

## 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	708.4	35	2954.6	35	41.0	59	14.6	73	44.0	17	12.9	14	40.1	80	0.3	1	2.7	45
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	1701.0	85	7114.1	85	95.9	137	26.6	133	151.4	58	16.1	18	57.4	115	11.4	48	5.5	91
TFO LN Beer Battered Fish and Chips	1307.0	65	5449.0	65	73.8	105	19.4	97	92.6	36	7.2	8	61.1	122	11.5	48	3.5	59
TFO LN BBQ Ribs & Chicken	1414.3	71	5919.6	70	73.9	106	24.7	124	89.7	34	29.9	33	98.0	196	8.7	36	3.7	62
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	1959.6	98	8192.0	98	115.2	165	40.9	204	124.5	48	53.3	59	105.6	211	10.1	42	4.8	81
TFO LN Smothered Chicken BBQ	1179.1	59	4938.4	59	52.2	75	15.7	78	109.9	42	31.7	35	66.9	134	10.3	43	5.2	87
TFO LN Smothered Chicken Sweet Chilli	1163.2	58	4871.2	58	52.2	75	15.7	78	106.6	41	31.6	35	66.5	133	10.6	44	6.0	100
TFO LN Roasted Vegetable Jalfrezi	1221.0	61	5126.2	61	42.5	61	5.8	29	182.9	70	31.8	35	24.7	49	15.2	63	4.7	79
TFO LN Chicken Tikka Masala	1207.4	60	5085.4	61	38.4	55	8.9	44	170.3	66	26.4	29	44.7	89	12.4	52	3.9	65
TFO LN Roasted Vegetable Jalfrezi Vegan	731.5	37	3071.9	37	25.2	36	2.3	12	114.4	44	30.3	34	12.7	25	10.8	45	3.2	54
TFO LN Breaded Scampi	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
TFO LN Sausages and Mash	774.8	39	3232.5	38	36.6	52	14.7	73	82.3	32	9.8	11	23.7	47	10.6	44	4.0	67

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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	667.1	33	2789.9	33	28.4	41	5.1	26	47.8	18	3.1	3	51.2	102	6.0	25	2.3	38
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 Minted Lamb Shank	1132.6	57	4735.8	56	53.4	76	25.2	126	80.5	31	28.1	31	78.1	156	12.6	52	4.3	71
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	1274.3	64	5325.7	63	66.3	95	20.2	101	96.6	37	13.4	15	70.8	142	9.5	40	6.2	103
TFO LN Cowboy Classic Burger XL	1633.0	82	6820.0	81	87.6	125	30.0	150	98.3	38	14.3	16	112.5	225	10.6	44	7.7	129
TFO LN Plain and Simple Burger Chicken	1267.0	63	5296.2	63	66.2	95	16.2	81	118.9	46	14.9	17	45.2	90	9.0	38	4.1	69
TFO LN Plain and Simple Burger Chicken XL	1756.8	88	7338.4	87	96.9	138	27.1	136	141.7	55	16.1	18	75.2	150	9.0	38	5.7	94
TFO LN Plain and Simple Burger Beef	1135.9	57	4748.2	57	56.8	81	15.1	75	97.8	38	14.6	16	56.8	114	10.1	42	4.1	68
TFO LN Plain and Simple Burger Beef XL	1494.6	75	6242.5	74	78.0	111	24.9	125	99.5	38	15.4	17	98.5	197	11.1	46	5.6	94
TFO LN BBQ Chicken Burger	1258.5	63	5266.2	63	62.4	89	19.3	96	120.6	46	16.2	18	49.3	99	8.5	36	4.3	72
TFO LN BBQ Chicken Burger XL	1748.4	87	7308.5	87	93.1	133	30.2	151	143.4	55	17.4	19	79.3	159	8.5	36	5.9	98
TFO LN Tennessee Chicken Burger	1162.5	58	4879.2	58	44.8	64	11.6	58	116.4	45	26.1	29	71.1	142	9.4	39	5.9	98
TFO LN Tennessee Chicken Burger XL	1371.6	69	5759.8	69	49.6	71	12.6	63	118.1	45	27.5	31	112.3	225	9.4	39	6.8	114
TFO LN Moving Mountains Burger	1068.8	53	4470.4	53	48.6	69	24.9	124	122.0	47	26.5	29	32.9	66	14.8	62	4.3	72
TFO LN Moving Mountains Burger XL	1357.1	68	5665.5	67	71.5	102	45.3	226	127.6	49	27.2	30	49.3	99	19.4	81	5.7	95
TFO LN Black and Blue Burger	1312.9	66	5483.0	65	70.9	101	22.9	114	102.1	39	12.0	13	64.9	130	11.3	47	4.4	73
TFO LN Black and Blue Burger XL	1671.6	84	6977.3	83	92.2	132	32.7	164	103.8	40	12.9	14	106.6	213	12.3	51	5.9	99
TFO LN Bacon and Brie Burger	1396.4	70	5837.8	69	69.1	99	26.4	132	113.5	44	22.9	25	77.8	156	10.9	45	6.5	108
TFO LN Bacon and Brie Burger XL	1755.1	88	7332.1	87	90.4	129	36.2	181	115.2	44	23.8	26	119.5	239	11.9	50	8.0	134
TFO LN Chicken and Chorizo Burger	1670.7	84	6975.0	83	93.9	134	29.0	145	136.3	52	19.5	22	65.3	131	10.2	42	6.1	101
TFO LN Chicken and Chorizo Burger XL	2160.5	108	9017.3	107	124.6	178	40.0	200	159.1	61	20.7	23	95.3	191	10.2	42	7.6	127
TFO LN Mushroom and Soya Burger	992.0	50	4155.1	49	43.4	62	6.3	31	110.5	42	18.3	20	35.4	71	12.6	52	3.6	59
TFO LN Mushroom and Soya Burger XL	1240.6	62	5195.8	62	56.9	81	7.3	36	121.5	47	20.2	22	55.0	110	15.3	64	4.7	78
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

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
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
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	489.8	24	2042.3	24	30.7	44	11.0	55	22.8	9	1.2	1	30.0	60	0.0	0	1.5	26
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	1147.3	57	4797.1	57	51.8	74	18.3	91	131.7	51	8.7	10	32.5	65	11.3	47	3.9	65
TFO LN Chicken Leek and Cider Pie	1185.7	59	4976.4	59	53.0	76	18.5	93	143.2	55	7.9	9	33.7	67	12.5	52	3.8	64
TFO LN Button Mushroom Bourguignon Pie Vegan	1074.0	54	4504.9	54	55.4	79	19.4	97	124.9	48	8.1	9	19.8	40	14.1	59	3.6	60
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	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
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

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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
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	35.2	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	0.1	0	0.1	0	33.3	13	25.0	28	0.2	0	0.2	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	852.7	43	3563.4	42	48.2	69	14.6	73	74.2	29	9.8	11	27.5	55	6.6	27	2.9	48
TFO LN Extra Sloppy Joe Chips	666.9	33	2789.5	33	36.8	53	14.5	72	61.6	24	12.2	14	20.2	40	6.2	26	2.9	48
TFO LN Extra Holy Smokes Chips	689.1	34	2883.0	34	36.6	52	14.0	70	71.0	27	9.6	11	16.4	33	6.8	28	2.6	44
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

## 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 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 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	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
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	490.2	25	2046.1	24	30.9	44	10.9	55	30.2	12	9.1	10	22.3	45	1.8	8	2.1	35
TFO LN Extra 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
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	39.1	2	164.1	2	0.0	0	0.0	0	9.3	4	0.2	0	0.5	1	0.0	0	1.2	20

## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
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
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	198.5	10	824.4	10	15.3	22	5.5	28	5.2	2	0.7	1	9.9	20	0.4	2	1.4	23
TFO LN Upgrade Pound of Chips	725.0	36	3034.6	36	34.7	50	7.4	37	88.1	34	1.4	2	10.4	21	9.5	40	1.6	26
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	693.5	35	2905.8	35	32.3	46	17.4	87	74.9	29	11.2	12	29.8	60	-	-	3.3	55
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	1090.4	55	4549.2	54	62.8	90	19.0	95	66.8	26	7.2	8	60.0	120	10.9	45	3.0	51
TFO LN Rump Steak 10oz	1131.2	57	4722.8	56	62.9	90	18.6	93	66.8	26	7.2	8	70.1	140	10.9	45	3.1	51
TFO LN Gammon Steak 10oz	928.0	46	3877.5	46	48.8	70	15.7	79	60.9	23	11.1	12	58.1	116	9.0	37	9.4	156
TFO LN Ribeye Steak 12oz	1232.1	62	5143.9	61	80.3	115	26.2	131	66.8	26	7.2	8	75.9	152	10.9	45	3.2	53
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

## 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 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
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	772.5	39	3231.4	38	34.1	49	8.7	44	83.1	32	12.4	14	33.0	66	5.0	21	4.2	71
TFO LN Carvery Sandwich Gammon and English Mustard	738.3	37	3090.8	37	32.3	46	7.1	35	83.0	32	10.5	12	29.4	59	4.9	20	6.8	113
TFO LN Carvery Sandwich Pork and Stuffing	706.8	35	2969.8	35	19.2	27	3.7	18	98.7	38	15.2	17	35.6	71	5.6	23	3.7	62
TFO LN Carvery Sandwich Turkey and Stuffing	721.9	36	3032.8	36	17.8	25	3.3	16	103.1	40	20.5	23	38.3	77	5.9	25	3.7	62
TFO LN Sunday Carvery Small	969.8	48	4057.0	48	45.5	65	12.3	61	100.8	39	22.1	25	40.5	81	15.7	65	5.6	94
TFO LN Sunday Carvery	1230.3	62	5148.5	61	54.4	78	15.7	79	131.0	50	27.2	30	55.3	111	20.2	84	8.2	136
TFO LN Sunday Carvery Large	1712.6	86	7164.5	85	80.3	115	22.3	111	173.4	67	34.0	38	76.3	153	25.9	108	10.2	170
TFO LN Kids Sunday Carvery	969.8	48	4057.0	48	45.5	65	12.3	61	100.8	39	22.1	25	40.5	81	15.7	65	5.6	94
TFO LN Kids Sunday Carvery Veg	1133.5	57	4739.8	56	54.3	78	17.4	87	132.2	51	29.7	33	29.3	59	17.3	72	5.4	90
TFO LN Sunday Carvery Veg Small	1133.5	57	4739.8	56	54.3	78	17.4	87	132.2	51	29.7	33	29.3	59	17.3	72	5.4	90
TFO LN Sunday Carvery Veg	1306.2	65	5464.9	65	58.0	83	18.9	95	162.3	62	34.8	39	33.9	68	21.9	91	7.5	124
TFO LN Sunday Carvery Veg Large	1700.7	85	7114.4	85	78.7	112	23.6	118	204.6	79	41.5	46	44.8	90	27.5	115	9.0	150
TFO LN Mega Mixed Grill	2693.0	135	11222.3	134	171.4	245	56.1	281	92.4	36	11.8	13	193.2	386	13.1	55	15.0	250
TFO LN Mega Rump and Scampi 10oz	1931.2	97	5693.1	68	84.5	121	23.9	119	92.3	36	12.8	14	80.5	161	13.3	55	4.5	75
TFO LN Mega Curry	1938.7	97	8135.8	97	81.8	117	19.2	96	217.1	83	42.4	47	79.1	158	22.0	92	6.6	110
TFO LN Mega Gammon Steak 16oz	1554.0	78	6480.5	77	95.9	137	27.8	139	69.5	27	19.3	21	101.1	202	9.3	39	14.7	245
TFO LN Mega Chilli Cheeseburger	2050.8	103	8567.8	102	106.8	153	38.7	194	143.4	55	28.8	32	128.5	257	11.7	49	8.8	146
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

## 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 Sausages and Mash	774.8	39	3232.5	38	36.6	52	14.7	73	82.3	32	9.8	11	23.7	47	10.6	44	4.0	67
TFO LN NGCI Smothered Chicken Sweet Chilli	1038.5	52	4349.7	52	44.8	64	14.2	71	93.3	36	29.5	33	65.1	130	9.2	38	5.5	91
TFO LN NGCI Chicken Tikka Masala	952.7	48	4005.6	48	39.5	56	11.1	55	114.6	44	24.3	27	37.0	74	7.5	31	3.4	57
TFO LN NGCI Roasted Vegetable Jalfrezi	966.3	48	4046.4	48	43.6	62	8.0	40	127.2	49	29.8	33	16.9	34	10.3	43	4.2	71
TFO LN NGCI Cowboy Classic Burger	943.7	47	3939.0	47	53.6	77	19.1	96	52.2	20	6.6	7	62.1	124	7.8	32	4.8	81
TFO LN NGCI Bacon and Brie Burger	1075.3	54	4485.8	53	61.3	88	25.1	125	61.3	24	15.7	17	68.3	137	7.8	32	5.2	87
TFO LN NGCI Black and Blue Burger	991.8	50	4130.9	49	63.1	90	21.6	108	49.9	19	4.8	5	55.4	111	8.2	34	3.1	52
TFO LN NGCI Plain and Simple Burger Beef	793.2	40	3310.8	39	44.0	63	14.0	70	50.8	20	5.9	7	47.9	96	7.8	33	2.5	42
TFO LN NGCI Rump Steak 10oz	1006.4	50	4201.1	50	55.5	79	17.1	86	53.5	21	5.1	6	68.6	137	9.5	39	2.6	43
TFO LN NGCI Sirloin Steak 8oz	965.7	48	4027.5	48	55.5	79	17.5	88	53.5	21	5.1	6	58.6	117	9.5	39	2.5	42
TFO LN NGCI Ribeye Steak 12oz	1107.3	55	4622.2	55	73.0	104	24.7	124	53.5	21	5.1	6	74.5	149	9.5	39	2.7	45
TFO LN NGCI Gammon Steak 10oz	928.0	46	3877.5	46	48.8	70	15.7	79	60.9	23	11.1	12	58.1	116	9.0	37	9.4	156
TFO LN NGCI Mega Mixed Grill	2568.2	128	10700.3	127	164.1	234	54.6	273	79.2	30	9.7	11	191.7	383	11.7	49	14.5	242
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	25.2	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	700.1	35	2932.6	35	33.2	47	17.0	85	74.8	29	11.7	13	29.7	59	-	-	3.3	55
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 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	612.6	31	2557.9	30	29.4	42	8.5	42	66.1	25	7.1	8	19.2	38	8.4	35	2.4	41



## 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 Super Sausages Veggie	492.2	25	2059.9	25	18.2	26	4.8	24	51.9	20	6.0	7	26.8	54	12.2	51	2.3	39
TFO LN KID Cheesy Pasta Surprise	607.2	30	2543.9	30	23.4	33	7.0	35	80.8	31	11.2	12	17.1	34	9.5	40	2.3	38
TFO LN KID Fish Fingers	590.4	30	2464.3	29	28.9	41	6.1	30	61.2	24	5.4	6	19.9	40	8.0	33	1.8	30
TFO LN KID Crispy Dippers	643.9	32	2681.9	32	36.9	53	8.6	43	58.2	22	4.9	5	18.5	37	7.6	32	1.8	30
TFO LN KID Secret Pasta Ships	586.6	29	2454.5	29	20.7	30	6.0	30	78.8	30	11.2	12	18.5	37	10.8	45	1.9	32
TFO LN KID Gammon Steak	570.8	29	2382.9	28	28.4	41	8.8	44	45.2	17	4.5	5	33.1	66	7.2	30	5.2	86
TFO LN KID Chicken Dinner	571.4	29	2393.0	28	19.9	28	4.2	21	65.6	25	7.1	8	31.5	63	7.8	33	2.9	48
TFO LN KID Surfs Up Fish	753.5	38	3165.3	38	38.9	56	8.2	41	83.2	32	5.6	6	25.8	52	9.4	39	2.6	44
TFO LN KID Grilled Fish	480.7	24	2008.8	24	18.2	26	3.5	18	45.7	18	5.1	6	31.8	64	7.6	32	1.8	30
TFO LN KID Tacos Chicken	775.7	39	3246.9	39	31.7	45	11.7	59	79.5	31	12.6	14	40.8	82	10.0	42	2.8	47
TFO LN KID Tacos Veggie	684.9	34	2864.8	34	27.2	39	10.7	54	86.5	33	18.7	21	21.7	43	13.1	55	2.5	41
TFO LN KID Tacos Vegan	568.7	28	2382.9	28	17.6	25	4.7	24	86.0	33	18.6	21	14.7	29	13.1	55	1.9	32
TFO LN KID Burger Bar Beef Burger	588.4	29	2467.0	29	20.9	30	6.3	31	71.7	28	8.0	9	27.5	55	9.3	39	2.0	34
TFO LN KID Burger Bar Chicken Burger	600.3	30	2520.5	30	18.9	27	4.1	21	72.2	28	8.7	10	34.0	68	9.3	39	2.0	33
TFO LN KID Burger Bar Veggie	549.8	27	2309.8	27	15.7	22	3.6	18	77.2	30	8.9	10	22.7	45	11.5	48	2.0	34
TFO LN KID Vegetable Lasagne	620.5	31	2599.6	31	20.0	29	3.8	19	91.1	35	12.7	14	19.1	38	12.3	51	2.9	49
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	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
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

## 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 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 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	1215.0	61	5068.7	60	62.4	89	20.0	100	108.0	42	27.9	31	52.4	105	15.1	63	5.0	83
TFO SBLN Sunday Dinner Beef XL	2027.5	101	8455.6	101	109.6	157	34.7	173	182.7	70	33.4	37	73.9	148	23.2	97	7.9	131
TFO SBLN Sunday Dinner Turkey	1062.2	53	4448.8	53	35.6	51	10.5	53	127.9	49	36.0	40	55.6	111	16.0	67	4.5	75
TFO SBLN Sunday Dinner Turkey XL	1896.2	95	7926.8	94	83.1	119	25.3	126	202.7	78	41.5	46	82.0	164	24.0	100	7.5	124
TFO SBLN Sunday Dinner Lamb Shank	1579.4	79	6609.1	79	76.5	109	28.5	142	132.1	51	45.6	51	87.3	175	16.5	69	6.1	101
TFO SBLN Sunday Dinner Lamb Shank XL	2187.7	109	9147.5	109	107.8	154	40.7	203	196.0	75	49.5	55	103.6	207	24.0	100	8.7	146
TFO SBLN Sunday Dinner Pork Belly	1866.9	93	7785.0	93	103.1	147	38.3	192	164.9	63	62.2	69	66.8	134	17.4	73	6.1	102
TFO SBLN Sunday Dinner Pork Belly XL	2679.3	134	11171.6	133	150.3	215	53.0	265	239.6	92	67.6	75	88.3	177	25.4	106	9.0	150
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	2390.0	119	9976.4	119	125.9	180	37.3	187	195.3	75	34.1	38	116.0	232	25.4	106	10.5	175
TFO SBLN Sunday Dinner Vegetarian	1425.3	71	5953.4	71	73.2	105	21.7	109	155.4	60	33.3	37	33.8	68	18.7	78	7.0	117
TFO SBLN Sunday Dinner Vegetarian XL	2039.3	102	8516.0	101	105.0	150	30.9	155	224.9	87	38.0	42	45.5	91	26.4	110	8.6	143
TFO SBLN Mega Sunday Burger	2188.7	109	9134.8	109	112.0	160	36.8	184	199.7	77	34.6	38	94.2	188	24.6	103	10.4	173
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	1011.0	51	4220.7	50	46.5	66	17.5	87	97.2	37	26.3	29	47.2	94	14.6	61	4.7	78
TFO SBLN NGCI Sunday Dinner Turkey	794.3	40	3330.9	40	18.6	27	7.4	37	104.8	40	34.1	38	48.7	97	14.8	62	3.6	60
TFO SBLN NGCI Sunday Pork Belly	1562.6	78	6512.0	78	86.1	123	35.3	176	132.8	51	52.4	58	59.9	120	16.2	68	5.2	87
TFO SBLN Sunday Dinner Beef Child	726.4	36	3027.8	36	40.2	57	12.7	63	63.7	25	6.8	8	26.8	54	7.4	31	2.6	44
TFO SBLN Sunday Dinner Chicken Child	691.7	35	2888.8	34	33.7	48	9.3	47	64.7	25	7.8	9	31.8	64	7.4	31	2.9	49
TFO LN Baguette Roast Beef and Horseradish	864.4	43	3622.3	43	36.8	53	14.6	73	84.1	32	10.0	11	46.9	94	3.6	15	3.9	65

## Recipes with Nutritional Reference Intake

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

Recipe Name	Energy		Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt			
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%		
TFO LN Baguette Roast Turkey and Cranberry	647.7	32	2732.5	33	9.0	13	4.6	23	91.7	35	17.7	20	48.4	97	3.8	16	2.8	46
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