

Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M1 <500 Hunter's Chicken	458.9	23	2110.8	25	18.4	26	8.4	42	18.9	7	18.1	20	64.7	129	5.0	21	3.5	59
TST M1 <600 BBQ Pulled Pork Hash	574.1	29	2420.1	29	35.5	51	9.5	48	38.2	15	25.3	28	22.3	45	9.1	38	2.7	45
TST M1 <600 BBQ Pulled Pork Hash BRUNCH	574.1	29	2420.1	29	35.5	51	9.5	48	38.2	15	25.3	28	22.3	45	9.1	38	2.7	45
TST M1 <600 Classic Beef Burger	567.7	28	2376.5	28	24.7	35	7.8	39	43.9	17	12.4	14	41.5	83	5.6	23	2.5	41
TST M1 <600 Classic Buttermilk Chicken Burger	561.1	28	2351.7	28	25.6	37	7.2	36	57.3	22	13.5	15	24.8	50	7.4	31	1.8	29
TST M1 <600 Classic Soya Burger (V)	530.7	27	2227.2	27	22.2	32	2.0	10	52.6	20	14.1	16	28.3	57	8.1	34	2.1	35
TST M1 <600 Gammon Steak	520.7	26	2175.7	26	29.3	42	11.1	56	19.9	8	18.2	20	46.1	92	3.1	13	7.6	126
TST M1 <600 Lasagne	500.2	25	2089.8	25	25.6	37	12.2	61	36.5	14	18.3	20	30.7	61	5.3	22	2.3	39
TST M1 <600 Rump Steak	532.2	27	2218.4	26	33.5	48	11.2	56	9.1	4	8.7	10	48.9	98	3.6	15	1.3	22
TST M1 <600 Sirloin Steak	588.9	29	2451.4	29	39.1	56	14.0	70	9.1	4	8.7	10	50.5	101	3.6	15	1.4	23
TST M1 <600 Vegan Classic Soya Burger (Ve)	815.0	41	3424.8	41	30.7	44	2.9	15	84.7	33	20.7	23	46.9	94	12.1	50	3.2	54
TST M1 100's & 1000's - Extra	39.8	2	169.3	2	0.0	0	0.0	0	9.9	4	8.5	9	0.0	0	0.0	0	0.0	0
TST M1 Add 3 Onion Rings (Ve)	132.7	7	553.7	7	8.2	12	1.6	8	12.6	5	1.3	1	1.5	3	1.0	4	0.6	10
TST M1 Add on Baked Beans (Ve)	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.9	15
TST M1 Add on Black Pudding	199.5	10	834.1	10	9.7	14	3.8	19	17.6	7	2.8	3	12.7	25	0.0	0	1.8	30
TST M1 Add on Flat Mushrooms (Ve)	83.1	4	343.2	4	8.3	12	1.0	5	0.4	0	0.2	0	1.8	4	1.5	6	0.0	0
TST M1 Add on Free Range Poached Egg (V)	73.6	4	307.1	4	5.1	7	1.4	7	0.0	0	0.2	0	7.1	14	0.0	0	0.3	5
TST M1 Add on Free Range Scrambled Egg (V)	140.9	7	587.5	7	10.2	15	4.7	23	3.1	1	3.3	4	9.4	19	0.0	0	0.5	8
TST M1 Add on 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
TST M1 Add on 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
TST M1 Add on Sliced Sauteed Peppers (Ve)	192.6	10	793.2	9	19.9	28	2.4	12	3.1	1	3.0	3	0.5	1	1.0	4	0.0	0
TST M1 Afternoon Tea	2170.3	109	9093.8	108	113.9	163	48.9	244	228.3	88	111.6	124	57.1	114	12.1	50	6.4	106
TST M1 Apple Juice (Ve)	194.0	10	837.6	10	0.5	1	0.0	0	49.7	19	49.7	55	1.4	3	9.5	39	0.0	0
TST M1 Apple Pie (V)	348.8	17	1466.7	17	13.2	19	5.4	27	52.6	20	23.6	26	5.2	10	1.7	7	0.1	2
TST M1 APRIL 2018 XL Classic Beef Burger PROMO	1248.8	62	5157.8	61	64.7	92	20.6	103	92.8	36	9.3	10	81.8	164	9.2	38	5.2	86
TST M1 APRIL 2018 XL Classic Beef Burger PROMO 1	1248.8	62	5157.8	61	64.7	92	20.6	103	92.8	36	9.3	10	81.8	164	9.2	38	5.2	86
TST M1 Bacon - 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
TST M1 Bacon - Rasher of Back Bacon - Extra BURGERS	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
TST M1 Bacon Buttie	454.5	23	1909.4	23	17.6	25	7.9	40	44.6	17	1.2	1	29.9	60	4.1	17	4.2	70

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M1 BBQ Buttermilk Chicken	594.1	30	2481.9	30	33.7	48	12.4	62	39.7	15	10.4	12	32.5	65	4.4	18	2.0	34
TST M1 BBQ Chicken Strips	630.1	32	2621.3	31	35.3	50	12.3	62	44.4	17	8.5	9	33.4	67	3.3	14	1.4	23
TST 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
TST M1 BBQ Jackfruit Salad (Ve)	193.2	10	810.8	10	6.4	9	0.6	3	29.7	11	20.8	23	4.0	8	5.5	23	0.8	13
TST M1 BBQ Jackfruit Salad with Chicken	256.3	13	1157.7	14	7.9	11	1.1	6	26.9	10	19.1	21	23.7	47	5.6	23	1.0	16
TST M1 BBQ Jackfruit Wrap (Ve)	807.1	40	3383.3	40	30.6	44	6.5	32	113.2	44	26.5	29	14.3	29	10.9	45	2.6	43
TST M1 Beef Burger - Extra	285.6	14	1190.0	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
TST M1 Beef Madras	1208.3	60	5087.8	61	36.3	52	10.9	54	171.2	66	31.4	35	45.3	91	15.1	63	5.0	83
TST M1 Beer Battered Onion Rings (V) - Side Order	531.0	27	2214.8	26	33.0	47	6.2	31	50.6	19	5.0	6	6.0	12	4.0	17	2.4	40
TST M1 Big Breakfast	1512.8	76	6315.6	75	82.8	118	22.4	112	118.8	46	13.6	15	73.8	148	15.2	63	8.5	142
TST M1 Big Breakfast (V)	1193.7	60	4991.0	59	60.2	86	13.1	66	103.6	40	11.2	12	56.9	114	20.8	87	4.3	71
TST M1 Blue Moon Burger	1176.0	59	4849.8	58	66.5	95	25.4	127	90.7	35	9.3	10	61.9	124	9.9	41	4.7	78
TST M1 Blueberry Muffin (V)	433.1	22	1813.7	22	19.8	28	2.0	10	58.1	22	31.7	35	5.2	10	0.6	2	0.4	6
TST M1 Bowl of Pigs in Blankets	1275.0	64	5334.6	64	115.6	165	44.9	224	13.6	5	0.0	0	44.5	89	0.7	3	9.7	162
TST M1 Bowl of Yorkshire Puddings Side Order (V)	1101.6	55	4579.2	55	85.8	123	13.4	67	58.0	22	8.5	9	27.8	56	2.7	11	1.4	24
TST M1 Breaded Mushrooms (V)	414.1	21	1744.1	21	21.6	31	4.2	21	44.6	17	11.3	13	8.5	17	4.3	18	2.0	33
TST M1 Breakfast Muffin - Bacon & Egg	428.8	21	1793.8	21	18.8	27	4.0	20	41.2	16	7.4	8	23.7	47	2.3	10	3.2	53
TST M1 Breakfast Muffin - Sausage & Bacon	384.4	19	1610.2	19	12.9	18	4.3	22	45.5	17	2.1	2	21.4	43	2.8	11	3.1	52
TST M1 Breakfast Muffin - Sausage & Egg	470.3	24	1963.5	23	23.6	34	5.5	28	45.5	17	2.3	3	18.8	38	2.8	11	1.6	27
TST M1 Breakfast Muffin - Sausage & Egg (V)	394.6	20	1650.5	20	17.1	24	3.0	15	39.7	15	1.5	2	19.7	39	4.1	17	1.4	24
TST M1 Brunch	856.7	43	3575.3	43	44.6	64	10.6	53	77.3	30	9.5	11	34.8	70	11.6	48	4.3	72
TST M1 Brunch (V)	775.3	39	3240.8	39	36.5	52	7.0	35	76.4	29	9.1	10	32.0	64	15.0	62	2.9	49
TST M1 Burger Bun (Ve) - Extra	201.6	10	849.8	10	4.2	6	0.6	3	33.0	13	4.5	5	6.9	14	2.0	8	0.8	13
TST M1 Buttermilk Chicken - Extra	418.5	21	1747.9	21	25.2	36	9.3	46	23.7	9	2.0	2	24.1	48	3.0	13	1.2	20
TST M1 Buttermilk Chicken Wrap	1046.4	52	4375.3	52	55.0	79	15.8	79	99.3	38	6.3	7	34.8	70	10.8	45	2.7	45
TST M1 Carrot Cake (V)	420.7	21	1768.1	21	19.4	28	5.5	28	58.2	22	40.9	45	4.5	9	1.3	6	0.6	9
TST M1 Cauliflower Cheese Side Order (V)	141.8	7	594.5	7	5.5	8	3.4	17	15.6	6	3.1	3	5.5	11	3.9	16	1.9	32
TST M1 Charred Chicken Pathia	1092.3	55	4613.2	55	28.1	40	6.8	34	153.5	59	18.8	21	58.1	116	13.3	55	3.7	61
TST M1 Cheddar Cheese & Red Onion Sandwich (V)	842.8	42	3534.5	42	43.1	62	20.2	101	81.1	31	3.4	4	32.2	64	8.2	34	2.8	46
TST M1 Cheddar Cheese & Tomato Wrap	929.7	46	3895.1	46	51.9	74	25.8	129	76.1	29	5.8	6	36.9	74	8.4	35	3.1	51

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TST M1 Cheddar Cheese (V) - Extra	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
TST M1 Cheesy Garlic Ciabatta Side Order (V)	669.5	33	2805.0	33	37.2	53	18.2	91	58.2	22	5.2	6	24.2	48	3.9	16	2.1	35
TST M1 Chicken Jalfrezi	1091.3	55	4605.6	55	25.9	37	5.7	29	175.3	67	27.6	31	50.1	100	14.5	60	4.6	77
TST M1 Chicken Korma	1363.3	68	5707.7	68	47.6	68	28.1	141	180.2	69	39.7	44	52.8	106	14.1	59	4.6	77
TST M1 Chicken Tikka Masala	1115.4	56	4709.0	56	28.3	40	9.2	46	167.1	64	27.3	30	47.3	95	14.1	59	3.9	66
TST M1 Chicken Tikka Masala PROMO	1101.1	55	4648.9	55	28.0	40	9.1	45	165.0	63	26.9	30	46.7	93	13.9	58	3.9	65
TST M1 Children's Apple Juice (Ve)	97.0	5	418.8	5	0.2	0	0.0	0	24.8	10	24.8	28	0.7	1	4.7	20	0.0	0
TST M1 Children's Breaded Mushrooms (V)	228.7	11	963.0	11	10.8	15	2.1	10	27.2	10	10.3	11	4.4	9	2.4	10	1.3	21
TST M1 Children's Cheese & Tomato Pizza (V)	661.6	33	2780.1	33	26.4	38	14.6	73	82.3	32	8.8	10	26.0	52	8.1	34	2.3	38
TST M1 Children's Chicken Dippers	556.9	28	2333.3	28	30.9	44	9.0	45	53.9	21	7.2	8	14.6	29	8.0	33	1.0	16
TST M1 Children's Chocolate Brownie (V)	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
TST M1 Children's Fish Fingers	503.4	25	2115.7	25	22.9	33	6.5	32	57.0	22	7.6	8	15.9	32	8.4	35	1.0	17
TST M1 Children's Garlic Ciabatta Starter (Ve)	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST M1 Children's Glass Milk (V)	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
TST M1 Children's Ice Cream (V)	320.0	16	1347.0	16	9.7	14	5.9	30	55.0	21	45.2	50	2.9	6	0.3	1	0.2	3
TST M1 Children's Orange Juice (Ve)	42.4	2	180.9	2	0.1	0	0.0	0	9.7	4	9.7	11	1.3	3	2.6	11	0.0	0
TST M1 Children's Pineapple Juice (Ve)	48.9	2	209.9	2	0.2	0	0.0	0	12.0	5	12.0	13	0.5	1	1.9	8	0.0	0
TST M1 Children's Sausages	525.5	26	2209.4	26	23.5	34	8.9	44	61.8	24	9.3	10	15.2	30	8.8	37	1.6	27
TST M1 Children's Sausages (V)	374.2	19	1583.3	19	10.5	15	3.7	19	50.2	19	7.7	9	17.0	34	11.6	48	1.3	21
TST M1 Children's Vegetable Lasagne (Ve)	533.4	27	2251.0	27	14.0	20	4.2	21	86.8	33	15.0	17	15.2	30	12.6	53	2.1	35
TST M1 Chipotle Chicken Nachos	347.6	17	1458.0	17	17.0	24	6.3	32	24.7	10	0.5	1	22.9	46	1.7	7	1.3	21
TST M1 Chipotle Chicken Wrap	650.6	33	2735.8	33	20.8	30	6.0	30	75.0	29	3.2	4	36.9	74	8.0	33	1.5	25
TST M1 Chipotle Pulled Chicken - Extra	94.5	5	401.3	5	0.9	1	0.2	1	1.5	1	0.2	0	20.0	40	0.5	2	0.3	5
TST M1 Chips (Ve) - Side Order	362.5	18	1517.3	18	17.3	25	3.7	18	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13
TST M1 Chocolate Flake (V) - Extra	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
TST M1 Chocolate Fudge Cake (V)	635.2	32	2664.0	32	27.9	40	6.9	34	90.2	35	72.7	81	6.5	13	3.1	13	0.4	6
TST M1 Chocolate Indulgence Sundae (V)	655.6	33	2739.3	33	36.8	53	22.6	113	73.0	28	61.4	68	7.5	15	2.1	9	0.4	7
TST M1 Classic Beef Burger	963.2	48	3967.8	47	48.7	70	13.8	69	90.4	35	9.1	10	49.0	98	9.0	38	3.7	61
TST M1 Classic Breakfast	702.1	35	2926.5	35	38.3	55	11.4	57	52.4	20	10.6	12	38.1	76	9.0	38	4.7	79
TST M1 Classic Breakfast (V)	521.1	26	2174.9	26	25.3	36	5.8	29	42.7	16	8.9	10	29.0	58	12.4	52	2.4	40
TST M1 Classic Buttermilk Chicken Burger	1096.1	55	4525.7	54	58.0	83	16.3	82	111.7	43	10.9	12	40.3	81	11.9	49	3.4	56

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TST M1 Classic Eggs Benedict (V)	470.1	24	1974.3	24	25.0	36	8.7	43	39.5	15	3.6	4	22.0	44	2.3	10	1.9	31
TST M1 Classic Vegan Burger (Ve)	953.2	48	3994.6	48	43.4	62	6.9	34	102.1	39	9.7	11	33.5	67	11.1	46	3.3	55
TST M1 Classic Veggie Burger (V)	926.2	46	3818.5	45	46.2	66	8.1	40	99.1	38	10.9	12	35.7	71	11.6	48	3.3	55
TST M1 Coconut Shrimp	316.1	16	1312.0	16	24.8	35	4.2	21	13.9	5	5.8	6	8.8	18	0.9	4	0.9	16
TST M1 DD <600 Classic Beef Burger	567.7	28	2376.5	28	24.7	35	7.8	39	43.9	17	12.4	14	41.5	83	5.6	23	2.5	41
TST M1 DD <600 Classic Buttermilk Chicken Burger	561.1	28	2351.7	28	25.6	37	7.2	36	57.3	22	13.5	15	24.8	50	7.4	31	1.8	29
TST M1 DD <600 Classic Soya Burger (V)	530.7	27	2227.2	27	22.2	32	2.0	10	52.6	20	14.1	16	28.3	57	8.1	34	2.1	35
TST M1 DD <600 Vegan Classic Soya Burger (Ve)	483.9	24	2033.3	24	18.2	26	1.7	9	50.3	19	12.3	14	27.8	56	7.2	30	1.9	32
TST M1 DD Apple Pie (V)	348.8	17	1466.7	17	13.2	19	5.4	27	52.6	20	23.6	26	5.2	10	1.7	7	0.1	2
TST M1 DD Breaded Mushrooms (V)	414.1	21	1744.1	21	21.6	31	4.2	21	44.6	17	11.3	13	8.5	17	4.3	18	2.0	33
TST M1 DD Chocolate Fudge Cake (V)	635.2	32	2664.0	32	27.9	40	6.9	34	90.2	35	72.7	81	6.5	13	3.1	13	0.4	6
TST M1 DD Fish 'n' Chips	615.2	31	2624.4	31	18.7	27	5.2	26	68.2	26	7.4	8	37.2	74	11.4	48	1.8	31
TST M1 DD Gammon Steak	573.4	29	2397.0	29	26.6	38	10.3	52	47.3	18	11.9	13	32.7	65	8.7	36	4.6	76
TST M1 DD Garlic Ciabatta Starter (Ve)	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST M1 DD Golden Breaded Scampi	634.5	32	2699.9	32	27.3	39	8.1	41	71.8	28	7.5	8	20.7	41	12.3	51	2.3	39
TST M1 DD Ham Egg and Chips	678.3	34	2826.2	34	44.3	63	11.0	55	32.3	12	2.1	2	35.0	70	4.5	19	2.1	35
TST M1 DD Hunter's Chicken	576.3	29	2505.3	30	26.0	37	11.9	59	43.4	17	13.2	15	44.6	89	6.5	27	3.2	54
TST M1 DD Ice Cream (V)	332.6	17	1389.4	17	17.6	25	10.6	53	38.1	15	32.6	36	4.9	10	0.3	1	0.3	6
TST M1 DD Jacket - Baked Beans (Ve)	301.0	15	1268.5	15	1.1	2	0.2	1	63.3	24	8.2	9	12.8	26	10.2	42	0.9	16
TST M1 DD Jacket - Cheddar Cheese & Baked Beans (V)	467.2	23	1959.7	23	16.0	23	9.5	48	64.1	25	8.4	9	20.3	41	10.3	43	1.6	27
TST M1 DD Jacket - Cheddar Cheese & Ham	525.5	26	2205.3	26	27.2	39	16.0	80	44.1	17	3.1	3	28.9	58	4.9	20	2.1	34
TST M1 DD Jacket Potato - BBQ Jackfruit (Ve)	329.7	16	1390.3	17	6.1	9	0.4	2	62.9	24	14.6	16	7.4	15	6.5	27	0.8	13
TST M1 DD Jacket Potato - Chipotle Chicken	314.5	16	1334.0	16	1.8	3	0.3	2	44.8	17	3.0	3	32.0	64	5.4	22	0.4	7
TST M1 DD Jacket Potato - Tuna Mayonnaise	421.6	21	1770.9	21	17.2	25	4.7	23	45.5	17	4.2	5	23.7	47	5.4	22	1.1	19
TST M1 DD Sausage & Mash	694.2	35	2905.7	35	30.4	43	11.9	59	80.8	31	7.8	9	23.6	47	9.3	39	3.3	55
TST M1 DD Sausage & Mash (V)	475.4	24	2000.8	24	11.7	17	4.5	22	63.9	25	5.4	6	26.1	52	13.3	55	2.8	46
TST M1 DD Soup (V)	461.8	23	1947.6	23	16.2	23	5.1	25	64.1	25	11.1	12	15.3	31	5.8	24	2.3	39
TST M1 DD Steak & Ale Pie	910.7	46	3802.8	45	45.9	66	18.6	93	93.9	36	6.8	8	25.3	51	10.3	43	2.1	36
TST M1 DD Vegan Ice Cream (Ve)	278.9	14	1165.9	14	13.1	19	11.4	57	32.4	12	21.8	24	1.3	3	9.6	40	0.0	0
TST M1 DD Vegetable Lasagne (Ve)	522.3	26	2192.6	26	17.1	24	4.5	23	77.2	30	12.2	14	15.4	31	7.6	32	2.3	39

Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M1 Double Chicken Burger	1051.1	53	4344.3	52	50.5	72	13.4	67	105.3	40	10.4	12	52.2	104	11.3	47	3.2	54
TST M1 Energy Boost Juice (Ve)	171.7	9	728.8	9	0.5	1	0.1	1	41.3	16	38.1	42	2.8	6	4.3	18	0.0	0
TST M1 Fiery Red Onion Pickles (Ve) - Extra	63.0	3	267.8	3	0.3	0	0.0	0	13.4	5	9.5	11	1.1	2	1.5	6	0.5	8
TST M1 Fish & Chips Bites	345.9	17	1442.1	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.5	11	1.5	25
TST M1 Fish and Chips	1076.0	54	4560.6	54	33.3	48	8.8	44	119.0	46	7.3	8	67.6	135	13.8	58	3.9	65
TST M1 Flapjack (V)	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
TST 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
TST M1 Free Range Fried Egg (V) - Extra EXCLUSIVE	156.1	8	646.4	8	14.2	20	2.5	12	0.0	0	0.2	0	7.1	14	0.0	0	0.2	4
TST M1 Fried Bread (Ve)	343.8	17	1446.8	17	12.5	18	2.0	10	45.6	18	1.2	1	12.7	25	4.2	18	0.9	15
TST M1 Fried Onions (Ve) Extra	108.7	5	448.7	5	8.6	12	1.0	5	7.2	3	5.1	6	1.1	2	1.7	7	0.0	0
TST M1 Gammon Steak	928.0	46	3877.5	46	48.8	70	15.7	79	60.9	23	11.1	12	58.1	116	9.0	37	9.4	156
TST M1 Garlic Ciabatta Side Order (Ve)	451.1	23	1892.2	23	19.3	28	7.0	35	58.1	22	5.1	6	9.6	19	3.9	16	1.0	17
TST M1 Grilled Cheese Sandwich (V)	862.8	43	3616.8	43	45.2	65	21.8	109	79.1	30	2.1	2	33.7	67	7.7	32	2.9	49
TST M1 Grilled Chicken and Bacon Salad	400.2	20	1859.9	22	18.6	27	4.4	22	11.5	4	11.0	12	57.6	115	5.5	23	2.5	42
TST M1 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
TST M1 Halloumi Fries (V)	382.8	19	1580.6	19	28.3	40	15.4	77	12.8	5	3.2	4	19.5	39	1.0	4	3.1	51
TST M1 Ham and Mustard Sandwich	757.7	38	3181.8	38	31.2	45	10.8	54	82.4	32	3.5	4	35.3	71	8.2	34	4.1	69
TST M1 Hawaiian Gammon Burger	1182.2	59	4873.3	58	72.6	104	22.0	110	95.9	37	16.7	19	45.3	91	9.2	38	4.7	78
TST M1 Homemade Slaw (V) - Side Order	187.4	9	775.4	9	16.0	23	1.2	6	9.3	4	7.4	8	1.7	3	3.8	16	0.7	11
TST M1 House Club Sandwich	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TST M1 Hunter's Chicken	960.9	48	4211.4	50	44.5	64	17.7	88	70.3	27	25.9	29	77.1	154	9.4	39	5.3	89
TST M1 Hunter's Rump Steak	1407.7	70	5878.2	70	80.2	115	28.8	144	82.6	32	22.1	25	83.4	167	11.3	47	6.8	113
TST M1 Hunter's Sirloin Steak	1464.4	73	6111.2	73	85.8	123	31.6	158	82.6	32	22.1	25	84.9	170	11.3	47	6.8	113
TST M1 Ice Cream Sundae (V)	514.3	26	2143.0	26	33.4	48	20.3	102	47.1	18	39.5	44	6.0	12	0.5	2	0.4	6
TST M1 Jack Browns (Ve)	342.1	17	1428.1	17	17.3	25	5.4	27	40.3	15	12.4	14	4.1	8	4.4	18	1.2	21
TST M1 Jalapeno Popper (V) - Extra	59.0	3	183.8	2	7.1	10	2.4	12	7.2	3	0.6	1	3.3	7	0.6	2	0.4	7
TST M1 Jalapeno Poppers (V)	272.1	14	886.8	11	28.4	41	9.7	49	37.1	14	10.1	11	13.4	27	2.7	11	2.1	35
TST M1 Jalapenos (40g) Extra (Ve)	7.6	0	88.8	1	0.0	0	0.0	0	1.6	1	0.4	0	0.4	1	1.6	7	0.6	11
TST M1 Jam (Ve) - Extra	54.6	3	232.2	3	0.0	0	0.0	0	13.6	5	13.6	15	0.1	0	0.2	1	0.0	0
TST M1 Jam and Coconut Sponge (V)	710.1	36	2976.2	35	34.0	49	16.0	80	92.9	36	66.1	73	8.8	18	2.5	10	0.5	9

Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M1 Lasagne	755.6	38	3159.9	38	37.2	53	16.7	83	66.3	25	20.1	22	37.6	75	6.7	28	3.1	51
TST M1 Lemon Drizzle (V)	271.3	14	1136.9	14	12.3	18	10.1	50	37.9	15	27.0	30	3.0	6	0.5	2	0.4	7
TST M1 Macaroni Cheese (V)	1139.4	57	4784.8	57	44.4	63	25.6	128	149.5	58	11.2	12	33.0	66	7.0	29	2.2	36
TST M1 Macaroni Cheese W/ Bacon	1282.8	64	5383.8	64	51.4	73	28.3	141	150.9	58	11.3	13	51.7	103	7.1	29	5.5	91
TST M1 Macaroni Cheese W/ Chicken	1283.4	64	5392.7	64	48.2	69	27.5	138	161.1	62	12.1	13	48.7	97	7.8	33	2.5	42
TST M1 Macaroni Cheese W/ Jalapenos (V)	1167.4	58	5037.3	60	44.8	64	25.8	129	154.6	59	12.3	14	34.2	68	10.9	45	3.7	61
TST M1 Mexican Burger Stack	1413.1	71	5834.6	69	87.7	125	39.0	195	113.8	44	26.1	29	50.6	101	10.3	43	5.1	84
TST M1 Mexican Nachos (V)	348.3	17	1471.8	18	20.5	29	7.8	39	28.7	11	1.7	2	11.2	22	2.3	9	1.7	28
TST M1 Mixed Olives Plate (Ve)	467.4	23	1946.5	23	29.9	43	8.0	40	34.6	13	4.6	5	5.7	11	2.1	9	2.5	41
TST 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
TST M1 NGCI XL Classic Beef Burger	604.9	30	2522.8	30	32.5	46	13.8	69	10.9	4	6.2	7	67.0	134	2.8	12	3.0	50
TST M1 NGCI <600 Classic Beef Burger	319.3	16	1332.8	16	16.6	24	7.0	35	8.5	3	6.1	7	34.2	68	2.7	11	1.5	25
TST M1 NGCI Bacon Buttie	385.5	19	1608.8	19	19.0	27	8.0	40	29.6	11	2.5	3	21.0	42	5.8	24	4.2	70
TST M1 NGCI Beef Madras	906.6	45	3817.1	45	28.5	41	6.9	35	124.0	48	26.5	29	37.7	75	8.6	36	5.0	83
TST M1 NGCI Cheddar Cheese & Red Onion Sandwich (V)	721.8	36	3015.9	36	42.4	61	19.4	97	61.1	23	4.6	5	19.9	40	9.5	40	2.3	39
TST M1 NGCI Chicken Jalfrezi	794.4	40	3355.3	40	18.6	27	2.0	10	128.0	49	22.9	25	42.3	85	7.9	33	4.6	77
TST M1 NGCI Chicken Korma	1055.0	53	4410.8	53	39.4	56	23.4	117	132.6	51	34.5	38	44.9	90	7.6	32	4.6	77
TST M1 NGCI Chicken Tikka Masala	817.5	41	3454.4	41	20.9	30	5.3	26	120.1	46	22.6	25	39.7	79	7.6	32	4.0	66
TST M1 NGCI Grilled Cheese Sandwich (V)	792.4	40	3306.3	39	49.4	71	24.1	120	58.8	23	3.1	3	23.5	47	9.0	37	2.7	45
TST M1 NGCI House Club Sandwich	897.4	45	3840.6	46	46.9	67	13.8	69	78.6	30	8.3	9	39.2	78	14.0	58	4.1	68
TST M1 NGCI Hunter's Rump Steak	1274.9	64	5324.5	63	71.9	103	27.3	136	69.9	27	20.8	23	81.9	164	10.3	43	6.2	103
TST M1 NGCI Hunter's Sirloin Steak	1331.7	67	5557.4	66	77.6	111	30.1	150	69.9	27	20.8	23	83.4	167	10.3	43	6.2	103
TST M1 NGCI Ice Cream Sundae (V)	569.0	28	2370.2	28	37.2	53	22.7	113	51.4	20	44.6	50	6.7	13	0.5	2	0.4	7
TST M1 NGCI Macaroni Cheese (V)	921.0	46	3868.9	46	34.9	50	21.9	109	122.0	47	10.7	12	28.4	57	5.9	25	1.6	27
TST M1 NGCI Macaroni Cheese W/ Bacon	1063.1	53	4462.9	53	41.8	60	24.6	123	123.5	48	10.9	12	46.8	94	6.0	25	4.9	82
TST M1 NGCI Macaroni Cheese W/ Chicken	1094.0	55	4600.2	55	38.8	55	24.0	120	133.9	52	11.8	13	50.7	101	6.9	29	2.1	34
TST M1 NGCI Macaroni Cheese W/ Jalapenos (V)	949.7	47	4122.0	49	35.3	50	22.2	111	127.1	49	11.8	13	29.6	59	9.7	41	3.2	53
TST M1 NGCI Mexican Burger Stack	1354.1	68	5650.7	67	80.6	115	36.6	183	106.6	41	25.5	28	47.3	95	9.8	41	4.6	77
TST M1 NGCI Rump Steak	914.1	46	3815.7	45	50.5	72	14.8	74	53.6	21	5.1	6	57.0	114	9.5	39	2.5	42
TST M1 NGCI Sausage Buttie	525.5	26	2191.8	26	28.7	41	11.1	55	51.3	20	5.1	6	11.8	24	7.1	30	2.1	35

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	%
TST M1 NGCI Sirloin Steak	970.9	49	4048.7	48	56.1	80	17.6	88	53.6	21	5.1	6	58.6	117	9.5	39	2.5	42
TST M1 NGCI Toast and Butter (V)	423.6	21	1764.5	21	23.6	34	11.6	58	45.7	18	3.9	4	2.5	5	9.0	37	1.3	21
TST M1 NGCI Vegan Ice Cream Sundae (Ve)	362.1	18	1519.4	18	12.9	18	11.2	56	53.6	21	36.7	41	1.4	3	9.6	40	0.1	1
TST M1 NGCI Vegetable Jalfrezi (V)	830.7	42	3493.8	42	24.9	36	2.3	12	132.3	51	27.9	31	20.2	40	10.2	43	4.8	80
TST M1 NGCI XL Mexican Burger Stack	1639.7	82	6840.7	81	96.6	138	43.4	217	109.0	42	25.7	29	80.1	160	9.9	41	6.1	102
TST M1 NGCI XL Mexican Burger Stack PROMO	1639.7	82	6840.7	81	96.6	138	43.4	217	109.0	42	25.7	29	80.1	160	9.9	41	6.1	102
TST M1 NOT Fish and Chips (V)	1229.0	61	5153.8	61	68.7	98	31.5	158	94.5	36	9.4	10	53.1	106	12.3	51	6.9	116
TST M1 Orange Juice (Ve)	63.5	3	271.3	3	0.2	0	0.0	0	14.6	6	14.6	16	1.9	4	3.9	16	0.0	0
TST M1 Pancakes w/ Crispy Bacon & Maple Syrup	525.5	26	2203.9	26	9.0	13	2.4	12	90.6	35	51.4	57	21.5	43	1.4	6	3.6	59
TST M1 Pancakes w/ Fresh Banana & Maple Syrup (V)	514.2	26	2164.1	26	3.5	5	0.3	2	116.8	45	75.4	84	6.6	13	3.1	13	0.6	11
TST M1 Pepper Sauce	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
TST M1 Pineapple Juice (Ve)	97.8	5	419.8	5	0.5	1	0.0	0	24.1	9	24.1	27	1.0	2	3.8	16	0.0	0
TST M1 Pineapple Juice (Ve) BREAKFAST	97.8	5	419.8	5	0.5	1	0.0	0	24.1	9	24.1	27	1.0	2	3.8	16	0.0	0
TST M1 Pineapplicius Juice (Ve)	130.9	7	561.5	7	0.6	1	0.0	0	31.8	12	31.8	35	1.7	3	5.6	23	0.0	0
TST M1 Posh Fish Finger Sandwich	852.6	43	3579.4	43	32.4	46	9.6	48	96.2	37	5.6	6	41.8	84	8.8	37	2.8	46
TST M1 Potato Swap - 150g Chips to Jacket	111.4	6	469.1	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
TST M1 Potato Swap - 227g Chips to Jacket	41.8	2	175.9	2	1.1	2	0.7	3	7.4	3	0.3	0	0.9	2	0.7	3	0.0	1
TST M1 Pretzel (V) Cheesy	487.0	24	2049.2	24	21.1	30	11.5	58	48.6	19	3.3	4	24.0	48	3.9	16	3.3	55
TST M1 Pretzel (V) Plain	268.6	13	1136.4	14	3.2	5	0.3	2	48.5	19	3.2	4	9.4	19	3.9	16	2.2	37
TST M1 Pretzel Burger	1448.8	72	6017.7	72	63.4	91	21.6	108	154.4	59	11.1	12	70.1	140	14.9	62	8.0	134
TST M1 Real Boar Burger	1314.6	66	5425.2	65	84.8	121	28.3	141	89.6	34	10.2	11	56.6	113	8.9	37	4.3	71
TST M1 Rice and Chips (Ve)	253.8	13	1062.1	13	12.1	17	2.6	13	30.8	12	0.5	1	3.7	7	3.3	14	0.6	9
TST M1 Roast Chicken Fillet - Extra	197.2	10	1014.9	12	5.3	8	1.4	7	1.9	1	1.9	2	45.9	92	1.7	7	0.7	12
TST M1 Route 66 Burger	1154.8	58	4763.0	57	63.8	91	18.7	94	97.9	38	14.4	16	55.8	112	11.6	48	4.0	67
TST M1 Rump Steak	1046.9	52	4369.4	52	58.7	84	16.3	82	66.2	25	6.4	7	58.5	117	10.5	44	3.1	52
TST M1 Salad Bowl (Ve)	26.0	1	109.8	1	0.4	1	0.1	1	4.8	2	4.5	5	1.0	2	1.9	8	0.0	0
TST M1 Salted Caramel & Welsh Fudge Brownie (V)	587.5	29	2458.3	29	31.1	44	14.2	71	68.9	26	62.1	69	6.1	12	3.1	13	0.1	2
TST M1 Sausage - Extra	140.3	7	585.0	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
TST M1 Sausage Buttie	646.5	32	2710.5	32	29.4	42	11.9	59	71.4	27	3.9	4	24.1	48	5.8	24	2.5	42
TST M1 Sauteed Mushrooms (V)	658.8	33	2723.2	32	64.1	92	38.6	193	4.2	2	2.3	3	17.2	34	13.6	57	1.4	24

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	%
TST M1 Scampi - Extra	185.3	9	775.5	9	9.7	14	3.1	16	17.0	7	0.9	1	7.9	16	1.8	7	1.2	20
TST M1 Sirloin Steak	1103.6	55	4602.4	55	64.3	92	19.1	96	66.2	25	6.4	7	60.1	120	10.5	44	3.1	52
TST M1 Slice of Toast and Butter (V)	167.5	8	706.3	8	5.0	7	2.3	11	24.2	9	0.6	1	6.8	14	2.2	9	0.5	9
TST M1 Smothered Wedges: Cheese and Bacon	582.4	29	2472.4	29	11.6	17	3.4	17	112.9	43	4.3	5	13.9	28	12.8	53	0.1	2
TST M1 Smothered Wedges: Mexican (V) (Ve)	589.1	29	2500.8	30	11.7	17	3.4	17	114.2	44	4.3	5	14.1	28	13.0	54	0.1	2
TST M1 Soya Burger (Ve) - Extra	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
TST M1 Spray Cream (V) - Extra	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
TST M1 Steak & Ale Pie	1144.8	57	4786.5	57	53.2	76	19.2	96	128.3	49	8.7	10	32.1	64	11.4	47	3.5	58
TST M1 Steak & Eggs	1226.3	61	5108.4	61	78.9	113	19.8	99	53.6	21	5.6	6	71.2	142	9.5	39	2.9	49
TST M1 Steak & Horseradish Wrap	945.5	47	3947.8	47	51.9	74	12.7	63	81.0	31	8.9	10	34.8	70	8.5	35	2.7	46
TST 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
TST M1 Sunday Lunch - Children's Roast Beef	704.1	35	2942.3	35	37.1	53	10.5	53	59.0	23	14.5	16	32.5	65	9.3	39	3.7	62
TST M1 Sunday Lunch - Children's Roast Chicken	946.8	47	3960.3	47	44.9	64	12.4	62	80.9	31	23.3	26	55.1	110	11.2	47	4.1	69
TST M1 Sunday Lunch - Children's Roast Pork	764.5	38	3198.8	38	37.1	53	10.5	52	74.9	29	17.4	19	32.7	65	9.8	41	3.1	51
TST M1 Sunday Lunch - Roast Chicken	1525.8	76	6384.0	76	70.9	101	20.6	103	118.4	46	30.9	34	102.8	206	20.6	86	6.5	109
TST M1 Sunday Lunch - Roast Leg of Pork	1188.2	59	4971.1	59	55.8	80	16.9	85	112.0	43	24.8	28	58.4	117	18.4	77	4.5	75
TST M1 Sunday Lunch - Roast Topside Beef	1117.3	56	4672.1	56	53.9	77	17.2	86	96.4	37	22.0	24	59.5	119	17.9	74	5.2	87
TST M1 Sunday Lunch - Sunday Best	1735.7	87	7250.5	86	93.7	134	26.2	131	119.6	46	24.2	27	102.6	205	19.8	83	7.2	120
TST M1 Sunday Lunch Cauliflower Tart (V)	1244.3	62	5203.9	62	63.7	91	18.9	95	126.8	49	21.7	24	39.2	78	20.8	87	5.3	88
TST M1 Sweet Potato Fries (Ve) - Side Order	359.9	18	1509.0	18	13.2	19	2.5	12	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
TST M1 Sweet Potato Fries 150g (Ve)- Upgrade	163.7	8	686.6	8	6.0	9	1.1	6	23.9	9	0.5	1	2.5	5	2.1	9	0.1	2
TST M1 Sweet Potato Fries 227g (Ve)- Upgrade	251.9	13	1056.3	13	9.2	13	1.7	9	36.7	14	0.8	1	3.8	8	3.2	13	0.2	3
TST M1 The Brunch Burger	1535.0	77	6341.1	75	91.5	131	27.1	136	122.4	47	19.0	21	64.2	128	13.5	56	6.8	114
TST M1 The Brunch Burger BRUNCH	1535.0	77	6341.1	75	91.5	131	27.1	136	122.4	47	19.0	21	64.2	128	13.5	56	6.8	114
TST M1 The Squeaky Burger (V)	1107.4	55	4545.1	54	66.0	94	27.3	137	93.4	36	14.2	16	43.5	87	10.0	42	5.3	88
TST M1 The Stacker Burger	1515.2	76	6271.0	75	78.8	113	29.3	147	134.6	52	21.2	24	76.2	152	13.9	58	7.1	118
TST M1 The Ultimate Burger (V)	1113.5	56	4596.5	55	62.9	90	12.7	64	102.3	39	12.6	14	41.1	82	12.0	50	4.6	77
TST M1 Toast and Butter (V)	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
TST M1 Triple Chocolate Muffin (V)	447.2	22	1872.7	22	20.3	29	4.5	22	57.9	22	34.8	39	6.4	13	3.5	15	0.2	4
TST M1 Upgrade Burger Bun to Pretzel (V)	402.9	20	1704.7	20	4.8	7	0.5	3	72.8	28	4.8	5	14.2	28	5.9	24	3.3	55
TST M1 Veg Patch Burrito (Ve)	651.4	33	2738.0	33	13.4	19	4.0	20	114.4	44	14.6	16	26.2	52	26.8	112	2.6	43

Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M1 Veg Patch Burrito W/ Chicken	714.4	36	3005.5	36	14.0	20	4.2	21	115.4	44	14.7	16	39.5	79	27.1	113	2.8	46
TST M1 Vegan Apple Pie (V) (Ve)	318.2	16	1333.9	16	13.7	20	6.7	33	44.6	17	18.6	21	3.0	6	3.7	15	0.0	0
TST M1 Vegan Ice Cream Sundae (Ve)	334.1	17	1402.0	17	11.9	17	10.4	52	49.4	19	33.9	38	1.3	3	8.9	37	0.1	1
TST M1 Vegan Vegetable Jalfrezi (Ve)	653.0	33	2738.4	33	24.9	36	2.2	11	95.9	37	16.0	18	12.1	24	9.8	41	2.4	40
TST M1 Vegetable Jalfrezi (V)	1129.1	56	4750.3	57	32.5	46	6.1	30	179.8	69	32.8	36	27.0	54	16.9	70	4.8	80
TST M1 Veggie Mexican Burger Stack (V)	1376.1	69	5685.3	68	85.1	122	33.2	166	122.5	47	27.9	31	37.3	75	12.9	54	4.7	78
TST M1 Victoria Sponge Cake (V)	427.0	21	1789.0	21	21.8	31	9.3	47	54.4	21	38.5	43	4.3	9	0.7	3	0.8	13
TST M1 Waffle w/ Crispy Bacon & Maple Syrup	651.0	33	2730.8	33	26.6	38	12.0	60	81.8	31	49.8	55	21.0	42	1.6	7	3.8	63
TST M1 Waffle w/ Fresh Banana & Maple Syrup (V)	639.0	32	2687.6	32	21.0	30	9.9	50	107.8	41	73.4	82	6.3	13	3.3	14	0.9	14
TST M1 Wholetails of Breaded Scampi	932.2	47	3946.8	47	43.5	62	10.6	53	101.1	39	6.9	8	29.7	59	13.9	58	4.2	71
TST M1 Wild Berry Juice (Ve)	51.0	3	216.2	3	0.2	0	0.0	0	11.4	4	10.5	12	1.2	2	2.7	11	0.0	0
TST M1 XL Blue Moon Burger	1461.6	73	6039.8	72	82.5	118	32.2	161	93.0	36	9.4	10	94.7	189	10.1	42	6.1	102
TST M1 XL Blue Moon Burger Promo	1461.6	73	6039.8	72	82.5	118	32.2	161	93.0	36	9.4	10	94.7	189	10.1	42	6.1	102
TST M1 XL Classic Buttermilk Chicken Burger	1514.6	76	6273.5	75	83.2	119	25.6	128	135.4	52	12.8	14	64.5	129	14.9	62	4.6	76
TST M1 XL Classic Buttermilk Chicken Burger PROMO	1514.6	76	6273.5	75	83.2	119	25.6	128	135.4	52	12.8	14	64.5	129	14.9	62	4.6	76
TST M1 XL Classic Vegan Burger (Ve) PROMO	1201.8	60	5035.3	60	56.8	81	7.9	39	113.2	44	11.6	13	53.1	106	13.8	57	4.4	74
TST M1 XL Classic Vegan Burger (Ve) PROMO 1	1201.8	60	5035.3	60	56.8	81	7.9	39	113.2	44	11.6	13	53.1	106	13.8	57	4.4	74
TST M1 XL Classic Veggie Burger (V)	1174.8	59	4859.3	58	59.6	85	9.1	45	110.1	42	12.8	14	55.3	111	14.3	60	4.4	74
TST M1 XL Classic Veggie Burger (V) Promo	1174.8	59	4859.3	58	59.6	85	9.1	45	110.1	42	12.8	14	55.3	111	14.3	60	4.4	74
TST M1 XL Double Chicken Burger	1330.1	67	5509.5	66	67.3	96	19.6	98	121.1	47	11.7	13	68.3	137	13.3	55	4.0	67
TST M1 XL Double Chicken Burger PROMO	1330.1	67	5509.5	66	67.3	96	19.6	98	121.1	47	11.7	13	68.3	137	13.3	55	4.0	67
TST M1 XL Hawaiian Gammon Burger	1656.8	83	6841.4	81	112.4	161	37.0	185	96.1	37	16.7	19	74.2	148	9.2	38	7.2	121
TST M1 XL Hawaiian Gammon Burger PROMO	1656.8	83	6841.4	81	112.4	161	37.0	185	96.1	37	16.7	19	74.2	148	9.2	38	7.2	121
TST M1 XL Mexican Burger Stack	1698.7	85	7024.6	84	103.6	148	45.8	229	116.2	45	26.3	29	83.4	167	10.5	44	6.6	109
TST M1 XL Mexican Burger Stack Promo	1698.7	85	7024.6	84	103.6	148	45.8	229	116.2	45	26.3	29	83.4	167	10.5	44	6.6	109
TST M1 XL Pretzel Burger	1734.4	87	7207.7	86	79.4	113	28.4	142	156.8	60	11.3	13	102.9	206	15.1	63	9.5	159
TST M1 XL Pretzel Burger PROMO	1734.4	87	7207.7	86	79.4	113	28.4	142	156.8	60	11.3	13	102.9	206	15.1	63	9.5	159
TST M1 XL Real Boar Burger	1876.6	94	7759.2	92	130.6	187	45.7	228	91.2	35	11.4	13	92.4	185	8.9	37	6.0	100
TST M1 XL Real Boar Burger Promo	1876.6	94	7759.2	92	130.6	187	45.7	228	91.2	35	11.4	13	92.4	185	8.9	37	6.0	100
TST M1 XL Route 66 Burger PROMO	1440.3	72	5952.9	71	79.8	114	25.5	128	100.2	39	14.5	16	88.6	177	11.8	49	5.5	92

Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
TST M1 XL Route 66 Burger PROMO 1	1440.3	72	5952.9	71	79.8	114	25.5	128	100.2	39	14.5	16	88.6	177	11.8	49	5.5	92
TST M1 XL The Brunch Burger	2016.2	101	8337.7	99	131.4	188	42.1	211	123.8	48	20.3	23	93.4	187	14.1	59	9.4	156
TST M1 XL The Brunch Burger BRUNCH	2016.2	101	8337.7	99	131.4	188	42.1	211	123.8	48	20.3	23	93.4	187	14.1	59	9.4	156
TST M1 XL The Brunch Burger PROMO	2016.2	101	8337.7	99	131.4	188	42.1	211	123.8	48	20.3	23	93.4	187	14.1	59	9.4	156
TST M1 XL The Squeaky Burger (V)	1519.9	76	6240.1	74	99.0	141	47.6	238	95.4	37	16.2	18	70.2	140	10.0	42	8.4	140
TST M1 XL The Squeaky Burger (V) PROMO	1519.9	76	6240.1	74	99.0	141	47.6	238	95.4	37	16.2	18	70.2	140	10.0	42	8.4	140
TST M1 XL The Stacker Burger	1800.9	90	7461.2	89	94.8	135	36.1	181	136.9	53	21.3	24	109.0	218	14.1	59	8.5	142
TST M1 XL The Stacker Burger PROMO	1800.9	90	7461.2	89	94.8	135	36.1	181	136.9	53	21.3	24	109.0	218	14.1	59	8.5	142
TST M1 XL The Ultimate Burger (V) PROMO	1362.1	68	5637.2	67	76.4	109	13.7	69	113.4	44	14.5	16	60.7	121	14.8	61	5.7	95
TST M1 XL The Ultimate Burger (V) PROMO 1	1362.1	68	5637.2	67	76.4	109	13.7	69	113.4	44	14.5	16	60.7	121	14.8	61	5.7	95
TST M1 XL Veggie Mexican Burger Stack (V)	1624.7	81	6726.0	80	98.6	141	34.2	171	133.6	51	29.8	33	56.9	114	15.6	65	5.8	97