

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Bubblegum Milkshake (V)	493.1	25	2064.6	25	26.7	38	16.3	81	49.8	19	44.1	49	25.7	51	0.3	1	0.3	6
D'aim of the Game Milkshake (V) - Daim Bar	567.9	28	2374.9	28	29.6	42	16.1	81	60.8	23	60.7	67	26.3	53	0.7	3	0.6	9
Nutella (V) - Milkshake Extra	272.0	14	1136.5	14	15.8	23	5.5	27	28.7	11	27.5	31	3.0	6	1.7	7	0.0	1
Peanut Butter (V) - Milkshake Extra	336.7	17	1395.0	17	29.5	42	5.3	26	4.3	2	2.4	3	13.8	28	4.4	19	0.5	9
Spray Cream (V) - Milkshake Extra	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
Twix Bar - Confectionary	251.0	13	1050.0	13	12.5	18	9.5	48	32.5	13	24.0	27	2.5	5	0.6	2	0.2	3
UBC LN18 Nutty Stella Milkshake (V) - Nutella PROMO	691.5	35	2894.0	34	36.7	52	17.1	85	72.9	28	71.8	80	28.5	57	2.0	8	0.4	6
UBC LN18 Strawberry Milkshake (V) PROMO	565.3	28	2377.6	28	20.6	29	12.9	65	80.8	31	68.7	76	25.9	52	0.8	3	0.4	6
UBC M1 <400 Beef Burger - Plain	392.6	20	1638.9	20	21.4	31	7.9	39	15.2	6	5.4	6	34.9	70	3.0	12	1.9	31
UBC M1 <400 Deep South	323.9	16	1540.1	18	14.4	21	4.0	20	11.6	4	7.9	9	48.3	97	4.9	21	2.3	39
UBC M1 <400 NGCI Beef Burger - Plain	309.4	15	1291.1	15	16.5	24	6.9	35	6.4	2	4.0	4	33.9	68	2.0	8	1.5	25
UBC M1 <400 Plain Soya Burger	355.6	18	1489.6	18	18.9	27	2.1	11	23.9	9	7.1	8	21.6	43	5.5	23	1.5	25
UBC M1 <500 Beef Lasagne	402.3	20	1671.4	20	17.4	25	6.9	35	45.7	18	12.9	14	17.3	35	27.3	114	1.6	27
UBC M1 <500 NGCI Roadhouse Burger	505.8	25	2105.6	25	33.4	48	15.0	75	11.1	4	7.3	8	40.3	81	3.9	16	2.0	34
UBC M1 <600 Buttermilk Chicken Burger - Plain	525.4	26	2196.7	26	30.7	44	10.4	52	36.5	14	7.1	8	26.2	52	5.8	24	1.6	26
UBC M1 <600 Roadhouse Burger	589.0	29	2453.4	29	38.3	55	16.0	80	19.9	8	8.7	10	41.3	83	4.9	20	2.4	39
UBC M1 <600 Rump Steak	517.4	26	2155.8	26	33.4	48	11.1	56	5.9	2	5.5	6	48.6	97	2.7	11	1.3	22
UBC M1 <600 Sirloin Steak	574.1	29	2388.8	28	39.0	56	13.9	70	5.9	2	5.5	6	50.1	100	2.7	11	1.4	23
UBC M1 <700 Smokey BBQ Chicken Burger	662.9	33	2775.3	33	36.9	53	14.2	71	50.7	20	20.8	23	31.3	63	6.1	26	2.8	46
UBC M1 18 Aero Peppermint Bubbles - Confectionery	543.7	27	2273.6	27	29.7	42	17.6	88	64.0	25	63.5	71	4.5	9	0.8	3	0.2	4
UBC M1 18 Chocolate Flake (V) - Milkshake Extra	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
UBC M1 18 Chocolate Milkshake	585.9	29	2464.5	29	21.5	31	13.4	67	81.6	31	69.7	77	27.5	55	2.5	11	0.3	5
UBC M1 18 Chocolate Sauce (V) - Milkshake Extra	80.9	4	343.6	4	0.1	0	0.1	1	19.2	7	13.6	15	0.4	1	0.6	3	0.0	0
UBC 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
UBC 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
UBC 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
UBC M1 18 Marshmallows - Milkshake Extra	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
UBC M1 18 Strawberry Sauce (V) - Milkshake Extra	80.4	4	341.0	4	0.0	0	0.0	0	19.9	8	14.0	16	0.0	0	0.2	1	0.1	1
UBC M1 18 Toffee Sauce (V) - Milkshake Extra	91.3	5	385.8	5	1.7	2	1.1	5	18.7	7	14.9	17	0.3	1	0.0	0	0.1	1
UBC M1 2018 Golden Breaded Mushrooms (V)	433.2	22	1827.5	22	21.6	31	4.2	21	49.0	19	15.7	17	8.7	17	4.2	17	2.3	39

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%	
PROMO																			
UBC M1 2018 Ham - Toastie Element PROMO 1	29.9	1	125.7	1	1.3	2	0.4	2	0.3	0	0.0	0	4.3	9	0.0	0	0.4	7	
UBC M1 2018 LB Fish and Chips PROMO	610.2	31	2603.5	31	18.7	27	5.2	26	67.7	26	7.4	8	37.2	74	11.4	48	1.8	31	
UBC M1 2018 NGCI Soup of the Day (V) PROMO	300.7	15	1253.7	15	18.2	26	9.4	47	28.5	11	11.4	13	3.4	7	4.9	21	1.8	30	
UBC M1 2018 Snickers - Confectionary PROMO	244.8	12	1023.8	12	13.4	19	4.6	23	26.2	10	21.7	24	4.5	9	0.7	3	0.1	1	
UBC M1 2018 Tuna Mayonnaise - Toastie Element PROMO	86.3	4	361.1	4	5.3	8	0.5	2	0.8	0	0.3	0	8.9	18	0.1	0	0.5	8	
UBC M1 Add Steamed Chicken Breast	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	
UBC M1 All Day Breakfast	1161.8	58	4842.2	58	66.0	94	18.6	93	91.0	35	12.6	14	47.7	95	14.2	59	4.6	76	
UBC M1 All Day Breakfast PROMO	1161.8	58	4842.2	58	66.0	94	18.6	93	91.0	35	12.6	14	47.7	95	14.2	59	4.6	76	
UBC M1 Apple Pie (V)	456.1	23	1918.0	23	17.2	25	7.1	36	68.8	26	30.9	34	6.8	14	2.3	10	0.2	3	
UBC M1 Apple Pie SUNDAY	456.1	23	1918.0	23	17.2	25	7.1	36	68.8	26	30.9	34	6.8	14	2.3	10	0.2	3	
UBC M1 Bacon - Rasher of Back - Extra	96.4	5	402.6	5	4.7	7	1.8	9	0.0	0	0.0	0	13.3	27	0.0	0	2.4	40	
UBC M1 Bacon - Toastie Element	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	
UBC M1 Bacon - Toastie Element EXCLUSIVE	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	
UBC M1 Bacon and Egg Muffin	447.4	22	1871.4	22	19.6	28	4.2	21	42.9	17	7.7	9	24.7	49	2.4	10	3.3	55	
UBC M1 Bacon Buttie	494.5	25	2072.4	25	20.3	29	6.0	30	37.4	14	1.0	1	40.7	81	3.5	15	6.3	105	
UBC M1 Bacon Muffin	358.6	18	1506.2	18	8.4	12	2.9	15	43.0	17	7.5	8	27.5	55	2.4	10	4.9	82	
UBC M1 Baked Beans (Ve) - Toastie Element	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	
UBC 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	
UBC M1 Baked Beans Jacket	413.3	21	1737.3	21	1.5	2	0.3	2	83.9	32	13.6	15	20.1	40	15.6	65	1.8	31	
UBC M1 Battered Onion Rings (Ve) - Side Order	521.4	26	2180.6	26	30.7	44	6.1	30	55.4	21	8.6	10	6.1	12	5.9	24	2.1	35	
UBC M1 Battered Onion Rings (Ve) - To Share	997.9	50	4173.7	50	58.8	84	11.6	58	106.0	41	16.4	18	11.6	23	11.2	47	4.0	67	
UBC M1 Battered Onion Rings (Ve) 2s	83.2	4	347.8	4	4.9	7	1.0	5	8.8	3	1.4	2	1.0	2	0.9	4	0.3	6	
UBC M1 BBQ Pulled Pork Hash	564.2	28	2378.4	28	35.4	51	9.5	47	36.0	14	23.3	26	22.0	44	8.4	35	2.7	45	
UBC M1 Beans on Toast (V)	382.8	19	1600.7	19	8.3	12	4.3	22	59.1	23	11.3	13	19.8	40	12.5	52	2.3	38	
UBC 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	
UBC M1 Beef Lasagne	616.1	31	2565.6	31	28.4	41	10.3	51	69.2	27	14.6	16	21.6	43	29.2	122	2.1	36	
UBC M1 Beef Madras	1246.0	62	5237.8	62	41.3	59	13.0	65	167.3	64	31.4	35	45.0	90	16.8	70	4.9	82	
UBC M1 Beer Battered Fish and Chips	991.3	50	4203.9	50	28.7	41	9.0	45	108.7	42	8.9	10	65.0	130	16.0	67	2.6	44	
UBC M1 Black Jack Steak Topper	205.8	10	854.4	10	15.9	23	5.0	25	9.1	4	6.4	7	7.0	14	3.0	12	0.4	6	
UBC M1 Black Pudding Hash Bites	342.9	17	1444.8	17	21.6	31	7.4	37	35.3	14	10.0	11	12.6	25	1.3	5	2.4	40	

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC M1 Bloomer Bread and Butter - Side Order	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
UBC M1 Boiled Eggs and Soldiers (V)	483.2	24	2023.7	24	25.9	37	11.3	57	37.7	14	1.5	2	25.3	51	3.5	14	1.5	24
UBC M1 Brunch Omelette	664.2	33	2763.5	33	48.0	69	21.3	106	8.1	3	8.5	9	55.1	110	2.3	10	3.6	59
UBC M1 Butter Chicken	1247.8	62	5272.2	63	38.6	55	16.7	83	154.1	59	26.1	29	68.8	138	12.8	53	3.9	64
UBC 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
UBC M1 Buttermilk Chicken Sub	1098.1	55	4607.6	55	52.8	75	14.9	74	113.8	44	7.0	8	38.8	78	10.3	43	2.4	40
UBC M1 Cadbury Flake (V) - Sundae Extra	85.6	4	356.8	4	4.9	7	3.0	15	9.0	3	8.9	10	1.3	3	0.1	0	0.0	1
UBC M1 Cajun Chicken Fajita Burger	959.8	48	4205.9	50	39.7	57	10.4	52	96.2	37	14.4	16	60.7	121	13.2	55	2.2	37
UBC M1 Cajun Soya Fajita Burger	928.5	46	3891.7	46	38.7	55	9.0	45	105.4	41	14.5	16	34.3	69	14.2	59	2.7	44
UBC M1 Cheddar Cheese & Baked Beans Jacket (V)	647.7	32	2702.9	32	32.5	46	20.0	100	64.8	25	8.5	9	27.4	55	10.4	43	2.3	38
UBC 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
UBC M1 Cheddar Cheese (V) - Toastie Element	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
UBC M1 Cheddar Cheese (V) - Toastie Element EXCLUSIVE	114.8	6	476.0	6	9.6	14	6.1	30	0.0	0	0.0	0	7.0	14	0.0	0	0.5	8
UBC M1 Cheddar Cheese and Red Onion Sandwich (V)	879.1	44	3659.5	44	57.4	82	30.3	152	51.3	20	3.7	4	37.3	75	6.7	28	2.6	43
UBC M1 Cheese Melt Burger (V)	940.7	47	3939.9	47	40.7	58	12.2	61	119.9	46	11.9	13	21.6	43	13.1	54	2.6	43
UBC M1 Cheese on Sub	914.1	46	3830.1	46	43.2	62	22.9	115	92.6	36	8.8	10	35.7	71	8.6	36	2.5	41
UBC M1 Cheesy Chips (V) - Side Order	575.1	29	2401.4	29	29.4	42	14.0	70	58.9	23	2.9	3	14.4	29	8.5	36	0.7	11
UBC M1 Cheesy Chips (V) - To Share	1150.1	58	4802.8	57	58.7	84	28.0	140	117.9	45	5.7	6	28.8	58	17.1	71	1.3	22
UBC M1 Cheesy Fries (V) - Side Order	524.1	26	2188.4	26	28.3	40	10.3	51	52.5	20	1.2	1	12.4	25	4.5	19	0.7	12
UBC M1 Cheesy Fries (V) - To Share	1048.3	52	4376.8	52	56.7	81	20.6	103	104.9	40	2.3	3	24.9	50	9.1	38	1.5	24
UBC M1 Cheesy Garlic Bread (V) PROMO	585.3	29	2439.7	29	38.1	54	18.3	92	37.4	14	2.8	3	21.7	43	3.1	13	1.9	32
UBC M1 Cheesy Garlic Bread (V) PROMO 1	585.3	29	2439.7	29	38.1	54	18.3	92	37.4	14	2.8	3	21.7	43	3.1	13	1.9	32
UBC M1 Cheesy Sweet Potato Fries (V) - Side Order	474.7	24	1985.0	24	22.8	33	8.6	43	52.5	20	1.2	1	12.4	25	4.5	19	0.7	12
UBC M1 Cheesy Sweet Potato Fries (V) - To Share	949.3	47	3969.9	47	45.7	65	17.2	86	104.9	40	2.3	3	24.9	50	9.1	38	1.5	24
UBC M1 Chicken and Bacon Club Sandwich	722.7	36	3016.9	36	37.7	54	9.1	45	52.7	20	4.8	5	40.4	81	7.0	29	3.2	53
UBC M1 Chicken and Bacon Salad	387.5	19	1806.4	22	18.5	26	4.4	22	8.4	3	8.1	9	57.4	115	4.7	20	2.5	42
UBC M1 Chicken Balti	1174.6	59	4945.4	59	36.2	52	7.9	39	158.8	61	25.0	28	49.7	99	16.4	68	5.5	92
UBC M1 Chicken Tikka Masala	1154.2	58	4863.8	58	33.5	48	11.3	56	163.2	63	27.3	30	47.0	94	15.8	66	3.9	64

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UBC M1 Chicken, Gammon & Mustard Pie	1419.2	71	5926.8	71	74.2	106	32.3	162	142.5	55	16.5	18	40.4	81	16.1	67	3.7	62
UBC M1 Chip Buttie (V)	527.5	26	2206.2	26	23.3	33	7.9	39	65.1	25	2.8	3	11.0	22	8.5	36	0.6	11
UBC M1 Chips (Ve) - Side Order	460.3	23	1925.4	23	19.7	28	7.9	40	58.9	23	2.8	3	7.4	15	8.5	36	0.2	3
UBC M1 Chips (Ve) - To Share	920.5	46	3850.8	46	39.5	56	15.8	79	117.8	45	5.7	6	14.8	30	17.1	71	0.3	6
UBC M1 Chocolate Fudge Cake (V)	650.0	32	2725.9	32	29.5	42	6.1	31	90.3	35	75.2	84	7.1	14	3.2	13	0.4	7
UBC M1 Chocolate Fudge Cake SUNDAY	650.0	32	2725.9	32	29.5	42	6.1	31	90.3	35	75.2	84	7.1	14	3.2	13	0.4	7
UBC M1 Chocolate Indulgence Sundae (V)	521.5	26	2190.3	26	24.7	35	15.4	77	65.4	25	59.4	66	8.4	17	1.8	8	0.4	6
UBC M1 Chocolate Indulgence Sundae SUNDAY	604.8	30	2540.1	30	28.7	41	17.8	89	75.9	29	68.9	77	9.7	19	2.1	9	0.4	7
UBC M1 Cookie Pizza (V)	1630.4	82	6849.1	82	70.0	100	12.9	64	251.6	97	161.1	179	17.2	34	7.4	31	2.5	41
UBC M1 Corn on the Cob (Ve) - Extra	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
UBC M1 Cottage Pie	1263.4	63	5282.0	63	54.8	78	21.4	107	137.3	53	22.2	25	41.8	84	22.0	92	4.3	71
UBC M1 Crispy Buttermilk Chicken Strips	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
UBC M1 Custard (V) - Extra	89.0	4	378.0	5	1.8	3	1.1	6	15.4	6	11.0	12	2.9	6	0.0	0	0.1	2
UBC M1 Deep South	768.1	38	3397.5	40	33.8	48	11.8	59	67.8	26	8.3	9	55.0	110	12.2	51	2.5	41
UBC M1 Egg Muffin (V)	535.9	27	2235.4	27	30.8	44	5.4	27	42.8	16	7.9	9	21.9	44	2.4	10	1.7	29
UBC M1 Eggs on Toast (V)	516.2	26	2152.4	26	33.6	48	6.2	31	32.2	12	1.3	1	21.6	43	3.0	13	1.1	19
UBC 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
UBC 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
UBC M1 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
UBC M1 Fried Onions Topping (Ve)	123.0	6	508.0	6	9.4	13	1.1	5	8.8	3	6.3	7	1.3	3	2.1	9	0.0	0
UBC M1 Fries (Ve) - Side Order	409.3	20	1712.4	20	18.7	27	4.2	21	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
UBC M1 Fries (Ve) - To Share	818.7	41	3424.8	41	37.4	53	8.4	42	104.9	40	2.3	3	10.9	22	9.1	38	0.5	8
UBC M1 Full English	636.7	32	2655.1	32	33.8	48	10.8	54	49.4	19	7.4	8	34.3	69	7.7	32	4.0	67
UBC M1 Gammon Steak 8oz	930.0	47	3886.6	46	45.0	64	17.5	88	75.5	29	13.2	15	50.6	101	12.8	53	6.9	115
UBC M1 Garlic Bread (Ve)	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
UBC M1 Garlic Bread (Ve) STARTER	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
UBC M1 Golden Scampi	1102.6	55	4659.0	55	49.8	71	16.1	80	122.5	47	9.2	10	35.0	70	18.3	76	4.1	68
UBC M1 Gravy (V) - Extra Jug of	32.7	2	137.4	2	1.2	2	0.9	4	5.2	2	0.2	0	0.1	0	0.1	0	0.7	11
UBC M1 Grilled Half Tomato (Ve) - Extra	15.1	1	64.0	1	0.7	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
UBC M1 Grilled Half Tomato (Ve) - Extra PROMO	15.1	1	64.0	1	0.7	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
UBC M1 Ham - Toastie Element	29.9	1	125.7	1	1.3	2	0.4	2	0.3	0	0.0	0	4.3	9	0.0	0	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	%
UBC M1 Ham & Mustard Sandwich	560.9	28	2348.7	28	25.1	36	7.9	39	53.9	21	5.1	6	27.2	54	7.3	30	3.0	51
UBC M1 Hash Browns (Ve) - Extra	100.4	5	418.4	5	5.9	8	2.5	13	10.1	4	0.3	0	1.1	2	1.3	6	0.3	4
UBC M1 Hunter's Chicken	1098.2	55	4783.7	57	48.2	69	22.8	114	91.8	35	34.6	38	78.8	158	12.2	51	5.3	89
UBC M1 Ice Cream Scoop Extra (V) - Vanilla Flavour	86.4	4	362.5	4	4.0	6	2.0	10	11.1	4	11.1	12	1.6	3	0.1	0	0.1	2
UBC M1 Jalapeno Poppers (V)	298.4	15	1000.5	12	28.4	41	9.7	49	43.1	17	16.0	18	13.6	27	2.7	11	2.5	42
UBC M1 Jalapenos (Ve) - Toastie Element	18.0	1	76.3	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
UBC M1 Jalapenos (Ve) - Toastie Element Promo	18.0	1	76.3	1	0.1	0	0.0	0	4.0	2	3.8	4	0.2	0	0.5	2	1.1	18
UBC M1 Jalapenos (Ve) (50g) - Extra	36.0	2	152.5	2	0.2	0	0.1	0	7.9	3	7.6	8	0.4	1	1.0	4	2.2	36
UBC M1 Jam and Coconut Sponge (V)	688.2	34	2891.1	34	29.9	43	13.6	68	95.6	37	66.2	74	10.1	20	2.4	10	0.5	9
UBC M1 Jam and Coconut Sponge SUNDAY	688.2	34	2891.1	34	29.9	43	13.6	68	95.6	37	66.2	74	10.1	20	2.4	10	0.5	9
UBC M1 Junior Sunday Lunch - Cauli Cheese Tart (V)	985.8	49	4109.9	49	64.3	92	16.1	80	75.0	29	12.1	13	24.9	50	9.8	41	3.3	55
UBC M1 Junior Sunday Lunch - Chicken	675.4	34	2826.9	34	31.9	46	5.8	29	62.0	24	17.1	19	33.8	68	7.7	32	2.7	45
UBC M1 Junior Sunday Lunch - Roast Beef	647.6	32	2697.9	32	41.2	59	9.7	49	39.9	15	7.2	8	27.5	55	6.9	29	1.7	29
UBC M1 Junior Sunday Lunch - Roast Pork	753.2	38	3144.1	37	43.3	62	9.8	49	61.2	24	15.4	17	28.5	57	7.6	32	2.4	40
UBC M1 Junior Sunday Lunch - Roast Turkey	655.5	33	2744.8	33	30.5	44	5.7	29	61.2	24	16.3	18	33.0	66	7.7	32	2.4	41
UBC M1 L/Club Apple Pie	456.1	23	1918.0	23	17.2	25	7.1	36	68.8	26	30.9	34	6.8	14	2.3	10	0.2	3
UBC M1 L/Club Baked Beans Jacket	413.3	21	1737.3	21	1.5	2	0.3	2	83.9	32	13.6	15	20.1	40	15.6	65	1.8	31
UBC M1 L/Club Cheddar Cheese & Beans Jacket (V)	647.7	32	2702.9	32	32.5	46	20.0	100	64.8	25	8.5	9	27.4	55	10.4	43	2.3	38
UBC M1 L/Club Chocolate Fudge Cake	650.0	32	2725.9	32	29.5	42	6.1	31	90.3	35	75.2	84	7.1	14	3.2	13	0.4	7
UBC M1 L/Club Fish and Chips	610.2	31	2603.5	31	18.7	27	5.2	26	67.7	26	7.4	8	37.2	74	11.4	48	1.8	31
UBC M1 L/Club Gammon Steak - 4oz	524.5	26	2193.4	26	23.5	34	9.1	46	47.0	18	11.9	13	27.8	56	8.7	36	3.7	61
UBC M1 L/Club Garlic Bread (Ve)	213.8	11	894.2	11	11.0	16	3.4	17	23.4	9	1.7	2	4.3	9	2.0	8	0.5	9
UBC M1 L/Club Golden Breaded Mushrooms	433.2	22	1827.5	22	21.6	31	4.2	21	49.0	19	15.7	17	8.7	17	4.2	17	2.3	39
UBC M1 L/Club Ham, Egg and Chips	677.3	34	2822.1	34	44.2	63	11.0	55	32.2	12	2.1	2	35.0	70	4.5	19	2.1	35
UBC M1 L/Club Hunter's Chicken	575.8	29	2411.1	29	24.5	35	11.4	57	47.6	18	17.4	19	37.9	76	5.5	23	2.7	45
UBC M1 L/Club Jam and Coconut Sponge	688.2	34	2891.1	34	29.9	43	13.6	68	95.6	37	66.2	74	10.1	20	2.4	10	0.5	9
UBC M1 L/Club Mexican Nachos (V)	275.0	14	1148.2	14	14.4	21	5.0	25	28.2	11	3.3	4	6.6	13	2.1	9	1.6	27
UBC M1 L/Club Prawn Cocktail	271.8	14	1136.4	14	14.9	21	4.7	24	22.0	8	3.7	4	12.6	25	2.3	9	1.0	16
UBC M1 L/Club Soup of the Day	307.8	15	1287.8	15	17.1	24	9.3	46	30.5	12	10.1	11	7.5	15	3.5	14	1.8	30

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC M1 L/Club Steak and Ale Pie	909.7	45	3798.7	45	45.9	66	18.6	93	93.8	36	6.8	8	25.3	51	10.3	43	2.1	36
UBC M1 L/Club Tuna Mayonnaise Jacket Potato	468.7	23	1964.0	23	22.8	33	8.3	41	45.0	17	4.1	5	23.4	47	5.3	22	1.2	21
UBC M1 L/Club Vanilla Flavour Ice Cream	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6
UBC M1 L/Club Vegan Apple Pie	225.4	11	945.4	11	9.5	14	3.7	18	32.8	13	12.2	14	2.4	5	1.4	6	0.0	0
UBC M1 L/Club Vegetable Lasagne	403.4	20	1693.0	20	12.9	18	2.7	14	59.8	23	10.4	12	12.7	25	6.7	28	2.1	35
UBC M1 LB Gammon Steak - 4oz	524.5	26	2193.4	26	23.5	34	9.1	46	47.0	18	11.9	13	27.8	56	8.7	36	3.7	61
UBC M1 LB Ham, Egg and Chips	677.3	34	2822.1	34	44.2	63	11.0	55	32.2	12	2.1	2	35.0	70	4.5	19	2.1	35
UBC M1 LB Hunter's Chicken	575.8	29	2411.1	29	24.5	35	11.4	57	47.6	18	17.4	19	37.9	76	5.5	23	2.7	45
UBC M1 LB Steak and Ale Pie	909.7	45	3798.7	45	45.9	66	18.6	93	93.8	36	6.8	8	25.3	51	10.3	43	2.1	36
UBC M1 LB Vegetable Lasagne (Ve)	403.4	20	1693.0	20	12.9	18	2.7	14	59.8	23	10.4	12	12.7	25	6.7	28	2.1	35
UBC M1 Mac n Cheese Topping (V)	480.0	24	2016.0	24	18.6	27	11.8	59	62.6	24	2.4	3	14.6	29	1.8	8	0.9	15
UBC M1 Macaroni Cheese (V)	1212.5	61	5089.5	61	49.5	71	27.6	138	154.1	59	9.2	10	34.9	70	6.9	29	2.3	39
UBC M1 Macaroni Cheese W/ Bacon	1351.8	68	5671.0	68	56.4	81	30.1	151	153.7	59	9.1	10	54.5	109	6.9	29	5.9	98
UBC M1 Macaroni Cheese W/ Chicken	1321.2	66	5546.8	66	51.6	74	27.9	139	154.6	59	10.0	11	56.4	113	6.9	29	2.8	46
UBC M1 Maltesers (Ve) - Sundae Extra	93.4	5	390.9	5	4.6	7	2.8	14	11.4	4	9.6	11	1.5	3	0.2	1	0.0	0
UBC M1 Marshmallows - Sundae Extra	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
UBC M1 Mashed Potato (V) - Side Order	293.4	15	1228.2	15	12.8	18	8.6	43	39.3	15	1.2	1	3.7	7	3.1	13	0.7	11
UBC M1 Mega All Day Breakfast XL	1624.7	81	6773.5	81	86.6	124	25.7	129	133.3	51	20.6	23	75.0	150	20.9	87	8.6	143
UBC M1 Mega All Day Breakfast XL PROMO	1624.7	81	6773.5	81	86.6	124	25.7	129	133.3	51	20.6	23	75.0	150	20.9	87	8.6	143
UBC M1 Mega Golden Scampi	1284.2	64	5419.3	65	59.5	85	19.2	96	138.9	53	9.4	10	42.7	85	19.7	82	5.3	89
UBC M1 Mega Minty Sundae (V)	1575.9	79	6600.8	79	81.6	117	49.8	249	188.5	72	166.5	185	19.2	38	3.7	15	1.1	19
UBC M1 Mega Pretzel Sundae (V)	1339.6	67	5631.7	67	59.9	86	31.4	157	176.2	68	120.0	133	21.3	43	4.7	19	3.1	51
UBC M1 Mexican Nachos (V)	275.0	14	1148.2	14	14.4	21	5.0	25	28.2	11	3.3	4	6.6	13	2.1	9	1.6	27
UBC M1 Milk-Cake - Apple Pie & Custard	597.4	30	2507.8	30	28.2	40	14.0	70	76.5	29	45.2	50	11.6	23	2.2	9	0.3	5
UBC M1 Milk-Cake - Chocolate Toffee Fudge Cake	944.2	47	3962.6	47	44.1	63	15.0	75	126.4	49	107.3	119	13.9	28	3.4	14	0.6	10
UBC M1 Minty Sundae (V)	579.8	29	2427.3	29	31.1	44	19.0	95	67.2	26	60.5	67	7.0	14	1.2	5	0.4	7
UBC M1 Minty Sundae SUNDAY	559.7	28	2343.2	28	30.0	43	18.3	91	64.8	25	58.4	65	6.7	13	1.2	5	0.4	7
UBC M1 Mixed Grill	1494.2	75	6237.8	74	81.4	116	25.4	127	93.9	36	11.7	13	89.9	180	15.3	64	6.2	104
UBC M1 Mushroom (Ve) - Toastie Element	6.5	0	27.5	0	0.3	0	0.1	0	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
UBC M1 Mushroom (Ve) - Toastie Element EXCLUSIVE	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

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC M1 Naan Bread (V) - Side Order	172.3	9	726.7	9	3.4	5	1.9	9	28.3	11	2.1	2	5.3	11	3.3	14	0.4	6
UBC M1 NGCI Bacon Buttie	453.6	23	1892.5	23	20.9	30	5.5	28	30.9	12	2.6	3	31.9	64	6.1	26	6.2	103
UBC M1 NGCI Beans on Toast (V)	447.8	22	1870.0	22	10.5	15	4.2	21	70.7	27	13.3	15	16.2	32	16.6	69	2.5	42
UBC M1 NGCI Beef Madras	939.7	47	3946.1	47	34.9	50	9.4	47	116.1	45	24.8	28	37.0	74	10.6	44	4.5	75
UBC M1 NGCI Boiled Eggs and Soldiers (V)	483.6	24	2016.3	24	29.2	42	11.9	59	34.0	13	3.4	4	18.0	36	6.7	28	1.4	24
UBC M1 NGCI Butter Chicken	941.5	47	3980.5	47	32.2	46	13.1	66	102.9	40	19.5	22	60.9	122	6.6	27	3.5	58
UBC M1 NGCI Cheddar Cheese and Red Onion Sandwich (V)	967.5	48	4026.6	48	60.2	86	30.2	151	66.9	26	6.0	7	34.0	68	11.7	49	2.9	48
UBC M1 NGCI Cheese, Onion & Potato Pie (V)	1188.8	59	4970.2	59	60.7	87	31.4	157	120.8	46	10.1	11	31.3	63	15.4	64	3.2	53
UBC M1 NGCI Chicken and Bacon Club Sandwich	873.1	44	3644.6	43	41.8	60	9.1	45	79.1	30	8.1	9	37.6	75	14.1	59	3.6	61
UBC M1 NGCI Chicken Balti	868.3	43	3653.7	43	29.8	43	4.3	22	107.6	41	18.4	20	41.8	84	10.3	43	5.1	85
UBC M1 NGCI Chicken Tikka Masala	847.9	42	3572.1	43	27.1	39	7.7	39	112.0	43	20.7	23	39.1	78	9.6	40	3.5	58
UBC M1 NGCI Chip Buttie (V)	592.5	30	2475.5	29	25.5	36	7.8	39	76.7	30	4.8	5	7.5	15	12.7	53	0.8	14
UBC M1 NGCI Eggs on Toast (V)	519.5	26	2157.5	26	37.0	53	6.2	31	28.7	11	2.9	3	15.2	30	5.7	24	1.1	18
UBC M1 NGCI Full English	616.4	31	2566.0	31	34.1	49	10.5	53	46.2	18	8.2	9	30.0	60	8.9	37	3.9	66
UBC M1 NGCI Genius Bread and Butter (V) - Side Order	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
UBC M1 NGCI L/Club Prawn Cocktail	272.4	14	1134.2	14	16.5	24	4.9	24	20.4	8	4.9	5	9.0	18	3.8	16	1.0	16
UBC M1 NGCI L/Club Soup of the Day	287.5	14	1198.7	14	17.4	25	9.0	45	27.3	10	10.9	12	3.2	6	4.7	20	1.7	29
UBC M1 NGCI Macaroni Cheese (V)	1003.1	50	4213.5	50	38.5	55	24.2	121	131.6	51	8.7	10	30.9	62	5.6	23	1.8	30
UBC M1 NGCI Macaroni Cheese W/ Bacon	1142.9	57	4797.3	57	45.4	65	26.7	134	131.3	50	8.6	10	50.6	101	5.5	23	5.3	89
UBC M1 NGCI Macaroni Cheese W/ Chicken	1112.2	56	4672.8	56	40.6	58	24.5	122	132.2	51	9.5	11	52.5	105	5.6	23	2.2	37
UBC M1 NGCI Mixed Grill	1525.5	76	6362.5	76	88.3	126	26.5	132	80.7	31	9.9	11	95.5	191	13.9	58	5.9	99
UBC M1 NGCI Prawn Half Pinter	382.6	19	1592.9	19	23.9	34	5.5	27	23.7	9	7.6	8	16.5	33	4.1	17	1.5	25
UBC M1 NGCI Ribeye Steak	1332.6	67	5552.1	66	78.5	112	31.1	155	68.4	26	7.3	8	81.5	163	13.3	55	1.9	31
UBC M1 NGCI Rump Steak - 16oz	1405.1	70	5864.5	70	75.7	108	28.7	143	68.4	26	7.3	8	106.0	212	13.3	55	2.2	37
UBC M1 NGCI Rump Steak - 8oz	1011.9	51	4223.8	50	52.9	76	19.0	95	68.4	26	7.3	8	59.2	118	13.3	55	1.9	31
UBC M1 NGCI Sausage Buttie	580.2	29	2419.1	29	30.3	43	8.1	41	58.9	23	5.9	7	13.5	27	8.2	34	2.4	39
UBC M1 NGCI Sirloin Steak - 8oz	1068.6	53	4456.8	53	58.5	84	21.8	109	68.4	26	7.3	8	60.8	122	13.3	55	1.9	32
UBC M1 NGCI Toast 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
UBC M1 NGCI Toast Jam and Butter (V)	384.1	19	1609.5	19	15.3	22	7.5	38	56.9	22	29.7	33	1.7	3	6.3	26	0.8	14
UBC M1 NGCI Toasties (V)	483.3	24	2018.0	24	21.2	30	5.9	30	62.0	24	5.3	6	5.8	12	11.0	46	0.8	13

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
UBC M1 NGCI Vegetable Jalfrezi (V)	861.5	43	3612.9	43	31.1	44	4.7	23	124.6	48	26.2	29	19.0	38	12.3	51	4.3	72
UBC M1 NGCI XL Mixed Grill	2183.0	109	9289.7	111	128.3	183	40.5	202	93.1	36	12.2	14	168.0	336	16.2	68	10.7	179
UBC M1 Peach Melba Cheesecake	476.1	24	1991.2	24	25.2	36	7.2	36	55.9	21	41.7	46	7.3	15	0.7	3	0.7	11
UBC M1 Peach Melba Cheesecake SUNDAY	476.1	24	1991.2	24	25.2	36	7.2	36	55.9	21	41.7	46	7.3	15	0.7	3	0.7	11
UBC 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
UBC M1 Pigs in Blankets (Bowl of 10)	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
UBC 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
UBC M1 Plain Beef Burger	945.9	47	3959.3	47	41.0	59	14.7	73	92.7	36	9.6	11	47.0	94	10.5	44	2.7	46
UBC M1 Plain Buttermilk Chicken Burger	1078.7	54	4517.1	54	50.3	72	17.2	86	114.0	44	11.4	13	38.3	77	13.3	56	2.4	41
UBC M1 Plain Jacket Potato (V)	302.2	15	1267.4	15	12.5	18	7.6	38	44.3	17	2.9	3	5.7	11	4.9	20	0.3	5
UBC M1 Plain Soya Burger	908.9	45	3810.0	45	38.5	55	8.9	45	101.4	39	11.4	13	33.7	67	13.0	54	2.4	40
UBC M1 Popcorn Chicken	413.9	21	1737.7	21	19.1	27	6.8	34	35.6	14	15.1	17	23.9	48	0.7	3	1.9	32
UBC M1 Poppadum - Extra (V)	37.6	2	159.7	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
UBC M1 Poppadums and Dips (V)	221.8	11	941.4	11	0.9	1	0.2	1	42.5	16	10.3	11	10.9	22	1.1	5	2.7	45
UBC M1 Potato Swap - 150g Chips to Jacket	111.4	6	469.3	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
UBC M1 Potato Swap - 150g Chips to Mash	157.2	8	656.9	8	7.7	11	5.1	26	19.3	7	0.6	1	1.8	4	1.5	6	0.4	6
UBC M1 Potato Swap - 227g Chips to Jacket	41.8	2	176.1	2	1.1	2	0.7	3	7.4	3	0.3	0	0.9	2	0.7	3	0.0	1
UBC M1 Potato Swap - 227g Chips to Mash	157.2	8	656.9	8	7.7	11	5.1	26	19.3	7	0.6	1	1.8	4	1.5	6	0.4	6
UBC M1 Prawn Half Pinter	381.5	19	1593.0	19	22.3	32	5.4	27	25.3	10	6.4	7	19.8	40	2.4	10	1.5	25
UBC M1 Pretzel Burger	1504.3	75	6311.4	75	61.8	88	23.0	115	159.9	62	13.6	15	69.1	138	16.9	70	8.2	136
UBC M1 Pretzel Sundae SUNDAY MENU	505.7	25	2126.0	25	22.0	31	11.0	55	67.0	26	40.7	45	8.7	17	2.2	9	1.4	23
UBC M1 Pretzel Sundae (V)	505.7	25	2126.0	25	22.0	31	11.0	55	67.0	26	40.7	45	8.7	17	2.2	9	1.4	23
UBC M1 Quorn 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
UBC M1 Red Onion (Ve) - Toastie Element	18.0	1	75.0	1	0.1	0	0.0	0	4.0	2	2.8	3	0.6	1	0.9	4	0.0	0
UBC M1 Ribeye Steak	1457.3	73	6073.8	72	85.8	123	32.5	163	81.7	31	9.4	10	83.0	166	14.7	61	2.4	40
UBC M1 Rice and Chips (Ve)	304.1	15	1272.3	15	13.0	19	5.2	26	38.9	15	1.9	2	4.9	10	5.6	24	0.1	2
UBC M1 Rice and Sweet Potato Fries (Ve) 150g	237.8	12	997.1	12	8.7	12	1.7	8	34.7	13	0.8	1	3.6	7	3.0	13	0.2	3
UBC M1 Roadhouse Burger	1142.3	57	4773.8	57	58.0	83	22.8	114	97.4	37	13.0	14	53.3	107	12.4	52	3.2	54
UBC M1 Roast Potatoes (Ve) - Side Order	470.5	24	1962.3	23	30.2	43	3.5	18	43.8	17	0.9	1	3.3	7	5.4	22	0.9	16
UBC M1 Roasted Chicken Fillet - Extra	197.3	10	1015.5	12	5.3	8	1.4	7	1.9	1	1.9	2	45.9	92	1.7	7	0.7	12
UBC M1 Route 66 Sub	992.0	50	4154.5	49	45.9	66	15.0	75	97.4	37	11.1	12	44.4	89	10.0	42	1.9	31

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC M1 Rump Steak - 16oz	1529.9	76	6386.2	76	83.0	119	30.1	151	81.7	31	9.4	10	107.5	215	14.7	61	2.7	45
UBC M1 Rump Steak - 8oz	1136.6	57	4745.5	56	60.2	86	20.4	102	81.7	31	9.4	10	60.7	121	14.7	61	2.4	40
UBC M1 Salad Bowl (Ve)	16.1	1	68.1	1	0.4	1	0.1	0	2.6	1	2.5	3	0.8	2	1.2	5	0.0	0
UBC 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
UBC M1 Sausage - Toastie Element	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
UBC M1 Sausage and Bacon Muffin	431.4	22	1809.4	22	13.5	19	4.5	23	54.3	21	8.8	10	22.7	45	3.1	13	3.8	63
UBC M1 Sausage and Egg Muffin	523.7	26	2189.1	26	24.8	35	5.8	29	54.6	21	9.1	10	20.1	40	3.1	13	2.2	37
UBC M1 Sausage and Egg Muffin (V)	458.0	23	1918.0	23	18.6	27	3.2	16	49.9	19	8.5	9	21.6	43	4.7	19	2.1	35
UBC M1 Sausage Buttie	570.7	29	2388.7	28	27.0	39	7.9	40	60.3	23	3.7	4	21.2	42	4.8	20	2.3	38
UBC M1 Sausage Buttie (V)	440.2	22	1850.8	22	14.3	20	2.7	14	51.4	20	2.2	2	24.6	49	8.2	34	2.1	35
UBC M1 Sausage Muffin	507.9	25	2128.1	25	18.7	27	6.2	31	66.1	25	10.3	11	18.1	36	3.8	16	2.7	45
UBC M1 Sausage Muffin (V)	371.7	19	1566.5	19	5.4	8	0.8	4	57.3	22	9.1	10	21.2	42	7.1	30	2.5	41
UBC M1 Sautéed Mushrooms (Ve) - Side Order	52.7	3	218.4	3	4.8	7	0.6	3	0.4	0	0.2	0	2.0	4	1.6	7	0.0	0
UBC M1 Sautéed Onions (Ve) - Extra	102.9	5	424.0	5	9.3	13	1.1	5	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
UBC 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
UBC M1 Side Combo (V)	421.5	21	1767.7	21	23.9	34	5.3	27	43.3	17	4.4	5	7.3	15	4.4	18	1.5	25
UBC M1 Sirloin Steak - 8oz	1193.3	60	4978.5	59	65.8	94	23.3	116	81.7	31	9.4	10	62.2	124	14.7	61	2.4	40
UBC M1 Smoky BBQ Buttermilk Chicken Burger	1216.2	61	5095.7	61	56.5	81	21.0	105	128.2	49	25.1	28	43.4	87	13.7	57	3.6	61
UBC M1 Soup of the Day (V)	307.8	15	1287.8	15	17.1	24	9.3	46	30.5	12	10.1	11	7.5	15	3.5	14	1.8	30
UBC 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
UBC M1 Steak and Marston's Ale Pie	1242.5	62	5194.6	62	55.6	79	23.4	117	143.1	55	10.9	12	34.3	69	15.1	63	2.9	48
UBC M1 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
UBC M1 Sub and Butter (V) - Side Order	401.2	20	1687.8	20	14.1	20	7.4	37	57.4	22	3.3	4	10.1	20	2.5	11	1.0	17
UBC M1 Sunday Lunch - Cauliflower Cheese Tart (V)	1211.3	61	5051.4	60	75.5	108	17.5	87	98.3	38	17.6	20	30.4	61	16.1	67	3.9	65
UBC M1 Sunday Lunch - Extra Roast Beef	279.3	14	1161.1	14	19.6	28	7.6	38	0.0	0	0.0	0	25.8	52	0.0	0	0.2	3
UBC M1 Sunday Lunch - Roast Beef	1187.3	59	4951.2	59	70.6	101	17.4	87	81.3	31	18.5	21	52.9	106	14.1	59	4.3	72
UBC M1 Sunday Lunch - Roast Chicken	1463.2	73	6110.1	73	82.2	117	19.0	95	84.8	33	22.0	24	92.9	186	15.6	65	5.1	86
UBC M1 Sunday Lunch - Roast Pork	1165.5	58	4861.6	58	68.2	97	15.6	78	84.6	33	20.8	23	50.0	100	13.9	58	3.2	53
UBC M1 Sunday Lunch - Roast Turkey	970.8	49	4065.7	48	42.6	61	7.4	37	84.5	33	21.7	24	59.0	118	14.1	59	3.2	54
UBC M1 Swap Garlic Bread for Chips (Ve)	168.1	8	703.2	8	7.3	10	2.9	14	21.2	8	1.1	1	2.8	6	3.0	12	0.1	2

Recipes with Nutritional Reference Intake

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
UBC M1 Swap Garlic Bread for Fries (Ve)	172.3	9	720.9	9	7.9	11	1.9	10	21.7	8	0.7	1	2.6	5	1.9	8	0.2	3
UBC M1 Swap Garlic Bread for Sweet Potato Fries (Ve)	288.1	14	1207.4	14	11.4	16	2.5	12	40.0	15	1.2	1	4.6	9	3.5	14	0.3	5
UBC 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
UBC M1 Sweet Potato Fries (Ve) - To Share	719.7	36	3017.9	36	26.4	38	5.0	25	104.9	40	2.3	3	10.9	22	9.1	38	0.5	8
UBC M1 The All-Dayer Burger	1235.3	62	5168.4	62	62.4	89	19.7	98	108.8	42	17.5	19	58.4	117	11.1	46	4.1	68
UBC M1 The Cowboy Burger	1245.6	62	5204.3	62	63.7	91	28.1	141	92.7	36	9.7	11	70.7	141	10.5	44	5.5	92
UBC M1 The Yorkshire Stack	1370.3	69	5712.3	68	81.5	116	29.1	146	115.8	45	18.2	20	40.5	81	12.9	54	5.3	88
UBC M1 The Yorkshire Stack (V)	1143.2	57	4773.3	57	62.1	89	21.4	107	98.3	38	15.7	17	43.1	86	17.0	71	4.7	79
UBC M1 Tiramisu Melt in the Middle (V)	681.0	34	2849.6	34	33.9	48	8.3	42	82.2	32	54.1	60	10.6	21	3.5	15	0.7	11
UBC M1 Tiramisu Melt in the Middle SUNDAY	681.0	34	2849.6	34	33.9	48	8.3	42	82.2	32	54.1	60	10.6	21	3.5	15	0.7	11
UBC M1 Toast and Butter Side Order	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
UBC M1 Toast Jam and Butter (V) - Sliced White	420.6	21	1767.9	21	13.5	19	8.0	40	67.3	26	28.1	31	7.8	16	2.9	12	1.1	18
UBC M1 Toast Jam and Butter (V) - Sliced Brown	424.7	21	1787.8	21	14.7	21	8.0	40	63.3	24	28.2	31	10.2	20	3.8	16	1.0	16
UBC M1 Toasties (V)	418.2	21	1748.7	21	19.0	27	6.1	30	50.4	19	3.3	4	9.3	19	6.8	28	0.6	10
UBC M1 Tomato (Ve) - Toastie Element	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
UBC M1 Tomato (Ve) - Toastie Element PROMO	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
UBC M1 Traditional English Pancakes with Golden Syrup (V)	463.9	23	1961.6	23	5.9	8	1.8	9	99.9	38	62.8	70	9.0	18	3.2	14	1.7	29
UBC M1 Tuna Mayonnaise Jacket Potato	479.9	24	2011.1	24	23.3	33	8.5	42	46.1	18	4.2	5	24.0	48	5.4	23	1.3	21
UBC M1 Tuna, Sweetcorn and Mayonnaise Sub	755.3	38	3177.6	38	25.0	36	5.5	28	96.2	37	6.8	8	32.7	65	8.5	36	1.9	32
UBC M1 Ultimate Veggie Burger (V)	1146.7	57	4794.0	57	57.5	82	16.1	80	110.3	42	17.7	20	42.0	84	15.1	63	2.9	48
UBC M1 Upgrade Chips to Hash Browns (Ve)	12.6	1	52.3	1	0.7	1	0.3	2	1.3	0	0.0	0	0.1	0	0.2	1	0.0	1
UBC M1 Upgrade Garden Peas for Mushy Peas (Ve)	54.6	3	243.3	3	0.2	0	0.1	1	7.9	3	1.3	1	3.8	8	2.8	12	0.3	5
UBC M1 Upgrade to Sweet Potato Fries 150g (Ve)	142.7	7	598.3	7	5.2	7	1.0	5	20.8	8	0.5	1	2.2	4	1.8	8	0.1	2
UBC M1 Upgrade to Sweet Potato Fries 227g (Ve)	239.4	12	1003.8	12	8.8	13	1.7	8	34.9	13	0.8	1	3.6	7	3.0	13	0.2	3
UBC M1 Vanilla Flavour Ice Cream (V)	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6
UBC M1 Vanilla Flavour Ice Cream SUNDAY	259.1	13	1087.4	13	11.9	17	5.9	30	33.2	13	33.2	37	4.8	10	0.3	1	0.3	6
UBC M1 Vegan Apple Pie (Ve)	225.4	11	945.4	11	9.5	14	3.7	18	32.8	13	12.2	14	2.4	5	1.4	6	0.0	0
UBC M1 Vegan Apple Pie SUNDAY	225.4	11	945.4	11	9.5	14	3.7	18	32.8	13	12.2	14	2.4	5	1.4	6	0.0	0
UBC M1 Vegetable Jalfrezi (V)	1167.8	58	4904.6	58	37.6	54	8.2	41	175.8	68	32.8	36	26.9	54	18.5	77	4.7	78

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
UBC M1 Vegetarian Cheese on Sub	911.8	46	3820.2	45	43.2	62	22.9	115	92.0	35	8.4	9	35.7	71	8.6	36	2.4	40
UBC M1 Veggie Breakfast (V)	578.4	29	2418.1	29	26.8	38	7.4	37	50.7	19	9.1	10	33.0	66	12.7	53	2.6	44
UBC M1 XL Cajun Chicken Fajita Burger	1159.5	58	5230.8	62	45.1	64	11.8	59	98.6	38	16.4	18	106.6	213	15.0	63	3.2	54
UBC M1 XL Cajun Soya Fajita Burger	1177.1	59	4932.4	59	52.2	75	10.0	50	116.5	45	16.4	18	53.9	108	16.9	71	3.8	63
UBC M1 XL Cheese Melt Burger (V)	1221.2	61	5110.5	61	56.3	80	16.4	82	149.5	57	14.3	16	29.1	58	15.8	66	4.0	66
UBC M1 XL Gammon Steaks	1467.5	73	6122.2	73	84.2	120	29.6	148	76.6	29	13.5	15	96.2	192	12.8	53	13.5	225
UBC M1 XL Mixed Grill	2151.6	108	9164.8	109	121.4	173	39.4	197	106.4	41	14.1	16	162.4	325	17.6	73	11.0	184
UBC M1 XL Plain Beef Burger	1231.5	62	5149.3	61	57.0	81	21.5	107	95.1	37	9.8	11	79.8	160	10.7	44	4.2	71
UBC M1 XL Plain Buttermilk Chicken Burger	1497.2	75	6265.0	75	75.5	108	26.4	132	137.7	53	13.4	15	62.4	125	16.3	68	3.6	61
UBC M1 XL Plain Soya Burger	1157.5	58	4850.7	58	51.9	74	9.9	50	112.5	43	13.3	15	53.2	106	15.8	66	3.5	58
UBC M1 XL Pretzel Burger	1789.9	89	7501.4	89	77.7	111	29.8	149	162.3	62	13.7	15	101.9	204	17.1	71	9.6	161
UBC M1 XL Roadhouse Burger	1427.9	71	5963.8	71	73.9	106	29.6	148	99.8	38	13.1	15	86.2	172	12.6	52	4.7	79
UBC M1 XL Smoky BBQ Buttermilk Chicken Burger	1634.6	82	6843.5	81	81.8	117	30.3	151	151.9	58	27.1	30	67.6	135	16.7	70	4.8	81
UBC M1 XL The All-Dayer Burger	1520.9	76	6358.4	76	78.4	112	26.5	132	111.2	43	17.6	20	91.3	183	11.2	47	5.6	93
UBC M1 XL The Cowboy Burger	1531.2	77	6394.3	76	79.7	114	34.9	175	95.1	37	9.9	11	103.5	207	10.7	44	7.0	117
UBC M1 XL Ultimate Veggie Burger (V)	1395.3	70	5834.7	69	71.0	101	17.1	85	121.3	47	19.6	22	61.6	123	17.8	74	4.0	67
UBC M1 Yorkshire Pudding (V) - 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
UBC M1The Nut Buster Milkshake	756.1	38	3152.5	38	50.4	72	16.9	85	48.6	19	46.7	52	39.3	79	4.8	20	0.8	14
Vanilla Milkshake (V)	419.5	21	1757.5	21	20.9	30	11.6	58	44.3	17	44.3	49	25.5	51	0.3	1	0.3	5
You're Such a Teaser Milkshake (V) - Maltesters	606.3	30	2539.3	30	30.2	43	17.2	86	67.2	26	63.5	71	28.4	57	0.7	3	0.4	6