

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	%
GGE M2 Dough Balls Garlic	1208.2	60	5039.9	60	74.9	107	9.4	47	110.7	43	3.0	3	21.8	44	7.8	32	3.2	53
GGE M2 Dough Balls Mozzarella	734.0	37	3092.9	37	20.7	30	9.2	46	102.3	39	6.9	8	34.5	69	7.5	31	3.0	50
GGE M2 Side Garlic Pizza Bread	707.1	35	2969.8	35	27.4	39	3.3	16	96.7	37	2.3	3	18.2	36	6.4	27	2.4	39
GGE M2 Side Garlic Pizza Bread Cheesy	961.3	48	4028.0	48	45.7	65	15.0	75	97.6	38	3.2	4	39.2	78	6.4	27	3.5	58
GGE M2 Grazer Mushroom Poppers	423.4	21	1782.2	21	21.6	31	4.2	21	47.4	18	14.1	16	8.6	17	4.1	17	1.9	32
GGE M2 Grazer Mushroom Poppers Sharer	846.9	42	3564.3	42	43.2	62	8.4	42	94.8	36	28.1	31	17.1	34	8.1	34	3.8	64
GGE M2 Nachos Cheesy	751.6	38	3134.1	37	46.0	66	19.3	97	58.7	23	10.1	11	23.5	47	5.1	21	3.6	59
GGE M2 Nachos Cheesy Sharer	1420.1	71	5921.5	70	86.9	124	36.5	183	110.9	43	19.0	21	44.4	89	9.6	40	6.7	112
GGE M2 Nachos BBQ Jackfruit	785.7	39	3280.9	39	41.3	59	14.7	73	76.4	29	21.2	24	23.8	48	6.8	28	4.0	66
GGE M2 Nachos BBQ Jackfruit Sharer	1501.2	75	6269.3	75	79.0	113	28.0	140	146.0	56	40.6	45	45.5	91	13.0	54	7.6	127
GGE M2 Quiz Nachos	1158.0	58	4839.7	58	55.0	79	11.2	56	143.6	55	8.2	9	15.5	31	9.4	39	3.6	61
GGE M2 Grazer High 10s	732.4	37	3041.7	36	45.6	65	17.3	86	48.0	18	13.8	15	32.6	65	3.0	12	1.3	22
GGE M2 Grazer High 10s Sharer	1464.9	73	6083.4	72	91.3	130	34.6	173	95.9	37	27.6	31	65.1	130	5.9	25	2.7	45
GGE M2 Grazer Chicken Wings	1031.0	52	4286.1	51	67.1	96	17.2	86	25.4	10	20.3	23	81.0	162	2.5	11	4.5	75
GGE M2 Grazer Chicken Wings Sharer	2062.0	103	8572.2	102	134.2	192	34.5	172	50.8	20	40.5	45	162.0	324	5.1	21	9.0	151
GGE M2 Grazer Jalapeno Poppers	633.1	32	2646.9	32	36.1	52	17.0	85	58.0	22	3.1	3	18.4	37	3.8	16	2.6	43
GGE M2 Grazer Jalapeno Poppers Sharer	1266.2	63	5293.8	63	72.1	103	34.0	170	115.9	45	6.1	7	36.9	74	7.6	32	5.1	86
GGE M2 Grazer Fish Goujons	453.1	23	1882.6	22	31.1	44	8.0	40	18.2	7	3.8	4	24.4	49	1.2	5	1.3	21
GGE M2 Grazer Fish Goujons Sharer	902.5	45	3750.1	45	62.1	89	16.0	80	35.9	14	7.0	8	48.6	97	2.1	9	2.5	42
GGE M2 Grazer Halloumi Fries	467.5	23	1938.5	23	34.0	49	19.0	95	16.9	6	4.5	5	24.2	48	-	-	3.7	61
GGE M2 Grazer Halloumi Fries Sharer	841.8	42	3489.9	42	62.1	89	34.7	173	28.0	11	6.1	7	44.1	88	-	-	6.5	108
GGE M2 Grazer Bacon Popcorn	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M2 Grazer Bacon Popcorn Sharer	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M2 Grazer Buffalo Cauliflower Popcorn	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M2 Grazer Buffalo Cauliflower Popcorn Sharer	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M2 Grazer Hunters Chicken Bites	632.6	32	2648.3	32	27.1	39	9.8	49	74.8	29	39.1	43	20.4	41	2.2	9	2.4	39
GGE M2 Grazer Hunters Chicken Bites Sharer	1265.2	63	5296.5	63	54.3	78	19.6	98	149.6	58	78.1	87	40.8	82	4.5	19	4.7	79
GGE M2 Dough Balls Roulette	1300.9	65	5426.1	65	81.2	116	13.8	69	111.6	43	4.9	5	29.8	60	7.9	33	4.0	67
GGE M2 Nachos BBQ Jackfruit Vegan	588.5	29	2460.6	29	27.6	39	9.4	47	73.3	28	19.3	21	8.1	16	6.2	26	3.4	57
GGE M2 Nachos BBQ Jackfruit Vegan Sharer	1234.7	62	5162.4	61	57.9	83	19.8	99	153.9	59	40.4	45	16.9	34	13.0	54	7.2	119
GGE M2 Nachos Cheesy Vegan	609.3	30	2546.8	30	31.8	45	12.1	61	69.3	27	9.9	11	8.2	16	5.7	24	3.7	61
GGE M2 Nachos Cheesy Sharer Vegan	1151.4	58	4813.2	57	60.0	86	22.9	115	131.0	50	18.7	21	15.5	31	10.8	45	7.0	116

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
GGE M2 Side Skin On Fries 227g	409.3	20	1712.4	20	18.7	27	4.2	21	52.4	20	1.1	1	5.4	11	4.5	19	0.2	4
GGE M2 Side 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
GGE M2 Side Tiger Fries 227g	434.7	22	1803.3	21	22.0	31	4.6	23	51.2	20	8.6	10	4.4	9	5.7	24	0.6	9
GGE M2 Side Chunky Chips 227g	362.5	18	1517.3	18	17.3	25	3.7	18	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13
GGE M2 Side House Salad	58.0	3	240.8	3	4.6	7	0.8	4	3.3	1	3.2	4	1.2	2	1.7	7	0.0	0
GGE M2 Side Bread and Butter	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M2 Side Mash 227g	275.5	14	1149.9	14	10.4	15	6.7	34	38.7	15	2.6	3	3.9	8	5.2	21	0.8	13
GGE M2 Side Georges Slaw	168.2	8	696.6	8	14.5	21	1.2	6	7.7	3	5.7	6	1.8	4	3.9	16	1.4	24
GGE M2 Side Beer Battered Onion Rings	424.0	21	1769.3	21	25.7	37	4.7	23	41.7	16	4.1	5	4.9	10	3.3	14	2.0	33
GGE M2 Side Corn on the Cob	215.0	11	912.0	11	4.6	7	0.7	3	37.8	15	4.6	5	8.1	16	5.6	24	0.0	0
GGE M2 Side Sauteed Mushrooms	181.0	9	746.1	9	19.0	27	2.3	12	0.5	0	0.2	0	2.2	4	1.8	7	0.0	0
GGE M2 Side Mac n Cheese	280.8	14	1181.5	14	10.9	16	6.7	33	33.7	13	2.6	3	10.3	21	4.1	17	1.2	21
GGE M2 Side BBQ Chicken Wings	608.8	30	2530.9	30	40.3	58	10.3	52	12.9	5	9.9	11	48.5	97	1.5	6	2.6	44
GGE M2 Side Cauliflower Cheese	133.8	7	559.4	7	6.0	9	3.7	18	14.7	6	2.3	3	5.1	10	2.1	9	1.1	19
GGE M2 Extra Aerosol Cream 56g	179.8	9	753.2	9	17.5	25	12.3	61	3.9	2	4.5	5	1.3	3	0.0	0	0.0	0
GGE M2 Extra Bacon Rasher x2	140.3	7	586.1	7	6.9	10	2.6	13	0.0	0	0.0	0	19.4	39	0.0	0	3.5	58
GGE M2 Extra Baked Beans 100g	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
GGE M2 Extra BBQ Pulled 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
GGE M2 Extra Bread and Butter Brown	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
GGE M2 Extra Bread and Butter White	311.4	16	1303.5	16	13.5	19	8.0	40	40.1	15	0.9	1	7.7	15	2.5	10	1.1	18
GGE M2 Extra Burger Beef 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
GGE M2 Extra Burger Soya	248.6	12	1040.7	12	13.4	19	1.0	5	11.1	4	1.9	2	19.5	39	2.7	11	1.1	19
GGE M2 Extra Cheese Cheddar 28g	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
GGE M2 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
GGE M2 Extra Chicken Goujons	326.5	16	1361.5	16	20.5	29	7.3	37	15.2	6	0.8	1	20.0	40	0.0	0	1.0	17
GGE M2 Extra Chipotle Pulled Chicken 50g	63.0	3	267.5	3	0.6	1	0.2	1	1.0	0	0.1	0	13.3	27	0.3	1	0.2	3
GGE M2 Extra Chunky Chips 150g	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
GGE M2 Extra Crispy Back 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
GGE M2 Extra Custard 100g	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
GGE M2 Extra Double Cream 56ml	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
GGE M2 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
GGE M2 Extra 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
GGE M2 Extra Georges Own BBQ Sauce 56g	105.3	5	439.6	5	0.2	0	0.1	0	25.2	10	24.1	27	0.8	2	0.5	2	0.8	14

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GGE M2 Extra Gravy Granules	29.3	1	123.1	1	0.0	0	0.0	0	6.9	3	0.1	0	0.4	1	0.0	0	0.9	15
GGE M2 Extra Gravy Yankee	132.0	7	557.0	7	11.1	16	3.6	18	5.8	2	2.5	3	2.1	4	0.2	1	0.8	14
GGE M2 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
GGE M2 Extra Grilled Tomato	15.3	1	64.6	1	0.8	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
GGE M2 Extra Cheese Halloumi 75g	241.5	12	998.3	12	18.9	27	12.0	60	1.4	1	1.4	2	16.4	33	-	-	2.0	33
GGE M2 Extra Hash Brown	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
GGE M2 Extra Jacket Potato	187.8	9	796.1	9	0.5	1	0.0	0	43.1	17	1.5	2	5.3	11	4.3	18	0.0	1
GGE M2 Extra Jalapenos 28g	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
GGE M2 Extra Marshmallows	32.4	2	137.7	2	0.0	0	0.0	0	7.6	3	7.2	8	0.6	1	0.0	0	0.0	0
GGE M2 Extra Meatballs	94.6	5	396.0	5	3.9	6	1.8	9	3.2	1	0.1	0	11.5	23	0.4	2	0.5	9
GGE M2 Extra Milk	30.4	2	128.3	2	1.0	1	0.7	3	3.0	1	3.0	3	2.3	5	0.0	0	0.1	1
GGE M2 Extra Mixed Peppers 28g	9.0	0	37.5	0	0.1	0	0.0	0	1.8	1	1.7	2	0.3	1	0.6	2	0.0	0
GGE M2 Extra Cheese Monterey Jack Slice	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
GGE M2 Extra Cheese Mozzarella	127.1	6	529.1	6	9.2	13	5.9	29	0.4	0	0.4	0	10.5	21	0.0	0	0.6	9
GGE M2 Extra 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
GGE M2 Extra Mushy Peas	127.5	6	537.0	6	0.8	1	0.2	1	19.2	7	3.0	3	8.7	17	5.7	24	0.7	11
GGE M2 Extra Naan	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
GGE M2 Extra Pepperoni 20g	94.8	5	391.2	5	9.0	13	3.7	19	0.2	0	0.2	0	3.2	6	0.0	0	0.8	13
GGE M2 Extra 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
GGE M2 Extra Poppadom	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
GGE M2 Extra Red Onion 28g	10.1	1	42.0	1	0.1	0	0.0	0	2.2	1	1.6	2	0.3	1	0.5	2	0.0	0
GGE M2 Extra Rocket 7g	1.0	0	4.1	0	0.0	0	0.0	0	0.1	0	0.1	0	0.1	0	0.1	0	0.0	0
GGE M2 Extra Sauce Chocolate 56g	161.8	8	687.1	8	0.2	0	0.2	1	38.5	15	27.2	30	0.8	2	1.3	5	0.0	0
GGE M2 Extra Sauce Raspberry 56g	159.6	8	677.6	8	0.0	0	0.0	0	39.6	15	29.9	33	0.1	0	0.3	1	0.1	2
GGE M2 Extra Sauce Toffee 56g	182.6	9	771.7	9	3.3	5	2.1	11	37.4	14	29.7	33	0.6	1	0.1	0	0.1	2
GGE M2 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
GGE M2 Extra Sausages x2	280.3	14	1169.1	14	16.7	24	5.6	28	21.7	8	2.6	3	10.2	20	1.2	5	1.4	23
GGE M2 Extra Scampi	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
GGE M2 Extra Sliced Tomatoes	16.8	1	72.2	1	0.3	0	0.1	0	3.1	1	3.1	3	0.7	1	1.3	5	0.0	0
GGE M2 Extra Smoked Shredded Beef Brisket 50g	62.5	3	263.0	3	1.9	3	0.7	3	1.2	0	1.1	1	10.5	21	0.3	1	0.4	6
GGE M2 Extra Spring Onions	3.6	0	15.5	0	0.1	0	0.0	0	0.5	0	0.4	0	0.3	1	0.3	1	0.0	0
GGE M2 Extra Vanilla Ice Cream Scoop	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
GGE M2 Extra Cheese Mozzarisella Vegan	39.3	2	162.8	2	3.4	5	3.0	15	1.8	1	0.0	0	0.1	0	0.0	0	0.3	5

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GGE M2 Extra Sausage Veggie x2	160.0	8	671.0	8	5.4	8	1.9	10	7.5	3	1.5	2	17.9	36	5.0	21	1.3	21
GGE M2 Extra Wiltshire Ham 40g	53.6	3	224.0	3	2.4	3	0.8	4	0.4	0	0.6	1	7.3	15	0.0	0	1.7	28
GGE M2 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
GGE M2 Extra Beer Battered Onion Rings x 3	154.3	8	644.1	8	9.3	13	1.7	8	15.2	6	1.5	2	1.8	4	1.2	5	0.7	12
GGE M2 Extra Tennessee BBQ Sauce 56g	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
GGE M2 Extra Red Hot Chilli BBQ Sauce 56g	122.8	6	522.7	6	0.0	0	0.0	0	27.2	10	24.6	27	1.3	3	0.0	0	1.5	25
GGE M2 Extra Burger Macaroni Cheese	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
GGE M2 Pigs in Blankets x3	148.9	7	618.3	7	11.5	16	4.1	21	3.9	1	0.5	1	7.4	15	0.3	1	1.0	17
GGE M2 Extra Quorn Bites	639.1	32	407.8	5	12.8	18	3.0	15	11.8	5	0.8	1	8.2	16	3.0	13	0.3	6
GGE M2 Extra Sauce Sweet Chilli 56g	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
GGE M2 Extra Sauce Garlic & Herb 56g	388.6	19	1601.0	19	40.5	58	5.3	26	3.7	1	0.4	0	1.6	3	0.9	4	0.5	9
GGE M2 Upgrade Sweet Potato Fries Mains	364.9	18	1502.3	18	20.0	29	4.0	20	39.6	15	12.8	14	2.7	5	5.4	23	0.7	12
GGE M2 Upgrade Sweet Potato Fries Sandwiches	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
GGE M2 Upgrade Tiger Fries Mains	230.2	12	955.0	11	11.6	17	2.5	12	27.1	10	4.6	5	2.3	5	3.0	13	0.3	5
GGE M2 Upgrade Tiger Fries Sandwiches	270.5	14	1122.8	13	12.7	18	2.5	12	33.8	13	5.7	6	2.9	6	3.7	16	0.4	6
GGE M2 Fries Topping Smoked Pulled Pork	578.8	29	2406.5	29	36.6	52	17.9	90	19.0	7	17.6	20	43.3	87	0.3	1	1.5	25
GGE M2 Fries Topping Garlic and Herb	386.6	19	1601.5	19	33.1	47	8.9	45	8.7	3	6.2	7	13.3	27	2.6	11	0.8	14
GGE M2 Fries Topping Garlic and Herb Vegan	311.3	16	1286.9	15	28.4	41	7.0	35	10.7	4	5.8	6	3.0	6	2.6	11	0.7	12
GGE M2 Fries Topping Chicken Gravy and Bacon	233.7	12	983.8	12	14.9	21	5.0	25	6.3	2	2.5	3	18.4	37	0.4	1	2.7	44
GGE M2 Fries Topping 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
GGE M2 Sandwich Chicken and Bacon Club	1118.7	56	4675.2	56	54.4	78	9.7	49	108.5	42	10.5	12	47.9	96	11.2	47	5.3	88
GGE M2 Sandwich Fish Finger	1185.6	59	4943.8	59	65.9	94	14.2	71	106.7	41	10.9	12	39.8	80	10.7	45	3.7	62
GGE M2 Sandwich Tuna Sweetcorn	961.2	48	4012.7	48	52.7	75	7.3	37	90.1	35	9.9	11	29.9	60	10.5	44	3.5	58
GGE M2 Sandwich Tuna Sweetcorn Melt	1074.8	54	4483.5	53	62.3	89	13.3	66	90.1	35	9.5	11	36.5	73	10.2	43	4.0	66
GGE M2 Sandwich Red Pepper Grilled Cheese	647.4	32	2713.3	32	25.0	36	12.2	61	90.4	35	5.3	6	13.3	27	7.2	30	2.0	33
GGE M2 Sandwich Grilled Three Cheese	1032.8	52	4310.1	51	59.6	85	23.2	116	83.7	32	6.8	8	38.7	77	8.7	36	3.9	65
GGE M2 LB Steak Rump 5oz	609.6	30	2545.5	30	32.3	46	9.6	48	38.6	15	4.9	5	37.6	75	7.8	33	1.6	27
GGE M2 LB Beer Battered Fish and Chips	763.7	38	3182.5	38	43.8	63	10.8	54	55.3	21	6.9	8	32.3	65	8.3	35	2.2	37
GGE M2 LB Hunters Chicken	695.2	35	2902.7	35	35.8	51	12.5	63	47.2	18	14.9	17	44.4	89	3.8	16	3.9	66
GGE M2 LB Sausage and Mash	686.3	34	2863.5	34	33.3	48	13.7	68	69.6	27	8.2	9	22.4	45	8.8	37	3.8	64
GGE M2 LB Sausage and Mash Veggie	505.8	25	2116.4	25	16.4	23	8.1	40	48.4	19	6.6	7	33.9	68	14.4	60	3.7	61
GGE M2 LB Mac n Cheese	618.7	31	2599.4	31	26.0	37	13.7	69	72.7	28	5.4	6	20.1	40	7.9	33	2.4	40
GGE M2 LB Gammon 5oz	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87

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	%
GGE M2 LB Lasagne Vegetable	535.8	27	2247.1	27	19.2	27	4.9	24	75.8	29	11.0	12	15.1	30	7.1	30	2.3	39
GGE M2 Beer Battered Fish and Chips	1259.1	63	5246.2	62	73.5	105	19.4	97	84.2	32	7.3	8	58.2	116	10.6	44	3.4	56
GGE M2 Scampi Golden Breaded	1583.0	79	3060.0	36	46.9	67	11.5	58	87.7	34	9.8	11	25.2	50	12.0	50	3.1	52
GGE M2 The Full Monty	1151.0	58	4795.9	57	69.6	99	22.0	110	79.1	30	9.6	11	50.6	101	11.3	47	6.7	111
GGE M2 The Big Breakfast	1726.8	86	7197.6	86	104.5	149	33.7	169	119.1	46	12.8	14	75.6	151	15.1	63	10.2	170
GGE M2 Pie Steak and Pedigree Ale	1364.8	68	5730.5	68	66.6	95	22.8	114	149.4	57	10.2	11	37.2	74	12.1	50	4.4	73
GGE M2 Chicken Tikka Masala	1155.5	58	4876.0	58	29.4	42	6.0	30	175.7	68	26.4	29	46.7	93	12.6	52	4.3	71
GGE M2 Smoked Honey BBQ Pulled Pork	1471.6	74	6137.6	73	78.6	112	23.1	115	111.0	43	42.4	47	78.5	157	10.4	44	2.4	40
GGE M2 Locked and Loaded Platter	2108.2	105	8802.9	105	110.5	158	32.9	164	157.6	61	84.8	94	119.7	239	12.3	51	6.7	112
GGE M2 Plucker Clucker Platter	1979.7	99	8248.7	98	109.0	156	27.4	137	153.7	59	66.9	74	93.3	187	10.7	45	6.3	105
GGE M2 Baby Back Ribs	1646.8	82	6890.2	82	88.0	126	28.6	143	143.6	55	72.7	81	69.1	138	10.2	42	4.7	79
GGE M2 Pie Nacho Chilli	1060.9	53	4436.7	53	60.8	87	22.2	111	117.2	45	9.4	10	21.4	43	11.4	48	2.3	39
GGE M2 Lasagne Classic Beef	650.4	33	2709.9	32	29.7	42	10.9	54	74.3	29	15.2	17	22.1	44	29.1	121	2.1	35
GGE M2 Lasagne Classic Beef under 500	414.2	21	1721.7	20	17.6	25	7.0	35	47.5	18	14.7	16	18.1	36	28.3	118	1.6	27
GGE M2 Salad BBQ Jackfruit	423.5	21	1766.2	21	22.9	33	2.1	11	47.2	18	30.1	33	5.7	11	6.6	28	1.6	27
GGE M2 Salad BBQ Jackfruit with Halloumi	665.0	33	2764.5	33	41.8	60	14.1	71	48.6	19	31.5	35	22.1	44	-	-	3.6	60
GGE M2 Salad Garlic and Herb Steak	565.2	28	2344.2	28	44.4	63	9.7	49	9.9	4	8.1	9	31.7	63	3.8	16	1.0	17
GGE M2 Salad Roast Chicken and Bacon	490.4	25	2050.4	24	23.6	34	5.0	25	8.7	3	7.9	9	62.2	124	3.1	13	4.6	77
GGE M2 Steak Sirloin 8oz	1194.7	60	4977.8	59	72.2	103	20.2	101	70.7	27	6.6	7	60.9	122	10.8	45	2.4	40
GGE M2 Steak Sirloin 8oz under 600	562.7	28	2340.5	28	38.3	55	13.8	69	4.4	2	4.3	5	50.1	100	2.3	10	1.4	23
GGE M2 Steak Gammon 10oz	1130.9	57	4718.9	56	64.4	92	18.7	94	69.3	27	11.8	13	65.4	131	8.8	36	9.0	150
GGE M2 Steak Rump 10oz	1235.4	62	5151.4	61	72.2	103	19.8	99	70.7	27	6.6	7	70.9	142	10.8	45	2.4	41
GGE M2 Steak Rump 10oz under 600	520.4	26	2172.9	26	29.2	42	12.3	62	4.4	2	4.3	5	60.1	120	2.3	10	0.4	7
GGE M2 Steak Ribeye 10oz	1458.7	73	6073.1	72	92.2	132	29.5	147	70.7	27	6.6	7	81.7	163	10.8	45	2.3	39
GGE M2 Mixed Grill	1851.1	93	7718.2	92	112.2	160	31.5	157	83.9	32	9.1	10	122.3	245	11.4	48	11.2	187
GGE M2 Steak Top Mac n Cheese	242.0	12	1018.0	12	9.4	13	5.8	29	29.0	11	2.0	2	8.8	18	3.4	14	1.1	18
GGE M2 Steak Top 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
GGE M2 Steak Top The Cowboy	272.8	14	1139.6	14	15.9	23	9.0	45	12.7	5	12.1	13	19.3	39	0.2	1	2.9	48
GGE M2 Burger Classic Cheese Beef	1371.0	69	5732.4	68	65.8	94	21.5	108	127.3	49	26.2	29	65.5	131	12.4	51	5.1	84
GGE M2 Burger Classic Cheese Beef XL	1729.7	86	7226.7	86	87.1	124	31.4	157	129.0	50	27.1	30	107.1	214	13.4	56	6.6	110
GGE M2 Burger Classic Cheese Chicken	1338.8	67	5599.6	67	65.1	93	19.0	95	140.8	54	26.2	29	43.8	88	11.3	47	4.6	76
GGE M2 Burger Classic Cheese Chicken XL	1665.3	83	6961.1	83	85.5	122	26.3	131	156.0	60	27.0	30	63.8	128	11.3	47	5.6	93
GGE M2 Burger Classic Cheese Soya	1260.9	63	5278.8	63	58.0	83	12.7	63	136.6	53	27.3	30	43.4	87	14.0	59	4.7	78

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	%
GGE M2 Burger Classic Cheese Soya XL	1509.5	75	6319.5	75	71.5	102	13.7	68	147.7	57	29.2	32	62.9	126	16.8	70	5.8	97
GGE M2 Burger Yankee Beef	1441.1	72	6025.4	72	69.3	99	22.8	114	127.3	49	26.2	29	75.2	150	12.4	51	6.8	113
GGE M2 Burger Yankee Beef XL	1799.8	90	7519.7	90	90.5	129	32.7	163	129.0	50	27.0	30	116.8	234	13.4	56	8.3	139
GGE M2 Burger Yankee Chicken	1409.0	70	5892.6	70	68.5	98	20.3	101	140.8	54	26.2	29	53.5	107	11.3	47	6.3	105
GGE M2 Burger Yankee Chicken XL	1735.5	87	7254.2	86	89.0	127	27.6	138	156.0	60	27.0	30	73.5	147	11.3	47	7.3	122
GGE M2 Burger Classic Cheese Soya Vegan	1112.2	56	4659.5	55	46.0	66	10.8	54	133.6	51	23.4	26	35.8	72	11.1	46	3.6	61
GGE M2 Burger Classic Cheese Soya Vegan XL	1360.9	68	5700.3	68	59.5	85	11.8	59	144.6	56	25.3	28	55.4	111	13.8	58	4.8	80
GGE M2 Burger The Tennessee	1542.6	77	6449.6	77	77.8	111	25.1	126	136.3	52	27.4	30	71.5	143	12.8	53	6.1	101
GGE M2 Burger The Tennessee XL	1901.3	95	7943.9	95	99.1	142	35.0	175	138.0	53	28.2	31	113.2	226	13.8	58	7.6	126
GGE M2 Burger Squeaky Clean	1457.6	73	6071.1	72	87.4	125	26.9	134	122.1	47	20.0	22	42.4	85	-	-	5.6	94
GGE M2 Burger Squeaky Clean XL	1779.6	89	7402.1	88	112.6	161	42.9	214	124.0	48	21.9	24	64.3	129	-	-	8.2	137
GGE M2 Burger Flaming Jack	1360.3	68	5696.0	68	63.5	91	13.0	65	146.5	56	29.2	32	45.1	90	15.8	66	5.6	94
GGE M2 Burger Flaming Jack XL	1608.9	80	6736.7	80	76.9	110	14.1	70	157.6	61	31.2	35	64.7	129	18.6	77	6.8	113
GGE M2 Burger Flaming Jack Vegan	1211.7	61	5076.7	60	51.5	74	11.1	56	143.5	55	25.3	28	37.6	75	12.9	54	4.6	77
GGE M2 Burger Flaming Jack Vegan XL	1460.3	73	6117.5	73	64.9	93	12.1	61	154.6	59	27.3	30	57.1	114	15.6	65	5.7	96
GGE M2 Burger Bunless Beef	766.8	38	3197.1	38	44.7	64	13.4	67	44.3	17	7.7	9	47.4	95	7.9	33	2.8	47
GGE M2 Burger Bunless Chicken Goujon	734.7	37	3064.3	36	43.9	63	10.9	54	57.8	22	7.7	9	25.7	51	6.8	29	2.3	39
GGE M2 Burger Bunless Soya	656.7	33	2743.5	33	36.9	53	4.6	23	53.6	21	8.8	10	25.3	51	9.6	40	2.4	40
GGE M2 Burger Brunch Stacker	1417.5	71	5920.1	70	75.9	108	22.1	111	128.7	50	16.0	18	51.2	102	10.0	42	4.9	82
GGE M2 Burger Brunch Stacker XL	2051.4	103	8548.7	102	129.1	184	42.1	211	129.0	50	16.0	18	89.8	180	10.0	42	8.3	138
GGE M2 Burger Hawaiian Gammon	1229.9	61	5139.8	61	64.7	92	17.7	89	120.8	46	21.0	23	38.3	77	11.4	48	4.4	74
GGE M2 Burger Hawaiian Gammon XL	1863.7	93	7768.4	92	117.9	168	37.7	189	121.1	47	21.0	23	76.9	154	11.4	48	7.8	130
GGE M2 Burger The Bulls Eye	1413.6	71	5914.1	70	69.0	99	18.7	94	144.4	56	22.3	25	49.3	99	11.1	46	4.8	80
GGE M2 Burger The Bulls Eye XL	1903.5	95	7956.3	95	99.7	142	29.7	148	167.2	64	23.5	26	79.3	159	11.1	46	6.3	105
GGE M2 Burger The Stacker	1740.8	87	7280.8	87	82.0	117	28.0	140	166.8	64	29.0	32	84.2	168	16.8	70	7.2	120
GGE M2 Burger The Stacker XL	2099.5	105	8774.8	104	103.3	148	37.9	189	168.5	65	29.8	33	125.9	252	17.9	74	8.7	146
GGE M2 Burger Bunless Soya Vegan	574.1	29	2403.6	29	27.8	40	4.0	20	52.2	20	4.7	5	26.1	52	7.1	30	1.4	24
GGE M2 Hunters Chicken	1068.1	53	4463.8	53	50.3	72	19.4	97	77.8	30	29.7	33	75.1	150	6.7	28	5.6	94
GGE M2 Chicken Waffle	1518.3	76	6353.7	76	73.3	105	26.4	132	170.6	66	60.9	68	41.4	83	6.4	27	2.8	46
GGE M2 Georges Fried Chicken	1185.7	59	4962.2	59	54.8	78	14.9	75	112.4	43	34.0	38	58.9	118	11.3	47	5.7	96
GGE M2 Hunters Chicken <700	694.2	35	2898.0	35	33.6	48	15.4	77	32.3	12	29.8	33	67.1	134	2.8	11	4.6	77
GGE M2 NGCI Hunters Chicken <700	694.2	35	2898.0	35	33.6	48	15.4	77	32.3	12	29.8	33	67.1	134	2.8	11	4.6	77
GGE M2 Sunday Roast Beef	1528.3	76	6369.2	76	95.2	136	20.2	101	104.9	40	20.0	22	59.1	118	15.9	66	5.0	83

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	%
GGE M2 Sunday Half Roast Chicken	1821.3	91	7597.2	90	106.8	153	21.8	109	112.9	43	28.1	31	99.1	198	17.7	74	5.8	96
GGE M2 Sunday Grilled Gammon	1573.5	79	6560.5	78	96.8	138	21.6	108	100.7	39	14.6	16	72.5	145	15.7	65	11.7	195
GGE M2 Sunday Cauliflower Tart	1616.1	81	6739.3	80	101.3	145	20.9	104	134.3	52	19.5	22	38.4	77	18.6	78	5.2	87
GGE M2 KID Sunday Beef Roast	857.9	43	3577.5	43	50.8	73	10.7	54	66.6	26	9.5	11	31.8	64	10.0	42	2.8	47
GGE M2 KID Sunday Chicken Grilled	854.2	43	3568.7	42	42.7	61	6.8	34	80.9	31	23.7	26	34.9	70	10.4	43	3.1	52
GGE M2 KID Sunday Gammon Grilled	909.8	45	3795.5	45	53.4	76	11.6	58	67.3	26	9.5	11	38.7	77	10.0	42	6.8	113
GGE M2 KID Sunday Sausages Veggie	831.2	42	3472.5	41	43.1	62	7.6	38	74.1	28	11.0	12	32.5	65	15.0	63	3.9	65
GGE M2 Chocker Chocolate Fudge Cake	651.8	33	2733.0	33	29.5	42	6.1	31	90.3	35	74.0	82	7.6	15	3.2	13	0.4	6
GGE M2 Salted Caramel Cheesecake Sandwich	626.4	31	2628.4	31	25.4	36	14.7	74	90.3	35	67.1	75	7.5	15	0.7	3	1.3	22
GGE M2 Jam and Coconut Sponge	691.3	35	2904.3	35	29.9	43	13.6	68	96.5	37	67.1	75	10.1	20	2.4	10	0.5	9
GGE M2 Dough Balls Choco Toffee	678.9	34	2868.1	34	13.3	19	5.3	26	127.2	49	64.2	71	11.7	23	4.6	19	1.2	19
GGE M2 Sundae Thats Mint Standard	737.3	37	3087.2	37	38.1	54	20.6	103	87.4	34	73.8	82	9.8	20	2.7	11	0.5	9
GGE M2 Sundae Thats Mint Sharer	1474.6	74	6174.3	74	76.1	109	41.2	206	174.8	67	147.7	164	19.6	39	5.5	23	1.1	18
GGE M2 Sundae Raspberry Waffle Standard	681.6	34	2864.9	34	33.3	48	19.1	95	86.7	33	61.2	68	8.0	16	1.5	6	0.7	12
GGE M2 Sundae Raspberry Waffle Sharer	1363.3	68	5729.7	68	66.5	95	38.1	191	173.5	67	122.5	136	16.1	32	2.9	12	1.4	24
GGE M2 Blinging Banoffee Pie	752.3	38	3128.4	37	58.1	83	33.7	168	53.4	21	36.5	41	5.5	11	1.1	5	0.5	9
GGE M2 Sundae Black Forest Standard	690.3	35	2892.7	34	33.0	47	20.3	102	85.4	33	71.4	79	8.9	18	1.8	7	0.7	12
GGE M2 Sundae Black Forest Sharer	1380.5	69	5785.4	69	66.1	94	40.7	203	170.8	66	142.9	159	17.9	36	3.6	15	1.5	24
GGE M2 Sticky Toffee Pudding	562.6	28	2370.0	28	17.5	25	10.7	53	96.4	37	77.1	86	5.6	11	1.0	4	0.3	5
GGE M2 Tiramisu Rum Ba Bar	463.1	23	2105.8	25	18.3	26	10.3	51	76.9	30	56.3	63	5.2	10	1.5	6	0.4	6
GGE M2 Sundae Apple Pie Standard	669.8	33	2810.7	33	33.0	47	16.6	83	83.1	32	45.3	50	10.0	20	2.5	10	0.3	4
GGE M2 Sundae Apple Pie Sharer	1339.6	67	5621.4	67	66.0	94	33.3	166	166.2	64	90.6	101	20.1	40	5.0	21	0.5	8
GGE M2 Sundae Apple Pie Standard Vegan	558.6	28	2340.8	28	24.3	35	13.5	67	76.2	29	34.5	38	4.9	10	8.4	35	0.0	1
GGE M2 Sundae Apple Pie Sharer Vegan	1071.4	54	4489.3	53	46.7	67	25.8	129	146.1	56	66.1	73	9.3	19	16.1	67	0.1	1
GGE M2 NGCI Ice Cream Sundae	355.1	18	1489.8	18	17.6	25	10.8	54	44.6	17	39.5	44	4.3	9	0.8	3	0.3	5
GGE M2 NGCI Vegan Ice Cream Sundae	321.0	16	1344.7	16	13.1	19	11.4	57	42.7	16	29.1	32	1.6	3	9.9	41	0.0	0
GGE M2 Jacket Potato Cheddar Cheese and Beans	659.5	33	2750.2	33	36.3	52	21.2	106	60.5	23	5.8	6	25.9	52	8.5	35	2.0	33
GGE M2 Jacket Potato Baked Beans	301.8	15	1271.2	15	3.4	5	0.5	3	60.1	23	5.7	6	10.9	22	8.6	36	0.6	10
GGE M2 Jacket Potato Tuna Mayonnaise	614.8	31	2567.1	31	37.7	54	10.1	51	48.7	19	3.8	4	22.5	45	5.3	22	1.6	27
GGE M2 KID Mac n Cheese	618.7	31	2599.4	31	26.0	37	13.7	69	72.7	28	5.4	6	20.1	40	7.9	33	2.4	40
GGE M2 KID Burger Blast Off Beef	612.6	31	2567.8	31	20.3	29	6.1	31	78.5	30	8.2	9	28.2	56	9.4	39	1.7	29
GGE M2 KID Burger Chicken Breast Grilled	624.4	31	2621.3	31	18.3	26	4.0	20	79.0	30	8.9	10	34.7	69	9.4	39	1.7	28

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	%
GGE M2 KID Chicken Dippers	587.2	29	2454.1	29	23.6	34	4.3	22	71.3	27	6.2	7	21.1	42	8.6	36	1.6	27
GGE M2 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
GGE M2 KID Starter Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M2 KID Starter Dough Balls Garlic	660.5	33	2755.1	33	41.0	59	5.1	26	60.5	23	1.6	2	11.9	24	4.3	18	1.7	29
GGE M2 KID Extra Bacon	210.5	11	873.9	10	17.2	25	10.8	54	1.4	1	0.1	0	12.5	25	0.0	0	0.9	15
GGE M2 KID Extra Cheese	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GGE M2 KID Fish and Chips	759.7	38	3165.6	38	43.8	63	10.8	54	55.0	21	6.9	8	32.2	64	8.3	35	2.2	37
GGE M2 KID Star Fish Fingers	669.8	33	2796.4	33	30.7	44	6.5	32	74.4	29	6.7	7	22.4	45	9.0	38	1.6	27
GGE M2 KID Fruit and Ice Cream	201.9	10	844.3	10	8.0	11	4.0	20	24.7	10	21.9	24	4.9	10	5.4	23	0.2	3
GGE M2 KID Full Time Oranges	36.4	2	156.8	2	0.1	0	0.0	0	8.3	3	8.3	9	1.1	2	2.2	9	0.0	0
GGE M2 KID Gammon Steak 5oz	701.3	35	2923.3	35	42.5	61	11.3	56	37.4	14	3.3	4	39.0	78	7.0	29	5.2	87
GGE M2 KID Hidden Veg Pasta Melt	613.5	31	2570.3	31	20.0	29	5.2	26	87.6	34	10.9	12	19.3	39	9.8	41	2.0	33
GGE M2 KID Hunters Chicken	639.2	32	2669.1	32	32.9	47	11.5	58	43.4	17	13.7	15	40.8	82	3.5	15	3.6	60
GGE M2 KID Ice Cream Plain and Simple	249.2	12	1048.7	12	8.0	11	4.1	20	39.3	15	31.3	35	4.5	9	0.9	4	0.2	3
GGE M2 KID Sundae Minty	402.8	20	1688.7	20	22.7	32	14.6	73	43.7	17	39.0	43	5.3	11	1.2	5	0.2	4
GGE M2 KID Starter Nachos	378.9	19	1580.8	19	21.7	31	8.8	44	31.3	12	3.1	3	13.2	26	2.7	11	1.4	23
GGE M2 KID Steak Rump 5oz	609.6	30	2545.5	30	32.3	46	9.6	48	38.6	15	4.9	5	37.6	75	7.8	33	1.6	27
GGE M2 KID Starter Salad Sticks	95.5	5	393.1	5	7.8	11	0.6	3	5.5	2	3.6	4	0.7	1	1.7	7	0.6	10
GGE M2 KID Sausage and Mash	686.3	34	2863.5	34	33.3	48	13.7	68	69.6	27	8.2	9	22.4	45	8.8	37	3.8	64
GGE M2 KID Sausage and Mash Veggie	505.8	25	2116.4	25	16.4	23	8.1	40	48.4	19	6.6	7	33.9	68	14.4	60	3.7	61
GGE M2 KID Super Solar Sausages	690.9	35	2885.8	34	31.2	45	9.0	45	79.4	31	8.5	9	21.5	43	9.5	39	2.3	38
GGE M2 KID Super Solar Sausages Veggie	519.2	26	2173.2	26	17.6	25	4.6	23	59.3	23	6.7	7	27.6	55	12.5	52	2.0	34
GGE M2 KID Unlimited 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
GGE M2 KID Unlimited Corn on the Cob	97.1	5	411.8	5	2.1	3	0.3	1	17.1	7	2.1	2	3.7	7	2.5	11	0.0	0
GGE M2 KID Unlimited 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
GGE M2 KID Unlimited 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
GGE M2 KID Lasagne Vegetable	423.0	21	1774.1	21	14.4	21	3.1	16	61.3	24	9.7	11	12.7	25	6.2	26	2.1	35
GGE M2 KID Waffle and Ice Cream	405.7	20	1707.4	20	15.5	22	7.6	38	60.5	23	37.4	42	5.2	10	1.7	7	0.6	9
GGE M2 KID Baby Back Ribs	892.1	45	3736.8	44	44.6	64	16.3	81	85.8	33	35.4	39	36.6	73	5.5	23	1.9	32
GGE M2 KID Ice Cream Plain and Simple 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
GGE M2 PK Pizza BBQ Chicken	1232.5	62	5179.6	62	39.6	57	17.6	88	144.1	55	34.4	38	74.3	149	8.9	37	5.2	87
GGE M2 PK Pizza Cheesy Mac n Onion	1076.0	54	4525.1	54	38.4	55	18.6	93	131.9	51	11.1	12	49.1	98	11.4	47	4.3	72
GGE M2 PK Pizza Garlic Chicken Kiev	1250.5	63	5239.6	62	59.0	84	20.0	100	118.1	45	8.8	10	60.9	122	8.1	34	4.5	75

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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	%
GGE M2 PK Pizza Hamma Mia	897.9	45	3776.7	45	30.4	43	13.9	70	100.8	39	8.2	9	54.6	109	8.1	34	6.4	107
GGE M2 PK Pizza Lovely Rita	810.0	41	3411.2	41	25.9	37	12.5	62	103.6	40	10.6	12	40.7	81	8.8	37	3.2	54
GGE M2 PK Pizza Lovely Rita Vegan	634.5	32	2678.5	32	14.4	21	6.7	34	106.3	41	9.8	11	20.0	40	8.8	37	2.8	46
GGE M2 PK Pizza Mac n Meat	1124.6	56	4728.0	56	40.8	58	19.4	97	131.2	50	10.9	12	56.2	112	11.1	46	6.0	100
GGE M2 PK Pizza Butchers Block	1150.8	58	4830.8	58	45.6	65	20.8	104	107.1	41	7.8	9	76.9	154	8.2	34	6.2	103
GGE M2 PK Pizza The Veg Patch	865.2	43	3641.5	43	26.5	38	12.6	63	114.9	44	19.9	22	41.9	84	11.2	47	4.5	74
GGE M2 PK Pizza The Veg Patch Vegan	689.7	34	2908.8	35	14.9	21	6.8	34	117.7	45	19.1	21	21.2	42	11.2	47	4.0	66
GGE M2 PK Pizza Great Balls of Smoke	1020.5	51	4291.2	51	34.8	50	16.1	81	104.7	40	8.6	10	71.8	144	8.3	34	5.9	98
GGE M2 PK KID Pizza Butchers Block	529.8	26	2224.5	26	19.4	28	8.9	44	55.9	21	7.5	8	32.7	65	6.0	25	2.7	45
GGE M2 PK KID Pizza Little Rita	425.5	21	1790.5	21	13.3	19	6.3	32	55.7	21	9.0	10	21.0	42	6.5	27	1.7	28
GGE M2 PK KID Pizza Little Rita Vegan	337.8	17	1424.2	17	7.5	11	3.4	17	57.1	22	8.6	10	10.6	21	6.5	27	1.4	24
GGE M2 PK KID Pizza Little Veg Patch	433.4	22	1823.3	22	13.5	19	6.3	32	56.6	22	9.8	11	21.7	43	7.2	30	1.7	28
GGE M2 PK KID Pizza Little Veg Patch Vegan	345.6	17	1456.9	17	7.7	11	3.4	17	58.0	22	9.3	10	11.3	23	7.2	30	1.5	24
GGE M2 PK KID Pizza BBQ Chicken	636.9	32	2675.1	32	20.1	29	8.9	44	76.0	29	20.9	23	37.8	76	6.6	27	2.7	45
GGE M2 PK KID Pizza Hamma Mia	470.3	24	1976.5	24	15.5	22	7.0	35	54.3	21	7.8	9	28.1	56	6.2	26	3.3	55
GGE M2 PK Tostada BBQ Chicken	519.9	26	2177.3	26	21.4	31	9.5	48	50.9	20	17.4	19	29.5	59	4.9	20	1.7	29
GGE M2 PK Tostada Cheesy Mac n Onion	368.8	18	1547.1	18	15.1	22	7.8	39	41.1	16	6.8	8	15.4	31	5.6	23	1.1	19
GGE M2 PK Tostada Garlic Chicken Kiev	501.0	25	2094.4	25	26.4	38	10.1	51	41.2	16	8.2	9	23.4	47	5.6	23	1.4	23
GGE M2 PK Tostada Great Balls of Smoke	420.3	21	1762.5	21	16.9	24	8.2	41	34.5	13	7.8	9	31.2	62	5.6	24	2.9	48
GGE M2 PK Tostada Hamma Mia	323.8	16	1358.3	16	12.7	18	6.4	32	32.8	13	7.8	9	18.2	36	5.7	24	1.8	31
GGE M2 PK Tostada Lovely Rita	293.2	15	1231.2	15	11.2	16	5.9	29	33.7	13	8.6	10	13.4	27	5.8	24	0.8	13
GGE M2 PK Tostada Lovely Rita Vegan	248.6	12	1044.7	12	8.5	12	5.0	25	35.3	14	8.3	9	6.6	13	5.8	24	0.7	12
GGE M2 PK Tostada Mac n Meat	382.4	19	1603.8	19	15.8	23	8.0	40	40.7	16	6.6	7	17.5	35	5.4	23	1.6	27
GGE M2 PK Tostada The Butchers Block	386.7	19	1620.0	19	17.1	24	8.4	42	32.3	12	5.5	6	24.5	49	4.4	18	1.8	30
GGE M2 PK Tostada The Veg Patch	295.5	15	1239.8	15	11.0	16	5.8	29	34.8	13	9.1	10	13.0	26	5.4	23	1.2	19
GGE M2 PK Tostada The Veg Patch Vegan	256.9	13	1078.7	13	8.5	12	4.9	25	37.6	14	9.8	11	6.3	13	5.7	24	1.2	20
GGE M2 PK NGCI Pizza Hamma Mia	991.2	50	4144.5	49	29.0	41	13.3	67	138.5	53	13.4	15	43.1	86	5.3	22	5.7	96
GGE M2 PK NGCI Pizza Lovely Rita	903.3	45	3779.0	45	24.6	35	11.9	59	141.3	54	15.7	17	29.1	58	6.0	25	2.6	43
GGE M2 PK NGCI Pizza Lovely Rita Vegan	727.8	36	3046.3	36	13.0	19	6.1	30	144.0	55	14.9	17	8.4	17	6.0	25	2.1	35
GGE M2 PK NGCI Pizza The Veg Patch	958.5	48	4009.4	48	25.1	36	12.0	60	152.6	59	25.0	28	30.3	61	8.4	35	3.8	63
GGE M2 PK NGCI Pizza The Veg Patch Vegan	783.0	39	3276.7	39	13.6	19	6.2	31	155.4	60	24.2	27	9.6	19	8.4	35	3.3	55
GGE M2 PK Pizza Tikka Tastic	1760.4	88	7390.6	88	69.0	99	27.0	135	199.0	77	44.3	49	82.2	164	16.2	67	8.0	133
GGE M2 PK Tostada Tikka Tastic	562.0	28	2356.4	28	23.7	34	10.0	50	53.7	21	16.8	19	31.2	62	6.9	29	2.6	44

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
GGE M2 Tacos BBQ Jackfruit	1083.5	54	4538.8	54	47.6	68	15.5	78	140.5	54	25.7	29	19.9	40	14.4	60	3.3	55
GGE M2 Tacos BBQ Jackfruit Vegan	974.0	49	4088.1	49	36.3	52	8.4	42	139.4	54	24.6	27	19.0	38	14.4	60	3.2	53
GGE M2 Tacos Crispy Chicken	1432.1	72	5989.8	71	72.9	104	26.1	130	143.2	55	15.2	17	47.9	96	12.6	53	4.1	69
GGE M2 Tacos Honey BBQ Pulled Pork	1559.0	78	6514.9	78	76.9	110	27.1	136	138.1	53	31.3	35	75.9	152	12.8	53	3.2	53
GGE M2 Soup of the Day	380.8	19	1598.7	19	17.0	24	8.6	43	46.6	18	10.7	12	8.6	17	4.2	18	2.1	36
GGE M2 NGCI Soup of the Day	1.1	0	4.5	0	0.1	0	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0
GGE M2 Sundae Black Forest Small	454.4	23	1903.8	23	24.2	35	15.0	75	51.0	20	43.6	48	6.1	12	1.0	4	0.4	7
GGE M2 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
GGE M2 Apple Pie Vegan	467.7	23	1960.7	23	19.9	28	9.7	49	66.0	25	28.2	31	4.4	9	5.3	22	0.0	1
GGE M2 NGCI Ice Cream Sundae	355.1	18	1489.8	18	17.6	25	10.8	54	44.6	17	39.5	44	4.3	9	0.8	3	0.3	5
GGE M2 NGCI Vegan Ice Cream Sundae	321.0	16	1344.7	16	13.1	19	11.4	57	42.7	16	29.1	32	1.6	3	9.9	41	0.0	0
GGE M2 BM Breakfast Veggie	957.8	48	3989.7	47	58.8	84	16.5	82	65.2	25	8.6	10	38.9	78	15.9	66	3.0	51
GGE M2 BM Breakfast Vegan	932.7	47	3895.4	46	46.3	66	12.6	63	72.6	28	9.9	11	50.8	102	20.9	87	4.0	66
GGE M2 BM Butty Sausage	545.7	27	2284.2	27	25.8	37	7.6	38	57.7	22	3.6	4	20.3	41	4.6	19	2.2	37
GGE M2 BM Kids Breakfast	757.0	38	3150.3	38	49.7	71	15.6	78	44.7	17	7.6	8	33.4	67	7.6	31	3.8	63
GGE M2 BM Butty Sausage Veggie	425.3	21	1786.1	21	14.5	21	3.8	19	43.5	17	2.5	3	28.0	56	8.4	35	2.1	35
GGE M2 BM Butty Bacon	405.7	20	1701.2	20	16.0	23	4.5	23	36.0	14	1.0	1	29.5	59	3.4	14	4.3	72
GGE M2 BM Beans on Toast	415.3	21	1741.1	21	9.7	14	2.1	11	63.4	24	8.2	9	19.9	40	10.6	44	1.9	31
GGE M2 BM Eggs on Toast	577.5	29	2407.8	29	37.6	54	6.9	35	36.0	14	1.4	2	24.2	48	3.4	14	1.3	21
GGE M2 BM Pancakes and Crispy Bacon	764.9	38	3205.5	38	17.6	25	5.4	27	107.7	41	61.1	68	45.0	90	1.6	7	7.7	129
GGE M2 BM Kids Breakfast Vegan	366.4	18	1533.7	18	14.9	21	2.7	14	37.5	14	6.8	8	20.4	41	9.4	39	1.5	25
GGE M2 BM Kids Breakfast Veggie	626.7	31	2608.3	31	40.6	58	12.5	62	37.6	14	7.1	8	27.5	55	9.4	39	2.0	33