

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	%
VLG M2 <400 Cajun Chicken	320.6	16	1339.7	16	14.3	20	2.4	12	7.4	3	4.6	5	42.5	85	2.1	9	2.5	42
VLG M2 <500 Plain Roasted Chicken Burger	455.5	23	1916.9	23	11.6	17	2.4	12	39.1	15	7.5	8	48.7	97	3.4	14	1.7	28
VLG M2 <500 Plain Veggie Burger (Ve)	495.0	25	2077.1	25	20.3	29	2.4	12	48.5	19	8.1	9	27.1	54	6.1	26	1.9	31
VLG M2 <500 Vegetarian Lasagne (V)	422.6	21	1614.1	19	19.7	28	4.5	23	38.3	15	13.3	15	8.9	18	5.2	22	2.0	33
VLG M2 <600 Plain Beef Burger	532.0	27	2226.3	27	22.9	33	8.2	41	39.8	15	6.3	7	40.4	81	3.6	15	2.3	38
VLG M2 <600 Rump Steak 10oz	553.9	28	2310.5	28	32.7	47	12.9	65	4.9	2	4.5	5	59.9	120	2.1	9	0.4	7
VLG M2 <600 Sirloin Steak 8oz	513.2	26	2136.9	25	32.7	47	13.3	67	4.9	2	4.5	5	49.9	100	2.1	9	0.4	6
VLG M2 <700 Pedigree Ale Beef Lasagne	623.2	31	2636.0	31	37.9	54	16.6	83	42.9	16	14.2	16	28.6	57	4.6	19	2.4	40
VLG M2 All Day Breakfast	1374.8	69	5731.2	68	77.0	110	22.2	111	102.4	39	14.1	16	64.5	129	16.0	67	6.9	116
VLG M2 American BBQ Pizza	1364.4	68	5798.7	69	37.3	53	16.8	84	181.0	70	37.4	42	76.3	153	10.9	45	10.3	171
VLG M2 Apple Pie (V)	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG M2 Aubergine Caponata (Ve)	743.3	37	3124.3	37	24.5	35	5.7	29	106.2	41	24.7	27	19.8	40	9.0	38	2.2	37
VLG M2 Bacon and Egg Muffin	426.0	21	1782.0	21	18.8	27	4.0	20	40.7	16	6.9	8	23.6	47	2.3	10	3.2	54
VLG M2 Bacon and Sausage Muffin	410.1	21	1720.2	20	12.9	18	4.3	22	51.5	20	8.0	9	21.6	43	2.9	12	3.7	61
VLG M2 Bacon Buttie	556.2	28	2334.6	28	20.7	30	6.1	30	49.7	19	1.3	1	43.0	86	4.6	19	6.4	106
VLG M2 Bacon Muffin	340.1	17	1428.7	17	8.0	11	2.8	14	40.7	16	6.7	7	26.2	52	2.3	10	4.7	79
VLG M2 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	0.8	13
VLG M2 BBQ Cauliflower Wings (Ve)	265.4	13	1116.3	13	7.4	11	2.5	13	44.6	17	22.0	24	5.4	11	3.2	13	2.2	37
VLG M2 BBQ Jackfruit Nachos (V)	371.2	19	1553.5	18	17.4	25	3.8	19	43.8	17	12.1	13	8.0	16	3.2	13	1.5	26
VLG M2 BBQ Jackfruit Nachos (Ve)	293.9	15	1230.2	15	12.0	17	0.9	4	40.7	16	11.2	12	4.0	8	3.0	12	1.2	20
VLG M2 BBQ Pulled Pork - Extra	2729.4	136	11414.7	136	140.5	201	58.0	290	155.0	60	148.8	165	201.2	402	6.2	26	12.0	200
VLG M2 BBQ Ranch Burger	1203.6	60	5039.3	60	54.6	78	22.1	110	107.9	42	21.8	24	64.3	129	10.8	45	5.9	98
VLG M2 BBQ Sauce (Ve) Extra	263.2	13	1099.8	13	11.8	17	6.0	30	36.4	14	22.1	25	3.2	6	2.5	11	0.0	0
VLG M2 Beans on Toast (V)	545.0	27	2285.4	27	10.9	16	2.4	12	86.4	33	12.0	13	27.4	55	15.0	63	2.5	42
VLG M2 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
VLG M2 Beef Madras	1210.9	61	5099.2	61	36.0	51	10.9	54	172.6	66	31.4	35	45.2	90	15.2	63	5.0	83
VLG M2 Beer Battered Fish and Chips	828.0	41	3472.5	41	24.4	35	7.2	36	85.1	33	8.9	10	59.1	118	12.4	52	2.0	33
VLG M2 Beer Battered Onion Rings Side Order (Ve)	265.5	13	1107.4	13	16.5	24	3.1	16	25.3	10	2.5	3	3.0	6	2.0	8	1.2	20
VLG M2 Black Pudding - Extra	199.4	10	833.8	10	9.7	14	3.8	19	17.6	7	2.8	3	12.7	25	0.0	0	1.8	30
VLG M2 Black Pudding Hash	496.0	25	2066.4	25	31.7	45	9.4	47	33.5	13	3.0	3	19.1	38	3.0	13	2.0	33

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG M2 Black Pudding Slice - Extra	99.7	5	417.1	5	4.8	7	1.9	10	8.8	3	1.4	2	6.3	13	0.0	0	0.9	15
VLG M2 Bloomer Bread and Butter - Brown (V)	370.1	19	1554.7	19	15.6	22	8.2	41	45.4	17	1.2	1	12.7	25	4.2	17	1.2	19
VLG M2 Bloomer Bread and Butter - White (V)	364.9	18	1529.7	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
VLG M2 Boiled Eggs and Soldiers (V)	516.8	26	2167.3	26	25.7	37	11.0	55	45.4	17	1.7	2	26.8	54	4.2	17	1.6	26
VLG M2 Bowl of Yorkshire Puddings Side Order (V)	816.1	41	3392.3	40	63.5	91	9.9	50	42.9	17	6.3	7	20.6	41	2.0	8	1.1	18
VLG M2 Breaded Plaice	1005.2	50	4215.3	50	35.8	51	10.7	54	122.4	47	18.8	21	40.9	82	15.4	64	1.9	32
VLG M2 Brunch Burger	1405.9	70	5863.0	70	85.0	121	27.8	139	100.3	39	9.5	11	56.3	113	10.2	43	4.9	82
VLG M2 Brunch Omelette	714.6	36	2979.7	35	51.9	74	22.1	111	8.1	3	8.6	10	59.5	119	2.2	9	3.9	65
VLG M2 Butter Chicken	1288.0	64	5452.2	65	35.4	51	15.5	77	169.3	65	27.7	31	73.3	147	11.8	49	4.2	70
VLG M2 Buttermilk Chicken Burger	1086.1	54	4542.4	54	52.8	75	17.8	89	109.5	42	8.9	10	37.9	76	10.2	43	2.5	42
VLG M2 Buttermilk Chicken Goujons	633.8	32	2645.9	31	37.1	53	13.1	65	39.9	15	15.5	17	33.7	67	0.4	2	2.6	43
VLG M2 Buttermilk Chicken Goujons - Extra	409.9	20	1707.8	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.2	20
VLG M2 Cajun Chicken	712.6	36	2981.1	35	30.2	43	9.0	45	56.9	22	6.0	7	51.6	103	8.9	37	2.8	47
VLG M2 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
VLG M2 Chana Masala (V) - Side Order	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
VLG M2 Charred Chicken Pathia	1157.7	58	4891.6	58	28.2	40	6.9	34	170.0	65	31.2	35	58.1	116	13.0	54	4.5	75
VLG M2 Cheddar Cheese (V) - Extra	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG M2 Cheese & Chutney Sandwich (V)	805.5	40	3386.7	40	37.4	53	19.6	98	78.3	30	25.4	28	39.0	78	6.6	28	2.8	47
VLG M2 Cheese Plate (V)	834.9	42	3471.6	41	59.0	84	35.7	178	41.2	16	16.7	19	33.2	66	2.5	11	2.8	47
VLG M2 Cheese Plate (V) PROMO	834.9	42	3471.6	41	59.0	84	35.7	178	41.2	16	16.7	19	33.2	66	2.5	11	2.8	47
VLG M2 Cheesy Chips Side Order (V)	783.3	39	3275.6	39	45.0	64	23.4	117	63.0	24	3.2	4	27.4	55	9.1	38	1.6	27
VLG M2 Cheesy Garlic Ciabatta Side Order (V)	798.9	40	3347.0	40	44.4	63	21.7	109	69.5	27	6.2	7	28.9	58	4.6	19	2.5	42
VLG M2 Cheesy Roast Potatoes (V) - Side Order	429.7	21	1805.6	21	21.3	30	11.5	58	42.7	16	1.6	2	19.8	40	4.3	18	1.1	19
VLG M2 Chicken Breast Skillet	863.2	43	3614.3	43	42.1	60	18.0	90	56.1	22	15.0	17	65.2	130	8.2	34	3.6	59
VLG M2 Chicken Tikka Masala	1119.1	56	4725.2	56	28.2	40	9.2	46	168.5	65	27.3	30	47.2	94	14.2	59	3.9	66
VLG M2 Chicken Tikka Samosas - Side Order	197.1	10	821.7	10	8.0	11	2.2	11	20.2	8	3.0	3	10.8	22	1.3	5	0.5	9
VLG M2 Chicken, Leek & Kingstone Press Cider Pie	1365.3	68	5727.9	68	59.2	85	24.3	122	166.5	64	19.0	21	39.2	78	21.6	90	3.0	50
VLG M2 Children's Roast Chicken Sunday Lunch	902.5	45	3779.3	45	43.4	62	11.9	60	76.4	29	18.8	21	52.9	106	9.8	41	4.2	70
VLG M2 Children's Roast Leg of Welsh Lamb Sunday Lunch	644.9	32	2701.7	32	32.5	46	9.6	48	57.9	22	16.5	18	29.4	59	8.0	33	3.2	53
VLG M2 Children's Roast Shoulder of British Pork	688.0	34	2886.2	34	27.7	40	7.3	37	76.4	29	17.8	20	34.3	69	8.9	37	3.2	54

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Sunday Lunch																		
VLG M2 Children's Roast Yorkshire Topside Beef Sunday Lunch	672.9	34	2812.3	33	36.1	52	10.1	50	56.0	22	14.9	17	30.7	61	8.2	34	3.6	60
VLG M2 Chips Side Order (Ve)	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
VLG M2 Chocolate Fudge Cake (V)	656.9	33	2759.7	33	27.3	39	5.2	26	95.7	37	76.2	85	8.4	17	3.1	13	0.4	7
VLG M2 Chocolate Indulgence Sundae (V)	668.0	33	2800.8	33	34.1	49	21.6	108	80.9	31	68.6	76	8.4	17	2.3	10	0.4	7
VLG M2 Chocolate Orange Bread & Butter Pudding (V)	578.7	29	2424.8	29	29.2	42	17.9	90	70.3	27	45.4	50	9.0	18	1.6	7	0.4	7
VLG M2 Chorizo Pinwheel - Extra	329.0	16	1361.0	16	26.6	38	8.8	44	6.9	3	2.0	2	15.0	30	0.7	3	1.4	24
VLG M2 Coconut & Vanilla Rice Pudding (Ve)	249.9	12	1052.4	13	11.4	16	10.2	51	33.4	13	19.9	22	2.3	5	2.1	9	0.4	6
VLG M2 Corn on the Cob Side Order (V)	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
VLG M2 Cottage Pie	1412.0	71	3872.6	46	22.6	32	9.7	49	173.9	67	18.4	20	21.2	42	20.3	85	3.6	60
VLG M2 DD <400 Cajun Chicken	320.6	16	1339.7	16	14.3	20	2.4	12	7.4	3	4.6	5	42.5	85	2.1	9	2.5	42
VLG M2 DD <500 Plain Veggie Burger	480.2	24	2015.4	24	19.7	28	1.9	10	46.4	18	8.5	9	27.1	54	5.7	24	1.9	32
VLG M2 DD <500 Vegetarian Lasagne (V)	422.6	21	1614.1	19	19.7	28	4.5	23	38.3	15	13.3	15	8.9	18	5.2	22	2.0	33
VLG M2 DD <600 Plain Beef Burger	517.2	26	2164.6	26	22.3	32	7.7	39	37.7	14	6.7	7	40.4	81	3.1	13	2.3	38
VLG M2 DD <700 Pedigree Ale Beef Lasagne	623.2	31	2636.0	31	37.9	54	16.6	83	42.9	16	14.2	16	28.6	57	4.6	19	2.4	40
VLG M2 DD Breaded Plaice	854.2	43	3582.2	43	30.4	43	9.1	46	104.0	40	16.0	18	34.8	70	13.1	54	1.6	27
VLG M2 DD Buttermilk Chicken Burger	1071.4	54	4480.7	53	52.2	75	17.3	87	107.3	41	9.3	10	37.9	76	9.8	41	2.5	42
VLG M2 DD Cajun Chicken	661.9	33	2768.9	33	28.1	40	8.4	42	52.9	20	5.5	6	47.9	96	8.2	34	2.6	44
VLG M2 DD Ham and Eggs	1073.9	54	4476.0	53	64.4	92	17.4	87	57.5	22	6.4	7	60.5	121	8.1	34	9.2	153
VLG M2 DD Pedigree Ale Beef Lasagne	1139.0	57	4800.5	57	61.0	87	26.6	133	104.3	40	17.9	20	40.2	80	12.7	53	3.0	50
VLG M2 DD Plain Beef Burger	947.1	47	3963.0	47	41.5	59	14.7	74	91.6	35	8.5	9	46.8	94	10.0	41	2.8	47
VLG M2 DD Plain Veggie Burger	910.1	46	3813.7	45	39.0	56	8.9	45	100.3	39	10.2	11	33.6	67	12.5	52	2.4	41
VLG M2 DD Sausage & Cheesy Mash	1273.2	64	5314.8	63	65.9	94	27.9	139	122.1	47	11.1	12	39.3	79	16.8	70	4.5	75
VLG M2 DD Sausage & Cheesy Mash (V)	1042.7	52	4363.0	52	44.8	64	19.6	98	105.1	40	8.6	10	43.7	87	22.2	93	4.0	67
VLG M2 DD Vegetarian Lasagne (V)	763.9	38	3043.3	36	33.4	48	10.5	52	83.7	32	14.2	16	14.3	29	11.3	47	2.1	36
VLG M2 Diane Sauce (V)	75.8	4	318.8	4	6.3	9	3.8	19	3.5	1	1.7	2	1.2	2	0.2	1	0.6	10
VLG M2 Dip Pot (V) - Extra	171.0	9	716.0	9	18.5	26	1.6	8	0.8	0	0.7	1	0.3	1	0.0	0	0.3	5
VLG M2 Dressed House Side Salad (Ve)	38.5	2	159.4	2	3.0	4	0.5	3	2.3	1	2.0	2	0.7	1	1.0	4	0.0	0
VLG M2 Egg and Sausage Muffin	496.0	25	2073.5	25	23.7	34	5.5	28	51.5	20	8.2	9	19.0	38	2.9	12	2.2	36
VLG M2 Egg and Sausage Muffin (V)	439.3	22	1839.9	22	17.9	26	3.1	16	47.7	18	7.7	9	20.8	42	4.5	19	2.1	34

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VLG M2 Egg Muffin (V)	511.9	26	2135.3	25	29.6	42	5.2	26	40.7	16	7.1	8	20.9	42	2.3	10	1.7	28
VLG M2 Eggs on Toast (V)	632.1	32	2639.1	31	38.4	55	7.1	36	45.3	17	1.6	2	26.8	54	4.2	18	1.5	25
VLG M2 Flat Mushroom (V) - Breakfast Extra	26.4	1	109.4	1	2.3	3	0.3	2	0.3	0	0.1	0	1.2	2	1.0	4	0.0	0
VLG M2 Flat Mushroom (V) - Extra	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG M2 Free Range Fried Egg (V) - Breakfast 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
VLG M2 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
VLG M2 Free Range Scrambled Egg (V) - Extra	140.9	7	587.4	7	10.2	15	4.7	23	3.1	1	3.3	4	9.4	19	0.0	0	0.5	8
VLG M2 Full English Breakfast	664.0	33	2770.7	33	34.3	49	10.9	54	54.1	21	7.5	8	35.6	71	8.1	34	4.0	66
VLG M2 Gammon Steak 10oz	1088.6	54	4542.0	54	61.5	88	20.8	104	63.8	25	12.9	14	65.8	132	11.0	46	8.9	149
VLG M2 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
VLG M2 Giant Yorkshire Pudding (V) - Extra	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
VLG M2 Golden Breaded Mushrooms (V)	454.9	23	1916.9	23	23.5	34	4.5	23	49.9	19	16.4	18	8.9	18	4.6	19	2.3	39
VLG M2 Golden Breaded Scampi	955.0	48	3990.6	48	47.4	68	14.5	72	96.6	37	12.3	14	28.4	57	15.2	63	2.9	48
VLG M2 Gravy (V) - Extra Jug of	36.5	2	153.5	2	1.4	2	1.0	5	5.8	2	0.2	0	0.1	0	0.1	0	0.7	12
VLG M2 Grill Supplement	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
VLG M2 Grilled Cheese SW - BBQ Jack Fruit (V)	770.8	39	3238.3	39	35.2	50	14.7	74	79.5	31	16.2	18	34.3	69	7.8	33	3.1	52
VLG M2 Grilled Cheese SW - BBQ Pulled Pork	748.3	37	3138.5	37	39.4	56	18.4	92	52.0	20	3.3	4	47.3	95	5.5	23	2.4	39
VLG M2 Grilled Cheese SW - Dbl Cheese & Red Onion (V)	727.8	36	3057.8	36	37.0	53	19.1	95	61.3	24	5.1	6	38.5	77	6.6	28	2.8	46
VLG M2 Grilled Cheese SW - Salsa Chicken	674.5	34	2837.0	34	28.4	41	13.2	66	54.4	21	5.4	6	50.7	101	5.8	24	2.8	47
VLG M2 Grilled Half Tomato (Ve)	10.1	1	43.4	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
VLG M2 Guacamole (Ve) - Extra	73.4	4	306.9	4	6.4	9	1.4	7	3.4	1	0.6	1	0.8	2	0.2	1	0.5	8
VLG M2 Halloumi & Roasted Squash Stack (V)	901.6	45	3756.0	45	48.9	70	23.6	118	82.0	32	27.0	30	30.8	62	13.3	56	2.7	45
VLG M2 Halloumi (V) - 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
VLG M2 Halloumi (V) - Salad 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
VLG M2 Halloumi and Chips (V)	1163.4	58	4830.4	58	66.8	95	33.9	170	85.9	33	11.5	13	49.5	99	12.4	52	5.7	94
VLG M2 Halloumi Fries (V)	497.3	25	2050.9	24	40.5	58	19.2	96	12.8	5	3.1	3	19.7	39	0.9	4	2.7	45
VLG M2 Ham and Eggs	907.0	45	3780.2	45	54.4	78	14.7	74	48.5	19	5.4	6	51.1	102	6.8	28	7.8	130
VLG M2 Hand Cut Potato Wedges Side Order (Ve)	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
VLG M2 Hash Brown (Ve) - Extra	117.9	6	491.1	6	6.9	10	2.9	15	11.8	5	0.4	0	1.3	3	1.6	7	0.3	5
VLG M2 Hawaiian Pizza	1108.8	55	4720.6	56	30.6	44	14.9	74	153.5	59	23.6	26	57.2	114	8.6	36	9.4	157

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	%
VLG M2 Hickory Burger	1219.3	61	5101.3	61	55.4	79	20.7	103	108.3	42	22.1	25	65.8	132	11.0	46	3.9	65
VLG M2 Hickory Nachos	429.6	21	1798.9	21	20.8	30	7.1	35	39.8	15	15.7	17	18.9	38	2.1	9	2.3	38
VLG M2 Homemade Coleslaw Side Order (V)	149.2	7	618.6	7	11.5	16	0.8	4	10.2	4	7.1	8	1.4	3	3.3	14	0.8	13
VLG M2 Homemade Slaw (V) - Extra	74.6	4	309.3	4	5.8	8	0.4	2	5.1	2	3.5	4	0.7	1	1.7	7	0.4	6
VLG M2 Hunters Chicken	1015.3	51	4258.5	51	44.0	63	20.2	101	78.7	30	32.4	36	72.8	146	8.2	34	5.6	93
VLG M2 Ice Cream Scoop Extra (V) - Vanilla Pod	108.9	5	454.9	5	5.8	8	3.5	17	12.5	5	10.7	12	1.6	3	0.1	0	0.1	2
VLG M2 Ice Cream Sundae (V)	528.7	26	2215.8	26	29.6	42	18.7	93	58.0	22	51.4	57	7.2	14	1.9	8	0.4	6
VLG M2 Jacket - BBQ Jackfruit (Ve)	342.9	17	1443.8	17	7.9	11	0.7	4	62.3	24	13.9	15	7.3	15	6.3	26	0.8	13
VLG M2 Jacket - Cheese and Beans (V)	527.5	26	2206.7	26	23.3	33	13.4	67	62.8	24	7.7	9	20.0	40	9.9	41	1.6	26
VLG M2 Jacket - Hickory BBQ Pulled Pork	505.8	25	2120.4	25	24.5	35	11.4	57	42.7	16	2.6	3	31.0	62	4.7	20	0.9	15
VLG M2 Jacket - Tuna Mayonnaise	442.6	22	1853.5	22	22.1	32	8.3	41	45.5	18	3.7	4	17.9	36	4.9	20	1.2	19
VLG M2 Jalapenos (Ve) - Extra	40.3	2	170.8	2	0.2	0	0.1	0	8.8	3	8.5	9	0.4	1	1.1	4	2.4	40
VLG M2 King Prawn Cup	334.2	17	1399.4	17	15.8	23	5.0	25	27.2	10	4.1	5	21.1	42	3.0	13	1.2	20
VLG M2 LB Beer Battered Fish and Chips	686.3	34	2875.6	34	23.4	33	7.0	35	77.1	30	8.8	10	35.4	71	12.1	50	1.6	26
VLG M2 LB Gammon Steak - 5 oz	820.1	41	3420.5	41	45.8	65	14.8	74	55.3	21	5.1	6	41.5	83	10.7	45	4.8	81
VLG M2 LB Halloumi and Chips (V)	854.0	43	3554.6	42	44.6	64	20.4	102	77.5	30	10.1	11	30.6	61	12.1	50	3.4	57
VLG M2 LB Hunters Chicken	709.1	35	2971.4	35	30.7	44	13.2	66	63.6	24	18.2	20	40.3	81	7.8	33	2.8	47
VLG M2 LB Steak and Ale Pie (Willow)	1031.3	52	4307.4	51	50.9	73	20.6	103	109.7	42	7.6	8	27.3	55	12.6	53	2.2	36
VLG M2 Margherita Pizza (V)	897.9	45	3833.1	46	24.0	34	12.5	63	135.4	52	7.8	9	37.3	75	9.0	37	4.8	81
VLG M2 Meat Feast Pizza	1326.3	66	5627.3	67	42.7	61	18.7	93	150.5	58	8.7	10	86.1	172	8.9	37	10.2	171
VLG M2 MEGA Breakfast	1928.8	96	8048.3	96	105.7	151	33.7	169	148.6	57	17.3	19	91.8	184	19.3	80	10.8	180
VLG M2 Minty Sundae (V)	609.9	30	2551.5	30	34.4	49	21.6	108	67.1	26	58.9	65	6.9	14	1.2	5	0.4	7
VLG M2 Mixed Grill	1456.2	73	6076.9	72	81.0	116	25.7	129	77.3	30	9.9	11	98.6	197	12.8	53	7.0	117
VLG M2 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
VLG M2 Naan Bread - Extra (V)	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
VLG M2 New York-Style Cheesecake (V)	469.4	23	1965.7	23	18.9	27	9.6	48	58.1	22	36.5	41	5.6	11	2.4	10	0.5	8
VLG M2 New York-Style Cheesecake (Ve)	580.1	29	2421.7	29	26.4	38	15.1	75	65.3	25	39.9	44	3.7	7	6.8	28	0.4	7
VLG M2 NGCI Beef Madras	934.4	47	3934.4	47	29.4	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
VLG M2 NGCI Butter Chicken	990.4	50	4198.3	50	28.3	40	11.5	57	121.3	47	23.3	26	66.3	133	5.1	21	4.3	72
VLG M2 NGCI Charred Chicken Pathia	881.2	44	3726.8	44	21.6	31	3.2	16	125.2	48	27.2	30	51.7	103	6.7	28	4.6	77
VLG M2 NGCI Cheese & Chutney Sandwich (V)	637.3	32	2669.6	32	34.6	49	17.7	89	53.7	21	25.1	28	24.4	49	7.5	31	2.2	37

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	%		
VLG M2 NGCI Chicken Tikka Masala	842.6	42	3560.4	42	21.6	31	5.5	27	123.8	48	23.3	26	40.9	82	7.8	33	4.1	68
VLG M2 NGCI Children's Roast Chicken Sunday Lunch	574.5	29	2408.4	29	24.5	35	7.7	39	44.7	17	15.9	18	44.0	88	7.4	31	2.6	43
VLG M2 NGCI Children's Roast Leg of Welsh Lamb Sunday Lunch	405.4	20	1705.0	20	15.2	22	6.3	31	43.3	17	14.1	16	22.9	46	6.5	27	2.4	40
VLG M2 NGCI Children's Roast Shoulder of British Pork Sunday Lunch	360.0	18	1515.4	18	8.8	13	3.2	16	44.6	17	14.9	17	25.4	51	6.5	27	1.6	27
VLG M2 NGCI Children's Roast Yorkshire Topside Beef Sunday Lunch	433.4	22	1815.6	22	18.8	27	6.8	34	41.4	16	12.6	14	24.1	48	6.7	28	2.8	47
VLG M2 NGCI Genius Bread 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
VLG M2 NGCI Grilled Cheese SW - BBQ Jack Fruit (V)	573.6	29	2399.6	29	31.1	44	12.5	62	51.6	20	15.8	18	18.5	37	8.3	35	2.4	39
VLG M2 NGCI Grilled Cheese SW - BBQ Pulled Pork	627.4	31	2619.8	31	38.8	55	17.6	88	31.9	12	4.4	5	35.0	70	6.8	28	1.9	32
VLG M2 NGCI Grilled Cheese SW - Dbl Cheese & Red Onion (V)	517.4	26	2163.7	26	31.8	45	15.9	80	33.7	13	5.7	6	21.5	43	7.1	30	2.0	33
VLG M2 NGCI Grilled Cheese SW - Salsa Chicken	508.2	25	2128.6	25	25.5	36	11.4	57	31.5	12	6.1	7	35.2	70	6.5	27	2.2	37
VLG M2 NGCI King Prawn Cup	298.2	15	1243.5	15	16.0	23	4.7	23	21.4	8	4.9	5	15.6	31	4.3	18	1.1	18
VLG M2 NGCI Mixed Grill	1523.8	76	6354.1	76	89.7	128	27.2	136	68.9	26	9.3	10	104.6	209	12.1	51	6.9	114
VLG M2 NGCI Roast Beef Sandwich	508.5	25	2130.2	25	20.6	29	5.5	28	56.8	22	8.8	10	21.9	44	8.3	35	2.0	34
VLG M2 NGCI Roast Chicken Salad Sandwich	489.6	24	2044.7	24	25.9	37	2.5	13	39.0	15	7.7	9	23.0	46	7.3	30	1.9	32
VLG M2 NGCI Roast Chicken Sunday Lunch	1076.7	54	4511.0	54	47.6	68	14.5	73	74.6	29	23.0	26	87.7	175	14.6	61	4.4	73
VLG M2 NGCI Roast Lamb Sandwich	480.5	24	2019.7	24	16.9	24	5.0	25	58.6	23	10.4	12	20.7	41	8.1	34	1.6	26
VLG M2 NGCI Roast Leg of Welsh Lamb Sunday Lunch	737.6	37	3096.4	37	29.0	41	11.6	58	73.1	28	21.0	23	45.2	90	12.9	54	3.3	55
VLG M2 NGCI Roast Pork Sandwich	411.9	21	1734.4	21	8.3	12	1.1	6	60.0	23	11.2	12	22.5	45	8.2	34	0.8	13
VLG M2 NGCI Roast Shoulder of British Pork Sunday Lunch	647.0	32	2722.1	32	16.3	23	5.4	27	74.5	29	21.9	24	50.6	101	12.9	54	2.4	41
VLG M2 NGCI Roast Yorkshire Topside Beef Sunday Lunch	771.8	39	3232.9	38	32.8	47	12.1	60	71.2	27	19.5	22	47.7	95	13.1	54	3.7	62
VLG M2 NGCI Roasted Vegetable Jalfrezi (V)	856.2	43	3601.2	43	25.7	37	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
VLG M2 NGCI Salad Builder Step 1 - Rump Steak	347.6	17	1446.2	17	23.1	33	7.4	37	4.5	2	4.0	4	30.6	61	2.0	8	0.7	12
VLG M2 NGCI Simply Delicious (V)	351.7	18	1470.6	18	17.9	26	10.8	54	42.0	16	36.3	40	5.2	10	1.0	4	0.3	6
VLG M2 NGCI Soup of the Day	291.5	15	1184.7	14	18.6	27	8.2	41	26.5	10	9.7	11	3.0	6	5.5	23	0.7	12

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	%
VLG M2 NGCI Steak & Onion Sandwich	619.4	31	2586.1	31	32.3	46	8.0	40	46.6	18	17.5	19	31.8	64	7.1	30	2.1	35
VLG M2 NGCI Sunday Best Sunday Lunch	1079.6	54	4519.5	54	49.2	70	15.8	79	71.4	27	19.6	22	87.4	175	13.9	58	4.8	80
VLG M2 Onion Bhajis (V) - Side Order	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
VLG M2 Pear, Caramel & Whisky Pudding (V)	729.6	36	3075.8	37	26.2	37	7.0	35	110.5	42	73.5	82	9.4	19	1.7	7	1.2	20
VLG M2 Pedigree Ale Beef Lasagne	964.6	48	4065.2	48	51.6	74	22.5	113	88.3	34	15.1	17	34.0	68	10.7	45	2.6	43
VLG M2 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
VLG M2 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
VLG M2 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
VLG M2 Plain Beef Burger	961.8	48	4024.7	48	42.1	60	15.2	76	93.7	36	8.1	9	46.8	94	10.4	43	2.8	46
VLG M2 Plain Jacket (V)	338.1	17	1416.1	17	15.4	22	8.4	42	46.7	18	2.5	3	5.9	12	5.0	21	0.3	6
VLG M2 Plain Roasted Chicken Burger	885.3	44	3715.3	44	30.9	44	9.4	47	93.0	36	9.3	10	55.1	110	10.2	43	2.2	37
VLG M2 Plain Veggie Burger (V)	924.8	46	3875.4	46	39.6	57	9.4	47	102.4	39	9.8	11	33.6	67	12.9	54	2.4	40
VLG M2 Poppadum - Extra (V)	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
VLG M2 Poppadums and Dips (V)	346.8	17	1463.8	17	8.2	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
VLG M2 Rasher of Back Bacon - Breakfast 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
VLG M2 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
VLG M2 Rasher of Back Bacon - Salad 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
VLG M2 Rhubarb & Custard Tart (V)	487.1	24	2044.3	24	19.4	28	10.7	54	70.4	27	45.9	51	7.0	14	0.8	3	0.2	3
VLG M2 Rice (Ve) - Extra	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
VLG M2 Roast Beef Sandwich	629.5	31	2648.9	32	21.2	30	6.3	32	76.8	30	7.6	8	34.2	68	7.0	29	2.4	41
VLG M2 Roast Chicken Salad Sandwich	610.6	31	2563.4	31	26.5	38	3.3	17	59.1	23	6.5	7	35.3	71	6.0	25	2.4	40
VLG M2 Roast Chicken Sunday Lunch	1440.1	72	6030.4	72	67.8	97	19.5	98	110.3	42	26.7	30	98.0	196	18.0	75	6.5	108
VLG M2 Roast Lamb Sandwich	601.5	30	2538.3	30	17.5	25	5.8	29	78.7	30	9.2	10	33.0	66	6.9	29	2.0	33
VLG M2 Roast Leg of Welsh Lamb Sunday Lunch	1012.5	51	4241.6	50	47.6	68	15.8	79	91.7	35	24.1	27	53.1	106	15.4	64	4.5	76
VLG M2 Roast Pork Sandwich	532.9	27	2253.1	27	8.9	13	1.9	10	80.1	31	10.0	11	34.8	70	6.9	29	1.2	20
VLG M2 Roast Potatoes (Ve) Side Order	211.3	11	892.8	11	3.3	5	0.3	2	42.6	16	1.5	2	5.2	10	4.3	18	0.0	1
VLG M2 Roast Shoulder of British Pork Sunday Lunch	1010.4	51	4241.5	50	36.5	52	10.4	52	110.1	42	25.5	28	60.9	122	16.3	68	4.5	76
VLG M2 Roast Yorkshire Topside Beef Sunday Lunch	1046.7	52	4378.2	52	51.4	73	16.3	81	89.8	35	22.6	25	55.6	111	15.5	65	5.0	83
VLG M2 Roasted Chicken Fillet - Extra	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
VLG M2 Roasted Chicken Fillet - Salad Extra	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16

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	%
VLG M2 Roasted Vegetable Jalfrezi (V)	1132.7	57	4766.0	57	32.3	46	6.1	30	181.1	70	32.8	36	27.2	54	16.9	70	4.8	80
VLG M2 Rocket (Ve) - Extra	2.0	0	8.3	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.2	1	0.0	0
VLG M2 Rump Steak 10oz	1010.9	51	4219.2	50	53.9	77	19.7	99	56.5	22	6.7	7	69.3	139	11.5	48	1.9	32
VLG M2 Rump Steak Skillet	941.8	47	3931.6	47	56.2	80	23.6	118	54.4	21	13.7	15	53.3	107	8.2	34	3.3	55
VLG M2 Saag Aloo - Side Order	222.9	11	935.3	11	13.1	19	1.0	5	20.3	8	5.2	6	4.4	9	4.0	17	1.2	20
VLG M2 Salad Builder Step 1 - Grilled Chicken	269.0	13	1129.0	13	8.9	13	1.7	9	6.1	2	5.3	6	42.5	85	2.0	8	1.0	16
VLG M2 Salad Builder Step 1 - Grilled Halloumi (V)	389.9	19	1604.3	19	30.6	44	16.9	85	6.0	2	5.6	6	22.7	45	2.0	8	2.5	42
VLG M2 Salad Builder Step 1 - Prawns	143.8	7	598.8	7	6.8	10	1.4	7	5.1	2	4.6	5	15.7	31	2.4	10	0.3	4
VLG M2 Salad Builder Step 1 - Roasted Squash & Grilled Red Pepper (Ve)	159.1	8	665.9	8	8.6	12	1.4	7	18.3	7	12.9	14	3.2	6	5.8	24	0.1	1
VLG M2 Salad Builder Step 1 - Rump Steak	408.6	20	1699.2	20	27.7	40	9.7	48	8.9	3	5.5	6	31.2	62	2.4	10	0.9	14
VLG M2 Salad Builder Step 2 - Coriander & Lime Rice (Ve)	305.4	15	1298.2	15	5.1	7	0.5	2	62.8	24	0.4	0	6.0	12	2.3	10	0.6	10
VLG M2 Salad Builder Step 2 - Garlic Ciabatta (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
VLG M2 Salad Builder Step 2 - Giant Cous Cous (Ve)	462.0	23	1916.0	23	17.5	25	2.1	11	69.7	27	15.2	17	9.7	19	4.3	18	0.9	15
VLG M2 Salsa Veggie Burger (Ve) Willow	1082.5	54	4536.6	54	45.7	65	10.9	54	121.0	47	13.7	15	39.4	79	15.6	65	3.2	53
VLG M2 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
VLG M2 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
VLG M2 Sausage Buttie	626.1	31	2624.6	31	27.0	39	7.9	39	71.4	27	3.9	4	24.1	48	5.9	24	2.5	41
VLG M2 Sausage Buttie (V)	481.9	24	2028.8	24	14.3	20	2.8	14	60.6	23	2.3	3	26.3	53	8.8	36	2.2	36
VLG M2 Sausage Muffin	480.1	24	2011.7	24	17.8	25	5.9	29	62.4	24	9.3	10	17.1	34	3.6	15	2.6	44
VLG M2 Sausage Muffin (V)	355.8	18	1499.4	18	5.2	7	0.8	4	54.8	21	8.3	9	20.4	41	6.8	28	2.4	41
VLG M2 Sautéed Mushrooms Side Order (Ve)	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
VLG M2 Scampi - Extra	192.7	10	805.0	10	10.5	15	3.2	16	16.2	6	2.2	2	7.7	15	2.0	8	0.8	14
VLG M2 Seasonal Vegetables (Ve) - Extra	130.3	7	547.0	7	1.8	3	0.4	2	18.5	7	11.5	13	7.9	16	9.0	37	0.6	10
VLG M2 Simply Delicious (V)	371.4	19	1554.4	19	18.0	26	10.8	54	46.4	18	38.4	43	5.5	11	1.1	5	0.4	6
VLG M2 Sirloin Steak 8oz	970.2	49	4045.6	48	53.9	77	20.1	101	56.5	22	6.7	7	59.3	119	11.5	48	1.9	31
VLG M2 Small Portion of Chips (Ve)	251.2	13	1050.3	13	11.4	16	4.5	22	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
VLG M2 Small Portion of Sweet Potato Fries (Ve)	343.1	17	1434.8	17	21.3	30	2.1	10	33.0	13	11.7	13	2.6	5	4.5	19	0.7	12
VLG M2 Smoked Haddock Tart	341.4	17	1421.8	17	21.9	31	9.2	46	27.5	11	21.6	24	8.0	16	1.4	6	0.8	14
VLG M2 Smothered Wedges (V) : Cheese Sour Cream Salsa & Guacamole	573.1	29	2432.8	29	11.4	16	3.3	17	111.1	43	4.2	5	13.7	27	12.6	53	0.1	2

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	%
VLG M2 Smothered Wedges (Ve) : Salsa & Guacamole	573.1	29	2432.8	29	11.4	16	3.3	17	111.1	43	4.2	5	13.7	27	12.6	53	0.1	2
VLG M2 Soup of the Day (V)	339.1	17	1389.5	17	18.7	27	8.6	43	34.3	13	9.1	10	8.6	17	4.7	20	0.9	15
VLG M2 Soured Cream (V) - Extra	68.9	3	285.0	3	5.6	8	3.5	18	3.6	1	1.1	1	1.0	2	0.0	0	0.1	1
VLG M2 Steak & Onion Sandwich	801.4	40	3357.8	40	37.5	54	11.1	56	71.1	27	17.9	20	44.7	89	6.3	26	2.7	45
VLG M2 Steak, Cheese & Marston's Ale Pie	1535.5	77	6419.3	76	74.0	106	30.7	153	164.8	63	20.1	22	45.0	90	20.5	86	3.7	62
VLG M2 Steamed Chicken Breast - Extra	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
VLG M2 Sticky Toffee Pudding (V)	566.9	28	2388.2	28	17.5	25	10.7	54	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
VLG M2 Stilton (V) - Extra	102.5	5	425.0	5	8.8	13	5.8	29	0.0	0	0.0	0	5.9	12	0.0	0	0.5	8
VLG M2 Stuffing (Ve) - Extra	63.9	3	269.9	3	1.2	2	0.6	3	12.4	5	0.4	0	1.7	3	0.7	3	0.6	11
VLG M2 Sunday Best Sunday Lunch	1647.1	82	6887.2	82	85.4	122	23.3	117	117.8	45	24.9	28	102.9	206	17.7	74	7.2	120
VLG M2 Sunday Unlimited Vegetables (V) TILL ONLY	1.3	0	5.5	0	0.0	0	0.0	0	0.2	0	0.1	0	0.1	0	0.1	0	0.0	0
VLG M2 Swap Chips for Side Salad (Ve)	6.4	0	26.6	0	0.5	1	0.1	0	0.4	0	0.3	0	0.1	0	0.2	1	0.0	0
VLG M2 Swap Peas for Side Salad (Ve)	15.4	1	63.8	1	1.2	2	0.2	1	0.9	0	0.8	1	0.3	1	0.4	2	0.0	0
VLG M2 Sweet Potato Fries Side Order (Ve)	562.3	28	2348.1	28	37.1	53	4.6	23	49.9	19	17.7	20	3.9	8	6.8	28	1.1	18
VLG M2 Toast and Butter (V)	364.7	18	1532.9	18	14.7	21	7.7	38	45.8	18	1.2	1	12.8	26	4.2	18	1.1	19
VLG M2 Tomato Salsa (Ve) - Extra	23.0	1	96.9	1	0.0	0	0.0	0	4.0	2	3.4	4	1.1	2	1.0	4	0.7	12
VLG M2 Treat Day Beer-Marinaded Rump Steak	1176.4	59	4905.5	58	64.2	92	22.8	114	65.1	25	11.4	13	73.8	148	14.9	62	2.3	38
VLG M2 Treat Day Chicken & Chorizo Burger	1419.0	71	5928.2	71	73.9	106	27.9	139	106.2	41	13.4	15	78.5	157	11.3	47	4.4	73
VLG M2 Treat Day Mighty Meat & Potato Pie	2138.8	107	8962.0	107	113.0	161	45.3	227	236.7	91	9.7	11	46.5	93	20.0	83	5.5	92
VLG M2 Treat Day Mushroom, Broccoli & Cheddar Wellington (V)	1177.1	59	4918.4	59	62.9	90	28.6	143	131.9	51	18.9	21	26.6	53	22.5	94	3.8	64
VLG M2 Treat Day Rib Eye Steak 10oz	1234.2	62	5140.9	61	73.9	106	29.4	147	56.5	22	6.7	7	80.0	160	11.5	48	1.8	31
VLG M2 Two Free Range Fried Eggs Side Order (V)	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
VLG M2 Ultimate Veggie Burger (Ve)	1009.6	50	4230.2	50	42.9	61	9.7	48	114.5	44	16.9	19	34.8	70	14.0	58	2.8	47
VLG M2 Undressed House Side Salad (Ve)	13.9	1	58.0	1	0.3	0	0.1	0	2.3	1	2.0	2	0.7	1	1.0	4	0.0	0
VLG M2 Upgrade - Prawns in Curry	64.0	3	268.8	3	0.8	1	0.3	2	0.0	0	0.0	0	14.2	28	0.0	0	0.2	4
VLG M2 Upgrade Garden Peas for Mushy Peas (Ve)	61.5	3	272.1	3	0.3	0	0.1	1	8.8	3	1.6	2	4.3	9	3.2	13	0.4	6
VLG M2 Upgrade Garden Peas to Vegetables (Ve)	100.1	5	420.1	5	1.3	2	0.3	2	14.2	5	8.8	10	6.1	12	6.9	29	0.4	7
VLG M2 Upgrade Giant Cous Cous (Ve)	389.5	19	1615.2	19	14.8	21	1.8	9	58.7	23	12.8	14	8.2	16	3.6	15	0.8	13

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	%		
VLG M2 Upgrade Sweet Potato Fries (Ve) 150g	243.8	12	1018.1	12	16.1	23	2.0	10	21.7	8	7.7	9	1.7	3	3.0	12	0.5	8
VLG M2 Upgrade Sweet Potato Fries (Ve) 227g	365.7	18	1527.1	18	24.1	34	3.0	15	32.5	12	11.5	13	2.5	5	4.4	18	0.7	12
VLG M2 Veg Wellington (V) Sunday Lunch	1287.0	64	5383.1	64	68.9	98	27.5	137	144.5	56	22.1	25	33.3	67	21.9	91	5.7	95
VLG M2 Vegan Apple Pie (Ve)	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG M2 Vegan Ice Cream Sundae (Ve)	332.6	17	1395.8	17	11.9	17	10.4	52	49.2	19	34.7	39	1.3	3	8.8	37	0.1	1
VLG M2 Vegan Roasted Vegetable Jalfrezi (Ve)	720.2	36	3024.0	36	25.1	36	2.3	11	112.5	43	28.5	32	12.2	24	10.0	42	3.2	54
VLG M2 Vegetable Samosas (V) - Side Order	166.5	8	697.5	8	7.2	10	2.6	13	21.4	8	3.6	4	2.9	6	2.2	9	0.8	13
VLG M2 Vegetable Skillet (V)	673.0	34	2813.7	33	38.1	54	17.1	85	55.0	21	14.0	16	26.7	53	10.3	43	2.6	44
VLG M2 Vegetarian Lasagne (V)	763.9	38	3043.3	36	33.4	48	10.5	52	83.7	32	14.2	16	14.3	29	11.3	47	2.1	36
VLG M2 Veggie 1/4lb 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
VLG M2 Veggie Breakfast (V)	803.5	40	3349.5	40	47.4	68	13.2	66	61.2	24	9.5	11	33.8	68	12.4	52	2.2	37
VLG M2 Wainwright Beef Rib Stew	952.9	48	3983.5	47	42.9	61	18.0	90	99.9	38	25.0	28	35.7	71	19.9	83	2.5	42
VLG M2 Whitebait	1043.7	52	4317.6	51	95.1	136	27.1	135	28.9	11	4.2	5	17.5	35	1.5	6	1.7	29
VLG M2 Wiltshire Ham - Extra	134.0	7	560.0	7	6.0	9	2.0	10	0.9	0	1.6	2	18.3	37	0.0	0	4.2	71
VLG M2 Wiltshire Ham & Mustard Sandwich	493.6	25	2077.7	25	15.3	22	3.8	19	54.8	21	6.1	7	33.6	67	5.9	24	6.1	102
VLG M2 XL BBQ Ranch Burger	1489.2	74	6229.3	74	70.6	101	28.9	144	110.3	42	22.0	24	97.1	194	10.9	46	7.4	123
VLG M2 XL Brunch Burger	1880.5	94	7831.1	93	124.8	178	42.7	214	100.4	39	9.5	11	85.2	170	10.2	43	7.5	124
VLG M2 XL Buttermilk Chicken Burger	1496.0	75	6250.2	74	79.5	114	27.2	136	127.6	49	9.8	11	61.7	123	10.2	43	3.7	62
VLG M2 XL Hickory Burger	1504.9	75	6291.3	75	71.3	102	27.5	137	110.7	43	22.3	25	98.6	197	11.1	46	5.4	90
VLG M2 XL Plain Beef Burger	1247.4	62	5214.7	62	58.1	83	22.0	110	96.1	37	8.2	9	79.6	159	10.6	44	4.3	71
VLG M2 XL Plain Roasted Chicken Burger	1094.4	55	4595.9	55	35.7	51	10.4	52	94.7	36	10.6	12	96.3	193	10.2	43	3.2	53
VLG M2 XL Plain Veggie Burger (V)	1173.4	59	4916.1	59	53.0	76	10.4	52	113.5	44	11.7	13	53.1	106	15.6	65	3.5	59
VLG M2 XL Salsa Veggie Burger (Ve) Willow	1124.7	56	4712.3	56	50.2	72	9.9	49	109.9	42	13.1	15	50.9	102	15.4	64	3.7	62
VLG M2 XL Treat Day Chicken & Chorizo Burger	1628.1	81	6808.8	81	78.6	112	28.9	145	107.9	41	14.7	16	119.6	239	11.3	47	5.3	89
VLG M2 XL Ultimate Veggie Burger (Ve)	1314.7	66	5507.4	66	58.5	84	10.8	54	133.6	51	23.5	26	55.1	110	17.4	72	4.3	71
VLG M2 Yorkshire Pudding (V) Fresh - 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
VLG M2 Yorkshire Stack	1643.8	82	6855.4	82	95.0	136	31.7	159	142.6	55	23.2	26	48.4	97	21.0	88	4.7	79
VLG M2 Yorkshire Stack (V)	1416.9	71	5916.7	70	75.5	108	24.0	120	125.1	48	20.7	23	51.1	102	25.1	105	4.2	70