

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	%		
FBC LN 10oz Gammon	1034.2	52	4300.1	51	55.2	79	21.6	108	72.2	28	11.5	13	59.0	118	8.2	34	8.8	146
FBC LN 10oz Rump Steak	1139.1	57	4732.5	56	63.8	91	23.7	118	65.1	25	3.8	4	71.4	143	8.2	34	2.0	34
FBC LN 12oz Ribeye Steak	1155.9	58	4803.8	57	76.0	109	29.3	147	60.5	23	3.6	4	72.1	144	7.6	32	2.0	33
FBC LN 2x Yorkshire Puddings (V) Side Order	709.1	35	2947.0	35	54.9	78	8.8	44	37.8	15	4.4	5	18.1	36	1.8	8	0.5	8
FBC LN 3x Pigs in Blankets Side Order	751.5	38	3143.8	37	68.2	97	26.3	132	8.0	3	0.0	0	26.1	52	0.4	2	5.7	95
FBC LN 5oz Rump Steak - Lunch	968.7	48	4022.1	48	47.1	67	17.2	86	65.5	25	8.4	9	62.7	125	14.1	59	1.8	30
FBC LN 8oz Fillet Steak	809.9	40	3365.0	40	42.9	61	16.3	81	53.4	21	3.1	3	48.8	98	6.9	29	1.5	26
FBC LN 8oz Sirloin Steak	1187.4	59	4928.1	59	69.0	99	26.1	130	70.5	27	4.1	5	66.1	132	8.9	37	2.2	36
FBC LN Apple & Pear Crumble	477.3	24	1984.4	24	15.1	22	5.4	27	77.3	30	37.7	42	5.2	10	2.5	10	0.3	5
FBC LN Avocado - Burger Extra	96.5	5	399.9	5	7.6	11	1.1	5	4.4	2	0.4	0	1.0	2	3.5	14	0.0	0
FBC LN Avocado - Extra	96.5	5	399.9	5	7.6	11	1.1	5	4.4	2	0.4	0	1.0	2	3.5	14	0.0	0
FBC LN Baby Aubergine & Coconut Curry (Ve)	744.2	37	3124.0	37	36.5	52	9.8	49	94.5	36	16.4	18	10.5	21	8.1	34	2.2	36
FBC LN Bacon & Brie Beef Burger	1067.2	53	4437.7	53	50.4	72	19.7	99	86.7	33	11.1	12	61.4	123	9.7	40	5.0	83
FBC LN Baked Camembert	1115.2	56	4644.5	55	61.2	87	36.4	182	79.7	31	11.1	12	62.0	124	7.2	30	5.9	99
FBC LN BBQ Ribs - Full Rack	1599.2	80	6665.5	79	92.9	133	34.8	174	102.3	39	43.4	48	86.0	172	8.9	37	3.6	60
FBC LN BBQ Ribs - Grill Add On	257.0	13	1074.0	13	15.8	23	6.4	32	9.5	4	9.3	10	19.3	39	0.0	0	0.7	11
FBC LN BBQ Ribs - Half Rack	1423.9	71	5927.6	71	80.4	115	28.8	144	109.1	42	32.6	36	62.4	125	11.7	49	3.0	50
FBC LN Bearnaise Sauce - Grill Add On	191.2	10	784.0	9	16.8	24	10.4	52	4.0	2	0.4	0	1.3	3	0.1	0	0.7	11
FBC LN Beef & Pedigree Ale Lasagne	701.4	35	2928.8	35	32.6	47	13.1	65	67.3	26	16.0	18	34.8	70	7.0	29	2.9	48
FBC LN Beef & Pedigree Ale Lasagne <600cals	550.4	28	2300.9	27	28.0	40	13.2	66	40.9	16	16.1	18	33.8	68	4.8	20	2.5	42
FBC LN 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
FBC LN Beer Battered Onion Rings (V) Side Order	256.6	13	1070.4	13	15.9	23	3.0	15	24.5	9	2.4	3	2.9	6	1.9	8	1.2	19
FBC LN Black & Brie - Grill Add On	141.9	7	587.9	7	12.4	18	5.9	29	0.6	0	0.4	0	7.0	14	1.0	4	0.5	8
FBC LN Bocata Roll & Butter (V) Side Order	441.7	22	1840.1	22	14.5	21	8.4	42	68.0	26	3.8	4	10.1	20	5.8	24	1.4	24
FBC LN Brie - Extra	157.4	8	652.7	8	12.9	18	9.0	45	0.5	0	0.5	1	9.8	20	0.0	0	0.8	14
FBC LN Brie, Bacon & Crispy Onions - Grill Add On	222.7	11	925.5	11	15.6	22	8.8	44	4.7	2	1.8	2	16.0	32	0.4	2	2.4	39
FBC LN Broccoli and Cheddar Rosti (V)	540.5	27	2243.2	27	39.3	56	20.5	103	23.1	9	2.2	2	19.3	39	3.9	16	1.6	26
FBC LN Buttermilk Chicken	660.1	33	2753.7	33	41.7	60	13.0	65	38.2	15	4.8	5	33.4	67	5.0	21	2.1	36
FBC LN Buttermilk Chicken Goujons - Extra	134.1	7	560.2	7	8.1	12	3.0	15	7.6	3	0.6	1	7.7	15	1.0	4	0.4	6
FBC LN Buttermilk Peppercorn Sauce - Grill Add On	76.8	4	323.2	4	5.0	7	3.1	16	6.1	2	1.8	2	1.6	3	0.8	3	0.6	9

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FBC LN Cauli Cheese (V) Side Order	221.4	11	923.0	11	13.0	19	7.8	39	17.3	7	3.1	3	8.8	18	2.3	9	1.5	24
FBC LN Cauli Cheese (V) Side Order - Sunday	221.4	11	923.0	11	13.0	19	7.8	39	17.3	7	3.1	3	8.8	18	2.3	9	1.5	24
FBC LN Cheddar Cheese & Red Onion Chutney Sandwich (V)	1292.5	65	5395.0	64	58.5	84	28.3	142	140.2	54	24.0	27	45.3	91	11.6	49	3.8	64
FBC LN Cheesy Garlic Bocata Bread (V) Side Order	468.3	23	1947.3	23	27.5	39	13.3	66	36.4	14	2.0	2	18.9	38	3.1	13	1.7	28
FBC LN Cheesy Garlic Bocata Bread (V) Starter	468.3	23	1947.3	23	27.5	39	13.3	66	36.4	14	2.0	2	18.9	38	3.1	13	1.7	28
FBC LN Cheesy Garlic Mushrooms - Grill Add On	94.0	5	398.0	5	6.2	9	3.1	16	4.6	2	1.7	2	4.6	9	0.7	3	0.6	9
FBC LN Cheesy Garlic Mushrooms (V)	358.8	18	1510.6	18	14.0	20	6.8	34	43.5	17	5.3	6	14.3	29	4.4	18	1.7	28
FBC LN Chicken & Avo Burger	1050.5	53	4553.9	54	50.7	72	10.7	53	91.5	35	13.0	14	60.7	121	14.9	62	2.2	36
FBC LN Chicken & Avocado Salad <700cals	661.1	33	2941.3	35	40.0	57	6.3	32	28.9	11	10.7	12	56.2	112	13.7	57	0.9	15
FBC LN Chicken Burger - 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
FBC LN Chicken Liver Pate	425.1	21	1773.5	21	19.4	28	6.4	32	46.8	18	13.9	15	16.6	33	4.6	19	1.1	19
FBC LN Chicken, Avocado & Bacon Club	965.3	48	4161.9	50	39.5	56	9.0	45	97.4	37	12.2	14	58.1	116	15.3	64	3.5	59
FBC LN Chicken, Gammon & Mustard Pie	1241.4	62	5162.8	61	65.1	93	28.3	141	122.8	47	16.8	19	37.3	75	14.0	58	3.3	55
FBC LN Chimichurri - Grill Add On	144.0	7	607.2	7	12.6	18	1.0	5	6.0	2	3.3	4	1.2	2	1.2	5	0.8	13
FBC LN Chimichurri Burger	964.5	48	4013.8	48	44.0	63	13.5	68	90.2	35	13.6	15	46.7	93	10.7	45	3.1	51
FBC LN Chimichurri Burger (V)	927.5	46	3864.6	46	41.5	59	7.8	39	98.9	38	15.4	17	33.5	67	13.2	55	2.7	45
FBC LN Chimichurri Tenderstem Broccoli (V) Side Order	76.8	4	322.9	4	5.1	7	0.5	2	3.5	1	2.3	3	3.9	8	3.2	13	0.3	5
FBC LN Chimichurri Veg Bocata (V)	760.8	38	3182.0	38	27.4	39	7.3	37	106.9	41	14.3	16	17.6	35	11.7	49	1.9	31
FBC LN Chocolate Fudge Brownie Sundae	789.1	39	3299.4	39	39.3	56	17.4	87	97.4	37	76.4	85	10.0	20	3.4	14	0.7	12
FBC LN Chocolate Fudge Brownie Sundae Sharer	1578.1	79	6598.7	79	78.7	112	34.8	174	194.9	75	152.8	170	19.9	40	6.8	29	1.4	23
FBC LN Chocolate Fudge Cake	583.5	29	2449.4	29	25.2	36	6.8	34	82.8	32	70.7	79	7.1	14	2.5	10	0.4	7
FBC LN Chunky Chips (V) Side Order	371.3	19	1554.2	19	17.7	25	3.8	19	45.1	17	0.7	1	5.3	11	4.9	20	0.8	14
FBC LN Corn on the Cob (V) Side Order	227.2	11	957.5	11	9.1	13	3.9	20	31.5	12	3.8	4	6.8	14	4.7	20	0.1	2
FBC LN Courgette & Gremolata Lasagne (V)	705.4	35	2958.2	35	30.9	44	9.7	48	85.0	33	18.2	20	23.0	46	11.5	48	2.7	45
FBC LN Courgette & Gremolata Lasagne (V) <500cals	478.2	24	2012.5	24	22.6	32	8.3	41	51.7	20	16.6	18	18.1	36	8.7	36	2.1	35
FBC LN Courgetti & Squash Frittata (V) - Lunch	497.4	25	2060.0	25	26.6	38	13.3	67	46.6	18	5.4	6	16.8	34	6.1	25	0.9	15
FBC LN 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
FBC LN Double Cream - Extra	265.6	13	1093.6	13	28.8	41	17.9	89	0.9	0	0.9	1	0.9	2	0.0	0	0.0	0

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FBC LN Eaton Mess Sundae	434.4	22	1827.9	22	18.4	26	11.4	57	60.6	23	54.9	61	6.3	13	1.0	4	0.4	7
FBC LN Eaton Mess Sundae Sharer	899.8	45	3786.4	45	38.1	54	23.7	119	125.6	48	113.8	126	13.1	26	2.1	9	0.8	14
FBC LN Fish Finger Bocata	1111.2	56	4641.0	55	46.5	66	11.8	59	130.2	50	13.2	15	38.7	77	11.3	47	2.6	44
FBC LN Fish Pie	1022.9	51	4238.6	50	47.0	67	23.5	117	97.8	38	12.2	14	43.6	87	12.2	51	3.8	64
FBC LN French Onion Soup (V)	542.1	27	2156.3	26	22.9	33	10.3	52	66.1	25	16.4	18	11.3	23	5.5	23	2.6	43
FBC LN Garlic & Herb Chicken Nachos	613.4	31	2592.9	31	53.2	76	15.5	78	66.1	25	8.4	9	26.1	52	11.3	47	2.3	39
FBC LN Garlic & Herb Chicken Nachos to Share	614.1	31	2595.7	31	53.2	76	15.6	78	66.1	25	8.4	9	26.1	52	11.3	47	2.3	39
FBC LN Garlic Bocata Bread (V) Side Order	239.8	12	998.7	12	8.8	13	1.5	8	34.9	13	1.9	2	5.3	11	3.1	13	0.7	12
FBC LN Garlic Bocata Bread (V) Starter	239.8	12	998.7	12	8.8	13	1.5	8	34.9	13	1.9	2	5.3	11	3.1	13	0.7	12
FBC LN Garlic Salmon Fillet	900.7	45	3779.0	45	45.9	66	15.6	78	75.5	29	2.6	3	50.5	101	9.0	38	1.6	26
FBC LN Grilled Halloumi & Red Pepper Salad <700cals	646.8	32	2672.6	32	49.3	70	19.4	97	23.5	9	13.0	14	30.2	60	6.4	27	2.7	45
FBC LN Half Roast Chicken	1342.6	67	5584.8	66	76.0	109	23.0	115	77.5	30	8.1	9	83.7	167	12.2	51	3.4	56
FBC LN Halloumi & Chutney Burger (V)	983.2	49	4071.5	48	50.1	72	22.6	113	92.8	36	18.9	21	34.9	70	9.9	41	3.9	64
FBC LN Harissa Spiced Veg, Grains & Cous Cous (Ve)	533.1	27	2235.3	27	21.8	31	4.3	21	66.9	26	23.2	26	12.7	25	12.8	53	1.6	27
FBC LN House Salad (V) Side Order	89.6	4	379.8	5	1.6	2	0.3	1	16.5	6	5.8	6	4.0	8	3.6	15	0.0	0
FBC LN Hunter's Chicken	1160.2	58	5021.9	60	59.2	85	25.6	128	80.7	31	14.7	16	83.3	167	12.4	52	4.7	79
FBC LN Hunter's Chicken - Lunch	560.4	28	2331.1	28	24.7	35	11.2	56	39.1	15	5.6	6	42.6	85	4.7	20	3.0	50
FBC LN Jam Roly Poly	718.1	36	3018.9	36	32.3	46	22.3	111	99.2	38	57.7	64	9.4	19	2.1	9	0.8	13
FBC LN Kids Sunday Chicken Breast	1193.0	60	4994.3	59	54.2	77	14.0	70	118.0	45	21.1	23	59.6	119	14.1	59	5.3	88
FBC LN Kids Sunday Courgetti & Squash Frittata (V)	1303.5	65	5439.0	65	72.8	104	27.4	137	125.9	48	23.1	26	40.0	80	15.1	63	5.4	90
FBC LN Kids Sunday Roast Beef - Topside	1371.3	69	5726.8	68	75.7	108	22.7	114	115.7	45	26.6	30	57.8	116	13.2	55	6.5	109
FBC LN Kids Sunday Roast Lamb - Leg	1318.4	66	5515.5	66	69.9	100	21.9	110	118.0	45	28.1	31	55.1	110	13.1	55	6.3	105
FBC LN Lemon & Black Pepper Fish & Chips	1250.8	63	5188.9	62	70.4	101	21.2	106	85.8	33	9.3	10	59.6	119	12.7	53	2.4	39
FBC LN Lemon & Black Pepper Fish & Chips - Lunch	748.4	37	3104.2	37	40.7	58	11.8	59	56.3	22	7.9	9	33.0	66	9.5	39	1.6	27
FBC LN Lemon & Black Pepper Fish Goujons	443.6	22	1850.7	22	25.3	36	6.3	32	32.5	12	5.6	6	21.7	43	3.1	13	1.0	17
FBC LN Merlot Beef Dripping Gravy - Grill Add On	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
FBC LN Mushroom and Butternut Squash Rigatoni (V)	743.6	37	3089.4	37	22.5	32	13.7	68	97.0	37	12.4	14	17.9	36	6.6	28	2.7	45
FBC LN Nachos (V)	451.2	23	1928.7	23	45.2	65	13.2	66	69.6	27	9.6	11	17.6	35	12.5	52	2.1	35

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FBC LN Nachos to Share (V)	902.5	45	3857.4	46	90.5	129	26.3	132	139.3	54	19.2	21	35.2	70	25.0	104	4.3	71
FBC LN Orange and Passionfruit Tartlet	828.1	41	3447.4	41	51.8	74	30.2	151	82.6	32	34.3	38	7.5	15	2.0	8	0.3	5
FBC LN Pick Up Platter	1274.5	64	5336.7	64	72.1	103	21.7	109	114.3	44	25.7	29	60.9	122	10.7	44	4.0	67
FBC LN Plain Beef Burger	905.5	45	3765.2	45	39.5	56	13.2	66	86.4	33	10.8	12	46.0	92	9.7	40	2.8	46
FBC LN Plain Chicken Burger	817.1	41	3590.1	43	28.8	41	7.7	39	85.9	33	12.5	14	59.1	118	11.2	47	2.0	33
FBC LN Plain Halloumi Burger (V)	949.9	47	3931.2	47	49.9	71	22.6	113	85.6	33	12.3	14	34.6	69	9.5	40	3.8	63
FBC LN Plain Soya Burger (V)	868.5	43	3615.9	43	36.9	53	7.4	37	95.1	37	12.6	14	32.8	66	12.2	51	2.4	40
FBC LN Praline Chocolate Tart (V)	466.0	23	1949.7	23	25.7	37	12.9	65	49.9	19	33.5	37	6.9	14	1.5	6	0.3	5
FBC LN Praline Chocolate Tart (Ve)	561.9	28	2347.1	28	32.6	47	17.9	90	55.6	21	26.6	30	6.5	13	4.9	20	0.1	2
FBC LN Prawn Cocktail	469.9	23	1955.7	23	28.7	41	5.9	29	31.9	12	5.6	6	18.6	37	7.9	33	1.3	22
FBC LN Rhubarb & Custard Tart	577.2	29	2419.0	29	25.8	37	13.7	68	77.6	30	59.6	66	7.8	16	1.0	4	0.3	5
FBC LN Roast Potatoes (V) Side Order	371.1	19	1548.4	18	22.1	32	2.6	13	40.5	16	1.4	2	4.9	10	4.1	17	2.4	39
FBC LN Rump Steak & Crispy Onions Salad <700cals	623.4	31	2593.1	31	43.4	62	11.8	59	22.8	9	9.6	11	38.2	76	5.6	24	1.0	17
FBC LN Sausage and Mash	929.3	46	3881.5	46	45.4	65	17.1	85	98.5	38	12.3	14	25.8	52	14.8	62	2.9	48
FBC LN Sausage and Mash - Lunch	765.4	38	3182.1	38	37.8	54	14.0	70	76.6	29	8.1	9	23.9	48	9.9	41	3.0	50
FBC LN Sausage and Mash (V)	741.1	37	3104.1	37	28.3	40	10.3	51	84.7	33	10.4	12	29.1	58	19.1	80	2.5	41
FBC LN Sausage and Mash (V) - Lunch	538.4	27	2243.0	27	18.3	26	6.3	31	59.1	23	5.7	6	26.6	53	14.0	58	2.5	41
FBC LN Simply Delicious	295.7	15	1241.5	15	13.9	20	8.7	44	36.1	14	35.8	40	6.2	12	0.5	2	0.3	6
FBC LN Soya Burger - 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
FBC LN Steak & Cheddar Pie	1237.5	62	5152.2	61	60.9	87	25.4	127	129.2	50	11.4	13	37.2	74	12.9	54	3.1	51
FBC LN Steak Bocata	989.1	49	4128.8	49	43.5	62	11.8	59	100.3	39	11.3	13	44.4	89	8.8	37	2.9	48
FBC LN Sticky Toffee Pudding	608.9	30	2565.2	31	18.8	27	11.5	57	104.6	40	83.9	93	6.0	12	1.0	4	0.3	5
FBC LN Summer Cheesecake	902.4	45	3746.7	45	73.8	105	43.6	218	50.8	20	36.4	40	9.0	18	1.3	6	0.7	12
FBC LN Sunday Courgetti & Squash Frittata (V)	1270.0	63	5301.9	63	67.2	96	25.1	126	132.6	51	28.0	31	34.7	69	18.4	77	5.6	93
FBC LN Sunday Roast Beef - Topside	1297.8	65	5419.4	65	69.8	100	22.6	113	112.4	43	27.3	30	54.0	108	15.3	64	5.9	98
FBC LN Sunday Roast Chicken	1475.1	74	6162.0	73	79.7	114	23.6	118	100.7	39	20.9	23	88.5	177	15.7	65	6.1	101
FBC LN Sunday Roast Lamb - Leg	1326.6	66	5545.6	66	69.5	99	23.3	116	120.0	46	29.8	33	54.1	108	16.1	67	6.2	103
FBC LN Sunday Veg (V) Side Order	174.6	9	731.7	9	4.2	6	0.7	3	26.4	10	18.1	20	6.6	13	9.9	41	0.7	11
FBC LN Surf Topper - Grill Add On	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
FBC LN Sweet Potato Fries (V) Side Order	417.9	21	1748.0	21	19.1	27	4.3	21	53.5	21	1.2	1	5.6	11	4.6	19	0.2	4

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FBC LN Tandoori Chicken	1167.5	58	4919.5	59	32.7	47	6.2	31	154.2	59	23.5	26	64.0	128	13.4	56	4.3	72
FBC LN Vanilla Ice Cream Scoop - Extra	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
FBC LN Vegetables (V) Side Order	67.9	3	284.1	3	0.7	1	0.2	1	9.4	4	5.7	6	4.9	10	5.4	23	0.3	5
FBC LN Whitby Scampi	916.9	46	3813.0	45	43.7	62	13.5	67	97.0	37	7.8	9	28.8	58	13.4	56	3.9	65
FBC LN Whitby Scampi - Lunch	581.4	29	2416.3	29	27.3	39	7.9	39	61.9	24	7.2	8	17.6	35	9.8	41	2.4	39
FBC LN18 Bacon - Burger Extra	70.2	4	293.1	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
FBC LN18 Bacon - Extra	70.2	4	293.1	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
FBC LN18 Bacon - Starter Extra	70.2	4	293.1	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
FBC LN18 Cheddar Cheese - Extra	210.5	11	874.1	10	17.2	25	10.8	54	1.4	1	0.1	0	12.5	25	0.0	0	0.9	15
FBC LN18 Cheddar Cheese - Extra PROMO	210.5	11	874.1	10	17.2	25	10.8	54	1.4	1	0.1	0	12.5	25	0.0	0	0.9	15
FBC LN18 Halloumi - Burger Extra	330.0	17	1356.0	16	26.4	38	16.2	81	1.6	1	1.6	2	21.4	43	0.0	0	2.5	42
FBC LN18 Halloumi - Extra	330.0	17	1356.0	16	26.4	38	16.2	81	1.6	1	1.6	2	21.4	43	0.0	0	2.5	42
FBC LN18 Halloumi - Mains Extra	330.0	17	1356.0	16	26.4	38	16.2	81	1.6	1	1.6	2	21.4	43	0.0	0	2.5	42
FBC LN18 Mash (V) Side Order	288.2	14	1206.1	14	12.6	18	8.4	42	38.6	15	1.2	1	3.7	7	3.0	12	0.7	11
FBC LN18 Mash (V) Side Order PROMO	288.2	14	1206.1	14	12.6	18	8.4	42	38.6	15	1.2	1	3.7	7	3.0	12	0.7	11
FBC Upgrade - 150g Chunky Chips to 150g Sweet Potato Fries	164.4	8	689.6	8	6.0	9	1.1	6	24.1	9	0.5	1	2.5	5	2.1	9	0.1	2
FBC Upgrade - 227g Chunky Chips to 227g Sweet Potato Fries	273.1	14	1143.0	14	12.1	17	2.7	13	35.7	14	0.8	1	3.7	7	3.1	13	0.2	3
FBC Upgrade - 2x Salad Garnish to 227g Chunky Chips	246.9	12	1033.3	12	11.8	17	2.5	13	30.0	12	0.5	1	3.6	7	3.2	14	0.5	9
FBC Upgrade - 2x Salad Garnish to 227g Sweet Potato Fries	273.1	14	1143.0	14	12.1	17	2.7	13	35.7	14	0.8	1	3.7	7	3.1	13	0.2	3
FBC Upgrade - 2x Salad Garnish to Garlic Bocata	548.8	27	2285.7	27	20.1	29	3.5	18	79.8	31	4.4	5	12.2	24	7.1	30	1.6	26
FBC Upgrade - Garlic Bocata to 227g Sweet Potato Fries	273.1	14	1143.0	14	12.1	17	2.7	13	35.7	14	0.8	1	3.7	7	3.1	13	0.2	3