

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	%
2x Bacon Rashers - Upgrade	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
Baked Beans (V) - Extra 85g	63.8	3	266.1	3	0.3	0	0.1	0	11.6	4	3.1	3	4.2	8	3.1	13	0.5	9
Dirty Chilli - Upgrade	132.8	7	554.3	7	6.8	10	2.9	14	11.2	4	8.0	9	6.5	13	0.9	4	0.6	11
Fried Onions - Extra	59.7	3	246.5	3	4.7	7	0.5	3	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
GGE M1 Fried Egg (V) Extra	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
HRG 2x Bacon Rashers - Upgrade Burger	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
HRG DN17 Garlic Bread (V) 3 for £10	267.1	13	1117.3	13	13.8	20	4.2	21	29.3	11	2.1	2	5.4	11	2.5	10	0.7	11
HRG DN17 Mac n Cheese - For Hen House PROMO	242.0	12	1018.0	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
HRG DN17 Mashed Potato 227g (V) - Side Order	320.4	16	1338.6	16	16.1	23	10.7	53	38.6	15	1.2	1	3.7	7	3.0	12	0.7	12
HRG DN17 Mashed Potato 227g (V) - Side Order PROMO	320.4	16	1338.6	16	16.1	23	10.7	53	38.6	15	1.2	1	3.7	7	3.0	12	0.7	12
HRG DN17 Quorn Sausage and Chips PROMO	779.6	39	3267.0	39	28.5	41	10.1	50	89.7	35	7.4	8	31.4	63	19.4	81	2.7	46
HRG LN 2018 Roast Pork - Sunday Lunch	1293.7	65	5397.9	64	73.1	104	23.5	118	109.8	42	25.3	28	47.8	96	10.4	44	5.2	87
HRG In 2018 Steak and Marston's Ale Pie	1383.6	69	5793.2	69	61.8	88	25.3	127	158.2	61	10.9	12	38.9	78	16.1	67	3.4	57
HRG LN Chicken and Bacon Club Sandwich	806.1	40	3375.7	40	31.5	45	5.5	27	84.2	32	4.6	5	44.7	89	5.6	23	4.5	75
HRG LN Corn on the Cob (V) - Side Order	194.1	10	823.5	10	4.1	6	0.6	3	34.1	13	4.1	5	7.4	15	5.1	21	0.0	0
HRG LN Harissa Rice (V) - Side Order	350.4	18	1484.2	18	9.3	13	0.8	4	64.5	25	1.8	2	6.2	12	2.9	12	0.7	11
HRG LN Homemade Slaw (V) - Burger Upgrade	74.5	4	308.8	4	5.8	8	0.4	2	5.1	2	3.5	4	0.7	1	1.7	7	0.4	6
HRG LN Sautéed Mushrooms (V) - Side Order	59.5	3	246.8	3	5.3	8	0.7	3	0.6	0	0.3	0	2.5	5	2.0	9	0.0	0
HRG LN18 2x Bacon Rashers - Upgrade PROMO	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
HRG LN18 4oz Gammon Steak - LB	733.7	37	3040.9	36	31.4	45	12.2	61	74.3	29	11.8	13	31.7	63	11.6	48	3.8	63
HRG LN18 4oz Gammon Steak - LB PROMO	733.7	37	3040.9	36	31.4	45	12.2	61	74.3	29	11.8	13	31.7	63	11.6	48	3.8	63
HRG LN18 8oz Rump Steak - Extra	1485.4	74	6181.9	74	99.8	143	33.7	169	0.2	0	0.0	0	146.1	292	0.1	0	4.0	67
HRG LN18 8oz Sirloin Steak	1194.2	60	4982.1	59	65.9	94	23.4	117	81.7	31	9.4	10	62.3	125	14.7	61	2.3	38
HRG LN18 Additional Veg - Extra	34.6	2	143.2	2	0.2	0	0.1	1	5.7	2	4.0	4	1.4	3	3.9	16	0.3	5
HRG LN18 All Day Breakfast	1058.0	53	4420.2	53	50.7	72	18.0	90	100.8	39	17.2	19	44.3	89	14.5	60	4.0	67
HRG LN18 Bacon Rasher of Back 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
HRG LN18 Beef Burger 6oz Extra PROMO	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
HRG LN18 Bloomer Bread and Butter (V) - 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
HRG LN18 Breaded Plaice and Chips - LB	892.9	45	3720.1	44	27.7	40	8.3	42	115.8	45	15.1	17	36.6	73	13.6	57	1.8	30

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
HRG LN18 Breaded Plaice and Chips - LB PROMO	892.9	45	3720.1	44	27.7	40	8.3	42	115.8	45	15.1	17	36.6	73	13.6	57	1.8	30
HRG LN18 Buttermilk Chicken Extra	279.0	14	1165.2	14	16.8	24	6.2	31	15.8	6	1.3	1	16.1	32	2.0	8	0.8	13
HRG LN18 Cheddar & Baked Beans Jacket (V) PROMO	595.2	30	2484.9	30	31.1	44	19.2	96	57.9	22	6.4	7	24.0	48	8.3	35	1.9	32
HRG LN18 Cheddar Cheese (V) - Extra	114.2	6	474.3	6	9.4	13	5.9	29	0.8	0	0.0	0	6.8	14	0.0	0	0.5	8
HRG LN18 Cheesy Garlic Bread (V) 3 for £10	488.0	24	2035.2	24	31.3	45	15.0	75	32.6	13	2.3	3	17.8	36	2.6	11	1.6	27
HRG LN18 Cheesy Garlic Bread (V) 3 for £10 PROMO	488.0	24	2035.2	24	31.3	45	15.0	75	32.6	13	2.3	3	17.8	36	2.6	11	1.6	27
HRG LN18 Cheesy Mash 227g (V) - Side Order PROMO	516.6	26	2154.8	26	31.3	45	20.2	101	40.1	15	1.2	1	17.3	35	3.0	12	1.7	28
HRG LN18 Chicken, Gammon & Mustard Pie	1434.2	72	5988.9	71	75.4	108	32.7	163	142.7	55	16.8	19	41.0	82	16.3	68	3.4	56
HRG LN18 Childrens Roast Beef - Sunday Lunch	711.8	36	2976.5	35	36.7	52	9.9	50	82.5	32	16.7	19	13.5	27	6.8	28	5.1	84
HRG LN18 Children's Roast Pork - Sunday Lunch	831.8	42	3473.3	41	46.6	67	14.2	71	75.4	29	17.0	19	28.4	57	5.8	24	3.4	56
HRG LN18 Childrens Roast Turkey - Sunday Lunch	817.8	41	3426.5	41	41.0	59	13.0	65	76.7	30	17.8	20	36.3	73	6.0	25	4.4	73
HRG LN18 Chips (V) - For Hen House	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
HRG LN18 Chips (V) - For Hen House PROMO	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
HRG LN18 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
HRG LN18 Chocolate Fudge Cake (V) Promo	690.4	35	2897.7	34	29.5	42	6.2	31	99.9	38	82.1	91	7.3	15	3.5	15	0.4	7
HRG LN18 Chocolate Fudge Cake (V) Promo	690.4	35	2897.7	34	29.5	42	6.2	31	99.9	38	82.1	91	7.3	15	3.5	15	0.4	7
HRG LN18 Crispy Onions - Extra	339.2	17	1406.7	17	25.6	37	12.8	64	24.5	9	8.3	9	3.3	7	2.2	9	0.8	13
HRG LN18 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
HRG LN18 Dirty Chilli - Extra	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
HRG LN18 Dirty Chilli - Upgrade	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
HRG LN18 Extra 150g Chips - Upgrade (V)	243.0	12	1016.4	12	10.4	15	4.2	21	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
HRG LN18 Fish and Chips - LB	973.8	49	4036.6	48	48.5	69	14.9	74	89.3	34	7.8	9	37.4	75	12.7	53	1.7	29
HRG LN18 Fish and Chips - LB PROMO	973.8	49	4036.6	48	48.5	69	14.9	74	89.3	34	7.8	9	37.4	75	12.7	53	1.7	29
HRG LN18 Fried Onions - Extra PROMO	59.7	3	246.5	3	4.7	7	0.5	3	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
HRG LN18 Garlic Bread (V) - For Hen House	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
HRG LN18 Garlic Bread (V) - For Hen House PROMO	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
HRG LN18 Garlic Bread (V) 3 for £10 PROMO	267.1	13	1117.3	13	13.8	20	4.2	21	29.3	11	2.1	2	5.4	11	2.5	10	0.7	11
HRG LN18 Golden Breaded Mushrooms (V) Starter PROMO	367.6	18	1553.6	18	17.3	25	2.9	14	42.6	16	8.5	9	8.6	17	4.5	19	1.9	32

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
HRG LN18 Golden Whitby Scampi PROMO	1035.6	52	4330.3	52	50.1	72	16.0	80	110.4	42	9.7	11	30.5	61	16.3	68	3.8	64
HRG LN18 Gravy (V) Extra Jug of	25.8	1	108.5	1	1.0	1	0.7	3	4.1	2	0.1	0	0.1	0	0.1	0	0.5	9
HRG LN18 Hen House - Buttermilk Chicken PROMO	557.9	28	2330.5	28	33.7	48	12.3	62	31.6	12	2.6	3	32.2	64	4.0	17	1.6	27
HRG LN18 Honeycomb Sundae (V)	705.1	35	2960.3	35	31.8	45	19.8	99	96.7	37	84.8	94	7.2	14	1.1	5	0.6	10
HRG LN18 Honeycomb Sundae (V) PROMO	705.1	35	2960.3	35	31.8	45	19.8	99	96.7	37	84.8	94	7.2	14	1.1	5	0.6	10
HRG LN18 Hunter's Chicken - LB	770.0	39	3195.0	38	33.3	48	14.6	73	66.3	25	8.6	10	45.3	91	7.8	32	3.4	56
HRG LN18 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
HRG LN18 Jam & 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
HRG LN18 Jam & Coconut Sponge (V) Sunday Lunch	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
HRG LN18 Large Roast Beef - Sunday Lunch	1411.2	71	5892.5	70	78.0	111	20.7	104	149.8	58	30.9	34	26.2	52	14.1	59	7.9	132
HRG LN18 Large Roast Pork - Sunday Lunch	1687.6	84	7034.4	84	102.8	147	30.5	152	120.9	47	26.6	30	68.9	138	11.0	46	5.5	92
HRG LN18 Large Roast Turkey - Sunday Lunch PROMO	1482.8	74	6208.5	74	71.8	103	21.1	106	122.3	47	27.5	31	86.0	172	11.2	47	6.5	108
HRG LN18 LN Hen House - Grilled Chicken Breast	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
HRG LN18 M1 Fried Egg (V) Extra PROMO	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
HRG LN18 Mac n Cheese - For Hen House PROMO	242.0	12	1018.0	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
HRG LN18 Mac 'n' Cheese (V) < 600 Kcal	503.2	25	2117.5	25	19.2	27	11.7	58	61.0	23	6.8	8	18.7	37	8.3	35	2.2	36
HRG LN18 Mammoth Mixed Grill	1940.4	97	8289.0	99	103.7	148	35.7	178	99.0	38	16.0	18	156.5	313	17.5	73	10.1	168
HRG LN18 Mega All Day Breakfast	1457.3	73	6085.7	72	71.0	101	24.9	125	131.4	51	22.1	25	67.4	135	18.1	75	7.5	125
HRG LN18 Melt in the Middle Chocolate Pudding (V)	776.5	39	3243.9	39	43.2	62	8.3	41	86.4	33	60.7	67	9.2	18	1.1	5	0.9	16
HRG LN18 Melt Stack	1387.8	69	5985.2	71	69.6	99	30.8	154	83.9	32	18.0	20	110.2	220	14.4	60	9.3	155
HRG LN18 Melt Stack PROMO	1387.8	69	5985.2	71	69.6	99	30.8	154	83.9	32	18.0	20	110.2	220	14.4	60	9.3	155
HRG LN18 Mixed Grill	1423.3	71	5946.7	71	72.1	103	24.4	122	97.3	37	15.0	17	89.1	178	15.8	66	6.0	99
HRG LN18 Mixed Grill PROMO	1423.3	71	5946.7	71	72.1	103	24.4	122	97.3	37	15.0	17	89.1	178	15.8	66	6.0	99
HRG LN18 Monterey Jack Cheese - 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
HRG LN18 NGCI Cheese, Onion & Potato Pie (V)	1202.9	60	5028.6	60	61.9	88	31.8	159	121.0	47	10.2	11	31.8	64	15.7	65	2.8	47
HRG LN18 Onion & Red Wine Gravy - Extra PROMO	75.3	4	315.1	4	3.5	5	1.5	8	9.6	4	1.1	1	0.4	1	0.4	2	1.1	18

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HRG LN18 Onion Bhajis (V) - Side Order	176.9	9	740.0	9	7.7	11	2.0	10	19.0	7	4.8	5	5.6	11	4.8	20	0.4	6
HRG LN18 Peach Melba Cake	694.1	35	2887.1	34	49.9	71	23.1	115	55.6	21	39.0	43	6.6	13	0.7	3	0.6	11
HRG LN18 Peppered Cheddar Mushrooms (V) - Side Order	133.0	7	553.8	7	10.1	14	6.0	30	1.5	1	0.3	0	9.3	19	2.1	9	0.5	9
HRG LN18 Peppered Cheddar Mushrooms (V) - Side Order PROMO	133.0	7	553.8	7	10.1	14	6.0	30	1.5	1	0.3	0	9.3	19	2.1	9	0.5	9
HRG LN18 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
HRG LN18 Plain and Simple 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
HRG LN18 Plain and Simple 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
HRG LN18 Plain and Simple Ice Cream (V) Promo	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
HRG LN18 Poppadums and Dips (V) PROMO	255.2	13	1075.0	13	7.8	11	0.7	4	38.4	15	13.8	15	7.7	15	0.6	3	2.7	44
HRG LN18 Quorn Sausage and Chips PROMO	779.6	39	3267.0	39	28.5	41	10.1	50	89.7	35	7.4	8	31.4	63	19.4	81	2.7	46
HRG LN18 Quorn Sausage and Mash (V) - LB	766.3	38	3183.0	38	26.6	38	9.2	46	89.2	34	5.8	6	31.6	63	18.2	76	2.5	42
HRG LN18 Quorn Sausage and Mash (V) - LB PROMO	766.3	38	3183.0	38	26.6	38	9.2	46	89.2	34	5.8	6	31.6	63	18.2	76	2.5	42
HRG LN18 Quorn Sausage and Mash (V) - LB PROMO	766.3	38	3183.0	38	26.6	38	9.2	46	89.2	34	5.8	6	31.6	63	18.2	76	2.5	42
HRG LN18 Roast Beef - Sunday Lunch	1078.3	54	4507.2	54	54.0	77	16.4	82	127.7	49	27.5	31	18.3	37	12.7	53	7.3	122
HRG LN18 Roast Pork - Sunday Lunch PROMO	1293.7	65	5397.9	64	73.1	104	23.5	118	109.8	42	25.3	28	47.8	96	10.4	44	5.2	87
HRG LN18 Roast Potatoes (V) - Side Order PROMO	358.0	18	1493.7	18	21.3	30	2.5	12	39.0	15	1.4	2	4.8	10	3.9	16	2.3	38
HRG LN18 Roast Turkey - Sunday Lunch PROMO	1184.4	59	4961.7	59	54.8	78	18.2	91	111.1	43	26.2	29	60.2	120	10.6	44	6.2	103
HRG LN18 Roast Turkey - Sunday Lunch PROMO	1184.4	59	4961.7	59	54.8	78	18.2	91	111.1	43	26.2	29	60.2	120	10.6	44	6.2	103
HRG LN18 Rocky Road Sundae	657.9	33	2759.1	33	30.2	43	15.4	77	85.2	33	72.9	81	10.0	20	2.5	10	0.5	9
HRG LN18 Rocky Road Sundae PROMO	657.9	33	2759.1	33	30.2	43	15.4	77	85.2	33	72.9	81	10.0	20	2.5	10	0.5	9
HRG LN18 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
HRG LN18 Sausage and Chips PROMO	1016.3	51	4246.0	51	48.8	70	18.1	91	108.0	42	10.0	11	28.5	57	15.0	63	3.3	55
HRG LN18 Sausage and Mash - LB PROMO	1006.6	50	4177.2	50	47.3	68	17.4	87	107.7	41	8.3	9	28.7	57	13.8	58	3.1	52
HRG LN18 Sautéed Mushrooms - Extra	33.9	2	140.4	2	3.1	4	0.4	2	0.3	0	0.1	0	1.3	3	1.0	4	0.0	0
HRG LN18 Skinny Steak < 500 Kcal PROMO	453.8	23	1895.7	23	25.3	36	10.7	53	4.7	2	4.6	5	51.9	104	2.2	9	0.4	6
HRG LN18 Sunday Veg NEW - Extra (V)	76.6	4	320.2	4	0.4	1	0.1	1	14.8	6	12.6	14	1.8	4	4.6	19	0.8	13
HRG LN18 Topped Chips & Fries Upgrade - Dirty Chilli Cheese PROMO	572.7	29	2384.0	28	37.9	54	20.1	101	29.8	11	18.7	21	28.0	56	2.3	10	2.5	42

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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	%		
HRG LN18 Triple Layer Cobbler (V)	464.6	23	1954.1	23	17.5	25	6.8	34	70.9	27	37.9	42	7.8	16	2.5	10	0.3	5
HRG LN18 Triple Layer Cobbler (V) Lunch	464.6	23	1954.1	23	17.5	25	6.8	34	70.9	27	37.9	42	7.8	16	2.5	10	0.3	5
HRG LN18 Triple Layer Cobbler (V) Sunday	464.6	23	1954.1	23	17.5	25	6.8	34	70.9	27	37.9	42	7.8	16	2.5	10	0.3	5
HRG LN18 Upgrade from Chips (150g) to Curly Fries (150g)	146.3	7	612.7	7	7.9	11	1.4	7	17.3	7	0.8	1	1.5	3	1.2	5	0.5	8
HRG LN18 Upgrade from Garlic Bread (x2) to Chips (227g)	128.1	6	535.9	6	5.5	8	2.2	11	16.4	6	0.8	1	2.1	4	2.4	10	0.0	1
HRG LN18 Upgrade from Tortilla Chips (30g) to Chips (150g)	12.4	1	52.1	1	0.5	1	0.2	1	1.6	1	0.1	0	0.2	0	0.2	1	0.0	0
HRG LN18 Upgrade from Tortilla Chips (30g) to Curly Fries (150g)	223.9	11	937.8	11	12.1	17	2.2	11	26.4	10	1.2	1	2.4	5	1.8	8	0.7	12
HRG LN18 White Long Grain Rice (V) - Side Order	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
HRG LN18 Yorkshire Pudding (V) - Side	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
HRG LN2018 Roast Potatoes (V) - Side Order	358.0	18	1493.7	18	21.3	30	2.5	12	39.0	15	1.4	2	4.8	10	3.9	16	2.3	38
HRG M1 DN Golden Whitby Scampi	1035.6	52	4330.3	52	50.1	72	16.0	80	110.4	42	9.7	11	30.5	61	16.3	68	3.8	64
HRG M1 DN Large Roast Turkey - Sunday Lunch	1482.8	74	6208.5	74	71.8	103	21.1	106	122.3	47	27.5	31	86.0	172	11.2	47	6.5	108
HRG M1 DN Sausage and Chips	1016.3	51	4246.0	51	48.8	70	18.1	91	108.0	42	10.0	11	28.5	57	15.0	63	3.3	55
HRG M1 DN17 Bowl of Yorkshire Puddings (V) - Side Order PROMO	1252.6	63	5206.2	62	97.0	139	15.6	78	66.7	26	7.8	9	32.0	64	3.2	13	0.8	13
HRG M1 LN White Long-Grain Rice (V) - For Hen House	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
HRG M1 LN Battered Onion Rings (V) - Side Order	499.0	25	2086.8	25	29.4	42	5.8	29	53.0	20	8.2	9	5.8	12	5.6	23	2.0	33
HRG M1 LN Beef Lasagne	615.5	31	2563.4	31	28.4	41	10.3	51	69.1	27	14.6	16	21.6	43	29.2	122	2.1	36
HRG M1 LN Bowl of Yorkshire Puddings (V) - Side Order	1252.6	63	5206.2	62	97.0	139	15.6	78	66.7	26	7.8	9	32.0	64	3.2	13	0.8	13
HRG M1 LN Cheesy Mash 227g (V) - Side Order	516.6	26	2154.8	26	31.3	45	20.2	101	40.1	15	1.2	1	17.3	35	3.0	12	1.7	28
HRG M1 LN Chips 227g (V) - Side Order	367.0	18	1535.5	18	15.7	22	6.3	32	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
HRG M1 LN Chocolate Fudge Cake (V)	690.4	35	2897.7	34	29.5	42	6.2	31	99.9	38	82.1	91	7.3	15	3.5	15	0.4	7
HRG M1 LN Curly Fries 227g (V) - Side Order	451.0	23	1889.6	22	24.4	35	4.4	22	53.3	21	2.5	3	4.8	10	3.6	15	1.5	25
HRG M1 LN Dirty Chilli 3 for £10	404.8	20	1689.4	20	21.0	30	8.1	41	37.2	14	17.8	20	15.4	31	2.6	11	1.7	28
HRG M1 LN Garlic Bread (V) 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
HRG M1 LN Giant Honeycomb Sundae (V)	1367.7	68	5742.2	68	61.7	88	38.4	192	187.6	72	164.4	183	14.0	28	2.1	9	1.1	19
HRG M1 LN Giant Rocky Road Sundae	1261.9	63	5292.3	63	58.0	83	29.0	145	164.0	63	140.6	156	18.8	38	4.5	19	1.0	17

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	%
HRG M1 LN Hen House - Half Roast Chicken	672.0	34	2803.2	33	41.3	59	12.2	61	0.3	0	0.3	0	74.9	150	1.6	7	2.2	37
HRG M1 LN Naan Bread (V) - Side Order	174.2	9	733.2	9	4.0	6	0.4	2	28.7	11	1.4	2	4.7	9	2.2	9	0.4	7
HRG M1 LN Onion & Red Wine Gravy - Extra	75.3	4	315.1	4	3.5	5	1.5	8	9.6	4	1.1	1	0.4	1	0.4	2	1.1	18
HRG M1 LN Peas (V) - For Hen House	58.7	3	245.7	3	0.3	0	0.1	0	7.7	3	2.6	3	4.4	9	3.9	16	0.1	1
HRG M1 LN Poppadums and Dips (V)	255.2	13	1075.0	13	7.8	11	0.7	4	38.4	15	13.8	15	7.7	15	0.6	3	2.7	44
HRG M1 LN Salad Bowl (V) - Side Order	31.8	2	132.4	2	2.1	3	0.4	2	2.6	1	2.4	3	0.7	1	1.2	5	0.0	0
HRG M1 LN Side Salad (V) - For Hen House	15.6	1	65.9	1	0.3	0	0.1	0	2.6	1	2.4	3	0.7	1	1.2	5	0.0	0
HRG M1 LN Skinny Steak < 500 Kcal	453.8	23	1895.7	23	25.3	36	10.7	53	4.7	2	4.6	5	51.9	104	2.2	9	0.4	6
HRG M1 LN18 8oz Gammon Steak	951.2	48	3974.6	47	46.3	66	18.0	90	76.7	29	13.5	15	51.5	103	13.0	54	6.9	115
HRG M1 LN18 8oz Rump Steak	1154.4	58	4819.8	57	61.2	87	20.9	104	82.9	32	9.5	11	61.6	123	14.9	62	2.3	38
HRG M1 LN18 Beef Lasagne < 500 Kcal	410.6	21	1705.7	20	17.7	25	7.1	35	46.7	18	13.1	15	17.7	35	27.8	116	1.6	27
HRG M1 LN18 Beer Battered Fish and Chips	1392.2	70	5807.5	69	74.0	106	22.9	114	110.6	43	9.8	11	62.9	126	15.0	63	2.3	38
HRG M1 LN18 Cauli Cheese (V) - Side Order	185.0	9	771.7	9	9.7	14	5.5	28	18.7	7	3.5	4	5.8	12	2.5	10	1.3	21
HRG M1 LN18 Cheddar Cheese & Bacon - For Hen House	298.6	15	1241.7	15	22.2	32	13.0	65	1.5	1	0.1	0	23.3	47	0.0	0	2.7	46
HRG M1 LN18 Cheesy Garlic Bread (V) - Side Order	586.1	29	2444.2	29	37.6	54	18.0	90	39.1	15	2.8	3	21.4	43	3.2	13	1.9	32
HRG M1 LN18 Cheesy Mac (V) - Side Order	309.1	15	1298.9	15	12.7	18	7.0	35	36.5	14	2.5	3	10.3	21	4.1	17	1.3	21
HRG M1 LN18 Chicken Tikka Masala	964.2	48	4063.7	48	29.2	42	6.9	34	135.6	52	25.5	28	40.2	80	10.6	44	3.5	58
HRG M1 LN18 Chocolate Fudge Cake (V)	690.4	35	2897.7	34	29.5	42	6.2	31	99.9	38	82.1	91	7.3	15	3.5	15	0.4	7
HRG M1 LN18 Chocolate Fudge Cake (V) PROMO	690.4	35	2897.7	34	29.5	42	6.2	31	99.9	38	82.1	91	7.3	15	3.5	15	0.4	7
HRG M1 LN18 Corn on the Cob (V) - For Hen House	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
HRG M1 LN18 Extra Braised Red Cabbage - Side Order	126.0	6	531.0	6	0.8	1	0.1	1	27.4	11	25.8	29	1.2	2	2.1	9	0.7	12
HRG M1 LN18 Extra Sunday Veg - Side Order	82.2	4	343.8	4	0.5	1	0.2	1	15.9	6	13.5	15	1.9	4	5.0	21	0.8	14
HRG M1 LN18 Garlic Bread (V) - Side Order	353.1	18	1477.0	18	18.2	26	5.6	28	38.7	15	2.8	3	7.1	14	3.3	14	0.9	14
HRG M1 LN18 Giant Rocky Road Sundae PROMO	1261.9	63	5292.3	63	58.0	83	29.0	145	164.0	63	140.6	156	18.8	38	4.5	19	1.0	17
HRG M1 LN18 Harissa Rice (V) - For Hen House	350.4	18	1484.2	18	9.3	13	0.8	4	64.5	25	1.8	2	6.2	12	2.9	12	0.7	11
HRG M1 LN18 Hen House - Buttermilk Chicken PROMO	557.9	28	2330.5	28	33.7	48	12.3	62	31.6	12	2.6	3	32.2	64	4.0	17	1.6	27
HRG M1 LN18 Pigs in Blankets - Side Order	1322.2	66	5531.6	66	120.1	172	46.4	232	14.0	5	0.0	0	45.9	92	0.7	3	10.0	166
HRG M1 LN18 Side Combo (V) - Side Order	406.0	20	1703.9	20	22.2	32	4.8	24	43.3	17	4.4	5	7.3	15	4.4	18	1.5	25

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	%
HRG M1 LN18 Trio of Lamb Chops	1403.8	70	5847.2	70	91.2	130	41.5	208	74.3	29	7.0	8	65.2	130	13.0	54	1.5	26
HRG M2 LN 10oz Ribeye Steak	1458.3	73	6077.7	72	85.9	123	32.7	163	81.7	31	9.4	10	83.0	166	14.7	61	2.2	37
HRG M2 LN 2018 Sausage and Mash - LB Promo	1006.6	50	4177.2	50	47.3	68	17.4	87	107.7	41	8.3	9	28.7	57	13.8	58	3.1	52
HRG M2 LN 3x Onion Rings - Burger Upgrade	599.4	30	2506.8	30	35.3	50	7.0	35	63.7	24	9.9	11	7.0	14	6.7	28	2.4	40
HRG M2 LN 8oz Rump Steak - Extra	477.9	24	1989.1	24	32.1	46	10.9	54	0.1	0	0.0	0	47.0	94	0.0	0	1.3	22
HRG M2 LN BBQ Chicken Bake	956.9	48	4004.4	48	44.2	63	11.6	58	97.7	38	23.3	26	36.3	73	13.5	56	2.2	37
HRG M2 LN BBQ Pulled Pork Hash < 600 Kcal	552.8	28	2334.2	28	30.6	44	10.7	53	43.7	17	27.9	31	21.8	44	9.2	39	2.8	46
HRG M2 LN Buttermilk BBQ Melt Sub	933.6	47	3918.3	47	38.3	55	13.9	70	99.5	38	10.0	11	44.6	89	5.8	24	4.7	78
HRG M2 LN Buttermilk BBQ Melt Sub - V2	933.6	47	3918.3	47	38.3	55	13.9	70	99.5	38	10.0	11	44.6	89	5.8	24	4.7	78
HRG M2 LN Buttermilk BBQ Melt Sub PROMO	960.9	48	4033.0	48	39.4	56	14.3	72	102.4	39	10.3	11	45.9	92	6.0	25	4.8	80
HRG M2 LN Buttermilk Chicken Burrito	1407.0	70	5895.2	70	53.5	76	18.9	95	186.4	72	14.7	16	48.7	97	35.5	148	3.6	60
HRG M2 LN Cauliflower Cheese Tart (V) - Sunday Lunch	1360.4	68	5680.4	68	77.3	110	24.4	122	135.9	52	22.5	25	28.9	58	13.3	56	6.6	110
HRG M2 LN Cheddar & Baked Beans Jacket (V)	595.2	30	2484.9	30	31.1	44	19.2	96	57.9	22	6.4	7	24.0	48	8.3	35	1.9	32
HRG M2 LN Cheddar & Spring Onion Burrito (V)	1360.1	68	5694.1	68	55.5	79	24.5	123	172.6	66	13.9	15	46.6	93	33.9	141	3.8	63
HRG M2 LN Cheddar Cheese and Onion Sandwich (V)	648.2	32	2709.5	32	33.9	48	14.2	71	58.7	23	2.7	3	25.9	52	5.0	21	2.3	39
HRG M2 LN Cheddar Cheese, BBQ & Bacon - For Hen House	354.6	18	1479.1	18	22.2	32	13.0	65	14.4	6	10.6	12	23.5	47	0.2	1	3.6	60
HRG M2 LN Cheesy Mac (V) 3 for £10	295.4	15	1241.6	15	12.2	17	6.6	33	34.9	13	2.4	3	9.9	20	3.9	16	1.2	20
HRG M2 LN Chicken & Bacon Salad	883.6	44	3871.6	46	37.5	54	7.2	36	74.3	29	18.2	20	77.1	154	7.2	30	5.2	87
HRG M2 LN Chicken & Bacon Salad < 500 Kcal	433.6	22	1999.6	24	19.3	28	5.1	26	8.6	3	5.7	6	67.0	134	3.8	16	4.2	70
HRG M2 LN Children's Cauliflower Cheese Tart (V) - Sunday Lunch	1035.7	52	4324.3	51	61.4	88	18.6	93	97.1	37	13.4	15	24.4	49	8.4	35	4.7	78
HRG M2 LN Chip Buttie (V)	777.6	39	3258.1	39	30.9	44	8.7	44	102.2	39	3.5	4	17.9	36	11.3	47	1.4	24
HRG M2 LN Chipotle Veg & Grains < 500 Kcal	418.8	21	1755.9	21	10.8	15	3.3	17	71.2	27	10.3	11	19.5	39	22.2	93	1.7	29
HRG M2 LN Coconut Shrimp 3 for £10	266.1	13	1108.2	13	14.7	21	3.5	17	24.0	9	15.0	17	8.9	18	1.3	6	1.1	19
HRG M2 LN Coconut Shrimp Starter	273.6	14	1140.0	14	14.8	21	3.5	18	25.4	10	16.2	18	9.3	19	1.9	8	1.1	19
HRG M2 LN Crispy Buttermilk Chicken 3 for £10	752.3	38	3131.0	37	53.9	77	15.0	75	33.4	13	2.8	3	33.0	66	4.4	19	1.9	31
HRG M2 LN Crispy Buttermilk Chicken Starter	759.8	38	3162.8	38	54.1	77	15.0	75	34.8	13	4.0	4	33.3	67	5.0	21	1.9	31
HRG M2 LN Dirty Chilli - For Hen House	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
HRG M2 LN Dirty Chilli - Grill Topper	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

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	%
HRG M2 LN Dirty Chilli Cheese Burger	1314.8	66	5499.0	65	61.4	88	25.4	127	118.8	46	25.3	28	65.7	131	12.9	54	4.2	70
HRG M2 LN Dirty Chilli Cheese Burger - XL	1600.4	80	6689.1	80	77.4	111	32.2	161	121.1	47	25.5	28	98.5	197	13.1	54	5.7	95
HRG M2 LN Dirty Chilli Nachos	996.4	50	4158.7	50	55.5	79	21.6	108	85.8	33	23.6	26	33.6	67	6.0	25	4.9	82
HRG M2 LN Dirty Chilli Nachos to Share	1992.9	100	8317.3	99	110.9	158	43.3	216	171.5	66	47.2	52	67.2	134	12.0	50	9.8	164
HRG M2 LN Double Whammy Burger	1544.7	77	6460.0	77	77.9	111	32.9	165	121.6	47	16.3	18	83.0	166	13.5	56	6.3	104
HRG M2 LN Far Eastern Chicken 3 for £10	529.8	26	2219.4	26	23.7	34	7.2	36	38.8	15	25.3	28	40.0	80	1.4	6	3.6	60
HRG M2 LN Far Eastern Chicken Starter	537.4	27	2251.2	27	23.8	34	7.3	36	40.2	15	26.5	29	40.4	81	1.9	8	3.6	60
HRG M2 LN Fried Eggs (V) - Grill Topper	168.3	8	702.7	8	9.7	14	2.8	14	6.8	3	6.8	8	12.4	25	0.9	4	0.2	4
HRG M2 LN Garlic Chicken Feast Burger	1216.4	61	5088.8	61	60.7	87	18.8	94	114.6	44	11.1	12	47.5	95	13.2	55	2.4	40
HRG M2 LN Garlic Chicken Feast Burger - XL	1495.4	75	6254.0	74	77.5	111	24.9	125	130.4	50	12.4	14	63.6	127	15.2	63	3.2	53
HRG M2 LN Giant So Jammy Sundae (V)	1454.0	73	6108.8	73	66.8	95	36.2	181	196.6	76	152.9	170	16.9	34	3.6	15	1.0	16
HRG M2 LN Golden Breaded Mushrooms (V) 3 for £10	360.0	18	1521.7	18	17.2	25	2.8	14	41.3	16	7.3	8	8.3	17	3.9	16	1.9	32
HRG M2 LN Golden Breaded Mushrooms (V) Starter	367.6	18	1553.6	18	17.3	25	2.9	14	42.6	16	8.5	9	8.6	17	4.5	19	1.9	32
HRG M2 LN Golden Breaded Mushrooms (V) Starter - V2	367.6	18	1553.6	18	17.3	25	2.9	14	42.6	16	8.5	9	8.6	17	4.5	19	1.9	32
HRG M2 LN Grand Canyon Burger	1143.0	57	4778.1	57	56.4	81	22.2	111	99.6	38	9.8	11	53.8	108	12.4	52	3.0	49
HRG M2 LN Grand Canyon Burger - XL	1428.6	71	5968.1	71	72.4	103	29.0	145	102.0	39	10.0	11	86.6	173	12.6	52	4.4	74
HRG M2 LN Ham, Egg and Chips - LB	727.8	36	3018.0	36	32.9	47	11.6	58	64.8	25	8.1	9	36.5	73	8.0	33	2.1	35
HRG M2 LN Ham, Egg and Chips - LB LUNCH	727.8	36	3018.0	36	32.9	47	11.6	58	64.8	25	8.1	9	36.5	73	8.0	33	2.1	35
HRG M2 LN Harissa Veg Burger (V)	999.6	50	4195.7	50	46.9	67	17.1	85	118.9	46	11.2	12	25.9	52	15.6	65	2.6	44
HRG M2 LN Harissa Veg Burger (V) - XL	999.6	50	4195.7	50	46.9	67	17.1	85	118.9	46	11.2	12	25.9	52	15.6	65	2.6	44
HRG M2 LN Harissa Veg Burger (Ve)	956.7	48	4017.4	48	42.1	60	13.7	68	123.0	47	11.6	13	22.0	44	16.1	67	2.4	39
HRG M2 LN Harissa Veg Burger (Ve) - XL	956.7	48	4017.4	48	42.1	60	13.7	68	123.0	47	11.6	13	22.0	44	16.1	67	2.4	39
HRG M2 LN Homemade Slaw (V) - Side Order	148.9	7	617.5	7	11.5	16	0.8	4	10.2	4	7.0	8	1.4	3	3.3	14	0.8	13
HRG M2 LN Hunter's Chicken - LB	769.3	38	3192.1	38	33.3	48	14.6	73	66.2	25	8.5	9	45.3	91	7.7	32	3.4	56
HRG M2 LN Jam & 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
HRG M2 LN Katsu Curry Sauce (V) - For Hen House	99.0	5	416.0	5	5.7	8	1.3	7	10.1	4	6.4	7	1.4	3	1.1	5	0.9	15
HRG M2 LN Katsu Curry Sauce (V) - Side Order	99.0	5	416.0	5	5.7	8	1.3	7	10.1	4	6.4	7	1.4	3	1.1	5	0.9	15
HRG M2 LN Korean BBQ and Spring Onions (V) - For Hen House	106.1	5	443.9	5	0.3	0	0.1	0	24.4	9	20.8	23	1.4	3	1.0	4	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	%
HRG M2 LN Lamb Hotpot Pie	1223.6	61	5121.4	61	59.7	85	26.6	133	135.4	52	9.7	11	31.3	63	15.7	65	3.2	53
HRG M2 LN Lentil & Vegetable Lasagne (V)	631.8	32	2645.2	31	28.0	40	10.3	52	73.3	28	12.4	14	22.0	44	8.2	34	2.9	48
HRG M2 LN Lentil & Vegetable Lasagne (V) < 500 Kcal	418.1	21	1751.0	21	17.0	24	6.9	35	49.9	19	10.7	12	17.7	35	6.3	26	2.3	39
HRG M2 LN Lentil & Vegetable Lasagne (Ve)	517.6	26	2170.8	26	18.6	27	4.5	22	72.6	28	12.4	14	15.2	30	8.2	34	2.4	39
HRG M2 LN Lentil & Vegetable Lasagne (Ve) < 400 Kcal	303.8	15	1276.6	15	7.6	11	1.1	5	49.2	19	10.6	12	10.9	22	6.3	26	1.8	31
HRG M2 LN Mac 'n' Cheese - Grill Topper	242.0	12	1018.0	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
HRG M2 LN Mac 'n' Cheese (V)	778.0	39	3264.7	39	34.8	50	17.4	87	88.8	34	10.1	11	23.6	47	10.7	45	2.8	47
HRG M2 LN Mash - For Hen House	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
HRG M2 LN Mediterranean Melt - Grill Topper	280.5	14	1170.6	14	15.7	22	4.3	21	29.6	11	2.4	3	7.5	15	2.8	11	1.4	23
HRG M2 LN Mediterranean Melt (V) Starter	300.0	15	1253.2	15	15.9	23	4.3	22	33.5	13	5.5	6	7.9	16	3.8	16	1.5	26
HRG M2 LN Mushroom Melt Salad (V)	740.1	37	3077.4	37	39.9	57	11.6	58	78.3	30	18.2	20	21.8	44	8.0	33	1.7	29
HRG M2 LN Mushroom Melt Salad (V) < 300 Kcal	290.1	15	1205.5	14	21.8	31	9.5	48	12.6	5	5.6	6	11.6	23	4.6	19	0.7	11
HRG M2 LN Mushroom Melt Salad (Ve)	625.9	31	2603.1	31	30.6	44	5.7	28	77.5	30	18.2	20	15.0	30	8.0	33	1.2	20
HRG M2 LN Mushroom Melt Salad (Ve) < 200 Kcal	175.9	9	731.1	9	12.4	18	3.7	18	11.8	5	5.6	6	4.8	10	4.6	19	0.2	3
HRG M2 LN Mushroom Melt Sub (V)	689.0	34	2891.8	34	28.0	40	9.5	48	84.8	33	7.1	8	22.0	44	6.7	28	2.1	34
HRG M2 LN Nachos (V)	713.2	36	2976.3	35	40.9	58	15.6	78	61.9	24	6.5	7	19.8	40	4.1	17	3.5	59
HRG M2 LN Nachos to Share (V)	1426.5	71	5952.6	71	81.8	117	31.1	156	123.8	48	13.0	14	39.6	79	8.2	34	7.1	118
HRG M2 LN NGCI Ham & Pea Pie	1157.8	58	4838.3	58	59.3	85	30.5	152	121.0	47	7.9	9	28.1	56	16.0	67	2.6	44
HRG M2 LN Oozy Floozy Burger	1237.0	62	5173.9	62	56.3	80	19.8	99	124.5	48	10.6	12	54.8	110	13.7	57	3.8	63
HRG M2 LN Oozy Floozy Burger - XL	1522.6	76	6363.9	76	72.3	103	26.6	133	126.9	49	10.8	12	87.6	175	13.9	58	5.3	88
HRG M2 LN Peppercorn Sauce - Grill Topper	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
HRG M2 LN Peppered Cheddar Mushrooms (V) - Grill Topper	133.0	7	553.8	7	10.1	14	6.0	30	1.5	1	0.3	0	9.3	19	2.1	9	0.5	9
HRG M2 LN Plain Beef Burger	956.6	48	4003.3	48	40.6	58	15.5	77	94.9	37	8.2	9	47.3	95	11.0	46	2.4	41
HRG M2 LN Plain Beef Burger - XL	1242.2	62	5193.3	62	56.6	81	22.3	111	97.3	37	8.4	9	80.1	160	11.1	46	3.9	66
HRG M2 LN Plain Buttermilk Chicken Burger	949.9	47	3978.5	47	41.5	59	14.9	74	108.3	42	9.3	10	30.6	61	12.8	53	1.7	29
HRG M2 LN Plain Buttermilk Chicken Burger - XL	1228.9	61	5143.7	61	58.3	83	21.0	105	124.1	48	10.6	12	46.7	93	14.8	62	2.5	42
HRG M2 LN Plain Jacket Potato (V)	291.7	15	1223.3	15	12.1	17	7.3	37	42.7	16	2.7	3	5.5	11	4.7	20	0.3	5
HRG M2 LN Plain Jacket Potato (V) - V2	291.7	15	1223.3	15	12.1	17	7.3	37	42.7	16	2.7	3	5.5	11	4.7	20	0.3	5
HRG M2 LN Plain Jacket Potato (V) PROMO	291.7	15	1223.3	15	12.1	17	7.3	37	42.7	16	2.7	3	5.5	11	4.7	20	0.3	5

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	%
HRG M2 LN Prawn Cocktail Starter	470.2	24	1960.0	23	30.2	43	9.8	49	27.5	11	6.9	8	22.3	45	2.8	12	1.8	29
HRG M2 LN Pulled Brisket Bites Starter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HRG M2 LN Quorn Sausage and Mash (V) - LB	766.3	38	3183.0	38	26.6	38	9.2	46	89.2	34	5.8	6	31.6	63	18.2	76	2.5	42
HRG M2 LN Red Velvet Cake (V)	1112.5	56	4623.5	55	80.2	115	41.4	207	115.9	45	43.2	48	8.3	17	1.6	7	0.8	13
HRG M2 LN Rhubarb & Custard Tart (V)	490.2	25	2052.9	24	21.9	31	11.8	59	66.5	26	46.4	52	5.8	12	0.9	4	0.1	2
HRG M2 LN Rump Steak Salad	898.7	45	3737.2	44	48.8	70	11.7	58	81.6	31	19.0	21	38.2	76	6.2	26	2.0	33
HRG M2 LN Rump Steak Salad < 400 Kcal	396.1	20	1646.2	20	27.8	40	8.9	45	11.1	4	5.3	6	25.8	52	2.5	11	0.8	13
HRG M2 LN Sausage and Mash - LB	1006.6	50	4177.2	50	47.3	68	17.4	87	107.7	41	8.3	9	28.7	57	13.8	58	3.1	52
HRG M2 LN Sauteed Mushrooms (V) - Grill Topper	59.5	3	246.8	3	5.3	8	0.7	3	0.6	0	0.3	0	2.5	5	2.0	9	0.0	0
HRG M2 LN Scampi - Grill Topper	185.3	9	775.5	9	9.7	14	3.1	16	17.0	7	0.9	1	7.9	16	-	-	1.2	20
HRG M2 LN Slaw (V) - For Hen House	74.5	4	308.8	4	5.8	8	0.4	2	5.1	2	3.5	4	0.7	1	1.7	7	0.4	6
HRG M2 LN So Jammy Sundae (V)	727.0	36	3054.4	36	33.4	48	18.1	91	98.3	38	76.5	85	8.5	17	1.8	7	0.5	8
HRG M2 LN Somerset Brie & Apple Chutney Tart (V) - LB	786.6	39	3261.4	39	36.0	51	15.5	77	93.4	36	15.2	17	16.1	32	9.1	38	1.1	18
HRG M2 LN Somerset Brie & Apple Chutney Tart (V) - Lunch	786.6	39	3261.4	39	36.0	51	15.5	77	93.4	36	15.2	17	16.1	32	9.1	38	1.1	18
HRG M2 LN Soup of the Day (V) Starter	298.1	15	1216.3	14	14.4	21	5.5	28	34.0	13	10.2	11	8.3	17	4.9	20	0.8	13
HRG M2 LN Soup of the Day (V) Starter - V2	298.1	15	1216.3	14	14.4	21	5.5	28	34.0	13	10.2	11	8.3	17	4.9	20	0.8	13
HRG M2 LN Spicy Sweet Potato Balls (V) - Side Order	288.8	14	1208.7	14	14.9	21	3.8	19	33.3	13	4.1	5	4.2	8	2.9	12	0.7	12
HRG M2 LN Spicy Sweet Potato Balls (V) Starter	270.2	14	1134.2	14	11.2	16	2.9	14	38.1	15	13.3	15	3.5	7	2.7	11	1.1	19
HRG M2 LN Spicy Sweet Potato Balls 3 for £10	321.3	16	1348.5	16	13.5	19	3.5	17	45.1	17	15.0	17	4.0	8	2.7	11	1.4	23
HRG M2 LN Sticky Toffee Ginger Cheesecake (V)	539.3	27	2253.9	27	30.1	43	17.3	86	58.5	22	42.4	47	8.6	17	1.0	4	0.6	11
HRG M2 LN Sub Roll 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
HRG M2 LN Sweet Chilli Chicken Burger	1079.3	54	4519.3	54	47.7	68	18.7	93	121.8	47	20.5	23	35.2	70	13.0	54	2.7	46
HRG M2 LN Sweet Chilli Chicken Burger - XL	1358.2	68	5684.5	68	64.5	92	24.9	124	137.6	53	21.8	24	51.3	103	15.0	63	3.5	59
HRG M2 LN Sweet Chilli Sauce (V) - For Hen House	194.0	10	812.0	10	0.0	0	0.0	0	48.0	18	40.0	44	0.2	0	0.8	3	2.3	38
HRG M2 LN Tuna Mayo Melt Sub	693.3	35	2914.0	35	26.2	37	7.1	36	80.5	31	4.9	5	31.2	62	4.1	17	2.6	43
HRG M2 LN Tuna Mayonnaise Jacket Potato	428.5	21	1796.0	21	20.3	29	8.0	40	46.0	18	4.1	5	18.0	36	5.1	21	1.2	19
HRG M2 LN Upgrade from Chips (227g) to Curly Fries (227g)	276.1	14	1156.6	14	14.9	21	2.7	13	32.7	13	1.5	2	2.9	6	2.2	9	0.9	15
HRG M2 LN Upgrade from Garlic Bread (x2) to	263.4	13	1103.5	13	14.2	20	2.6	13	31.2	12	1.5	2	2.8	6	2.1	9	0.9	14

Recipes with Nutritional Reference Intake

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
Curly Fries (227g)																		
HRG M2 LN Upgrade from Tortilla Chips (30g) to Onion Rings (x6)	87.3	4	365.2	4	5.1	7	1.0	5	9.3	4	1.4	2	1.0	2	1.0	4	0.3	6
HRG M2 LN Upgrade from Tortilla Chips (30g) to Salad Garnish	4.0	0	16.7	0	0.1	0	0.0	0	0.7	0	0.6	1	0.2	0	0.3	1	0.0	0
HRG M2 LN Vegetable Burrito (Ve)	1128.0	56	4729.9	56	36.7	52	12.8	64	170.6	66	13.4	15	32.6	65	33.5	140	2.8	47
HRG M2 LN Wild West Burger	1162.7	58	4862.7	58	54.9	78	22.9	115	99.3	38	9.7	11	62.2	124	11.4	47	4.7	78
HRG M2 LN Wild West Burger - XL	1448.3	72	6052.7	72	70.9	101	29.7	149	101.7	39	9.9	11	95.0	190	11.5	48	6.2	103
HRG M2 LN Yorkshire Stack	1472.7	74	6140.9	73	83.0	119	24.7	123	134.9	52	18.1	20	39.6	79	19.9	83	3.2	54
HRG M2 LN Yorkshire Stack (V)	1259.9	63	5261.0	63	64.3	92	17.2	86	118.7	46	15.9	18	42.6	85	24.2	101	2.7	46
HRG M2 LN18 Rhubarb & Custard Tart (V) PROMO	490.2	25	2052.9	24	21.9	31	11.8	59	66.5	26	46.4	52	5.8	12	0.9	4	0.1	2
HRG M2 LN18 Soup of the Day (V) Starter PROMO	298.1	15	1216.3	14	14.4	21	5.5	28	34.0	13	10.2	11	8.3	17	4.9	20	0.8	13
HRG M3 3 4 10 Pulled Brisket Bites	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HRG M3 Cheesy Garlic Bread Starter	621.2	31	2592.8	31	41.4	59	17.4	87	40.4	16	6.3	7	20.3	41	3.1	13	2.2	36
Mediterranean Melt - Extra	280.5	14	1170.6	14	15.7	22	4.3	21	29.6	11	2.4	3	7.5	15	2.8	11	1.4	23
Quorn Sausage - Extra	73.2	4	308.2	4	2.1	3	0.3	1	5.7	2	0.6	1	6.8	14	2.3	9	0.6	9
Slice of Toast and Butter - Extra	201.9	10	841.2	10	12.1	17	7.4	37	19.5	8	0.5	1	3.8	8	1.2	5	0.6	11
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
Topped Chips & Fries Upgrade - Beans (Ve)	456.9	23	1903.5	23	11.3	16	5.4	27	68.9	26	18.8	21	22.5	45	16.5	69	2.9	48
Topped Chips & Fries Upgrade - Beans 'n' Cheese (V)	843.9	42	3509.3	42	45.9	66	27.4	137	64.0	25	16.8	19	46.1	92	14.6	61	4.5	75
Topped Chips & Fries Upgrade - Cheese	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
Topped Chips & Fries Upgrade - Garlic Chicken	534.3	27	2218.7	26	41.7	60	11.1	56	22.0	8	3.0	3	17.5	35	2.8	12	1.2	20