

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	%		
MSR M4 2pc Buttermilk Chicken Add On	273.2	14	1138.5	14	17.8	25	6.3	31	12.1	5	0.6	1	15.9	32	0.0	0	0.8	14
MSR M4 3pc Stuffing - Side Order	199.2	10	841.8	10	3.6	5	1.9	9	38.6	15	1.2	1	5.4	11	2.1	9	2.0	33
MSR M4 Apple Gooseberry & Toffee Crumble Tart	419.5	21	1772.4	21	13.8	20	5.9	29	69.1	27	44.3	49	6.0	12	1.9	8	0.5	8
MSR M4 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
MSR M4 Apple Pie Vegan	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
MSR M4 Asian Slaw - Inclusive	30.1	2	126.8	2	0.3	0	0.0	0	6.2	2	5.6	6	0.9	2	2.4	10	0.9	15
MSR M4 Asian Slaw - Side Order(V)	30.1	2	126.8	2	0.3	0	0.0	0	6.2	2	5.6	6	0.9	2	2.4	10	0.9	15
MSR M4 Asian Slaw Salad Accomp (Ve) Step 3	32.0	2	134.9	2	0.3	0	0.0	0	6.6	3	6.0	7	1.0	2	2.6	11	1.0	16
MSR M4 Avocado - Extra	200.3	10	825.6	10	19.9	28	4.8	24	1.9	1	0.5	1	1.6	3	3.4	14	0.0	0
MSR M4 Avocado & Cherry Tomato Salad Step 1	267.5	13	1104.8	13	24.2	35	5.5	28	8.1	3	6.3	7	3.0	6	6.1	25	0.1	1
MSR M4 Avocado and Bacon Bagel	678.9	34	2824.1	34	44.8	64	12.4	62	47.6	18	4.9	5	20.9	42	6.3	26	3.4	57
MSR M4 Avocado and Haloumi Bagel	734.1	37	3044.8	36	48.0	69	19.1	96	48.8	19	6.2	7	26.1	52	6.3	26	3.0	50
MSR M4 Baby Back BBQ Ribs - Half Rack 8oz	1123.8	56	4694.8	56	47.0	67	16.2	81	129.4	50	50.3	56	43.2	86	12.1	50	2.9	48
MSR M4 Baby Back BBQ Ribs - Whole Rack 16oz	1601.3	80	6694.8	80	72.0	103	25.9	130	163.4	63	82.8	92	72.4	145	12.1	50	4.5	75
MSR M4 Bacon - Kids 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
MSR M4 Bacon and Cheddar Cheese Burger	1379.9	69	5739.4	68	74.1	106	27.1	136	102.1	39	11.8	13	70.6	141	10.7	45	6.5	108
MSR M4 Bacon and Cheddar Cheese Burger - XL	1665.5	83	6929.4	82	90.1	129	33.9	170	104.5	40	12.0	13	103.4	207	10.9	45	8.0	133
MSR M4 Bacon and Egg Pancakes	723.9	36	3017.6	36	37.3	53	12.9	64	68.6	26	34.6	38	28.9	58	1.2	5	4.5	76
MSR M4 Bacon Popcorn	290.0	15	1231.2	15	5.8	8	1.7	8	56.2	22	2.1	2	6.9	14	6.4	27	0.1	1
MSR M4 Bacon Popcorn - Extra	245.6	12	1042.6	12	4.9	7	1.4	7	47.6	18	1.8	2	5.9	12	5.4	23	0.0	1
MSR M4 Bacon Popcorn PLATTER	290.0	15	1231.2	15	5.8	8	1.7	8	56.2	22	2.1	2	6.9	14	6.4	27	0.1	1
MSR M4 Baked Beans - Kids Extra	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
MSR M4 Baked Beans (V) - Extra 100g	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
MSR M4 Baked Beans Jacket	367.6	18	1543.4	18	6.8	10	0.8	4	66.4	26	10.6	12	13.6	27	11.5	48	1.0	16
MSR M4 Baked Beans Jacket Vegan	319.4	16	1343.9	16	3.0	4	0.5	2	63.5	24	8.4	9	12.9	26	10.4	43	0.8	13
MSR M4 Baked Camembert	1074.8	54	4480.6	53	69.8	100	39.8	199	51.0	20	11.7	13	59.8	120	5.3	22	5.6	93
MSR M4 Baked Camembert - Bacon	1221.5	61	5094.0	61	76.8	110	42.4	212	52.4	20	13.0	14	79.2	158	5.4	22	9.1	151
MSR M4 Baked Camembert - Garlic Mushroom	1130.1	57	4709.7	56	74.7	107	42.7	214	52.7	20	13.1	15	61.1	122	6.3	26	5.7	95
MSR M4 Banana Pancakes	635.1	32	2673.4	32	12.9	18	6.5	33	123.7	48	75.9	84	8.6	17	3.7	15	0.8	13
MSR M4 Banoffee Sundae	592.6	30	2493.4	30	22.9	33	14.0	70	91.1	35	80.4	89	7.1	14	2.8	12	0.4	7
MSR M4 BBQ Sauce (V) - Add On	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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
MSR M4 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
MSR M4 Beef Burger Bar - Childrens	927.5	46	3882.4	46	39.1	56	13.8	69	307.0	118	7.8	9	34.1	68	11.2	47	2.2	37
MSR M4 Beer Battered Fish and Chips	885.0	44	3737.8	44	23.0	33	6.6	33	96.4	37	8.2	9	63.6	127	13.9	58	2.7	45
MSR M4 Beer Battered Onion Rings - Side Order	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
MSR M4 Breaded Mushrooms	324.6	16	1368.6	16	17.2	25	3.3	17	34.3	13	6.9	8	6.6	13	3.2	13	1.6	27
MSR M4 Breaded Mushrooms - PLATTER	324.6	16	1368.6	16	17.2	25	3.3	17	34.3	13	6.9	8	6.6	13	3.2	13	1.6	27
MSR M4 Brie - Add On	76.3	4	316.3	4	6.3	9	4.4	22	0.3	0	0.3	0	4.8	10	0.0	0	0.4	7
MSR M4 British Beef and Pedigree Ale Pie	1337.5	67	5569.0	66	65.8	94	27.6	138	139.5	54	9.3	10	39.7	79	12.5	52	3.6	60
MSR M4 Bubble & Squeek, Egg & Bacon	839.2	42	3480.8	41	66.3	95	18.4	92	19.5	8	6.7	7	41.7	83	4.7	20	5.5	92
MSR M4 Buffalo Cauliflower Popcorn	275.9	14	1159.7	14	8.2	12	1.9	9	42.4	16	6.4	7	5.8	12	3.9	16	0.8	14
MSR M4 Buffalo Cauliflower Popcorn - Extra	245.6	12	1042.6	12	4.9	7	1.4	7	47.6	18	1.8	2	5.9	12	5.4	23	0.0	1
MSR M4 Buffalo Cauliflower Popcorn PLATTER	290.0	15	1231.2	15	5.8	8	1.7	8	56.2	22	2.1	2	6.9	14	6.4	27	0.1	1
MSR M4 Burrito	1176.5	59	4928.3	59	43.2	62	14.4	72	165.0	63	13.0	14	37.6	75	30.3	126	3.1	52
MSR M4 Burrito Chicken	1285.5	64	5384.3	64	52.2	75	16.9	84	165.1	64	13.0	14	50.0	100	30.3	126	3.5	58
MSR M4 Burrito Halloumi	1440.5	72	6013.1	72	64.3	92	27.4	137	166.3	64	14.3	16	54.7	109	30.3	126	5.1	85
MSR M4 Burrito Vegan	1062.2	53	4454.0	53	33.9	48	8.5	43	164.2	63	13.0	14	30.8	62	30.3	126	2.6	44
MSR M4 Buttermilk Chicken Burger	1483.5	74	6175.7	74	80.8	115	30.8	154	119.6	46	12.1	13	64.2	128	10.4	43	6.5	108
MSR M4 Buttermilk Chicken Burger - XL	1893.4	95	7883.5	94	107.4	153	40.2	201	137.7	53	13.0	14	88.0	176	10.4	43	7.7	128
MSR M4 Buttermilk Chicken Burger Bar - Childrens	1108.4	55	4636.4	55	51.7	74	17.6	88	318.6	123	8.7	10	39.2	78	11.3	47	2.6	43
MSR M4 Caramelised Biscuit Cheesecake	1048.9	52	4367.5	52	73.5	105	40.1	200	87.9	34	61.0	68	8.6	17	0.7	3	1.0	17
MSR M4 Carrots - Kids Extra	34.2	2	142.8	2	0.3	0	0.1	0	7.7	3	7.2	8	0.6	1	3.1	13	1.4	24
MSR M4 Cauliflower Cheese - Side Order	350.8	18	1459.9	17	24.3	35	15.3	76	15.2	6	1.7	2	17.8	36	1.5	6	2.1	35
MSR M4 Cheese and Baked Beans Jacket Potato	724.9	36	3024.0	36	40.4	58	22.0	110	61.9	24	8.9	10	31.6	63	9.7	40	2.4	39
MSR M4 Cheese and Caramelised Onion Chutney Sandwich	902.6	45	3783.9	45	44.9	64	23.1	115	84.7	33	9.8	11	40.9	82	5.2	22	3.8	64
MSR M4 Cheese Sprinkle Extra	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
MSR M4 Cheese Stilton - Extra	116.0	6	480.9	6	9.9	14	6.5	33	0.0	0	0.0	0	6.7	13	0.0	0	0.6	9
MSR M4 Cheesy Garlic Bread - Starter	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
MSR M4 Cheesy Garlic Bread (V) Side Order	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
MSR M4 Cherry Tomatoes - Extra	11.3	1	47.5	1	0.3	0	0.1	0	1.9	1	1.9	2	0.5	1	0.8	3	0.0	0
MSR M4 Chicken and Steak	1665.4	83	6911.5	82	102.9	147	32.1	161	48.4	19	2.9	3	131.8	264	7.7	32	3.7	62

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
MSR M4 Chicken and Waffles	1421.5	71	5927.1	71	75.4	108	27.4	137	143.3	55	48.9	54	43.9	88	10.2	43	3.0	50
MSR M4 Chicken Dippers - Children's	895.7	45	3735.7	44	47.5	68	11.1	55	93.0	36	5.5	6	21.3	43	9.7	40	1.5	25
MSR M4 Chicken Gravy - Side Order	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
MSR M4 Chicken Gravy - Top It	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
MSR M4 Chicken Madras Bites	549.7	27	2280.9	27	42.2	60	9.2	46	23.2	9	2.1	2	20.0	40	2.4	10	1.2	21
MSR M4 Chicken Madras Bites - Platter	549.7	27	2280.9	27	42.2	60	9.2	46	23.2	9	2.1	2	20.0	40	2.4	10	1.2	21
MSR M4 Chicken Mushroom & Spinach Pie	1112.4	56	4620.0	55	64.6	92	27.4	137	94.2	36	6.7	7	38.6	77	12.7	53	2.6	43
MSR M4 Chicken Sliders	1346.0	67	5636.4	67	65.6	94	14.3	71	148.7	57	26.1	29	41.3	83	12.3	51	4.0	67
MSR M4 Chicken Tikka Pie	1230.7	62	5098.2	61	71.4	102	26.4	132	106.2	41	16.9	19	40.3	81	14.5	61	3.9	65
MSR M4 Childrens Bacon and Egg Pancakes	530.4	27	2213.1	26	25.1	36	8.5	42	56.6	22	27.2	30	20.0	40	1.1	5	3.1	52
MSR M4 Childrens Banana Pancakes	418.7	21	1761.7	21	11.5	16	6.4	32	74.5	29	43.6	48	5.6	11	2.1	9	0.5	8
MSR M4 Childrens Bubble & Squeek Egg & Bacon	422.1	21	1751.4	21	33.2	47	9.2	46	10.2	4	3.8	4	21.0	42	2.5	11	2.8	46
MSR M4 Childrens Buttermilk Chicken Tacos	776.0	39	3240.6	39	42.5	61	15.5	77	66.4	26	8.6	10	29.8	60	4.5	19	2.8	47
MSR M4 Childrens Chicken Tacos	557.3	28	2330.1	28	29.2	42	10.4	52	54.4	21	8.0	9	20.1	40	4.5	19	2.2	36
MSR M4 Childrens Chocolate Brownie	355.2	18	1477.3	18	18.9	27	4.4	22	40.9	16	29.4	33	4.7	9	1.5	6	0.4	7
MSR M4 Childrens Fruit French Toast	278.8	14	1174.7	14	4.9	7	2.4	12	52.0	20	25.7	29	8.0	16	2.3	10	0.6	11
MSR M4 Childrens Lemon Roly Poly	478.6	24	2006.0	24	22.8	33	11.1	55	62.0	24	35.8	40	6.5	13	1.1	5	0.5	8
MSR M4 Childrens Nachos Starter	268.9	13	1121.3	13	16.2	23	7.2	36	20.4	8	1.8	2	9.6	19	1.5	6	1.1	19
MSR M4 Children's Potato Accompaniment	509.0	25	2129.7	25	23.1	33	5.2	26	65.6	25	1.4	2	6.8	14	5.7	24	0.3	5
MSR M4 Childrens Quorn Tacos	1460.1	73	2708.2	32	43.9	63	13.6	68	71.7	28	8.9	10	26.0	52	8.9	37	2.5	42
MSR M4 Childrens The Royal	893.0	45	3713.5	44	63.2	90	20.4	102	44.5	17	4.6	5	34.3	69	6.7	28	3.6	59
MSR M4 Childrens Vegan Ice Cream Sundae	188.8	9	790.6	9	8.0	11	6.9	35	24.4	9	16.6	18	0.9	2	5.9	25	0.0	0
MSR M4 Childrens Vegan Tacos	469.8	23	1967.4	23	17.5	25	3.7	19	67.6	26	16.2	18	9.0	18	8.2	34	1.7	28
MSR M4 Childrens Vegetable Accompaniment	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
MSR M4 Childrens Veggie Lasagne	872.3	44	3653.4	43	30.6	44	6.3	31	125.9	48	13.3	15	21.9	44	14.3	60	2.6	44
MSR M4 Childrens Veggie Tacos	548.6	27	2293.4	27	25.6	37	9.4	47	63.0	24	15.0	17	15.2	30	7.6	32	2.1	34
MSR M4 Chip Shop Bites	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30
MSR M4 Chip Shop Bites PLATTER	337.8	17	1416.4	17	16.9	24	3.4	17	36.3	14	9.9	11	6.5	13	4.8	20	1.8	30
MSR M4 Chips - Kids Extra	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
MSR M4 Chips 140g	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
MSR M4 Chips 227g - Inclusive	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13

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MSR M4 Chips 227g - Side Order	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13
MSR M4 Chocolate Brownie Sundae	882.9	44	3675.7	44	55.2	79	26.6	133	84.7	33	67.1	75	10.4	21	3.0	13	0.7	11
MSR M4 Chocolate Ice Cream - Extra	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
MSR M4 Chorizo Benedict	1293.2	65	5375.1	64	96.5	138	28.4	142	53.2	20	7.6	8	52.1	104	3.6	15	4.5	75
MSR M4 Chorizo Pinwheel	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
MSR M4 Classic Chicken Burger	1230.0	62	5117.2	61	64.7	92	18.0	90	116.5	45	12.5	14	39.8	80	10.5	44	3.6	60
MSR M4 Classic Chicken Burger XL	1639.9	82	6824.9	81	91.3	130	27.4	137	134.6	52	13.5	15	63.7	127	10.5	44	4.8	80
MSR M4 Classic Prime Steak Burger	1105.8	55	4599.4	55	54.0	77	15.4	77	100.7	39	11.8	13	48.7	97	10.7	45	3.9	64
MSR M4 Classic Prime Steak Burger - XL	1391.4	70	5789.4	69	69.9	100	22.2	111	103.1	40	11.9	13	81.6	163	10.9	45	5.3	89
MSR M4 Classic Quorn Bites Burger - XL	3376.5	169	5040.6	60	89.1	127	20.4	102	145.5	56	14.6	16	48.8	98	22.7	94	3.7	62
MSR M4 Classic Quorn Bites Burger (V)	2098.3	105	4225.0	50	63.5	91	14.5	72	121.9	47	13.1	15	32.4	65	16.6	69	3.0	51
MSR M4 Classic Soya Burger	1068.8	53	4450.1	53	51.4	73	9.6	48	109.4	42	13.5	15	35.5	71	13.2	55	3.5	58
MSR M4 Classic Soya Burger - XL	1317.4	66	5490.9	65	64.9	93	10.6	53	120.5	46	15.4	17	55.0	110	15.9	66	4.6	77
MSR M4 Cookie Cup	688.4	34	2894.3	34	30.8	44	14.3	72	94.7	36	66.8	74	7.7	15	3.3	14	0.5	8
MSR M4 Corn on the Cob - Children's Starter	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
MSR M4 Corn on the Cob - Inclusive	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
MSR M4 Corn on the Cob - Side Order	81.1	4	341.9	4	3.3	5	1.4	7	11.3	4	1.4	2	2.4	5	1.7	7	0.0	1
MSR M4 Cous Cous - Inclusive	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
MSR M4 Cous Cous Carb Option (V) Step 2	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
MSR M4 Cous Cous Side Order	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
MSR M4 Creamy Chicken & Mushroom Risotto	637.5	32	2678.6	32	29.7	42	11.5	57	67.1	26	3.1	3	31.6	63	2.4	10	2.5	42
MSR M4 Crispy 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
MSR M4 Crispy Buttermilk Chicken Goujons	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
MSR M4 Crispy Buttermilk Chicken Goujons - Platter	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
MSR M4 Crispy Fried Onions	101.1	5	416.5	5	9.3	13	1.1	5	4.0	2	2.9	3	0.6	1	1.0	4	0.0	0
MSR M4 Crispy Onion Cluster - Side Order	294.4	15	1223.1	15	21.4	31	2.8	14	18.8	7	4.3	5	4.9	10	3.5	14	0.3	5
MSR M4 Custard - Dessert 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
MSR M4 DD 8oz Rump Steak	844.9	42	3504.4	42	46.6	67	16.5	83	47.9	18	3.0	3	54.3	109	7.5	31	1.5	26
MSR M4 DD 8oz Rump Steak - Under 500	453.3	23	1891.6	23	26.4	38	10.4	52	4.7	2	4.3	5	49.3	99	2.9	12	0.4	6
MSR M4 DD Bacon and Cheddar Cheese Burger	1653.7	83	6878.2	82	88.8	127	32.5	163	122.3	47	14.1	16	84.6	169	12.8	53	7.8	130

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	%
MSR M4 DD Bacon and Cheddar Cheese Burger - XL	1937.2	97	8059.5	96	104.8	150	39.5	197	121.5	47	13.9	15	120.3	241	12.6	53	9.3	155
MSR M4 DD Beer Battered Onion Rings - Starter	719.7	36	3006.0	36	41.3	59	7.8	39	76.1	29	16.8	19	7.7	15	5.2	22	3.8	64
MSR M4 DD Cheesy Garlic Bread - Starter	549.1	27	2290.0	27	35.2	50	16.8	84	36.6	14	2.6	3	20.1	40	3.0	12	1.8	30
MSR M4 DD Flat White Cheesecake	648.8	32	2715.1	32	34.9	50	18.5	93	72.6	28	55.2	61	7.1	14	1.6	7	0.5	8
MSR M4 DD Gammon Steak	1038.3	52	4308.1	51	59.6	85	20.0	100	54.4	21	3.8	4	65.4	131	9.6	40	9.0	150
MSR M4 DD Garlic Bread - 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
MSR M4 DD Half Rotisserie Chicken	829.5	41	3444.9	41	56.8	81	15.8	79	0.7	0	0.0	0	78.4	157	0.3	1	2.2	37
MSR M4 DD Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
MSR M4 DD Mushroom & Spinach Pie	972.2	49	4034.1	48	52.2	75	24.0	120	95.3	37	7.0	8	22.4	45	14.5	60	2.1	35
MSR M4 DD Nachos for One	613.6	31	2558.6	30	38.1	54	15.4	77	50.2	19	8.2	9	15.6	31	3.6	15	3.1	52
MSR M4 DD Pedigree Beef Lasagne	698.9	35	2918.2	35	37.7	54	15.7	79	54.2	21	15.2	17	34.2	68	5.4	22	2.9	48
MSR M4 DD Tacos	1029.2	51	4316.0	51	46.4	66	14.4	72	125.3	48	17.5	19	29.4	59	13.4	56	4.4	73
MSR M4 DD Vegetable Lasagne	528.9	26	2216.1	26	20.3	29	4.7	24	71.8	28	11.5	13	15.0	30	7.8	33	2.4	39
MSR M4 DD Zesty Lemon Roly Poly	872.5	44	3652.2	43	43.8	63	21.1	105	109.6	42	61.7	69	10.1	20	2.2	9	0.9	15
MSR M4 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
MSR M4 Donut Dipper (V) - Children's	315.7	16	1325.1	16	13.5	19	7.2	36	46.3	18	26.4	29	3.3	7	1.5	6	0.4	7
MSR M4 Double Bacon Burger	1424.2	71	5952.0	71	70.0	100	19.7	98	119.8	46	16.6	18	73.8	148	10.2	43	8.1	135
MSR M4 Double Bacon Burger - XL	1709.8	85	7142.1	85	86.0	123	26.5	132	122.2	47	16.8	19	106.6	213	10.4	43	9.6	160
MSR M4 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
MSR M4 Double Gloucester Cheese Hobgoblin Tart	351.3	18	1465.1	17	20.7	30	8.9	44	32.2	12	26.9	30	8.1	16	1.5	6	0.9	15
MSR M4 Extra Cadbury's Flake (V)	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
MSR M4 Extra Quarter Rotisserie Chicken - Sunday Lunch	410.6	21	1705.3	20	28.1	40	7.8	39	0.3	0	0.0	0	38.8	78	0.1	1	1.1	18
MSR M4 Extra Roast Beef - Sunday Lunch	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
MSR M4 Extra Roast Pork - Sunday Lunch	186.8	9	776.0	9	13.6	19	4.4	22	0.0	0	0.0	0	16.0	32	0.0	0	0.2	3
MSR M4 Fish Fingers - Childrens	768.0	38	3212.9	38	31.3	45	5.9	30	96.1	37	5.9	7	22.6	45	10.1	42	1.5	25
MSR M4 Fisherman's Burger - Childrens	1063.6	53	4457.8	53	38.3	55	6.8	34	141.8	55	17.4	19	34.0	68	13.0	54	3.1	51
MSR M4 Flat White Cheesecake	648.8	32	2715.1	32	34.9	50	18.5	93	72.6	28	55.2	61	7.1	14	1.6	7	0.5	8
MSR M4 Fried Egg - 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
MSR M4 Fruit French Toast (V)	555.6	28	2340.9	28	9.8	14	4.9	24	103.5	40	50.8	56	16.0	32	4.6	19	1.3	21
MSR M4 Gammon Steak - Children's	822.6	41	3436.7	41	39.0	56	11.2	56	80.0	31	5.0	6	35.9	72	9.3	39	4.9	81

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	%		
MSR M4 Gammon Steak 10oz	1058.3	53	4393.9	52	59.7	85	20.0	100	59.4	23	8.7	10	65.6	131	10.3	43	9.0	150
MSR M4 Garlic Bread - Children's Starter	118.9	6	497.8	6	5.6	8	1.7	9	14.3	5	2.8	3	2.3	5	1.5	6	0.4	7
MSR M4 Garlic Bread - 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
MSR M4 Garlic Bread (V) Side Order	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
MSR M4 Garlic Mushroom Sauce - Extra	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
MSR M4 Garlic Mushroom Sauce - Top It	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
MSR M4 Golden Breaded Mushrooms	399.8	20	1685.2	20	21.6	31	4.2	21	41.4	16	7.4	8	8.3	17	4.0	17	1.9	32
MSR M4 Golden Breaded Scampi	1089.6	54	4579.7	55	50.3	72	15.2	76	114.5	44	12.3	14	36.0	72	17.4	73	3.5	59
MSR M4 Gravy - Top It	73.1	4	307.1	4	2.7	4	1.9	10	11.7	4	0.4	0	0.3	1	0.2	1	1.5	25
MSR M4 Grilled Field Mushroom Extra	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
MSR M4 Half Rotisserie Chicken	821.3	41	3410.7	41	56.3	80	15.6	78	0.6	0	0.0	0	77.6	155	0.3	1	2.2	36
MSR M4 Halloumi & Grilled Pineapple	295.0	15	1217.7	14	21.3	30	13.0	65	8.8	3	8.8	10	17.5	35	1.3	5	2.0	33
MSR M4 Halloumi & Grilled Pineapple - Platter	295.0	15	1217.7	14	21.3	30	13.0	65	8.8	3	8.8	10	17.5	35	1.3	5	2.0	33
MSR M4 Halloumi & Red Pepper Burger	1001.4	50	4154.7	49	48.1	69	20.7	104	103.7	40	18.1	20	33.3	67	12.8	54	4.5	75
MSR M4 Halloumi Add On	198.0	10	813.6	10	15.8	23	9.7	49	1.0	0	1.0	1	12.8	26	0.0	0	1.5	25
MSR M4 Halloumi Fries	609.1	30	2517.2	30	44.3	63	24.1	120	23.6	9	4.4	5	30.2	60	1.6	7	4.6	77
MSR M4 Halloumi Fries - Platter	609.1	30	2517.2	30	44.3	63	24.1	120	23.6	9	4.4	5	30.2	60	1.6	7	4.6	77
MSR M4 Ham Egg and Chips	907.7	45	3764.2	45	51.4	73	13.5	68	57.8	22	14.2	16	47.5	95	6.2	26	7.0	117
MSR M4 Hash Browns x 3	304.1	15	1269.8	15	15.3	22	7.1	36	35.4	14	1.1	1	3.8	8	4.7	20	0.9	15
MSR M4 Homemade Kale Slaw - Inclusive	96.4	5	399.1	5	7.6	11	0.6	3	5.7	2	4.4	5	1.3	3	2.3	10	0.3	6
MSR M4 Homemade Kale Slaw - Side Order	192.7	10	798.1	10	15.2	22	1.2	6	11.5	4	8.8	10	2.7	5	4.6	19	0.7	11
MSR M4 Hunter's - Top It	423.1	21	1763.7	21	22.2	32	13.1	65	31.7	12	22.6	25	23.8	48	0.2	1	3.3	55
MSR M4 Hunters Chicken Bites	577.2	29	2414.4	29	29.7	42	13.2	66	53.8	21	25.5	28	21.9	44	1.6	7	2.4	40
MSR M4 Hunters Chicken Bites PLATTER	577.2	29	2414.4	29	29.7	42	13.2	66	53.8	21	25.5	28	21.9	44	1.6	7	2.4	40
MSR M4 Ice Cream Sundae - Vegan	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
MSR M4 Ice Cream Sundae (V) - Children's	212.8	11	894.8	11	8.1	12	4.1	20	31.3	12	27.2	30	3.6	7	0.5	2	0.2	4
MSR M4 Jacket Potato & Butter - Inclusive	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
MSR M4 Jacket Potato & Butter (V) Extra	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
MSR M4 Jacket Potato Half - Kids Extra	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
MSR M4 Jelly and Ice Cream - Children's	92.1	5	384.3	5	4.0	6	2.0	10	12.2	5	12.2	14	1.6	3	0.1	0	0.3	5
MSR M4 Jerk Sauce - Extra	63.8	3	266.0	3	3.6	5	0.3	1	6.9	3	4.6	5	0.6	1	0.6	2	0.6	10

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	%
MSR M4 Jerk Sauce - Top It	63.8	3	266.0	3	3.6	5	0.3	1	6.9	3	4.6	5	0.6	1	0.6	2	0.6	10
MSR M4 Kale Slaw Salad Accomp (V) Step 3	96.4	5	399.1	5	7.6	11	0.6	3	5.7	2	4.4	5	1.3	3	2.3	10	0.3	6
MSR M4 Katsu Burger	1362.9	68	5694.6	68	63.1	90	15.7	78	141.3	54	21.9	24	58.2	116	15.5	65	6.2	103
MSR M4 Katsu Curry	811.4	41	3427.6	41	26.8	38	7.3	37	111.0	43	8.8	10	35.7	71	5.2	22	3.3	56
MSR M4 Katsu Sauce - Extra	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
MSR M4 Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
MSR M4 Kids 10 Veg Pasta	641.8	32	2687.7	32	24.0	34	5.9	30	88.0	34	8.1	9	16.1	32	8.8	37	1.5	25
MSR M4 Kids Cheese Sprinkle 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
MSR M4 Kids Vegetable Sticks	34.5	2	143.7	2	0.3	0	0.1	0	7.2	3	6.3	7	0.8	2	2.5	10	0.2	4
MSR M4 LB - Dbl Gloucester & Hobgoblin Tart	405.0	20	1691.6	20	20.9	30	8.9	45	44.0	17	38.0	42	8.9	18	2.7	11	0.9	15
MSR M4 LB Beer Battered Fish and Chips	747.0	37	3156.9	38	21.8	31	6.4	32	89.0	34	6.8	8	39.7	79	12.8	53	2.1	36
MSR M4 LB British Beef and Pedigree Ale Pie	1010.9	51	4201.0	50	49.1	70	19.8	99	108.1	42	6.2	7	27.1	54	11.5	48	2.3	38
MSR M4 LB Gammon Steak 5oz	799.7	40	3314.1	39	44.0	63	14.1	70	53.7	21	3.8	4	41.3	83	9.6	40	4.9	82
MSR M4 LB Golden Breaded Scampi	745.6	37	3094.3	37	35.1	50	10.5	52	79.4	31	9.4	10	20.7	41	12.4	52	2.1	35
MSR M4 Long Grain Rice - Inclusive	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
MSR M4 Mac & Cheese	885.3	44	3710.2	44	42.8	61	17.1	86	96.6	37	8.9	10	24.0	48	10.6	44	3.3	55
MSR M4 Mac & Cheese - Inclusive	291.0	15	1221.7	15	13.1	19	8.1	41	30.1	12	2.2	2	11.6	23	3.6	15	1.3	22
MSR M4 Mac & Cheese - Side Order	307.9	15	1292.0	15	14.5	21	9.0	45	30.2	12	2.1	2	12.6	25	3.5	15	1.4	23
MSR M4 Makhani Paneer	875.0	44	3657.6	44	51.1	73	24.0	120	69.8	27	19.3	21	32.2	64	4.8	20	2.5	41
MSR M4 Mashed Potato - Inclusive	213.6	11	900.1	11	5.1	7	3.0	15	39.3	15	1.4	2	4.8	10	4.0	16	0.3	4
MSR M4 Mashed Potato - Kids Extra	127.8	6	538.5	6	3.1	4	1.8	9	23.5	9	0.8	1	2.9	6	2.4	10	0.2	3
MSR M4 Melt in the Middle Chocolate Pudding (V)	960.0	48	3993.3	48	68.1	97	24.2	121	77.2	30	51.6	57	8.5	17	1.1	4	0.9	14
MSR M4 Mini Potato Waffles (Ve) - Kids Extra	162.2	8	675.9	8	9.4	13	1.3	6	16.9	6	0.5	1	1.9	4	1.3	5	0.6	10
MSR M4 Mixed Grill	1424.9	71	5919.1	70	86.8	124	34.6	173	51.3	20	4.4	5	103.5	207	7.5	31	6.6	110
MSR M4 Mixed Kefalonia Olives	157.3	8	655.0	8	9.7	14	3.1	16	4.5	2	0.0	0	1.3	3	0.2	1	2.7	46
MSR M4 Mixed Kefalonia Olives - Platter	157.3	8	655.0	8	9.7	14	3.1	16	4.5	2	0.0	0	1.3	3	0.2	1	2.7	46
MSR M4 Mixed Roast Sunday Lunch	1724.7	86	7193.0	86	100.8	144	25.8	129	108.5	42	29.3	33	97.9	196	16.9	70	5.6	93
MSR M4 Monterey Jack Cheese Add On	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
MSR M4 Mushroom & Spinach Pie	964.5	48	4002.0	48	51.7	74	23.8	119	94.5	36	7.0	8	22.2	44	14.4	60	2.1	34
MSR M4 Mushroom Pate	431.6	22	1800.8	21	24.8	35	11.5	57	40.8	16	14.7	16	9.9	20	3.0	13	2.4	39
MSR M4 Naan Bread - Side Order	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

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	%
MSR M4 Nachos (V) for One	613.6	31	2558.6	30	38.1	54	15.4	77	50.2	19	8.2	9	15.6	31	3.6	15	3.1	52
MSR M4 Nachos (V) to Share	1227.2	61	5117.2	61	76.3	109	30.9	154	100.5	39	16.4	18	31.2	62	7.1	30	6.3	104
MSR M4 New Potatoes - Kids Extra	107.9	5	457.6	5	1.7	2	0.9	5	22.2	9	1.8	2	2.3	5	1.8	8	0.8	14
MSR M4 NGCI Mixed Grill	1368.5	68	5688.4	68	79.5	114	30.9	154	60.2	23	5.2	6	98.7	197	8.1	34	6.2	104
MSR M4 NGCI Mushroom Pate	342.8	17	1429.9	17	17.7	25	9.3	47	36.4	14	16.1	18	7.2	14	4.5	19	2.4	40
MSR M4 NGCI Prawn Cocktail Sundae	370.4	19	1542.3	18	22.8	33	5.2	26	23.2	9	7.7	9	17.0	34	4.2	17	1.4	24
MSR M4 NGCI Rib Eye - 10oz 28 day aged BritishSteak	1165.6	58	4832.7	58	72.2	103	28.6	143	47.9	18	3.0	3	76.6	153	7.5	31	1.5	26
MSR M4 NGCI Rotisserie BBQ Chicken Melt	536.2	27	2240.2	27	31.5	45	14.5	73	37.6	14	7.8	9	27.6	55	6.0	25	2.3	39
MSR M4 NGCI Rotisserie Chicken Tikka Masala	1150.9	58	4828.1	57	48.2	69	12.7	63	124.0	48	24.5	27	58.2	116	6.1	25	5.5	91
MSR M4 NGCI Steak Watercress & Horseradish Sandwich	484.2	24	2020.4	24	26.4	38	6.1	31	33.9	13	5.8	6	25.6	51	6.9	29	1.6	27
MSR M4 NGCI The Classic Rotisserie Club Sandwich	848.0	42	3534.2	42	47.6	68	10.3	52	48.7	19	6.5	7	51.7	103	10.1	42	4.0	67
MSR M4 NGCI Tikka Masala	890.8	45	3761.9	45	25.7	37	7.1	36	118.5	46	24.7	27	45.0	90	14.2	59	4.6	77
MSR M4 NGCI Todays Soup	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
MSR M4 Pasta Shapes - Kida Extra	159.7	8	677.7	8	3.4	5	0.3	1	29.4	11	1.3	1	4.8	10	1.2	5	0.0	0
MSR M4 Peas - Extra	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
MSR M4 Peas - Kids Extra	58.4	3	244.7	3	0.3	0	0.1	0	7.6	3	2.6	3	4.4	9	3.9	16	0.4	7
MSR M4 Pedigree Beef Lasagne	698.9	35	2918.2	35	37.7	54	15.7	79	54.2	21	15.2	17	34.2	68	5.4	22	2.9	48
MSR M4 Pedigree Beef Lasagne >700Kcal	543.9	27	2268.5	27	30.4	43	13.4	67	34.9	13	15.8	18	32.0	64	4.4	18	2.5	41
MSR M4 Peppercorn - Top It	57.0	3	240.8	3	3.3	5	2.0	10	4.8	2	1.9	2	2.0	4	0.5	2	0.5	9
MSR M4 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
MSR M4 Pigs in Blankets 3pc	382.5	19	1600.4	19	34.7	50	13.5	67	4.1	2	0.0	0	13.4	27	0.2	1	2.9	48
MSR M4 Pigs in Blankets 6pc - Side Order	765.0	38	3200.8	38	69.4	99	26.9	135	8.2	3	0.0	0	26.7	53	0.4	2	5.8	97
MSR M4 Pineapple - Extra	20.0	1	85.8	1	0.1	0	0.0	0	4.9	2	4.9	5	0.2	0	0.8	3	0.0	0
MSR M4 Piri Piri - Extra	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
MSR M4 Piri Piri - Top It	89.8	4	379.0	5	2.0	3	0.1	1	16.8	6	13.4	15	1.1	2	1.9	8	1.4	24
MSR M4 Ploughmans	1129.6	56	4724.3	56	56.5	81	27.2	136	112.1	43	16.2	18	42.6	85	8.3	35	4.8	80
MSR M4 Ploughmans For 2	1676.5	84	7007.0	83	91.1	130	45.3	226	148.4	57	30.7	34	63.9	128	11.8	49	7.3	121
MSR M4 PN 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
MSR M4 PN Apple Pie Vegan	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

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	%
MSR M4 PN Flat White Cheesecake	648.8	32	2715.1	32	34.9	50	18.5	93	72.6	28	55.2	61	7.1	14	1.6	7	0.5	8
MSR M4 PN Ice Cream Sundae - Vegan	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
MSR M4 PN Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
MSR M4 PN Zesty Lemon Roly Poly	872.5	44	3652.2	43	43.8	63	21.1	105	109.6	42	61.7	69	10.1	20	2.2	9	0.9	15
MSR M4 Poppadum - Side Order	37.5	2	159.0	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
MSR M4 Poppadums and Dips	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
MSR M4 Posh Fish Finger Sandwich	710.3	36	2981.7	35	19.9	28	3.7	18	93.0	36	5.4	6	38.9	78	5.8	24	2.8	47
MSR M4 Potato Salad Carb Option (V) Step 2	249.6	12	1048.2	12	11.5	16	1.0	5	32.8	13	6.4	7	4.8	10	4.9	21	1.2	20
MSR M4 Prawn Cocktail Sundae	426.7	21	1783.3	21	23.4	33	5.7	28	31.7	12	7.2	8	23.0	46	3.4	14	1.6	27
MSR M4 Quarter Rotisserie Chicken	410.6	21	1705.3	20	28.1	40	7.8	39	0.3	0	0.0	0	38.8	78	0.1	1	1.1	18
MSR M4 Quorn Bites Burger Bar - Childrens	1526.4	76	4043.7	48	48.3	69	14.8	74	329.6	127	9.1	10	32.6	65	14.9	62	2.2	36
MSR M4 Quorn Sliders	1959.6	98	4809.7	57	59.7	85	12.6	63	152.7	59	21.6	24	32.6	65	15.7	65	3.0	50
MSR M4 Quorn Super Sausages - Childrens	713.0	36	2985.7	36	27.1	39	5.8	29	89.3	34	6.0	7	23.7	47	13.3	55	1.8	30
MSR M4 Red Hot Chilli BBQ Sauce - Extra	122.8	6	522.7	6	0.0	0	0.0	0	27.2	10	24.6	27	1.3	3	0.0	0	1.5	25
MSR M4 Red Hot Chilli BBQ Sauce - Top It	122.8	6	522.7	6	0.0	0	0.0	0	27.2	10	24.6	27	1.3	3	0.0	0	1.5	25
MSR M4 Rib Eye - 10oz 28 day aged BritishSteak	1460.0	73	6055.8	72	93.6	134	31.4	157	66.7	26	7.3	8	81.5	163	11.0	46	1.8	31
MSR M4 Roast Go Large Beef - Sunday Lunch	1434.1	72	5982.8	71	84.0	120	23.0	115	95.3	37	28.9	32	75.7	151	16.0	67	3.9	65
MSR M4 Roast Go Large Pork Leg - Sunday Lunch	1465.2	73	6118.9	73	80.5	115	21.2	106	112.9	43	33.8	38	73.5	147	15.9	66	4.3	71
MSR M4 Roast Pork - Kids	654.5	33	2736.7	33	33.4	48	8.4	42	60.4	23	20.8	23	28.7	57	7.9	33	2.0	34
MSR M4 Roast Pork Leg - Sunday Lunch	1074.4	54	4495.1	54	51.0	73	14.4	72	102.1	39	32.2	36	52.4	105	15.4	64	3.8	64
MSR M4 Roast Silverside Beef - Kids	659.1	33	2750.3	33	38.6	55	9.2	46	49.7	19	16.1	18	29.4	59	8.4	35	2.1	35
MSR M4 Roast Silverside Beef - Sunday Lunch	1043.4	52	4358.8	52	55.0	79	15.5	77	84.5	33	27.3	30	53.3	107	15.5	65	3.5	59
MSR M4 Roasted Sweet potato and Chickpea Tagine	757.9	38	3157.8	38	30.5	44	3.7	18	105.1	40	37.8	42	16.0	32	11.5	48	2.8	47
MSR M4 Roasted Sweet potato and Chickpea Tagine W/ Chicken	921.4	46	3841.8	46	43.9	63	7.4	37	105.2	40	37.8	42	34.5	69	11.6	48	3.3	56
MSR M4 Rotisserie BBQ Chicken Melt	837.6	42	3505.5	42	40.3	58	17.3	87	83.7	32	7.0	8	40.6	81	4.9	20	3.5	58
MSR M4 Rotisserie Chicken Burger Bar - Childrens	1245.8	62	5203.2	62	62.0	89	19.1	96	306.8	118	8.0	9	62.1	124	11.5	48	2.8	47
MSR M4 Rotisserie Chicken Dinner - Childrens	785.7	39	3273.0	39	46.9	67	11.5	57	39.9	15	4.9	5	50.4	101	6.2	26	2.5	42
MSR M4 Rotisserie Chicken Salad Step 1	273.9	14	1143.7	14	22.0	31	5.7	28	4.5	2	3.9	4	25.6	51	1.9	8	0.7	12
MSR M4 Rotisserie Chicken Tikka Masala	1427.4	71	5992.9	71	54.8	78	16.4	82	168.8	65	28.6	32	64.5	129	12.4	52	5.3	89
MSR M4 Rotisserie Chicken Upgrade	163.5	8	684.0	8	13.5	19	3.7	19	0.2	0	0.0	0	18.6	37	0.1	0	0.5	9

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	%
MSR M4 Rotisserie Chicken Wings	579.8	29	2415.4	29	36.7	52	9.6	48	7.2	3	4.7	5	54.7	109	0.7	3	1.8	29
MSR M4 Rotisserie Chicken Wings PLATTER	579.8	29	2415.4	29	36.7	52	9.6	48	7.2	3	4.7	5	54.7	109	0.7	3	1.8	29
MSR M4 Rotisserie Chicken Wings x 16	2063.8	103	8597.4	102	132.3	189	37.4	187	1.3	0	0.0	0	216.8	434	0.5	2	4.5	76
MSR M4 Rotisserie Chicken Wings x 16 PROMO	2319.2	116	9661.4	115	146.7	210	38.5	192	28.8	11	18.6	21	219.0	438	2.8	12	7.0	117
MSR M4 Rotisserie Chicken Wings x 2	258.0	13	1074.7	13	16.5	24	4.7	23	0.2	0	0.0	0	27.1	54	0.1	0	0.6	9
MSR M4 Rotisserie Chicken Wings x 8	1031.9	52	4298.8	51	66.2	95	18.7	93	0.6	0	0.0	0	108.4	217	0.3	1	2.3	38
MSR M4 Rotisserie Chicken Wings x 8 PROMO	1159.6	58	4830.8	58	73.3	105	19.2	96	14.4	6	9.3	10	109.5	219	1.4	6	3.5	58
MSR M4 Rotisserie Chicken Wings x 8 Sharer	1159.6	58	4830.8	58	73.3	105	19.2	96	14.4	6	9.3	10	109.5	219	1.4	6	3.5	58
MSR M4 Rotisserie Go Large Chicken Sunday Lunch	2136.1	107	8904.4	106	124.0	177	31.5	158	113.7	44	34.7	39	142.0	284	16.4	68	7.1	118
MSR M4 Rotisserie Half Chicken Sunday Lunch	1521.4	76	6351.0	76	80.0	114	21.2	106	102.6	39	33.1	37	98.0	196	15.8	66	5.7	96
MSR M4 Rotisserie Quarter Chicken Sunday Lunch - Kids	877.7	44	3663.3	44	47.9	68	11.8	59	60.6	23	21.6	24	51.5	103	8.1	34	3.0	50
MSR M4 Rump Steak - 8oz	844.9	42	3504.4	42	46.6	67	16.5	83	47.9	18	3.0	3	54.3	109	7.5	31	1.5	26
MSR M4 Rump Steak - 8oz (500 Calories)	453.3	23	1891.6	23	26.4	38	10.4	52	4.7	2	4.3	5	49.3	99	2.9	12	0.4	6
MSR M4 Rustic Bread and Butter (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
MSR M4 Salad Bowl - Inclusive	75.1	4	310.7	4	5.8	8	0.7	3	4.6	2	3.7	4	1.2	2	1.9	8	0.2	3
MSR M4 Salad Bowl - Side Order	75.1	4	310.7	4	5.8	8	0.7	3	4.6	2	3.7	4	1.2	2	1.9	8	0.2	3
MSR M4 Salad Sticks - Kids Extra	16.5	1	68.3	1	0.3	0	0.0	0	3.2	1	2.9	3	0.5	1	1.7	7	0.0	1
MSR M4 Salted Caramel and Pecan Brownie	1084.2	54	4542.3	54	53.0	76	24.5	122	136.7	53	122.1	136	12.0	24	5.3	22	0.4	6
MSR M4 Sandwich Garnish	95.8	5	396.6	5	6.8	10	1.2	6	7.1	3	6.1	7	2.0	4	2.9	12	0.0	1
MSR M4 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
MSR M4 Sausages - Childrens	864.4	43	3611.7	43	40.1	57	10.9	54	100.9	39	7.6	8	21.9	44	10.5	44	2.1	36
MSR M4 Sauteed Flat Mushrooms - Side order	102.5	5	423.8	5	10.0	14	6.0	30	0.6	0	0.4	0	2.7	5	2.1	9	0.2	4
MSR M4 Scampi 5pc - Add On	110.2	6	466.0	6	1.4	2	0.3	2	16.2	6	2.2	2	7.7	15	2.0	8	0.8	14
MSR M4 Seaside Wedges	331.9	17	1394.5	17	17.0	24	1.4	7	34.5	13	1.6	2	6.8	14	6.8	29	1.1	19
MSR M4 Seaside Wedges PLATTER	331.9	17	1394.5	17	17.0	24	1.4	7	34.5	13	1.6	2	6.8	14	6.8	29	1.1	19
MSR M4 Sirloin Steak - 8oz	901.6	45	3737.4	44	52.2	75	19.3	97	47.9	18	3.0	3	55.8	112	7.5	31	1.6	26
MSR M4 Sirloin Steak - 8oz (500 Calories)	510.0	26	2124.6	25	32.1	46	13.2	66	4.7	2	4.3	5	50.8	102	2.9	12	0.4	6
MSR M4 Skin on Fries - Kids Extra	509.0	25	2129.7	25	23.1	33	5.2	26	65.6	25	1.4	2	6.8	14	5.7	24	0.3	5
MSR M4 Skin on Fries 140g	509.0	25	2129.7	25	23.1	33	5.2	26	65.6	25	1.4	2	6.8	14	5.7	24	0.3	5
MSR M4 Skin on Fries 227g - Inclusive	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

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
MSR M4 Skin on Fries 227g - Side Order	409.3	20	1712.4	20	18.7	27	4.2	21	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
MSR M4 SL 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
MSR M4 SL Apple Pie Vegan	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
MSR M4 SL Golden Breaded Mushrooms	399.8	20	1685.2	20	21.6	31	4.2	21	41.4	16	7.4	8	8.3	17	4.0	17	1.9	32
MSR M4 SL Ice Cream Sundae - Vegan	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
MSR M4 SL Keep it Simple	279.8	14	1174.9	14	13.0	19	7.6	38	34.6	13	34.3	38	5.8	12	0.7	3	0.3	5
MSR M4 SL Mushroom Pate	431.6	22	1800.8	21	24.8	35	11.5	57	40.8	16	14.7	16	9.9	20	3.0	13	2.4	39
MSR M4 SL Today's Soup	434.8	22	1789.6	21	23.2	33	9.1	46	45.5	18	10.6	12	10.9	22	5.4	23	1.5	25
MSR M4 SL Zesty Lemon Roly Poly	872.5	44	3652.2	43	43.8	63	21.1	105	109.6	42	61.7	69	10.1	20	2.2	9	0.9	15
MSR M4 Spaghetti Hoops - Kids Extra	52.6	3	223.3	3	0.2	0	0.0	0	10.7	4	3.8	4	1.7	3	0.5	2	0.3	5
MSR M4 Steak & Eggs	1262.1	63	5248.4	62	88.3	126	27.6	138	47.3	18	2.0	2	66.2	132	6.3	26	2.9	49
MSR M4 Steak Watercress and Horseradish Sandwich	785.5	39	3285.7	39	35.1	50	8.9	45	79.9	31	5.0	6	38.6	77	5.8	24	2.8	47
MSR M4 Sticky Toffee Pudding	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
MSR M4 Strawberry Ice Cream - Extra	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
MSR M4 Sweet Potato Fries - Side Order	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
MSR M4 Sweet Potato Fries Upgrade	354.3	18	1481.5	18	22.1	32	2.2	11	34.0	13	12.0	13	2.6	5	4.6	19	0.7	12
MSR M4 Sweetcorn - Kids Extra	16.4	1	68.5	1	0.3	0	0.0	0	1.4	1	1.0	1	2.1	4	1.4	6	2.0	34
MSR M4 Tacos	1017.0	51	4264.7	51	45.9	66	14.2	71	123.8	48	17.3	19	29.1	58	13.3	55	4.3	72
MSR M4 Takeaway Rotisserie Chicken	1642.6	82	6821.3	81	112.6	161	31.3	156	1.3	0	0.0	0	155.2	310	0.5	2	4.4	73
MSR M4 Tennessee Whisky BBQ Sauce - Extra	107.2	5	456.3	5	0.1	0	0.1	0	26.3	10	24.8	28	0.3	1	0.0	0	0.9	15
MSR M4 Tennessee Whisky BBQ Sauce - Top It	107.2	5	456.3	5	0.1	0	0.1	0	26.3	10	24.8	28	0.3	1	0.0	0	0.9	15
MSR M4 Thai Sweet Chilli Sauce - Extra	145.5	7	609.0	7	0.0	0	0.0	0	36.0	14	30.0	33	0.2	0	0.6	3	1.7	28
MSR M4 Thai Sweet Chilli Sauce - Top It	145.5	7	609.0	7	0.0	0	0.0	0	36.0	14	30.0	33	0.2	0	0.6	3	1.7	28
MSR M4 The Classic Rotisserie Club Sandwich	1064.0	53	4441.0	53	54.5	78	13.0	65	80.0	31	4.5	5	63.9	128	6.1	25	4.9	82
MSR M4 The Royal	1309.3	65	5439.3	65	93.9	134	33.3	166	63.2	24	6.8	8	50.0	100	10.1	42	6.6	110
MSR M4 Tiger Fries - Side Order	485.8	24	2030.3	24	27.9	40	4.4	22	51.2	20	9.4	10	4.7	9	5.7	24	0.6	11
MSR M4 Tiger Fries Upgrade	485.8	24	2030.3	24	27.9	40	4.4	22	51.2	20	9.4	10	4.7	9	5.7	24	0.6	11
MSR M4 Tiger Tops - Buttermilk Chicken & Sw Chilli	1179.5	59	4918.1	59	73.3	105	25.6	128	84.4	32	21.7	24	42.2	84	6.0	25	3.5	59
MSR M4 Tiger Tops - Pir Piri	952.9	48	3975.5	47	64.0	91	22.7	114	63.4	24	18.2	20	34.5	69	6.9	29	2.9	48
MSR M4 Tiger Tops - Tikka Spiced	867.4	43	3613.0	43	62.4	89	9.5	48	57.6	22	12.6	14	21.1	42	8.2	34	2.9	48

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
MSR M4 Tiger Tops Mexican	881.3	44	3673.6	44	59.4	85	22.3	111	63.6	24	17.3	19	20.4	41	7.0	29	3.2	53
MSR M4 Tikka Masala	1167.3	58	4926.8	59	32.3	46	10.8	54	163.2	63	28.7	32	51.4	103	20.6	86	4.5	75
MSR M4 Tikka Masala - Vegan	687.6	34	2899.2	35	25.0	36	7.0	35	78.0	30	12.0	13	36.3	73	13.5	56	2.1	35
MSR M4 Tikka Pie	1205.6	60	5002.3	60	62.8	90	24.8	124	100.8	39	17.1	19	46.2	92	22.7	95	3.6	60
MSR M4 Tiramisu Rum Ba Bar	465.6	23	2116.9	25	18.3	26	10.3	51	77.9	30	58.5	65	4.8	10	1.5	6	0.4	7
MSR M4 Today's Soup (V)	442.6	22	1821.8	22	23.6	34	9.3	46	46.4	18	10.7	12	11.1	22	5.5	23	1.5	25
MSR M4 Towering Beer Battered Onion Rings - Side Order	719.7	36	3006.0	36	41.3	59	7.8	39	76.1	29	16.8	19	7.7	15	5.2	22	3.8	64
MSR M4 Towering Beer Battered Onion Rings - Starter	719.7	36	3006.0	36	41.3	59	7.8	39	76.1	29	16.8	19	7.7	15	5.2	22	3.8	64
MSR M4 Tropical Sundae	486.1	24	2049.3	24	17.7	25	10.4	52	75.9	29	69.8	78	6.0	12	3.3	14	0.4	6
MSR M4 Tuna - Extra	99.0	5	422.0	5	0.6	1	0.2	1	0.0	0	0.0	0	23.5	47	0.0	0	0.8	13
MSR M4 Two Fried Eggs	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
MSR M4 Two Way Jerk Chicken Burger	1483.3	74	6173.8	73	85.8	123	25.1	126	118.9	46	14.1	16	59.1	118	10.9	45	4.4	74
MSR M4 Two Way Jerk Chicken Burger XL	1893.1	95	7881.6	94	112.5	161	34.5	173	137.1	53	15.0	17	82.9	166	10.9	45	5.6	94
MSR M4 Two Way Piri Piri Chicken Burger	1501.6	75	6253.1	74	85.1	122	25.1	125	124.9	48	19.3	21	59.4	119	11.7	49	4.9	82
MSR M4 Two Way Piri Piri Chicken Burger XL	1911.6	96	7961.1	95	111.8	160	34.5	172	143.0	55	20.2	22	83.3	167	11.7	49	6.1	102
MSR M4 Upgrade Sweet Potato Fries	354.3	18	1481.5	18	22.1	32	2.2	11	34.0	13	12.0	13	2.6	5	4.6	19	0.7	12
MSR M4 Vanilla Ice Cream - 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
MSR M4 Veg Pasta Shells	838.4	42	3508.3	42	31.3	45	8.4	42	113.6	44	11.7	13	21.3	43	12.9	54	1.6	27
MSR M4 Vegan Burger	1111.1	56	4631.8	55	46.2	66	10.0	50	126.3	49	17.8	20	40.4	81	16.5	69	4.2	69
MSR M4 Vegan Burger - XL	1217.4	61	5079.0	60	53.7	77	9.7	49	121.2	47	17.4	19	54.7	109	17.1	71	4.8	79
MSR M4 Vegan Tropical Sundae	400.6	20	1687.2	20	12.2	17	10.4	52	64.7	25	53.1	59	2.2	4	11.3	47	0.0	0
MSR M4 Vegetable Lasagne (V) (TILL ONLY)	633.3	32	2491.3	30	29.7	42	7.8	39	62.4	24	14.3	16	13.3	27	6.8	28	2.6	43
MSR M4 Vegetable Lasagne (V) 500 Calories (TILL ONLY)	427.2	21	1628.2	19	19.4	28	4.5	23	39.2	15	13.4	15	9.1	18	5.2	22	2.1	35
MSR M4 Vegetables - Inclusive	77.1	4	322.4	4	0.8	1	0.2	1	11.1	4	7.3	8	5.3	11	5.7	24	0.4	6
MSR M4 Vegetables - Side Order	80.0	4	334.6	4	0.9	1	0.2	1	11.5	4	7.5	8	5.5	11	5.9	25	0.4	7
MSR M4 Vegetarian Roast - Kids	529.2	26	2217.7	26	22.9	33	4.2	21	55.4	21	13.7	15	23.8	48	11.5	48	2.6	43
MSR M4 Vegetarian Roast - Sunday Lunch	1117.6	56	4674.0	56	58.3	83	16.2	81	115.4	44	28.9	32	32.7	65	17.6	73	4.6	76
MSR M4 Whole Rotisserie Chicken	1642.6	82	6821.2	81	112.6	161	31.3	156	1.3	0	0.0	0	155.2	310	0.5	2	4.4	73
MSR M4 Whole Rotisserie Chicken to Share	2057.1	103	8555.6	102	133.5	191	39.3	196	25.5	10	1.3	1	187.0	374	0.5	2	6.0	100

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	%		
MSR M4 Wiltshire Ham & Cheddar Jacket	503.3	25	2108.2	25	21.7	31	8.5	43	47.5	18	6.8	8	31.4	63	6.1	25	5.0	83
MSR M4 Yellow Pilau Rice - Inclusive	243.1	12	1030.2	12	3.9	6	2.4	12	46.6	18	4.1	5	5.4	11	0.7	3	0.7	12
MSR M4 Yellow Pilau Rice Carb Option (V) Step 2	243.1	12	1030.2	12	3.9	6	2.4	12	46.6	18	4.1	5	5.4	11	0.7	3	0.7	12
MSR M4 Yellow Pilau Rice Extra	243.1	12	1030.2	12	3.9	6	2.4	12	46.6	18	4.1	5	5.4	11	0.7	3	0.7	12
MSR M4 Yorkshire Pudding - Childs Extra	198.4	10	824.6	10	15.4	22	2.4	12	10.4	4	1.5	2	5.0	10	0.5	2	0.3	4
MSR M4 Yorkshire Pudding - Side Order	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
MSR M4 Zesty Lemon Roly Poly	872.5	44	3652.2	43	43.8	63	21.1	105	109.6	42	61.7	69	10.1	20	2.2	9	0.9	15