

## 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	%
AGR DN Chorizo Crisps	646.0	32	2717.2	32	23.1	33	7.6	38	87.0	33	4.8	5	26.9	54	4.1	17	2.9	49
AGR DN Pork Crackling & Apple Sauce	335.8	17	1389.0	17	30.4	43	10.3	51	7.4	3	4.4	5	8.0	16	0.2	1	0.3	6
AGR DN Mixed Olives (V)	188.8	9	786.0	9	11.6	17	3.8	19	5.4	2	0.0	0	1.5	3	0.2	1	3.3	55
AGR DN Houmous & Flatbread	644.1	32	2689.6	32	38.1	54	7.5	37	60.6	23	1.8	2	14.3	29	3.5	15	1.9	31
AGR DN Pigs In Blanket Starter	634.9	32	2654.7	32	52.1	74	11.7	58	12.7	5	9.6	11	27.6	55	0.4	2	4.5	74
AGR DN Korean Chicken Wings	519.2	26	2170.8	26	30.0	43	7.7	38	22.8	9	19.7	22	40.4	81	2.7	11	1.6	27
AGR DN Pork Pie Cheese and Chutney	730.1	37	3055.4	36	43.3	62	22.6	113	55.3	21	13.5	15	27.9	56	4.2	17	3.5	59
AGR DN Onion Bhajis	315.1	16	1136.1	14	11.7	17	3.3	17	40.4	16	9.2	10	6.9	14	6.2	26	0.8	13
AGR DN Prawn Cocktail	450.4	23	1879.7	22	27.0	39	9.1	45	30.1	12	6.5	7	22.4	45	3.1	13	1.7	29
AGR DN Chicken Liver Pate	505.9	25	2112.8	25	26.9	38	10.3	52	47.6	18	16.9	19	17.8	36	3.0	13	1.5	25
AGR DN Soup of the Day	354.9	18	1469.8	17	20.7	30	10.9	55	31.0	12	5.5	6	11.4	23	3.4	14	1.1	19
AGR DN Grilled Pepper & Rosti Stack	246.7	12	1029.9	12	12.3	18	1.5	8	29.4	11	12.3	14	6.2	12	7.0	29	0.5	8
AGR DN Whitebait	699.9	35	2894.5	34	64.8	93	17.1	86	17.5	7	1.8	2	11.1	22	1.5	6	1.7	28
AGR DN Creamy Garlic Mushrooms (V)	514.7	26	2139.6	25	36.5	52	19.2	96	36.1	14	7.1	8	9.9	20	4.1	17	0.9	15
AGR DN Black Pudding & Rosti Stack	502.6	25	2108.8	25	27.8	40	8.5	43	43.5	17	5.6	6	22.5	45	2.6	11	4.0	67
AGR DN Korean Chicken Wings	519.2	26	2170.8	26	30.0	43	7.7	38	22.8	9	19.7	22	40.4	81	2.7	11	1.6	27
AGR DN Baked Camembert	1061.3	53	4422.3	53	69.9	100	42.7	213	49.2	19	16.6	18	58.8	118	4.5	19	6.4	106
AGR DN House Sharing Board	3469.6	173	14507.7	173	221.5	316	79.0	395	219.8	85	42.2	47	152.4	305	15.1	63	15.6	260
AGR DN Meat In The Middle Sharing Board	3138.3	157	13120.0	156	197.7	282	51.6	258	202.6	78	46.8	52	129.0	258	13.2	55	15.3	255
AGR DN Veg Mezze Board	1805.6	90	7515.2	89	110.5	158	37.4	187	143.9	55	37.6	42	52.4	105	14.9	62	9.3	154
AGR DN Steak Cheddar & Ale Pie	1203.0	60	5027.0	60	60.8	87	25.3	126	126.1	48	11.8	13	33.5	67	13.5	56	2.9	48
AGR DN Pedigree Beef Lasagne	739.3	37	3090.7	37	37.2	53	16.4	82	63.3	24	17.8	20	36.4	73	5.9	25	5.9	98
AGR DN Pedigree Beef Lasagne <600kcal	537.4	27	2243.2	27	28.7	41	13.1	66	37.0	14	17.8	20	32.2	64	5.1	21	8.3	139
AGR DN Beer Battered Fish and Chips	837.8	42	3489.7	42	26.4	38	6.8	34	81.9	32	5.4	6	59.3	119	11.7	49	3.3	56
AGR DN Whitby Scampi	963.2	48	4001.1	48	49.4	71	14.0	70	93.0	36	8.6	10	28.5	57	14.3	60	3.5	58
AGR DN Hunters Chicken	1123.2	56	4691.5	56	52.9	76	20.8	104	62.4	24	17.3	19	94.6	189	7.2	30	6.5	108
AGR DN Garlic Mushroom & Spinach Pasta	908.5	45	3782.1	45	43.9	63	19.2	96	102.7	39	11.4	13	23.6	47	7.4	31	30.2	503
AGR DN Garlic Mushroom & Spinach Pasta with Chicken Breast	1305.2	65	5452.4	65	54.2	77	22.3	111	106.8	41	11.8	13	95.5	191	7.7	32	31.8	529
AGR DN Garlic Mushroom & Spinach Pasta with Steak	1388.7	69	5782.1	69	73.2	105	30.1	151	114.5	44	12.7	14	65.5	131	8.2	34	34.5	574
AGR DN Cod Loin Glazed with Tomato & Red	760.2	38	3170.8	38	39.9	57	17.4	87	50.6	19	13.6	15	48.2	96	10.7	44	30.2	503

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
Pepper																		
AGR DN Lamb Curry	1506.2	75	6322.9	75	65.9	94	22.3	111	189.8	73	9.1	10	45.3	91	12.1	51	4.5	75
AGR DN Lemon and Dill Salmon Salad	859.7	43	3562.0	42	72.1	103	35.1	175	14.5	6	5.9	7	38.5	77	6.6	28	10.4	173
AGR DN 8oz Sirloin Steak	1120.3	56	4645.3	55	66.2	95	23.6	118	59.3	23	6.2	7	66.3	133	9.1	38	35.3	588
AGR DN 10oz Ribeye Steak	1213.5	61	5032.3	60	76.1	109	29.3	146	50.2	19	5.3	6	77.0	154	7.7	32	29.9	498
AGR DN 10oz Gammon	1133.9	57	4712.2	56	63.9	91	20.7	104	68.0	26	17.1	19	66.4	133	11.9	50	37.4	623
AGR DN House Mixed Grill	1632.1	82	6776.9	81	98.5	141	35.0	175	63.5	24	6.9	8	119.5	239	7.7	32	34.8	580
AGR DN Chicken & Chorizo Kebab	1383.4	69	5607.9	67	66.2	95	18.5	92	129.6	50	28.7	32	60.0	120	11.0	46	13.2	219
AGR DN Halloumi & Veg Kebab	1380.3	69	5575.6	66	74.9	107	24.4	122	131.7	51	31.4	35	37.4	75	11.3	47	13.3	222
AGR DN Lamb Kebab	1389.7	69	5625.1	67	74.4	106	24.3	122	128.5	49	28.2	31	44.3	89	11.0	46	12.0	199
AGR DN Plain Beef Burger	1215.6	61	5048.0	60	64.7	92	21.7	109	99.7	38	12.7	14	52.6	105	11.3	47	3.8	64
AGR DN Plain Chicken Breast Burger	1231.0	62	5133.5	61	50.7	72	13.5	67	96.1	37	12.3	14	92.0	184	11.0	46	2.4	40
AGR DN Burger House Beef	1540.4	77	6410.0	76	98.3	140	33.6	168	87.8	34	11.3	13	70.7	141	9.9	41	6.6	110
AGR DN Burger House Chicken	1563.3	78	6524.7	78	86.3	123	26.4	132	85.4	33	11.1	12	106.1	212	9.8	41	5.3	89
AGR DN Burger House Vegetarian	1074.6	54	4471.6	53	58.1	83	21.8	109	102.9	40	13.3	15	31.4	63	12.6	52	3.0	50
AGR DN Burger House Vegan	705.7	35	2942.1	35	22.6	32	7.1	36	105.4	41	17.4	19	16.1	32	11.0	46	1.4	23
AGR DN Burger Korean Chicken	1384.7	69	5797.9	69	45.0	64	15.1	75	154.3	59	30.5	34	88.1	176	13.0	54	3.6	59
AGR DN Onion Rings Side Order	535.0	27	2263.2	27	2.9	4	0.4	2	113.4	44	11.5	13	15.1	30	8.8	37	3.7	62
AGR DN Chips 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
AGR DN Sweet Potato Fries Side Order	460.1	23	1894.1	23	25.3	36	5.1	25	49.9	19	16.1	18	3.4	7	6.8	28	0.9	15
AGR DN Garlic Ciabatta Side Order	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
AGR DN Cheesy Garlic Ciabatta Side Order	669.5	33	2805.0	33	37.2	53	18.2	91	58.2	22	5.2	6	24.2	48	3.9	16	2.1	35
AGR DN House Salad Bowl Side Order	158.1	8	652.9	8	14.2	20	1.7	8	6.1	2	5.5	6	1.5	3	2.3	9	6.0	100
AGR DN Vegetables Side Order	44.4	2	185.2	2	0.9	1	0.2	1	6.0	2	5.5	6	3.2	6	4.7	20	0.3	5
AGR DN Mash Side Order	242.8	12	1013.2	12	9.2	13	5.9	30	34.1	13	2.3	3	3.4	7	4.5	19	0.7	12
AGR DN Sauteed Mushrooms Side Order	59.5	3	246.8	3	5.3	8	0.7	3	0.6	0	0.3	0	2.5	5	2.0	9	0.0	0
AGR DN Bread & Butter Side Order	219.8	11	918.1	11	13.3	19	7.7	39	19.8	8	0.6	1	5.6	11	1.8	8	0.6	11
AGR DN Halloumi Fries Side Order	700.4	35	2904.7	35	43.8	63	23.3	117	48.4	19	8.2	9	31.4	63	4.7	20	4.2	70
AGR DN Scampi - Grill Add On	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
AGR DN Buttermilk Peppercorn Sauce - Grill Add On	66.4	3	280.0	3	4.2	6	2.5	12	5.6	2	1.4	2	1.2	2	0.6	2	0.8	13
AGR DN Garlic Mushrooms - Grill Add On	210.1	11	866.2	10	21.4	31	11.8	59	2.4	1	1.7	2	2.2	4	1.5	6	0.1	2

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
AGR DN Fried Egg (V) - Grill Add On	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
AGR DN Beef Burger - Extra	285.6	14	1190.0	14	16.0	23	6.8	34	2.4	1	0.2	0	32.8	66	0.2	1	1.5	25
AGR DN Chicken Breast - Extra	345.8	17	1457.7	17	8.1	12	2.3	11	0.0	0	0.0	0	68.3	137	0.0	0	0.3	6
AGR DN Bacon - Extra	172.3	9	720.9	9	16.0	23	2.2	11	0.0	0	0.0	0	6.7	13	0.0	0	1.4	24
AGR DN Halloumi - Extra	330.0	17	1356.0	16	26.4	38	16.2	81	1.6	1	1.6	2	21.4	43	0.0	0	2.5	42
AGR DN Cheddar Cheese - Extra	201.2	10	841.1	10	16.5	24	10.3	52	0.1	0	0.1	0	13.4	27	0.0	0	1.0	16
AGR DN Chicken & Chorizo Kebab Extra	350.9	18	1465.5	17	18.9	27	5.3	26	7.2	3	4.7	5	38.7	77	1.8	7	1.6	26
AGR DN Halloumi Kebab Extra	269.7	13	1110.2	13	20.7	30	10.6	53	7.0	3	5.2	6	14.4	29	1.8	7	1.7	29
AGR DN Lamb Kebab Extra	357.2	18	1482.7	18	27.1	39	11.1	56	6.0	2	4.2	5	23.0	46	1.8	7	0.4	6
AGR DN Upgrade - 150g Chunky Chips to 150g Sweet Potato Fries	191.6	10	788.7	9	9.4	13	1.6	8	22.9	9	7.4	8	1.6	3	3.1	13	0.4	7
AGR DN Upgrade - 227g Chunky Chips to 227g Sweet Potato Fries	313.3	16	1289.9	15	17.2	25	3.4	17	34.0	13	11.0	12	2.3	5	4.6	19	0.6	10
AGR DN Upgrade - Garlic Ciabatta to 227g Sweet Potato Fries	313.3	16	1289.9	15	17.2	25	3.4	17	34.0	13	11.0	12	2.3	5	4.6	19	0.6	10
AGR DN Upgrade - Side Salad to 227g Chunky Chips	251.5	13	1052.3	13	12.4	18	2.7	13	29.9	11	0.5	1	3.5	7	3.2	13	0.5	9
AGR DN Upgrade - Side Salad to 227g Sweet Potato Fries	313.3	16	1289.9	15	17.2	25	3.4	17	34.0	13	11.0	12	2.3	5	4.6	19	0.6	10
AGR DN Upgrade - Side Salad to Garlic Ciabatta	495.0	25	2076.3	25	21.1	30	7.7	38	63.8	25	5.6	6	10.6	21	4.2	18	1.1	19
AGR DN Cottage Pie Lunch Menu	1175.0	59	4905.0	58	65.0	93	29.3	146	91.3	35	8.5	9	51.8	104	13.0	54	2.9	49
AGR DN Chicken Schnitzel Lunch Menu	772.4	39	3223.7	38	31.6	45	13.7	69	73.0	28	10.1	11	46.9	94	7.8	33	2.1	36
AGR DN Toad Out The Hole Lunch Menu	1015.7	51	4232.6	50	60.3	86	21.0	105	78.1	30	11.1	12	32.0	64	13.2	55	3.2	53
AGR DN Toad Out The Hole (V) Lunch Menu	844.9	42	3531.8	42	39.6	57	11.2	56	88.5	34	11.8	13	27.1	54	17.6	73	2.4	41
AGR DN Steak & Chips Lunch Menu	972.1	49	4022.6	48	60.3	86	23.4	117	53.9	21	1.4	2	48.4	97	6.8	28	1.6	26
AGR DN Fish & Chips Lunch Menu	1102.0	55	4587.5	55	39.4	56	10.1	51	125.3	48	4.6	5	54.6	109	12.7	53	3.3	54
AGR DN Ploughmans Lunch Menu	1165.1	58	4870.5	58	73.1	104	38.4	192	79.8	31	25.7	29	46.4	93	7.2	30	6.5	109
AGR DN Ham Egg & Chips Lunch Menu	943.6	47	3919.2	47	55.8	80	18.5	93	64.3	25	13.3	15	42.0	84	8.4	35	5.7	95
AGR DN Greens, Candied Walnut & Pepper Salad	376.5	19	1555.2	19	34.1	49	3.7	18	11.4	4	10.5	12	5.7	11	3.3	14	10.1	169
AGR DN Greens, Walnut & Pepper Salad with Chicken	357.0	18	1490.0	18	20.3	29	2.9	14	5.4	2	4.9	5	38.2	76	1.6	7	4.9	82
AGR DN Greens, Walnut & Pepper Salad with Halloumi	449.0	22	1850.5	22	38.7	55	11.8	59	8.8	3	8.2	9	16.2	32	2.3	10	8.4	140

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AGR DN Greens, Walnut & Pepper Salad with Goats Cheese	1008.8	50	4179.7	50	85.2	122	27.2	136	19.9	8	12.2	14	42.8	86	7.6	32	10.9	182
AGR DN BLT Sandwich with Chips	1024.7	51	4285.5	51	66.6	95	10.7	53	69.7	27	5.1	6	32.2	64	5.7	24	5.8	96
AGR DN BLT Sandwich with Soup	980.1	49	4098.5	49	67.7	97	9.1	46	57.0	22	8.5	9	33.2	66	4.3	18	6.3	104
AGR DN Grilled Cheese Sandwich with Chips	1059.7	53	4436.8	53	48.1	69	27.5	137	107.3	41	15.6	17	45.1	90	7.5	31	3.5	58
AGR DN Grilled Cheese Sandwich with Soup	998.4	50	4180.8	50	47.1	67	27.5	138	93.7	36	22.1	25	48.3	97	5.7	24	3.9	65
AGR DN Fish Finger Sandwich with Chips	719.9	36	3019.3	36	17.6	25	4.0	20	101.8	39	5.2	6	34.9	70	7.5	31	2.4	41
AGR DN Fish Finger Sandwich with Soup	638.8	32	2680.6	32	13.6	19	1.6	8	91.2	35	9.0	10	36.2	72	6.2	26	2.6	44
AGR DN Hunters Chicken Sandwich with Chips	1004.8	50	4215.8	50	35.2	50	12.4	62	106.0	41	18.0	20	60.8	122	7.1	30	3.8	63
AGR DN Hunters Chicken Sandwich with Soup	826.7	41	3470.3	41	28.6	41	9.1	46	81.8	31	21.6	24	58.2	116	4.7	19	3.7	62
AGR DN Seeded Goats Cheese & Pepper Sandwich with Chips	1150.7	58	4794.4	57	60.8	87	19.4	97	108.6	42	13.9	15	40.8	82	14.0	58	2.1	35
AGR DN Seeded Goats Cheese & Pepper Sandwich with Soup	972.6	49	4049.0	48	54.2	77	16.2	81	84.4	32	17.5	19	38.2	76	11.5	48	2.0	34
AGR DN Roast Beef Silverside - Sunday Lunch	1014.3	51	4227.4	50	63.5	91	20.0	100	67.0	26	24.9	28	46.4	93	15.1	63	3.4	56
AGR DN Roast Pork Leg - Sunday Lunch	1245.6	62	5181.2	62	86.1	123	27.3	136	71.0	27	24.4	27	49.7	99	14.4	60	2.9	49
AGR DN Roast Pork & Beef - Sunday Lunch	1352.6	68	5625.1	67	94.2	135	31.0	155	60.1	23	21.4	24	68.3	137	12.5	52	3.2	54
AGR DN Mushroom Parsnip & Hazelnut Tart (V) - Sunday Lunch	1189.3	59	4950.8	59	76.6	109	30.6	153	101.3	39	24.3	27	27.2	54	18.5	77	3.2	53
AGR DN Childs Roast Beef Silverside - Sunday Lunch	1017.9	51	4240.8	50	65.7	94	18.2	91	65.8	25	16.4	18	44.0	88	11.1	46	2.6	43
AGR DN Childs Roast Pork Leg - Sunday Lunch	1419.7	71	5898.1	70	105.3	150	31.5	158	68.9	26	18.1	20	51.8	104	10.5	44	3.6	60
AGR DN Sunday Pigs In Blankets Side Order	594.1	30	2483.9	30	48.9	70	11.3	56	10.3	4	4.5	5	27.3	55	0.2	1	4.2	70
AGR DN Cauliflower Cheese Side Order	479.5	24	2006.7	24	31.8	45	19.7	99	18.0	7	4.6	5	28.2	56	5.8	24	2.9	48
AGR DN Yorkshire Pudding - Extra	238.0	12	989.4	12	18.5	26	2.9	14	12.5	5	1.8	2	6.0	12	0.6	2	0.3	5
AGR DN Chocolate Salted Caramel Tart (V)	613.6	31	2566.7	31	31.9	46	19.0	95	72.9	28	53.7	60	3.2	6	5.0	21	0.3	6
AGR DN Chocolate Salted Caramel Tart (Ve)	561.0	28	2347.3	28	28.7	41	18.1	91	66.9	26	47.2	52	1.8	4	7.6	32	0.2	4
AGR DN Sicilian Lemon Tart	502.8	25	2101.5	25	28.9	41	13.4	67	54.0	21	35.3	39	6.5	13	1.2	5	0.4	6
AGR DN Sticky Toffee Pudding	608.9	30	2565.2	31	18.8	27	11.5	57	104.6	40	83.9	93	6.0	12	1.0	4	0.3	5
AGR DN Chocolate Mousse Cup	330.8	17	1383.6	16	20.9	30	13.1	66	30.6	12	21.0	23	4.2	8	3.5	15	0.2	3
AGR DN Homemade Apple & Pear Crumble	647.1	32	2719.3	32	26.9	38	16.6	83	98.0	38	55.5	62	8.3	17	6.6	28	0.7	11
AGR DN Homemade Apple Crumble	686.3	34	2881.6	34	30.0	43	18.6	93	101.1	39	58.6	65	8.2	16	4.7	20	0.7	12
AGR DN Homemade Winter Berry Crumble	563.9	28	2371.3	28	18.4	26	11.3	56	91.0	35	56.5	63	7.8	16	11.9	50	0.5	8

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

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
AGR DN House Sundae	549.3	27	2284.0	27	40.5	58	25.1	126	39.9	15	39.5	44	4.8	10	3.4	14	0.3	5
AGR DN Trio of Ice Cream	304.5	15	1278.5	15	14.4	21	9.0	45	37.2	14	36.8	41	6.4	13	0.5	2	0.3	6
AGR DN Chocolate Mousse Cup Halloween	655.9	33	2747.8	33	35.1	50	22.0	110	71.9	28	48.2	54	13.3	27	4.0	17	0.7	12
AGR DN Cheeseboard (Till Only)	1213.1	61	5060.7	60	81.9	117	50.1	250	68.0	26	19.5	22	49.3	99	5.1	21	4.7	78
AGR DN Cake Blueberry Muffin	433.1	22	1813.7	22	19.8	28	2.0	10	58.1	22	31.7	35	5.2	10	0.6	2	0.4	6
AGR DN Cake Chocolate Muffin	447.2	22	1872.7	22	20.3	29	4.5	22	57.9	22	34.8	39	6.4	13	3.5	15	0.2	4
AGR DN Cake Cookies	812.7	41	3410.1	41	42.1	60	25.9	129	99.9	38	69.4	77	9.8	20	5.1	21	0.8	13
AGR DN Cake Flapjack	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
AGR DN Cake Lemon Drizzle Cake	271.3	14	1136.9	14	12.3	18	10.1	50	37.9	15	27.0	30	3.0	6	0.5	2	0.4	7
AGR DN Caramel Shortcake	406.6	20	1703.4	20	23.1	33	16.4	82	46.7	18	33.5	37	3.8	8	0.7	3	0.5	8
AGR DN Chicken Dippers Child	681.0	34	2835.6	34	42.9	61	15.5	78	56.0	22	3.0	3	15.9	32	4.0	17	3.0	50
AGR DN Pasta and Tomato Sauce Child	379.8	19	1587.1	19	17.0	24	8.0	40	41.2	16	3.9	4	15.0	30	2.4	10	1.3	21
AGR DN Cheeseburger Child	624.6	31	2619.2	31	28.0	40	16.5	82	264.9	102	4.3	5	26.3	53	5.0	21	3.6	60
AGR DN Sausage and Mash Child	684.4	34	2849.8	34	44.0	63	21.3	107	42.8	16	3.5	4	23.7	47	3.5	14	4.2	69
AGR DN Quorn Sausage and Mash Child	420.4	21	1762.3	21	16.5	24	8.8	44	48.9	19	3.4	4	15.9	32	7.5	31	3.1	52
AGR DN Fish Fingers Child	561.1	28	2343.2	28	29.5	42	11.7	59	56.8	22	3.4	4	15.1	30	4.4	18	2.9	49
AGR DN Ice Cream Sundae Child	210.4	11	884.5	11	8.8	13	5.5	28	28.4	11	26.0	29	4.2	8	0.5	2	0.2	4
AGR DN Fresh Fruit Salad Child	25.7	1	109.5	1	0.1	0	0.0	0	6.3	2	6.3	7	0.3	1	1.5	6	0.0	0
AGR DN Chocolate Brownie Child	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
AGR DN NGCI Baked Camembert	1055.3	53	4392.9	52	71.6	102	42.7	213	46.5	18	14.7	16	54.0	108	8.7	36	6.2	103
AGR DN NGCI BLT Sandwich with Chips	1085.4	54	4523.9	54	79.8	114	16.3	82	58.1	22	5.3	6	27.0	54	10.1	42	5.9	99
AGR DN NGCI BLT Sandwich with Soup	1045.8	52	4356.4	52	82.2	117	15.3	76	44.0	17	8.7	10	27.5	55	9.1	38	6.5	108
AGR DN NGCI Chicken & Chorizo Kebab	944.2	47	3742.5	45	44.5	64	14.1	70	75.5	29	27.3	30	48.0	96	10.6	44	10.8	180
AGR DN NGCI Chicken Liver Pate	414.5	21	1725.1	21	26.7	38	10.2	51	30.1	12	13.8	15	12.2	24	4.3	18	1.1	18
AGR DN NGCI Childs Roast Beef Silverside - Sunday Lunch	733.5	37	3061.0	36	40.5	58	16.0	80	53.5	21	16.2	18	41.0	82	12.4	51	2.5	41
AGR DN NGCI Childs Roast Pork Leg - Sunday Lunch	742.7	37	3098.2	37	42.0	60	14.8	74	54.9	21	16.7	19	38.6	77	12.8	53	2.6	43
AGR DN NGCI Chocolate Mousse Cup	173.8	9	727.1	9	11.3	16	7.1	36	14.3	5	13.6	15	2.5	5	2.4	10	0.0	1
AGR DN NGCI Creamy Garlic Mushrooms (V)	423.3	21	1751.8	21	36.3	52	19.1	95	18.7	7	4.0	4	4.3	9	5.3	22	0.5	8
AGR DN NGCI Genius Bread & Butter Side Order	189.5	9	786.7	9	13.4	19	7.4	37	14.9	6	1.3	1	0.8	2	2.9	12	0.5	9
AGR DN NGCI Grilled Cheese Sandwich with	1071.0	54	4469.5	53	56.1	80	29.2	146	94.6	36	16.5	18	39.1	78	14.3	60	3.5	58

## 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	%		
Chips																		
AGR DN NGCI Grilled Cheese Sandwich with Soup	1007.1	50	4200.4	50	56.2	80	29.5	147	78.2	30	23.6	26	41.7	83	13.4	56	4.0	66
AGR DN NGCI Halloumi & Veg Kebab	941.1	47	3710.1	44	53.2	76	20.0	100	77.7	30	30.0	33	25.4	51	10.9	45	11.0	184
AGR DN NGCI Hunters Chicken Sandwich with Chips	1095.5	55	4573.9	54	53.0	76	20.3	102	91.6	35	18.7	21	54.7	109	13.3	55	4.0	66
AGR DN NGCI Hunters Chicken Sandwich with Soup	1024.9	51	4277.0	51	51.9	74	19.1	95	74.9	29	25.2	28	58.4	117	12.1	50	4.4	74
AGR DN NGCI Ice Cream Sundae Child	205.0	10	861.6	10	9.0	13	5.6	28	26.8	10	25.5	28	4.1	8	0.4	2	0.2	4
AGR DN NGCI Lamb Curry	630.9	32	2654.2	32	26.4	38	11.3	57	77.3	30	4.0	4	25.7	51	4.0	17	1.7	28
AGR DN NGCI Lamb Kebab	950.5	48	3759.7	45	52.7	75	19.9	100	74.4	29	26.7	30	32.3	65	10.6	44	9.6	161
AGR DN NGCI Ploughmans Lunch Menu	820.4	41	3424.0	41	58.3	83	32.2	161	32.4	12	18.5	21	40.7	81	4.3	18	5.0	84
AGR DN NGCI Prawn Cocktail	446.9	22	1858.1	22	29.8	43	9.7	48	24.7	9	7.9	9	18.7	37	4.3	18	1.7	29
AGR DN NGCI Roast Beef Silverside - Sunday Lunch	863.6	43	3602.2	43	50.0	71	19.1	96	60.6	23	25.8	29	45.1	90	16.2	67	3.4	57
AGR DN NGCI Roast Pork & Beef - Sunday Lunch	1045.0	52	4353.8	52	64.4	92	23.6	118	52.2	20	21.5	24	66.1	132	13.9	58	2.7	45
AGR DN NGCI Roast Pork Leg - Sunday Lunch	842.1	42	3513.2	42	47.6	68	17.3	87	64.2	25	25.3	28	42.1	84	16.7	69	2.3	38
AGR DN NGCI Sausage and Mash Child	629.2	31	2628.6	31	32.4	46	15.3	76	66.6	26	5.5	6	15.5	31	5.2	22	3.8	64
AGR DN NGCI Seeded Goats Cheese & Pepper Sandwich with Chips	1243.3	62	5159.7	61	79.2	113	27.6	138	94.0	36	14.3	16	34.0	68	20.3	85	2.2	37
AGR DN NGCI Seeded Goats Cheese & Pepper Sandwich with Soup	1180.8	59	4893.0	58	80.7	115	27.0	135	76.9	30	20.1	22	34.8	70	19.8	83	2.4	41
AGR DN NGCI Soup of the Day	240.5	12	985.7	12	16.0	23	7.8	39	20.7	8	5.5	6	1.9	4	4.2	18	0.6	11
AGR DN NGCI Trio of Ice Cream	295.7	15	1241.5	15	13.9	20	8.7	44	36.1	14	35.8	40	6.2	12	0.5	2	0.3	6
AGR DN NGCI Veg Mezze Board	883.1	44	3680.3	44	52.7	75	9.4	47	75.4	29	30.7	34	13.6	27	13.0	54	4.3	72
AGR DN Soup of the Day	354.9	18	1469.8	17	20.7	30	10.9	55	31.0	12	5.5	6	11.4	23	3.4	14	1.1	19
AGR DN Whitebait	699.9	35	2894.5	34	64.8	93	17.1	86	17.5	7	1.8	2	11.1	22	1.5	6	1.7	28
AGR DN Creamy Garlic Mushrooms (V)	514.7	26	2139.6	25	36.5	52	19.2	96	36.1	14	7.1	8	9.9	20	4.1	17	0.9	15
AGR DN Sticky Toffee Pudding	608.9	30	2565.2	31	18.8	27	11.5	57	104.6	40	83.9	93	6.0	12	1.0	4	0.3	5
AGR DN Chocolate Mousse Cup	330.8	17	1383.6	16	20.9	30	13.1	66	30.6	12	21.0	23	4.2	8	3.5	15	0.2	3
AGR DN Homemade Apple & Pear Crumble	647.1	32	2719.3	32	26.9	38	16.6	83	98.0	38	55.5	62	8.3	17	6.6	28	0.7	11
AGR DN Homemade Apple Crumble	686.3	34	2881.6	34	30.0	43	18.6	93	101.1	39	58.6	65	8.2	16	4.7	20	0.7	12
AGR DN Homemade Winter Berry Crumble	563.9	28	2371.3	28	18.4	26	11.3	56	91.0	35	56.5	63	7.8	16	11.9	50	0.5	8