | 2.3 | 39 |
| Chicken Jalfrezi - Large Naan - 241 | 1058.9 | 53 | 4458.0 | 53 | 26.3 | 38 | 5.9 | 30 | 163.7 | 63 | 28.2 | 31 | 47.8 | 96 | 14.6 | 61 | 4.2 | 70 |
| Chicken Passanda - Large Naan - 241 | 1271.0 | 64 | 5314.2 | 63 | 53.6 | 77 | 21.5 | 108 | 141.5 | 54 | 29.5 | 33 | 49.1 | 98 | 16.5 | 69 | 4.2 | 71 |
| Chicken Tikka Masala - Large Naan - 241 | 1141.7 | 57 | 4793.6 | 57 | 41.0 | 59 | 14.4 | 72 | 140.8 | 54 | 29.2 | 32 | 44.7 | 89 | 17.8 | 74 | 3.6 | 60 |
| Chicken Tikka Samosas - Side Order | 197.1 | 10 | 821.7 | 10 | 8.0 | 11 | 2.2 | 11 | 20.3 | 8 | 2.9 | 3 | 10.8 | 22 | 1.3 | 5 | 0.7 | 12 |
| Child's Carvery - Milestone | 790.7 | 40 | 3327.6 | 40 | 20.8 | 30 | 7.4 | 37 | 105.8 | 41 | 20.9 | 23 | 47.1 | 94 | 17.2 | 72 | 3.5 | 59 |
| Child's Vegetarian Carvery (V) - Milestone | 1118.0 | 56 | 4684.5 | 56 | 49.3 | 70 | 15.9 | 80 | 140.5 | 54 | 25.8 | 29 | 29.8 | 60 | 20.0 | 83 | 4.4 | 73 |
| Chip Shop Curry Sauce (V) | 38.0 | 2 | 160.4 | 2 | 2.6 | 4 | 1.6 | 8 | 2.9 | 1 | 1.5 | 2 | 0.6 | 1 | 0.2 | 1 | 0.3 | 5 |
| Chips 170g (V) - upgrade | 277.0 | 14 | 1158.6 | 14 | 12.0 | 17 | 4.8 | 24 | 35.2 | 14 | 1.7 | 2 | 4.4 | 9 | 5.1 | 21 | 0.1 | 2 |
| Chocolate Sauce | 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 |
| Coleslaw - side order | 73.2 | 4 | 303.6 | 4 | 5.5 | 8 | 0.4 | 2 | 5.5 | 2 | 4.0 | 4 | 0.7 | 1 | 1.7 | 7 | 0.3 | 5 |
| Coriander and Lime Rice (V) | 299.4 | 15 | 1262.2 | 15 | 5.7 | 8 | 0.7 | 3 | 55.2 | 21 | 1.0 | 1 | 5.8 | 12 | 2.5 | 10 | 0.6 | 9 |
| Corn on the Cob (V) | 124.4 | 6 | 519.4 | 6 | 8.4 | 12 | 4.7 | 24 | 10.6 | 4 | 1.3 | 1 | 2.3 | 5 | 1.6 | 7 | 0.2 | 3 |
| Corriander and Lime Rice | 299.4 | 15 | 1262.2 | 15 | 5.7 | 8 | 0.7 | 3 | 55.2 | 21 | 1.0 | 1 | 5.8 | 12 | 2.5 | 10 | 0.6 | 9 |
| Custard - 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 |
| Diane Sauce | 120.8 | 6 | 507.8 | 6 | 11.3 | 16 | 6.9 | 35 | 3.8 | 1 | 1.9 | 2 | 1.0 | 2 | 0.3 | 1 | 0.6 | 10 |
| Extra Cadbury's Flake (V) | 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 |
| Fried Egg (V) | 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 |
| Half rack of Ribs - Extra | 629.6 | 31 | 2631.3 | 31 | 38.7 | 55 | 15.7 | 78 | 23.3 | 9 | 22.8 | 25 | 47.3 | 95 | 0.0 | 0 | 1.6 | 27 |
| Harissa Housmous & Cumin Flatbread (V) | 374.8 | 19 | 1575.0 | 19 | 20.9 | 30 | 2.3 | 11 | 34.1 | 13 | 1.7 | 2 | 10.4 | 21 | 3.0 | 13 | 1.6 | 27 |
| Harissa Rice (V) | 344.4 | 17 | 1448.2 | 17 | 9.9 | 14 | 1.0 | 5 | 56.9 | 22 | 2.3 | 3 | 6.0 | 12 | 3.1 | 13 | 0.6 | 10 |
| 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 |
| Indian Pickle - Extra | 197.2 | 10 | 827.9 | 10 | 8.0 | 11 | 0.6 | 3 | 27.5 | 11 | 25.2 | 28 | 2.0 | 4 | 2.1 | 9 | 0.3 | 5 |
| Jacket Potato (V) - Extra | 232.1 | 12 | 977.3 | 12 | 6.2 | 9 | 3.6 | 18 | 41.3 | 16 | 1.5 | 2 | 5.1 | 10 | 4.2 | 17 | 0.2 | 3 |
| Lamb Saag Masala - Large Naan | 1191.5 | 60 | 5005.4 | 60 | 44.0 | 63 | 11.0 | 55 | 151.2 | 58 | 24.8 | 28 | 42.7 | 85 | 14.6 | 61 | 4.2 | 70 |
| Lamb Saag Masala - Large Naan - 241 | 1250.6 | 63 | 5239.4 | 62 | 56.3 | 80 | 16.1 | 81 | 136.4 | 52 | 26.1 | 29 | 42.3 | 85 | 18.2 | 76 | 4.3 | 72 |

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 | % |
| Mashed Potato (V) 284g | 347.4 | 17 | 1455.2 | 17 | 14.3 | 20 | 9.6 | 48 | 48.3 | 19 | 1.5 | 2 | 4.6 | 9 | 3.7 | 16 | 0.8 | 13 |
| Mini Combo (V) | 482.1 | 24 | 2025.0 | 24 | 23.3 | 33 | 5.1 | 26 | 60.7 | 23 | 4.3 | 5 | 8.8 | 18 | 6.3 | 26 | 1.2 | 20 |
| Mixed Vegetables (V) | 66.0 | 3 | 276.0 | 3 | 2.6 | 4 | 0.0 | 0 | 6.0 | 2 | 3.0 | 3 | 5.3 | 11 | 3.5 | 14 | 0.8 | 13 |
| New Potatoes 284g (V) | 218.9 | 11 | 924.4 | 11 | 6.5 | 9 | 3.9 | 19 | 39.0 | 15 | 2.6 | 3 | 3.6 | 7 | 5.1 | 21 | 0.2 | 3 |
| Onion Bhajis (V) - Side Order | 158.4 | 8 | 662.4 | 8 | 6.8 | 10 | 1.8 | 9 | 17.0 | 7 | 4.3 | 5 | 5.0 | 10 | 4.3 | 18 | 0.3 | 6 |
| 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 |
| Pineapple (V) - 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 |
| 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 |
| Poppadums and Dips (V) | 266.3 | 13 | 1115.0 | 13 | 13.3 | 19 | 3.3 | 16 | 29.1 | 11 | 7.0 | 8 | 7.4 | 15 | 0.6 | 2 | 2.0 | 34 |
| Port and Stilton Sauce - Extra | 126.8 | 6 | 534.0 | 6 | 10.5 | 15 | 6.5 | 33 | 5.3 | 2 | 3.2 | 4 | 2.9 | 6 | 0.2 | 1 | 0.5 | 9 |
| Prawn Jacket Potato | 361.3 | 18 | 1514.3 | 18 | 14.1 | 20 | 7.8 | 39 | 42.2 | 16 | 2.4 | 3 | 18.7 | 37 | 4.9 | 20 | 0.5 | 9 |
| Pulled Pork Chilli Jacket Potato | 579.8 | 29 | 2425.2 | 29 | 27.8 | 40 | 13.5 | 67 | 65.3 | 25 | 18.8 | 21 | 19.0 | 38 | 6.2 | 26 | 1.7 | 28 |
| Raspberry Sauce | 79.8 | 4 | 338.8 | 4 | 0.0 | 0 | 0.0 | 0 | 19.8 | 8 | 14.9 | 17 | 0.0 | 0 | 0.2 | 1 | 0.1 | 1 |
| Roast Beef Extra - 85g | 213.7 | 11 | 894.1 | 11 | 12.1 | 17 | 4.8 | 24 | 0.0 | 0 | 0.0 | 0 | 26.2 | 52 | 0.0 | 0 | 0.1 | 2 |
| Roast Potatoes (V) - Side Order | 153.3 | 8 | 647.4 | 8 | 2.8 | 4 | 0.3 | 1 | 30.2 | 12 | 1.1 | 1 | 3.7 | 7 | 3.0 | 13 | 0.0 | 1 |
| Roast Turkey Extra - 85g | 131.3 | 7 | 555.9 | 7 | 1.9 | 3 | 0.6 | 3 | 0.0 | 0 | 0.0 | 0 | 28.6 | 57 | 0.0 | 0 | 0.2 | 3 |
| Saag Aloo (V) - Side Order | 224.0 | 11 | 940.0 | 11 | 13.2 | 19 | 1.0 | 5 | 20.4 | 8 | 5.2 | 6 | 4.4 | 9 | 4.0 | 17 | 1.2 | 21 |
| Sautéed Mushrooms Side Order (V) | 71.6 | 4 | 296.6 | 4 | 6.5 | 9 | 3.8 | 19 | 0.6 | 0 | 0.3 | 0 | 2.7 | 5 | 2.2 | 9 | 0.1 | 2 |
| Scoop Vanilla Ice Cream - Coke Float | 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 |
| Skin on Fries - Upgrade | 507.9 | 25 | 2125.0 | 25 | 22.9 | 33 | 5.1 | 26 | 65.6 | 25 | 1.4 | 2 | 6.8 | 14 | 5.7 | 24 | 0.3 | 5 |
| Skin On Fries 284g | 507.9 | 25 | 2125.0 | 25 | 22.9 | 33 | 5.1 | 26 | 65.6 | 25 | 1.4 | 2 | 6.8 | 14 | 5.7 | 24 | 0.3 | 5 |
| Small Plate Sunday Carvery - Milestone | 791.4 | 40 | 3330.2 | 40 | 20.7 | 30 | 7.1 | 35 | 105.5 | 41 | 21.6 | 24 | 47.8 | 96 | 16.8 | 70 | 3.4 | 57 |
| Small Plate Sunday Vegetarian Carvery - Milestone | 712.3 | 36 | 2997.0 | 36 | 16.7 | 24 | 6.2 | 31 | 122.7 | 47 | 25.1 | 28 | 19.3 | 39 | 21.9 | 91 | 3.0 | 49 |
| Standard Vegetable Accompaniment Sunday | 86.6 | 4 | 362.1 | 4 | 1.1 | 2 | 0.3 | 1 | 11.9 | 5 | 8.3 | 9 | 6.4 | 13 | 7.4 | 31 | 1.0 | 17 |
| Upgrade from Chips 284g to Wedges (V) | 86.6 | 4 | 363.7 | 4 | 3.2 | 5 | 0.9 | 5 | 13.6 | 5 | 0.5 | 1 | 1.7 | 3 | 1.4 | 6 | 0.0 | 0 |
| Vegetable Dopiaza (V) - Large Naan - 241 | 1033.0 | 52 | 4328.2 | 52 | 36.6 | 52 | 11.3 | 57 | 142.2 | 55 | 24.8 | 28 | 23.6 | 47 | 20.9 | 87 | 4.7 | 78 |
| Vegetable Samosas (V) - Side Order | 144.9 | 7 | 604.8 | 7 | 6.3 | 9 | 1.9 | 9 | 20.5 | 8 | 3.7 | 4 | 1.0 | 2 | 1.3 | 5 | 0.4 | 6 |
| VLG LN 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 |
| VLG LN Stuffing (Ve) - Extra | 73.9 | 4 | 313.0 | 4 | 0.7 | 1 | 0.3 | 1 | 15.6 | 6 | 0.5 | 1 | 2.2 | 4 | 0.8 | 4 | 0.8 | 13 |
| Wholegrain Mustard Mash (V) | 405.7 | 20 | 1698.2 | 20 | 17.8 | 25 | 9.9 | 49 | 52.2 | 20 | 5.2 | 6 | 6.5 | 13 | 6.5 | 27 | 1.6 | 27 |
| Yorkshire Pudding - Extra | 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 |