

## 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	%
ROT DN Cheesy Nachos	653.2	33	2724.2	32	38.8	55	14.7	73	57.0	22	7.2	8	16.8	34	3.9	16	3.4	57
ROT DN Cheesy Nachos Sharer	1341.1	67	5594.1	67	79.9	114	29.9	150	117.1	45	15.9	18	33.9	68	8.2	34	7.0	116
ROT DN Todays Soup	405.8	20	1701.5	20	19.0	27	8.5	42	48.7	19	11.3	13	9.2	18	4.1	17	2.5	42
ROT DN Todays Soup Vegan	301.6	15	1273.2	15	7.5	11	1.2	6	48.7	19	11.2	12	9.1	18	4.1	17	2.3	38
ROT DN NGCI Todays Soup	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.9	31
ROT DN King Prawn Cocktail	397.6	20	1664.5	20	22.2	32	5.3	27	32.9	13	6.9	8	16.9	34	3.3	14	4.3	72
ROT DN NGCI King Prawn Cocktail	337.1	17	1405.2	17	21.9	31	4.9	25	22.8	9	7.5	8	10.7	21	3.9	16	4.1	68
ROT DN Breaded Mushrooms	434.2	22	1831.7	22	21.6	31	4.2	21	49.1	19	15.8	18	8.8	18	4.3	18	2.5	42
ROT DN Baked Camembert Sharer	987.1	49	4115.9	49	62.7	90	38.2	191	47.1	18	14.3	16	58.0	116	4.3	18	5.3	89
ROT DN Garlic Ciabatta Starter	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
ROT DN Cheesy Garlic Ciabatta Starter	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
ROT DN Beer Battered Onion Rings Sharer	788.6	39	3298.9	39	41.4	59	7.8	39	91.6	35	33.6	37	8.6	17	5.7	24	4.8	81
ROT DN Rotisserie Chicken Wings Sharer x8	1281.9	64	5360.3	64	66.4	95	18.7	93	57.1	22	54.7	61	110.5	221	1.7	7	5.8	97
ROT DN NGCI Rotisserie Chicken Wings Sharer x8	1281.9	64	5360.3	64	66.4	95	18.7	93	57.1	22	54.7	61	110.5	221	1.7	7	5.8	97
ROT DN Rotisserie Chicken Wings Sharer x16	2563.8	128	10720.7	128	132.8	190	37.4	187	114.1	44	109.3	121	221.0	442	3.4	14	11.4	191
ROT DN NGCI Rotisserie Chicken Wings Sharer x16	2563.8	128	10721.0	128	132.8	190	37.4	187	114.1	44	109.3	121	221.0	442	3.4	14	11.4	191
ROT DN Ploughmans Lunch	836.7	42	3493.5	42	50.7	72	28.2	141	61.3	24	14.0	16	32.8	66	4.8	20	3.9	64
ROT DN Ploughmans Lunch Sharer	1562.8	78	6527.5	78	92.3	132	50.3	251	122.4	47	27.8	31	58.6	117	9.6	40	7.0	117
ROT DN Crispy Potato Skins Cheese and Bacon	556.2	28	2319.4	28	32.4	46	16.1	80	36.8	14	16.0	18	26.6	53	4.2	17	4.0	66
ROT DN NGCI Crispy Potato Skins Cheese and Bacon	556.2	28	2319.4	28	32.4	46	16.1	80	36.8	14	16.0	18	26.6	53	4.2	17	4.0	66
ROT DN Roasted Beetroot Tarte Tatin	387.1	19	1624.5	19	21.4	31	9.4	47	45.6	18	27.7	31	6.4	13	4.0	17	1.9	31
ROT DN VGN Roasted Beetroot Tarte Tatin	359.0	18	1506.8	18	19.1	27	7.7	39	45.3	17	27.7	31	4.9	10	4.0	17	1.7	29
ROT DN Bruschetta	382.9	19	1597.9	19	23.0	33	5.8	29	37.1	14	9.7	11	5.7	11	3.3	14	18.7	311
ROT DN Bruschetta Prosciutto	416.8	21	1739.4	21	25.0	36	6.6	33	37.2	14	9.7	11	9.8	20	-	-	19.5	325
ROT DN Craft Mixed Kefalonia Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
ROT DN NGCI Craft Mixed Kefalonia Olives	171.0	9	712.0	8	10.5	15	3.4	17	4.9	2	0.0	0	1.4	3	0.2	1	3.0	50
ROT DN Craft Halloumi Fries	586.3	29	2422.9	29	42.6	61	23.2	116	22.7	9	4.2	5	29.0	58	1.5	6	4.6	77
ROT DN Craft Crispy Buttermilk 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	1.4	23
ROT DN Craft Rotisserie Chicken Wings	640.9	32	2680.2	32	33.2	47	9.3	47	28.5	11	27.3	30	55.3	111	0.9	4	3.0	50
ROT DN NGCI Craft Rotisserie Chicken Wings	640.9	32	2680.2	32	33.2	47	9.3	47	28.5	11	27.3	30	55.3	111	0.9	4	3.0	50
ROT DN Craft Chip Shop Bites	340.9	17	1429.6	17	16.8	24	3.4	17	36.8	14	10.4	12	6.5	13	4.7	20	2.0	33
ROT DN NGCI Craft Chip Shop Bites	340.9	17	1429.6	17	16.8	24	3.4	17	36.8	14	10.4	12	6.5	13	4.7	20	2.0	33

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN Craft Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.7	28
ROT DN NGCI Craft Rotisserie Chicken Satay	351.8	18	1132.3	13	23.5	34	10.7	54	10.9	4	4.6	5	10.4	21	1.5	6	1.8	31
ROT DN Craft Buffalo Cauliflower Wings	163.3	8	686.6	8	5.1	7	1.1	5	26.5	10	12.3	14	3.1	6	2.1	9	1.3	22
ROT DN Craft Hunters Chicken Bites	613.6	31	2568.4	31	29.9	43	13.3	66	61.3	24	33.9	38	22.5	45	1.9	8	3.0	50
ROT DN Craft Red Shrimp Tails	677.9	34	644.7	8	8.4	12	2.6	13	32.6	13	12.0	13	11.9	24	1.4	6	1.7	29
ROT DN Craft Roasted Figs	145.0	7	612.6	7	7.4	11	2.4	12	17.0	7	16.7	19	3.7	7	3.4	14	0.3	6
ROT DN NGCI Craft Roasted Figs	145.0	7	612.6	7	7.4	11	2.4	12	17.0	7	16.7	19	3.7	7	3.4	14	0.3	6
ROT DN Craft Pork Crackling	350.9	18	1452.9	17	31.2	45	10.6	53	9.0	3	7.8	9	8.3	17	0.1	0	0.5	8
ROT DN LB Beer Battered Fish and Chips	739.5	37	3100.7	37	26.3	38	4.8	24	81.6	31	7.5	8	38.3	77	11.6	49	2.7	45
ROT DN LB Breaded Scampi	1207.8	60	2976.5	35	38.7	55	8.8	44	86.2	33	9.0	10	23.1	46	12.6	53	2.9	48
ROT DN Sandwich BBQ Chicken & Cheese Melt	896.3	45	3755.4	45	42.3	60	17.8	89	92.9	36	15.2	17	39.7	79	6.5	27	3.9	65
ROT DN NGCI Sandwich BBQ Chicken & Cheese Melt	806.3	40	3370.9	40	43.6	62	17.2	86	72.1	28	16.6	18	31.6	63	9.2	38	3.5	58
ROT DN Sandwich Cheese & Caramelised Onion Chutney	931.3	47	3907.1	47	46.2	66	23.4	117	88.9	34	12.3	14	39.2	78	6.6	28	3.6	60
ROT DN NGCI Sandwich Cheese and Caramelised Onion Chutney	841.3	42	3522.5	42	47.5	68	22.8	114	68.1	26	13.7	15	31.1	62	9.3	39	3.2	53
ROT DN Sandwich The Classic Club	908.0	45	3808.9	45	38.0	54	8.4	42	105.9	41	3.9	4	40.4	81	8.4	35	4.6	77
ROT DN NGCI Sandwich The Classic Club	796.5	40	3331.8	40	41.2	59	7.7	39	77.5	30	8.8	10	28.9	58	13.7	57	4.0	66
ROT DN Sandwich Posh Fish Finger	733.7	37	3083.0	37	21.3	30	4.0	20	95.9	37	5.3	6	37.2	74	7.3	30	2.7	46
ROT DN Sandwich Beet L T	565.7	28	2380.1	28	15.5	22	3.6	18	89.5	34	12.6	14	15.8	32	9.8	41	1.7	28
ROT DN NGCI Sandwich Beet L T	475.7	24	1995.6	24	16.8	24	3.0	15	68.6	26	14.0	16	7.7	15	12.5	52	1.2	21
ROT DN Jacket Cheese and Baked Beans	729.4	36	3040.9	36	41.2	59	22.3	111	60.8	23	7.7	9	32.0	64	9.3	39	5.9	98
ROT DN NGCI Jacket Cheese and Baked Beans	729.4	36	3040.9	36	41.2	59	22.3	111	60.8	23	7.7	9	32.0	64	9.3	39	5.9	98
ROT DN Jacket Wiltshire Ham & Cheddar	556.0	28	2324.2	28	27.7	40	12.3	61	46.9	18	5.6	6	31.4	63	5.7	24	8.6	143
ROT DN NGCI Jacket Wiltshire Ham & Cheddar	556.0	28	2324.2	28	27.7	40	12.3	61	46.9	18	5.6	6	31.4	63	5.7	24	8.6	143
ROT DN Jacket Baked Beans	380.8	19	1595.3	19	12.4	18	4.4	22	59.2	23	7.6	8	11.0	22	9.3	39	4.3	71
ROT DN NGCI Jacket Baked Beans	380.8	19	1595.3	19	12.4	18	4.4	22	59.2	23	7.6	8	11.0	22	9.3	39	4.3	71
ROT DN Jacket Baked Beans Vegan	319.4	16	1344.5	16	3.1	4	0.5	2	65.0	25	12.7	14	10.9	22	9.4	39	4.3	72
ROT DN NGCI Jacket Baked Beans Vegan	319.4	16	1344.5	16	3.1	4	0.5	2	65.0	25	12.7	14	10.9	22	9.4	39	4.3	72
ROT DN Wiltshire Ham and Eggs	931.8	47	3886.4	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.8	130
ROT DN NGCI Wiltshire Ham and Eggs	931.8	47	3886.4	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.8	130
ROT DN Beef & Pedigree Ale Lasagne	744.4	37	3111.2	37	38.2	55	16.6	83	62.2	24	16.7	19	36.2	72	5.5	23	6.4	107
ROT DN Beef & Pedigree Ale Lasagne <550	595.0	30	2483.0	30	32.8	47	15.0	75	38.1	15	16.2	18	36.0	72	4.1	17	6.7	112

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN Breaded Scampi	1848.7	92	3580.4	43	52.3	75	13.1	66	105.7	41	11.9	13	32.5	65	15.1	63	3.8	64
ROT DN Beer Battered Fish and Chips	912.2	46	3828.8	46	27.3	39	5.0	25	96.6	37	8.9	10	62.8	126	13.1	54	3.4	57
ROT DN Beef & Ale Pie	1281.6	64	5353.8	64	60.7	87	27.3	137	135.9	52	18.2	20	41.8	84	16.2	67	4.3	72
ROT DN Curry Rotisserie Chicken Tikka Masala	1162.1	58	4894.4	58	36.9	53	7.9	40	175.7	68	27.6	31	37.6	75	10.8	45	5.1	84
ROT DN NGCI Curry Rotisserie Chicken Tikka Masala	849.2	42	3578.8	43	29.0	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.9	81
ROT DN Tacos Rotisserie Chicken	964.0	48	4042.5	48	45.4	65	14.0	70	112.2	43	13.8	15	28.7	57	13.1	55	4.2	70
ROT DN VGN Tacos BBQ Cauliflower	989.6	49	4157.5	49	35.7	51	9.2	46	143.4	55	24.4	27	21.0	42	16.1	67	5.9	98
ROT DN Burrito	1141.7	57	4782.5	57	43.2	62	14.3	71	156.3	60	12.5	14	37.6	75	30.5	127	7.1	119
ROT DN Burrito Chicken	1250.7	63	5238.5	62	52.2	75	16.8	84	156.4	60	12.5	14	50.0	100	30.5	127	7.5	125
ROT DN Burrito Halloumi	1471.7	74	6138.5	73	69.6	99	30.5	152	157.9	61	14.1	16	59.0	118	30.5	127	9.6	161
ROT DN Burrito Vegan	1025.5	51	4300.6	51	33.6	48	8.3	42	155.8	60	12.4	14	30.6	61	30.5	127	6.6	110
ROT DN Peppered Vegetable Pie	1217.3	61	5080.3	60	61.8	88	30.8	154	136.2	52	23.6	26	24.4	49	19.7	82	4.9	82
ROT DN VGN Peppered Vegetable Pie	1345.3	67	5618.3	67	70.9	101	28.9	144	146.2	56	22.0	24	26.1	52	19.9	83	5.0	84
ROT DN Beef Casserole	795.2	40	3325.8	40	29.3	42	13.7	69	95.6	37	22.9	25	32.9	66	19.9	83	3.6	61
ROT DN Minted Lamb Shank	1065.0	53	4454.5	53	52.0	74	20.4	102	62.6	24	28.7	32	81.3	163	14.2	59	3.4	57
ROT DN Bolognese Pasta	819.4	41	3457.2	41	22.2	32	5.9	30	130.1	50	12.0	13	21.2	42	8.4	35	30.7	511
ROT DN NGCI Bolognese Pasta	593.8	30	2511.1	30	12.6	18	2.4	12	101.1	39	9.4	10	16.4	33	6.4	27	30.2	503
ROT DN Cod and Crispy Bacon Rarebit	704.1	35	2943.8	35	24.5	35	10.1	51	44.4	17	12.0	13	68.7	137	15.1	63	4.5	75
ROT DN NGCI Cod and Crispy Bacon Rarebit	745.0	37	3115.2	37	27.8	40	10.6	53	46.4	18	13.9	15	69.2	138	15.9	66	27.2	453
ROT DN Rotisserie Chicken Smoked Applewood Mash	703.5	35	2944.3	35	26.6	38	13.1	66	84.0	32	34.7	39	31.2	62	15.1	63	3.6	59
ROT DN NGCI Rotisserie Chicken Smoked Applewood Mash	647.5	32	2709.1	32	28.1	40	13.5	67	66.5	26	24.9	28	31.9	64	14.6	61	2.9	48
ROT DN Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	5.0	84
ROT DN NGCI Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	5.0	84
ROT DN Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.4	89
ROT DN NGCI Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.4	89
ROT DN VGN Cambodian Veg Curry	518.2	26	2167.1	26	16.9	24	5.2	26	68.6	26	23.5	26	14.6	29	11.5	48	4.5	75
ROT DN VGN NGCI Cambodian Veg Curry	480.2	24	2008.5	24	15.6	22	4.8	24	63.6	24	21.8	24	13.6	27	10.7	45	4.2	69
ROT DN Salad Avocado & Cherry Tomato	245.1	12	1013.6	12	22.2	32	5.2	26	6.9	3	5.0	6	2.7	5	5.4	23	17.8	297
ROT DN NGCI Salad Avocado & Cherry Tomato	245.1	12	1013.6	12	22.2	32	5.2	26	6.9	3	5.0	6	2.7	5	5.4	23	17.8	297
ROT DN Salad Grilled Salmon	410.0	20	1707.0	20	27.3	39	12.3	62	4.5	2	4.1	5	36.5	73	5.4	22	6.6	109
ROT DN NGCI Salad Grilled Salmon	410.0	20	1707.0	20	27.3	39	12.3	62	4.5	2	4.1	5	36.5	73	5.4	22	6.6	109

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN Salad Pulled Rotisserie Chicken	255.7	13	1069.0	13	20.1	29	5.4	27	4.1	2	3.5	4	25.5	51	1.7	7	6.8	113
ROT DN NGCI Salad Pulled Rotisserie Chicken	255.7	13	1069.0	13	20.1	29	5.4	27	4.1	2	3.5	4	25.5	51	1.7	7	6.8	113
ROT DN Salad Rump Steak	276.7	14	1151.6	14	18.2	26	5.8	29	3.9	2	3.5	4	24.3	49	1.6	7	6.7	112
ROT DN NGCI Salad Rump Steak	276.7	14	1151.6	14	18.2	26	5.8	29	3.9	2	3.5	4	24.3	49	1.6	7	6.7	112
ROT DN Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
ROT DN Wholegrain Mustard Potato Salad	264.9	13	1113.0	13	11.6	17	1.0	5	36.2	14	6.7	7	5.1	10	5.2	22	1.2	20
ROT DN Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
ROT DN Slaw	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
ROT DN Thai Sweet Chilli Slaw	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
ROT DN Roasted Vegetables	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
ROT DN Rotisserie Chicken Half	850.3	43	3531.1	42	58.3	83	16.2	81	0.4	0	0.0	0	80.3	161	0.3	1	2.4	40
ROT DN NGCI Rotisserie Chicken Half	821.6	41	3411.8	41	56.3	80	15.6	78	0.4	0	0.0	0	77.6	155	0.3	1	2.3	39
ROT DN Rotisserie Chicken Whole	1680.7	84	6979.8	83	115.1	164	32.0	160	0.8	0	0.0	0	158.8	318	0.5	2	4.6	77
ROT DN NGCI Rotisserie Chicken Whole	1642.8	82	6822.2	81	112.6	161	31.3	156	0.8	0	0.0	0	155.2	310	0.5	2	4.5	75
ROT DN Thai Chilli Sauce (Batch)	217.3	11	909.4	11	0.0	0	0.0	0	53.8	21	44.8	50	0.2	0	0.9	4	2.5	42
ROT DN Piri Piri Sauce (Batch)	1362.5	68	5600.0	67	125.0	179	8.6	43	26.3	10	21.3	24	7.5	15	27.5	115	45.0	750
ROT DN Hunter's (Batch)	489.9	24	2052.3	24	22.8	33	13.2	66	43.6	17	41.0	46	25.3	51	1.1	5	5.3	89
ROT DN Tomato & Rosemary Sauce (Batch)	33.0	2	140.0	2	0.7	1	0.0	0	6.1	2	4.1	5	1.4	3	1.3	5	0.9	14
ROT DN Garlic Mushroom Sauce (Batch)	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
ROT DN Thai Sweet Chilli Slaw	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
ROT DN Chicken Gravy x 2 (Batch)	36.8	2	156.0	2	1.6	2	0.4	2	4.3	2	0.9	1	1.6	3	0.0	0	0.7	12
ROT DN Slaw	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
ROT DN Side Salad (Batch)	28.7	1	119.0	1	2.2	3	0.4	2	1.7	1	1.5	2	0.5	1	0.8	3	3.3	54
ROT DN Roasted Vegetables	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
ROT DN Vegetables Peas & Carrots & Broccoli (Batch)	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
ROT DN 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
ROT DN Chips 227g	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	1.0	16
ROT DN Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
ROT DN Mashed Potato 227g	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
ROT DN Jacket Potato	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
ROT DN Cous Cous Sunshine (Batch)	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
ROT DN Steak Sirloin 8oz	924.4	46	3854.3	46	56.5	81	17.8	89	46.3	18	2.8	3	55.3	111	6.6	27	2.3	39

## 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	%
ROT DN NGCI Steak Sirloin 8oz	924.4	46	3854.3	46	56.5	81	17.8	89	46.3	18	2.8	3	55.3	111	6.6	27	2.3	39
ROT DN Steak Sirloin 8oz Under 600	582.4	29	2422.1	29	40.5	58	14.2	71	3.9	2	3.6	4	50.6	101	2.5	11	4.8	80
ROT DN NGCI Steak Sirloin 8oz Under 600	582.4	29	2422.1	29	40.5	58	14.2	71	3.9	2	3.6	4	50.6	101	2.5	11	4.8	80
ROT DN Steak Rump 8oz	867.7	43	3621.3	43	50.9	73	15.0	75	46.3	18	2.8	3	53.8	108	6.6	27	2.3	38
ROT DN NGCI Steak Rump 8oz	867.7	43	3621.3	43	50.9	73	15.0	75	46.3	18	2.8	3	53.8	108	6.6	27	2.3	38
ROT DN Steak Rump 8oz Under 550	525.7	26	2189.1	26	34.9	50	11.4	57	3.9	2	3.6	4	49.1	98	2.5	11	4.8	79
ROT DN NGCI Steak Rump 8oz Under 550	525.7	26	2189.1	26	34.9	50	11.4	57	3.9	2	3.6	4	49.1	98	2.5	11	4.8	79
ROT DN Steak British Ribeye 10oz	1482.8	74	6172.8	73	97.9	140	29.8	149	65.1	25	7.1	8	81.0	162	10.0	42	2.6	43
ROT DN NGCI Steak British Ribeye 10oz	1188.4	59	4949.6	59	76.5	109	27.1	135	46.3	18	2.8	3	76.1	152	6.6	27	2.3	38
ROT DN Mixed Grill	1705.2	85	7113.5	85	101.7	145	33.7	169	59.0	23	5.7	6	135.1	270	8.1	34	7.1	118
ROT DN NGCI Mixed Grill	1705.2	85	7113.5	85	101.7	145	33.7	169	59.0	23	5.7	6	135.1	270	8.1	34	7.1	118
ROT DN Sticky BBQ Baby Back Ribs 8oz Half Rack	1149.7	57	4814.3	57	58.5	84	18.2	91	114.3	44	51.0	57	39.6	79	9.3	39	3.9	65
ROT DN Sticky BBQ Baby Back Ribs 16oz Whole Rack	1838.8	92	7705.4	92	91.3	130	31.9	160	179.5	69	99.3	110	73.1	146	12.3	51	6.5	109
ROT DN Chicken & Steak	1689.2	84	7032.7	84	107.2	153	30.6	153	46.7	18	2.8	3	131.4	263	6.8	28	4.5	74
ROT DN NGCI Chicken & Steak	1689.2	84	7032.7	84	107.2	153	30.6	153	46.7	18	2.8	3	131.4	263	6.8	28	4.5	74
ROT DN Steak Gammon 10oz	1117.9	56	4685.5	56	48.1	69	12.2	61	62.8	24	14.4	16	103.8	208	10.7	45	8.7	145
ROT DN NGCI Steak Gammon 10oz	1117.9	56	4685.5	56	48.1	69	12.2	61	62.8	24	14.4	16	103.8	208	10.7	45	8.7	145
ROT DN Steak Gammon 10oz (Lunch Time)	961.8	48	4039.2	48	33.8	48	9.7	49	62.8	24	14.2	16	96.7	193	10.7	45	8.5	141
ROT DN NGCI Steak Gammon 10oz (Lunch Time)	961.8	48	4039.2	48	33.8	48	9.7	49	62.8	24	14.2	16	96.7	193	10.7	45	8.5	141
ROT DN Burger Bacon & Cheddar Cheese	1173.7	59	4915.9	59	54.1	77	16.2	81	101.7	39	8.9	10	66.5	133	9.4	39	6.2	104
ROT DN Burger Bacon & Cheddar Cheese XL	1403.1	70	5883.2	70	60.7	87	18.8	94	109.1	42	9.0	10	101.5	203	9.5	40	7.7	128
ROT DN Burger Buttermilk Chicken	1390.8	70	5812.3	69	75.8	108	23.4	117	116.7	45	10.6	12	56.9	114	9.2	38	6.7	112
ROT DN Burger Buttermilk Chicken XL	1800.6	90	7520.1	90	102.4	146	32.9	164	134.8	52	11.6	13	80.7	161	9.2	38	8.0	133
ROT DN Burger Classic Chicken	1167.7	58	4881.4	58	61.2	87	15.8	79	111.9	43	9.7	11	38.6	77	9.2	38	3.7	62
ROT DN Burger Classic Chicken XL	1577.5	79	6589.2	78	87.8	125	25.2	126	130.0	50	10.6	12	62.5	125	9.2	38	5.0	83
ROT DN Burger Classic Beef	987.3	49	4141.0	49	41.1	59	9.0	45	101.1	39	8.8	10	49.8	100	9.4	39	4.0	66
ROT DN Burger Classic Beef XL	1216.8	61	5108.3	61	47.7	68	11.5	58	108.5	42	8.9	10	84.8	170	9.5	40	5.4	90
ROT DN Burger Lamb & Mint	1120.6	56	4693.4	56	65.4	93	14.7	74	107.8	41	12.5	14	40.9	82	9.3	39	4.9	82
ROT DN Burger Lamb & Mint XL	1416.0	71	5930.3	71	91.2	130	22.6	113	117.3	45	12.5	14	66.8	134	9.3	39	6.8	113
ROT DN Burger Two Way Chicken	1368.9	68	5716.7	68	78.0	111	23.2	116	113.0	43	10.2	11	51.9	104	9.8	41	5.5	91
ROT DN Burger Two Way Chicken XL	1778.7	89	7424.5	88	104.7	150	32.6	163	131.2	50	11.2	12	75.8	152	9.8	41	6.7	111
ROT DN Burger Classic Plant Based	1006.4	50	4214.4	50	47.9	68	7.4	37	104.8	40	10.7	12	34.3	69	11.9	50	3.7	61

## 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	%
ROT DN Burger Classic Plant Based XL	1255.0	63	5255.1	63	61.4	88	8.4	42	115.9	45	12.6	14	53.8	108	14.6	61	4.8	80
ROT DN Burger Classic Plant Based VGN	997.2	50	4177.8	50	44.3	63	7.1	36	110.7	43	15.8	18	34.3	69	12.0	50	3.8	64
ROT DN Burger Classic Plant Based VGN XL	1245.8	62	5218.5	62	57.8	83	8.2	41	121.7	47	17.7	20	53.8	108	14.7	61	5.0	83
ROT DN Burger Bologna	1092.1	55	4577.8	54	47.8	68	7.9	39	121.0	47	19.0	21	38.9	78	14.1	59	4.6	77
ROT DN Burger Bologna XL	1340.7	67	5618.5	67	61.3	88	8.9	45	132.1	51	20.9	23	58.4	117	16.8	70	5.7	96
ROT DN Burger Chicken Fajita	1040.2	52	4344.1	52	60.3	86	10.9	55	98.4	38	12.2	14	27.9	56	10.8	45	3.4	56
ROT DN Burger Chicken Fajita XL	1149.2	57	4800.1	57	69.3	99	13.4	67	98.5	38	12.2	14	40.3	81	10.8	45	3.7	62
ROT DN Burger Halloumi & Red Pepper	1051.1	53	4381.4	52	56.0	80	19.5	97	101.0	39	15.2	17	32.5	65	10.8	45	4.7	78
ROT DN Burger Halloumi & Red Pepper XL	1315.1	66	5466.2	65	77.1	110	32.4	162	102.3	39	16.5	18	49.7	99	10.8	45	6.7	112
ROT DN Burger Classic Rotisserie Chicken	866.8	43	3629.7	43	43.4	62	8.9	44	93.8	36	8.7	10	27.1	54	9.2	38	2.9	48
ROT DN Burger Classic Rotisserie Chicken XL	866.8	43	3629.7	43	43.4	62	8.9	44	93.8	36	8.7	10	27.1	54	9.2	38	2.9	48
ROT DN Sunday Beef	1132.9	57	4728.1	56	63.1	90	14.8	74	86.2	33	26.8	30	52.4	105	16.3	68	4.4	73
ROT DN NGCI Sunday Beef	928.9	46	3880.0	46	47.2	67	12.4	62	75.5	29	25.2	28	47.2	94	15.8	66	4.1	69
ROT DN Sunday Beef Kids	704.6	35	2937.9	35	42.7	61	8.9	44	50.6	19	15.9	18	28.9	58	8.8	37	2.6	44
ROT DN NGCI Sunday Beef Kids	500.6	25	2089.8	25	26.8	38	6.4	32	39.8	15	14.3	16	23.8	48	8.3	35	2.4	39
ROT DN Sunday Beef Large	1523.7	76	6352.4	76	92.0	131	22.4	112	96.9	37	28.4	32	74.8	150	16.8	70	4.8	80
ROT DN Sunday Pork	1238.6	62	5174.7	62	67.3	96	17.4	87	103.8	40	31.7	35	51.6	103	16.2	67	4.7	79
ROT DN NGCI Sunday Pork	968.1	48	4046.0	48	50.2	72	14.3	72	80.2	31	29.7	33	44.7	89	15.0	62	3.8	64
ROT DN Sunday Pork Kids	739.5	37	3088.9	37	41.6	59	9.9	50	61.7	24	20.6	23	28.4	57	8.4	35	2.6	43
ROT DN NGCI Sunday Pork Kids	502.3	25	2100.6	25	25.1	36	7.2	36	44.6	17	18.8	21	22.3	45	7.5	31	2.0	33
ROT DN Sunday Pork Large	1733.2	87	7234.8	86	102.2	146	26.8	134	127.4	49	33.7	37	74.7	149	17.4	72	5.8	97
ROT DN Sunday Chicken	1611.1	81	6721.0	80	88.0	126	20.6	103	104.0	40	32.6	36	97.1	194	16.5	69	6.6	110
ROT DN NGCI Sunday Chicken	1340.7	67	5592.2	67	71.0	101	17.5	87	80.4	31	30.6	34	90.1	180	15.3	64	5.7	95
ROT DN Sunday Chicken Kids	925.5	46	3860.7	46	52.0	74	11.5	58	61.8	24	21.4	24	51.1	102	8.6	36	3.5	59
ROT DN NGCI Sunday Chicken Kids	688.3	34	2872.3	34	35.5	51	8.7	44	44.6	17	19.6	22	45.1	90	7.7	32	2.9	49
ROT DN Sunday Chicken Large	2292.3	115	9555.4	114	133.3	190	31.5	157	127.8	49	34.6	38	142.8	286	17.9	74	8.6	144
ROT DN Sunday Mixed Roast	1851.6	93	7717.7	92	113.0	161	27.0	135	110.0	42	28.8	32	97.0	194	17.6	73	6.5	108
ROT DN NGCI Sunday Mixed Roast	1377.2	69	5741.1	68	80.0	114	21.4	107	75.6	29	25.3	28	84.9	170	15.9	66	5.3	88
ROT DN Sunday Veggie Roast	1519.0	76	6344.7	76	81.9	117	28.9	144	162.9	63	34.5	38	29.6	59	21.8	91	6.6	110
ROT DN VGN Sunday Veggie Roast	1306.9	65	5463.1	65	65.6	94	26.4	132	151.2	58	32.9	37	24.4	49	21.1	88	6.3	105
ROT DN Sunday Veggie Roast Kids	605.7	30	2533.3	30	28.6	41	5.3	26	53.8	21	14.0	16	29.3	59	13.0	54	3.3	56
ROT DN VGN Sunday Veggie Roast Kids	397.7	20	1668.5	20	12.5	18	2.8	14	42.6	16	12.4	14	24.1	48	12.4	52	3.1	51
ROT DN Sunday Lamb Shank	1486.6	74	6226.6	74	74.3	106	23.4	117	112.3	43	47.2	52	87.4	175	16.9	70	6.4	106

## 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	%
ROT DN Sweet Potato Fries 227g	460.1	23	1894.1	23	25.3	36	5.1	25	49.9	19	16.1	18	3.4	7	6.8	28	0.9	15
ROT DN Beer Battered Onion Rings x6	265.5	13	1107.4	13	16.5	24	3.1	16	25.3	10	2.5	3	3.0	6	2.0	8	1.2	20
ROT DN Beer Battered Onion Rings Sharer Side	788.6	39	3298.9	39	41.4	59	7.8	39	91.6	35	33.6	37	8.6	17	5.7	24	4.7	78
ROT DN House Salad	57.5	3	237.9	3	4.4	6	0.8	4	3.3	1	3.0	3	1.1	2	1.5	6	6.5	109
ROT DN Cauliflower Cheese	354.7	18	1475.0	18	24.8	35	15.4	77	14.7	6	1.7	2	18.1	36	1.5	6	2.2	36
ROT DN Slaw	179.8	9	744.0	9	14.7	21	1.1	6	9.9	4	4.1	5	1.8	4	3.3	14	0.7	12
ROT DN Thai Sweet Chilli Slaw	142.9	7	597.5	7	0.3	0	0.0	0	33.3	13	24.5	27	1.7	3	3.6	15	1.5	24
ROT DN Pigs in Blankets x6	765.0	38	3200.8	38	69.4	99	26.9	135	8.2	3	0.0	0	26.7	53	0.4	2	5.8	97
ROT DN Pigs in Blankets x3	382.5	19	1600.4	19	34.7	50	13.5	67	4.1	2	0.0	0	13.4	27	0.2	1	2.9	48
ROT DN Crispy Onion Cluster	294.4	15	1223.1	15	21.4	31	2.8	14	18.8	7	4.3	5	4.9	10	3.5	14	0.3	5
ROT DN Chicken Gravy	73.5	4	312.0	4	3.2	5	0.8	4	8.6	3	1.8	2	3.2	6	0.0	0	1.4	24
ROT DN Gravy	45.0	2	188.7	2	0.0	0	0.0	0	10.7	4	0.2	0	0.6	1	0.0	0	1.3	22
ROT DN Roasted Vegetables	69.9	3	295.3	4	1.4	2	0.2	1	13.2	5	9.0	10	2.1	4	4.5	19	0.1	2
ROT DN Side 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	0.7	12
ROT DN 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
ROT DN Cheesy Garlic Ciabatta	458.0	23	1909.8	23	28.8	41	15.4	77	30.1	12	2.6	3	18.8	38	1.9	8	1.6	26
ROT DN Garlic Ciabatta	225.6	11	946.1	11	9.6	14	3.5	18	29.1	11	2.6	3	4.8	10	1.9	8	0.5	9
ROT DN 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
ROT DN 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
ROT DN 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
ROT DN Chips 227g	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	1.0	16
ROT DN Loaded Chips Cheese & Bacon	673.3	34	2808.0	33	40.9	58	17.2	86	45.1	17	0.7	1	28.9	58	4.8	20	3.6	60
ROT DN Bread & Butter Brown	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
ROT DN Bread & Butter White	364.9	18	1529.6	18	14.0	20	8.1	41	50.5	19	1.1	1	9.7	19	3.1	13	1.3	21
ROT DN NGCI Bread & Butter	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
ROT DN 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
ROT DN Rotisserie Chicken Wings x2	258.0	13	1074.9	13	16.5	24	4.7	23	0.1	0	0.0	0	27.1	54	0.1	0	0.6	9
ROT DN Extra Sunday Beef	186.7	9	776.0	9	13.1	19	5.0	25	0.0	0	0.0	0	17.2	34	0.0	0	0.1	2
ROT DN Extra Sunday Chicken	410.8	21	1705.8	20	28.1	40	7.8	39	0.2	0	0.0	0	38.8	78	0.1	1	1.1	18
ROT DN Extra Sunday Pork	224.2	11	931.2	11	17.8	25	6.2	31	0.0	0	0.0	0	16.1	32	0.0	0	0.2	3
ROT DN 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
ROT DN Stuffing	199.2	10	841.8	10	3.6	5	1.9	9	38.6	15	1.2	1	5.4	11	2.1	9	2.0	33
ROT DN Wholegrain Mustard Potato Salad	264.9	13	1113.0	13	11.6	17	1.0	5	36.2	14	6.7	7	5.1	10	5.2	22	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	%
ROT DN Halloumi Fries	586.3	29	2422.9	29	42.6	61	23.2	116	22.7	9	4.2	5	29.0	58	1.5	6	4.5	74
ROT DN Loaded Chips Pizza	636.2	32	2655.0	32	38.1	54	15.9	80	51.2	20	4.8	5	20.6	41	6.1	25	2.7	45
ROT DN Extra Smoky Cheese Sauce	155.3	8	648.8	8	11.3	16	7.3	36	4.6	2	0.0	0	8.3	17	0.2	1	0.9	15
ROT DN Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
ROT DN 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
ROT DN Cheese Brie	85.4	4	354.2	4	7.0	10	4.9	25	0.3	0	0.3	0	5.3	11	0.0	0	0.4	7
ROT DN Cream	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
ROT DN Buttermilk Chicken Goujons x2	273.2	14	1138.5	14	17.8	25	6.3	31	12.1	5	0.6	1	15.9	32	0.0	0	0.8	14
ROT DN Buttermilk Chicken Goujons x3	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
ROT DN Ice Cream Scoop Chocolate	100.4	5	421.8	5	4.7	7	2.9	14	12.2	5	11.9	13	2.3	5	0.5	2	0.1	2
ROT DN Ice Cream Scoop Strawberry	93.0	5	390.6	5	4.4	6	2.7	14	11.4	4	11.3	13	2.0	4	0.2	1	0.1	2
ROT DN 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
ROT DN 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
ROT DN Extra Beef Burgers	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
ROT DN 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
ROT DN 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
ROT DN Flake	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
ROT DN Naan Bread	380.9	19	1604.2	19	8.2	12	0.7	3	63.8	25	3.3	4	10.1	20	5.1	21	1.0	17
ROT DN Cheese Monterey Jack	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
ROT DN Cheese Stilton	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
ROT DN Garlic Mushroom Sauce	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
ROT DN Piri Piri Sauce 112g	122.1	6	501.8	6	11.2	16	0.8	4	2.4	1	1.9	2	0.7	1	2.5	10	4.0	67
ROT DN Diane Sauce	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
ROT DN Red Hot Chilli Pepper Sauce 112g	156.8	8	667.5	8	0.0	0	0.0	0	34.7	13	31.4	35	1.7	3	0.0	0	1.9	32
ROT DN Satay Sauce	203.0	10	845.0	10	17.0	24	8.7	44	8.2	3	4.2	5	4.0	8	1.3	5	1.4	23
ROT DN Sweet Chilli Sauce 112g	217.3	11	909.4	11	0.0	0	0.0	0	53.8	21	44.8	50	0.2	0	0.9	4	2.5	42
ROT DN Buffalo Sauce 112g	193.8	10	815.4	10	7.2	10	0.6	3	30.8	12	28.8	32	0.4	1	1.2	5	1.1	18
ROT DN BBQ Sauce 112g	249.8	12	1060.6	13	0.2	0	0.0	0	56.7	22	54.7	61	2.1	4	1.5	6	3.4	56
ROT DN Cheese Halloumi 50g	165.0	8	678.0	8	13.2	19	8.1	41	0.8	0	0.8	1	10.7	21	0.0	0	1.3	21
ROT DN Cheddar Cheese	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
ROT DN 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
ROT DN Grilled Mushroom	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
ROT DN 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

## 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	%
ROT DN Jacket Potato	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
ROT DN Baked Beans	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
ROT DN Fried Egg x1	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
ROT DN Fried Eggs x2	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
ROT DN Extra Scampi x5	456.2	23	424.8	5	9.6	14	3.1	15	13.7	5	1.8	2	6.6	13	1.6	7	0.7	11
ROT DN Avocado	200.3	10	825.6	10	19.9	28	4.8	24	1.9	1	0.5	1	1.6	3	3.4	14	0.0	0
ROT DN Cherry Tomatoes	7.1	0	31.0	0	0.1	0	0.0	0	1.0	0	1.0	1	0.3	1	0.4	2	11.8	196
ROT DN Mashed Potato 227g	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
ROT DN Hash Browns x3	353.6	18	1473.3	18	20.8	30	8.8	44	35.4	14	1.1	1	3.8	8	4.7	20	0.9	15
ROT DN Ice Cream Scoop Vegan	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
ROT DN Vegetable Mash 200g	182.0	9	760.0	9	7.0	10	1.0	5	24.0	9	1.8	2	3.4	7	4.0	17	0.8	14
ROT DN Tomato & Rosemary Sauce	33.0	2	140.0	2	0.7	1	0.0	0	6.1	2	4.1	5	1.4	3	1.3	5	0.9	14
ROT DN Bolognese	95.0	5	400.0	5	3.5	5	0.8	4	10.4	4	3.3	4	4.6	9	2.1	9	0.8	13
ROT DN Rotisserie Chicken Breast	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
ROT DN Smoked Cheese	19.0	1	80.2	1	1.3	2	0.8	4	1.5	1	0.7	1	0.3	1	0.1	1	0.1	2
ROT DN Cheese Feta	140.5	7	588.5	7	11.7	17	8.3	42	1.6	1	0.2	0	7.4	15	0.0	0	0.8	14
ROT DN Cheese 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
ROT DN Onion Bhajis - Side Order	158.4	8	662.4	8	6.8	10	1.8	9	17.0	7	4.3	5	5.0	10	4.3	18	0.5	8
ROT DN Vegetable Samosas - Side Order	166.5	8	697.5	8	7.2	10	2.6	13	21.4	8	3.6	4	2.9	6	2.2	9	1.0	16
ROT DN Sweet Potato Fries Upgrade 140g	276.7	14	1139.2	14	15.4	22	3.1	16	29.6	11	9.6	11	2.0	4	4.0	17	0.5	9
ROT DN Sweet Potato Fries Upgrade 227g	460.1	23	1894.1	23	25.3	36	5.1	25	49.9	19	16.1	18	3.4	7	6.8	28	0.9	15
ROT DN Loaded Chips Cheese & Bacon Upgrade	302.6	15	1256.8	15	22.6	32	13.2	66	1.1	0	0.1	0	23.7	47	0.0	0	2.8	47
ROT DN Loaded Chips Pizza Upgrade	265.4	13	1103.8	13	19.9	28	11.9	60	7.2	3	4.2	5	15.4	31	1.3	5	1.9	32
ROT DN Sundae Chocolate Brownie	802.2	40	3353.3	40	40.0	57	16.6	83	96.8	37	75.4	84	11.9	24	3.5	14	0.7	12
ROT DN Sticky Toffee Pudding	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN NGCI Sticky Toffee Pudding	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN 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
ROT DN 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
ROT DN Melt in the Middle Chocolate Pudding	935.8	47	3892.9	46	65.5	94	22.6	113	77.7	30	52.1	58	8.6	17	1.1	4	0.9	15
ROT DN Sundae Keep it Simple	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
ROT DN NGCI Sundae Keep it Simple	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
ROT DN Sundae Keep it Simple 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
ROT DN NGCI Sundae Keep it Simple 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

## 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	%
ROT DN Jam Roly Poly	496.1	25	2085.7	25	22.3	32	15.4	77	68.5	26	39.8	44	6.5	13	1.5	6	0.5	9
ROT DN Sundae Berry Citrus NEW	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN NGCI Sundae Berry Citrus	423.6	21	1775.4	21	23.1	33	13.9	69	46.9	18	43.3	48	5.6	11	2.5	10	0.3	5
ROT DN VGN Sundae Berry Citrus	318.4	16	1332.2	16	13.0	19	10.8	54	41.5	16	30.9	34	1.6	3	10.7	45	0.0	0
ROT DN NGCI Sundae Berry Citrus Vegan	318.4	16	1332.2	16	13.0	19	10.8	54	41.5	16	30.9	34	1.6	3	10.7	45	0.0	0
ROT DN Baked Lotus Biscoff Cheesecake	746.2	37	3112.4	37	46.6	67	22.7	114	69.4	27	45.4	50	12.1	24	0.8	3	1.0	16
ROT DN Cookie Cup	690.2	35	2901.4	35	30.8	44	14.3	72	94.7	36	65.6	73	8.2	16	3.3	14	0.5	8
ROT DN Pear Whisky Caramel Pudding	729.6	36	3075.8	37	26.2	37	7.0	35	110.5	42	73.5	82	9.4	19	1.7	7	1.2	20
ROT DN Very Berry Acai Crumble	481.8	24	2023.8	24	17.0	24	5.6	28	72.4	28	40.8	45	7.4	15	4.8	20	0.1	2
ROT DN VGN Very Berry Acai Crumble	477.1	24	1998.1	24	19.2	27	7.9	40	66.8	26	36.4	40	4.9	10	7.7	32	0.0	0
ROT DN Brunch Smashed Avocado on Toast	425.7	21	1774.6	21	26.8	38	6.7	34	29.6	11	3.6	4	15.2	30	7.0	29	1.3	21
ROT DN Brunch Smashed Avocado on Toast Bacon	561.0	28	2338.8	28	33.6	48	9.3	46	28.7	11	2.7	3	34.3	69	6.6	28	4.7	79
ROT DN Brunch Smashed Avocado on Toast Vegan	347.3	17	1446.4	17	21.7	31	5.3	26	28.7	11	2.5	3	7.9	16	6.6	28	0.9	16
ROT DN Brunch Pancake Stack	665.2	33	2782.6	33	11.2	16	4.7	24	130.8	50	65.8	73	8.7	17	2.2	9	1.0	16
ROT DN Brunch Pancake Stack Kids	334.6	17	1399.8	17	5.6	8	2.4	12	65.9	25	33.4	37	4.4	9	1.1	5	0.5	8
ROT DN Brunch	822.4	41	3431.9	41	44.8	64	10.7	54	70.4	27	7.7	9	32.4	65	9.8	41	4.1	68
ROT DN Brunch Veggie	772.0	39	3225.4	38	38.4	55	8.5	43	67.1	26	7.9	9	35.5	71	14.2	59	2.9	49
ROT DN Brunch Breakfast Big	1610.1	81	6709.7	80	95.9	137	28.6	143	118.7	46	12.1	13	66.3	133	14.3	60	8.6	143
ROT DN Brunch Breakfast Big Veggie	1337.5	67	5577.1	66	75.8	108	21.4	107	99.7	38	10.4	12	58.2	116	21.5	89	4.7	78
ROT DN Brunch Breakfast Big Vegan	1123.3	56	4696.7	56	50.5	72	17.5	87	105.6	41	12.7	14	54.6	109	25.7	107	4.9	82
ROT DN Brunch Breakfast Classic	794.9	40	3312.9	39	45.5	65	14.6	73	59.1	23	9.3	10	37.1	74	9.0	38	4.8	80
ROT DN Brunch Breakfast Classic Veggie	644.8	32	2689.3	32	34.3	49	10.5	53	46.9	18	8.1	9	33.9	68	13.4	56	2.8	46
ROT DN Brunch Breakfast Classic Vegan	568.7	28	2378.5	28	22.8	33	9.0	45	50.7	19	8.6	10	35.7	71	15.9	66	3.2	53
ROT DN Brunch Breakfast Kids	540.5	27	2249.7	27	33.2	47	9.6	48	32.9	13	4.6	5	26.8	54	4.9	20	3.5	58
ROT DN Brunch Breakfast Kids Veggie	490.2	25	2043.2	24	26.8	38	7.4	37	29.6	11	4.8	5	29.9	60	9.3	39	2.3	38
ROT DN Brunch Breakfast Kids Vegan	452.0	23	1887.9	22	19.5	28	7.9	39	41.4	16	5.0	6	24.1	48	10.8	45	2.4	40
ROT DN Brunch Breakfast Buttie Bacon	471.2	24	1980.5	24	12.9	18	4.7	24	50.4	19	1.0	1	38.7	77	3.1	13	6.4	107
ROT DN Brunch Breakfast Buttie Black Pudding	460.2	23	1935.5	23	12.2	17	4.7	23	68.0	26	3.9	4	22.3	45	3.1	13	3.0	50
ROT DN Brunch Breakfast Buttie Fried Eggs	572.9	29	2394.1	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.1	13	1.6	27
ROT DN Brunch Breakfast Buttie Sausage	681.3	34	2855.0	34	27.5	39	9.3	46	82.9	32	5.0	6	24.9	50	5.0	21	3.2	53
ROT DN Brunch Breakfast Buttie Sausage Veggie	500.7	25	2107.9	25	10.6	15	3.7	18	61.6	24	3.3	4	36.4	73	10.6	44	3.1	51
ROT DN Brunch Eggs Your Way	573.2	29	2395.3	29	31.0	44	5.8	29	50.4	19	1.5	2	23.7	47	3.2	13	1.6	27

## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
ROT DN KID Garlic Ciabatta Starter	124.8	6	523.7	6	5.0	7	1.8	9	17.1	7	3.2	4	2.5	5	1.5	6	0.4	7
ROT DN KID Corn on the Cob Starter	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
ROT DN KID Nachos Starter	242.0	12	1008.7	12	14.5	21	6.4	32	18.4	7	2.1	2	8.7	17	1.4	6	1.2	21
ROT DN KID Salad Sticks Starter	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
ROT DN KID Burger Rotisserie Chicken	490.6	25	2060.2	25	19.0	27	4.4	22	63.1	24	7.7	9	16.5	33	7.4	31	1.3	21
ROT DN KID Crispy Dippers	608.8	30	2535.8	30	37.2	53	8.7	43	50.2	19	5.1	6	15.1	30	5.8	24	1.4	23
ROT DN KID Gammon Steak	683.2	34	2864.5	34	26.6	38	7.0	35	53.1	20	4.9	5	53.0	106	9.5	40	4.9	82
ROT DN KID Burger Bar Beef	550.8	28	2315.8	28	17.8	25	4.4	22	66.7	26	7.7	9	27.8	56	7.5	31	1.8	31
ROT DN KID Super Pork Sausages	577.5	29	2411.9	29	29.8	43	8.5	43	58.2	22	7.3	8	15.7	31	6.6	27	2.0	33
ROT DN KID Super Veggie Sausage	457.1	23	1913.8	23	18.5	26	4.8	24	44.0	17	6.2	7	23.4	47	10.3	43	1.9	32
ROT DN KID Fish Fingers	555.3	28	2318.2	28	29.3	42	6.1	31	53.3	21	5.6	6	16.4	33	6.2	26	1.4	23
ROT DN KID Burger Bar Crispy Buttermilk Chicken Goujons	709.3	35	2970.7	35	32.3	46	9.4	47	75.1	29	8.3	9	26.2	52	7.4	31	1.9	32
ROT DN KID Cheesy Tomato Pasta	514.9	26	2158.0	26	19.7	28	5.0	25	67.2	26	9.7	11	13.9	28	7.0	29	1.8	29
ROT DN KID Tacos Rotisserie Chicken	593.7	30	2484.1	30	29.5	42	10.5	53	61.9	24	16.4	18	20.7	41	4.8	20	2.8	46
ROT DN KID Tacos Buttermilk Chicken Goujons	812.4	41	3394.6	40	42.8	61	15.5	78	73.9	28	17.0	19	30.4	61	4.7	20	3.4	57
ROT DN KID Tacos Vegan	460.7	23	1931.8	23	15.9	23	3.4	17	69.0	27	23.1	26	8.6	17	7.8	32	2.1	35
ROT DN KID Tacos Veggie	576.9	29	2413.7	29	25.4	36	9.4	47	69.6	27	23.1	26	15.6	31	7.8	32	2.7	44
ROT DN KID Burger Bar Veggie	515.6	26	2167.2	26	16.3	23	3.7	19	69.0	27	8.9	10	19.2	38	9.6	40	1.6	27
ROT DN KID Ice Cream Sundae	208.4	10	875.0	10	8.1	12	4.1	20	29.2	11	22.8	25	4.5	9	0.5	2	0.2	3
ROT DN KID Jelly & Ice Cream	89.9	4	374.4	4	4.0	6	2.0	10	11.2	4	10.0	11	2.0	4	0.1	0	0.3	4
ROT DN 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
ROT DN KID Donut Dippers	270.1	14	1132.2	13	12.7	18	6.7	33	36.9	14	19.0	21	3.1	6	1.5	6	0.4	7
ROT DN KID Ice Cream Sundae Vegan	188.8	9	790.6	9	8.0	11	6.9	35	24.4	9	16.6	18	0.9	2	5.9	25	0.0	0
ROT DN KID Jam Roly Poly	290.4	15	1222.8	15	12.0	17	8.2	41	41.4	16	24.9	28	4.7	9	0.7	3	0.3	6
ROT DN 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
ROT DN 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
ROT DN KID 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
ROT DN KID Jacket Potato	142.1	7	595.7	7	6.0	9	3.6	18	20.7	8	0.8	1	2.6	5	2.1	9	0.1	2
ROT DN KID Mash	140.3	7	586.0	7	4.9	7	3.2	16	20.5	8	1.4	2	2.1	4	2.7	11	0.4	7
ROT DN KID 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
ROT DN KID Baked Beans	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
ROT DN KID 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

## 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	%
ROT DN KID 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
ROT DN KID Chips	231.7	12	969.1	12	11.6	17	2.6	13	27.2	10	0.4	0	3.2	6	2.9	12	0.5	8
ROT DN KID 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
ROT DN KID 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
ROT DN Curry Rotisserie Chicken Jalfrezi	1278.1	64	5372.8	64	42.5	61	5.5	27	188.4	72	31.9	35	39.0	78	15.4	64	5.6	94
ROT DN NGCI Curry Rotisserie Chicken Jalfrezi	965.2	48	4057.1	48	34.6	49	4.9	24	136.4	52	28.7	32	33.2	66	10.6	44	5.5	91
ROT DN Curry Vegetable Jalfrezi	1169.1	58	4916.8	59	33.6	48	3.0	15	188.3	72	31.9	35	26.6	53	15.3	64	5.3	88
ROT DN NGCI Curry Vegetable Jalfrezi	856.2	43	3601.2	43	25.7	37	2.4	12	136.3	52	28.7	32	20.8	42	10.5	44	5.1	85
ROT DN Curry Beef Madras	1247.3	62	5250.0	62	37.3	53	7.7	39	179.8	69	30.5	34	44.7	89	13.6	57	5.5	91
ROT DN NGCI Curry 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
ROT DN Curry Rotisserie Chicken Bhuna	1107.1	55	4664.4	56	32.4	46	4.4	22	173.2	67	26.4	29	35.8	72	11.5	48	5.0	83
ROT DN NGCI Curry Rotisserie Chicken Bhuna	794.2	40	3348.8	40	24.5	35	3.8	19	121.3	47	23.2	26	30.0	60	6.8	28	4.8	80
ROT DN Curry Rotisserie Chicken Tikka Masala	1162.1	58	4894.4	58	36.9	53	7.9	40	175.7	68	27.6	31	37.6	75	10.8	45	5.1	84
ROT DN NGCI Curry Rotisserie Chicken Tikka Masala	849.2	42	3578.8	43	29.0	41	7.3	37	123.8	48	24.5	27	31.7	63	6.0	25	4.9	81
ROT DN Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	5.0	84
ROT DN NGCI Cambodian Veg Curry	559.1	28	2343.1	28	16.0	23	4.9	25	77.0	30	22.9	25	19.0	38	11.0	46	5.0	84
ROT DN Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.4	89
ROT DN NGCI Cambodian Veg Curry W/ Chicken	668.1	33	2799.1	33	24.9	36	7.4	37	77.1	30	22.9	25	31.4	63	11.0	46	5.4	89
ROT DN VGN Cambodian Veg Curry	518.2	26	2167.1	26	16.9	24	5.2	26	68.6	26	23.5	26	14.6	29	11.5	48	4.5	75
ROT DN VGN NGCI Cambodian Veg Curry	480.2	24	2008.5	24	15.6	22	4.8	24	63.6	24	21.8	24	13.6	27	10.7	45	4.2	69
ROT DN Breaded Mushrooms - Lunch Menu	434.2	22	1831.7	22	21.6	31	4.2	21	49.1	19	15.8	18	8.8	18	4.3	18	2.5	42
ROT DN Bruschetta - Lunch Menu	382.9	19	1597.9	19	23.0	33	5.8	29	37.1	14	9.7	11	5.7	11	3.3	14	18.7	311
ROT DN Todays Soup - Lunch Menu	405.8	20	1701.5	20	19.0	27	8.5	42	48.7	19	11.3	13	9.2	18	4.1	17	2.5	42
ROT DN NGCI Todays Soup - Lunch Menu	265.5	13	1110.7	13	15.2	22	7.6	38	27.3	10	10.5	12	2.8	6	4.7	20	1.9	31
ROT DN Todays Soup Vegan - Lunch Menu	301.6	15	1273.2	15	7.5	11	1.2	6	48.7	19	11.2	12	9.1	18	4.1	17	2.3	38
ROT DN Greens & Pepper Salad - Lunch Menu	249.4	12	1033.6	12	20.6	29	2.3	12	11.2	4	10.5	12	4.8	10	3.3	14	15.0	250
ROT DN NGCI Greens & Pepper Salad - Lunch Menu	249.4	12	1033.6	12	20.6	29	2.3	12	11.2	4	10.5	12	4.8	10	3.3	14	15.0	250
ROT DN Extra Pulled Rotisserie Chicken - Lunch Menu	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
ROT DN Extra Cheese Halloumi 100g - Lunch Menu	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
ROT DN Wiltshire Ham and Eggs - Lunch Menu	931.8	47	3886.6	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.8	130

## 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	%
ROT DN NGCI Wiltshire Ham and Eggs - Lunch Menu	931.8	47	3886.6	46	55.7	80	12.0	60	56.5	22	14.0	16	47.1	94	5.2	22	7.8	130
ROT DN Ploughmans Lunch - Lunch Menu	836.8	42	3493.9	42	50.7	72	28.2	141	61.3	24	14.0	16	32.8	66	4.8	20	3.9	64
ROT DN Steak & Chips - Lunch Menu	823.9	41	3437.1	41	49.7	71	13.8	69	44.2	17	1.0	1	47.5	95	4.9	20	2.5	42
ROT DN NGCI Steak & Chips - Lunch Menu	823.9	41	3437.1	41	49.7	71	13.8	69	44.2	17	1.0	1	47.5	95	4.9	20	2.5	42
ROT DN Fish & Chips Lunch Menu	671.6	34	2813.1	33	25.8	37	4.7	23	70.2	27	7.2	8	34.0	68	9.9	41	2.4	41
ROT DN Burrito - Lunch Menu	1141.7	57	4782.5	57	43.2	62	14.3	71	156.3	60	12.5	14	37.6	75	30.5	127	7.1	119
ROT DN Burrito Vegan - Lunch Menu	1025.5	51	4300.6	51	33.6	48	8.3	42	155.8	60	12.4	14	30.6	61	30.5	127	6.6	110
ROT DN Apple Pie - Lunch Menu	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
ROT DN Apple Pie Vegan - Lunch Menu	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
ROT DN Cookie Cup - Lunch Menu	690.2	35	2901.4	35	30.8	44	14.3	72	94.7	36	65.6	73	8.2	16	3.3	14	0.5	8
ROT DN Sticky Toffee Pudding - Lunch Menu	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN NGCI Sticky Toffee Pudding - Lunch Menu	566.6	28	2387.0	28	17.5	25	10.7	53	97.4	37	78.1	87	5.6	11	1.0	4	0.3	5
ROT DN Mediteranean Salad - Signature	283.7	14	1186.0	14	14.0	20	4.0	20	23.2	9	13.7	15	4.4	9	6.8	28	9.2	153
ROT DN Cheese Feta - Salad Topper	281.0	14	1177.0	14	23.3	33	16.7	83	3.1	1	0.3	0	14.7	29	0.0	0	1.7	28
ROT DN Pulled Rotisserie Chicken - Salad Topper	109.0	5	456.0	5	9.0	13	2.5	12	0.1	0	0.0	0	12.4	25	0.0	0	0.3	6
ROT DN Rump Steak - Salad Topper	77.8	4	323.8	4	5.2	7	1.8	9	0.0	0	0.0	0	7.7	15	0.0	0	0.2	4
ROT DN Cauliflower Wings - salad topper	172.3	9	724.1	9	5.0	7	1.4	7	28.2	11	7.6	8	4.5	9	2.6	11	1.3	22
ROT DN Sunday Roast Beef	1227.9	61	5125.9	61	58.6	84	18.4	92	129.5	50	25.5	28	48.5	97	14.7	61	11.8	196
ROT DN NGCI Sunday Roast Beef	1023.9	51	4277.9	51	42.8	61	15.9	80	118.7	46	23.9	27	43.3	87	14.2	59	11.5	192
ROT DN Sunday Roast Beef Child	809.8	40	3382.6	40	33.6	48	9.0	45	101.1	39	10.3	11	27.9	56	6.2	26	9.9	165
ROT DN NGCI Sunday Roast Beef Child	605.8	30	2534.4	30	17.7	25	6.5	33	90.3	35	8.8	10	22.8	46	5.7	24	9.6	160
ROT DN Sunday Roast Pork Leg	1607.7	80	6693.2	80	94.6	135	29.7	148	135.4	52	28.4	32	56.6	113	15.8	66	11.4	191
ROT DN NGCI Sunday Roast Pork Leg	988.9	49	4132.5	49	39.8	57	14.0	70	120.6	46	23.0	26	39.9	80	14.3	60	10.5	174
ROT DN Sunday Roast Pork Leg Child	1220.1	61	5075.8	60	73.0	104	21.5	108	104.3	40	13.3	15	38.0	76	7.2	30	10.7	178
ROT DN NGCI Sunday Roast Pork Leg Child	719.7	36	3011.4	36	22.4	32	7.2	36	108.5	42	15.0	17	23.6	47	10.8	45	9.9	165
ROT DN Sunday Roast Pork & Beef	1978.7	99	8234.7	98	121.5	174	39.6	198	134.1	52	28.3	31	89.7	179	15.9	66	12.4	206
ROT DN NGCI Sunday Roast Pork & Beef	1361.2	68	5679.6	68	66.5	95	23.9	119	120.2	46	23.9	27	73.0	146	14.6	61	11.4	189
ROT DN Sunday Roast Chicken	1055.1	53	4410.5	53	47.1	67	13.4	67	135.4	52	31.3	35	30.8	62	15.3	64	11.1	184
ROT DN NGCI Sunday Roast Chicken	752.2	38	3153.1	38	23.3	33	8.3	41	121.6	47	26.8	30	22.4	45	14.0	58	10.4	173
ROT DN Sunday Roast Chicken Child	777.4	39	3247.6	39	33.3	48	8.1	40	102.8	40	12.0	13	20.8	42	6.3	26	10.3	172
ROT DN NGCI Sunday Roast Chicken Child	481.2	24	2018.2	24	9.7	14	3.0	15	90.2	35	8.6	10	12.5	25	5.6	23	9.6	160
ROT DN Sunday Mushroom Parsnip & Hazelnut Tart	1416.1	71	5904.3	70	72.5	104	29.1	146	164.6	63	25.3	28	30.0	60	18.3	76	11.6	194

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Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
ROT DN Sunday Roast Lamb	1151.4	58	4814.3	57	51.0	73	16.7	83	131.2	50	26.8	30	44.6	89	14.9	62	11.4	190
ROT DN NGCI Sunday Roast Lamb	947.5	47	3966.3	47	35.1	50	14.2	71	120.5	46	25.2	28	39.5	79	14.4	60	11.1	185
ROT DN Sunday Roast Lamb Child	514.3	26	2143.3	26	31.3	45	8.4	42	37.4	14	9.2	10	22.5	45	6.3	26	1.8	31
ROT DN NGCI Sunday Roast Lamb Child	697.2	35	2918.5	35	20.1	29	7.3	37	108.6	42	15.1	17	23.1	46	10.8	45	9.9	165
ROT DN Cake Blueberry Muffin	433.1	22	1813.7	22	19.8	28	2.0	10	58.1	22	31.7	35	5.2	10	0.6	2	0.4	6
ROT DN Cake Chocolate Muffin	447.2	22	1872.7	22	20.3	29	4.5	22	57.9	22	34.8	39	6.4	13	3.5	15	0.2	4
ROT DN Cake Caramel Shortcake	406.6	20	1703.4	20	23.1	33	16.4	82	46.7	18	33.5	37	3.8	8	0.7	3	0.5	8
ROT DN Cake Flapjack	328.8	16	1373.8	16	17.7	25	13.6	68	37.8	15	19.2	21	4.8	10	3.0	12	0.4	6
ROT DN Cake Lemon Drizzle Cake	271.3	14	1136.9	14	12.3	18	10.1	50	37.9	15	27.0	30	3.0	6	0.5	2	0.4	7
ROT DN Cake Salted Caramel & Fudge Brownie	587.5	29	2458.3	29	31.1	44	14.2	71	68.9	26	62.1	69	6.1	12	3.1	13	0.1	2
ROT DN Cake Victoria Sponge	427.0	21	1789.0	21	21.8	31	9.3	47	54.4	21	38.5	43	4.3	9	0.7	3	0.8	13