

## 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	%
TFO DN Apple Gooseberry and Toffee Tart	314.8	16	1330.2	16	10.3	15	4.4	22	51.9	20	33.3	37	4.5	9	1.4	6	0.3	6
TFO DN Apple Pie	460.1	23	1935.0	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
TFO DN Bacon and Brie Burger	1515.1	76	6309.5	75	69.7	100	30.5	153	130.3	50	18.1	20	81.9	164	16.5	69	7.2	120
TFO DN Bacon and Brie Burger XL	1515.1	76	6309.5	75	69.7	100	30.5	153	130.3	50	18.1	20	81.9	164	16.5	69	7.2	120
TFO DN Bacon Popcorn	236.9	12	979.4	12	22.6	32	9.5	48	2.6	1	0.0	0	5.8	12	0.1	0	0.6	10
TFO DN Bacon Rasher	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
TFO DN Baguette and Butter	464.6	23	1945.6	23	21.9	31	13.5	68	56.1	22	3.5	4	9.4	19	2.7	11	1.4	23
TFO DN Baked Beef Lasagne	690.2	35	2877.2	34	32.5	46	10.1	51	74.4	29	12.2	14	22.7	45	25.7	107	2.4	41
TFO DN Baked Beef Lasagne Under 500	390.9	20	1624.3	19	16.7	24	6.6	33	44.8	17	13.4	15	16.8	34	26.5	111	1.5	26
TFO DN Baked Camembert	929.2	46	3876.0	46	58.0	83	38.2	191	44.9	17	11.7	13	56.8	114	3.9	16	5.7	95
TFO DN Banana and Butterscotch Sundae	660.9	33	2777.7	33	33.5	48	21.5	107	83.2	32	73.4	82	7.2	14	1.8	7	0.4	7
TFO DN Banana and Butterscotch Sundae Sharer	1341.1	67	5636.1	67	68.1	97	43.6	218	168.8	65	149.0	166	14.6	29	3.6	15	0.8	14
TFO DN Battered Onion Rings	311.7	16	1303.6	16	18.4	26	3.6	18	33.1	13	5.1	6	3.6	7	3.5	15	1.2	21
TFO DN BBQ Chicken Burger	1319.9	66	5502.8	66	54.5	78	21.4	107	142.2	55	18.1	20	55.0	110	16.9	70	3.9	65
TFO DN BBQ Chicken Burger XL	1282.8	64	5348.3	64	53.0	76	20.8	104	138.2	53	17.6	20	53.4	107	16.4	68	3.8	63
TFO DN BBQ Chicken Melt Baguette	930.5	47	3895.9	46	44.3	63	23.8	119	83.7	32	10.3	11	46.6	93	4.0	16	3.5	59
TFO DN BBQ Ribs & Chicken	1326.2	66	5527.8	66	56.9	81	22.0	110	94.6	36	30.6	34	100.1	200	17.1	71	3.7	62
TFO DN BBQ Sauce	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14
TFO DN Beef Burger 6oz	285.8	14	1190.7	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
TFO DN Beef Dripping & Merlot Sauce	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
TFO DN Beer Battered Fish and Chips	1399.4	70	5807.0	69	72.9	104	23.8	119	106.9	41	12.0	13	67.2	134	15.4	64	3.4	56
TFO DN Black and Blue Burger	1358.6	68	5651.2	67	68.6	98	27.4	137	111.6	43	11.5	13	65.5	131	15.6	65	4.4	74
TFO DN Black and Blue Burger XL	1366.0	68	5681.8	68	68.9	98	27.5	138	112.2	43	11.5	13	65.8	132	15.7	65	4.4	74
TFO DN Black Forest Sundae	655.8	33	2754.6	33	30.0	43	18.6	93	83.8	32	74.3	83	9.4	19	2.3	9	0.7	11
TFO DN Black Forest Sundae Sharer	1267.1	63	5323.4	63	57.6	82	35.7	178	162.9	63	143.9	160	18.2	36	4.4	19	1.3	22
TFO DN Blinging Banoffee Pie	597.3	30	2497.7	30	35.9	51	19.3	97	63.0	24	46.2	51	6.1	12	1.2	5	0.6	10
TFO DN Bourbon Chicken Bites	441.6	22	1854.8	22	20.0	29	6.9	35	41.2	16	19.3	21	23.7	47	0.5	2	2.0	33
TFO DN Brie	122.0	6	506.0	6	10.0	14	7.0	35	0.4	0	0.4	0	7.6	15	0.0	0	0.6	11
TFO DN Brunch Fries Topper Upgrade	527.8	26	2185.5	26	48.1	69	16.8	84	7.7	3	4.0	4	16.0	32	0.3	1	1.4	24
TFO DN Buttermilk Chicken Starter	592.0	30	2468.2	29	37.0	53	12.8	64	31.3	12	6.8	8	32.5	65	0.2	1	2.1	35
TFO DN Cajun Popcorn Chicken	452.1	23	1891.6	23	24.6	35	7.2	36	33.2	13	10.1	11	24.5	49	2.3	10	2.5	42

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TFO DN Carvery	1241.1	62	5198.5	62	56.5	81	18.6	93	128.5	49	27.0	30	55.6	111	19.9	83	7.2	121
TFO DN Carvery Large	1718.5	86	7195.4	86	81.7	117	25.0	125	171.1	66	33.7	37	77.0	154	25.5	106	9.2	153
TFO DN Carvery Sandwich Beef and Horseradish	870.7	44	3624.2	43	38.7	55	15.6	78	91.2	35	9.5	11	35.3	71	9.2	38	4.0	67
TFO DN Carvery Sandwich Gammon and English Mustard	825.9	41	3448.8	41	34.4	49	14.8	74	93.6	36	11.5	13	31.0	62	9.1	38	6.4	107
TFO DN Carvery Sandwich Pork and Stuffing	805.3	40	3367.7	40	23.8	34	10.6	53	105.5	41	11.4	13	38.4	77	9.7	41	4.3	72
TFO DN Carvery Sandwich Turkey and Stuffing	803.9	40	3364.3	40	22.5	32	10.2	51	105.5	41	11.4	13	41.0	82	9.7	41	4.2	71
TFO DN Carvery Small	974.1	49	4078.1	49	46.3	66	13.7	69	99.8	38	21.9	24	40.9	82	15.4	64	5.1	84
TFO DN Carvery Veg	1339.6	67	5606.6	67	63.1	90	22.6	113	159.8	61	34.6	38	33.1	66	21.6	90	6.7	112
TFO DN Carvery Veg Large	1736.8	87	7267.7	87	84.1	120	27.4	137	202.4	78	41.3	46	44.0	88	27.1	113	8.2	137
TFO DN Carvery Veg Small	1152.9	58	4822.1	57	57.1	82	19.4	97	131.2	50	29.6	33	28.9	58	17.1	71	5.0	83
TFO DN Cauliflower Cheese	304.2	15	1271.6	15	13.8	20	8.5	43	33.7	13	4.8	5	11.1	22	4.3	18	2.6	44
TFO DN Chana Masala	258.2	13	1078.2	13	13.6	19	0.9	5	22.4	9	6.2	7	9.0	18	6.0	25	1.7	28
TFO DN Cheddar Cheese 56g	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
TFO DN Cheddar Mash	516.6	26	2154.7	26	31.3	45	20.2	101	40.1	15	1.2	1	17.3	35	3.0	12	1.7	28
TFO DN Cheesy Garlic Bread	663.5	33	2765.0	33	44.6	64	22.7	114	37.4	14	2.7	3	26.9	54	3.0	12	2.3	38
TFO DN Cheesy Garlic Bread Sharer	1095.5	55	4570.9	54	68.0	97	30.9	155	80.7	31	5.8	6	37.1	74	6.6	27	3.4	57
TFO DN Cheesy Nachos	925.0	46	3865.9	46	50.6	72	24.1	120	83.1	32	17.9	20	31.5	63	4.5	19	4.4	74
TFO DN Cheesy Nachos Sharer	1181.1	59	4939.8	59	59.5	85	23.6	118	122.8	47	22.6	25	33.5	67	6.7	28	5.5	91
TFO DN Chicken and Bacon Club Sandwich	861.2	43	3601.8	43	41.1	59	14.8	74	78.0	30	5.4	6	44.8	90	5.8	24	4.4	73
TFO DN Chicken and Bacon Salad	526.0	26	2198.7	26	26.2	37	5.4	27	19.1	7	7.4	8	54.3	109	3.3	14	3.1	52
TFO DN Chicken Breast	209.1	10	880.6	10	4.8	7	1.0	5	1.7	1	1.4	2	41.1	82	0.0	0	1.0	16
TFO DN Chicken Gammon and Mustard Pie	1336.9	67	5558.3	66	69.3	99	30.2	151	134.4	52	14.2	16	38.3	77	13.8	58	3.9	65
TFO DN Chicken Katsu Fries	846.2	42	3535.4	42	46.9	67	14.1	70	79.5	31	10.1	11	23.7	47	6.4	26	2.1	35
TFO DN Chicken Tikka Masala	1083.2	54	4552.5	54	36.1	52	11.7	58	140.2	54	19.8	22	43.3	87	13.7	57	3.0	50
TFO DN Chicken Tikka Samosas	174.7	9	728.6	9	7.1	10	1.9	10	18.0	7	2.6	3	9.6	19	1.1	5	0.5	8
TFO DN Chip Shop Curry Sauce	95.0	5	401.0	5	6.6	9	4.0	20	7.3	3	3.7	4	1.4	3	0.6	3	0.7	12
TFO DN Chips	437.1	22	1828.7	22	18.7	27	7.5	38	56.0	22	2.7	3	7.0	14	8.1	34	0.2	3
TFO DN Chips Upgrade 150g	283.3	14	1184.5	14	12.8	18	5.0	25	35.0	13	1.7	2	4.4	9	5.1	21	0.1	2
TFO DN Chocolate Crownie	984.2	49	3802.2	45	41.5	59	15.1	75	122.9	47	83.4	93	11.7	23	3.6	15	1.0	16
TFO DN Chocolate Flake	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

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TFO DN Chocolate Fudge Cake	694.4	35	2914.7	35	29.5	42	6.2	31	100.9	39	83.1	92	7.3	15	3.5	15	0.4	7
TFO DN Chocolate Indulgence Sundae	637.1	32	2674.5	32	36.0	51	23.2	116	68.0	26	62.3	69	9.2	18	1.8	8	0.4	6
TFO DN Chocolate Indulgence Sundae Sharer	1274.1	64	5348.9	64	72.0	103	46.5	232	135.9	52	124.6	138	18.4	37	3.6	15	0.7	12
TFO DN Chocolate Orange Bread & Butter Pudding	585.8	29	2461.5	29	25.2	36	15.6	78	79.6	31	49.6	55	10.3	21	1.3	5	0.4	7
TFO DN Chocolate Sauce	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
TFO DN Chorizo Pin Wheel	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
TFO DN Classic Burger Sauce	0.1	0	0.4	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
TFO DN Club Pudding	674.7	34	2843.4	34	17.7	25	7.3	36	118.1	45	61.4	68	9.4	19	2.9	12	0.7	12
TFO DN Coleslaw	76.7	4	317.6	4	6.3	9	0.5	2	4.3	2	3.5	4	0.7	1	1.7	7	0.3	4
TFO DN Cone of Onion Rings	814.3	41	3408.6	41	45.0	64	8.9	44	92.9	36	22.2	25	9.1	18	8.7	36	3.8	64
TFO DN Cone of Popcorn Chicken and Onion Rings	959.6	48	4020.9	48	50.6	72	15.0	75	82.7	32	18.1	20	42.4	85	4.3	18	3.9	65
TFO DN Corn on the Cob	96.1	5	403.1	5	5.0	7	2.5	13	11.0	4	1.4	2	2.4	5	1.6	7	0.1	1
TFO DN Cottage Topper Upgrade	378.4	19	1572.0	19	26.1	37	13.0	65	11.0	4	4.9	5	22.0	44	1.3	5	2.1	35
TFO DN Cowboy Classic Burger	1387.4	69	5778.0	69	56.5	81	23.4	117	130.8	50	18.2	20	78.1	156	16.9	70	6.7	112
TFO DN Cowboy Classic Burger XL	1387.4	69	5778.0	69	56.5	81	23.4	117	130.8	50	18.2	20	78.1	156	16.9	70	6.7	112
TFO DN Cowboy Fries	740.2	37	3099.5	37	33.2	47	15.7	78	80.4	31	5.8	6	25.0	50	10.6	44	3.1	52
TFO DN Crispy Buttermilk Chicken Goujons	409.9	20	1708.1	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.2	20
TFO DN Crispy Fried Onions	105.5	5	435.0	5	9.2	13	1.1	5	5.2	2	3.7	4	0.8	2	1.2	5	0.0	0
TFO DN Crispy Potato Skins Cheese and Bacon	443.0	22	1850.1	22	23.6	34	13.1	66	29.6	11	7.7	9	25.8	52	3.9	16	3.3	56
TFO DN Crispy Potato Skins Cheese and Beans	447.9	22	1870.0	22	20.4	29	12.0	60	43.3	17	11.3	13	21.0	42	7.5	31	2.1	35
TFO DN Crispy Potato Skins Hunters	616.3	31	2579.8	31	30.3	43	15.5	77	53.9	21	19.0	21	28.8	58	4.2	18	3.0	50
TFO DN Custard	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
TFO DN Diane Sauce	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
TFO DN Extra Gammon Burger	474.6	24	1968.0	23	39.8	57	15.0	75	0.2	0	0.0	0	28.9	58	0.0	0	2.5	42
TFO DN Extra Macaroni Cheese Burger	374.7	19	1568.7	19	18.9	27	9.0	45	39.6	15	2.8	3	13.6	27	4.5	19	0.8	13
TFO DN Fried Egg	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
TFO DN Gammon Steak 10oz	1118.7	56	4639.4	55	63.3	90	21.4	107	64.0	25	4.0	4	66.8	134	10.8	45	9.1	152
TFO DN Garlic Bread	320.8	16	1342.0	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
TFO DN Garlic Mayonnaise	157.9	8	649.6	8	15.2	22	1.2	6	4.7	2	1.4	2	0.3	1	0.1	0	1.1	18
TFO DN Garlic Mushroom Sauce	74.0	4	325.0	4	5.2	7	2.1	11	3.5	1	0.8	1	3.3	7	0.9	4	0.6	11

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TFO DN Golden Breaded Mushrooms	493.5	25	2079.3	25	27.1	39	5.2	26	50.2	19	9.0	10	10.1	20	4.9	20	2.3	39
TFO DN Golden Scampi	1104.5	55	4590.3	55	49.0	70	16.6	83	122.0	47	15.2	17	33.6	67	17.3	72	3.5	58
TFO DN Gravy	48.7	2	204.7	2	1.8	3	1.3	6	7.8	3	0.2	0	0.2	0	0.1	1	1.0	17
TFO DN Grilled Field Mushroom	74.6	4	307.3	4	7.8	11	1.0	5	0.2	0	0.1	0	0.9	2	0.7	3	0.0	0
TFO DN Guacamole	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
TFO DN Half Rack of Ribs	629.6	31	2631.3	31	38.7	55	15.7	78	23.3	9	22.8	25	47.3	95	0.0	0	1.6	27
TFO DN Ham and Coleslaw Sandwich	708.4	35	2963.8	35	28.6	41	11.9	59	65.6	25	6.9	8	43.1	86	8.2	34	8.5	142
TFO DN House Salad	139.9	7	577.9	7	12.5	18	1.4	7	5.7	2	5.2	6	1.3	3	2.3	10	0.2	3
TFO DN Ice Cream Scoop Vanilla	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
TFO DN Jacket Bacon and Cheddar Cheese	723.7	36	3018.0	36	45.5	65	27.0	135	44.9	17	1.8	2	36.2	72	4.4	18	3.6	61
TFO DN Jacket Cheese and Beans	794.2	40	3312.2	39	42.0	60	25.5	128	72.0	28	9.1	10	35.8	72	11.6	48	2.8	47
TFO DN Jacket Cheese and Coleslaw	705.7	35	2940.8	35	46.5	66	25.8	129	47.9	18	4.6	5	26.6	53	5.6	23	2.0	34
TFO DN Jacket Potato	176.3	9	747.5	9	0.5	1	0.0	0	40.4	16	1.4	2	4.9	10	4.1	17	0.0	1
TFO DN Jacket Prawn Cocktail	421.0	21	1759.1	21	22.6	32	7.2	36	39.4	15	5.9	7	16.7	33	3.9	16	1.1	18
TFO DN Jalapenos Red	6.5	0	27.5	0	0.0	0	0.0	0	1.4	1	1.4	2	0.1	0	0.2	1	0.4	6
TFO DN 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
TFO DN Kids Carvery	974.1	49	4078.1	49	46.3	66	13.7	69	99.8	38	21.9	24	40.9	82	15.4	64	5.1	84
TFO DN Kids Carvery Veg	1152.9	58	4822.1	57	57.1	82	19.4	97	131.2	50	29.6	33	28.9	58	17.1	71	5.0	83
TFO DN Kids Sunday Carvery	974.1	49	4078.1	49	46.3	66	13.7	69	99.8	38	21.9	24	40.9	82	15.4	64	5.1	84
TFO DN Kids Sunday Carvery Veg	1152.9	58	4822.1	57	57.1	82	19.4	97	131.2	50	29.6	33	28.9	58	17.1	71	5.0	83
TFO DN Lamb Hotpot Pie	1034.5	52	4311.9	51	48.6	69	24.8	124	117.4	45	8.4	9	27.7	55	12.3	51	4.3	72
TFO DN Mac & Cheese	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
TFO DN Mango Chutney	67.2	3	285.6	3	0.1	0	0.0	0	16.7	6	12.5	14	0.1	0	0.1	1	0.8	14
TFO DN Mashed Potato	346.8	17	1451.6	17	15.1	22	10.1	51	46.5	18	1.4	2	4.4	9	3.6	15	0.8	13
TFO DN Mega Fish and Chips	1594.8	80	6628.4	79	85.7	122	27.2	136	124.2	48	18.2	20	70.5	141	15.5	65	4.8	80
TFO DN Mega Mixed Grill	2591.1	130	10771.2	128	159.2	227	54.8	274	94.9	37	10.9	12	187.2	374	15.2	63	14.2	237
TFO DN Mega Rump and Scampi 10oz	1348.5	67	5607.6	67	68.3	98	23.9	119	94.5	36	14.5	16	79.9	160	15.8	66	3.8	63
TFO DN Mexican Chilli Chicken	1160.5	58	4864.5	58	43.9	63	19.1	96	105.0	40	16.2	18	84.3	169	8.4	35	4.5	75
TFO DN Millionaire Gateau	1013.9	51	4232.6	50	60.9	87	27.2	136	103.5	40	77.3	86	12.7	25	3.9	16	1.0	17
TFO DN Mini Combo	475.8	24	1997.9	24	23.8	34	5.2	26	58.1	22	4.4	5	8.4	17	6.1	25	1.3	21
TFO DN Mint & Yoghurt 56g	151.2	8	625.0	7	14.4	21	1.2	6	4.2	2	2.2	2	0.9	2	0.1	0	0.8	14

## 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	%
TFO DN Minted Lamb Shank	1181.8	59	4925.7	59	55.3	79	26.5	133	86.6	33	28.7	32	78.6	157	13.7	57	4.2	70
TFO DN Monterey Jack Cheese	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
TFO DN Mushroom and Soya Burger	1106.6	55	4609.6	55	45.9	66	10.2	51	122.0	47	17.7	20	41.1	82	18.2	76	3.4	56
TFO DN Mushroom and Soya Burger XL	1355.2	68	5650.3	67	59.4	85	11.3	56	133.1	51	19.6	22	60.6	121	20.9	87	4.5	75
TFO DN Naan Bread	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
TFO DN New Potatoes 227g	218.9	11	928.3	11	3.4	5	1.9	10	45.0	17	3.6	4	4.8	10	3.7	16	1.7	28
TFO DN Onion Bhajis	158.5	8	663.0	8	6.9	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
TFO DN 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
TFO DN Pineapple Ring	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
TFO DN Plain & Simple Burger Beef	1081.5	54	4505.1	54	39.9	57	15.2	76	116.7	45	17.3	19	54.6	109	15.5	65	3.8	63
TFO DN Plain & Simple Burger Beef Under 600	346.9	17	1450.3	17	14.2	20	5.9	30	19.4	7	11.3	13	33.3	67	6.1	25	2.0	34
TFO DN Plain & Simple Burger Beef XL	1081.5	54	4505.1	54	39.9	57	15.2	76	116.7	45	17.3	19	54.6	109	15.5	65	3.8	63
TFO DN Plain & Simple Burger Chicken	1179.8	59	4921.3	59	45.0	64	16.0	80	136.3	52	18.6	21	47.6	95	16.7	70	3.4	56
TFO DN Plain & Simple Burger Chicken Under 600	474.7	24	1989.9	24	20.7	30	7.3	37	38.3	15	14.1	16	31.4	63	7.9	33	1.9	31
TFO DN Plain & Simple Burger Chicken XL	1179.8	59	4921.3	59	45.0	64	16.0	80	136.3	52	18.6	21	47.6	95	16.7	70	3.4	56
TFO DN Poppadum	66.4	3	275.5	3	5.2	7	1.6	8	3.6	1	0.0	0	1.3	3	0.1	0	0.3	4
TFO DN Poppadums and Dips	415.9	21	1731.9	21	28.0	40	8.6	43	32.6	13	10.7	12	7.3	15	0.6	3	2.3	38
TFO DN Port and Stilton Sauce	100.5	5	422.3	5	7.7	11	4.8	24	5.0	2	3.1	3	2.9	6	0.2	1	0.5	9
TFO DN Potato Wedges	309.2	15	1299.2	15	10.6	15	3.1	16	50.2	19	1.8	2	6.1	12	5.1	21	0.1	1
TFO DN Potato Wedges Upgrade	352.5	18	1481.2	18	12.1	17	3.5	18	57.2	22	2.0	2	7.0	14	5.8	24	0.1	1
TFO DN Praline Chocolate Tart	561.0	28	2344.8	28	32.4	46	16.4	82	56.5	22	30.9	34	7.6	15	2.1	9	0.2	4
TFO DN Prawn Cocktail	444.8	22	1854.5	22	28.3	40	9.2	46	26.9	10	7.4	8	21.4	43	2.9	12	1.6	27
TFO DN Prawn Salad Sandwich	532.2	27	2223.8	26	27.2	39	8.0	40	51.3	20	7.8	9	20.6	41	4.1	17	1.9	32
TFO DN Prawns	68.0	3	285.6	3	0.9	1	0.3	2	0.0	0	0.0	0	15.0	30	0.0	0	0.3	4
TFO DN Rack of Ribs	1871.8	94	7800.2	93	94.8	135	38.1	191	127.1	49	55.5	62	115.9	232	20.5	85	4.9	81
TFO DN Raspberry Sauce	79.8	4	338.8	4	0.0	0	0.0	0	19.8	8	14.9	17	0.0	0	0.2	1	0.1	1
TFO DN Red Velvet and White Chocolate Cheesecake	1113.6	56	4628.5	55	80.1	114	41.3	207	116.1	45	43.4	48	8.5	17	1.8	8	0.8	13
TFO DN Ribeye Steak 12oz	1204.1	60	5000.3	60	73.4	105	28.0	140	68.7	26	7.0	8	78.8	158	13.8	57	2.4	40
TFO DN Rice Coriander and Lime	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
TFO DN Rice Harissa	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

## 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	%		
TFO DN Roast Beef	184.5	9	766.8	9	12.9	18	5.0	25	0.0	0	0.0	0	17.0	34	0.0	0	0.1	2
TFO DN Roast Pork	184.6	9	766.8	9	13.5	19	4.3	22	0.0	0	0.0	0	15.8	32	0.0	0	0.2	3
TFO DN Roast Potatoes	310.4	16	1301.9	15	12.8	18	1.5	7	45.9	18	1.6	2	5.6	11	4.7	19	0.2	3
TFO DN Roast Turkey	91.9	5	388.4	5	1.0	1	0.3	1	0.0	0	0.0	0	20.6	41	0.0	0	0.2	3
TFO DN Roasted Vegetable Jalfrezi	1046.6	52	4391.8	52	31.4	45	6.1	30	157.3	60	25.0	28	26.0	52	16.4	68	4.2	69
TFO DN Roasted Vegetable Jalfrezi Vegan	662.4	33	2767.7	33	26.2	37	2.6	13	90.7	35	22.2	25	11.8	24	10.3	43	2.6	44
TFO DN Roquefort Sauce	69.6	3	292.8	3	4.6	7	2.8	14	4.5	2	1.4	2	2.5	5	0.1	0	1.0	16
TFO DN Route 66 Topper	97.1	5	402.2	5	6.6	9	0.8	4	8.0	3	6.4	7	1.9	4	2.7	11	0.0	0
TFO DN Rump Steak 10oz	1147.8	57	4764.1	57	58.2	83	21.2	106	71.5	27	7.3	8	75.9	152	14.3	60	2.4	40
TFO DN Saag Aloo	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	21
TFO DN Salsa	24.1	1	101.4	1	0.3	0	0.1	0	5.1	2	3.8	4	0.3	1	1.0	4	0.4	6
TFO DN Sausage	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
TFO DN Sausages and Mash	859.8	43	3586.9	43	27.3	39	15.9	79	125.4	48	10.8	12	20.4	41	13.6	57	3.4	57
TFO DN Sauteed Mushrooms	104.1	5	430.3	5	10.1	14	6.1	31	0.7	0	0.4	0	2.7	5	2.2	9	0.2	4
TFO DN Scampi Pieces Upgrade	189.0	9	789.9	9	10.5	15	3.2	16	15.6	6	1.6	2	7.5	15	1.6	7	0.8	14
TFO DN Seasonal Vegetables	94.0	5	393.3	5	1.0	1	0.2	1	12.8	5	7.4	8	6.7	13	7.7	32	0.2	3
TFO DN Simply Delicious	252.3	13	1059.0	13	11.6	17	5.8	29	32.3	12	32.3	36	4.7	9	0.3	1	0.3	5
TFO DN Sirloin Steak 8oz	1063.7	53	4410.6	53	55.9	80	20.8	104	68.8	26	7.1	8	63.0	126	13.8	57	2.3	38
TFO DN Skin On Fries	445.7	22	1864.4	22	20.4	29	4.6	23	57.1	22	1.2	1	5.9	12	4.9	21	0.2	4
TFO DN Skin On Fries Upgrade 227g	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
TFO DN Smothered Chicken BBQ	1096.3	55	4565.5	54	32.7	47	13.4	67	112.2	43	33.7	37	77.3	155	20.5	85	5.2	86
TFO DN Smothered Chicken Sweet Chilli	1099.6	55	4578.3	55	33.2	47	13.6	68	110.8	43	34.2	38	78.3	157	21.1	88	6.0	100
TFO DN Soup of the Day	304.1	15	1241.2	15	14.8	21	6.4	32	35.9	14	10.8	12	6.3	13	4.0	17	1.9	31
TFO DN Soya Burger and Halloumi	413.6	21	1718.7	20	26.6	38	9.1	46	11.9	5	2.7	3	30.2	60	2.7	11	2.4	40
TFO DN Steak and Ale Pie	1166.8	58	4853.4	58	51.4	73	21.7	109	135.0	52	8.8	10	32.3	65	12.9	54	3.1	51
TFO DN Steak and Onion Melt Baguette	1146.2	57	4782.6	57	68.0	97	30.6	153	77.3	30	5.5	6	54.2	108	4.3	18	3.8	64
TFO DN Steak and Stilton Salad	635.9	32	2647.2	32	42.8	61	20.8	104	17.9	7	12.0	13	44.9	90	3.0	12	2.3	38
TFO DN Stilton Cheese 28g	114.8	6	476.0	6	9.8	14	6.4	32	0.0	0	0.0	0	6.6	13	0.0	0	0.6	9
TFO DN Stilton Cheese 56g	229.6	11	952.0	11	19.6	28	12.9	64	0.1	0	0.1	0	13.3	27	0.0	0	1.1	18
TFO DN Stuffing	74.4	4	314.3	4	1.3	2	0.7	3	14.4	6	0.5	1	2.0	4	0.8	3	0.7	12
TFO DN Sunday Carvery	1241.1	62	5198.5	62	56.5	81	18.6	93	128.5	49	27.0	30	55.6	111	19.9	83	7.2	121

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TFO DN Sunday Carvery Large	1718.5	86	7195.4	86	81.7	117	25.0	125	171.1	66	33.7	37	77.0	154	25.5	106	9.2	153
TFO DN Sunday Carvery Small	974.1	49	4078.1	49	46.3	66	13.7	69	99.8	38	21.9	24	40.9	82	15.4	64	5.1	84
TFO DN Sunday Carvery Veg	1339.6	67	5606.6	67	63.1	90	22.6	113	159.8	61	34.6	38	33.1	66	21.6	90	6.7	112
TFO DN Sunday Carvery Veg Large	1736.8	87	7267.7	87	84.1	120	27.4	137	202.4	78	41.3	46	44.0	88	27.1	113	8.2	137
TFO DN Sunday Carvery Veg Small	1152.9	58	4822.1	57	57.1	82	19.4	97	131.2	50	29.6	33	28.9	58	17.1	71	5.0	83
TFO DN Surf and Turf Burger	1324.6	66	5520.6	66	54.3	78	19.0	95	137.4	53	18.7	21	61.6	123	17.2	72	4.9	81
TFO DN Surf and Turf Burger XL	1324.7	66	5521.2	66	54.3	78	19.0	95	137.4	53	18.7	21	61.6	123	17.2	72	4.9	81
TFO DN Sweet Chilli Sauce	54.3	3	227.4	3	0.0	0	0.0	0	13.4	5	11.2	12	0.1	0	0.2	1	0.6	11
TFO DN Tennessee Chicken Burger	1258.3	63	5256.4	63	41.8	60	15.4	77	135.4	52	31.5	35	76.8	154	16.3	68	6.3	105
TFO DN Tennessee Chicken Burger XL	1258.3	63	5256.4	63	41.8	60	15.4	77	135.4	52	31.5	35	76.8	154	16.3	68	6.3	105
TFO DN The Filler	1596.9	80	6676.7	79	92.0	131	24.1	120	145.4	56	14.3	16	45.7	91	11.2	47	4.9	82
TFO DN The Grill Combo	282.2	14	1174.6	14	21.0	30	5.1	26	19.5	7	4.8	5	5.0	10	4.5	19	0.3	5
TFO DN Tiramisu Rum Cake	465.3	23	2115.7	25	18.3	26	10.3	51	77.9	30	58.5	65	4.8	10	1.5	6	0.4	7
TFO DN Vegetable Samosas	147.6	7	618.5	7	6.4	9	2.3	11	19.0	7	3.2	4	2.6	5	1.9	8	0.7	12
TFO DN Vegetarian Lasagne	638.5	32	2565.0	31	29.6	42	7.5	37	64.5	25	11.5	13	15.4	31	8.8	37	2.6	43
TFO DN Vegetarian Lasagne Under 500	366.2	18	1392.1	17	15.0	21	3.7	18	36.2	14	13.1	15	8.4	17	5.2	22	1.9	31
TFO DN Whiskey BBQ Sauce	59.4	3	252.6	3	0.0	0	0.0	0	14.6	6	13.7	15	0.1	0	0.0	0	0.5	8
TFO DN Yorkshire Pudding	204.1	10	848.5	10	15.9	23	2.5	12	10.7	4	1.6	2	5.2	10	0.5	2	0.3	4