

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	%
TFO LN Soup of the Day	409.6	20	1671.4	20	19.9	28	8.7	43	48.4	19	14.5	16	8.5	17	5.4	23	1.1	18
TFO LN Soup of the Day Vegan	237.0	12	964.1	11	11.5	16	4.2	21	27.0	10	8.8	10	6.5	13	4.0	17	0.6	10
TFO LN Prawn Cocktail	413.3	21	1722.4	21	27.0	39	8.5	43	24.0	9	7.3	8	19.1	38	2.7	11	1.5	25
TFO LN Golden Breaded Mushrooms	399.8	20	1685.3	20	21.6	31	4.2	21	41.4	16	7.4	8	8.3	17	4.0	17	1.9	32
TFO LN Cheesy Nachos	662.0	33	2768.4	33	33.8	48	14.4	72	66.7	26	16.5	18	19.8	40	3.3	14	3.4	56
TFO LN Crispy Buttermilk Chicken	575.5	29	2399.9	29	35.6	51	12.6	63	30.7	12	6.7	7	32.0	64	0.2	1	2.1	34
TFO LN Bourbon Chicken Bites	463.3	23	1940.4	23	21.0	30	8.4	42	39.4	15	20.3	23	27.4	55	2.5	10	3.1	51
TFO LN Crispy Potato Skins Cheese and Bacon	435.4	22	1818.9	22	22.8	33	13.1	65	29.5	11	7.6	8	25.8	52	3.9	16	3.3	55
TFO LN Crispy Potato Skins Cheese and Beans	440.3	22	1838.9	22	19.6	28	11.9	59	43.2	17	11.2	12	21.0	42	7.5	31	2.1	35
TFO LN Crispy Potato Skins Hunters	624.3	31	2610.9	31	30.5	44	16.2	81	52.9	20	19.5	22	30.8	62	5.3	22	3.6	60
TFO LN Lamb and Mint Kofta Bites	514.8	26	2148.4	26	29.6	42	13.9	70	37.7	15	10.2	11	22.7	45	3.0	13	2.2	37
TFO LN Brie Dippers	578.4	29	2410.1	29	39.7	57	16.1	81	41.4	16	9.0	10	13.5	27	0.5	2	3.1	52
TFO LN Buffalo Cauliflower Wings	212.8	11	894.6	11	7.0	10	1.2	6	34.3	13	19.6	22	3.3	7	2.5	10	1.4	24
TFO LN Garlic Bread Starter	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
TFO LN Cheesy Garlic Bread Starter	663.3	33	2764.3	33	44.6	64	22.7	114	37.4	14	2.7	3	26.9	54	3.0	12	2.3	38
TFO LN Cheesy Garlic Bread Vegan	424.2	21	1770.3	21	25.5	36	12.9	65	39.9	15	2.6	3	6.8	14	3.0	12	1.6	27
TFO LN Garlic Bread Selection	996.0	50	4156.3	49	61.2	87	27.8	139	75.1	29	7.1	8	33.4	67	6.4	27	3.3	54
TFO LN Cone of Onion Rings	887.6	44	3715.5	44	49.1	70	9.7	48	101.2	39	24.2	27	9.9	20	9.5	40	4.2	69
TFO LN Cheesy Nachos Sharer	1291.5	65	5400.2	64	66.1	94	27.9	140	129.6	50	33.0	37	38.6	77	6.2	26	6.6	110
TFO LN Cone of Onion Rings and Popcorn Chicken	1023.0	51	4277.5	51	54.6	78	17.9	89	81.1	31	20.1	22	49.3	99	7.8	32	5.8	97
TFO LN The Filler	1569.7	78	6563.9	78	90.3	129	23.9	119	140.8	54	15.1	17	48.3	97	10.9	45	5.0	83
TFO LN Beer Battered Fish and Chips	1224.1	61	5081.3	60	64.6	92	20.9	105	89.5	34	10.9	12	61.0	122	13.1	55	3.1	51
TFO LN BBQ Ribs & Chicken	1336.2	67	5571.9	66	58.5	84	22.6	113	89.5	34	31.7	35	105.2	210	15.5	64	3.8	63
TFO LN Beef Lasagne	623.1	31	2593.9	31	28.0	40	9.6	48	68.4	26	13.6	15	23.5	47	30.7	128	2.4	40
TFO LN Vegetable Lasagne	608.1	30	2392.2	28	26.6	38	6.6	33	60.5	23	13.7	15	14.9	30	8.5	35	2.8	47
TFO LN Rack of Ribs	1793.0	90	7474.5	89	92.6	132	37.3	186	115.8	45	54.7	61	114.1	228	17.9	75	4.7	78
TFO LN Smothered Chicken BBQ	1019.0	51	4246.3	51	30.2	43	12.4	62	101.7	39	33.0	37	75.7	151	18.1	75	5.1	84
TFO LN Smothered Chicken Sweet Chilli	1003.2	50	4179.0	50	30.1	43	12.4	62	98.3	38	32.9	37	75.3	151	18.3	76	5.8	97
TFO LN Roasted Vegetable Jalfrezi	1139.4	57	4772.5	57	41.8	60	9.1	45	157.9	61	26.1	29	25.0	50	16.9	70	4.0	66
TFO LN Chicken Tikka Masala	1125.8	56	4731.7	56	37.7	54	12.1	61	145.4	56	20.6	23	45.1	90	14.2	59	3.1	52
TFO LN Roasted Vegetable Jalfrezi Vegan	686.3	34	2869.0	34	25.8	37	2.5	12	96.6	37	23.6	26	12.5	25	11.0	46	2.8	46
TFO LN Breaded Scampi	1526.6	76	2805.7	33	37.7	54	13.1	65	91.4	35	12.2	14	25.7	51	12.9	54	2.6	44
TFO LN Sausages and Mash	871.0	44	3640.4	43	27.5	39	16.0	80	127.6	49	10.7	12	21.2	42	12.6	53	3.4	57

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TFO LN Mexican Chilli Chicken Melt	968.7	48	4074.2	49	36.3	52	15.1	76	102.3	39	15.6	17	55.4	111	7.7	32	4.1	69
TFO LN Grilled Fish and Chips	691.4	35	2869.2	34	25.4	36	7.1	35	53.4	21	3.7	4	54.7	109	9.3	39	2.0	34
TFO LN Buffalo Cauliflower Tacos	915.2	46	3865.2	46	20.6	29	5.0	25	165.0	63	27.5	31	21.7	43	13.3	55	3.3	54
TFO LN Cod and Crispy Bacon Rarebit	756.0	38	3166.4	38	27.9	40	10.6	53	56.4	22	12.5	14	67.5	135	13.5	56	3.7	62
TFO LN Cowboy Classic Burger	1201.9	60	5012.1	60	50.4	72	22.1	111	119.8	46	14.9	17	60.2	120	13.4	56	4.3	72
TFO LN Cowboy Classic Burger XL	1487.5	74	6202.1	74	66.3	95	28.9	145	122.2	47	15.1	17	93.0	186	13.6	57	5.8	97
TFO LN Plain and Simple Burger Chicken	1020.6	51	4260.2	51	39.7	57	14.0	70	116.5	45	16.2	18	42.0	84	12.8	54	3.0	49
TFO LN Plain and Simple Burger Chicken XL	1367.7	68	5713.0	68	59.4	85	21.1	105	134.1	52	17.0	19	66.5	133	13.7	57	3.9	65
TFO LN Plain and Simple Burger Beef	959.1	48	3997.5	48	35.9	51	13.7	68	101.3	39	15.6	17	50.2	100	12.2	51	3.5	58
TFO LN Plain and Simple Burger Beef XL	1244.7	62	5187.5	62	51.9	74	20.5	102	103.7	40	15.7	17	83.0	166	12.4	52	5.0	83
TFO LN BBQ Chicken Burger	1095.5	55	4570.1	54	46.3	66	18.1	91	115.8	45	15.0	17	46.5	93	12.3	51	3.3	55
TFO LN BBQ Chicken Burger XL	1442.6	72	6022.9	72	66.0	94	25.2	126	133.4	51	15.8	18	71.1	142	13.1	55	4.3	71
TFO LN Tennessee Chicken Burger	1196.7	60	5001.2	60	43.0	61	17.1	86	127.1	49	16.9	19	69.2	138	15.0	63	4.3	72
TFO LN Tennessee Chicken Burger XL	1393.9	70	5832.5	69	46.8	67	18.0	90	127.9	49	17.8	20	110.0	220	15.9	66	5.5	92
TFO LN Moving Mountains Burger	1056.6	53	4396.9	52	45.7	65	26.8	134	123.3	47	26.8	30	33.4	67	15.7	65	3.7	62
TFO LN Moving Mountains Burger XL	1344.9	67	5592.1	67	68.5	98	47.2	236	128.8	50	27.4	30	49.7	99	20.3	85	5.1	85
TFO LN Black and Blue Burger	1212.2	61	5045.0	60	59.5	85	21.7	108	103.4	40	10.6	12	58.7	117	13.4	56	3.9	65
TFO LN Black and Blue Burger XL	1497.8	75	6235.0	74	75.5	108	28.5	142	105.8	41	10.8	12	91.5	183	13.6	57	5.4	90
TFO LN Bacon and Brie Burger	1432.0	72	5969.7	71	67.3	96	30.7	153	129.6	50	16.3	18	69.9	140	14.4	60	5.3	89
TFO LN Bacon and Brie Burger XL	1717.6	86	7159.7	85	83.3	119	37.5	187	132.0	51	16.5	18	102.7	205	14.5	61	6.8	114
TFO LN Chicken and Chorizo Burger	1507.6	75	6278.9	75	77.8	111	27.9	140	131.5	51	18.4	20	62.5	125	13.9	58	5.1	84
TFO LN Chicken and Chorizo Burger XL	1854.8	93	7731.7	92	97.5	139	35.0	175	149.1	57	19.2	21	87.1	174	14.8	62	6.0	101
TFO LN Mushroom and Soya Burger	1003.6	50	4182.9	50	42.7	61	9.0	45	112.5	43	22.0	24	35.3	71	13.7	57	3.3	55
TFO LN Mushroom and Soya Burger XL	1252.2	63	5223.6	62	56.2	80	10.0	50	123.5	48	23.9	27	54.8	110	16.4	69	4.4	74
TFO LN Extra 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
TFO LN Extra Grilled 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
TFO LN 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
TFO LN Extra 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
TFO LN Extra 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
TFO LN Extra 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
TFO LN Extra Sauce Classic Burger	209.4	10	866.3	10	19.8	28	1.5	7	7.2	3	5.7	6	0.6	1	0.1	0	1.2	20
TFO LN Extra Sweet Chilli Sauce	54.3	3	227.4	3	0.0	0	0.0	0	13.4	5	11.2	12	0.1	0	0.2	1	0.6	11
TFO LN Extra Sauce BBQ	56.0	3	237.4	3	0.1	0	0.0	0	12.9	5	10.5	12	0.2	0	0.2	1	0.8	14

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TFO LN Extra 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
TFO LN Extra Jalapenos Red	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
TFO LN Extra Chicken Goujons	409.9	20	1707.8	20	26.7	38	9.4	47	18.1	7	1.0	1	23.9	48	0.0	0	1.2	20
TFO LN 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
TFO LN Extra Whiskey BBQ Sauce	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
TFO LN Mint & Yoghurt 56g	151.2	8	625.0	7	14.4	21	1.2	6	4.2	2	2.2	2	0.9	2	0.1	0	0.8	14
TFO LN Extra Sauce 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
TFO LN Guacamole	73.4	4	306.9	4	6.4	9	1.4	7	3.4	1	0.6	1	0.8	2	0.2	1	0.5	8
TFO LN Extra Sauce Salsa	24.1	1	101.4	1	0.3	0	0.1	0	5.1	2	3.8	4	0.3	1	1.0	4	0.4	6
TFO LN Extra Beef Chilli	93.4	5	392.4	5	2.5	4	0.8	4	13.1	5	9.9	11	5.2	10	1.0	4	1.2	20
TFO LN Extra 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
TFO LN Extra BBQ 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
TFO LN Steak and Ale Pie	1144.7	57	4764.3	57	50.7	72	21.5	108	131.5	51	9.0	10	32.6	65	12.3	51	3.2	53
TFO LN Chicken Leek and Cider Pie	1183.1	59	4943.6	59	51.9	74	21.8	109	143.0	55	8.2	9	33.8	68	13.5	56	3.1	52
TFO LN Button Mushroom Bourguignon Pie Vegan	1078.6	54	4523.0	54	53.8	77	22.0	110	127.8	49	9.7	11	20.5	41	16.1	67	2.9	49
TFO LN Chicken and Bacon Club Sandwich	854.8	43	3574.3	43	42.2	60	15.0	75	75.6	29	5.4	6	43.3	87	5.6	23	4.3	72
TFO LN Steak and Onion Melt	1154.8	58	4818.9	57	68.2	97	31.0	155	78.3	30	5.6	6	55.0	110	4.4	18	3.9	65
TFO LN BBQ Chicken Melt	943.4	47	3948.8	47	46.2	66	24.5	122	83.8	32	10.5	12	45.6	91	3.9	16	3.5	59
TFO LN Prawn Salad Sandwich	627.9	31	2624.0	31	32.0	46	9.4	47	61.4	24	9.5	11	23.5	47	4.9	21	2.3	38
TFO LN Ham and Coleslaw Sandwich	636.5	32	2663.3	32	26.2	37	11.0	55	58.1	22	5.4	6	39.3	79	6.0	25	8.0	133
TFO LN Extra Chips 227g	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
TFO LN Extra Onion Rings	332.6	17	1391.2	17	19.6	28	3.9	19	35.3	14	5.5	6	3.9	8	3.7	16	1.3	22
TFO LN Extra Garlic Bread	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
TFO LN Extra Cheesy Garlic Bread	663.3	33	2764.3	33	44.6	64	22.7	114	37.4	14	2.7	3	26.9	54	3.0	12	2.3	38
TFO LN Extra Baguette and Butter	464.6	23	1945.6	23	21.9	31	13.5	68	56.1	22	3.5	4	9.4	19	2.7	11	1.4	23
TFO LN Extra 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
TFO LN Extra Mini Combo	484.1	24	2032.8	24	24.2	35	5.3	27	59.1	23	4.5	5	8.6	17	6.2	26	1.3	22
TFO LN Extra Coleslaw	81.7	4	338.0	4	6.7	10	0.5	3	4.6	2	3.7	4	0.8	2	1.8	7	0.3	5
TFO LN Extra 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
TFO LN Extra House Salad	73.9	4	307.6	4	4.2	6	1.2	6	8.0	3	6.6	7	1.4	3	2.6	11	0.1	2
TFO LN Extra Seasonal Vegetables	97.3	5	407.1	5	1.0	1	0.3	1	13.5	5	8.0	9	6.8	14	8.0	33	0.2	3
TFO LN Extra Rice Harissa	350.4	18	1484.2	18	9.3	13	0.8	4	64.5	25	1.8	2	6.2	12	2.9	12	0.7	11
TFO LN Extra Rice Coriander and Lime	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10

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TFO LN Extra Cheddar Mash	471.2	24	1961.8	23	27.9	40	17.7	88	35.6	14	2.4	3	17.1	34	4.5	19	1.7	28
TFO LN Extra Sauteed Mushrooms	108.3	5	447.6	5	10.5	15	6.3	32	0.7	0	0.4	0	2.8	6	2.2	9	0.2	4
TFO LN Extra Potato Wedges	346.3	17	1455.4	17	11.9	17	3.5	17	56.2	22	2.0	2	6.9	14	5.7	24	0.1	1
TFO LN Vegetable Samosas	159.4	8	667.8	8	6.9	10	2.4	12	20.5	8	3.4	4	2.8	6	2.1	9	0.8	13
TFO LN Chicken Tikka Samosas	188.7	9	786.8	9	7.7	11	2.1	10	19.4	7	2.8	3	10.3	21	1.2	5	0.5	9
TFO LN Chana Masala	268.3	13	1120.3	13	14.1	20	1.0	5	23.3	9	6.5	7	9.4	19	6.3	26	1.8	29
TFO LN Saag Aloo	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	21
TFO LN Extra Onion Bhajis	171.2	9	715.9	9	7.4	11	1.9	10	18.4	7	4.7	5	5.4	11	4.7	19	0.4	6
TFO LN Extra Poppadums and Dips	415.9	21	1731.9	21	28.0	40	8.6	43	32.6	13	10.7	12	7.3	15	0.6	3	2.3	38
TFO LN Extra Poppadum	66.4	3	275.5	3	5.2	7	1.6	8	3.6	1	0.0	0	1.3	3	0.1	0	0.3	4
TFO LN Extra Sauce Mango Chutney	134.4	7	571.2	7	0.3	0	0.1	0	33.3	13	25.0	28	0.3	1	0.3	1	1.6	27
TFO LN Extra Cauliflower Cheese	303.7	15	1269.5	15	13.8	20	8.5	43	33.6	13	4.8	5	11.0	22	4.2	18	2.6	44
TFO LN Extra Chicken Katsu Chips	803.9	40	3358.5	40	43.9	63	16.2	81	74.1	28	11.3	13	24.1	48	8.6	36	2.0	33
TFO LN Sloppy Joe Chips	684.6	34	2858.5	34	36.2	52	17.8	89	65.6	25	13.7	15	21.4	43	8.2	34	2.2	37
TFO LN Holy Smokes Chips	828.6	41	3465.6	41	41.8	60	19.9	99	88.3	34	13.3	15	20.4	41	10.5	44	2.4	39
TFO LN Extra Garlic and Herb Baby Potatoes	252.9	13	1063.3	13	10.8	15	1.5	8	36.7	14	3.0	3	4.2	8	3.2	13	0.2	3
TFO LN Extra Sweet Chilli Coleslaw	74.9	4	313.2	4	0.2	0	0.0	0	17.2	7	14.8	16	1.2	2	2.6	11	0.9	16
TFO LN Extra Vegan Mozzarella	103.6	5	429.0	5	9.0	13	7.8	39	4.8	2	0.0	0	0.4	1	0.0	0	0.8	14
TFO LN Chocolate Crownie	793.5	40	3065.4	36	33.5	48	12.2	61	99.1	38	67.2	75	9.4	19	2.9	12	0.8	13
TFO LN Red Velvet and White Chocolate Cheesecake	1055.9	53	4397.6	52	75.4	108	42.8	214	84.4	32	60.6	67	11.3	23	2.2	9	1.2	21
TFO LN Praline Chocolate Tart	564.0	28	2357.2	28	32.6	47	16.4	82	56.8	22	31.1	35	7.7	15	2.1	9	0.2	4
TFO LN Praline Chocolate Tart Vegan	557.9	28	2330.1	28	32.6	47	17.9	90	54.6	21	25.6	28	6.5	13	4.9	20	0.1	2
TFO LN Simply Delicious	252.3	13	1059.1	13	11.6	17	5.8	29	32.3	12	32.3	36	4.7	9	0.3	1	0.3	5
TFO LN Jam Roly Poly	495.9	25	2084.5	25	22.3	32	15.4	77	68.5	26	39.8	44	6.5	13	1.4	6	0.5	9
TFO LN 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
TFO LN 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
TFO LN Millionaire Gateau	1013.9	51	4232.6	50	60.9	87	27.2	136	103.5	40	77.3	86	12.7	25	3.9	16	1.0	17
TFO LN 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
TFO LN 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
TFO LN 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
TFO LN 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
TFO LN 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

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	%
TFO LN Lemon Drizzle and Blueberry Sundae	505.5	25	2117.5	25	24.3	35	15.4	77	64.5	25	56.0	62	7.0	14	0.6	3	0.5	9
TFO LN Lemon Drizzle and Blueberry Sundae Sharer	1011.0	51	4234.9	50	48.7	70	30.7	154	129.0	50	112.1	125	13.9	28	1.3	5	1.1	18
TFO LN Sicilian Lemon Muffin Cheesecake	771.0	39	3205.3	38	61.2	87	33.8	169	51.3	20	34.3	38	7.5	15	0.7	3	0.5	8
TFO LN Summer Brulee Tart	487.0	24	2034.9	24	27.9	40	14.5	73	53.2	20	39.6	44	5.8	12	1.1	4	0.2	4
TFO LN Rhubarb and Ginger Pudding	424.6	21	1727.1	21	14.8	21	3.6	18	68.6	26	43.1	48	3.2	6	5.7	24	0.5	8
TFO LN Simply Delicious Vegan	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
TFO LN Banoffee Pie	597.3	30	2497.7	30	35.9	51	19.3	97	63.0	24	46.2	51	6.1	12	1.2	5	0.6	10
TFO LN Extra 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
TFO LN Extra 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
TFO LN Extra Chocolate Flake	85.6	4	356.8	4	4.9	7	3.0	15	9.0	3	8.9	10	1.3	3	0.1	0	0.0	1
TFO LN Extra 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
TFO LN Extra Jacket Potato	180.0	9	763.2	9	0.5	1	0.0	0	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
TFO LN Extra 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
TFO LN Extra 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
TFO LN Extra 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
TFO LN Extra Chocolate Sauce	80.9	4	343.6	4	0.1	0	0.1	1	19.2	7	13.6	15	0.4	1	0.6	3	0.0	0
TFO LN Extra Sauce Raspberry	79.8	4	338.8	4	0.0	0	0.0	0	19.8	8	14.9	17	0.0	0	0.2	1	0.1	1
TFO LN Extra Prawns	60.5	3	254.0	3	0.8	1	0.3	2	0.0	0	0.0	0	13.4	27	0.0	0	0.2	4
TFO LN Extra 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
TFO LN Extra Roast Beef	184.5	9	766.9	9	12.9	18	5.0	25	0.0	0	0.0	0	17.0	34	0.0	0	0.1	2
TFO LN Extra Roast Turkey	91.9	5	388.4	5	1.0	1	0.3	1	0.0	0	0.0	0	20.6	41	0.0	0	0.2	3
TFO LN Extra 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
TFO LN Extra Seasonal Vegetables	97.3	5	407.1	5	1.0	1	0.3	1	13.5	5	8.0	9	6.8	14	8.0	33	0.2	3
TFO LN Extra Yorkshire Pudding	204.1	10	848.5	10	15.9	23	2.5	12	10.7	4	1.6	2	5.2	10	0.5	2	0.3	4
TFO LN Extra Roast Potatoes	253.0	13	1061.0	13	10.4	15	1.2	6	37.4	14	1.3	1	4.6	9	4.0	16	0.9	15
TFO LN Extra Sauce Port and Stilton	100.5	5	422.3	5	7.7	11	4.8	24	5.0	2	3.1	3	2.9	6	0.2	1	0.5	9
TFO LN Extra Half Rack of Ribs	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
TFO LN Chip Topper Chicken Katsu	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
TFO LN Extra Chips 150g	251.2	13	1050.3	13	11.4	16	4.5	22	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
TFO LN 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
TFO LN Extra Sauce Gravy	48.7	2	204.7	2	1.8	3	1.3	6	7.8	3	0.2	0	0.2	0	0.1	1	1.0	17
TFO LN Extra Scampi Pieces	452.6	23	409.7	5	9.6	14	3.0	15	13.1	5	1.2	1	6.4	13	1.2	5	0.7	11

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	%
TFO LN Extra 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
TFO LN Extra Macaroni Cheese Burger	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
TFO LN Extra Gammon Burger	474.6	24	1968.0	23	39.8	57	15.0	75	0.2	0	0.0	0	28.9	58	0.0	0	2.5	42
TFO LN 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
TFO LN Extra 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
TFO LN Extra Roast Pork	184.6	9	766.9	9	13.5	19	4.3	22	0.0	0	0.0	0	15.8	32	0.0	0	0.2	3
TFO LN Chip Topper Holy Smokes	326.6	16	1365.7	16	19.3	28	10.3	52	26.9	10	8.9	10	11.2	22	2.0	8	1.8	31
TFO LN Chip Topper Sloppy Joe	317.6	16	1323.0	16	20.5	29	11.5	57	18.6	7	11.4	13	15.5	31	1.4	6	2.1	34
TFO LN Extra Pigs in Blankets x 3	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
TFO LN Pound of Chips Upgrade	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
TFO LN Rice Coriander and Lime Upgrade	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
TFO LN Rice Harissa Upgrade	350.4	18	1484.2	18	9.3	13	0.8	4	64.5	25	1.8	2	6.2	12	2.9	12	0.7	11
TFO LN Mega Curry Upgrade	353.9	18	1472.9	18	23.4	33	5.3	26	25.7	10	5.5	6	7.9	16	4.5	19	1.2	20
TFO LN Extra Rice Long Grain	262.0	13	1120.0	13	0.8	1	0.2	1	62.2	24	0.0	0	5.6	11	2.0	8	0.1	1
TFO LN Jacket Bacon and Cheddar Cheese	698.0	35	2911.7	35	43.5	62	26.2	131	43.8	17	1.7	2	35.3	71	4.2	18	3.5	59
TFO LN Jacket Cheese and Beans	777.9	39	3244.6	39	40.7	58	25.1	126	71.2	27	8.9	10	35.4	71	11.4	48	2.8	47
TFO LN Jacket Cheese and Coleslaw	687.5	34	2865.5	34	45.0	64	25.3	127	47.1	18	4.5	5	26.1	52	5.5	23	2.0	33
TFO LN Jacket Prawn Cocktail	502.7	25	2101.0	25	26.8	38	8.7	43	48.4	19	7.2	8	19.0	38	4.7	20	1.3	21
TFO LN Salad Buffalo Cauliflower Wings	575.6	29	2431.2	29	15.1	22	3.1	16	102.8	40	18.2	20	12.0	24	7.7	32	2.2	36
TFO LN Salad Grilled Chicken and Bacon	658.4	33	2778.8	33	17.4	25	4.0	20	72.4	28	8.3	9	58.2	116	4.9	20	3.4	57
TFO LN Salad Garlic and Herb Cod Loin	753.4	38	3158.3	38	31.0	44	4.5	23	73.2	28	7.8	9	47.1	94	7.9	33	1.3	21
TFO LN Salad Garlic and Herb Salmon	945.7	47	3955.7	47	54.6	78	16.2	81	73.2	28	7.8	9	44.0	88	9.1	38	1.5	25
TFO LN Salad Grilled Halloumi and Red Pepper	701.5	35	2930.8	35	33.5	48	17.6	88	74.6	29	10.9	12	29.3	59	6.1	25	3.2	53
TFO LN Salad Lamb and Mint Koftas	807.8	40	3387.7	40	40.5	58	17.5	87	82.2	32	15.7	17	32.0	64	5.5	23	3.0	51
TFO LN Salad Rump Steak	954.5	48	4000.9	48	46.9	67	14.9	75	70.8	27	7.0	8	66.0	132	4.9	21	2.1	35
TFO LN Salad Fillet Steak	813.9	41	3417.3	41	36.3	52	11.4	57	70.8	27	7.0	8	54.9	110	4.9	21	1.9	32
TFO LN Sirloin Steak 8oz	1020.5	51	4233.5	50	52.7	75	19.5	98	63.0	24	7.0	8	64.4	129	14.7	61	2.5	42
TFO LN Rump Steak 10oz	1061.2	53	4407.1	52	52.7	75	19.1	96	63.0	24	7.0	8	74.5	149	14.7	61	2.5	42
TFO LN Gammon Steak 10oz	1038.4	52	4308.5	51	59.8	85	20.1	101	54.3	21	3.7	4	65.2	130	9.6	40	9.0	150
TFO LN Ribeye Steak 12oz	1162.1	58	4828.1	57	70.2	100	26.7	134	63.0	24	7.0	8	80.3	161	14.7	61	2.6	44
TFO LN Extra 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
TFO LN Extra Sauce Peppercorn	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
TFO LN Extra Sauce Diane	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

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	%
TFO LN Extra Sauce Garlic Mushroom	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
TFO LN Extra 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
TFO LN Extra Sauce Roquefort	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
TFO LN Extra Stilton Cheese 56g	229.6	11	952.0	11	19.6	28	12.9	64	0.1	0	0.1	0	13.3	27	0.0	0	1.1	18
TFO LN Extra Smoky Cheese Sauce	162.5	8	679.0	8	11.8	17	7.6	38	4.8	2	0.0	0	8.6	17	0.2	1	0.9	16
TFO LN Steak Topper Black and Blue	193.0	10	798.0	10	18.2	26	6.9	35	0.3	0	0.1	0	7.0	14	0.9	4	0.5	8
TFO LN Steak Topper Chilli Cheese	168.4	8	705.8	8	8.7	12	4.6	23	13.1	5	9.9	11	9.8	20	1.0	4	1.6	26
TFO LN Steak Topper Montreal	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
TFO LN Carvery Sandwich Beef and Horseradish	749.2	37	3125.4	37	34.5	49	12.8	64	73.5	28	8.2	9	33.9	68	6.8	28	3.7	62
TFO LN Carvery Sandwich Gammon and English Mustard	695.8	35	2908.6	35	30.2	43	12.0	60	74.8	29	8.5	9	29.1	58	6.7	28	5.8	96
TFO LN Carvery Sandwich Pork and Stuffing	675.1	34	2827.4	34	19.6	28	7.8	39	86.6	33	8.4	9	36.5	73	7.4	31	3.6	60
TFO LN Carvery Sandwich Turkey and Stuffing	673.8	34	2824.1	34	18.3	26	7.4	37	86.7	33	8.4	9	39.2	78	7.4	31	3.6	59
TFO LN Sunday Carvery Small	982.4	49	4110.9	49	47.7	68	14.1	71	99.0	38	22.1	25	40.2	80	15.8	66	5.5	91
TFO LN Sunday Carvery	1254.9	63	5253.2	63	58.8	84	19.2	96	127.5	49	27.3	30	54.5	109	20.5	85	7.8	130
TFO LN Sunday Carvery Large	1737.7	87	7271.8	87	84.8	121	25.9	130	169.9	65	34.2	38	75.5	151	26.2	109	9.9	165
TFO LN Kids Sunday Carvery	982.4	49	4110.9	49	47.7	68	14.1	71	99.0	38	22.1	25	40.2	80	15.8	66	5.5	91
TFO LN Kids Sunday Carvery Veg	1145.5	57	4790.3	57	56.5	81	18.9	95	130.4	50	29.8	33	28.9	58	17.5	73	5.2	87
TFO LN Sunday Carvery Veg Small	1145.5	57	4790.3	57	56.5	81	18.9	95	130.4	50	29.8	33	28.9	58	17.5	73	5.2	87
TFO LN Sunday Carvery Veg	1329.9	66	5564.7	66	62.3	89	22.0	110	158.8	61	34.9	39	33.1	66	22.2	92	7.0	117
TFO LN Sunday Carvery Veg Large	1724.6	86	7215.2	86	83.0	119	26.6	133	201.1	77	41.7	46	44.1	88	27.8	116	8.6	143
TFO LN Mega Mixed Grill	2549.8	127	10602.0	126	156.0	223	53.6	268	89.3	34	10.9	12	188.7	377	16.1	67	14.4	241
TFO LN Mega Rump and Scampi 10oz	1817.0	91	5196.5	62	68.2	97	24.0	120	91.0	35	14.8	16	85.0	170	17.1	71	4.0	67
TFO LN Mega Curry	2197.2	110	9193.6	109	97.8	140	38.9	195	163.8	63	20.4	23	157.3	315	14.3	60	8.8	147
TFO LN Mega Gammon Steak 16oz	1787.1	89	7416.5	88	120.8	173	34.6	173	55.2	21	4.4	5	115.0	230	9.6	40	14.5	242
TFO LN Mega Chilli Cheeseburger	1824.4	91	7604.4	91	87.9	126	34.0	170	141.6	54	26.5	29	109.2	218	13.0	54	8.1	135
TFO LN NGCI Cheesy Nachos	684.1	34	2853.0	34	42.7	61	18.6	93	52.7	20	4.0	4	20.8	42	3.6	15	2.6	43
TFO LN NGCI Cheesy Nachos Sharer	1335.7	67	5569.3	66	83.8	120	36.4	182	101.6	39	7.9	9	40.7	81	6.9	29	5.0	84
TFO LN NGCI Prawn Cocktail	365.2	18	1520.7	18	22.7	32	5.2	26	23.4	9	8.1	9	15.5	31	4.4	18	1.4	23
TFO LN NGCI Crispy Potato Skins Cheese and Bacon	437.4	22	1827.0	22	26.9	38	10.6	53	24.6	9	3.8	4	22.3	45	3.9	16	3.0	50
TFO LN NGCI Crispy Potato Skins Cheese and Beans	457.4	23	1910.7	23	24.5	35	9.7	48	39.7	15	7.7	9	18.1	36	7.8	32	1.8	31
TFO LN NGCI Sausages and Mash	782.0	39	3263.1	39	37.9	54	15.6	78	81.2	31	9.8	11	23.5	47	10.7	44	3.9	65

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	%
TFO LN NGCI Smothered Chicken Sweet Chilli	999.8	50	4185.4	50	35.9	51	13.0	65	93.0	36	33.7	37	70.0	140	15.7	65	5.4	90
TFO LN NGCI Chicken Tikka Masala	734.9	37	3091.2	37	21.7	31	5.6	28	97.5	38	26.1	29	34.2	68	9.3	39	2.6	43
TFO LN NGCI Roasted Vegetable Jalfrezi	748.5	37	3132.0	37	25.8	37	2.5	13	110.1	42	31.5	35	14.1	28	12.0	50	3.4	57
TFO LN NGCI Cowboy Classic Burger	875.1	44	3652.9	43	46.8	67	18.7	93	55.8	21	7.5	8	54.0	108	9.0	37	4.1	69
TFO LN NGCI Bacon and Brie Burger	1006.8	50	4199.6	50	54.5	78	24.6	123	64.9	25	16.6	18	60.1	120	9.0	37	4.5	75
TFO LN NGCI Black and Blue Burger	923.2	46	3844.8	46	56.3	80	21.1	106	53.5	21	5.7	6	47.2	94	9.4	39	2.4	40
TFO LN NGCI Plain and Simple Burger Beef	724.7	36	3024.7	36	37.1	53	13.6	68	54.5	21	6.8	8	39.8	80	9.0	38	1.9	31
TFO LN NGCI Rump Steak 10oz	1041.7	52	4346.8	52	53.9	77	19.7	99	60.0	23	6.7	7	72.0	144	13.5	56	2.2	37
TFO LN NGCI Sirloin Steak 8oz	1001.0	50	4173.2	50	53.9	77	20.1	101	60.0	23	6.7	7	61.9	124	13.5	56	2.2	36
TFO LN NGCI Ribeye Steak 12oz	1142.6	57	4767.9	57	71.4	102	27.3	137	60.0	23	6.7	7	77.8	156	13.5	56	2.3	38
TFO LN NGCI Gammon Steak 10oz	1055.2	53	4400.1	52	61.1	87	20.8	104	56.0	22	5.1	6	65.5	131	10.7	45	8.9	149
TFO LN NGCI Mega Mixed Grill	2530.2	127	10541.4	125	157.2	225	54.2	271	86.3	33	10.6	12	186.2	372	14.9	62	14.1	235
TFO LN 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
TFO LN NGCI Praline Chocolate Tart	560.0	28	2340.2	28	32.6	47	16.4	82	55.8	21	30.1	33	7.7	15	2.1	9	0.2	4
TFO LN 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
TFO LN NGCI 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
TFO LN NGCI Simply Delicious	252.3	13	1059.1	13	11.6	17	5.8	29	32.3	12	32.3	36	4.7	9	0.3	1	0.3	5
TFO LN NGCI Praline Chocolate Tart Vegan	557.9	28	2330.1	28	32.6	47	17.9	90	54.6	21	25.6	28	6.5	13	4.9	20	0.1	2
TFO LN NGCI Roasted Vegetable Jalfrezi Vegan	692.3	35	2905.0	35	25.2	36	2.3	11	104.2	40	23.0	26	12.7	25	10.8	45	2.8	47
TFO LN NGCI Simply Delicious Vegan	252.8	13	1057.0	13	11.9	17	10.4	52	29.4	11	19.8	22	1.2	2	8.7	36	0.0	0
TFO LN NGCI Salad Chicken and Bacon	704.5	35	2945.3	35	31.7	45	11.6	58	11.5	4	7.7	9	94.6	189	2.7	11	4.7	78
TFO LN NGCI Salad Garlic and Herb Cod Loin	799.4	40	3324.8	40	45.3	65	12.2	61	12.2	5	7.2	8	83.4	167	5.7	24	2.5	42
TFO LN NGCI Salad Garlic and Herb Salmon	991.8	50	4122.2	49	68.9	98	23.9	119	12.2	5	7.2	8	80.3	161	6.9	29	2.8	46
TFO LN NGCI Salad Halloumi and Red Pepper	772.5	39	3200.0	38	50.1	72	25.6	128	14.8	6	11.3	13	65.7	131	3.8	16	4.5	75
TFO LN NGCI Salad Lamb and Mint Kofta	878.8	44	3656.8	44	57.1	82	25.5	127	22.4	9	16.1	18	68.3	137	3.2	14	4.3	72
TFO LN NGCI Salad Rump Steak	1000.6	50	4167.4	50	61.2	87	22.6	113	9.8	4	6.4	7	102.3	205	2.7	11	3.4	56
TFO LN KID Extra Garlic Bread	134.9	7	565.8	7	5.5	8	1.7	8	18.1	7	6.1	7	2.3	5	1.1	4	0.7	11
TFO LN KID Salad Sticks Starter	44.5	2	187.0	2	0.3	0	0.0	0	9.6	4	8.2	9	0.6	1	1.8	7	0.5	8
TFO LN KID Extra Corn on the Cob	149.1	7	625.9	7	7.8	11	3.9	20	17.1	7	2.1	2	3.7	7	2.5	11	0.1	2
TFO LN KID Nachos	240.0	12	1001.2	12	14.3	20	6.3	32	18.7	7	2.1	2	8.5	17	1.4	6	1.0	17
TFO LN KID Super Sausages Pork	610.8	31	2550.4	30	27.8	40	10.0	50	68.2	26	8.1	9	19.6	39	9.8	41	2.1	35
TFO LN KID Super Sausages Veggie	490.5	25	2052.4	24	16.5	24	6.3	31	54.0	21	7.0	8	27.3	55	13.6	56	2.0	34

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	%
TFO LN KID Cheesy Pasta Surprise	605.5	30	2536.4	30	21.7	31	8.6	43	82.9	32	12.3	14	17.6	35	10.9	45	2.0	33
TFO LN KID Fish Fingers	588.6	29	2456.8	29	27.2	39	7.6	38	63.3	24	6.5	7	20.3	41	9.4	39	1.5	25
TFO LN KID Crispy Dippers	642.2	32	2674.6	32	35.2	50	10.2	51	60.2	23	6.0	7	19.0	38	9.0	37	1.5	25
TFO LN KID Secret Pasta Ships	584.9	29	2447.0	29	19.0	27	7.5	38	80.8	31	12.3	14	19.0	38	12.2	51	1.6	27
TFO LN KID Gammon Steak	569.0	28	2375.4	28	26.7	38	10.4	52	47.2	18	5.5	6	33.5	67	8.6	36	4.9	81
TFO LN KID Chicken Dinner	552.9	28	2318.1	28	17.4	25	6.3	31	66.0	25	7.8	9	31.1	62	9.7	41	2.4	40
TFO LN KID Surfs Up Fish	751.8	38	3157.8	38	37.3	53	9.7	49	85.3	33	6.6	7	26.3	53	10.7	45	2.3	39
TFO LN KID Grilled Fish	478.9	24	2001.3	24	16.6	24	5.1	25	47.8	18	6.2	7	32.2	64	8.9	37	1.5	25
TFO LN KID Tacos Chicken	745.6	37	3123.9	37	27.2	39	12.5	62	81.6	31	13.3	15	40.6	81	11.8	49	2.6	43
TFO LN KID Tacos Veggie	681.1	34	2849.7	34	25.3	36	12.2	61	88.8	34	19.7	22	22.0	44	14.5	60	2.1	35
TFO LN KID Tacos Vegan	566.9	28	2375.4	28	16.0	23	6.3	31	88.1	34	19.7	22	15.2	30	14.5	60	1.6	27
TFO LN KID Burger Bar Beef Burger	562.6	28	2359.3	28	17.5	25	7.0	35	274.0	105	8.8	10	25.0	50	10.7	45	1.7	29
TFO LN KID Burger Bar Chicken Burger	598.6	30	2513.0	30	17.3	25	5.7	28	274.3	105	9.8	11	34.5	69	10.7	45	1.6	27
TFO LN KID Burger Bar Veggie	548.0	27	2302.3	27	14.0	20	5.2	26	279.2	107	10.0	11	23.1	46	12.9	54	1.7	29
TFO LN KID Vegetable Lasagne	618.7	31	2592.1	31	18.4	26	5.4	27	93.1	36	13.8	15	19.6	39	13.6	57	2.6	43
TFO LN KID Jelly and Ice Cream	90.9	5	378.5	5	4.0	6	2.0	10	12.3	5	11.1	12	1.6	3	0.1	0	0.2	3
TFO LN KID Lemon Drizzle	360.3	18	1514.9	18	14.1	20	11.2	56	53.3	20	38.0	42	5.9	12	0.5	2	0.5	9
TFO LN KID Ice Cream Sundae	193.7	10	812.9	10	8.1	12	4.0	20	26.8	10	23.8	26	3.5	7	0.4	1	0.2	4
TFO LN KID Ice Cream Sundae Vegan	169.7	8	708.6	8	7.9	11	6.9	35	19.9	8	13.2	15	0.8	2	5.8	24	0.0	1
TFO LN 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
TFO LN KID Donut Dipper	230.7	12	964.3	11	12.6	18	6.6	33	27.6	11	12.2	14	2.9	6	1.2	5	0.4	7
TFO LN KID Spongebob Tub Chocolate	99.6	5	417.0	5	3.8	5	2.2	11	12.4	5	9.1	10	3.7	7	0.3	1	0.2	3
TFO LN KID Spongebob Tub Strawberry	88.2	4	370.2	4	3.1	4	1.6	8	11.9	5	11.9	13	3.2	6	0.1	1	0.1	2
TFO LN KID Spongebob Tub Vanilla	88.2	4	372.0	4	3.1	4	1.6	8	11.8	5	11.8	13	3.1	6	0.1	1	0.1	2
TFO LN KID Extra Bacon	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
TFO LN KID Extra Baked Beans	84.0	4	350.6	4	0.3	0	0.1	1	15.3	6	4.0	4	5.5	11	4.0	17	0.6	9
TFO LN KID Extra Carrots	29.7	1	123.9	1	0.3	0	0.1	0	6.7	3	6.3	7	0.5	1	2.7	11	0.2	3
TFO LN KID Extra Cheese	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
TFO LN KID Extra Chicken Breast	130.1	7	545.7	6	5.0	7	1.1	6	1.0	0	1.0	1	20.2	40	0.0	0	0.4	7
TFO LN KID Extra Chips	251.2	13	1050.3	13	11.4	16	4.5	22	31.0	12	1.5	2	3.9	8	4.5	19	0.1	1
TFO LN KID Extra Chicken Dippers	155.9	8	646.5	8	12.1	17	2.9	14	6.9	3	0.2	0	4.8	10	0.2	1	0.4	6
TFO LN KID Extra Fish Fingers	172.1	9	716.9	9	10.8	15	2.2	11	11.2	4	0.6	1	7.3	15	0.6	2	0.5	8
TFO LN KID 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

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	%
TFO LN KID Jelly	4.6	0	16.1	0	0.0	0	0.0	0	1.3	0	0.0	0	0.0	0	0.0	0	0.1	2
TFO LN KID Mashed Potato	178.1	9	742.1	9	8.0	11	5.1	26	22.5	9	1.5	2	2.3	5	3.0	13	0.5	8
TFO LN KID Extra Mini Potato Waffles	190.0	9	791.8	9	11.0	16	1.5	8	19.8	8	0.6	1	2.2	4	1.5	6	0.7	11
TFO LN KID Extra New Potatoes	130.6	7	550.8	7	4.5	6	2.7	14	21.5	8	1.8	2	2.3	5	1.8	7	1.1	18
TFO LN KID Extra 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
TFO LN KID Extra Pork 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
TFO LN KID Upgrade Potato Wedges	254.2	13	1068.3	13	8.7	12	2.6	13	41.3	16	1.4	2	5.0	10	4.2	17	0.0	1
TFO LN KID Extra Veggie Sausage	80.0	4	335.5	4	2.7	4	1.0	5	3.8	1	0.8	1	9.0	18	2.5	10	0.6	10
TFO LN KID Extra 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
TFO LN KID Sweetcorn	62.8	3	264.7	3	1.2	2	0.3	2	9.8	4	6.9	8	2.1	4	2.1	9	0.2	3
TFO LN KID Extra Yorkshire Pudding	70.0	4	294.3	4	2.1	3	0.2	1	10.9	4	1.4	2	1.8	4	0.6	3	0.2	3
TFO SBLN Sunday Dinner Beef	1196.6	60	4967.0	59	60.7	87	22.7	113	104.1	40	28.6	32	51.2	102	15.6	65	4.6	77
TFO SBLN Sunday Dinner Beef XL	2221.2	111	9272.3	110	130.7	187	43.9	219	180.1	69	32.7	36	77.1	154	23.1	96	9.2	154
TFO SBLN Sunday Dinner Turkey	1018.8	51	4244.1	51	34.0	49	13.2	66	117.2	45	28.8	32	54.6	109	16.2	68	4.6	76
TFO SBLN Sunday Dinner Turkey XL	2095.5	105	8766.7	104	107.8	154	35.0	175	192.5	74	33.1	37	85.6	171	23.8	99	10.0	167
TFO SBLN Sunday Dinner Lamb Shank	1457.5	73	6064.2	72	67.9	97	28.3	142	127.8	49	46.3	51	75.6	151	16.7	69	5.5	92
TFO SBLN Sunday Dinner Lamb Shank XL	2278.0	114	9521.2	113	122.0	174	47.0	235	193.1	74	48.9	54	96.2	192	23.7	99	9.9	165
TFO SBLN Sunday Dinner Pork Belly	1840.0	92	7646.6	91	101.5	145	41.0	205	158.5	61	60.3	67	65.8	132	18.0	75	6.2	103
TFO SBLN Sunday Dinner Pork Belly XL	2895.1	145	12078.0	144	175.0	250	62.7	314	233.8	90	64.6	72	92.0	184	25.6	106	11.6	193
TFO SBLN Sunday Dinner Half Roast Chicken	1246.5	62	5210.6	62	35.9	51	14.1	70	195.1	75	26.1	29	28.5	57	20.0	83	3.3	55
TFO SBLN Sunday Dinner Half Roast Chicken XL	2321.2	116	9724.4	116	108.0	154	35.0	175	279.8	108	34.1	38	53.0	106	27.3	114	9.6	161
TFO SBLN Sunday Dinner Vegetarian	1703.4	85	7082.8	84	94.7	135	40.5	202	178.6	69	41.2	46	31.8	64	20.7	86	6.3	105
TFO SBLN Sunday Dinner Vegetarian XL	2345.5	117	9787.8	117	130.1	186	48.2	241	250.5	96	45.3	50	44.2	88	28.0	117	8.1	134
TFO SBLN Mega Sunday Burger	2314.1	116	9667.6	115	128.8	184	43.6	218	197.0	76	33.3	37	88.4	177	23.8	99	11.6	194
TFO SBLN NGCI Sunday Chicken	1251.0	63	5216.7	62	59.4	85	23.5	117	84.7	33	23.5	26	87.8	176	16.8	70	4.7	78
TFO SBLN NGCI Sunday Dinner Beef	1002.6	50	4174.2	50	46.3	66	21.2	106	93.1	36	27.0	30	46.1	92	15.1	63	4.4	73
TFO SBLN NGCI Sunday Dinner Turkey	785.9	39	3284.4	39	18.5	26	11.1	56	100.7	39	34.7	39	47.6	95	15.3	64	3.3	55
TFO SBLN NGCI Sunday Pork Belly	1554.2	78	6465.2	77	85.9	123	38.9	195	128.7	49	53.0	59	58.8	118	16.7	69	4.9	81
TFO SBLN Sunday Dinner Beef Child	643.9	32	2695.7	32	32.5	46	10.0	50	62.5	24	6.1	7	27.0	54	8.3	34	3.1	52
TFO SBLN Sunday Dinner Chicken Child	609.2	30	2556.8	30	26.0	37	6.6	33	63.5	24	7.1	8	32.0	64	8.3	34	3.5	58