

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	%
FBR M3 Soup of the Day	524.9	26	2191.7	26	15.5	22	6.4	32	83.2	32	11.2	12	13.5	27	8.5	35	1.5	25
FBR M3 Prawn Cocktail	439.5	22	1832.3	22	28.1	40	9.1	45	26.7	10	7.4	8	20.6	41	2.9	12	1.6	27
FBR M3 Golden Breaded Mushrooms	407.3	20	1716.0	20	22.4	32	4.3	21	41.4	16	7.4	8	8.3	17	4.0	17	1.9	32
FBR M3 Black Pudding, Bacon and Roquefort Stack	311.7	16	1304.4	16	16.1	23	7.0	35	16.9	6	3.3	4	26.3	53	0.1	0	4.8	79
FBR M3 Buttermilk Chicken	583.0	29	2430.6	29	36.4	52	12.6	63	30.8	12	6.7	7	32.0	64	0.2	1	2.1	34
FBR M3 Cheesy Nachos	868.7	43	3630.6	43	47.5	68	22.6	113	78.0	30	16.9	19	29.6	59	4.2	18	4.1	69
FBR M3 Cheesy Nachos Sharer	758.8	38	3175.1	38	37.9	54	18.0	90	77.5	30	26.0	29	23.8	48	3.6	15	4.3	72
FBR M3 Buffalo Chicken Wings	672.4	34	2797.9	33	44.7	64	11.1	56	15.5	6	11.4	13	51.3	103	1.8	7	3.0	51
FBR M3 Garlic Pizza Bread	707.3	35	2970.6	35	27.4	39	3.3	16	96.9	37	2.3	3	18.2	36	6.4	27	2.4	39
FBR M3 Cheesy Garlic Pizza Bread	874.8	44	3667.8	44	39.5	56	11.0	55	97.5	37	2.9	3	32.0	64	6.4	27	3.1	51
FBR M3 Garlic Bocata Bread Starter	267.6	13	1113.1	13	11.7	17	1.9	10	35.1	14	2.0	2	5.4	11	3.2	13	0.7	12
FBR M3 Cheesy Garlic Bocata Starter	496.0	25	2061.7	25	30.4	43	13.7	68	36.6	14	2.0	2	19.1	38	3.2	13	1.7	29
FBR M3 Garlic Dough Balls	654.4	33	2757.2	33	17.7	25	2.0	10	105.0	40	7.7	9	18.3	37	6.2	26	2.7	45
FBR M3 Blue Cheese Dough Balls	743.9	37	3120.7	37	32.2	46	13.3	66	86.1	33	6.3	7	27.0	54	5.1	21	3.2	54
FBR M3 Cone of Buttermilk Chicken & Onion Rings	956.5	48	3991.0	48	57.6	82	16.7	83	70.8	27	15.1	17	36.0	72	2.8	12	4.1	68
FBR M3 Cone of Onion Rings to Share	763.9	38	3190.6	38	44.1	63	8.3	41	80.3	31	17.2	19	8.2	16	5.5	23	4.0	67
FBR M3 Camembert Rip & Dip to Share	1324.3	66	5542.1	66	68.0	97	36.2	181	109.5	42	11.8	13	69.4	139	8.3	35	7.2	121
FBR M3 PK Lovely Rita Pizza	838.7	42	3532.7	42	25.9	37	12.4	62	111.0	43	15.8	18	40.7	81	9.3	39	3.7	61
FBR M3 PK Lovely Rita Calzone	839.4	42	3535.6	42	25.9	37	12.4	62	111.1	43	15.9	18	40.7	81	9.4	39	3.7	61
FBR M3 PK Mad About the Med Pizza	990.9	50	4161.5	50	38.9	56	14.2	71	117.0	45	21.3	24	42.9	86	11.9	50	4.5	75
FBR M3 PK Mad About the Med Calzone	990.9	50	4161.5	50	38.9	56	14.2	71	117.0	45	21.3	24	42.9	86	11.9	50	4.5	75
FBR M3 PK Ham-ma Mia	922.9	46	3882.8	46	30.2	43	13.8	69	107.5	41	13.4	15	54.5	109	8.2	34	6.8	114
FBR M3 PK Ham-ma Mia Calzone	3677.6	184	15472.3	184	120.5	172	55.0	275	428.4	165	53.8	60	217.1	434	32.9	137	27.1	452
FBR M3 PK Chicken Katsu Pizza	1346.5	67	5647.5	67	60.1	86	24.1	121	135.5	52	18.6	21	64.6	129	8.2	34	5.8	97
FBR M3 PK Chicken Katsu Calzone	4712.7	236	19766.4	235	210.4	301	84.4	422	474.2	182	65.3	73	226.2	452	28.9	120	20.3	339
FBR M3 PK BBQ Bonanza	1326.0	66	5554.1	66	62.8	90	27.6	138	120.5	46	23.5	26	68.6	137	7.7	32	6.8	113
FBR M3 PK BBQ Bonanza Calzone	1326.0	66	5554.1	66	62.8	90	27.6	138	120.5	46	23.5	26	68.6	137	7.7	32	6.8	113
FBR M3 PK The Butcher's Block Pizza	1218.7	61	5115.2	61	48.7	70	22.0	110	114.0	44	13.1	15	80.0	160	8.3	34	7.1	119
FBR M3 PK The Butchers Block Calzone	1191.4	60	4999.5	60	48.7	70	22.0	110	107.7	41	8.0	9	79.9	160	8.2	34	6.7	112
FBR M3 PK Four Cheese Pizza	1261.9	63	5289.9	63	62.2	89	36.3	182	108.0	42	12.8	14	67.1	134	7.3	31	5.8	97

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FBR M3 PK Four Cheese Calzone	5074.3	254	21272.4	253	250.0	357	145.9	730	434.4	167	51.7	57	269.8	540	29.7	124	23.3	389
FBR M3 PK Pepperoni Hot	1136.1	57	4748.9	57	50.6	72	22.6	113	118.1	45	18.4	20	50.9	102	8.7	36	7.1	118
FBR M3 PK Pepperoni Hot Calzone	4541.7	227	18985.3	226	202.4	289	90.5	453	472.0	182	73.6	82	203.4	407	34.9	145	28.2	470
FBR M3 PK Stuff Your Base	786.6	39	3311.1	39	25.4	36	12.2	61	100.2	39	6.8	8	39.6	79	7.2	30	3.2	53
FBR M3 PK Mad About the Med Vegan	768.4	38	3237.1	39	21.4	31	12.6	63	122.5	47	20.1	22	21.3	43	10.7	45	3.8	64
FBR M3 PK Mad About the Med Calzone Vegan	2497.6	125	10566.9	126	32.4	46	3.4	17	470.4	181	81.7	91	84.4	169	43.6	182	10.5	174
FBR M3 PK Mad About the Med Under 600	1994.6	100	8370.5	100	83.5	119	27.4	137	227.6	88	58.4	65	85.3	171	35.4	147	8.0	134
FBR M3 PK Lovely Rita Pizza Vegan	742.9	37	3130.3	37	21.2	30	12.6	63	117.3	45	15.0	17	20.5	41	9.3	39	3.8	64
FBR M3 PK Lovely Rita Calzone	839.4	42	3535.6	42	25.9	37	12.4	62	111.1	43	15.9	18	40.7	81	9.4	39	3.7	61
FBR M3 PK Lovely Rita Under 600	299.2	15	1260.7	15	9.2	13	4.3	21	39.8	15	8.3	9	15.0	30	5.4	22	1.1	18
FBR M3 PK Lovely Rita Under 600	299.2	15	1260.7	15	9.2	13	4.3	21	39.8	15	8.3	9	15.0	30	5.4	22	1.1	18
FBR M3 PK Mad About the Med Under 600	1994.6	100	8370.5	100	83.5	119	27.4	137	227.6	88	58.4	65	85.3	171	35.4	147	8.0	134
FBR M3 PK Ham-ma Mia Under 600	2058.2	103	8657.4	103	68.4	98	30.0	150	229.5	88	42.9	48	131.8	264	29.1	121	16.1	269
FBR M3 PK Chicken Katsu Under 500	3055.4	153	12805.2	152	145.2	207	55.9	280	287.5	111	53.5	59	148.8	298	26.6	111	12.0	201
FBR M3 PK BBQ Bonanza Under 600	2851.6	143	11953.2	142	127.0	181	55.1	276	288.2	111	97.9	109	136.2	272	26.2	109	16.0	266
FBR M3 PK The Butcher's Block Under 600	489.2	24	2052.0	24	20.6	29	9.1	45	41.3	16	7.0	8	34.6	69	4.9	20	2.8	47
FBR M3 PK Four Cheese Under 500	2995.2	150	12551.9	149	154.8	221	90.3	451	238.3	92	41.7	46	163.7	327	27.4	114	12.6	210
FBR M3 PK Pepperoni Hot Under 600	419.9	21	1751.3	21	20.3	29	8.8	44	40.5	16	9.2	10	18.8	38	4.8	20	2.6	44
FBR M3 PK KID Little Rita	402.1	20	1696.4	20	10.2	15	4.4	22	60.1	23	10.7	12	17.4	35	4.6	19	1.9	32
FBR M3 PK KID This Little Piggy	439.4	22	1850.9	22	12.2	17	5.1	25	57.9	22	9.3	10	23.9	48	3.8	16	3.5	59
FBR M3 PK KID Butcher's Boy	571.9	29	2402.3	29	21.1	30	9.0	45	60.1	23	9.0	10	34.8	70	4.2	17	3.4	57
FBR M3 PK KID Texan Chick	544.1	27	2288.0	27	18.6	27	7.3	37	68.9	26	14.1	16	24.5	49	3.8	16	2.7	44
FBR M3 PK KID Pepperoni Party	532.0	27	2229.7	27	24.2	35	10.1	51	56.8	22	8.8	10	21.6	43	3.7	15	3.1	52
FBR M3 The Classic Burger Beef	1060.7	53	4414.8	53	40.7	58	15.8	79	107.3	41	15.6	17	58.2	116	14.7	61	3.8	63
FBR M3 The Classic Burger Beef XL	1060.7	53	4414.8	53	40.7	58	15.8	79	107.3	41	15.6	17	58.2	116	14.7	61	3.8	63
FBR M3 The Classic Burger Chicken Goujons	1075.5	54	4483.2	53	41.8	60	15.0	75	122.2	47	16.2	18	44.5	89	15.4	64	3.0	50
FBR M3 The Classic Burger Chicken Goujons XL	1075.5	54	4483.2	53	41.8	60	15.0	75	122.2	47	16.2	18	44.5	89	15.4	64	3.0	50
FBR M3 Knock Out Burger	1512.6	76	6293.6	75	75.3	108	33.6	168	112.6	43	15.0	17	86.7	173	14.1	59	5.1	86
FBR M3 Knock Out Burger XL	1934.8	97	8053.0	96	100.2	143	43.6	218	121.0	47	15.5	17	127.5	255	14.3	60	7.0	117
FBR M3 Pork and Black Pudding Burger	1604.2	80	6666.8	79	91.8	131	38.9	195	114.6	44	16.8	19	73.4	147	14.5	60	6.9	114
FBR M3 Pork and Black Pudding Burger XL	1604.2	80	6666.8	79	91.8	131	38.9	195	114.6	44	16.8	19	73.4	147	14.5	60	6.9	114

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FBR M3 The Cowboy Burger	1355.6	68	5641.0	67	62.7	90	28.8	144	108.4	42	15.6	17	81.3	163	14.7	61	6.5	108
FBR M3 The Cowboy Burger XL	1355.6	68	5641.0	67	62.7	90	28.8	144	108.4	42	15.6	17	81.3	163	14.7	61	6.5	108
FBR M3 BBQ Chicken Burger	1304.5	65	5433.9	65	60.6	87	26.8	134	123.7	48	16.3	18	58.2	116	15.4	64	4.0	67
FBR M3 BBQ Chicken Burger XL	1304.5	65	5433.9	65	60.6	87	26.8	134	123.7	48	16.3	18	58.2	116	15.4	64	4.0	67
FBR M3 Tennessee Burger	1266.5	63	5280.7	63	49.6	71	22.1	110	107.6	41	17.0	19	91.0	182	14.5	60	5.9	98
FBR M3 Tennessee Burger XL	1266.5	63	5280.7	63	49.6	71	22.1	110	107.6	41	17.0	19	91.0	182	14.5	60	5.9	98
FBR M3 Veggie Burger	917.6	46	3832.3	46	33.4	48	10.1	50	126.2	49	17.1	19	26.1	52	19.0	79	3.2	53
FBR M3 Veggie Burger XL	1110.2	56	4648.4	55	44.8	64	12.3	61	148.2	57	18.7	21	32.3	65	23.4	97	4.4	73
FBR M3 Chicken Leek and Cider Pie	1255.7	63	5242.7	62	54.8	78	22.9	115	152.4	59	8.4	9	35.0	70	14.7	61	3.1	52
FBR M3 Baby Aubergine Curry	1161.8	58	4873.1	58	48.0	69	16.0	80	152.7	59	25.5	28	22.5	45	14.5	60	3.1	52
FBR M3 Baby Aubergine Curry Vegan	725.4	36	3039.2	36	30.0	43	8.9	44	93.3	36	23.0	26	14.5	29	12.1	50	2.3	38
FBR M3 Breaded Scampi	883.1	44	3670.2	44	39.1	56	13.3	66	97.5	38	12.2	14	26.9	54	13.8	58	2.8	47
FBR M3 Chicken Tikka Masala	1073.0	54	4509.5	54	35.9	51	11.6	58	138.5	53	19.7	22	42.9	86	13.5	56	3.0	49
FBR M3 Steak and Ale Pie	1217.3	61	5063.4	60	53.7	77	22.7	113	140.9	54	9.2	10	33.7	67	13.5	56	3.2	53
FBR M3 Beer Battered Fish and Chips	1329.1	66	5514.2	66	70.7	101	23.1	115	99.9	38	10.4	12	63.0	126	13.0	54	3.1	51
FBR M3 Beef Lasagne	899.6	45	3741.3	45	36.3	52	10.0	50	110.4	42	17.2	19	31.4	63	36.5	152	3.3	55
FBR M3 Beef Lasagne Salad	408.9	20	1699.2	20	17.5	25	6.9	35	46.9	18	14.0	16	17.6	35	27.8	116	1.6	27
FBR M3 Vegetable Lasagne	884.6	44	3539.6	42	35.0	50	7.1	35	102.5	39	17.3	19	22.8	46	14.3	59	3.7	62
FBR M3 Vegetable Lasagne Salad	393.9	20	1497.4	18	16.1	23	3.9	20	39.0	15	14.1	16	9.1	18	5.6	23	2.0	34
FBR M3 Red Velvet & White Chocolate Cheesecake	927.4	46	3868.2	46	54.8	78	25.2	126	125.3	48	53.1	59	9.2	18	1.9	8	0.8	14
FBR M3 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
FBR M3 Praline Chocolate Tart Vegan	571.7	29	2387.9	28	33.1	47	18.2	91	56.5	22	27.1	30	6.6	13	5.0	21	0.1	2
FBR M3 Jam Roly Poly	640.0	32	2684.6	32	31.7	45	21.1	106	83.2	32	51.7	57	6.8	14	2.0	8	0.7	11
FBR M3 The Rocky Road Block Calzone	1122.7	56	4716.8	56	43.5	62	17.5	87	163.5	63	78.9	88	17.6	35	5.9	25	2.0	33
FBR M3 The Rocky Road Block Calzone Sharer	2268.2	113	9528.4	113	88.3	126	35.2	176	329.6	127	159.3	177	35.4	71	11.9	50	4.0	67
FBR M3 Chocolate Orange Bread & Butter Pudding	583.2	29	2446.0	29	27.4	39	16.5	82	75.3	29	49.7	55	8.9	18	1.4	6	0.4	7
FBR M3 Apple Pie	561.0	28	2353.8	28	23.8	34	9.8	49	80.3	31	39.1	43	6.7	13	2.9	12	0.2	3
FBR M3 Apple Pie Vegan	570.6	29	2392.3	28	24.3	35	11.8	59	80.5	31	34.4	38	5.3	11	6.5	27	0.0	1
FBR M3 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
FBR M3 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

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FBR M3 Caramelised Biscuit Cheesecake	557.5	28	2333.5	28	29.2	42	13.4	67	66.3	26	48.2	54	7.0	14	0.6	2	0.8	13
FBR M3 Lemon Meringue Pie	490.2	25	2065.6	25	18.1	26	8.2	41	85.5	33	59.6	66	4.3	9	0.6	2	0.2	3
FBR M3 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
FBR M3 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
FBR M3 Banana and Butterscotch Sundae	670.5	34	2818.0	34	34.0	49	21.8	109	84.4	32	74.5	83	7.3	15	1.8	7	0.4	7
FBR M3 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
FBR M3 Salted Caramel Sundae	674.3	34	2837.4	34	32.2	46	18.5	92	89.8	35	82.0	91	8.4	17	1.7	7	0.9	15
FBR M3 Salted Caramel Sundae Sharer	1450.3	73	6099.8	73	69.1	99	39.3	197	190.2	73	175.1	195	19.8	40	3.7	15	1.7	29
FBR M3 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
FBR M3 Chicken and Bacon Caesar Salad	838.6	42	3502.0	42	56.8	81	20.3	101	18.5	7	5.3	6	67.6	135	2.0	8	6.2	103
FBR M3 Rump Steak and Blue Cheese Salad	945.4	47	3929.2	47	68.9	98	26.4	132	7.6	3	5.6	6	73.6	147	2.5	10	2.6	43
FBR M3 BBQ Pulled Pork Hash	564.3	28	2377.7	28	36.0	51	9.7	49	35.0	13	22.2	25	21.7	43	8.0	33	2.7	44
FBR M3 Chicken Katsu Chips	807.7	40	3374.3	40	46.4	66	13.9	69	71.1	27	9.7	11	23.4	47	6.6	27	2.7	44
FBR M3 Meatball Marinara Chips	639.9	32	2674.5	32	34.8	50	13.8	69	52.9	20	6.0	7	26.6	53	6.7	28	1.9	31
FBR M3 Chips	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
FBR M3 Bocata Bread & Butter	445.0	22	1853.9	22	14.6	21	8.5	42	68.5	26	3.8	4	10.2	20	5.9	25	1.5	24
FBR M3 Garlic Tenderstem Broccoli	138.3	7	571.4	7	12.1	17	1.7	8	2.6	1	1.5	2	4.4	9	3.4	14	0.2	3
FBR M3 Beer Battered Onion Rings (Side x 8)	304.6	15	1274.2	15	17.9	26	3.5	18	32.4	12	5.0	6	3.5	7	3.4	14	1.2	20
FBR M3 Garlic Pizza Bread Side	707.3	35	2970.6	35	27.4	39	3.3	16	96.9	37	2.3	3	18.2	36	6.4	27	2.4	39
FBR M3 Cheesy Garlic Pizza Bread Side	958.1	48	4017.1	48	43.3	62	12.1	60	106.8	41	3.1	3	35.1	70	7.0	29	3.4	56
FBR M3 Garlic Bocata Bread	267.6	13	1113.1	13	11.7	17	1.9	10	35.1	14	2.0	2	5.4	11	3.2	13	0.7	12
FBR M3 Cheesy Garlic Bocata	496.0	25	2061.7	25	30.4	43	13.7	68	36.6	14	2.0	2	19.1	38	3.2	13	1.7	29
FBR M3 House Salad	37.0	2	153.4	2	2.4	3	0.3	1	3.2	1	2.8	3	0.8	2	1.3	5	0.0	1
FBR M3 Cheddar Mash	419.2	21	1747.7	21	22.1	32	14.0	70	35.6	14	2.3	3	17.0	34	4.5	19	1.6	26
FBR M3 Cauliflower Cheese	311.2	16	1299.9	15	16.9	24	10.6	53	23.9	9	3.8	4	13.5	27	4.8	20	2.3	38
FBR M3 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
FBR M3 The Grill Combo	303.5	15	1263.4	15	22.6	32	5.5	28	20.9	8	5.1	6	5.4	11	4.8	20	0.4	6
FBR M3 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
FBR M3 Skin On Fries	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
FBR M3 Brie Tomato and Rocket Bocata	902.6	45	3751.2	45	32.3	46	20.5	103	120.0	46	15.2	17	29.3	59	12.7	53	3.7	61
FBR M3 Steak Bocata	948.1	47	3942.5	47	32.2	46	14.0	70	116.8	45	12.0	13	43.8	88	11.7	49	3.1	52

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	%
FBR M3 Chicken & Bacon Bocata	950.4	48	3964.6	47	21.7	31	9.7	48	120.4	46	15.3	17	65.8	132	12.5	52	5.1	86
FBR M3 Sirloin Steak 8oz	1237.5	62	5131.7	61	75.3	108	25.9	129	74.1	29	5.7	6	60.5	121	9.7	41	2.0	33
FBR M3 Fillet Steak 8oz	1034.9	52	4295.1	51	58.9	84	19.9	100	67.4	26	5.2	6	54.0	108	8.9	37	1.7	29
FBR M3 Rump Steak 10oz	1278.2	64	5305.3	63	75.4	108	25.5	127	74.1	29	5.7	6	70.5	141	9.7	41	2.0	34
FBR M3 Ribeye Steak 12oz	1379.1	69	5726.3	68	92.8	133	33.1	165	74.1	29	5.7	6	76.4	153	9.7	41	2.1	35
FBR M3 T-Bone Steak 14oz	1178.4	59	4900.5	58	60.1	86	20.1	101	59.2	23	4.5	5	83.2	166	7.8	32	1.8	30
FBR M3 Gammon Steak 10oz	1179.9	59	4897.6	58	68.8	98	24.1	121	75.5	29	5.7	6	60.2	120	9.7	40	8.8	147
FBR M3 Mixed Grill 20oz	1951.2	98	8099.8	96	128.0	183	47.4	237	85.6	33	7.0	8	109.1	218	10.4	43	6.4	107
FBR M3 Full Rack of BBQ Ribs	1669.1	83	6967.1	83	68.3	98	26.6	133	169.0	65	91.2	101	81.3	163	20.9	87	6.2	103
FBR M3 Full Rack of BBQ Ribs XL	2673.6	134	11147.3	133	136.6	195	46.2	231	199.6	77	97.4	108	148.4	297	25.2	105	9.7	161
FBR M3 Sticky Bourbon Salmon	711.1	36	2954.7	35	33.3	48	14.6	73	64.0	25	21.1	23	34.7	69	9.4	39	1.3	22
FBR M3 Ranch Chicken	1133.2	57	4715.5	56	45.1	64	21.1	106	87.1	34	15.6	17	84.6	169	18.6	77	5.6	93
FBR M3 The Chicken Grill	2445.2	122	10180.4	121	128.9	184	39.1	196	115.0	44	26.4	29	192.2	384	22.2	92	8.8	146
FBR M3 Cheesy Roquefort Chicken	1288.3	64	5357.8	64	72.8	104	28.4	142	55.1	21	8.4	9	97.8	196	9.9	41	4.1	68
FBR M3 Pork and Chorizo Stack	1645.9	82	6824.0	81	99.3	142	37.2	186	94.1	36	15.2	17	80.9	162	21.8	91	4.0	67
FBR M3 Chicken Wings x 2	347.8	17	1447.0	17	23.1	33	5.7	29	2.6	1	0.9	1	32.2	64	0.9	4	1.6	26
FBR M3 Half Rack of Ribs	631.6	32	2639.5	31	38.8	55	15.7	79	23.3	9	22.9	25	47.4	95	0.0	0	1.6	27
FBR M3 Montreal Topper	241.0	12	1001.4	12	17.5	25	11.1	55	0.6	0	0.6	1	20.3	41	0.0	0	2.6	44
FBR M3 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
FBR M3 Black & Blue Topper	123.1	6	511.2	6	10.1	14	6.5	32	0.3	0	0.2	0	7.8	16	1.0	4	0.6	9
FBR M3 The Grill Combo	303.5	15	1263.4	15	22.6	32	5.5	28	20.9	8	5.1	6	5.4	11	4.8	20	0.4	6
FBR M3 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
FBR M3 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
FBR M3 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
FBR M3 Bearnaise Sauce	179.3	9	735.0	9	15.8	23	9.8	49	3.8	1	0.4	0	1.2	2	0.1	0	0.6	11
FBR M3 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
FBR M3 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
FBR M3 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
FBR M3 Poppadum	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
FBR M3 Poppadums and Dips	415.8	21	1731.5	21	28.0	40	8.6	43	32.6	13	10.7	12	7.3	15	0.6	3	2.3	38
FBR M3 Mashed Potato	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

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	%		
FBR M3 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
FBR M3 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
FBR M3 Vegetables Side	69.5	3	290.8	3	0.7	1	0.2	1	9.6	4	5.7	6	4.8	10	5.7	24	0.1	2
FBR M3 Coleslaw	64.0	3	264.7	3	5.3	8	0.4	2	3.6	1	2.9	3	0.6	1	1.4	6	0.2	4
FBR M3 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
FBR M3 Chicken Katsu Topper Upgrade	436.9	22	1823.1	22	28.2	40	9.9	49	27.1	10	9.0	10	18.2	36	1.8	8	1.9	31
FBR M3 Meatball Marinara Chips Upgrade	269.2	13	1123.3	13	16.5	24	9.8	49	8.9	3	5.3	6	21.4	43	1.9	8	1.1	18
FBR M3 Yorkshire Pudding	207.9	10	863.7	10	16.3	23	2.6	13	10.7	4	1.5	2	5.2	10	0.5	2	0.3	4
FBR M3 Sauteed Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
FBR M3 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
FBR M3 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
FBR M3 Pulled Chipotle Chicken	107.1	5	454.8	5	1.0	1	0.3	1	1.7	1	0.2	0	22.6	45	0.5	2	0.3	5
FBR M3 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
FBR M3 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
FBR M3 Jacket Potato	264.5	13	1108.9	13	11.2	16	6.8	34	38.5	15	1.4	2	4.8	10	3.9	16	0.3	5
FBR M3 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
FBR M3 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
FBR M3 Potato Wedges	304.8	15	1280.8	15	10.5	15	3.1	15	49.5	19	1.7	2	6.0	12	5.0	21	0.1	1
FBR M3 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
FBR M3 Salmon Fillet	368.7	18	1534.9	18	25.1	36	11.9	60	0.0	0	0.0	0	35.6	71	3.4	14	0.5	9
FBR M3 Chip Shop Curry Sauce	93.4	5	394.3	5	6.5	9	3.9	20	7.2	3	3.6	4	1.4	3	0.6	2	0.7	12
FBR M3 Roast Gammon	163.8	8	685.2	8	12.0	17	4.8	24	0.4	0	0.4	0	13.6	27	0.0	0	2.6	43
FBR M3 Mac and Cheese Topper	121.0	6	509.0	6	4.7	7	2.9	15	14.5	6	1.0	1	4.4	9	1.7	7	0.5	9
FBR M3 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
FBR M3 Skin On Fries Upgrade 277g	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
FBR M3 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
FBR M3 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
FBR M3 Chocolate Flake	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
FBR M3 Extra Chik 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
FBR M3 Roast Potatoes NEW	252.7	13	1059.7	13	10.4	15	1.2	6	37.4	14	1.3	1	4.6	9	3.8	16	0.1	2
FBR M3 Pigs in Blankets x3	385.2	19	1611.7	19	34.9	50	13.6	68	4.1	2	0.0	0	13.5	27	0.2	1	2.9	49

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	%
FBR M3 PK Topping Jalapenos	14.4	1	61.0	1	0.1	0	0.0	0	3.2	1	3.0	3	0.1	0	0.4	2	0.9	14
FBR M3 PK Topping Sliced Tomatoes	20.2	1	86.7	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0
FBR M3 PK Topping Sliced Peppers	17.9	1	75.0	1	0.2	0	0.1	0	3.6	1	3.4	4	0.6	1	1.2	5	0.0	0
FBR M3 PK Topping Red Onion	20.2	1	84.0	1	0.1	0	0.0	0	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
FBR M3 PK Topping Rocket	1.4	0	5.9	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.1	1	0.0	0
FBR M3 PK Topping Pineapple	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
FBR M3 PK Topping Mushrooms	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
FBR M3 PK Topping Red Chillies	7.4	0	20.6	0	0.1	0	0.0	0	0.8	0	0.8	1	0.4	1	0.3	1	0.0	0
FBR M3 PK Topping 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
FBR M3 PK Topping Mozzarella Cheese	125.6	6	522.9	6	9.1	13	5.8	29	0.4	0	0.4	0	10.4	21	0.0	0	0.5	9
FBR M3 PK Topping Pesto	127.4	6	525.0	6	12.9	18	1.7	9	0.9	0	0.4	0	1.5	3	1.2	5	0.8	14
FBR M3 PK Topping 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
FBR M3 PK Topping 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
FBR M3 PK Topping Pepperoni	237.0	12	978.0	12	22.5	32	9.3	46	0.5	0	0.4	0	8.0	16	0.0	0	2.0	33
FBR M3 PK Topping Pulled Chipotle Chicken	105.8	5	449.4	5	1.0	1	0.3	1	1.7	1	0.2	0	22.3	45	0.5	2	0.3	5
FBR M3 PK Topping Mini Meatballs	94.6	5	396.0	5	3.9	6	1.8	9	3.2	1	0.1	0	11.5	23	0.4	2	0.5	9
FBR M3 PK Topping 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
FBR M3 PK Topping Hickory BBQ Pulled Pork	218.4	11	908.9	11	14.8	21	6.1	31	0.5	0	0.4	0	20.7	41	0.3	1	0.3	5
FBR M3 PK Topping Katsu Curry Sauce	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
FBR M3 PK Topping Wiltshire Ham	100.5	5	420.0	5	4.5	6	1.5	8	0.7	0	1.2	1	13.7	27	0.0	0	3.2	53
FBR M3 PK Topping Crispy Buttermilk Chicken Goujons	447.8	22	1865.8	22	29.1	42	10.3	51	19.8	8	1.0	1	26.1	52	0.0	0	1.3	22
FBR M3 PK Topping Crispy Onion Bits	170.8	9	708.4	8	12.9	18	6.4	32	12.3	5	4.2	5	1.7	3	1.1	5	0.4	7
FBR M3 PK Topping Spring Onion	3.6	0	15.5	0	0.1	0	0.0	0	0.5	0	0.4	0	0.3	1	0.3	1	0.0	0
FBR M3 PK Topping Chicken Breast	104.6	5	440.3	5	2.4	3	0.5	3	0.9	0	0.7	1	20.6	41	0.0	0	0.5	8
FBR M3 PK Topping Chorizo	172.0	9	714.5	9	13.6	19	4.6	23	1.4	1	0.7	1	11.1	22	0.0	0	1.5	25
FBR M3 Sunday Dinner Pork Belly	2167.4	108	8996.4	107	116.0	166	45.9	229	198.5	76	60.3	67	71.2	142	22.8	95	6.1	102
FBR M3 Sunday Dinner Roast Turkey	1346.1	67	5593.7	67	48.5	69	18.1	90	157.2	60	28.8	32	60.0	120	21.1	88	4.5	76
FBR M3 Sunday Dinner Half Roast Chicken	1723.1	86	7168.6	85	71.2	102	25.1	125	156.2	60	23.7	26	104.9	210	21.3	89	6.1	102
FBR M3 Sunday Dinner Roast Beef	1557.2	78	6460.3	77	72.8	104	27.6	138	157.2	60	28.8	32	58.0	116	21.1	88	4.4	74
FBR M3 Sunday Dinner Veggie Roast	2000.3	100	8306.6	99	105.7	151	44.8	224	219.4	84	41.0	46	36.8	74	25.5	106	5.5	92

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	%
FBR M3 SB Sunday Dinner Beef Child	711.3	36	2978.6	35	32.1	46	10.0	50	73.0	28	9.3	10	31.8	64	13.3	56	3.6	61
FBR M3 SB Sunday Dinner Chicken Child	659.0	33	2766.6	33	23.2	33	6.0	30	73.8	28	10.2	11	37.6	75	13.4	56	3.9	66
FBR M3 Sunday Dinner Lamb Shank	1915.9	96	7964.4	95	92.7	132	37.4	187	165.0	63	38.0	42	94.4	189	22.0	92	5.4	90
FBR M3 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
FBR M3 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
FBR M3 Grilled Field Mushroom	90.5	5	373.0	4	9.5	14	1.2	6	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
FBR M3 Fried Egg	165.0	8	682.8	8	15.2	22	2.8	14	0.0	0	0.0	0	7.1	14	0.0	0	0.2	3
FBR M3 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
FBR M3 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
FBR M3 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
FBR M3 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
FBR M3 Crispy Onion Bits	170.8	9	708.4	8	12.9	18	6.4	32	12.3	5	4.2	5	1.7	3	1.1	5	0.4	7
FBR M3 Beef Burger 6oz	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
FBR M3 Extra Veggie Burger	192.6	10	816.0	10	11.4	16	2.2	11	22.0	8	1.7	2	6.2	12	4.4	18	1.2	20
FBR M3 Crispy Buttermilk Chicken Goujons (x3)	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
FBR M3 LC Rump Steak 5oz	1097.5	55	4546.6	54	52.1	74	19.3	97	89.0	34	5.3	6	57.9	116	15.3	64	1.9	32
FBR M3 LC Beer Battered Fish & Chips	1173.4	59	4864.1	58	56.1	80	19.1	95	108.5	42	12.8	14	47.2	94	15.6	65	2.6	44
FBR M3 LC Brie & Tomato Salad	601.5	30	2494.3	30	49.0	70	24.1	120	15.2	6	12.6	14	25.3	51	4.9	20	2.2	37
FBR M3 LC Sausages & Mash	1030.2	52	4274.0	51	52.9	76	17.8	89	103.6	40	8.9	10	26.8	54	13.0	54	3.7	61
FBR M3 LC Ham and Eggs	832.3	42	3447.3	41	46.8	67	12.8	64	52.3	20	5.0	6	43.5	87	8.8	37	6.1	102
FBR M3 LC BBQ Buttermilk Chicken Melt	864.2	43	3589.1	43	45.6	65	20.3	101	70.5	27	11.7	13	36.5	73	8.9	37	2.8	47
FBR M3 LC Breaded Scampi	784.7	39	3255.7	39	32.1	46	11.4	57	93.4	36	12.2	14	21.7	43	14.0	58	2.2	37
FBR M3 LC Gammon 5oz	606.8	30	2513.3	30	28.0	40	10.8	54	53.1	20	3.1	3	29.8	60	9.0	38	4.0	67
FBR M3 LC Open Steak & Cheese Bocata	826.6	41	3430.9	41	41.1	59	18.8	94	70.4	27	6.1	7	39.9	80	7.2	30	2.2	36
FBR M3 PK LC Pepperoni Pizza	1177.5	59	4931.9	59	56.2	80	23.8	119	117.1	45	20.7	23	50.3	101	9.0	37	6.5	108
FBR M3 SUN Jam Roly Poly	493.2	25	2069.0	25	24.4	35	16.3	81	64.2	25	39.9	44	5.2	10	1.5	6	0.5	9
FBR M3 SUN Apple Pie	457.5	23	1919.4	23	19.4	28	8.0	40	65.5	25	31.9	35	5.5	11	2.4	10	0.1	2
FBR M3 SUN Apple Pie Vegan	455.4	23	1909.3	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
FBR M3 SUN Choc Orange Bread & Butter Pudding	583.2	29	2446.0	29	27.4	39	16.5	82	75.3	29	49.7	55	8.9	18	1.4	6	0.4	7
FBR M3 NGCI Cheesy Nachos	867.0	43	3613.4	43	55.5	79	23.8	119	63.4	24	5.3	6	26.3	53	4.1	17	3.3	55

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	%
FBR M3 NGCI Prawn Cocktail	397.9	20	1657.2	20	24.4	35	5.6	28	25.5	10	8.7	10	18.2	36	4.7	20	1.5	26
FBR M3 NGCI Buffalo Chicken Wings	725.7	36	3019.6	36	52.2	75	11.8	59	12.0	5	8.4	9	51.7	103	1.8	7	3.0	51
FBR M3 NGCI Cheesy Nachos Sharer	1342.3	67	5598.1	67	83.3	119	36.5	182	104.3	40	7.8	9	40.9	82	7.2	30	5.0	83
FBR M3 NGCI Baked Camembert	814.1	41	3391.6	40	53.5	76	34.5	173	29.5	11	12.5	14	52.4	105	4.2	17	4.9	82
FBR M3 NGCI Chicken & Bacon Sandwich	849.7	42	3563.9	42	31.8	45	6.5	32	74.6	29	13.0	14	62.2	124	11.1	46	5.5	91
FBR M3 NGCI Brie Tomato and Rocket Sandwich	842.7	42	3514.1	42	50.6	72	18.7	94	69.8	27	7.7	9	22.0	44	11.4	47	2.9	48
FBR M3 NGCI Steak Sandwich	869.0	43	3631.3	43	44.4	63	11.4	57	72.6	28	9.7	11	39.1	78	10.5	44	3.4	56
FBR M3 NGCI Chicken and Bacon Caesar Salad	617.2	31	2573.2	31	36.5	52	6.5	33	8.3	3	5.1	6	67.3	135	1.3	5	6.2	103
FBR M3 NGCI Rump Steak and Blue Cheese Salad	844.0	42	3507.6	42	61.0	87	21.7	108	6.2	2	5.6	6	67.4	135	2.5	11	2.2	36
FBR M3 NGCI BBQ Pulled Pork Hash	568.4	28	2394.7	29	36.2	52	9.8	49	35.3	14	22.3	25	21.8	44	8.1	34	2.7	45
FBR M3 NGCI Chicken Tikka Masala	795.3	40	3344.7	40	22.7	32	5.8	29	105.5	41	28.5	32	37.9	76	11.8	49	2.9	48
FBR M3 NGCI Aubergine and Coconut Curry	884.1	44	3707.5	44	35.5	51	10.5	52	120.0	46	35.2	39	15.4	31	12.8	54	3.0	51
FBR M3 NGCI Aubergine Curry Vegan	766.0	38	3211.4	38	33.6	48	9.6	48	102.6	39	30.6	34	10.1	20	8.5	35	2.4	40
FBR M3 NGCI The Classic Burger Beef	546.7	27	2282.3	27	29.0	41	8.0	40	42.9	17	4.6	5	27.1	54	5.7	24	1.9	32
FBR M3 NGCI The Cowboy Burger	1158.9	58	4810.8	57	58.5	84	27.9	139	76.2	29	10.8	12	74.9	150	12.4	52	5.7	94
FBR M3 NGCI Tennessee Burger	1095.4	55	4559.9	54	45.4	65	21.2	106	82.1	32	19.4	22	84.6	169	12.1	50	5.1	84
FBR M3 NGCI Sirloin Steak 8oz	1076.6	54	4508.7	54	67.8	97	24.3	121	61.8	24	7.0	8	53.0	106	9.2	38	2.0	33
FBR M3 NGCI Rump Steak 10oz	1040.3	52	4359.3	52	63.4	91	22.3	112	57.7	22	6.5	7	58.0	116	8.6	36	1.9	32
FBR M3 NGCI Fillet Steak 8oz	983.6	49	4126.6	49	58.1	83	20.6	103	61.6	24	7.0	8	51.8	104	9.2	38	1.9	32
FBR M3 NGCI Ribeye Steak 12oz	1031.2	52	4321.6	51	71.6	102	27.2	136	54.2	21	7.7	9	55.5	111	7.8	33	2.1	35
FBR M3 NGCI T-Bone Steak 14oz	1132.3	57	4747.8	57	59.4	85	20.7	104	54.2	21	6.1	7	81.0	162	8.1	34	2.0	33
FBR M3 NGCI Mixed Grill 20oz	1336.9	67	5584.1	66	89.6	128	34.0	170	56.0	22	6.3	7	75.3	151	7.6	32	4.7	78
FBR M3 NGCI Gammon Steak 10oz	1069.6	53	4483.9	53	64.0	91	22.2	111	64.7	25	5.0	6	57.7	115	9.8	41	8.6	143
FBR M3 NGCI Sticky Bourbon Salmon	711.1	36	2954.7	35	33.3	48	14.6	73	64.0	25	21.1	23	34.7	69	9.4	39	1.3	22
FBR M3 NGCI Cheesy Roquefort Chicken	1288.3	64	5357.8	64	72.8	104	28.4	142	55.1	21	8.4	9	97.8	196	9.9	41	4.1	68
FBR M3 NGCI 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
FBR M3 NGCI Praline Chocolate Tart Vegan	571.7	29	2387.9	28	33.1	47	18.2	91	56.5	22	27.1	30	6.6	13	5.0	21	0.1	2
FBR M3 NGCI 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
FBR M3 NGCI Lemon Meringue Pie	490.2	25	2065.6	25	18.1	26	8.2	41	85.5	33	59.6	66	4.3	9	0.6	2	0.2	3
FBR M3 NGCI Banana and Butterscotch Sundae	665.7	33	2797.4	33	34.3	49	21.9	110	82.8	32	74.0	82	7.1	14	1.7	7	0.4	7

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	%
FBR M3 NGCI Banana and Butterscotch Sundae Sharer	1220.2	61	5127.4	61	62.8	90	40.2	201	151.8	58	135.7	151	13.1	26	3.2	13	0.7	12
FBR M3 NGCI 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
FBR M3 NGCI Chocolate Indulgence Sundae Sharer	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
FBR M3 NGCI 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
FBR M3 NGCI Sunday Chicken	1622.1	81	6749.2	80	61.4	88	25.7	128	148.3	57	25.5	28	107.4	215	22.1	92	6.2	103
FBR M3 NGCI Sunday Dinner Pork Belly	2163.8	108	8968.9	107	115.0	164	49.3	246	191.7	74	62.9	70	76.1	152	25.5	106	4.6	76
FBR M3 NGCI Sunday Dinner Beef	1697.6	85	7026.7	84	75.2	107	32.5	163	168.4	65	30.1	33	71.3	143	27.7	115	3.0	50
FBR M3 NGCI Sunday Dinner Turkey	1463.7	73	6071.9	72	40.7	58	18.9	95	185.6	71	48.2	54	73.5	147	28.0	117	3.1	52