

## 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	%
GGE M2 Dough Balls Garlic	1193.6	60	4979.0	59	74.0	106	9.3	46	109.4	42	2.9	3	21.6	43	7.7	32	3.1	52
GGE M2 Dough Balls Mozzarella	725.9	36	3059.1	36	20.5	29	9.1	45	101.1	39	6.8	8	34.2	68	7.4	31	2.9	49
GGE M2 Side Garlic Pizza Bread	707.1	35	2969.8	35	27.4	39	3.3	16	96.7	37	2.3	3	18.2	36	6.4	27	2.4	39
GGE M2 Side Garlic Pizza Bread Cheesy	880.6	44	3689.8	44	41.9	60	13.7	69	89.4	34	2.9	3	35.9	72	5.8	24	3.2	53
GGE M2 Grazer Mushroom Poppers	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
GGE M2 Grazer Mushroom Poppers Sharer	846.9	42	3564.3	42	43.2	62	8.4	42	94.8	36	28.1	31	17.1	34	8.1	34	3.8	64
GGE M2 Nachos Cheesy	736.4	37	3072.0	37	44.8	64	18.9	94	58.4	22	9.9	11	22.7	45	5.0	21	3.5	58
GGE M2 Nachos Cheesy Sharer	1401.5	70	5846.3	70	85.3	122	35.9	180	111.1	43	18.9	21	43.3	87	9.5	40	6.6	110
GGE M2 Nachos BBQ Jackfruit	772.4	39	3227.0	38	40.4	58	14.3	72	76.0	29	21.0	23	23.1	46	6.7	28	3.9	65
GGE M2 Nachos BBQ Jackfruit Sharer	1484.4	74	6201.6	74	77.6	111	27.5	138	146.0	56	40.3	45	44.4	89	12.9	54	7.4	124
GGE M2 Quiz Nachos	1144.0	57	4781.1	57	54.3	78	11.1	55	141.9	55	8.1	9	15.3	31	9.3	39	3.6	60
GGE M2 Grazer High 10s	732.4	37	3041.7	36	45.6	65	17.3	86	48.0	18	13.8	15	32.6	65	3.0	12	1.3	22
GGE M2 Grazer High 10s Sharer	1464.9	73	6083.4	72	91.3	130	34.6	173	95.9	37	27.6	31	65.1	130	5.9	25	2.7	45
GGE M2 Grazer Chicken Wings	1031.0	52	4286.1	51	67.1	96	17.2	86	25.4	10	20.3	23	81.0	162	2.5	11	4.5	75
GGE M2 Grazer Chicken Wings Sharer	2062.0	103	8572.2	102	134.2	192	34.5	172	50.8	20	40.5	45	162.0	324	5.1	21	9.0	151
GGE M2 Grazer Jalapeno Poppers	633.1	32	2646.9	32	36.1	52	17.0	85	58.0	22	3.1	3	18.4	37	3.8	16	2.6	43
GGE M2 Grazer Jalapeno Poppers Sharer	1266.2	63	5293.8	63	72.1	103	34.0	170	115.9	45	6.1	7	36.9	74	7.6	32	5.1	86
GGE M2 Grazer Fish Goujons	450.0	23	1869.8	22	31.2	45	8.0	40	17.2	7	3.8	4	24.5	49	1.1	5	1.3	21
GGE M2 Grazer Fish Goujons Sharer	896.4	45	3724.4	44	62.3	89	16.0	80	33.9	13	7.0	8	48.8	98	1.9	8	2.5	42
GGE M2 Grazer Halloumi Fries	462.6	23	1910.1	23	34.3	49	18.7	93	16.1	6	4.1	5	23.0	46	1.2	5	3.5	58
GGE M2 Grazer Halloumi Fries Sharer	843.4	42	3481.6	41	63.3	90	34.5	173	27.0	10	5.5	6	42.5	85	1.7	7	6.2	103
GGE M2 Grazer Bacon Popcorn	289.9	14	1230.6	15	5.8	8	1.7	8	56.2	22	2.1	2	6.9	14	6.4	27	0.1	1
GGE M2 Grazer Bacon Popcorn Sharer	572.3	29	2429.3	29	11.4	16	3.3	17	111.0	43	4.2	5	13.7	27	12.6	53	0.1	2
GGE M2 Grazer Buffalo Cauliflower Popcorn	289.9	14	1230.6	15	5.8	8	1.7	8	56.2	22	2.1	2	6.9	14	6.4	27	0.1	1
GGE M2 Grazer Buffalo Cauliflower Popcorn Sharer	483.4	24	2052.2	24	9.6	14	2.8	14	93.7	36	3.5	4	11.5	23	10.6	44	0.1	1
GGE M2 Grazer Hunters Chicken Bites	632.6	32	2648.3	32	27.1	39	9.8	49	74.8	29	39.1	43	20.4	41	2.2	9	2.4	39
GGE M2 Grazer Hunters Chicken Bites Sharer	1265.2	63	5296.5	63	54.3	78	19.6	98	149.6	58	78.1	87	40.8	82	4.5	19	4.7	79
GGE M2 Dough Balls Roulette	1287.0	64	5368.0	64	80.4	115	13.7	68	110.4	42	4.9	5	29.4	59	7.8	33	4.0	66
GGE M2 Nachos BBQ Jackfruit Vegan	588.5	29	2460.6	29	27.6	39	9.4	47	73.3	28	19.3	21	8.1	16	6.2	26	3.4	57
GGE M2 Nachos BBQ Jackfruit Vegan Sharer	1227.6	61	5132.8	61	57.6	82	19.6	98	153.0	59	40.2	45	16.8	34	12.9	54	7.1	119

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
GGE M2 Nachos Cheesy Vegan	599.4	30	2505.4	30	31.3	45	11.9	60	68.2	26	9.7	11	8.1	16	5.6	23	3.6	60
GGE M2 Nachos Cheesy Sharer Vegan	1142.0	57	4773.6	57	59.6	85	22.7	114	129.9	50	18.6	21	15.4	31	10.7	45	6.9	115
GGE M2 Side Skin On Fries 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
GGE M2 Side Sweet Potato Fries 227g	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
GGE M2 Side Tiger Fries 227g	434.7	22	1803.3	21	22.0	31	4.6	23	51.2	20	8.6	10	4.4	9	5.7	24	0.6	9
GGE M2 Side Chunky Chips 227g	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
GGE M2 Side House Salad	58.0	3	240.8	3	4.6	7	0.8	4	3.3	1	3.2	4	1.2	2	1.7	7	0.0	0
GGE M2 Side Bread and Butter	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M2 Side Mash 227g	271.2	14	1131.9	13	10.2	15	6.6	33	38.1	15	2.6	3	3.9	8	5.1	21	0.8	13
GGE M2 Side Georges Slaw	168.2	8	696.6	8	14.5	21	1.2	6	7.7	3	5.7	6	1.8	4	3.9	16	1.4	24
GGE M2 Side Beer Battered Onion Rings	422.0	21	1760.5	21	26.2	37	4.9	25	40.2	15	4.0	4	4.8	10	3.2	13	1.9	32
GGE M2 Side Corn on the Cob	212.3	11	900.6	11	4.5	6	0.6	3	37.3	14	4.5	5	8.0	16	5.6	23	0.0	0
GGE M2 Side Sauteed Mushrooms	146.4	7	603.2	7	15.3	22	1.9	9	0.4	0	0.2	0	1.7	3	1.4	6	0.0	0
GGE M2 Side Mac n Cheese	275.9	14	1160.7	14	10.7	15	6.6	33	33.1	13	2.5	3	10.1	20	4.0	17	1.2	20
GGE M2 Side BBQ Chicken Wings	549.0	27	2282.1	27	36.3	52	9.3	47	11.6	4	8.9	10	43.8	88	1.3	6	2.4	40
GGE M2 Side Cauliflower Cheese	133.8	7	559.4	7	6.0	9	3.7	18	14.7	6	2.3	3	5.1	10	2.1	9	1.1	19
GGE M2 Extra Aerosol Cream 56g	179.8	9	753.2	9	17.5	25	12.3	61	3.9	2	4.5	5	1.3	3	0.0	0	0.0	0
GGE M2 Extra Bacon Rasher x2	140.3	7	586.1	7	6.9	10	2.6	13	0.0	0	0.0	0	19.4	39	0.0	0	3.5	58
GGE M2 Extra Baked Beans 100g	48.9	2	204.1	2	0.2	0	0.1	0	8.9	3	2.3	3	3.2	6	2.3	10	0.3	5
GGE M2 Extra BBQ Pulled Jackfruit	141.3	7	591.3	7	5.5	8	0.4	2	20.1	8	11.8	13	2.0	4	1.8	7	0.7	12
GGE M2 Extra Bread and Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M2 Extra Bread and Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
GGE M2 Extra Burger Beef 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
GGE M2 Extra Burger Soya	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
GGE M2 Extra Cheese Cheddar 28g	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
GGE M2 Extra 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
GGE M2 Extra Chicken Goujons	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
GGE M2 Extra Chipotle Pulled Chicken 50g	63.0	3	267.5	3	0.6	1	0.2	1	1.0	0	0.1	0	13.3	27	0.3	1	0.2	3
GGE M2 Extra Chunky Chips 150g	170.3	9	712.5	8	8.5	12	1.9	9	20.0	8	0.3	0	2.4	5	2.2	9	0.4	6
GGE M2 Extra Crispy Back 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
GGE M2 Extra Custard 100g	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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
GGE M2 Extra Double Cream 56ml	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
GGE M2 Extra 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
GGE M2 Extra Garlic Ciabatta	201.5	10	845.0	10	8.6	12	3.1	16	26.0	10	2.3	3	4.3	9	1.7	7	0.5	8
GGE M2 Extra Georges Own BBQ Sauce 56g	105.3	5	439.6	5	0.2	0	0.1	0	25.2	10	24.1	27	0.8	2	0.5	2	0.8	14
GGE M2 Extra Gravy Granules	36.5	2	153.5	2	1.4	2	1.0	5	5.8	2	0.2	0	0.1	0	0.1	0	0.7	12
GGE M2 Extra Gravy Yankee	132.0	7	557.0	7	11.1	16	3.6	18	5.8	2	2.5	3	2.1	4	0.2	1	0.8	14
GGE M2 Extra Grilled Mushroom	80.9	4	333.3	4	8.5	12	1.0	5	0.2	0	0.1	0	1.0	2	0.8	3	0.0	0
GGE M2 Extra Grilled Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
GGE M2 Extra Cheese Halloumi 75g	247.5	12	1017.0	12	19.8	28	12.2	61	1.2	0	1.2	1	16.1	32	0.0	0	1.9	31
GGE M2 Extra Hash Brown	117.9	6	491.1	6	6.9	10	2.9	15	11.8	5	0.4	0	1.3	3	1.6	7	0.3	5
GGE M2 Extra Jacket Potato	184.9	9	784.0	9	0.5	1	0.0	0	42.4	16	1.5	2	5.2	10	4.3	18	0.0	1
GGE M2 Extra Jalapenos 28g	20.2	1	85.4	1	0.1	0	0.0	0	4.4	2	4.2	5	0.2	0	0.5	2	1.2	20
GGE M2 Extra Marshmallows	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
GGE M2 Extra 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
GGE M2 Extra Milk	30.4	2	128.3	2	1.0	1	0.7	3	3.0	1	3.0	3	2.3	5	0.0	0	0.1	1
GGE M2 Extra Mixed Peppers 28g	8.2	0	34.1	0	0.1	0	0.0	0	1.6	1	1.6	2	0.3	1	0.5	2	0.0	0
GGE M2 Extra Cheese Monterey Jack Slice	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
GGE M2 Extra Cheese Mozzarella	127.1	6	529.1	6	9.2	13	5.9	29	0.4	0	0.4	0	10.5	21	0.0	0	0.6	9
GGE M2 Extra Mushroom	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
GGE M2 Extra Mushy Peas	130.5	7	594.0	7	0.6	1	0.3	2	19.7	8	2.1	2	8.9	18	5.9	24	0.7	11
GGE M2 Extra Naan	172.8	9	728.9	9	3.5	5	1.9	9	28.4	11	2.1	2	5.3	11	3.3	14	0.4	6
GGE M2 Extra Pepperoni 20g	94.8	5	391.2	5	9.0	13	3.7	19	0.2	0	0.2	0	3.2	6	0.0	0	0.8	13
GGE M2 Extra 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
GGE M2 Extra Poppadom	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
GGE M2 Extra Red Onion 28g	10.1	1	42.0	1	0.1	0	0.0	0	2.2	1	1.6	2	0.3	1	0.5	2	0.0	0
GGE M2 Extra Rocket 7g	1.0	0	4.1	0	0.0	0	0.0	0	0.1	0	0.1	0	0.1	0	0.1	0	0.0	0
GGE M2 Extra Sauce Chocolate 56g	161.8	8	687.1	8	0.2	0	0.2	1	38.5	15	27.2	30	0.8	2	1.3	5	0.0	0
GGE M2 Extra Sauce Raspberry 56g	159.6	8	677.6	8	0.0	0	0.0	0	39.6	15	29.9	33	0.1	0	0.3	1	0.1	2
GGE M2 Extra Sauce Toffee 56g	182.6	9	771.7	9	3.3	5	2.1	11	37.4	14	29.7	33	0.6	1	0.1	0	0.1	2
GGE M2 Extra 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
GGE M2 Extra Sausages x2	280.3	14	1169.1	14	16.7	24	5.6	28	21.7	8	2.6	3	10.2	20	1.2	5	1.4	23

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GGE M2 Extra Scampi	164.6	8	686.7	8	9.7	14	2.9	15	12.9	5	1.8	2	6.1	12	1.7	7	0.6	11
GGE M2 Extra Sliced Tomatoes	16.8	1	72.2	1	0.3	0	0.1	0	3.1	1	3.1	3	0.7	1	1.3	5	0.0	0
GGE M2 Extra Smoked Shredded Beef Brisket 50g	62.5	3	263.0	3	1.9	3	0.7	3	1.2	0	1.1	1	10.5	21	0.3	1	0.4	6
GGE M2 Extra Spring Onions	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
GGE M2 Extra Vanilla Ice Cream Scoop	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
GGE M2 Extra Cheese Mozzarisella Vegan	39.3	2	162.8	2	3.4	5	3.0	15	1.8	1	0.0	0	0.1	0	0.0	0	0.3	5
GGE M2 Extra Sausage Veggie x2	160.0	8	671.0	8	5.4	8	1.9	10	7.5	3	1.5	2	17.9	36	5.0	21	1.3	21
GGE M2 Extra Wiltshire Ham 40g	53.6	3	224.0	3	2.4	3	0.8	4	0.4	0	0.6	1	7.3	15	0.0	0	1.7	28
GGE M2 Extra Yorkshire Pudding	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
GGE M2 Extra Beer Battered Onion Rings x 3	132.7	7	553.7	7	8.2	12	1.6	8	12.6	5	1.3	1	1.5	3	1.0	4	0.6	10
GGE M2 Extra Tennessee BBQ Sauce 56g	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
GGE M2 Extra Red Hot Chilli BBQ Sauce 56g	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
GGE M2 Extra Burger Macaroni Cheese	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
GGE M2 Pigs in Blankets x3	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
GGE M2 Extra Quorn Bites	639.1	32	407.8	5	12.8	18	3.0	15	11.8	5	0.8	1	8.2	16	3.0	13	0.3	6
GGE M2 Extra Sauce Sweet Chilli 56g	108.6	5	454.7	5	0.0	0	0.0	0	26.9	10	22.4	25	0.1	0	0.4	2	1.3	21
GGE M2 Extra Sauce Garlic & Herb 56g	388.6	19	1601.0	19	40.5	58	5.3	26	3.7	1	0.4	0	1.6	3	0.9	4	0.5	9
GGE M2 Upgrade Sweet Potato Fries Mains	364.9	18	1502.3	18	20.0	29	4.0	20	39.6	15	12.8	14	2.7	5	5.4	23	0.7	12
GGE M2 Upgrade Sweet Potato Fries Sandwiches	275.6	14	1134.8	14	13.5	19	2.4	12	33.0	13	10.6	12	2.3	5	4.5	19	0.6	10
GGE M2 Upgrade Tiger Fries Mains	230.2	12	955.0	11	11.6	17	2.5	12	27.1	10	4.6	5	2.3	5	3.0	13	0.3	5
GGE M2 Upgrade Tiger Fries Sandwiches	270.5	14	1122.8	13	12.7	18	2.5	12	33.8	13	5.7	6	2.9	6	3.7	16	0.4	6
GGE M2 Fries Topping Smoked Pulled Pork	574.8	29	2391.4	28	36.2	52	17.8	89	19.5	7	17.6	20	42.9	86	0.3	1	1.4	24
GGE M2 Fries Topping Garlic and Herb	386.6	19	1601.5	19	33.1	47	8.9	45	8.7	3	6.2	7	13.3	27	2.6	11	0.8	14
GGE M2 Fries Topping Garlic and Herb Vegan	311.3	16	1286.9	15	28.4	41	7.0	35	10.7	4	5.8	6	3.0	6	2.6	11	0.7	12
GGE M2 Fries Topping Chicken Gravy and Bacon	233.7	12	983.8	12	14.9	21	5.0	25	6.3	2	2.5	3	18.4	37	0.4	1	2.7	44
GGE M2 Fries Topping Cheese	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
GGE M2 Sandwich Chicken and Bacon Club	1118.7	56	4675.2	56	54.4	78	9.7	49	108.5	42	10.5	12	47.9	96	11.2	47	5.3	88
GGE M2 Sandwich Fish Finger	1175.2	59	4900.1	58	65.6	94	14.1	71	105.0	40	10.8	12	39.7	79	10.6	44	3.7	61
GGE M2 Sandwich Tuna Sweetcorn	943.9	47	3940.3	47	52.3	75	7.2	36	87.3	34	8.7	10	29.9	60	10.1	42	4.2	70
GGE M2 Sandwich Tuna Sweetcorn Melt	1055.5	53	4403.5	52	61.6	88	13.1	65	87.5	34	8.4	9	36.2	72	9.9	41	4.7	78
GGE M2 Sandwich Red Pepper Grilled Cheese	640.6	32	2684.5	32	24.8	35	12.0	60	89.5	34	5.3	6	13.1	26	7.2	30	1.9	32

## 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	%
GGE M2 Sandwich Grilled Three Cheese	1030.9	52	4302.6	51	59.4	85	23.1	115	83.9	32	6.8	8	38.5	77	8.7	36	3.9	64
GGE M2 LB Steak Rump 5oz	609.6	30	2545.5	30	32.3	46	9.6	48	38.6	15	4.9	5	37.6	75	7.8	33	1.6	27
GGE M2 LB Beer Battered Fish and Chips	760.6	38	3169.6	38	43.8	63	10.8	54	54.3	21	6.9	8	32.4	65	8.2	34	2.2	37
GGE M2 LB Hunters Chicken	686.0	34	2864.9	34	35.1	50	12.3	62	47.0	18	14.8	16	43.8	88	3.8	16	3.9	65
GGE M2 LB Sausage and Mash	693.5	35	2893.9	34	34.7	50	14.6	73	68.5	26	8.3	9	22.1	44	8.9	37	3.7	61
GGE M2 LB Sausage and Mash Veggie	513.0	26	2146.8	26	17.7	25	9.0	45	47.3	18	6.6	7	33.7	67	14.5	60	3.5	59
GGE M2 LB Mac n Cheese	618.7	31	2599.4	31	26.0	37	13.7	69	72.7	28	5.4	6	20.1	40	7.9	33	2.4	40
GGE M2 LB Gammon 5oz	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87
GGE M2 LB Lasagne Vegetable	535.8	27	2247.1	27	19.2	27	4.9	24	75.8	29	11.0	12	15.1	30	7.1	30	2.3	39
GGE M2 Beer Battered Fish and Chips	1261.3	63	5254.4	63	74.6	107	19.6	98	82.2	32	7.3	8	58.4	117	10.4	43	3.4	56
GGE M2 Scampi Golden Breaded	918.6	46	3836.7	46	49.4	71	12.0	60	87.8	34	10.1	11	24.9	50	12.5	52	3.2	53
GGE M2 The Full Monty	1128.0	56	4700.8	56	67.5	96	21.6	108	79.1	30	9.6	11	49.6	99	11.3	47	6.6	110
GGE M2 The Big Breakfast	1726.8	86	7197.6	86	104.5	149	33.7	169	119.1	46	12.8	14	75.6	151	15.1	63	10.2	170
GGE M2 Pie Steak and Pedigree Ale	1380.3	69	5794.8	69	68.8	98	24.1	120	148.3	57	10.3	11	37.0	74	12.2	51	4.3	71
GGE M2 Chicken Tikka Masala	1119.1	56	4725.2	56	28.2	40	9.2	46	168.5	65	27.3	30	47.2	94	14.2	59	3.9	66
GGE M2 Smoked Honey BBQ Pulled Pork	1471.6	74	6137.6	73	78.6	112	23.1	115	111.0	43	42.4	47	78.5	157	10.4	44	2.4	40
GGE M2 Locked and Loaded Platter	2108.1	105	8802.5	105	110.5	158	32.9	164	157.6	61	84.8	94	119.7	239	12.3	51	6.7	112
GGE M2 Plucker Clucker Platter	1926.4	96	8025.7	96	106.3	152	26.3	132	150.6	58	66.7	74	89.3	179	10.7	45	6.1	102
GGE M2 Baby Back Ribs	1646.7	82	6890.0	82	88.0	126	28.6	143	143.6	55	72.7	81	69.1	138	10.2	42	4.7	79
GGE M2 Pie Nacho Chillli	1060.9	53	4436.7	53	60.8	87	22.2	111	117.2	45	9.4	10	21.4	43	11.4	48	2.3	39
GGE M2 Lasagne Classic Beef	650.4	33	2709.9	32	29.7	42	10.9	54	74.3	29	15.2	17	22.1	44	29.1	121	2.1	35
GGE M2 Lasagne Classic Beef under 500	414.2	21	1721.7	20	17.6	25	7.0	35	47.5	18	14.7	16	18.1	36	28.3	118	1.6	27
GGE M2 Salad BBQ Jackfruit	423.5	21	1766.2	21	22.9	33	2.1	11	47.2	18	30.1	33	5.7	11	6.6	28	1.6	27
GGE M2 Salad BBQ Jackfruit with Halloumi	671.0	34	2783.2	33	42.7	61	14.3	71	48.4	19	31.3	35	21.7	43	6.6	28	3.5	58
GGE M2 Salad Garlic and Herb Steak	565.2	28	2344.3	28	44.4	63	9.7	49	9.9	4	8.1	9	31.7	63	3.8	16	1.0	17
GGE M2 Salad Roast Chicken and Bacon	490.4	25	2050.4	24	23.6	34	5.0	25	8.7	3	7.9	9	62.2	124	3.1	13	4.6	77
GGE M2 Steak Sirloin 8oz	1128.7	56	4702.8	56	68.3	98	19.1	96	66.6	26	6.2	7	57.4	115	10.2	42	2.2	37
GGE M2 Steak Sirloin 8oz under 600	562.7	28	2340.5	28	38.3	55	13.8	69	4.4	2	4.3	5	50.1	100	2.3	10	1.4	23
GGE M2 Steak Gammon 10oz	1130.9	57	4718.9	56	64.4	92	18.7	94	69.3	27	11.8	13	65.4	131	8.8	36	9.0	150
GGE M2 Steak Rump 10oz	1172.3	59	4888.2	58	68.7	98	18.8	94	66.9	26	6.2	7	67.2	134	10.2	43	2.3	38
GGE M2 Steak Rump 10oz under 600	520.4	26	2172.9	26	29.2	42	12.3	62	4.4	2	4.3	5	60.1	120	2.3	10	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	%
GGE M2 Steak Ribeye 10oz	1384.0	69	5762.0	69	87.6	125	28.0	140	66.9	26	6.2	7	77.4	155	10.2	43	2.2	37
GGE M2 Mixed Grill	1853.1	93	7726.0	92	112.4	161	31.6	158	83.9	32	9.1	10	122.3	245	11.4	48	11.2	187
GGE M2 Steak Top Mac n 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
GGE M2 Steak Top 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
GGE M2 Steak Top The Cowboy	272.8	14	1139.6	14	15.9	23	9.0	45	12.6	5	12.1	13	19.3	39	0.2	1	2.9	48
GGE M2 Burger Classic Cheese Beef	1299.2	65	5433.9	65	60.6	87	18.5	92	128.2	49	25.7	29	56.7	113	11.6	48	5.0	84
GGE M2 Burger Classic Cheese Beef XL	1584.8	79	6623.9	79	76.6	109	25.3	126	130.6	50	25.9	29	89.5	179	11.8	49	6.5	109
GGE M2 Burger Classic Cheese Chicken	1286.9	64	5382.4	64	62.4	89	17.9	90	137.9	53	26.2	29	39.8	80	11.4	48	4.3	72
GGE M2 Burger Classic Cheese Chicken XL	1560.1	78	6520.9	78	80.2	115	24.2	121	150.0	58	26.8	30	55.7	111	11.4	48	5.2	86
GGE M2 Burger Classic Cheese Soya	1262.2	63	5284.6	63	58.0	83	12.7	63	136.9	53	27.5	31	43.5	87	14.2	59	4.6	77
GGE M2 Burger Classic Cheese Soya XL	1510.8	76	6325.3	75	71.5	102	13.7	68	148.0	57	29.4	33	63.0	126	16.9	70	5.8	96
GGE M2 Burger Yankee Beef	1369.4	68	5726.9	68	64.0	91	19.8	99	128.2	49	25.7	29	66.4	133	11.6	48	6.8	113
GGE M2 Burger Yankee Beef XL	1655.0	83	6916.9	82	80.0	114	26.6	133	130.6	50	25.9	29	99.2	198	11.8	49	8.3	138
GGE M2 Burger Yankee Chicken	1357.0	68	5675.4	68	65.8	94	19.2	96	137.9	53	26.2	29	49.5	99	11.4	48	6.1	101
GGE M2 Burger Yankee Chicken XL	1630.3	82	6814.0	81	83.6	119	25.5	128	150.0	58	26.8	30	65.4	131	11.4	48	6.9	115
GGE M2 Burger Classic Cheese Soya Vegan	1099.2	55	4605.1	55	45.3	65	10.7	53	132.1	51	23.5	26	35.7	71	11.1	46	3.6	59
GGE M2 Burger Classic Cheese Soya Vegan XL	1347.8	67	5645.8	67	58.8	84	11.7	58	143.2	55	25.4	28	55.3	111	13.8	58	4.7	78
GGE M2 Burger The Tennessee	1470.9	74	6151.1	73	72.6	104	22.1	110	137.2	53	26.9	30	62.8	126	12.1	50	6.0	100
GGE M2 Burger The Tennessee XL	1756.5	88	7341.1	87	88.5	126	28.9	144	139.6	54	27.1	30	95.6	191	12.2	51	7.5	125
GGE M2 Burger Squeaky Clean	1466.9	73	6101.9	73	88.6	127	27.1	135	122.0	47	20.0	22	42.0	84	13.3	55	5.5	92
GGE M2 Burger Squeaky Clean XL	1796.9	90	7457.9	89	115.0	164	43.3	216	123.6	48	21.6	24	63.4	127	13.3	55	8.0	134
GGE M2 Burger Flaming Jack	1361.6	68	5701.8	68	63.5	91	13.0	65	146.8	56	29.4	33	45.2	90	16.0	66	5.6	94
GGE M2 Burger Flaming Jack XL	1610.2	81	6742.5	80	77.0	110	14.1	70	157.9	61	31.4	35	64.7	129	18.7	78	6.7	112
GGE M2 Burger Flaming Jack Vegan	1198.6	60	5022.3	60	50.8	73	11.0	55	142.0	55	25.4	28	37.4	75	12.9	54	4.5	75
GGE M2 Burger Flaming Jack Vegan XL	1447.2	72	6063.0	72	64.2	92	12.1	60	153.1	59	27.3	30	57.0	114	15.6	65	5.7	94
GGE M2 Burger Bunless Beef	693.7	35	2892.8	34	39.4	56	10.4	52	44.9	17	7.0	8	38.5	77	7.0	29	2.8	46
GGE M2 Burger Bunless Chicken Goujon	681.4	34	2841.3	34	41.2	59	9.9	49	54.7	21	7.5	8	21.6	43	6.8	29	2.1	35
GGE M2 Burger Bunless Soya	656.7	33	2743.5	33	36.9	53	4.6	23	53.6	21	8.8	10	25.3	51	9.6	40	2.4	40
GGE M2 Burger Brunch Stacker	1417.5	71	5920.0	70	75.9	108	22.1	111	128.7	50	16.0	18	51.2	102	10.0	42	4.9	82
GGE M2 Burger Brunch Stacker XL	2051.4	103	8548.7	102	129.1	184	42.1	211	129.0	50	16.0	18	89.8	180	10.0	42	8.3	138
GGE M2 Burger Hawaiian Gammon	1231.2	62	5145.6	61	64.8	93	17.7	89	121.1	47	21.3	24	38.3	77	11.5	48	4.4	74

## 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	%
GGE M2 Burger Hawaiian Gammon XL	1865.1	93	7774.2	93	117.9	168	37.7	189	121.3	47	21.3	24	77.0	154	11.5	48	7.8	130
GGE M2 Burger The Bulls Eye	1335.0	67	5585.3	66	65.0	93	17.2	86	140.0	54	22.3	25	43.2	86	11.2	47	4.5	74
GGE M2 Burger The Bulls Eye XL	1744.9	87	7293.1	87	91.7	131	26.6	133	158.1	61	23.2	26	67.1	134	11.2	47	5.7	95
GGE M2 Burger The Stacker	1669.1	83	6982.3	83	76.8	110	25.0	125	167.7	65	28.5	32	75.5	151	16.1	67	7.2	120
GGE M2 Burger The Stacker XL	1954.6	98	8172.0	97	92.7	132	31.8	159	170.1	65	28.7	32	108.3	217	16.3	68	8.7	145
GGE M2 Burger Bunless Soya Vegan	567.6	28	2376.5	28	27.5	39	4.0	20	51.6	20	4.6	5	25.9	52	7.0	29	1.4	23
GGE M2 Hunters Chicken	1065.2	53	4452.3	53	50.4	72	19.4	97	77.7	30	29.5	33	74.2	148	6.7	28	5.5	92
GGE M2 Chicken Waffle	1520.1	76	6361.3	76	73.2	105	26.2	131	175.5	67	64.2	71	37.2	74	6.8	28	2.6	43
GGE M2 Georges Fried Chicken	1180.6	59	4939.8	59	55.6	79	15.1	76	109.6	42	33.8	38	58.8	118	11.0	46	5.7	95
GGE M2 Hunters Chicken <700	690.3	35	2882.9	34	33.2	47	15.2	76	32.8	13	29.8	33	66.8	134	2.8	11	4.5	76
GGE M2 NGCI Hunters Chicken <700	690.3	35	2882.9	34	33.2	47	15.2	76	32.8	13	29.8	33	66.8	134	2.8	11	4.5	76
GGE M2 Sunday Roast Beef	1535.4	77	6399.5	76	96.6	138	21.1	106	103.8	40	20.1	22	58.9	118	16.0	67	4.8	81
GGE M2 Sunday Half Roast Chicken	1828.5	91	7627.4	91	108.1	154	22.7	114	111.8	43	28.1	31	98.9	198	17.8	74	5.6	94
GGE M2 Sunday Grilled Gammon	1580.7	79	6590.8	78	98.1	140	22.5	113	99.6	38	14.6	16	72.3	145	15.8	66	11.6	193
GGE M2 Sunday Cauliflower Tart	1623.3	81	6769.5	81	102.6	147	21.8	109	133.2	51	19.6	22	38.2	76	18.7	78	5.1	85
GGE M2 KID Sunday Beef Roast	865.1	43	3608.0	43	52.2	75	11.7	58	65.5	25	9.5	11	31.6	63	10.1	42	2.7	44
GGE M2 KID Sunday Chicken Grilled	861.4	43	3599.2	43	44.1	63	7.7	39	79.8	31	23.7	26	34.6	69	10.5	44	3.0	49
GGE M2 KID Sunday Gammon Grilled	917.0	46	3826.0	46	54.7	78	12.6	63	66.2	25	9.5	11	38.5	77	10.1	42	6.6	110
GGE M2 KID Sunday Sausages Veggie	838.4	42	3503.0	42	44.5	64	8.5	43	73.0	28	11.0	12	32.3	65	15.1	63	3.8	63
GGE M2 Chocker Chocolate Fudge Cake	654.0	33	2742.9	33	29.5	42	6.1	31	91.3	35	76.2	85	7.1	14	3.2	13	0.4	7
GGE M2 Salted Caramel Cheesecake Sandwich	626.4	31	2628.4	31	25.4	36	14.7	74	90.3	35	67.1	75	7.5	15	0.7	3	1.3	22
GGE M2 Jam and Coconut Sponge	692.2	35	2908.1	35	29.9	43	13.6	68	96.6	37	67.2	75	10.1	20	2.4	10	0.5	9
GGE M2 Dough Balls Choco Toffee	678.9	34	2868.1	34	13.3	19	5.3	26	127.2	49	64.2	71	11.7	23	4.6	19	1.2	19
GGE M2 Sundae Thats Mint Standard	737.3	37	3087.2	37	38.1	54	20.6	103	87.4	34	73.8	82	9.8	20	2.7	11	0.5	9
GGE M2 Sundae Thats Mint Sharer	1474.6	74	6174.3	74	76.1	109	41.2	206	174.8	67	147.7	164	19.6	39	5.5	23	1.1	18
GGE M2 Sundae Raspberry Waffle Standard	683.8	34	2874.8	34	33.3	48	19.1	95	87.8	34	63.4	70	7.6	15	1.5	6	0.7	12
GGE M2 Sundae Raspberry Waffle Sharer	1367.7	68	5749.5	68	66.5	95	38.1	191	175.6	68	126.9	141	15.2	30	2.9	12	1.5	25
GGE M2 Blinging Banoffee Pie	776.5	39	3228.8	38	60.7	87	35.2	176	52.9	20	36.0	40	5.4	11	1.1	5	0.5	9
GGE M2 Sundae Black Forest Standard	692.5	35	2902.6	35	33.0	47	20.3	102	86.4	33	73.6	82	8.5	17	1.8	7	0.8	13
GGE M2 Sundae Black Forest Sharer	1384.9	69	5805.2	69	66.1	94	40.7	203	172.9	66	147.3	164	17.0	34	3.6	15	1.5	25
GGE M2 Sticky Toffee Pudding	562.6	28	2370.0	28	17.5	25	10.7	53	96.4	37	77.1	86	5.6	11	1.0	4	0.3	5

## 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	%
GGE M2 Tiramisu Rum Ba Bar	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
GGE M2 Sundae Apple Pie Standard	674.2	34	2830.5	34	33.0	47	16.6	83	85.2	33	49.7	55	9.2	18	2.5	10	0.3	5
GGE M2 Sundae Apple Pie Sharer	1348.4	67	5661.0	67	66.0	94	33.3	166	170.4	66	99.4	110	18.3	37	5.0	21	0.6	10
GGE M2 Sundae Apple Pie Standard Vegan	558.6	28	2340.8	28	24.3	35	13.5	67	76.2	29	34.5	38	4.9	10	8.4	35	0.0	1
GGE M2 Sundae Apple Pie Sharer Vegan	626.3	31	2624.2	31	27.3	39	15.1	75	85.4	33	38.6	43	5.5	11	9.4	39	0.0	1
GGE M2 NGCI Ice Cream Sundae	138.2	7	580.0	7	6.9	10	4.2	21	17.4	7	15.4	17	1.7	3	0.3	1	0.1	2
GGE M2 NGCI Vegan Ice Cream Sundae	321.0	16	1344.7	16	13.1	19	11.4	57	42.7	16	29.1	32	1.6	3	9.9	41	0.0	0
GGE M2 Jacket Potato Cheddar Cheese and Beans	649.5	32	2710.1	32	35.5	51	20.8	104	60.5	23	5.7	6	25.3	51	8.4	35	1.9	32
GGE M2 Jacket Potato Baked Beans	298.6	15	1257.9	15	3.4	5	0.5	3	59.5	23	5.6	6	10.8	22	8.5	35	0.6	10
GGE M2 Jacket Potato Tuna Mayonnaise	609.2	30	2543.7	30	37.4	53	10.0	50	48.3	19	3.8	4	22.3	45	5.3	22	1.6	26
GGE M2 KID Mac n Cheese	618.7	31	2599.4	31	26.0	37	13.7	69	72.7	28	5.4	6	20.1	40	7.9	33	2.4	40
GGE M2 KID Burger Blast Off Beef	588.5	29	2467.6	29	18.6	27	5.4	27	278.7	107	8.0	9	25.3	51	9.4	39	1.7	29
GGE M2 KID Burger Chicken Breast Grilled	624.4	31	2621.3	31	18.3	26	4.0	20	279.0	107	8.9	10	34.7	69	9.4	39	1.7	28
GGE M2 KID Chicken Dippers	581.0	29	2428.5	29	23.3	33	4.3	21	70.6	27	6.1	7	20.8	42	8.6	36	1.6	27
GGE M2 KID 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
GGE M2 KID Starter Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M2 KID Starter Dough Balls Garlic	644.8	32	2689.6	32	40.0	57	5.0	25	59.1	23	1.6	2	11.7	23	4.2	17	1.7	28
GGE M2 KID Extra Bacon	210.5	11	873.9	10	17.2	25	10.8	54	1.4	1	0.1	0	12.5	25	0.0	0	0.9	15
GGE M2 KID Extra Cheese	231.3	12	960.5	11	18.9	27	11.9	60	1.5	1	0.1	0	13.8	28	0.0	0	1.0	17
GGE M2 KID Fish and Chips	756.6	38	3152.8	38	43.8	63	10.8	54	54.0	21	6.9	8	32.3	65	8.2	34	2.2	37
GGE M2 KID Star Fish Fingers	663.2	33	2768.7	33	30.4	43	6.4	32	73.7	28	6.6	7	22.2	44	9.0	37	1.6	27
GGE M2 KID Fruit and Ice Cream	206.3	10	864.1	10	8.0	11	4.0	20	26.8	10	26.3	29	4.1	8	5.4	23	0.2	4
GGE M2 KID Full Time Oranges	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
GGE M2 KID Gammon Steak 5oz	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87
GGE M2 KID Hidden Veg Pasta Melt	609.0	30	2551.3	30	19.8	28	5.1	26	87.0	33	10.9	12	19.1	38	9.7	40	2.0	33
GGE M2 KID Hunters Chicken	637.3	32	2661.5	32	32.7	47	11.4	57	43.6	17	13.7	15	40.6	81	3.5	15	3.6	60
GGE M2 KID Ice Cream Plain and Simple	253.6	13	1068.5	13	8.0	11	4.1	20	41.3	16	35.7	40	3.6	7	0.9	4	0.2	4
GGE M2 KID Sundae Minty	402.8	20	1688.7	20	22.7	32	14.6	73	43.7	17	39.0	43	5.3	11	1.2	5	0.2	4
GGE M2 KID Starter Nachos	361.2	18	1507.7	18	20.6	29	8.3	42	30.4	12	3.0	3	12.4	25	2.6	11	1.3	21
GGE M2 KID Steak Rump 5oz	609.6	30	2545.5	30	32.3	46	9.6	48	38.6	15	4.9	5	37.6	75	7.8	33	1.6	27



## 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	%		
GGE M2 KID Starter Salad Sticks	95.5	5	393.1	5	7.8	11	0.6	3	5.5	2	3.6	4	0.7	1	1.7	7	0.6	10
GGE M2 KID Sausage and Mash	693.5	35	2893.9	34	34.7	50	14.6	73	68.5	26	8.3	9	22.1	44	8.9	37	3.7	61
GGE M2 KID Sausage and Mash Veggie	513.0	26	2146.8	26	17.7	25	9.0	45	47.3	18	6.6	7	33.7	67	14.5	60	3.5	59
GGE M2 KID Super Solar Sausages	684.5	34	2858.7	34	30.9	44	8.9	45	78.6	30	8.4	9	21.3	43	9.4	39	2.3	38
GGE M2 KID Super Solar Sausages Veggie	125.6	6	525.7	6	4.3	6	1.1	6	14.3	6	1.6	2	6.7	13	3.0	13	0.5	8
GGE M2 KID Unlimited Baked Beans	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
GGE M2 KID Unlimited Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M2 KID Unlimited Peas	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
GGE M2 KID Unlimited Salad Sticks	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
GGE M2 KID Lasagne Vegetable	423.0	21	1774.1	21	14.4	21	3.1	16	61.3	24	9.7	11	12.7	25	6.2	26	2.1	35
GGE M2 KID Waffle and Ice Cream	407.9	20	1717.3	20	15.5	22	7.6	38	61.5	24	39.6	44	4.7	9	1.7	7	0.6	10
GGE M2 KID Baby Back Ribs	892.1	45	3736.8	44	44.6	64	16.3	81	85.8	33	35.4	39	36.6	73	5.5	23	1.9	32
GGE M2 KID Ice Cream Plain and Simple Vegan	249.5	12	1048.2	12	8.0	11	7.0	35	38.8	15	26.8	30	1.2	2	6.4	27	0.0	0
GGE M2 PK Pizza BBQ Chicken	1179.2	59	4956.5	59	36.9	53	16.6	83	141.0	54	34.3	38	70.2	140	8.9	37	5.0	84
GGE M2 PK Pizza Cheesy Mac n Onion	1076.0	54	4525.0	54	38.4	55	18.6	93	131.9	51	11.1	12	49.1	98	11.4	47	4.3	72
GGE M2 PK Pizza Garlic Chicken Kiev	1197.2	60	5016.6	60	56.4	81	19.0	95	115.0	44	8.7	10	56.8	114	8.1	34	4.3	72
GGE M2 PK Pizza Hamma Mia	897.9	45	3776.6	45	30.4	43	13.9	70	100.8	39	8.2	9	54.6	109	8.1	34	6.4	107
GGE M2 PK Pizza Lovely Rita	810.0	41	3411.2	41	25.9	37	12.5	62	103.6	40	10.6	12	40.7	81	8.8	37	3.2	54
GGE M2 PK Pizza Lovely Rita Vegan	634.5	32	2678.5	32	14.4	21	6.7	34	106.3	41	9.8	11	20.0	40	8.8	37	2.8	46
GGE M2 PK Pizza Mac n Meat	1124.6	56	4728.0	56	40.8	58	19.4	97	131.2	50	10.9	12	56.2	112	11.1	46	6.0	100
GGE M2 PK Pizza Butchers Block	1150.8	58	4830.8	58	45.6	65	20.8	104	107.1	41	7.8	9	76.9	154	8.2	34	6.2	103
GGE M2 PK Pizza The Veg Patch	865.2	43	3641.5	43	26.5	38	12.6	63	114.9	44	19.9	22	41.8	84	11.2	47	4.5	74
GGE M2 PK Pizza The Veg Patch Vegan	689.7	34	2908.8	35	14.9	21	6.8	34	117.7	45	19.1	21	21.2	42	11.2	47	4.0	66
GGE M2 PK Pizza Great Balls of Smoke	1020.5	51	4291.2	51	34.8	50	16.1	81	104.7	40	8.6	10	71.8	144	8.3	34	5.9	98
GGE M2 PK KID Pizza Butchers Block	426.5	21	1790.7	21	15.6	22	7.1	36	45.0	17	6.0	7	26.3	53	4.8	20	2.2	36
GGE M2 PK KID Pizza Little Rita	425.5	21	1790.5	21	13.3	19	6.3	32	55.7	21	9.0	10	21.0	42	6.5	27	1.7	28
GGE M2 PK KID Pizza Little Rita Vegan	337.8	17	1424.2	17	7.5	11	3.4	17	57.1	22	8.6	10	10.6	21	6.5	27	1.4	24
GGE M2 PK KID Pizza Little Veg Patch	433.4	22	1823.3	22	13.5	19	6.3	32	56.6	22	9.8	11	21.7	43	7.2	30	1.7	28
GGE M2 PK KID Pizza Little Veg Patch Vegan	345.6	17	1456.9	17	7.7	11	3.4	17	58.0	22	9.3	10	11.3	23	7.2	30	1.5	24
GGE M2 PK KID Pizza BBQ Chicken	510.6	26	2145.2	26	15.7	22	7.0	35	62.3	24	17.4	19	29.9	60	5.5	23	2.2	36
GGE M2 PK KID Pizza Hamma Mia	470.3	24	1976.5	24	15.5	22	7.0	35	54.3	21	7.8	9	28.1	56	6.2	26	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	%		
GGE M2 PK Tostada BBQ Chicken	394.2	20	1651.0	20	16.0	23	7.2	36	39.4	15	13.9	15	21.9	44	3.9	16	1.3	22
GGE M2 PK Tostada Cheesy Mac n Onion	368.8	18	1547.1	18	15.1	22	7.8	39	41.1	16	6.8	8	15.4	31	5.6	23	1.1	19
GGE M2 PK Tostada Garlic Chicken Kiev	424.8	21	1775.7	21	22.4	32	8.6	43	35.5	14	7.3	8	19.1	38	5.0	21	1.1	19
GGE M2 PK Tostada Great Balls of Smoke	420.3	21	1762.5	21	16.9	24	8.2	41	34.5	13	7.8	9	31.2	62	5.6	24	2.9	48
GGE M2 PK Tostada Hamma Mia	323.8	16	1358.3	16	12.7	18	6.4	32	32.8	13	7.8	9	18.2	36	5.7	24	1.8	31
GGE M2 PK Tostada Lovely Rita	293.2	15	1231.2	15	11.2	16	5.9	29	33.7	13	8.6	10	13.4	27	5.8	24	0.8	13
GGE M2 PK Tostada Lovely Rita Vegan	248.6	12	1044.7	12	8.5	12	5.0	25	35.3	14	8.3	9	6.6	13	5.8	24	0.7	12
GGE M2 PK Tostada Mac n Meat	382.4	19	1603.8	19	15.8	23	8.0	40	40.7	16	6.6	7	17.5	35	5.4	23	1.6	27
GGE M2 PK Tostada The Butchers Block	386.7	19	1620.0	19	17.1	24	8.4	42	32.3	12	5.5	6	24.5	49	4.4	18	1.8	30
GGE M2 PK Tostada The Veg Patch	251.1	13	1053.4	13	9.4	13	4.9	25	29.6	11	7.7	9	11.1	22	4.6	19	1.0	16
GGE M2 PK Tostada The Veg Patch Vegan	212.6	11	892.4	11	7.0	10	4.1	20	31.1	12	8.1	9	5.2	10	4.7	20	1.0	17
GGE M2 PK NGCI Pizza Hamma Mia	991.2	50	4144.5	49	29.0	41	13.3	67	138.5	53	13.4	15	43.1	86	5.3	22	5.7	96
GGE M2 PK NGCI Pizza Lovely Rita	903.3	45	3779.0	45	24.6	35	11.9	59	141.3	54	15.7	17	29.1	58	6.0	25	2.6	43
GGE M2 PK NGCI Pizza Lovely Rita Vegan	727.8	36	3046.3	36	13.0	19	6.1	30	144.0	55	14.9	17	8.4	17	6.0	25	2.1	35
GGE M2 PK NGCI Pizza The Veg Patch	958.5	48	4009.4	48	25.1	36	12.0	60	152.6	59	25.0	28	30.3	61	8.4	35	3.8	63
GGE M2 PK NGCI Pizza The Veg Patch Vegan	783.0	39	3276.7	39	13.6	19	6.2	31	155.4	60	24.2	27	9.6	19	8.4	35	3.3	55
GGE M2 PK Pizza Tikka Tastic	1408.9	70	5914.7	70	55.3	79	21.6	108	159.2	61	35.5	39	65.9	132	13.0	54	6.4	106
GGE M2 PK Tostada Tikka Tastic	562.0	28	2356.4	28	23.7	34	10.0	50	53.7	21	16.8	19	31.2	62	6.9	29	2.6	44
GGE M2 Tacos BBQ Jackfruit	1083.5	54	4538.8	54	47.6	68	15.5	78	140.5	54	25.7	29	19.9	40	14.4	60	3.3	55
GGE M2 Tacos BBQ Jackfruit Vegan	974.0	49	4088.1	49	36.3	52	8.4	42	139.4	54	24.6	27	19.0	38	14.4	60	3.2	53
GGE M2 Tacos Crispy Chicken	1352.1	68	5655.3	67	68.8	98	24.5	123	138.5	53	14.9	17	41.7	83	12.6	53	3.8	64
GGE M2 Tacos BBQ Pulled Beef Brisket	1213.7	61	5092.6	61	48.4	69	17.3	87	137.8	53	29.9	33	53.8	108	13.6	57	4.6	77
GGE M2 Tacos Honey BBQ Pulled Pork	1559.0	78	6514.9	78	76.9	110	27.1	136	138.1	53	31.3	35	75.9	152	12.8	53	3.2	53
GGE M2 Soup of the Day	402.0	20	1652.5	20	20.2	29	9.1	46	45.2	17	9.7	11	8.7	17	5.0	21	1.1	19
GGE M2 NGCI Soup of the Day	291.5	15	1184.7	14	18.6	27	8.2	41	26.5	10	9.7	11	3.0	6	5.5	23	0.7	12
GGE M2 Sundae Black Forest Small	456.6	23	1913.7	23	24.2	35	15.0	75	52.1	20	45.8	51	5.7	11	1.0	4	0.4	7
GGE M2 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
GGE M2 Apple Pie Vegan	467.7	23	1960.7	23	19.9	28	9.7	49	66.0	25	28.2	31	4.4	9	5.3	22	0.0	1
GGE M2 NGCI Ice Cream Sundae	138.2	7	580.0	7	6.9	10	4.2	21	17.4	7	15.4	17	1.7	3	0.3	1	0.1	2
GGE M2 NGCI Vegan Ice Cream Sundae	321.0	16	1344.7	16	13.1	19	11.4	57	42.7	16	29.1	32	1.6	3	9.9	41	0.0	0
GGE M2 BM Breakfast Veggie	957.8	48	3989.7	47	58.8	84	16.5	82	65.2	25	8.6	10	38.9	78	15.9	66	3.0	51

## 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	%		
GGE M2 BM Breakfast Vegan	932.7	47	3895.4	46	46.3	66	12.6	63	72.6	28	9.9	11	50.8	102	20.9	87	4.0	66
GGE M2 BM Butty Sausage	545.7	27	2284.2	27	25.8	37	7.6	38	57.7	22	3.6	4	20.3	41	4.6	19	2.2	37
GGE M2 BM Kids Breakfast	588.9	29	2451.2	29	38.2	55	12.3	61	35.9	14	6.1	7	25.9	52	6.1	25	3.0	50
GGE M2 BM Butty Sausage Veggie	425.3	21	1786.1	21	14.5	21	3.8	19	43.5	17	2.5	3	28.0	56	8.4	35	2.1	35
GGE M2 BM Butty Bacon	405.7	20	1701.2	20	16.0	23	4.5	23	36.0	14	1.0	1	29.5	59	3.4	14	4.3	72
GGE M2 BM Beans on Toast	415.3	21	1741.1	21	9.7	14	2.1	11	63.4	24	8.2	9	19.9	40	10.6	44	1.9	31
GGE M2 BM Eggs on Toast	577.5	29	2407.8	29	37.6	54	6.9	35	36.0	14	1.4	2	24.2	48	3.4	14	1.3	21
GGE M2 BM Pancakes and Crispy Bacon	764.9	38	3205.5	38	17.6	25	5.4	27	107.7	41	61.1	68	45.0	90	1.6	7	7.7	129
GGE M2 BM Kids Breakfast Vegan	366.4	18	1533.7	18	14.9	21	2.7	14	37.5	14	6.8	8	20.4	41	9.4	39	1.5	25
GGE M2 BM Kids Breakfast Veggie	603.7	30	2513.1	30	38.5	55	12.1	61	37.6	14	7.0	8	26.5	53	9.4	39	1.9	32