

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	%
VLG LN Soup of the Day	519.2	26	2164.3	26	33.5	48	17.1	86	43.5	17	10.0	11	11.3	23	5.5	23	1.4	24
VLG LN Soup of the Day Vegan	240.9	12	1022.8	12	4.5	6	0.8	4	40.3	16	12.1	13	9.4	19	4.5	19	2.1	36
VLG LN Black Pudding Hash	758.6	38	3160.3	38	48.5	69	14.4	72	51.3	20	4.6	5	29.3	59	4.6	19	3.2	53
VLG LN King Prawn Cup	392.8	20	1641.2	20	21.7	31	8.7	43	29.1	11	4.2	5	20.3	41	3.2	14	1.5	25
VLG LN Golden Breaded Mushrooms	458.8	23	1932.9	23	23.9	34	4.6	23	49.9	19	16.4	18	8.9	18	4.5	19	2.5	42
VLG LN Bantry Bay Mussels	610.6	31	2553.3	30	28.3	40	14.6	73	34.8	13	2.3	3	54.3	109	2.3	10	8.7	146
VLG LN Buttermilk Chicken	633.8	32	2645.9	31	37.1	53	13.1	65	39.9	15	15.5	17	33.7	67	0.4	2	2.7	46
VLG LN Smothered Potato Wedges	565.5	28	2400.7	29	11.3	16	3.3	16	109.7	42	4.1	5	13.5	27	12.5	52	0.1	2
VLG LN Smothered Potato Wedges Vegan	485.8	24	2062.4	25	9.7	14	2.8	14	94.2	36	3.6	4	11.6	23	10.7	45	0.1	1
VLG LN Hickory BBQ Pulled Pork Nachos	473.7	24	1983.6	24	22.6	32	7.2	36	45.7	18	15.8	18	19.5	39	2.5	11	2.6	43
VLG LN Veggie Chilli Nachos	270.5	14	1133.5	13	11.1	16	3.0	15	29.6	11	1.6	2	10.0	20	5.5	23	1.2	19
VLG LN Veggie Chilli Nachos Vegan	230.4	12	966.0	11	7.8	11	1.0	5	29.6	11	1.6	2	7.3	15	5.5	23	1.0	16
VLG LN Salmon & Black Bean Fishcakes	220.9	11	923.2	11	10.1	14	0.9	5	18.3	7	2.8	3	12.7	25	3.3	14	1.5	26
VLG LN Lamb Koftas	463.5	23	1923.2	23	37.2	53	16.5	82	7.3	3	5.0	6	24.7	49	0.5	2	2.3	38
VLG LN Halloumi Fries	538.8	27	2224.7	26	40.4	58	19.2	96	24.1	9	12.6	14	19.2	38	0.6	3	3.1	52
VLG LN BBQ Cauliflower Wings Vegan	265.4	13	1116.3	13	7.4	11	2.5	13	44.6	17	22.0	24	5.4	11	3.2	13	2.4	40
VLG LN Steak Cheese & Ale Pie	1307.8	65	5464.2	65	62.5	89	28.6	143	138.3	53	18.3	20	41.7	83	16.3	68	4.7	78
VLG LN Golden Breaded Scampi	1587.6	79	3078.2	37	45.3	65	14.1	71	90.6	35	11.4	13	25.9	52	14.1	59	2.6	44
VLG LN Lasagne Beef	738.6	37	3086.8	37	37.7	54	16.5	83	62.1	24	16.6	18	36.1	72	5.4	23	3.1	52
VLG LN Lasagne Beef Under 600	535.8	27	2235.3	27	29.7	42	13.3	67	34.5	13	15.4	17	31.8	64	4.2	17	2.6	44
VLG LN Lasagne Vegetarian	619.6	31	2442.2	29	27.0	39	7.6	38	65.8	25	14.5	16	13.3	27	6.4	27	2.7	45
VLG LN Lasagne Vegetarian Under 500	416.9	21	1590.7	19	19.1	27	4.4	22	38.2	15	13.2	15	8.9	18	5.2	22	2.2	36
VLG LN Chicken Tikka Masala	948.8	47	4005.0	48	25.3	36	5.8	29	140.6	54	24.5	27	41.3	83	9.7	41	3.8	64
VLG LN Fish and Chips	1257.6	63	5238.6	62	72.1	103	22.0	110	85.2	33	8.9	10	59.1	118	12.5	52	2.9	48
VLG LN Hunters Chicken	1012.4	51	4246.8	51	43.7	62	20.1	101	78.6	30	32.4	36	72.8	146	8.2	34	5.8	96
VLG LN Burmese Baby Aubergine Curry Vegan	701.2	35	2947.5	35	32.2	46	9.5	47	94.0	36	16.1	18	10.1	20	8.0	34	1.8	30
VLG LN Add Prawns	57.6	3	241.9	3	0.7	1	0.3	1	0.0	0	0.0	0	12.7	25	0.0	0	0.2	4
VLG LN Feta and Spinach Stuffed Pasta Shells	738.0	37	3080.6	37	40.9	58	11.3	56	74.8	29	15.5	17	16.5	33	6.3	26	2.7	45
VLG LN Feta and Spinach Stuffed Pasta Shells Under 600	535.3	27	2229.1	27	33.0	47	8.1	40	47.2	18	14.2	16	12.1	24	5.1	21	2.2	37
VLG LN Salmon and Pepper Skewers	708.2	35	2973.6	35	29.9	43	9.5	48	82.5	32	17.5	19	31.0	62	7.3	30	1.8	30
VLG LN Fishermans Feast	1744.7	87	5497.4	65	81.8	117	26.8	134	92.1	35	14.1	16	66.9	134	17.0	71	3.1	52
VLG LN Yorkshire Stack	1403.4	70	5851.3	70	82.3	118	28.6	143	115.2	44	21.3	24	45.7	91	16.6	69	5.6	94

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN Yorkshire Stack Veggie	1168.9	58	4877.7	58	62.9	90	20.8	104	95.7	37	21.7	24	46.8	94	20.8	87	4.8	80
VLG LN Chicken Leek & Cider Pie	1137.6	57	4772.8	57	47.7	68	22.3	111	140.0	54	17.2	19	35.9	72	17.3	72	3.9	65
VLG LN Veggie Chilli Vegan Under 500	517.7	26	2193.5	26	8.4	12	2.4	12	88.3	34	6.8	8	20.6	41	14.3	60	1.8	30
VLG LN Minted Lamb Shank	1019.3	51	4251.5	51	47.3	68	22.5	112	71.8	28	28.7	32	70.8	142	14.6	61	3.1	51
VLG LN Piquillo Pepper Paella Vegan Under 500	413.2	21	1740.7	21	16.3	23	1.9	10	55.8	21	14.6	16	8.4	17	6.5	27	2.2	36
VLG LN Chicken Breast Roasted	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
VLG LN Chorizo Pinwheel	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
VLG LN Salmon and Pepper Skewer x1	161.1	8	669.5	8	11.6	17	4.4	22	2.1	1	2.0	2	12.2	24	1.8	8	0.2	3
VLG LN Grilled Halloumi 100g	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
VLG LN Sweet Chilli Courgette Ribbons	60.3	3	251.9	3	0.1	0	0.0	0	14.2	5	11.9	13	0.5	1	0.6	3	0.6	11
VLG LN Cajun Chicken	628.9	31	2634.0	31	25.0	36	8.0	40	50.8	20	5.1	6	47.8	96	8.0	33	2.0	33
VLG LN Cajun Chicken Under 400	284.7	14	1193.1	14	10.9	16	1.9	10	5.4	2	4.2	5	42.3	85	1.9	8	1.8	31
VLG LN Breaded Plaice	854.2	43	3582.2	43	30.4	43	9.1	46	104.0	40	16.0	18	34.8	70	13.1	54	1.8	30
VLG LN Ham and Eggs	489.8	24	2041.3	24	29.4	42	7.9	40	26.2	10	2.9	3	27.6	55	3.7	15	4.3	71
VLG LN Salad Grilled Chicken Breast	730.6	37	3043.3	36	26.4	38	3.9	19	75.7	29	20.4	23	52.1	104	6.3	26	2.1	34
VLG LN Salad Rump Steak & Crispy Onions	870.2	44	3613.6	43	45.2	65	11.8	59	78.5	30	20.6	23	40.9	82	6.7	28	1.9	32
VLG LN Salad Salmon Skewers	847.4	42	3516.8	42	44.9	64	11.6	58	78.9	30	23.7	26	35.6	71	10.3	43	1.5	24
VLG LN Salad Grilled Halloumi	851.5	43	3518.7	42	48.1	69	19.1	95	75.6	29	20.7	23	32.4	65	6.3	26	3.6	60
VLG LN Salad Courgette & Red Pepper Vegan	679.4	34	2821.7	34	24.0	34	3.2	16	106.6	41	46.8	52	12.7	25	8.9	37	2.4	40
VLG LN Salad Lamb Koftas	947.1	47	3929.1	47	55.3	79	19.0	95	80.3	31	23.6	26	35.5	71	6.7	28	3.0	50
VLG LN Chicken Breast Roasted	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
VLG LN Crispy 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
VLG LN Grilled Halloumi 100g	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
VLG LN Sweetcure Gammon Steaks	1114.2	56	4669.8	56	45.6	65	14.6	73	65.8	25	16.0	18	104.5	209	12.7	53	8.0	134
VLG LN Rump Steak 10oz	1143.7	57	4773.0	57	62.2	89	21.3	106	69.1	27	8.0	9	70.8	142	12.5	52	2.7	45
VLG LN Rump Steak 10oz Under 600	548.2	27	2287.1	27	32.1	46	12.8	64	4.9	2	4.5	5	59.9	120	2.1	9	0.6	10
VLG LN Sirloin Steak 8oz	1103.0	55	4599.4	55	62.2	89	21.7	108	69.1	27	8.0	9	60.8	122	12.5	52	2.6	44
VLG LN Sirloin Steak 8oz Under 600	507.5	25	2113.5	25	32.1	46	13.2	66	4.9	2	4.5	5	49.8	100	2.1	9	0.5	9
VLG LN Mixed Grill	1533.6	77	6409.5	76	78.6	112	23.9	119	82.7	32	12.1	13	117.4	235	14.0	58	6.9	115
VLG LN Ribeye Steak 10oz	1367.0	68	5694.7	68	82.2	117	31.0	155	69.1	27	8.0	9	81.5	163	12.5	52	2.6	43
VLG LN Beer Battered Onion Rings x6	223.5	11	932.5	11	13.9	20	2.6	13	21.3	8	2.1	2	2.5	5	1.7	7	1.1	19
VLG LN Salmon and Pepper Skewer x1	161.1	8	669.5	8	11.6	17	4.4	22	2.1	1	2.0	2	12.2	24	1.8	8	0.2	3
VLG LN Diane 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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN 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
VLG LN Merlot Beef Dripping Gravy	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
VLG LN Sautéed Mushrooms	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.2	3
VLG LN Fried Eggs x 2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
VLG LN Chorizo Pinwheel	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
VLG LN BBQ Pulled Pork	257.4	13	1076.7	13	13.3	19	5.5	27	14.6	6	14.0	16	19.0	38	0.6	2	1.1	19
VLG LN Classic Beef Burger	912.2	46	3816.0	45	40.0	57	14.0	70	87.1	33	9.1	10	46.4	93	10.4	43	2.8	47
VLG LN Classic Beef Burger XL	1197.8	60	5006.1	60	56.0	80	20.8	104	89.5	34	9.3	10	79.2	158	10.5	44	4.3	72
VLG LN Classic Beef Burger Under 600	514.4	26	2152.9	26	22.0	31	7.7	38	37.7	14	6.7	7	40.4	81	3.1	13	2.4	41
VLG LN Classic Chicken Burger	835.7	42	3506.6	42	28.8	41	8.2	41	86.4	33	10.3	11	54.7	109	10.2	42	2.3	38
VLG LN Classic Chicken Burger XL	1044.8	52	4387.2	52	33.5	48	9.2	46	88.1	34	11.7	13	95.9	192	10.2	42	3.2	54
VLG LN Classic Chicken Burger Under 600	437.9	22	1843.5	22	10.7	15	1.9	9	37.0	14	7.9	9	48.7	97	3.0	12	1.9	32
VLG LN Classic Plant Based Burger Vegan	911.7	46	3810.0	45	42.9	61	27.3	137	98.2	38	17.1	19	29.9	60	14.9	62	2.9	49
VLG LN Classic Plant Based Burger XL Vegan	1200.0	60	5005.1	60	65.7	94	47.8	239	103.8	40	17.8	20	46.2	92	19.5	81	4.3	71
VLG LN Classic Plant Based Burger Under 600 Vegan	517.1	26	2158.1	26	28.8	41	21.3	107	40.8	16	7.2	8	23.9	48	7.6	32	2.3	38
VLG LN BBQ Ranch Burger	1154.0	58	4830.6	58	52.5	75	20.8	104	101.3	39	22.9	25	63.9	128	10.7	45	6.0	99
VLG LN BBQ Ranch Burger XL	1439.6	72	6020.6	72	68.4	98	27.6	138	103.7	40	23.0	26	96.7	193	10.9	45	7.4	124
VLG LN Buttermilk Chicken Burger	1036.4	52	4333.8	52	50.7	72	16.6	83	102.9	40	9.9	11	37.4	75	10.2	42	2.6	43
VLG LN Buttermilk Chicken Burger XL	1446.3	72	6041.6	72	77.4	111	26.0	130	121.0	47	10.9	12	61.3	123	10.2	42	3.8	63
VLG LN Lamb Kofta Burger	1090.1	55	4549.3	54	61.2	87	23.6	118	92.0	35	14.0	16	38.3	77	10.7	45	3.5	58
VLG LN Lamb Kofta Burger XL	1515.7	76	6315.7	75	94.8	135	39.8	199	98.3	38	18.5	21	62.8	126	11.2	47	5.4	90
VLG LN Sweet Chilli Halloumi Burger	1048.4	52	4365.1	52	52.5	75	23.6	118	103.9	40	25.8	29	35.7	71	11.8	49	4.5	75
VLG LN Sweet Chilli Halloumi Burger XL	1370.2	69	5687.7	68	78.0	111	39.7	199	105.6	41	27.4	30	57.1	114	11.8	49	7.0	116
VLG LN Veggie Chilli Burger Vegan	1067.2	53	4460.5	53	48.9	70	30.2	151	113.3	44	20.4	23	37.5	75	21.0	87	3.5	59
VLG LN Veggie Chilli Burger XL Vegan	1355.5	68	5655.6	67	71.7	102	50.7	253	118.8	46	21.1	23	53.9	108	25.6	107	4.9	81
VLG LN Chicken & Chorizo Burger	1369.3	68	5719.5	68	71.7	102	26.6	133	99.6	38	14.5	16	78.1	156	11.3	47	4.4	74
VLG LN Chicken & Chorizo Burger XL	1578.4	79	6600.1	79	76.5	109	27.7	138	101.3	39	15.8	18	119.2	238	11.3	47	5.4	90
VLG 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
VLG LN Chicken Breast Roasted	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
VLG LN Extra Buttermilk Chicken Goujons x 3	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
VLG LN Extra B12 Burger	288.3	14	1195.2	14	22.8	33	20.4	102	5.6	2	0.7	1	16.3	33	4.7	19	1.4	23
VLG LN Beer Battered Onion Rings x3	111.8	6	466.2	6	6.9	10	1.3	7	10.7	4	1.1	1	1.3	3	0.8	4	0.5	8

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VLG LN Cheddar 56g	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN 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
VLG LN Crispy 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
VLG LN 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
VLG LN Chorizo Pinwheel	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
VLG LN BBQ Pulled Pork	257.4	13	1076.7	13	13.3	19	5.5	27	14.6	6	14.0	16	19.0	38	0.6	2	1.1	19
VLG LN Grilled Halloumi 50g	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
VLG LN LB Fish and Chips	879.5	44	3666.8	44	47.2	67	14.4	72	72.2	28	8.7	10	34.8	70	11.8	49	2.0	33
VLG LN LB 5oz Sweetcure Gammon Steak	832.9	42	3484.4	41	37.9	54	11.7	59	56.3	22	6.7	7	60.8	122	11.6	48	4.5	74
VLG LN LB Hunters Chicken	726.7	36	3043.8	36	33.2	47	13.9	70	63.7	25	18.3	20	39.2	78	7.8	33	3.0	50
VLG LN LB Feta Pasta Shells	512.4	26	2134.6	25	31.3	45	7.8	39	45.7	18	12.9	14	11.7	23	4.4	18	2.2	37
VLG LN LB Veggie Chilli Vegan	161.2	8	676.0	8	6.3	9	1.6	8	15.4	6	5.0	6	8.0	16	6.6	28	1.3	22
VLG LN Jacket Tuna Mayo	550.6	28	2297.7	27	34.1	49	15.6	78	45.6	18	3.7	4	18.0	36	4.9	20	1.6	26
VLG LN Jacket Veggie Chilli Vegan	300.0	15	1266.0	15	4.2	6	1.0	5	52.8	20	4.0	4	12.3	25	10.2	43	0.7	11
VLG LN Jacket BBQ Pulled Pork	509.7	25	2136.4	25	25.0	36	11.5	57	42.6	16	2.6	3	31.0	62	4.7	20	1.0	17
VLG LN Jacket Cheese and Beans	744.7	37	3107.4	37	44.2	63	26.3	132	63.0	24	7.8	9	27.3	55	9.9	41	2.5	42
VLG LN Jacket Plain	413.8	21	1725.1	21	25.8	37	15.0	75	42.3	16	2.3	3	5.4	11	4.5	19	0.7	12
VLG LN Sandwich Wiltshire Ham & Mustard	817.4	41	3434.5	41	27.3	39	9.4	47	100.1	38	6.8	8	39.0	78	11.9	50	6.4	107
VLG LN Sandwich Steak & Onion	1125.2	56	4714.7	56	49.4	71	16.8	84	116.3	45	18.6	21	50.2	100	12.4	51	3.0	50
VLG LN Sandwich Cheese & Chutney	709.4	35	2979.7	35	30.9	44	15.8	79	78.0	30	16.2	18	27.6	55	8.1	34	1.9	32
VLG LN Sandwich Chicken and Bacon Club	1174.9	59	4932.5	59	46.7	67	11.4	57	129.1	50	8.1	9	56.9	114	14.3	60	4.9	81
VLG LN Sandwich Red Pepper & Sweet Chilli Courgette Vegan	874.1	44	3668.2	44	27.1	39	10.0	50	132.9	51	32.1	36	22.0	44	14.2	59	2.7	45
VLG LN 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	0.3	5
VLG LN Cheesy Chips	548.8	27	2295.0	27	31.6	45	16.4	82	44.2	17	2.2	2	19.2	38	6.4	27	1.3	21
VLG LN Sweet Potato Fries 227g	423.2	21	1742.1	21	23.2	33	4.7	23	45.9	18	14.8	16	3.1	6	6.3	26	1.0	17
VLG LN Halloumi Fries	538.8	27	2224.7	26	40.4	58	19.2	96	24.1	9	12.6	14	19.2	38	0.6	3	3.1	52
VLG LN Potato Wedges	235.4	12	989.4	12	8.1	12	2.4	12	38.2	15	1.3	1	4.7	9	3.9	16	0.2	3
VLG LN 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
VLG LN Beer Battered Onion Rings x6	223.5	11	932.5	11	13.9	20	2.6	13	21.3	8	2.1	2	2.5	5	1.7	7	1.1	19
VLG LN Garlic Ciabatta	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
VLG LN Cheesy Garlic Ciabatta	669.5	33	2805.0	33	37.2	53	18.2	91	58.2	22	5.2	6	24.2	48	3.9	16	2.1	35
VLG LN House Salad Dressed	34.3	2	141.8	2	2.5	4	0.4	2	2.3	1	2.0	2	0.7	1	1.0	4	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	%
VLG LN House Salad Undressed	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
VLG LN Seasonal Vegetables	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.6	10
VLG LN Homemade Coleslaw	142.9	7	592.5	7	10.6	15	0.7	4	10.6	4	4.0	4	1.5	3	2.9	12	0.7	12
VLG LN Corn on the Cob	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
VLG LN Sweet Chilli Courgette Ribbons Side Order	120.6	6	503.9	6	0.2	0	0.1	0	28.4	11	23.8	26	1.1	2	1.2	5	1.3	21
VLG LN Sautéed Mushrooms	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.2	3
VLG LN Bread and Butter White	364.9	18	1529.7	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
VLG LN Bread and Butter Brown	370.1	19	1554.7	19	15.6	22	8.2	41	45.4	17	1.2	1	12.7	25	4.2	17	1.2	19
VLG LN Poppadums & Dips	346.8	17	1463.8	17	8.2	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
VLG LN Rice Plain	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
VLG LN Rice Coriander & 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
VLG LN Pigs in Blankets x 10	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
VLG LN Roast Potatoes	191.8	10	810.0	10	3.0	4	0.3	2	38.6	15	1.3	1	4.7	9	3.9	16	0.4	7
VLG LN Cheesy Roast Potatoes	410.2	21	1722.8	21	20.9	30	11.5	58	38.7	15	1.5	2	19.3	39	3.9	16	1.5	25
VLG LN Cauliflower Cheese	138.6	7	580.9	7	5.4	8	3.3	17	15.3	6	3.0	3	5.4	11	3.8	16	2.1	34
VLG LN Bowl of Yorkshire Puddings	816.1	41	3392.3	40	63.5	91	9.9	50	42.9	17	6.3	7	20.6	41	2.0	8	1.1	18
VLG LN Sunday Beef	1026.7	51	4290.5	51	55.2	79	16.8	84	83.3	32	22.5	25	51.3	103	16.5	69	3.6	61
VLG LN Sunday Beef Kids	603.1	30	2515.6	30	37.3	53	10.5	52	40.4	16	14.2	16	26.9	54	6.8	28	3.1	51
VLG LN Sunday Pork	990.5	50	4153.9	49	40.4	58	10.9	54	103.7	40	25.5	28	56.6	113	17.3	72	3.2	54
VLG LN Sunday Pork Kids	618.2	31	2589.5	31	28.9	41	7.7	39	60.8	23	17.1	19	30.5	61	7.6	32	2.7	45
VLG LN Sunday Chicken	1420.2	71	5942.8	71	71.7	102	20.1	100	103.9	40	26.6	30	93.8	188	19.0	79	5.1	86
VLG LN Sunday Chicken Kids	832.8	42	3482.5	41	44.5	64	12.3	61	60.9	23	18.1	20	49.1	98	8.5	35	3.7	61
VLG LN Sunday Trio of Meats	1627.1	81	6799.2	81	89.2	127	23.8	119	111.3	43	24.8	28	98.6	197	18.7	78	5.9	98
VLG LN Sunday Lamb Shank	1267.8	63	5302.1	63	63.8	91	22.0	110	99.2	38	40.0	44	75.5	151	17.4	73	3.4	56
VLG LN Sunday Cheese and Hobgoblin Tart	954.0	48	3991.0	48	47.6	68	15.6	78	108.8	42	43.1	48	24.5	49	17.8	74	2.9	48
VLG LN Sunday Quorn Sausage Kids	496.4	25	2074.5	25	26.0	37	5.8	29	43.4	17	11.6	13	20.2	40	10.6	44	2.4	41
VLG LN Soup of the Day	519.2	26	2164.3	26	33.5	48	17.1	86	43.5	17	10.0	11	11.3	23	5.5	23	1.4	24
VLG LN Soup of the Day Vegan	240.9	12	1022.8	12	4.5	6	0.8	4	40.3	16	12.1	13	9.4	19	4.5	19	2.1	36
VLG LN Black Pudding Hash	758.6	38	3160.3	38	48.5	69	14.4	72	51.3	20	4.6	5	29.3	59	4.6	19	3.2	53
VLG LN King Prawn Cup	392.8	20	1641.2	20	21.7	31	8.7	43	29.1	11	4.2	5	20.3	41	3.2	14	1.5	25
VLG LN Golden Breaded Mushrooms	458.8	23	1932.9	23	23.9	34	4.6	23	49.9	19	16.4	18	8.9	18	4.5	19	2.5	42
VLG LN Bramley Apple Pie	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG LN Bramley Apple Pie Vegan	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1

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	%
VLG LN Chocolate Fudge Cake	833.5	42	3475.2	41	54.3	78	22.0	110	81.2	31	66.1	73	6.4	13	3.1	13	0.3	6
VLG LN Cookies & Cream Mallow Stack	786.7	39	3294.6	39	34.6	49	19.2	96	106.3	41	77.9	87	9.9	20	3.9	16	0.7	12
VLG LN Sticky Toffee Pudding	707.8	35	2973.3	35	25.9	37	15.8	79	113.8	44	93.7	104	5.2	10	1.3	6	0.3	5
VLG LN New York-Style Cheesecake	791.2	40	3280.9	39	58.6	84	33.8	169	47.6	18	28.1	31	4.3	9	3.0	13	0.4	7
VLG LN New York-Style Cheesecake Vegan	574.5	29	2396.6	29	27.3	39	15.6	78	61.1	23	36.6	41	3.9	8	7.0	29	0.4	7
VLG LN Orange and Lemon Fondant Pudding	652.6	33	2742.2	33	27.0	39	8.4	42	93.6	36	57.7	64	9.0	18	1.4	6	0.8	14
VLG LN Banoffee Pie	772.6	39	3226.8	38	48.2	69	26.6	133	77.4	30	54.5	61	7.9	16	1.6	7	0.7	12
VLG LN Chocolate Indulgence Sundae	662.6	33	2775.7	33	36.1	52	22.9	114	74.8	29	65.0	72	8.7	17	2.1	9	0.4	7
VLG LN Minty Sundae	609.9	30	2551.5	30	34.4	49	21.6	108	67.1	26	58.9	65	6.9	14	1.2	5	0.4	7
VLG LN Berry Citrus Sundae	455.4	23	1905.3	23	27.0	39	17.0	85	46.0	18	41.2	46	5.6	11	2.4	10	0.3	5
VLG LN Berry Citrus Sundae Vegan Under 300	291.8	15	1220.1	15	12.5	18	10.6	53	36.3	14	26.1	29	1.5	3	10.7	44	0.0	0
VLG LN Cheese Plate	767.5	38	3198.0	38	53.2	76	33.7	168	39.8	15	16.5	18	31.2	62	2.4	10	2.9	49
VLG LN Sandwich Roast Beef	629.4	31	2648.6	32	21.2	30	6.3	32	76.8	30	7.6	8	34.2	68	7.0	29	2.7	45
VLG LN Sandwich Roast Pork	532.8	27	2252.7	27	8.9	13	1.9	10	80.0	31	10.0	11	34.8	70	6.9	29	1.5	24
VLG LN Soup of the Day	519.2	26	2164.3	26	33.5	48	17.1	86	43.5	17	10.0	11	11.3	23	5.5	23	1.4	24
VLG LN Soup of the Day Vegan	240.9	12	1022.8	12	4.5	6	0.8	4	40.3	16	12.1	13	9.4	19	4.5	19	2.1	36
VLG LN King Prawn Cup	392.8	20	1641.2	20	21.7	31	8.7	43	29.1	11	4.2	5	20.3	41	3.2	14	1.5	25
VLG LN Golden Breaded Mushrooms	458.8	23	1932.9	23	23.9	34	4.6	23	49.9	19	16.4	18	8.9	18	4.5	19	2.5	42
VLG LN Classic Beef Burger	912.2	46	3816.0	45	40.0	57	14.0	70	87.1	33	9.1	10	46.4	93	10.4	43	2.8	47
VLG LN Classic Beef Burger XL	1197.8	60	5006.1	60	56.0	80	20.8	104	89.5	34	9.3	10	79.2	158	10.5	44	4.3	72
VLG LN Classic Beef Burger Under 600	514.4	26	2152.9	26	22.0	31	7.7	38	37.7	14	6.7	7	40.4	81	3.1	13	2.4	41
VLG LN Classic Plant Based Burger Vegan	911.7	46	3810.0	45	42.9	61	27.3	137	98.2	38	17.1	19	29.9	60	14.9	62	2.9	49
VLG LN Classic Plant Based Burger XL Vegan	1200.0	60	5005.1	60	65.7	94	47.8	239	103.8	40	17.8	20	46.2	92	19.5	81	4.3	71
VLG LN Classic Plant Based Burger Under 600 Vegan	517.1	26	2158.1	26	28.8	41	21.3	107	40.8	16	7.2	8	23.9	48	7.6	32	2.3	38
VLG LN Buttermilk Chicken Burger	1036.4	52	4333.8	52	50.7	72	16.6	83	102.9	40	9.9	11	37.4	75	10.2	42	2.6	43
VLG LN Buttermilk Chicken Burger XL	1446.3	72	6041.6	72	77.4	111	26.0	130	121.0	47	10.9	12	61.3	123	10.2	42	3.8	63
VLG LN Salad Grilled Chicken Lunch	268.6	13	1127.3	13	8.9	13	1.7	9	6.1	2	5.3	6	42.4	85	1.9	8	1.1	19
VLG LN LB Veggie Chilli Vegan	161.2	8	676.0	8	6.3	9	1.6	8	15.4	6	5.0	6	8.0	16	6.6	28	1.3	22
VLG LN Lasagne Beef	738.6	37	3086.8	37	37.7	54	16.5	83	62.1	24	16.6	18	36.1	72	5.4	23	3.1	52
VLG LN Lasagne Beef Under 600	535.8	27	2235.3	27	29.7	42	13.3	67	34.5	13	15.4	17	31.8	64	4.2	17	2.6	44
VLG LN Lasagne Vegetarian	619.6	31	2442.2	29	27.0	39	7.6	38	65.8	25	14.5	16	13.3	27	6.4	27	2.7	45
VLG LN Lasagne Vegetarian Under 500	416.9	21	1590.7	19	19.1	27	4.4	22	38.2	15	13.2	15	8.9	18	5.2	22	2.2	36

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	%
VLG LN Cajun Chicken	628.9	31	2634.0	31	25.0	36	8.0	40	50.8	20	5.1	6	47.8	96	8.0	33	2.0	33
VLG LN Cajun Chicken Under 400	284.7	14	1193.1	14	10.9	16	1.9	10	5.4	2	4.2	5	42.3	85	1.9	8	1.8	31
VLG LN LB Fish and Chips	879.5	44	3666.8	44	47.2	67	14.4	72	72.2	28	8.7	10	34.8	70	11.8	49	2.0	33
VLG LN Sausage & Cheesy Mash	872.3	44	3642.2	43	45.0	64	21.1	106	81.1	31	9.1	10	30.5	61	10.3	43	4.8	80
VLG LN Veggie Sausage & Cheesy Mash	625.6	31	2617.5	31	25.0	36	13.0	65	59.6	23	9.5	11	31.7	63	14.4	60	3.7	62
VLG LN LB 5oz Sweetcure Gammon Steak	832.9	42	3484.4	41	37.9	54	11.7	59	56.3	22	6.7	7	60.8	122	11.6	48	4.5	74
VLG LN Bramley Apple Pie	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG LN Bramley Apple Pie Vegan	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN Chocolate Fudge Cake	833.5	42	3475.2	41	54.3	78	22.0	110	81.2	31	66.1	73	6.4	13	3.1	13	0.3	6
VLG LN Ice Cream Sundae	531.9	27	2224.2	26	30.2	43	19.2	96	57.3	22	49.2	55	6.6	13	1.2	5	0.4	6
VLG LN Bramley Apple Pie	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG LN Bramley Apple Pie Vegan	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN Chocolate Fudge Cake	833.5	42	3475.2	41	54.3	78	22.0	110	81.2	31	66.1	73	6.4	13	3.1	13	0.3	6
VLG LN Cookies & Cream Mallow Stack	786.7	39	3294.6	39	34.6	49	19.2	96	106.3	41	77.9	87	9.9	20	3.9	16	0.7	12
VLG LN Sticky Toffee Pudding	707.8	35	2973.3	35	25.9	37	15.8	79	113.8	44	93.7	104	5.2	10	1.3	6	0.3	5
VLG LN New York-Style Cheesecake	791.2	40	3280.9	39	58.6	84	33.8	169	47.6	18	28.1	31	4.3	9	3.0	13	0.4	7
VLG LN New York-Style Cheesecake Vegan	574.5	29	2396.6	29	27.3	39	15.6	78	61.1	23	36.6	41	3.9	8	7.0	29	0.4	7
VLG LN Orange and Lemon Fondant Pudding	652.6	33	2742.2	33	27.0	39	8.4	42	93.6	36	57.7	64	9.0	18	1.4	6	0.8	14
VLG LN Banoffee Pie	772.6	39	3226.8	38	48.2	69	26.6	133	77.4	30	54.5	61	7.9	16	1.6	7	0.7	12
VLG LN Chocolate Indulgence Sundae	662.6	33	2775.7	33	36.1	52	22.9	114	74.8	29	65.0	72	8.7	17	2.1	9	0.4	7
VLG LN Minty Sundae	609.9	30	2551.5	30	34.4	49	21.6	108	67.1	26	58.9	65	6.9	14	1.2	5	0.4	7
VLG LN Berry Citrus Sundae	455.4	23	1905.3	23	27.0	39	17.0	85	46.0	18	41.2	46	5.6	11	2.4	10	0.3	5
VLG LN Berry Citrus Sundae Vegan Under 300	291.8	15	1220.1	15	12.5	18	10.6	53	36.3	14	26.1	29	1.5	3	10.7	44	0.0	0
VLG LN Ice Cream Sundae	531.9	27	2224.2	26	30.2	43	19.2	96	57.3	22	49.2	55	6.6	13	1.2	5	0.4	6
VLG LN Simply Delicious	366.8	18	1531.0	18	19.4	28	11.8	59	42.2	16	36.5	41	5.2	10	0.9	4	0.3	6
VLG LN Cheese Plate	767.5	38	3198.0	38	53.2	76	33.7	168	39.8	15	16.5	18	31.2	62	2.4	10	2.9	49
VLG LN Sweet Potato Fries 150g Upgrade	271.5	14	1117.7	13	13.3	19	2.3	12	32.5	13	10.5	12	2.2	4	4.4	18	0.6	10
VLG LN Sweet Potato Fries 227g Upgrade	444.0	22	1827.7	22	24.4	35	4.9	24	48.2	19	15.6	17	3.3	7	6.6	27	0.9	15
VLG LN 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
VLG LN Sweet Potato Fries 150g	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
VLG LN Chicken Breast Roasted	209.2	10	881.1	10	4.8	7	1.0	5	1.7	1	1.4	2	41.2	82	0.0	0	1.0	16
VLG LN Chicken Breast Steamed	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
VLG LN Extra Buttermilk Chicken Goujons x 3	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

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	%
VLG LN Crispy 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
VLG LN Cheddar 56g	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN Stilton 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
VLG LN 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
VLG LN 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
VLG LN 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
VLG LN Wiltshire Ham	134.0	7	560.0	7	6.0	9	2.0	10	0.9	0	1.6	2	18.3	37	0.0	0	4.2	71
VLG LN BBQ Pulled Pork	257.4	13	1076.7	13	13.3	19	5.5	27	14.6	6	14.0	16	19.0	38	0.6	2	1.1	19
VLG LN Grilled Halloumi 100g	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
VLG LN Grilled Halloumi 50g	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
VLG LN Grilled Mushroom	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG LN Sauce BBQ 56g	263.2	13	1099.8	13	11.8	17	6.0	30	36.4	14	22.1	25	3.2	6	2.5	11	0.0	0
VLG LN Sauce Sour Cream 56g	68.9	3	285.0	3	5.6	8	3.5	18	3.6	1	1.1	1	1.0	2	0.0	0	0.1	1
VLG LN Sauce Salsa 56g	23.0	1	96.9	1	0.0	0	0.0	0	4.0	2	3.4	4	1.1	2	1.0	4	0.7	12
VLG LN Sauce Guacamole 56g	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
VLG LN Jalapenos	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
VLG LN Rocket	2.0	0	8.3	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.2	1	0.0	0
VLG LN Poppadum	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
VLG LN Rice Plain	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
VLG LN Rice Coriander & 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
VLG LN Naan Bread	348.4	17	1466.4	17	7.9	11	0.8	4	57.5	22	2.7	3	9.5	19	4.4	18	0.9	15
VLG LN Stuffing	63.9	3	269.9	3	1.2	2	0.6	3	12.4	5	0.4	0	1.7	3	0.7	3	0.6	11
VLG LN 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
VLG LN Giant Yorkshire Pudding	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
VLG LN Gravy	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
VLG LN 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
VLG LN Ice Cream Scoop Vanilla	110.9	6	463.1	6	5.9	8	3.5	18	12.7	5	10.9	12	1.6	3	0.1	0	0.1	2
VLG LN Custard	49.8	2	211.7	3	1.0	1	0.6	3	8.6	3	6.2	7	1.6	3	0.0	0	0.1	1
VLG LN Breakfast All Day Breakfast	1222.4	61	5096.1	61	68.4	98	19.7	99	91.1	35	12.6	14	57.4	115	14.2	59	6.3	105
VLG LN Breakfast Mega Breakfast	1770.8	89	7389.9	88	96.5	138	30.8	154	137.6	53	15.9	18	84.3	169	17.8	74	10.0	167
VLG LN Breakfast Full English Breakfast	676.8	34	2825.3	34	34.5	49	10.9	55	56.3	22	7.6	8	36.2	72	8.3	35	4.2	69
VLG LN Breakfast Veggie Breakfast	766.1	38	3194.5	38	44.6	64	12.4	62	59.6	23	9.0	10	32.3	65	11.8	49	2.3	38
VLG LN Breakfast Beans on Toast	570.7	29	2394.5	29	11.3	16	2.5	13	90.8	35	12.1	13	28.6	57	15.4	64	2.8	47

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	%
VLG LN Breakfast Boiled Eggs & Soldiers	542.6	27	2276.4	27	26.0	37	11.1	56	49.7	19	1.8	2	28.0	56	4.6	19	2.0	34
VLG LN Breakfast Eggs on Toast	657.9	33	2748.2	33	38.8	55	7.2	36	49.7	19	1.8	2	28.0	56	4.6	19	1.7	29
VLG LN Breakfast Sausage Sandwich	626.1	31	2624.6	31	27.0	39	7.9	39	71.4	27	3.9	4	24.1	48	5.9	24	2.5	41
VLG LN Breakfast Veggie Sausage Sandwich	469.7	23	1975.5	24	14.1	20	2.6	13	58.4	22	4.2	5	24.9	50	8.6	36	1.9	32
VLG LN Breakfast Bacon Sandwich	556.2	28	2334.6	28	20.7	30	6.1	30	49.7	19	1.3	1	43.0	86	4.6	19	6.4	106
VLG LN Breakfast Sausage Muffin	479.6	24	2008.4	24	17.8	25	5.9	29	61.9	24	8.7	10	17.2	34	3.6	15	2.5	42
VLG LN Breakfast Veggie Sausage Muffin	323.2	16	1359.3	16	4.8	7	0.7	3	49.0	19	9.0	10	18.0	36	6.4	27	2.0	33
VLG LN Breakfast Bacon Muffin	339.6	17	1425.4	17	8.1	12	2.8	14	40.3	15	6.1	7	26.4	53	2.4	10	4.7	78
VLG LN Breakfast Egg Muffin	511.4	26	2132.0	25	29.6	42	5.2	26	40.3	15	6.5	7	21.1	42	2.4	10	1.6	27
VLG LN Breakfast Egg & Sausage Muffin	495.5	25	2070.2	25	23.7	34	5.6	28	51.1	20	7.6	8	19.2	38	3.0	13	2.1	35
VLG LN Breakfast Veggie Sausage & Egg Muffin	417.3	21	1745.7	21	17.2	25	3.0	15	44.6	17	7.8	9	19.6	39	4.4	18	1.8	30
VLG LN Breakfast Bacon and Egg Muffin	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
VLG LN Breakfast Bacon & Sausage Muffin	409.6	20	1716.9	20	12.9	18	4.4	22	51.1	20	7.4	8	21.8	44	3.0	13	3.6	60
VLG LN Breakfast Brunch Omelette	670.2	34	2794.5	33	48.8	70	20.7	103	7.6	3	8.0	9	55.5	111	2.1	9	3.8	63
VLG LN Breakfast Black Pudding	99.7	5	417.1	5	4.8	7	1.9	10	8.8	3	1.4	2	6.3	13	0.0	0	0.9	15
VLG LN Breakfast 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
VLG LN Breakfast 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
VLG LN Breakfast Veggie Sausage	62.0	3	260.0	3	1.9	3	0.2	1	4.4	2	1.5	2	5.5	11	2.0	8	0.4	7
VLG LN Breakfast Scrambled Egg	119.7	6	497.7	6	9.4	13	4.2	21	0.9	0	1.2	1	7.8	16	0.0	0	0.4	7
VLG LN Breakfast 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
VLG LN Breakfast Hash Browns x 2	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
VLG LN Breakfast Grilled Tomato	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
VLG LN Breakfast Grilled Mushroom	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG LN Breakfast Toast & Butter	250.0	13	1046.0	12	13.7	20	7.8	39	24.9	10	0.7	1	7.0	14	2.3	10	0.7	12
VLG LN Cheese Plate	767.5	38	3198.0	38	53.2	76	33.7	168	39.8	15	16.5	18	31.2	62	2.4	10	2.9	49
VLG LN Chicken Tikka Masala	948.8	47	4005.0	48	25.3	36	5.8	29	140.6	54	24.5	27	41.3	83	9.7	41	3.8	64
VLG LN Burmese Baby Aubergine Curry Vegan	701.2	35	2947.5	35	32.2	46	9.5	47	94.0	36	16.1	18	10.1	20	8.0	34	1.8	30
VLG LN Lamb Saag Masala	1057.6	53	4450.4	53	40.6	58	7.5	37	136.2	52	21.5	24	38.9	78	10.1	42	4.5	76
VLG LN Beef Madras	1040.6	52	4379.0	52	33.1	47	7.5	37	144.7	56	28.6	32	39.3	79	10.8	45	4.9	82
VLG LN SB Paneer & Veg Makhani	1201.8	60	5048.2	60	52.3	75	22.2	111	142.6	55	29.1	32	41.4	83	8.6	36	4.1	68
VLG LN SB Penang Curry Vegan	619.8	31	2626.5	31	26.3	38	22.7	114	86.0	33	16.6	18	12.3	25	5.9	25	1.1	19
VLG LN SB Roasted Vegetable Jalfrezi	962.4	48	4045.8	48	29.3	42	2.7	14	153.2	59	30.0	33	21.3	43	12.5	52	4.7	78
VLG LN SB Roasted Vegetable Jalfrezi Vegan	720.5	36	3025.2	36	25.1	36	2.3	11	112.6	43	28.5	32	12.2	24	10.0	42	3.4	56

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	%
VLG LN SB Butter Chicken	1042.4	52	4413.4	53	30.4	43	11.2	56	131.5	51	23.3	26	63.1	126	6.7	28	3.8	64
VLG LN SB Prawn Bhuna	849.0	42	3579.3	43	19.9	28	2.0	10	138.0	53	24.5	27	30.8	62	8.6	36	4.3	71
VLG LN Chicken Tikka Samosas	185.8	9	774.6	9	7.6	11	2.0	10	19.1	7	2.8	3	10.2	20	1.2	5	0.7	11
VLG LN Vegetable Samosas	158.9	8	665.7	8	6.9	10	2.4	12	20.4	8	3.4	4	2.8	6	2.1	9	0.9	15
VLG LN Onion Bhajis	151.2	8	632.2	8	6.5	9	1.7	9	16.2	6	4.1	5	4.8	10	4.1	17	0.5	8
VLG LN Chana Masala	267.8	13	1118.3	13	14.1	20	1.0	5	23.3	9	6.5	7	9.4	19	6.3	26	1.9	32
VLG LN Saag Aloo	219.0	11	918.8	11	12.9	18	1.0	5	19.9	8	5.1	6	4.3	9	3.9	16	1.4	23
VLG LN NGCI Soup of the Day	458.7	23	1905.0	23	33.2	47	16.7	84	33.5	13	10.6	12	5.2	10	6.2	26	1.2	20
VLG LN NGCI King Prawn Cup	332.3	17	1381.9	16	21.4	31	8.3	41	19.0	7	4.8	5	14.2	28	3.9	16	1.3	22
VLG LN NGCI Bantry Bay Mussels	550.1	28	2294.0	27	27.9	40	14.2	71	24.8	10	2.9	3	48.1	96	3.0	12	8.5	142
VLG LN NGCI Salad Grilled Chicken Breast	573.8	29	2424.9	29	13.9	20	2.2	11	68.8	26	5.6	6	48.4	97	4.3	18	1.8	29
VLG LN NGCI Salad Rump Steak	652.4	33	2742.2	33	28.0	40	7.8	39	67.1	26	4.3	5	36.6	73	4.3	18	1.5	25
VLG LN NGCI Salad Salmon Skewers	690.6	35	2898.4	35	32.3	46	9.9	50	71.9	28	8.9	10	31.8	64	8.4	35	1.2	19
VLG LN NGCI Salad Grilled Halloumi	694.7	35	2900.3	35	35.6	51	17.4	87	68.7	26	5.9	7	28.7	57	4.3	18	3.3	55
VLG LN NGCI Salad Courgette & Red Pepper Vegan	522.6	26	2203.3	26	11.5	16	1.5	8	99.6	38	32.0	36	9.0	18	6.9	29	2.1	35
VLG LN NGCI Salad Lamb Koftas	790.3	40	3310.7	39	42.8	61	17.4	87	73.3	28	8.8	10	31.7	63	4.8	20	2.7	45
VLG LN NGCI Rump Steak 10oz	1001.6	50	4179.7	50	53.8	77	19.6	98	54.7	21	6.7	7	69.1	138	11.3	47	2.1	35
VLG LN NGCI Sirloin Steak 8oz	960.9	48	4006.1	48	53.8	77	20.0	100	54.7	21	6.7	7	59.1	118	11.3	47	2.0	34
VLG LN NGCI Mixed Grill	1400.9	70	5855.8	70	70.3	100	22.3	112	70.0	27	10.8	12	115.9	232	13.0	54	6.3	105
VLG LN NGCI Ribeye Steak 10oz	1234.2	62	5141.0	61	73.9	106	29.4	147	56.5	22	6.7	7	80.0	160	11.5	48	2.0	33
VLG LN NGCI Sandwich Steak & Onion	943.2	47	3943.0	47	44.2	63	13.7	68	91.8	35	18.3	20	37.2	74	13.2	55	2.4	40
VLG LN NGCI Sandwich Cheese & Chutney	732.2	37	3067.3	37	35.4	51	17.8	89	75.3	29	19.7	22	22.7	45	10.4	43	1.9	32
VLG LN NGCI Sandwich Chicken and Bacon Club	993.5	50	4154.5	49	45.8	65	10.2	51	99.0	38	9.9	11	38.4	77	16.2	67	4.2	70
VLG LN NGCI Sandwich Pepper & Chilli Courgette Vegan	692.2	35	2896.5	34	21.8	31	6.9	34	108.4	42	31.8	35	9.0	18	15.0	63	2.1	36
VLG LN NGCI Sandwich Roast Beef	508.5	25	2129.9	25	20.6	29	5.5	28	56.7	22	8.8	10	21.9	44	8.3	35	2.3	38
VLG LN NGCI Sandwich Roast Pork	411.8	21	1734.1	21	8.2	12	1.1	6	60.0	23	11.2	12	22.5	45	8.2	34	1.0	17
VLG LN NGCI Bread and Butter	379.1	19	1573.4	19	26.8	38	14.8	74	29.7	11	2.6	3	1.7	3	5.8	24	1.1	18
VLG LN NGCI Sunday Beef	822.7	41	3442.5	41	39.4	56	14.3	72	72.6	28	21.0	23	46.1	92	16.0	67	3.4	56
VLG LN NGCI Sunday Beef Kids	399.1	20	1667.5	20	21.4	31	8.0	40	29.7	11	12.6	14	21.7	43	6.3	26	2.8	47
VLG LN NGCI Sunday Pork	697.9	35	2931.6	35	22.9	33	7.6	38	75.8	29	23.3	26	49.1	98	15.9	66	2.1	35
VLG LN NGCI Sunday Pork Kids	325.7	16	1367.3	16	11.4	16	4.4	22	32.9	13	15.0	17	23.0	46	6.2	26	1.6	26
VLG LN NGCI Sunday Chicken	1127.6	56	4720.4	56	54.2	77	16.7	84	76.0	29	24.5	27	86.2	172	17.6	73	4.0	67

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	%		
VLG LN NGCI Sunday Chicken Kids	540.2	27	2260.3	27	27.0	39	9.0	45	33.0	13	16.0	18	41.5	83	7.1	30	2.5	42
VLG LN NGCI Sunday Trio of Meats	1130.5	57	4729.0	56	55.8	80	18.1	90	72.7	28	21.1	23	85.9	172	16.8	70	4.5	74
VLG LN NGCI Chicken Tikka Masala	842.6	42	3560.4	42	21.6	31	5.5	27	123.8	48	23.3	26	40.9	82	7.8	33	4.3	71
VLG LN NGCI Lamb Saag Masala	951.4	48	4005.8	48	36.9	53	7.2	36	119.3	46	20.2	22	38.5	77	8.2	34	4.9	82
VLG LN NGCI Beef Madras	934.4	47	3934.4	47	29.4	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.3	88