

## 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	374.5	19	1529.7	18	14.2	20	5.0	25	51.9	20	14.7	16	9.0	18	5.6	23	2.5	41
TFO LN Soup of the Day Vegan	181.7	9	771.6	9	3.4	5	0.6	3	30.4	12	9.7	11	7.0	14	3.5	14	1.5	26
TFO LN Prawn Cocktail	359.9	18	1504.9	18	21.7	31	5.2	26	26.7	10	7.3	8	15.1	30	2.9	12	2.5	42
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	637.3	32	2655.9	32	40.1	57	17.2	86	47.9	18	6.8	8	19.3	39	3.3	14	3.3	55
TFO LN Crispy Buttermilk Chicken	601.8	30	2508.6	30	35.6	51	12.6	63	37.7	15	12.6	14	31.9	64	0.3	1	2.3	38
TFO LN Bourbon Chicken Bites	526.1	26	2201.8	26	29.9	43	9.1	46	35.1	13	16.5	18	28.0	56	2.5	10	3.1	51
TFO LN Crispy Potato Skins Cheese and Bacon	506.6	25	2113.2	25	32.6	47	14.1	70	24.6	9	3.9	4	26.6	53	3.9	16	3.4	56
TFO LN Crispy Potato Skins Cheese and Beans	511.4	26	2133.1	25	29.5	42	12.9	64	38.3	15	7.5	8	21.8	44	7.5	31	2.1	35
TFO LN Crispy Potato Skins Hunters	693.1	35	2895.8	34	40.1	57	17.2	86	48.1	18	15.7	17	31.7	63	5.3	22	3.6	61
TFO LN Lamb and Mint Kofta Bites	562.4	28	2342.2	28	36.8	53	14.5	73	33.4	13	6.0	7	23.0	46	3.0	12	2.2	37
TFO LN Brie Dippers	598.3	30	2493.8	30	39.7	57	16.1	81	46.1	18	14.2	16	13.6	27	0.8	4	2.7	46
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	669.2	33	2787.0	33	45.2	65	23.0	115	36.7	14	2.7	3	27.4	55	3.0	12	2.4	40
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	1001.9	50	4179.0	50	61.9	88	28.1	140	74.4	29	7.1	8	34.0	68	6.4	27	3.3	56
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	1250.1	63	5211.8	62	73.9	106	32.9	164	103.8	40	22.1	25	37.9	76	6.4	27	6.5	108
TFO LN Cone of Onion Rings and Popcorn Chicken	1015.8	51	4248.0	51	53.6	77	17.6	88	81.2	31	20.1	22	49.5	99	7.8	33	5.8	97
TFO LN The Filler	1594.4	80	6668.1	79	90.6	129	24.5	123	145.2	56	15.8	18	49.3	99	11.4	48	5.0	84
TFO LN Beer Battered Fish and Chips	1311.5	66	5467.2	65	72.3	103	22.0	110	95.6	37	8.7	10	61.7	123	13.5	56	2.9	48
TFO LN BBQ Ribs & Chicken	1418.8	71	5937.8	71	72.3	103	27.4	137	92.6	36	31.4	35	98.6	197	10.7	45	3.0	51
TFO LN Beef Lasagne	611.3	31	2545.4	30	28.3	40	10.3	51	68.4	26	13.9	15	21.4	43	28.9	120	2.1	36
TFO LN Vegetable Lasagne	596.3	30	2343.7	28	26.9	38	7.3	36	60.5	23	14.0	16	12.8	26	6.7	28	2.5	42
TFO LN Rack of Ribs	1964.1	98	8210.2	98	113.6	162	43.5	217	127.5	49	54.9	61	106.2	212	12.1	51	4.2	70
TFO LN Smothered Chicken BBQ	1183.6	59	4956.6	59	50.7	72	18.3	91	112.9	43	33.2	37	67.6	135	12.4	52	4.6	76
TFO LN Smothered Chicken Sweet Chilli	1167.7	58	4889.3	58	50.6	72	18.3	91	109.5	42	33.1	37	67.2	134	12.6	52	5.3	89
TFO LN Roasted Vegetable Jalfrezi	1184.6	59	4975.4	59	41.3	59	8.9	45	175.8	68	32.7	36	25.2	50	16.7	70	4.4	73
TFO LN Chicken Tikka Masala	1171.0	59	4934.6	59	37.2	53	12.0	60	163.2	63	27.3	30	45.3	91	14.0	58	3.6	59
TFO LN Roasted Vegetable Jalfrezi Vegan	731.5	37	3071.9	37	25.3	36	2.3	12	114.4	44	30.3	34	12.7	25	10.8	45	3.2	54
TFO LN 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	2.5	41
TFO LN 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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TFO LN Mexican Chilli Chicken Melt	1008.0	50	4243.2	51	41.7	60	18.6	93	104.1	40	10.8	12	56.7	113	7.4	31	3.8	64
TFO LN Grilled Fish and Chips	671.7	34	2808.1	33	26.8	38	7.7	39	50.8	20	4.6	5	51.9	104	8.1	34	1.6	27
TFO LN Buffalo Cauliflower Tacos	915.2	46	3865.3	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	1278.9	64	5343.9	64	64.7	92	22.8	114	99.6	38	15.0	17	71.5	143	11.6	48	5.6	93
TFO LN Cowboy Classic Burger XL	1637.6	82	6838.2	81	86.0	123	32.7	163	101.3	39	15.8	18	113.2	226	12.6	52	7.1	118
TFO LN Plain and Simple Burger Chicken	1191.6	60	4979.8	59	60.6	87	17.2	86	117.2	45	16.3	18	39.7	79	11.1	46	3.1	52
TFO LN Plain and Simple Burger Chicken XL	1601.5	80	6687.6	80	87.3	125	26.7	133	135.4	52	17.2	19	63.6	127	11.1	46	4.4	73
TFO LN Plain and Simple Burger Beef	1140.4	57	4766.3	57	55.2	79	17.7	88	100.8	39	16.2	18	57.5	115	12.1	50	3.4	57
TFO LN Plain and Simple Burger Beef XL	1499.1	75	6260.7	75	76.4	109	27.6	138	102.5	39	17.0	19	99.1	198	13.1	55	5.0	83
TFO LN BBQ Chicken Burger	1183.1	59	4949.9	59	56.8	81	20.3	102	118.9	46	17.5	19	43.9	88	10.6	44	3.3	56
TFO LN BBQ Chicken Burger XL	1593.0	80	6657.6	79	83.5	119	29.7	149	137.0	53	18.5	21	67.7	135	10.6	44	4.6	76
TFO LN Tennessee Chicken Burger	1167.1	58	4897.4	58	43.2	62	14.2	71	119.4	46	27.7	31	71.8	144	11.4	48	5.2	87
TFO LN Tennessee Chicken Burger XL	1376.2	69	5778.0	69	48.0	69	15.2	76	121.1	47	29.1	32	113.0	226	11.4	48	6.2	103
TFO LN Moving Mountains Burger	1073.3	54	4488.5	53	47.1	67	27.5	137	125.0	48	28.1	31	33.6	67	16.8	70	3.7	61
TFO LN Moving Mountains Burger XL	1361.6	68	5683.7	68	69.9	100	47.9	239	130.5	50	28.8	32	49.9	100	21.5	89	5.0	84
TFO LN Black and Blue Burger	1317.4	66	5501.1	65	69.3	99	25.5	127	105.1	40	13.6	15	65.6	131	13.3	56	3.7	62
TFO LN Black and Blue Burger XL	1676.1	84	6995.4	83	90.6	129	35.4	177	106.8	41	14.5	16	107.3	215	14.4	60	5.3	88
TFO LN Bacon and Brie Burger	1401.0	70	5856.0	70	67.5	96	29.0	145	116.4	45	24.5	27	78.5	157	12.9	54	5.8	97
TFO LN Bacon and Brie Burger XL	1759.7	88	7350.3	88	88.8	127	38.8	194	118.1	45	25.3	28	120.2	240	13.9	58	7.4	123
TFO LN Chicken and Chorizo Burger	1595.3	80	6658.7	79	88.3	126	30.1	150	134.6	52	20.9	23	59.8	120	12.2	51	5.1	85
TFO LN Chicken and Chorizo Burger XL	2005.2	100	8366.4	100	115.0	164	39.5	198	152.8	59	21.8	24	83.7	167	12.2	51	6.3	105
TFO LN Mushroom and Soya Burger	996.5	50	4173.2	50	41.8	60	8.9	44	113.4	44	19.9	22	36.1	72	14.6	61	2.9	48
TFO LN Mushroom and Soya Burger XL	1245.1	62	5214.0	62	55.3	79	9.9	50	124.5	48	21.8	24	55.6	111	17.3	72	4.0	67
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 Sauce Sweet Chilli	108.6	5	454.7	5	0.0	0	0.0	0	26.9	10	22.4	25	0.1	0	0.4	2	1.3	21
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	358.7	18	1494.3	18	21.3	30	9.9	49	1.7	1	0.9	1	41.7	83	1.0	4	1.5	26
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 Sauce Whiskey BBQ	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 Extra Sauce Mint and 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 Extra Sauce 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	1161.5	58	4855.9	58	52.0	74	22.2	111	133.2	51	10.4	12	32.8	66	13.5	56	3.1	51
TFO LN Chicken Leek and Cider Pie	1199.9	60	5035.2	60	53.2	76	22.4	112	144.7	56	9.6	11	34.1	68	14.7	61	3.0	50
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	798.8	40	3342.6	40	34.6	49	6.4	32	78.0	30	5.5	6	43.7	87	5.8	24	4.2	71
TFO LN Steak and Onion Melt	1090.1	55	4556.6	54	57.3	82	23.9	120	85.0	33	5.9	7	56.4	113	4.7	20	3.8	64
TFO LN BBQ Chicken Melt	878.7	44	3686.5	44	35.3	50	17.4	87	90.5	35	10.8	12	47.1	94	4.3	18	3.5	58
TFO LN Prawn Salad Sandwich	566.4	28	2370.5	28	26.3	38	3.4	17	63.2	24	9.5	11	19.2	38	5.1	21	3.3	55
TFO LN Ham and Coleslaw Sandwich	621.9	31	2600.7	31	26.2	37	5.6	28	57.9	22	6.5	7	37.0	74	4.8	20	7.8	130
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	669.2	33	2787.0	33	45.2	65	23.0	115	36.7	14	2.7	3	27.4	55	3.0	12	2.4	40
TFO LN Extra Baguette and Butter	444.5	22	1871.4	22	12.8	18	7.7	38	69.1	27	4.2	5	11.5	23	3.3	14	1.4	23
TFO LN Extra Corn on the Cob	298.3	15	1251.8	15	15.6	22	7.9	39	34.2	13	4.2	5	7.4	15	5.1	21	0.3	4
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	127.8	6	529.0	6	10.5	15	0.8	4	7.2	3	5.9	7	1.2	2	2.8	12	0.4	7
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	94.0	5	393.3	5	1.0	1	0.2	1	12.8	5	7.4	8	6.7	13	7.7	32	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	475.2	24	1976.9	24	28.3	40	17.8	89	35.2	14	2.4	3	17.4	35	4.5	19	1.8	29
TFO LN Extra Sauteed Mushrooms	127.6	6	527.3	6	12.4	18	7.5	37	0.8	0	0.4	0	3.3	7	2.6	11	0.3	5
TFO LN Extra 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 Extra Vegetable Samosas	166.5	8	697.5	8	7.2	10	2.6	13	21.4	8	3.6	4	2.9	6	2.2	9	0.8	13
TFO LN Extra Chicken Tikka Samosas	197.1	10	821.7	10	8.0	11	2.2	11	20.2	8	3.0	3	10.8	22	1.3	5	0.5	9
TFO LN Extra Chana Masala	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
TFO LN Extra 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	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.3	6
TFO LN Extra Poppadums and Dips	502.6	25	2092.1	25	35.3	50	9.2	46	38.4	15	13.8	15	7.7	15	0.6	3	2.7	44
TFO LN Extra Poppadum	119.9	6	498.0	6	9.3	13	2.9	14	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
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	671.4	34	2807.7	33	35.2	50	17.1	85	64.6	25	13.7	15	20.9	42	8.2	34	2.2	37
TFO LN Holy Smokes Chips	835.2	42	3493.0	42	42.1	60	20.0	100	89.0	34	13.4	15	20.6	41	10.6	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	1031.7	52	4297.2	51	72.8	104	41.2	206	84.9	33	61.1	68	11.3	23	2.2	9	1.3	21
TFO LN Praline Chocolate Tart	561.8	28	2347.3	28	32.6	47	16.4	82	55.8	21	28.9	32	8.1	16	2.1	9	0.2	3
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	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	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	634.9	32	2664.6	32	36.0	51	23.2	116	66.9	26	60.1	67	9.6	19	1.8	8	0.3	6
TFO LN Chocolate Indulgence Sundae Sharer	1269.7	63	5329.1	63	72.0	103	46.5	232	133.8	51	120.2	134	19.3	39	3.6	15	0.7	11
TFO LN Millionaire Gateau	1011.7	51	4222.7	50	60.9	87	27.2	136	102.4	39	75.1	83	13.2	26	3.9	16	1.0	17
TFO LN Butterscotch Sundae	668.3	33	2808.1	33	34.0	49	21.8	109	83.3	32	72.3	80	7.7	15	1.8	7	0.4	6
TFO LN Butterscotch Sundae Sharer	1336.7	67	5616.3	67	68.1	97	43.6	218	166.7	64	144.6	161	15.4	31	3.6	15	0.8	13
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	692.2	35	2904.8	35	29.5	42	6.2	31	99.9	38	80.9	90	7.8	16	3.5	15	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	%
TFO LN Lemon Drizzle and Blueberry Sundae	498.9	25	2087.8	25	24.3	35	15.4	77	61.4	24	49.4	55	8.3	17	0.6	3	0.5	8
TFO LN Lemon Drizzle and Blueberry Sundae Sharer	997.8	50	4175.5	50	48.7	70	30.7	154	122.7	47	98.9	110	16.6	33	1.3	5	0.9	15
TFO LN Sicilian Lemon Muffin Cheesecake	746.7	37	3104.9	37	58.6	84	32.2	161	51.8	20	34.8	39	7.6	15	0.7	3	0.5	9
TFO LN Summer Brulee Tart	484.8	24	2025.0	24	27.9	40	14.5	73	52.2	20	37.4	42	6.2	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	595.1	30	2487.8	30	35.9	51	19.3	97	62.0	24	44.0	49	6.6	13	1.2	5	0.6	9
TFO LN Extra Cheddar Cheese 56g	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
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	84.2	4	352.6	4	4.0	6	2.0	10	10.0	4	8.9	10	2.0	4	0.1	0	0.1	1
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	174.9	9	742.0	9	2.7	4	1.5	8	36.0	14	2.9	3	3.8	8	3.0	12	1.3	22
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	36.3	2	155.0	2	0.1	0	0.1	0	0.2	0	0.0	0	8.8	18	0.0	0	1.3	21
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	94.0	5	393.3	5	1.0	1	0.2	1	12.8	5	7.4	8	6.7	13	7.7	32	0.2	3
TFO LN Extra Yorkshire Pudding	204.0	10	848.1	10	15.9	23	2.5	12	10.7	4	1.6	2	5.1	10	0.5	2	0.3	4
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 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 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	304.4	15	1272.2	15	19.5	28	10.8	54	17.6	7	11.5	13	15.0	30	1.4	6	2.1	35
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 Upgrade Pound of Chips	734.1	37	3071.0	37	31.5	45	12.6	63	94.0	36	4.5	5	11.8	24	13.6	57	0.3	5
TFO LN Upgrade 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
TFO LN Upgrade 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 Upgrade Mega Curry	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	703.9	35	2934.3	35	44.2	63	26.5	132	43.1	17	1.7	2	35.9	72	4.2	18	3.6	61
TFO LN Jacket Cheese and Beans	783.8	39	3267.3	39	41.4	59	25.4	127	70.5	27	8.9	10	36.0	72	11.4	48	2.9	48
TFO LN Jacket Cheese and Coleslaw	693.4	35	2888.2	34	45.7	65	25.6	128	46.4	18	4.5	5	26.7	53	5.5	23	2.1	35
TFO LN Jacket Prawn Cocktail	478.5	24	2002.0	24	26.2	37	8.5	42	48.5	19	7.2	8	14.4	29	4.7	20	2.3	39
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	855.4	43	3581.4	43	47.7	68	18.0	90	77.9	30	11.6	13	32.3	65	5.4	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	1095.0	55	4567.4	54	61.3	88	21.6	108	69.7	27	8.8	10	60.7	121	12.9	54	2.4	40
TFO LN Rump Steak 10oz	1135.7	57	4741.0	56	61.3	88	21.2	106	69.7	27	8.8	10	70.8	142	12.9	54	2.4	41
TFO LN Gammon Steak 10oz	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
TFO LN Ribeye Steak 12oz	1236.6	62	5162.0	61	78.7	112	28.8	144	69.7	27	8.8	10	76.6	153	12.9	54	2.5	42
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	782.1	39	3272.0	39	35.9	51	10.0	50	81.6	31	12.5	14	32.7	65	5.2	22	4.1	68
TFO LN Carvery Sandwich Gammon and English Mustard	747.9	37	3131.4	37	34.1	49	8.3	42	81.5	31	10.5	12	29.0	58	5.0	21	6.6	110
TFO LN Carvery Sandwich Pork and Stuffing	716.4	36	3010.4	36	21.0	30	4.9	25	97.3	37	15.3	17	35.3	71	5.7	24	3.6	59
TFO LN Carvery Sandwich Turkey and Stuffing	731.6	37	3073.4	37	19.6	28	4.5	23	101.6	39	20.6	23	37.9	76	6.0	25	3.5	59
TFO LN Sunday Carvery Small	981.2	49	4104.9	49	47.6	68	13.8	69	99.1	38	22.1	25	40.1	80	15.8	66	5.4	90
TFO LN Sunday Carvery	1253.0	63	5244.3	62	58.6	84	18.7	94	127.5	49	27.3	30	54.5	109	20.5	85	7.8	129
TFO LN Sunday Carvery Large	1735.3	87	7260.4	86	84.6	121	25.3	126	169.9	65	34.2	38	75.5	151	26.2	109	9.8	163
TFO LN Kids Sunday Carvery	981.2	49	4104.9	49	47.6	68	13.8	69	99.1	38	22.1	25	40.1	80	15.8	66	5.4	90
TFO LN Kids Sunday Carvery Veg	1144.9	57	4787.7	57	56.4	81	18.9	95	130.5	50	29.8	33	28.9	58	17.5	73	5.2	87
TFO LN Sunday Carvery Veg Small	1144.9	57	4787.7	57	56.4	81	18.9	95	130.5	50	29.8	33	28.9	58	17.5	73	5.2	87
TFO LN Sunday Carvery Veg	1328.9	66	5560.7	66	62.2	89	21.9	110	158.8	61	34.9	39	33.1	66	22.2	92	7.1	118
TFO LN Sunday Carvery Veg Large	1723.4	86	7210.3	86	82.9	118	26.6	133	201.1	77	41.7	46	44.1	88	27.8	116	8.6	143
TFO LN Mega Mixed Grill	2697.5	135	11240.5	134	169.8	243	58.7	294	95.4	37	13.4	15	193.8	388	15.2	63	14.4	239
TFO LN Mega Rump and Scampi 10oz	1935.7	97	5711.2	68	82.9	118	26.5	132	95.3	37	14.3	16	81.2	162	15.3	64	3.8	64
TFO LN Mega Curry	1902.3	95	7985.0	95	80.6	115	22.3	112	209.9	81	43.3	48	79.7	159	23.6	98	6.3	105
TFO LN Mega Gammon Steak 16oz	1558.5	78	6498.7	77	94.3	135	30.4	152	72.4	28	20.9	23	101.8	204	11.3	47	14.0	234
TFO LN Mega Chilli Cheeseburger	2002.0	100	8362.7	100	102.5	146	40.3	202	143.2	55	30.2	34	125.1	250	13.7	57	7.9	132
TFO LN NGCI Cheesy Nachos	637.3	32	2655.9	32	40.1	57	17.2	86	47.9	18	6.8	8	19.3	39	3.3	14	3.3	55
TFO LN NGCI Cheesy Nachos Sharer	1267.4	63	5281.2	63	80.2	115	34.3	171	94.3	36	12.2	14	38.5	77	6.4	27	6.1	102
TFO LN NGCI Prawn Cocktail	341.0	17	1421.7	17	22.0	31	5.0	25	23.6	9	8.1	9	10.9	22	4.4	18	2.5	41
TFO LN NGCI Crispy Potato Skins Cheese and Bacon	440.2	22	1837.8	22	27.2	39	10.7	53	24.3	9	3.8	4	22.6	45	3.9	16	3.1	51
TFO LN NGCI Crispy Potato Skins Cheese and Beans	445.0	22	1857.8	22	24.0	34	9.5	47	38.0	15	7.4	8	17.8	36	7.5	31	1.8	30
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

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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	1043.1	52	4367.9	52	43.2	62	16.8	84	96.3	37	31.1	35	65.8	132	11.2	47	4.8	80
TFO LN NGCI Chicken Tikka Masala	952.7	48	4005.6	48	39.7	57	11.1	55	114.6	44	24.3	27	37.0	74	7.6	32	3.4	57
TFO LN NGCI Roasted Vegetable Jalfrezi	966.3	48	4046.4	48	43.7	62	8.0	40	127.2	49	29.8	33	17.0	34	10.3	43	4.2	71
TFO LN NGCI Cowboy Classic Burger	948.2	47	3957.2	47	52.1	74	21.8	109	55.2	21	8.2	9	62.8	126	9.8	41	4.2	70
TFO LN NGCI Bacon and Brie Burger	1079.9	54	4503.9	54	59.7	85	27.7	138	64.2	25	17.3	19	69.0	138	9.8	41	4.5	76
TFO LN NGCI Black and Blue Burger	996.3	50	4149.1	49	61.6	88	24.2	121	52.8	20	6.4	7	56.1	112	10.2	43	2.4	41
TFO LN NGCI Plain and Simple Burger Beef	797.8	40	3329.0	40	42.4	61	16.6	83	53.8	21	7.5	8	48.6	97	9.9	41	1.9	31
TFO LN NGCI Rump Steak 10oz	1011.0	51	4219.2	50	53.9	77	19.7	99	56.5	22	6.7	7	69.3	139	11.5	48	1.9	32
TFO LN NGCI Sirloin Steak 8oz	970.2	49	4045.7	48	53.9	77	20.1	101	56.5	22	6.7	7	59.3	119	11.5	48	1.9	31
TFO LN NGCI Ribeye Steak 12oz	1111.9	56	4640.3	55	71.4	102	27.3	137	56.5	22	6.7	7	75.2	150	11.5	48	2.0	34
TFO LN NGCI Gammon Steak 10oz	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
TFO LN NGCI Mega Mixed Grill	2572.7	129	10718.4	128	162.5	232	57.3	286	82.1	32	11.3	13	192.4	385	13.8	57	13.9	231
TFO LN NGCI Chocolate Fudge Cake	692.2	35	2904.8	35	29.5	42	6.2	31	99.9	38	80.9	90	7.8	16	3.5	15	0.4	6
TFO LN NGCI Praline Chocolate Tart	557.8	28	2330.3	28	32.6	47	16.4	82	54.8	21	27.9	31	8.1	16	2.1	9	0.2	3
TFO LN NGCI Chocolate Indulgence Sundae	634.9	32	2664.6	32	36.0	51	23.2	116	66.9	26	60.1	67	9.6	19	1.8	8	0.3	6
TFO LN NGCI Chocolate Indulgence Sundae Sharer	1269.7	63	5329.1	63	72.0	103	46.5	232	133.8	51	120.2	134	19.3	39	3.6	15	0.7	11
TFO LN NGCI Simply Delicious	277.6	14	1165.0	14	13.0	19	7.6	38	33.6	13	32.1	36	6.3	13	0.7	3	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	731.5	37	3071.9	37	25.3	36	2.3	12	114.4	44	30.3	34	12.7	25	10.8	45	3.2	54
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	640.1	32	2702.9	32	16.0	23	3.3	17	71.1	27	7.9	9	58.1	116	4.8	20	3.4	56
TFO LN NGCI Salad Garlic and Herb Cod Loin	735.0	37	3082.4	37	29.6	42	3.9	19	71.9	28	7.3	8	46.9	94	7.8	32	1.2	21
TFO LN NGCI Salad Garlic and Herb Salmon	927.4	46	3879.8	46	53.2	76	15.5	78	71.9	28	7.3	8	43.8	88	9.0	38	1.4	24
TFO LN NGCI Salad Halloumi and Red Pepper	708.1	35	2957.6	35	34.4	49	17.2	86	74.5	29	11.4	13	29.2	58	5.9	25	3.2	53
TFO LN NGCI Salad Lamb and Mint Kofta	862.0	43	3608.1	43	48.6	69	17.7	89	77.7	30	12.1	13	32.2	64	5.3	22	3.0	50
TFO LN NGCI Salad Rump Steak	936.2	47	3925.0	47	45.6	65	14.3	71	69.4	27	6.5	7	65.8	132	4.8	20	2.0	34
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	242.0	12	1008.7	12	14.5	21	6.4	32	18.4	7	2.1	2	8.7	17	1.4	6	1.1	18
TFO LN KID Super Sausages Pork	615.6	31	2569.9	31	28.4	41	10.2	51	68.1	26	8.1	9	19.6	39	9.8	41	2.0	33
TFO LN KID Super Sausages Veggie	495.2	25	2071.9	25	17.1	24	6.5	32	53.9	21	7.0	8	27.3	55	13.5	56	1.9	32



## Recipes with Nutritional Reference Intake

Per serving nutritional values and the percentage of an adult's 'reference intake' to which this per serving value relates

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
TFO LN KID Cheesy Pasta Surprise	610.2	31	2555.9	30	22.3	32	8.8	44	82.8	32	12.3	14	17.6	35	10.9	45	1.8	31
TFO LN KID Fish Fingers	593.4	30	2476.3	29	27.8	40	7.8	39	63.2	24	6.5	7	20.3	41	9.4	39	1.4	23
TFO LN KID Crispy Dippers	646.9	32	2693.9	32	35.8	51	10.4	52	60.1	23	6.0	7	19.0	38	9.0	37	1.4	23
TFO LN KID Secret Pasta Ships	589.6	29	2466.5	29	19.6	28	7.7	38	80.7	31	12.3	14	19.0	38	12.1	51	1.5	25
TFO LN KID Gammon Steak	573.8	29	2394.9	29	27.3	39	10.5	53	47.1	18	5.5	6	33.5	67	8.5	36	4.7	79
TFO LN KID Chicken Dinner	584.0	29	2445.6	29	20.7	30	7.1	36	66.1	25	8.2	9	31.6	63	9.3	39	2.2	37
TFO LN KID Surfs Up Fish	756.5	38	3177.3	38	37.8	54	9.9	50	85.1	33	6.6	7	26.3	53	10.7	45	2.2	37
TFO LN KID Grilled Fish	483.7	24	2020.8	24	17.2	25	5.3	26	47.6	18	6.1	7	32.2	64	8.9	37	1.4	23
TFO LN KID Tacos Chicken	778.7	39	3258.9	39	30.7	44	13.4	67	81.4	31	13.7	15	41.3	83	11.3	47	2.4	40
TFO LN KID Tacos Veggie	687.9	34	2876.8	34	26.2	37	12.4	62	88.5	34	19.7	22	22.2	44	14.5	60	2.0	34
TFO LN KID Tacos Vegan	571.7	29	2394.9	29	16.6	24	6.5	32	87.9	34	19.7	22	15.2	30	14.5	60	1.5	25
TFO LN KID Burger Bar Beef Burger	591.4	30	2479.0	30	19.9	28	8.0	40	73.7	28	9.0	10	27.9	56	10.7	44	1.6	27
TFO LN KID Burger Bar Chicken Burger	603.3	30	2532.5	30	17.9	26	5.9	29	74.1	29	9.8	11	34.5	69	10.7	44	1.5	26
TFO LN KID Burger Bar Veggie	552.8	28	2321.8	28	14.6	21	5.4	27	79.1	30	9.9	11	23.1	46	12.9	54	1.6	27
TFO LN KID Vegetable Lasagne	623.5	31	2611.6	31	19.0	27	5.6	28	93.0	36	13.8	15	19.6	39	13.6	57	2.5	41
TFO LN KID Jelly and Ice Cream	88.7	4	368.6	4	4.0	6	2.0	10	11.3	4	8.9	10	2.0	4	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	269.1	13	1132.7	13	8.2	12	4.2	21	43.6	17	33.0	37	4.8	10	1.0	4	0.2	3
TFO LN KID Ice Cream Sundae Vegan	249.5	12	1048.2	12	8.0	11	7.0	35	38.8	15	26.8	30	1.2	2	6.4	27	0.0	0
TFO LN KID Chocolate Brownie	353.0	18	1467.4	17	18.9	27	4.4	22	39.8	15	27.2	30	5.2	10	1.5	6	0.4	7
TFO LN KID Donut Dipper	310.5	16	1304.0	16	12.7	18	6.7	34	46.6	18	25.8	29	3.3	7	1.8	8	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	116.2	6	481.9	6	9.6	14	6.0	30	0.5	0	0.0	0	7.0	14	0.0	0	0.5	9
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	142.2	7	599.9	7	4.6	7	2.8	14	24.2	9	2.0	2	2.6	5	2.0	8	1.1	19
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	1224.7	61	5109.4	61	64.2	92	21.2	106	106.5	41	28.0	31	52.0	104	15.3	64	4.8	80
TFO SBLN Sunday Dinner Beef XL	2221.1	111	9272.0	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	1071.8	54	4489.4	53	37.4	53	11.8	59	126.5	49	36.1	40	55.3	111	16.1	67	4.3	72
TFO SBLN Sunday Dinner Turkey XL	2089.9	104	8743.7	104	104.2	149	34.5	173	200.1	77	40.8	45	85.2	170	24.0	100	8.8	147
TFO SBLN Sunday Dinner Lamb Shank	1592.1	80	6662.9	79	78.2	112	29.7	149	131.1	50	46.2	51	87.0	174	16.5	69	6.0	99
TFO SBLN Sunday Dinner Lamb Shank XL	2384.5	119	9977.6	119	128.9	184	49.9	249	194.0	75	49.4	55	106.8	214	23.9	99	10.1	169
TFO SBLN Sunday Dinner Pork Belly	1876.5	94	7825.6	93	104.9	150	39.6	198	163.4	63	62.2	69	66.5	133	17.5	73	5.9	99
TFO SBLN Sunday Dinner Pork Belly XL	2873.0	144	11988.6	143	171.5	245	62.3	311	237.0	91	67.0	74	91.5	183	25.4	106	10.4	173
TFO SBLN Sunday Dinner Half Roast Chicken	1537.0	77	6422.0	76	78.4	112	24.2	121	110.5	42	24.9	28	95.5	191	17.7	74	5.7	96
TFO SBLN Sunday Dinner Half Roast Chicken XL	2583.7	129	10793.4	128	147.0	210	46.5	233	192.8	74	33.4	37	119.2	238	25.4	106	11.9	198
TFO SBLN Sunday Dinner Vegetarian	1434.9	72	5994.0	71	75.0	107	23.0	115	153.9	59	33.3	37	33.5	67	18.9	79	6.9	115
TFO SBLN Sunday Dinner Vegetarian XL	2048.9	102	8556.6	102	106.8	153	32.2	161	223.5	86	38.1	42	45.2	90	26.5	110	8.4	140
TFO SBLN Mega Sunday Burger	2387.1	119	9971.5	119	134.0	191	46.6	233	196.4	76	34.0	38	97.2	194	24.7	103	11.7	194
TFO SBLN NGCI Sunday Dinner Half Roast Chicken	1269.1	63	5304.0	63	61.3	88	21.1	106	87.4	34	22.9	25	88.6	177	16.5	69	4.8	81
TFO SBLN NGCI Sunday Dinner Beef	1020.6	51	4261.3	51	48.3	69	18.8	94	95.8	37	26.4	29	46.9	94	14.8	62	4.5	76
TFO SBLN NGCI Sunday Dinner Turkey	803.9	40	3371.5	40	20.4	29	8.7	44	103.4	40	34.1	38	48.4	97	15.0	62	3.4	57
TFO SBLN NGCI Sunday Pork Belly	1572.3	79	6552.6	78	87.9	126	36.5	183	131.4	51	52.4	58	59.6	119	16.4	68	5.0	84
TFO SBLN Sunday Dinner Beef Child	736.0	37	3068.4	37	42.0	60	13.9	70	62.3	24	6.9	8	26.5	53	7.6	32	2.4	41
TFO SBLN Sunday Dinner Chicken Child	701.3	35	2929.4	35	35.5	51	10.6	53	63.3	24	7.9	9	31.5	63	7.6	32	2.8	46
TFO LN Baguette Roast Beef and Horseradish	874.0	44	3662.9	44	38.7	55	15.9	79	82.7	32	10.0	11	46.6	93	3.7	16	3.7	62
TFO LN Baguette Roast Turkey and Cranberry	657.3	33	2773.1	33	10.8	15	5.8	29	90.3	35	17.8	20	48.1	96	3.9	16	2.6	44

## 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 Salad Roast Beef	708.5	35	2974.6	35	32.2	46	10.6	53	70.7	27	7.0	8	37.8	76	4.9	21	0.9	15
TFO LN Salad Roast Turkey	541.3	27	2290.5	27	11.0	16	2.2	11	70.7	27	7.0	8	43.8	88	4.9	21	1.1	18