

## 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	%		
TST M2 Mexican Nachos	342.3	17	1443.0	17	20.2	29	7.9	39	28.5	11	1.6	2	10.3	21	2.2	9	1.6	26
TST M2 Olives & Ciabatta	467.4	23	1946.5	23	29.9	43	8.0	40	34.6	13	4.6	5	5.7	11	2.1	9	2.5	41
TST M2 Coconut Prawns	266.1	13	1108.2	13	14.7	21	3.5	17	24.0	9	15.0	17	8.9	18	1.3	6	1.1	19
TST M2 Breaded Mushrooms	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
TST M2 Fish & Chips Bites	345.9	17	1442.1	17	19.9	28	3.6	18	27.1	10	4.2	5	15.6	31	2.5	11	1.5	25
TST M2 Buttermilk Chicken Grazer	599.1	30	2496.8	30	35.7	51	12.6	63	36.8	14	13.3	15	32.2	64	0.2	1	2.0	34
TST M2 Halloumi Fries	382.8	19	1580.6	19	28.3	40	15.4	77	12.8	5	3.2	4	19.5	39	1.0	4	3.1	51
TST M2 BBQ Chicken Strips	550.6	28	2288.1	27	32.1	46	11.0	55	40.0	15	12.6	14	25.5	51	2.4	10	1.1	19
TST M2 Crispy Potato Skins: Cheese and Bacon	374.7	19	1560.7	19	22.5	32	10.0	50	22.2	9	2.2	2	18.8	38	3.7	16	2.4	40
TST M2 Crispy Potato Skins: BBQ Jackfruit	331.5	17	1384.6	16	15.2	22	3.2	16	41.6	16	13.9	15	4.3	9	5.5	23	0.9	15
TST M2 Buffalo Cauliflower Wings	163.3	8	686.6	8	5.1	7	1.1	5	26.5	10	12.3	14	3.1	6	2.1	9	1.1	19
TST M2 Chicken Wings - BBQ	623.9	31	2593.7	31	40.3	58	10.3	52	16.5	6	13.4	15	48.6	97	1.5	6	2.8	46
TST M2 Chicken Wings - Thai Sweet Chilli	625.5	31	2601.2	31	40.2	57	10.3	52	17.4	7	12.5	14	48.3	97	1.5	6	3.0	50
TST M2 Chicken Wings - Whiskey BBQ	630.6	32	2626.4	31	40.2	57	10.3	52	18.5	7	15.0	17	48.4	97	1.3	5	2.9	48
TST M2 Sticky BBQ Ribs Grazer	629.7	31	2631.3	31	38.7	55	15.7	78	23.3	9	22.8	25	47.3	95	0.0	0	1.6	27
TST M2 Fish and Chips	1080.6	54	4578.8	55	31.7	45	11.5	57	122.0	47	8.9	10	68.3	137	15.9	66	3.2	54
TST M2 Gammon Steak	932.5	47	3895.6	46	47.2	67	18.3	92	63.8	25	12.7	14	58.8	118	11.0	46	8.7	145
TST M2 <550 Gammon Steak	546.1	27	2280.2	27	31.9	46	12.1	60	16.4	6	14.6	16	50.0	100	3.1	13	8.2	137
TST M2 Hunters Chicken	1006.1	50	4207.1	50	43.3	62	20.5	103	80.2	31	32.3	36	72.1	144	9.2	38	4.7	78
TST M2 <500 Hunter's Chicken	485.1	24	2032.4	24	18.3	26	8.4	42	22.2	9	20.3	23	59.6	119	3.1	13	3.6	61
TST M2 Rump Steak	1051.4	53	4387.6	52	57.1	82	18.9	95	69.1	27	8.0	9	59.2	118	12.5	52	2.5	41
TST M2 <550 Rump Steak	532.2	27	2218.5	26	33.5	48	11.2	56	9.1	3	8.7	10	48.9	98	3.6	15	1.3	22
TST M2 Pedigree Ale Lasagne	741.7	37	3102.0	37	36.4	52	16.3	82	65.4	25	19.8	22	36.7	73	6.7	28	3.0	50
TST M2 <550 Pedigree Ale Lasagne	529.1	26	2210.8	26	27.0	39	12.9	64	38.7	15	19.5	22	32.4	65	5.7	24	2.5	41
TST M2 Wholetails of Breaded Scampi	1478.6	74	3263.6	39	41.8	60	13.1	66	97.4	37	10.4	12	27.8	56	15.5	65	2.5	41
TST M2 Chicken Tikka Masala	1100.2	55	4635.4	55	31.3	45	11.3	57	152.9	59	31.4	35	47.1	94	12.8	53	4.6	77
TST M2 Sirloin Steak	1108.2	55	4620.6	55	62.7	90	21.8	109	69.1	27	8.0	9	60.8	122	12.5	52	2.5	41
TST M2 <600 Sirloin Steak	588.9	29	2451.5	29	39.1	56	14.0	70	9.1	3	8.7	10	50.5	101	3.6	15	1.4	23
TST M2 NOT Fish and Chips	1563.4	78	6528.1	78	103.8	148	45.5	228	97.5	37	11.0	12	53.8	108	14.3	60	6.3	105
TST M2 Steak & Ale Pie	1149.3	57	4804.7	57	51.6	74	21.8	109	131.2	50	10.3	11	32.8	66	13.4	56	2.8	47
TST M2 Rsted Sweet Potato & 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
TST M2 Sticky BBQ Ribs	1810.8	91	7565.9	90	105.7	151	39.5	198	109.0	42	50.3	56	102.5	205	8.8	37	4.1	69
TST M2 Salad Builder - Example Spec	132.9	7	552.0	7	9.8	14	1.7	9	9.6	4	9.1	10	2.0	4	3.8	16	0.0	1

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M2 Salad Builder Step One : Coconut Prawns	429.1	21	1786.0	21	28.8	41	6.5	33	26.2	10	14.8	16	16.1	32	5.3	22	0.8	14
TST M2 Salad Builder Step One : Grilled Chicken	301.5	15	1266.4	15	10.1	14	2.0	10	11.3	4	10.4	12	43.2	86	3.8	16	1.0	17
TST M2 Salad Builder Step One : Grilled Red Pepper & Mshrms	183.0	9	762.6	9	10.9	16	2.0	10	17.0	7	15.9	18	5.3	11	7.8	33	0.1	1
TST M2 Salad Builder Step One : Rump Steak	331.4	17	1380.4	16	21.4	31	6.4	32	9.6	4	9.1	10	25.5	51	3.8	16	0.7	11
TST M2 Salad Builder Step One : Buffalo Cauliflower	207.3	10	868.5	10	8.7	12	1.9	10	28.4	11	14.1	16	5.1	10	5.5	23	0.9	15
TST M2 Salad Builder Step Two : Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST M2 Salad Builder Step Two : Giant Cous Cous	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
TST M2 Salad Builder Step Two : Mixed Olives	256.5	13	1068.0	13	15.8	23	5.1	26	7.4	3	0.0	0	2.1	4	0.3	1	4.5	74
TST M2 Salad Builder Step Two : Slaw	155.3	8	642.5	8	12.7	18	1.0	5	8.5	3	3.5	4	1.6	3	2.9	12	0.5	9
TST M2 Salad Builder Step Two : Thai Sweet Chilli Slaw	158.8	8	664.3	8	0.2	0	0.0	0	37.6	14	28.6	32	1.5	3	3.2	13	1.5	24
TST M2 Classic Beef Burger	1050.8	53	4397.6	52	46.5	66	15.4	77	104.6	40	16.0	18	48.0	96	11.3	47	3.5	58
TST M2 XL Classic Beef Burger	1336.4	67	5587.6	67	62.5	89	22.2	111	107.0	41	16.2	18	80.8	162	11.5	48	5.0	83
TST M2 <600 Classic Beef Burger	577.0	29	2418.2	29	22.9	33	7.7	38	49.8	19	17.1	19	41.6	83	5.4	22	2.7	46
TST M2 Classic Buttermilk Chicken Burger	1175.1	59	4915.4	59	57.2	82	18.0	90	120.4	46	16.8	19	39.1	78	11.1	46	3.2	53
TST M2 XL Classic Buttermilk Chicken Burger	1585.0	79	6623.1	79	83.9	120	27.5	137	138.5	53	17.8	20	62.9	126	11.1	46	4.4	74
TST M2 <600 Classic Buttermilk Chicken Burger	564.7	28	2366.7	28	24.7	35	7.2	36	59.5	23	17.5	19	24.7	49	5.2	22	2.1	34
TST M2 Classic Vegan Burger	1014.4	51	4252.0	51	41.9	60	9.5	47	118.2	45	22.0	24	34.7	69	13.9	58	3.3	54
TST M2 XL Classic Vegan Burger	1263.0	63	5292.7	63	55.3	79	10.5	52	129.2	50	23.9	27	54.3	109	16.6	69	4.4	73
TST M2 <600 Vegan Classic Soya Burger	540.6	27	2272.6	27	18.3	26	1.7	9	63.3	24	23.0	26	28.4	57	8.0	33	2.5	42
TST M2 Classic Soya Burger	1013.8	51	4248.3	51	44.0	63	9.6	48	113.3	44	17.8	20	34.8	70	13.8	58	3.1	52
TST M2 XL Classic Soya Burger	1262.4	63	5289.1	63	57.4	82	10.7	53	124.4	48	19.7	22	54.3	109	16.6	69	4.2	70
TST M2 <600 Classic Soya Burger	540.0	27	2268.9	27	20.4	29	1.9	9	58.5	22	18.8	21	28.4	57	7.9	33	2.4	40
TST M2 Route 66 Burger	1207.5	60	5042.8	60	60.8	87	20.2	101	105.3	41	15.4	17	55.1	110	13.6	57	3.5	58
TST M2 XL Route 66 Burger	1493.1	75	6232.8	74	76.8	110	27.0	135	107.7	41	15.5	17	87.9	176	13.8	57	5.0	83
TST M2 Blue Moon Burger	1233.4	62	5152.1	61	64.2	92	27.0	135	98.1	38	10.3	11	60.7	121	11.9	50	4.1	68
TST M2 XL Blue Moon Burger	1519.0	76	6342.1	76	80.2	115	33.8	169	100.5	39	10.4	12	93.5	187	12.1	50	5.6	93
TST M2 The Squeaky Burger	1164.7	58	4846.4	58	63.7	91	28.9	145	100.9	39	15.2	17	42.2	84	12.0	50	4.7	79
TST M2 XL The Squeaky Burger	1577.2	79	6541.4	78	96.7	138	49.2	246	102.9	40	17.2	19	69.0	138	12.0	50	7.9	131
TST M2 The Stacker Burger	1588.5	79	6642.6	79	74.4	106	29.5	147	150.0	58	25.0	28	76.7	153	15.8	66	6.4	106
TST M2 XL The Stacker Burger	1874.1	94	7832.6	93	90.4	129	36.3	181	152.4	59	25.2	28	109.5	219	15.9	66	7.9	131
TST M2 Route 66 Chicken Burger	1341.8	67	5601.9	67	72.3	103	22.9	114	121.7	47	16.6	18	46.3	93	13.6	57	3.2	53

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TST M2 XL Route 66 Chicken Burger	1751.6	88	7309.6	87	99.0	141	32.3	162	139.9	54	17.6	20	70.1	140	13.6	57	4.4	74
TST M2 Tennessee Burger	1263.6	63	5292.0	63	57.2	82	18.1	90	142.7	55	38.3	43	39.1	78	10.9	45	3.8	64
TST M2 XL Tennessee Burger	1673.4	84	6999.7	83	83.9	120	27.5	138	160.8	62	39.3	44	62.9	126	10.9	45	5.1	84
TST M2 The Cowboy Cheese & Bacon Burger	1257.6	63	5256.2	63	59.3	85	22.6	113	111.2	43	22.2	25	64.6	129	11.3	47	5.8	96
TST M2 XL The Cowboy Cheese & Bacon Burger	1543.2	77	6446.2	77	75.3	108	29.4	147	113.6	44	22.4	25	97.4	195	11.4	48	7.2	121
TST M2 The Baaaarnfield Burger	1096.3	55	4592.3	55	61.4	88	16.9	85	109.2	42	13.5	15	41.1	82	11.0	46	4.0	66
TST M2 XL The Baaaarnfield Burger	1391.6	70	5829.1	69	87.3	125	24.9	124	118.7	46	13.5	15	66.9	134	11.0	46	5.8	97
TST M2 Dirty Chilli Cheese Burger	1418.0	71	5925.8	71	70.4	101	27.4	137	122.4	47	27.3	30	68.3	137	12.9	54	5.0	83
TST M2 XL Dirty Chilli Cheese Burger	1703.6	85	7115.8	85	86.3	123	34.2	171	124.8	48	27.4	30	101.1	202	13.1	55	6.5	108
TST M2 Classic Chicken Burger	974.3	49	4088.2	49	35.3	50	9.6	48	103.9	40	17.2	19	56.3	113	11.1	46	2.9	49
TST M2 XL Classic Chicken Burger	1183.4	59	4968.8	59	40.0	57	10.7	53	105.6	41	18.6	21	97.5	195	11.1	46	3.9	65
TST M2 <600 Classic Chicken Burger	500.5	25	2108.8	25	11.7	17	1.9	9	49.1	19	18.3	20	50.0	100	5.2	22	2.2	37
TST M2 Free Range 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
TST M2 Cheddar Cheese - 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
TST M2 Jalapenos (40g) Extra (Ve)	7.6	0	88.8	1	0.0	0	0.0	0	1.6	1	0.4	0	0.4	1	1.6	7	0.6	11
TST M2 Buttermilk Chicken - Extra	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
TST M2 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
TST M2 Roast Chicken Fillet - Extra	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
TST M2 Soya Burger (Ve) - Extra	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
TST M2 Stilton - Extra	102.5	5	425.0	5	8.8	13	5.8	29	0.0	0	0.0	0	5.9	12	0.0	0	0.5	8
TST M2 Fried Onions - Extra	108.7	5	448.7	5	8.6	12	1.0	5	7.2	3	5.1	6	1.1	2	1.7	7	0.0	0
TST M2 Sauteed Mushrooms	106.1	5	439.0	5	10.1	14	1.3	6	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
TST M2 Sausage - Extra	140.3	7	585.0	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
TST M2 Bacon - Rasher of Back 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
BURGERS																		
TST M2 Swiss Cheese - Extra	70.4	4	292.0	3	5.5	8	3.7	19	0.0	0	0.0	0	5.2	10	0.0	0	0.3	6
TST M2 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
TST M2 Burger Relish - Extra	30.2	2	128.5	2	0.1	0	0.0	0	6.8	3	5.9	7	0.3	1	0.3	1	0.4	6
TST M2 Posh Fish Finger Sandwich	781.2	39	3285.5	39	23.2	33	6.1	31	98.1	38	6.6	7	42.2	84	10.2	42	2.2	36
TST M2 Cheddar Cheese & Red Onion Sandwich	781.5	39	3276.5	39	34.6	49	17.3	86	84.4	32	4.4	5	31.7	63	9.6	40	2.1	35
TST M2 House Club Sandwich	969.5	48	4075.7	49	34.2	49	8.6	43	109.3	42	6.0	7	55.4	111	12.1	50	4.1	69
TST M2 Ham and Mustard Sandwich	746.7	37	3135.1	37	29.6	42	12.6	63	82.5	32	3.1	3	35.4	71	9.5	39	3.2	53
TST M2 Red Pepper & Chicken & Gucamole Sandwich	755.4	38	3177.6	38	25.0	36	7.5	38	91.9	35	10.6	12	40.2	80	11.5	48	2.1	34

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TST M2 Red Pepper & Guacamole Sandwich	650.8	33	2737.3	33	22.6	32	7.0	35	91.0	35	10.0	11	19.7	39	11.5	48	1.6	26
TST M2 Steak & Horseradish Sandwich	812.7	41	3409.4	41	33.7	48	11.2	56	83.6	32	5.5	6	41.7	83	9.3	39	2.3	39
TST M2 Buttermilk Chicken Sandwich	1058.8	53	4432.3	53	52.8	75	15.7	79	101.7	39	5.7	6	42.1	84	9.8	41	2.7	44
TST M2 Chips - Side Order	367.0	18	1535.5	18	15.7	22	6.3	32	47.0	18	2.3	3	5.9	12	6.8	28	0.1	2
TST M2 Beer Battered Onion Rings - Side Order	531.0	27	2214.8	26	33.0	47	6.2	31	50.6	19	5.0	6	6.0	12	4.0	17	2.4	40
TST M2 Pepper Sauce	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
TST M2 Salad Bowl	26.0	1	109.8	1	0.4	1	0.1	1	4.8	2	4.5	5	1.0	2	1.9	8	0.0	0
TST M2 Chocolate Flake - Extra	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
TST M2 100's & 1000's - Extra	39.8	2	169.3	2	0.0	0	0.0	0	9.9	4	8.5	9	0.0	0	0.0	0	0.0	0
TST M2 Spray Cream - Extra	89.9	4	376.6	4	8.8	13	6.1	31	2.0	1	2.2	2	0.7	1	0.0	0	0.0	0
TST M2 Burger Bun - Extra	201.6	10	849.8	10	4.2	6	0.6	3	33.0	13	4.5	5	6.9	14	2.0	8	0.8	13
TST M2 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
TST M2 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
TST M2 Slaw - Side Order	155.3	8	642.5	8	12.7	18	1.0	5	8.5	3	3.5	4	1.6	3	2.9	12	0.5	9
TST M2 Thai Sweet Chilli Slaw - Side Order	158.8	8	664.3	8	0.2	0	0.0	0	37.6	14	28.6	32	1.5	3	3.2	13	1.5	24
TST M2 Sweet Potato Fries 150g - Upgrade	209.4	10	861.8	10	11.5	16	2.3	12	22.7	9	7.3	8	1.5	3	3.1	13	0.4	7
TST M2 Sweet Potato Fries 227g - Upgrade	322.1	16	1325.9	16	17.7	25	3.5	18	35.0	13	11.3	13	2.4	5	4.8	20	0.6	11
TST M2 Cheesy Garlic Ciabatta Side Order	679.6	34	2840.8	34	38.0	54	18.8	94	59.6	23	5.2	6	23.2	46	3.9	16	2.0	34
TST M2 Scampi - Extra	456.2	23	424.8	5	9.6	14	3.1	15	13.7	5	1.8	2	6.6	13	1.6	7	0.7	11
TST M2 Rice and Chips	256.9	13	1074.8	13	11.0	16	4.4	22	32.9	13	1.6	2	4.1	8	4.8	20	0.1	2
TST M2 Yorkshire Pudding - Extra	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
TST M2 Egg & Pineapple Gammon Accompaniment (V)	93.0	5	386.9	5	7.1	10	1.2	6	3.9	1	4.0	4	3.6	7	0.2	1	0.1	2
TST M2 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
TST M2 Loaded Onion Rings - Cheese	759.4	38	3163.5	38	51.7	74	18.0	90	52.1	20	5.1	6	19.6	39	4.0	17	3.4	57
TST M2 Loaded Onion Rings - Cheese & Bacon	829.6	41	3456.5	41	55.2	79	19.3	96	52.1	20	5.1	6	29.3	59	4.0	17	5.1	86
TST M2 Sticky BBQ Ribs - Add on	629.6	31	2631.3	31	38.7	55	15.7	78	23.3	9	22.8	25	47.3	95	0.0	0	1.6	27
TST M2 Garlic Ciabatta - Add on	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST M2 Hunter's Steak Upgrade	403.9	20	1681.3	20	22.3	32	13.1	66	26.7	10	24.2	27	24.1	48	0.5	2	3.6	59
TST M2 Loaded Chips - Cheese	595.5	30	2484.1	30	34.4	49	18.1	90	48.5	19	2.3	3	19.5	39	6.8	28	1.1	19
TST M2 Loaded Chips - Cheese & Bacon	665.7	33	2777.1	33	37.9	54	19.4	97	48.5	19	2.3	3	29.2	58	6.8	28	2.9	48
TST M2 Chocolate Fudge Cake	635.2	32	2664.0	32	27.9	40	6.9	34	90.2	35	72.7	81	6.5	13	3.1	13	0.4	6
TST M2 Chocolate Indulgence Sundae	589.3	29	2471.0	29	28.9	41	18.1	91	73.9	28	62.5	69	7.5	15	2.1	9	0.4	6

## 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	%
TST M2 Ice Cream Sundae	468.0	23	1958.0	23	26.8	38	16.7	83	49.9	19	42.1	47	6.3	13	0.5	2	0.4	6
TST M2 Vegan Ice Cream Sundae	293.3	15	1228.7	15	11.9	17	10.4	52	39.4	15	26.8	30	1.2	2	8.8	37	0.0	1
TST M2 Raspberry Jam Donut Pudding	492.9	25	2022.5	24	22.1	32	1.3	6	76.5	29	39.3	44	11.0	22	6.0	25	1.1	18
TST M2 Raspberry Jam Donut Pudding Vegan	488.2	24	1996.8	24	24.3	35	3.6	18	70.9	27	34.9	39	8.5	17	8.9	37	0.9	16
TST M2 Pear Caramel & Whisky Pudding	729.6	36	3075.8	37	26.2	37	7.0	35	110.5	42	73.5	82	9.4	19	1.7	7	1.2	20
TST M2 Salted Caramel Cheesecake Sandwich	660.3	33	2770.7	33	26.8	38	15.3	77	95.4	37	69.8	78	7.9	16	0.8	3	1.4	23
TST M2 Lemon Meringue Pie	442.8	22	1863.0	22	17.2	25	8.5	43	74.5	29	51.4	57	3.8	8	0.5	2	0.2	3
TST M2 DD Breaded Mushrooms	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
TST M2 DD Garlic Ciabatta Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST M2 DD Soup	315.9	16	1329.9	16	14.0	20	4.6	23	39.3	15	10.5	12	8.4	17	3.5	15	1.8	30
TST M2 DD Fish 'n' Chips	615.2	31	2624.5	31	18.7	27	5.2	26	68.2	26	7.4	8	37.2	74	11.4	48	1.8	31
TST M2 DD Gammon Steak	573.4	29	2397.0	29	26.6	38	10.3	52	47.3	18	11.9	13	32.7	65	8.7	36	4.6	76
TST M2 DD Ham Egg and Chips	678.3	34	2826.2	34	44.3	63	11.0	55	32.3	12	2.1	2	35.0	70	4.5	19	2.1	35
TST M2 DD Hunter's Chicken	596.5	30	2494.1	30	26.2	37	12.0	60	46.9	18	15.7	17	41.7	83	5.4	22	3.2	54
TST M2 DD Steak & Ale Pie	910.7	46	3802.8	45	45.9	66	18.6	93	93.9	36	6.8	8	25.3	51	10.3	43	2.1	36
TST M2 DD Vegetable Lasagne	522.3	26	2192.6	26	17.1	24	4.5	23	77.2	30	12.2	14	15.4	31	7.6	32	2.3	39
TST M2 DD <600 Classic Beef Burger	577.0	29	2418.2	29	22.9	33	7.7	38	49.8	19	17.1	19	41.6	83	5.4	22	2.7	46
TST M2 DD <600 Classic Buttermilk Chicken Burger	564.7	28	2366.7	28	24.7	35	7.2	36	59.5	23	17.5	19	24.7	49	5.2	22	2.1	34
TST M2 DD <600 Classic Soya Burger	540.0	27	2268.9	27	20.4	29	1.9	9	58.5	22	18.8	21	28.4	57	7.9	33	2.4	40
TST M2 DD <600 Vegan Classic Soya Burger	540.6	27	2272.6	27	18.3	26	1.7	9	63.3	24	23.0	26	28.4	57	8.0	33	2.5	42
TST M2 DD Jacket - Baked Beans	301.0	15	1268.5	15	1.1	2	0.2	1	63.3	24	8.2	9	12.8	26	10.2	42	0.8	13
TST M2 DD Jacket - Cheddar Cheese & Baked Beans	467.3	23	1957.0	23	16.2	23	9.7	49	64.1	25	8.3	9	19.6	39	10.2	42	1.4	24
TST M2 DD Jacket - Cheddar Cheese & Ham	528.9	26	2213.2	26	27.6	39	16.3	82	44.9	17	3.0	3	27.6	55	4.8	20	2.0	33
TST M2 DD Ice Cream	332.6	17	1389.4	17	17.6	25	10.6	53	38.1	15	32.6	36	4.9	10	0.3	1	0.3	6
TST M2 DD Vegan Ice Cream	278.9	14	1165.9	14	13.1	19	11.4	57	32.4	12	21.8	24	1.3	3	9.6	40	0.0	0
TST M2 DD Apple Pie	456.1	23	1918.0	23	17.2	25	7.1	36	68.8	26	30.9	34	6.8	14	2.3	10	0.2	3
TST M2 DD Vegan Apple Pie	451.4	23	1892.3	23	19.4	28	9.5	47	63.2	24	26.5	29	4.3	9	5.2	22	0.0	1
TST M2 DD Chocolate Fudge Cake	714.9	36	2998.4	36	31.4	45	7.7	39	101.6	39	81.9	91	7.4	15	3.5	15	0.4	7
TST M2 DD Chicken Salad	396.5	20	1662.4	20	16.9	24	4.9	24	34.7	13	7.8	9	26.4	53	3.8	16	1.0	17
TST M2 DD Grilled Red Pepper & Mushroom Salad	317.1	16	1327.3	16	15.1	22	4.5	22	37.5	14	10.5	12	7.5	15	5.8	24	0.5	9
TST M2 DD Rump Steak	691.9	35	2888.4	34	36.1	52	11.5	57	53.3	21	7.2	8	33.7	67	10.2	43	1.8	29
TST M2 DD Sticky BBQ Ribs	1060.6	53	4430.0	53	62.0	89	21.8	109	69.9	27	26.7	30	53.2	106	6.5	27	2.5	41



## 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	%
TST M2 Sunday Lunch - Roast Topside Beef	1116.9	56	4670.3	56	53.8	77	17.2	86	96.3	37	22.0	24	59.5	119	17.9	74	5.5	91
TST M2 Sunday Lunch - Roast Chicken	1502.7	75	6287.2	75	69.8	100	20.3	101	116.6	45	30.4	34	101.3	203	20.3	85	6.7	111
TST M2 Sunday Lunch Cauliflower Tart	1233.7	62	5159.5	61	63.2	90	18.8	94	125.7	48	21.5	24	38.8	78	20.6	86	5.5	92
TST M2 Sunday Lunch - Children's Roast Beef	708.0	35	2958.3	35	37.3	53	10.6	53	59.3	23	14.6	16	32.6	65	9.3	39	3.8	64
TST M2 Sunday Lunch - Children's Roast Chicken	930.1	47	3890.2	46	44.1	63	12.2	61	79.4	31	22.9	25	54.2	108	11.0	46	4.2	69
TST M2 Bowl of Pigs in Blankets	1275.0	64	5334.6	64	115.6	165	44.9	224	13.6	5	0.0	0	44.5	89	0.7	3	9.7	162
TST M2 Bowl of Yorkshire Puddings Side Order	1224.1	61	5088.4	61	95.3	136	14.9	74	64.4	25	9.5	11	30.9	62	3.0	13	1.6	26
TST M2 Cauliflower Cheese - Side Order	141.8	7	594.5	7	5.5	8	3.4	17	15.6	6	3.1	3	5.5	11	3.9	16	1.9	32
TST M2 Beef Madras	1204.7	60	5072.8	60	35.8	51	10.8	54	171.7	66	31.3	35	45.0	90	15.1	63	5.0	83
TST M2 Charred Chicken Pathia	1092.4	55	4613.9	55	28.1	40	6.8	34	153.5	59	18.8	21	58.1	116	13.3	55	3.7	61
TST M2 Vegetable Jalfrezi	1132.7	57	4766.0	57	32.3	46	6.1	30	181.1	70	32.8	36	27.2	54	16.9	70	4.8	80
TST M2 Vegan Vegetable Jalfrezi	714.3	36	2995.5	36	27.3	39	2.5	12	104.9	40	17.5	19	13.2	26	10.7	45	2.6	44
TST M2 Chicken Tikka Masala Promo	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
TST M2 Butter Chicken	1212.7	61	5133.6	61	33.3	48	14.6	73	159.4	61	26.1	29	69.0	138	11.2	46	4.0	66
TST M2 Chicken Jalfrezi	1089.7	54	4599.3	55	25.7	37	5.7	29	175.8	68	27.5	31	49.7	99	14.4	60	4.6	77
TST M2 NGCI Cheese & Red Onion Sandwich	660.5	33	2757.8	33	34.0	49	16.5	82	64.3	25	5.6	6	19.4	39	10.9	45	1.7	28
TST M2 NGCI Rump Steak	918.7	46	3833.9	46	48.9	70	17.4	87	56.5	22	6.7	7	57.7	115	11.5	48	1.9	31
TST M2 NGCI Ice Cream Sundae	502.8	25	2101.9	25	29.3	42	18.3	91	52.3	20	45.7	51	6.8	14	0.5	2	0.4	6
TST M2 NGCI House Club Sandwich	794.8	40	3326.6	40	33.3	48	7.5	38	80.4	31	9.0	10	37.2	74	14.5	61	3.5	58
TST M2 NGCI Chicken Tikka Masala	823.7	41	3470.6	41	24.7	35	7.6	38	108.1	42	27.3	30	40.7	81	6.5	27	4.8	80
TST M2 NGCI Beef Madras	934.4	47	3934.3	47	29.4	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
TST M2 NGCI Vegetable Jalfrezi	856.2	43	3601.1	43	25.7	37	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	4.9	82
TST M2 NGCI Sausage Buttie	451.1	23	1885.9	22	20.5	29	5.9	29	51.2	20	5.1	6	11.7	23	7.1	30	1.9	32
TST M2 NGCI Bacon Buttie	311.1	16	1302.9	16	10.7	15	2.8	14	29.6	11	2.4	3	20.9	42	5.8	24	4.0	67
TST M2 NGCI Toast and Butter	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
TST M2 NGCI Vegan Ice Cream Sundae	333.5	17	1399.3	17	11.9	17	10.4	52	49.3	19	33.8	38	1.3	3	8.9	37	0.1	1
TST M2 NGCI Sirloin Steak	975.4	49	4066.9	48	54.5	78	20.2	101	56.5	22	6.7	7	59.3	119	11.5	48	1.9	31
TST M2 NGCI Red Pepper & Gucamole Sandwich	529.9	26	2218.7	26	22.0	31	6.2	31	70.9	27	11.1	12	7.3	15	12.8	53	1.2	19
TST M2 NGCI Red Pepper & Chicken & Gucamole Sandwich	634.4	32	2659.0	32	24.4	35	6.7	34	71.8	28	11.8	13	27.9	56	12.8	53	1.6	27
TST M2 NGCI Steak Horseradish Sandwich	691.7	35	2890.7	34	33.1	47	10.4	52	63.5	24	6.7	7	29.4	59	10.6	44	1.9	32
TST M2 Big Breakfast	1814.0	91	7572.1	90	99.8	143	29.4	147	150.0	58	14.6	16	77.8	156	19.1	80	9.1	152
TST M2 Big Veggie Breakfast	1541.4	77	6439.1	77	79.8	114	22.1	111	131.0	50	12.9	14	69.7	139	26.3	109	5.3	88

## 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	%
TST M2 Big Vegan Breakfast	1309.2	65	5482.0	65	54.0	77	18.1	91	134.8	52	13.2	15	64.6	129	28.8	120	5.5	91
TST M2 Breakfast Muffin - Bacon & Egg	425.5	21	1778.7	21	18.8	27	4.0	20	40.3	15	6.3	7	23.8	48	2.4	10	3.1	52
TST M2 Breakfast Muffin - Sausage & Bacon	384.4	19	1610.2	19	12.9	18	4.3	22	45.5	17	2.1	2	21.4	43	2.8	11	3.1	52
TST M2 Breakfast Muffin - Sausage & Egg	470.3	24	1963.5	23	23.6	34	5.5	28	45.5	17	2.3	3	18.8	38	2.8	11	1.6	27
TST M2 Breakfast Muffin - Veggie Sausage & Egg	410.1	21	1714.5	20	18.0	26	3.7	18	38.4	15	1.7	2	22.6	45	4.6	19	1.6	26
TST M2 Breakfast Muffin - Veggie Sausages	334.0	17	1403.6	17	6.5	9	2.1	11	42.2	16	2.3	3	24.5	49	7.1	30	2.0	33
TST M2 Pancakes w/ Bacon & Maple Syrup	624.5	31	2619.5	31	10.7	15	2.8	14	107.7	41	61.1	68	25.6	51	1.6	7	4.2	71
TST M2 Pancakes w/ Banana & Maple Syrup	618.6	31	2603.4	31	4.2	6	0.4	2	140.5	54	90.7	101	7.9	16	3.7	15	0.8	13
TST M2 Waffle w/ Bacon & Maple Syrup	742.0	37	3112.3	37	29.9	43	13.5	67	93.4	36	57.9	64	24.9	50	1.8	7	4.4	74
TST M2 Waffle w/ Banana & Maple Syrup	736.1	37	3096.2	37	23.4	33	11.0	55	126.2	49	87.5	97	7.2	14	3.9	16	1.0	16
TST M2 Classic Eggs Benedict	470.1	24	1974.3	24	25.0	36	8.7	43	39.4	15	3.6	4	22.0	44	2.3	10	1.9	31
TST M2 Sausage Buttie	572.1	29	2404.6	29	21.1	30	6.7	33	71.3	27	3.9	4	24.1	48	5.8	24	2.3	39
TST M2 Veggie Sausage Buttie	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
TST M2 Bacon Buttie	432.0	22	1821.6	22	11.4	16	3.6	18	49.6	19	1.3	1	33.2	66	4.6	19	4.5	75
TST M2 Classic Breakfast	837.4	42	3490.2	42	46.2	66	14.7	74	65.9	25	11.1	12	39.6	79	10.8	45	4.9	82
TST M2 Classic Veggie Breakfast	687.4	34	2866.6	34	35.0	50	10.6	53	53.8	21	9.8	11	36.3	73	15.2	63	2.8	47
TST M2 Classic Vegan Breakfast	611.3	31	2555.8	30	23.5	34	9.1	45	57.5	22	10.4	12	38.2	76	17.7	74	3.2	54
TST M2 Brunch	861.2	43	3593.5	43	43.0	61	13.2	66	80.2	31	11.0	12	35.5	71	13.6	57	3.5	59
TST M2 Veggie Brunch	810.9	41	3386.9	40	36.6	52	11.0	55	76.9	30	11.2	12	38.6	77	18.0	75	2.4	39
TST M2 Vegan Brunch	734.8	37	3076.1	37	25.0	36	9.4	47	80.6	31	11.8	13	40.5	81	20.5	85	2.8	46
TST M2 Add on Baked Beans	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
TST M2 Add on Free Range Poached Egg	73.4	4	306.3	4	5.0	7	1.4	7	0.0	0	0.2	0	7.1	14	0.0	0	0.3	5
TST M2 Add on Free Range Scrambled Egg	140.9	7	587.5	7	10.2	15	4.7	23	3.1	1	3.3	4	9.4	19	0.0	0	0.5	8
TST M2 Add on Sliced Sauteed Peppers	181.4	9	747.1	9	18.6	27	2.2	11	3.2	1	3.1	3	0.5	1	1.1	4	0.0	0
TST M2 Add on Hash Brown - Extra	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
TST M2 Add on 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
TST M2 Add on Flat Mushrooms	98.3	5	406.0	5	9.8	14	1.2	6	0.5	0	0.2	0	2.2	4	1.8	7	0.0	0
TST M2 Add on Black Pudding	199.5	10	834.1	10	9.7	14	3.8	19	17.6	7	2.8	3	12.7	25	0.0	0	1.8	30
TST M2 Fried Bread	374.4	19	1575.5	19	13.7	20	2.1	11	49.6	19	1.3	1	13.8	28	4.6	19	1.0	16
TST M2 Toast and Butter	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
TST M2 Slice of Toast and Butter	197.9	10	831.9	10	8.0	11	4.2	21	24.9	10	0.7	1	7.0	14	2.3	10	0.6	10
TST M2 Slice of Toast	145.9	7	617.8	7	2.2	3	0.5	3	24.8	10	0.6	1	6.9	14	2.3	10	0.5	8
TST M2 Jam - Extra	54.6	3	232.2	3	0.0	0	0.0	0	13.6	5	13.6	15	0.1	0	0.2	1	0.0	0

## 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	%
TST M2 Bacon - Rasher of Back 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
TST M2 Grilled Half Tomato - Extra	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
TST M2 Free Range Fried Egg - Breakfast 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
TST M2 Veggie Sausage - Extra	90.9	5	381.1	5	3.1	4	1.1	5	4.3	2	0.9	1	10.2	20	2.8	12	0.7	12
TST M2 Children's Breaded Mushrooms	238.0	12	1001.0	12	10.8	15	2.1	11	30.0	12	13.1	15	4.5	9	2.2	9	1.2	19
TST M2 Children's Garlic Ciabatta Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
TST M2 Children's Cheese & Tomato Pizza	671.7	34	2816.0	34	27.2	39	15.2	76	83.7	32	8.8	10	25.1	50	8.1	34	2.2	37
TST M2 Children's Chicken Dippers	556.9	28	2333.4	28	30.9	44	9.0	45	53.9	21	7.2	8	14.6	29	8.0	33	1.0	16
TST M2 Children's Fish Fingers	507.0	25	2130.9	25	23.0	33	6.5	32	57.6	22	8.3	9	16.1	32	8.8	37	1.0	17
TST M2 Children's Sausages	525.5	26	2209.4	26	23.5	34	8.9	44	61.8	24	9.3	10	15.2	30	8.8	37	1.6	27
TST M2 Children's Veggie Sausages	405.2	20	1711.3	20	12.2	17	5.1	26	47.7	18	8.2	9	22.9	46	12.6	52	1.5	25
TST M2 Children's Vegetable Lasagne	533.4	27	2251.0	27	14.0	20	4.2	21	86.8	33	15.0	17	15.2	30	12.6	53	2.1	35
TST M2 Children's Ice Cream	320.0	16	1347.0	16	9.7	14	5.9	30	55.0	21	45.2	50	2.9	6	0.3	1	0.2	3
TST M2 Children's 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
TST M2 Children's Chocolate Brownie	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
TST M2 Children's Glass Milk (V)	151.9	8	641.3	8	5.1	7	3.4	17	15.2	6	15.2	17	11.5	23	0.0	0	0.3	6
TST M2 Potato Swap - 150g Chips to Jacket	111.4	6	469.1	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
TST M2 Potato Swap - 227g Chips to Jacket	41.8	2	175.9	2	1.1	2	0.7	3	7.4	3	0.3	0	0.9	2	0.7	3	0.0	1
TST M2 XL Blue Moon Burger - PROMO	1519.0	76	6342.1	76	80.2	115	33.8	169	100.5	39	10.4	12	93.5	187	12.1	50	5.6	93
TST M2 XL Classic Buttermilk Chicken Burger PROMO	1554.7	78	6494.6	77	83.8	120	27.5	137	131.7	51	11.8	13	62.7	125	10.9	45	4.1	68
TST M2 XL The Cowboy Cheese & Bacon Burger PROMO	1543.2	77	6446.2	77	75.3	108	29.4	147	113.6	44	22.4	25	97.4	195	11.4	48	7.2	121
TST M2 XL Chicken & Chorizo Burger PROMO	1482.2	74	6201.3	74	66.6	95	19.5	97	105.7	41	14.7	16	112.2	224	11.6	48	4.9	82
TST M2 XL Classic Beef Burger PROMO	1336.4	67	5587.6	67	62.5	89	22.2	111	107.0	41	16.2	18	80.8	162	11.5	48	5.0	83
TST M2 XL Classic Vegan Burger PROMO	1263.0	63	5292.7	63	55.3	79	10.5	52	129.2	50	23.9	27	54.3	109	16.6	69	4.4	73
TST M2 XL Classic Soya Burger PROMO	1262.4	63	5289.1	63	57.4	82	10.7	53	124.4	48	19.7	22	54.3	109	16.6	69	4.2	70
TST M2 XL Dirty Chilli Cheese Burger PROMO	1703.6	85	7115.8	85	86.3	123	34.2	171	124.8	48	27.4	30	101.1	202	13.1	55	6.5	108
TST M2 XL The Baaarnfield Burger PROMO	1391.6	70	5829.1	69	87.3	125	24.9	124	118.7	46	13.5	15	66.9	134	11.0	46	5.8	97
TST M2 XL Route 66 Burger PROMO	1493.1	75	6232.8	74	76.8	110	27.0	135	107.7	41	15.5	17	87.9	176	13.8	57	5.0	83
TST M2 XL Route 66 Chicken Burger PROMO	1751.6	88	7309.6	87	99.0	141	32.3	162	139.9	54	17.6	20	70.1	140	13.6	57	4.4	74
TST M2 XL Tennessee Burger PROMO	1673.4	84	6999.7	83	83.9	120	27.5	138	160.8	62	39.3	44	62.9	126	10.9	45	5.1	84
TST M2 XL The Squeaky Burger PROMO	1577.2	79	6541.4	78	96.7	138	49.2	246	102.9	40	17.2	19	69.0	138	12.0	50	7.9	131
TST M2 XL The Stacker Burger PROMO	1874.1	94	7832.6	93	90.4	129	36.3	181	152.4	59	25.2	28	109.5	219	15.9	66	7.9	131



## 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	%
TST M2 Afternoon Tea	2106.8	105	8830.0	105	106.0	151	44.3	222	230.1	88	113.2	126	57.3	115	11.2	47	5.6	94
TST M2 Triple 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
TST M2 Salted Caramel & Fudge Brownie	587.5	29	2458.3	29	31.1	44	14.2	71	68.9	26	62.1	69	6.1	12	3.1	13	0.1	2
TST M2 Carrot Cake (V)	420.7	21	1768.1	21	19.4	28	5.5	28	58.2	22	40.9	45	4.5	9	1.3	6	0.6	9
TST M2 Flapjack (V)	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
TST M2 Victoria Sponge Cake (V)	427.0	21	1789.0	21	21.8	31	9.3	47	54.4	21	38.5	43	4.3	9	0.7	3	0.8	13
TST M2 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
TST M2 Lemon Drizzle	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
TST M2 Double Chocolate Chunk Cookie	223.0	11	952.0	11	10.6	15	4.8	24	28.4	11	19.3	21	2.6	5	1.9	8	0.4	7
TST M2 Milk Chocolate Chunk Cookie	240.0	12	1005.0	12	11.2	16	5.4	27	32.0	12	20.7	23	2.6	5	0.7	3	0.5	8
TST M2 Apple Juice (Ve)	194.0	10	837.6	10	0.5	1	0.0	0	49.7	19	49.7	55	1.4	3	9.5	39	0.0	0
TST M2 Orange Juice (Ve)	63.5	3	271.3	3	0.2	0	0.0	0	14.6	6	14.6	16	1.9	4	3.9	16	0.0	0
TST M2 Energy Boost Juice (Ve)	171.7	9	728.8	9	0.5	1	0.1	1	41.3	16	38.1	42	2.8	6	4.3	18	0.0	0
TST M2 Wild Berry Juice (Ve)	51.0	3	216.2	3	0.2	0	0.0	0	11.4	4	10.5	12	1.2	2	2.7	11	0.0	0
TST M2 Pineapple Juice (Ve)	97.8	5	419.8	5	0.5	1	0.0	0	24.1	9	24.1	27	1.0	2	3.8	16	0.0	0
TST M2 Pineapplicious Juice (Ve)	130.9	7	561.5	7	0.6	1	0.0	0	31.8	12	31.8	35	1.7	3	5.6	23	0.0	0
TST M2 Children's Apple Juice (Ve)	97.0	5	418.8	5	0.2	0	0.0	0	24.8	10	24.8	28	0.7	1	4.7	20	0.0	0
TST M2 Children's Pineapple Juice (Ve)	48.9	2	209.9	2	0.2	0	0.0	0	12.0	5	12.0	13	0.5	1	1.9	8	0.0	0
TST M2 Children's Orange Juice (Ve)	42.4	2	180.9	2	0.1	0	0.0	0	9.7	4	9.7	11	1.3	3	2.6	11	0.0	0
TST M2 Sunday Roast Burger	1232.0	62	5165.7	61	62.7	90	16.1	80	103.2	40	7.5	8	62.5	125	8.0	33	6.6	110
TST M2 XL Sunday Roast Burger	1441.1	72	6046.3	72	67.5	96	17.1	85	104.9	40	8.9	10	103.7	207	8.0	33	7.6	126
TST M2 Meat & Potato Samosa Pie	684.1	34	2880.6	34	25.5	36	9.3	47	98.8	38	25.4	28	14.0	28	4.1	17	2.7	45
TST M2 Chicken & Chorizo Burger	1273.1	64	5320.7	63	61.8	88	18.4	92	104.0	40	13.3	15	71.1	142	11.6	48	4.0	66
TST M2 XL Chicken & Chorizo Burger	1482.2	74	6201.3	74	66.6	95	19.5	97	105.7	41	14.7	16	112.2	224	11.6	48	4.9	82
TST M2 Moving Mountains Burger	1165.1	58	4869.1	58	56.7	81	29.3	146	126.0	48	26.5	29	33.3	67	17.3	72	3.8	64
TST M2 <700 Moving Mountains Burger	691.3	35	2889.7	34	33.1	47	21.5	108	71.1	27	27.6	31	26.9	54	11.4	47	3.1	52
TST M2 XL Moving Mountains Burger	1453.4	73	6064.3	72	79.5	114	49.7	248	131.5	51	27.2	30	49.6	99	22.0	92	5.2	87