

## 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	%
AGR LN Pork Crackling & Apple Sauce	344.6	17	1425.5	17	31.2	45	10.6	53	7.4	3	4.4	5	8.3	17	0.2	1	0.5	9
AGR LN Mixed Olives (V)	188.8	9	786.0	9	11.6	17	3.8	19	5.4	2	0.0	0	1.5	3	0.2	1	3.3	55
AGR LN Homemade Sausage Roll	706.3	35	2939.8	35	46.8	67	22.0	110	34.8	13	9.4	10	33.7	67	1.6	7	5.3	88
AGR LN Chorizo Crisps	645.4	32	2714.8	32	23.1	33	7.6	38	86.8	33	4.3	5	27.0	54	4.1	17	3.1	52
AGR LN Hummus & Flatbread	612.4	31	2559.9	30	34.0	49	4.2	21	61.4	24	1.8	2	14.7	29	3.8	16	1.9	32
AGR LN Little Links	806.3	40	3346.9	40	64.0	91	21.7	109	24.3	9	15.9	18	33.6	67	0.3	1	3.1	51
AGR LN Chicken Wings - Choice of Sauce	679.1	34	2832.0	34	39.8	57	10.5	53	23.1	9	20.5	23	56.4	113	2.4	10	1.3	22
AGR LN Homemade Mini Loaf	705.3	35	2958.3	35	28.7	41	3.9	19	95.6	37	7.5	8	16.3	33	5.5	23	2.4	39
AGR LN Seeded Goats Cheese	735.3	37	3122.4	37	58.1	83	24.2	121	20.0	8	11.2	12	36.7	73	4.1	17	2.3	38
AGR LN Prawn Cocktail	419.6	21	1752.8	21	26.2	37	8.8	44	30.2	12	6.5	7	16.3	33	3.1	13	2.9	49
AGR LN Ham Hock Terrine	502.2	25	2103.8	25	22.7	32	9.0	45	59.4	23	14.7	16	14.3	29	3.3	14	2.5	42
AGR LN Soup of the Day	549.8	27	2288.4	27	27.6	39	10.9	54	61.6	24	5.5	6	14.1	28	4.8	20	2.0	34
AGR LN Soup of the Day Vegan	480.0	24	2015.9	24	18.2	26	2.2	11	65.7	25	10.1	11	12.9	26	6.4	27	1.9	32
AGR LN Grilled Pepper & Rosti Stack	246.8	12	1031.5	12	11.1	16	1.3	6	32.2	12	13.5	15	6.6	13	7.6	32	1.3	22
AGR LN Whitebait	767.6	38	3173.8	38	71.5	102	17.7	88	18.5	7	2.4	3	11.1	22	1.6	7	1.7	28
AGR LN Creamy Garlic Mushrooms	553.7	28	2308.3	27	35.3	50	15.7	78	48.4	19	3.8	4	11.8	24	5.3	22	1.4	24
AGR LN Black Pudding & Rosti Stack	502.6	25	2108.9	25	27.8	40	8.5	43	43.5	17	5.6	6	22.5	45	2.6	11	4.0	67
AGR LN Chicken Wings - Choice of Sauce	679.1	34	2832.0	34	39.8	57	10.5	53	23.1	9	20.5	23	56.4	113	2.4	10	1.3	22
AGR LN Baked Camembert	1450.5	73	6060.1	72	83.9	120	44.2	221	105.8	41	14.1	16	68.8	138	8.4	35	7.9	132
AGR LN House Sharing Board	3025.4	151	12614.1	150	191.2	273	70.1	350	168.1	65	46.6	52	158.8	318	8.5	36	12.7	212
AGR LN Antipasti Sharing Board	1160.9	58	4856.6	58	56.5	81	13.6	68	107.7	41	13.7	15	46.2	92	8.8	37	9.1	152
AGR LN Veg Mezze Board	1685.5	84	7095.3	84	108.5	155	32.9	165	113.0	43	38.5	43	55.8	112	13.3	55	7.2	119
AGR LN Steak Cheddar & Ale Pie	1197.4	60	5003.4	60	59.8	85	24.5	123	127.0	49	11.8	13	33.7	67	13.4	56	3.1	52
AGR LN Pedigree Beef Lasagne	739.4	37	3091.1	37	37.2	53	16.4	82	63.3	24	17.8	20	36.4	73	5.9	25	6.1	101
AGR LN Pedigree Beef Lasagne <600kcal	537.5	27	2243.6	27	28.7	41	13.1	66	37.0	14	17.8	20	32.2	64	5.1	21	8.5	142
AGR LN Beer Battered Fish and Chips	926.8	46	3856.2	46	35.1	50	8.5	43	89.2	34	8.1	9	57.0	114	11.5	48	3.6	61
AGR LN Whitby Scampi	1677.3	84	3424.2	41	56.2	80	15.5	77	87.9	34	10.2	11	24.0	48	12.8	53	3.4	57
AGR LN Hunters Chicken	1123.3	56	4691.9	56	52.9	76	20.8	104	62.4	24	17.3	19	94.6	189	7.2	30	6.6	111
AGR LN House Salad	442.5	22	1851.4	22	39.4	56	5.1	26	16.8	6	4.4	5	6.1	12	3.6	15	9.4	157
AGR LN House Salad Low Cal	210.8	11	891.8	11	19.0	27	2.5	12	6.4	2	3.5	4	4.3	9	2.4	10	9.1	152
AGR LN Chicken Breast - Extra	345.8	17	1457.7	17	8.1	12	2.3	11	0.0	0	0.0	0	68.3	137	0.0	0	0.3	6
AGR LN 6oz Rump Steak - Extra	337.3	17	1404.8	17	21.8	31	7.9	39	0.0	0	0.0	0	35.2	70	0.0	0	0.7	12
AGR LN Grilled Salmon Fillet - Extra	372.3	19	1550.0	18	25.2	36	11.9	60	0.6	0	0.6	1	35.8	72	3.8	16	0.5	9

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
AGR LN Seeded Goats Cheese - Extra	663.1	33	2818.8	34	54.5	78	23.8	119	10.7	4	2.2	2	36.2	72	3.7	15	1.8	30
AGR LN Halloumi - Extra	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
AGR LN Roasted Pepper Mushroom & Crispy Onions - Extra	172.1	9	717.5	9	8.9	13	2.0	10	19.7	8	11.4	13	4.2	8	5.0	21	0.3	4
AGR LN 8oz Sirloin Steak	1080.9	54	4482.0	53	63.8	91	22.7	113	57.1	22	6.0	7	64.3	129	9.2	38	34.1	568
AGR LN 10oz Ribeye Steak	1217.1	61	5047.7	60	76.3	109	29.3	146	50.3	19	5.3	6	77.5	155	8.1	34	30.0	501
AGR LN Sweetcure Gammon Steaks	1152.0	58	4807.0	57	47.8	68	14.5	72	68.6	26	18.7	21	104.9	210	12.5	52	36.4	607
AGR LN House Mixed Grill	1635.6	82	6791.8	81	98.7	141	35.1	175	63.6	24	6.9	8	120.0	240	8.1	34	35.0	583
AGR LN Chicken & Chorizo Kebab	1285.4	64	5387.1	64	58.1	83	11.9	59	130.6	50	28.6	32	60.6	121	11.0	46	13.0	217
AGR LN Halloumi & Veg Kebab	1277.3	64	5339.1	64	66.0	94	17.7	88	133.0	51	31.5	35	38.4	77	-	-	13.2	221
AGR LN Lamb Kebab	1233.0	62	5160.3	61	61.7	88	15.6	78	129.5	50	28.1	31	40.5	81	11.0	46	11.8	196
AGR LN Plain Beef Burger (Double Stacked)	1001.8	50	4171.2	50	46.1	66	14.7	74	93.6	36	10.6	12	48.3	97	9.3	39	3.2	53
AGR LN Plain Chicken Breast Burger (Double Stacked)	1244.0	62	5188.9	62	50.1	72	13.6	68	99.1	38	12.0	13	93.8	188	10.5	44	2.3	38
AGR LN Burger House Beef (Double Stacked)	1344.4	67	5601.5	67	76.6	109	25.0	125	93.9	36	-	-	64.3	129	9.3	39	-	-
AGR LN Burger House Chicken (Double Stacked)	1552.0	78	6478.5	77	84.9	121	26.3	131	86.2	33	10.6	12	105.9	212	9.1	38	5.2	86
AGR LN Burger House Vegetarian	1401.3	70	5823.1	69	84.6	121	43.0	215	111.1	43	22.5	25	46.7	93	17.4	72	4.3	72
AGR LN Burger House Vegan	1043.8	52	4340.2	52	50.4	72	28.4	142	112.8	43	27.1	30	31.5	63	16.4	68	3.0	50
AGR LN Burger Korean Chicken	1400.9	70	5867.8	70	43.8	63	15.3	77	159.1	61	30.2	34	90.2	180	12.5	52	3.4	56
AGR LN Onion Rings Side Order	542.9	27	2298.0	27	2.4	3	0.5	2	126.1	49	9.9	11	14.3	29	9.4	39	3.6	61
AGR LN Chips Side Order	370.8	19	1551.6	18	18.2	26	4.0	20	44.1	17	0.7	1	5.2	10	4.8	20	1.0	16
AGR LN Sweet Potato Fries Side Order	460.2	23	1894.5	23	25.3	36	5.1	25	50.0	19	16.1	18	3.4	7	6.8	28	1.1	18
AGR LN Garlic Ciabatta Side Order	451.2	23	1892.5	23	19.3	28	7.0	35	58.1	22	5.1	6	9.6	19	3.9	16	1.2	20
AGR LN Cheesy Garlic Ciabatta Side Order	669.6	33	2805.3	33	37.2	53	18.2	91	58.2	22	5.2	6	24.2	48	3.9	16	2.3	38
AGR LN Salad Bowl Side Order	158.2	8	653.3	8	14.2	20	1.7	9	6.1	2	5.5	6	1.5	3	2.3	9	6.2	103
AGR LN Vegetables Side Order	44.5	2	185.5	2	0.9	1	0.2	1	6.0	2	5.5	6	3.2	6	4.7	20	0.5	8
AGR LN Mash Side Order	242.8	12	1013.5	12	9.2	13	5.9	30	34.1	13	2.3	3	3.5	7	4.5	19	0.9	14
AGR LN Sauteed Mushrooms Side Order	66.7	3	277.1	3	5.6	8	0.7	4	0.8	0	0.4	0	3.5	7	2.9	12	0.2	3
AGR LN Bloomer Bread & Butter Side Order	237.2	12	991.9	12	13.5	19	7.8	39	22.7	9	0.7	1	6.4	13	2.1	9	0.9	14
AGR LN Halloumi Fries Side Order	690.7	35	2874.5	34	42.4	61	23.1	116	45.7	18	7.7	9	32.2	64	-	-	4.3	72
AGR LN Homemade Mini Loaf	705.3	35	2958.3	35	28.7	41	3.9	19	95.6	37	7.5	8	16.3	33	5.5	23	2.4	39
AGR LN Buttermilk Peppercorn Sauce - Grill Add On	66.4	3	280.0	3	4.2	6	2.5	12	5.6	2	1.4	2	1.2	2	0.6	2	0.8	13
AGR LN Garlic Mushrooms - Grill Add On	197.7	10	815.0	10	19.9	28	10.8	54	2.8	1	2.0	2	2.6	5	1.8	8	0.1	2

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AGR LN Fried Egg (V) - Grill Add On	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
AGR LN Scampi - Grill Add On	481.2	24	447.5	5	10.2	15	3.2	16	14.4	6	1.9	2	6.9	14	1.6	7	0.7	12
AGR LN 6oz Rump Steak - Extra	337.3	17	1404.8	17	21.8	31	7.9	39	0.0	0	0.0	0	35.2	70	0.0	0	0.7	12
AGR LN Grilled Salmon Fillet - Extra	372.3	19	1550.0	18	25.2	36	11.9	60	0.6	0	0.6	1	35.8	72	3.8	16	0.5	9
AGR LN Roasted Pepper Mushroom & Crispy Onions - Extra	172.1	9	717.5	9	8.9	13	2.0	10	19.7	8	11.4	13	4.2	8	5.0	21	0.3	4
AGR LN Halloumi - Extra	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
AGR LN Seeded Goats Cheese - Extra	663.1	33	2818.8	34	54.5	78	23.8	119	10.7	4	2.2	2	36.2	72	3.7	15	1.8	30
AGR LN Chicken Breast - Extra	345.8	17	1457.7	17	8.1	12	2.3	11	0.0	0	0.0	0	68.3	137	0.0	0	0.3	6
AGR LN Double Beef Burger - Extra	229.5	11	967.3	12	6.6	9	2.6	13	7.4	3	0.1	0	35.0	70	0.2	1	1.4	24
AGR LN Bacon - Extra	252.7	13	1057.1	13	23.5	34	3.3	16	0.0	0	0.0	0	9.8	20	0.0	0	2.1	35
AGR LN Cheddar Cheese - Extra	201.2	10	841.1	10	16.5	24	10.3	52	0.1	0	0.1	0	13.4	27	0.0	0	1.0	16
AGR LN Cheese Slice - Extra	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
AGR LN Garden Peas - Extra	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
AGR LN Pea & Mint Puree - Extra	63.8	3	265.5	3	2.1	3	1.1	6	6.7	3	3.9	4	2.1	4	3.0	13	0.7	11
AGR LN Chicken & Chorizo Kebab Extra	350.2	18	1462.7	17	18.9	27	5.3	26	6.5	2	4.5	5	38.7	77	1.7	7	1.6	26
AGR LN Halloumi Kebab Extra	264.0	13	1091.8	13	20.0	29	10.5	53	6.6	3	5.2	6	14.7	29	-	-	1.8	30
AGR LN Lamb Kebab Extra	297.8	15	1235.9	15	22.5	32	9.0	45	5.4	2	4.0	4	18.6	37	1.7	7	0.3	5
AGR LN Upgrade - 150g Chunky Chips to 150g Sweet Potato Fries	191.6	10	788.7	9	9.4	13	1.6	8	22.9	9	7.4	8	1.6	3	3.1	13	0.4	7
AGR LN Upgrade - 227g Chunky Chips to 227g Sweet Potato Fries	313.3	16	1289.9	15	17.2	25	3.4	17	34.0	13	11.0	12	2.3	5	4.6	19	0.6	10
AGR LN Upgrade - Garlic Ciabatta to 227g Sweet Potato Fries	313.3	16	1289.9	15	17.2	25	3.4	17	34.0	13	11.0	12	2.3	5	4.6	19	0.6	10
AGR LN Grilled Chicken Lunch Menu	749.1	37	3125.4	37	23.9	34	8.0	40	54.3	21	7.6	8	76.0	152	8.1	34	4.5	75
AGR LN Shakshuka V Lunch Menu	923.5	46	3874.4	46	39.0	56	11.2	56	111.4	43	15.6	17	31.5	63	12.9	54	3.6	59
AGR LN Shakshuka Vegan Lunch Menu	816.7	41	3436.7	41	27.0	39	3.3	16	116.1	45	19.6	22	26.7	53	15.3	64	31.5	524
AGR LN Steak & Chips Lunch Menu	758.3	38	3144.4	37	40.8	58	14.8	74	45.6	18	1.3	1	48.0	96	5.8	24	1.4	24
AGR LN Fish & Chips Lunch Menu	1099.5	55	4575.6	54	42.2	60	9.4	47	121.5	47	8.3	9	51.6	103	16.1	67	3.2	54
AGR LN Ploughmans Lunch Menu	1138.8	57	4755.1	57	71.5	102	34.3	171	75.5	29	19.6	22	47.3	95	5.3	22	6.9	114
AGR LN Ham Egg & Chips Lunch Menu	943.8	47	3919.9	47	55.8	80	18.5	93	64.2	25	13.3	15	42.0	84	8.4	35	5.9	98
AGR LN Greens, Candied Walnut & Pepper Salad	414.5	21	1733.7	21	37.3	53	4.4	22	12.2	5	9.2	10	8.1	16	3.7	15	9.3	155
AGR LN Chicken Breast - Extra	345.8	17	1457.7	17	8.1	12	2.3	11	0.0	0	0.0	0	68.3	137	0.0	0	0.3	6
AGR LN Seeded Goats Cheese - Extra	663.1	33	2818.8	34	54.5	78	23.8	119	10.7	4	2.2	2	36.2	72	3.7	15	1.8	30

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
AGR LN Halloumi - Extra	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
AGR LN BLT Sandwich with Chips	1024.7	51	4285.7	51	66.6	95	10.7	53	69.7	27	5.1	6	32.2	64	5.7	24	5.9	98
AGR LN BLT Sandwich with Soup	980.1	49	4098.8	49	67.7	97	9.1	46	57.0	22	8.5	9	33.2	66	4.3	18	6.4	107
AGR LN Grilled Cheese Sandwich with Chips	1059.7	53	4437.2	53	48.1	69	27.5	137	107.3	41	15.6	17	45.1	90	7.5	31	3.6	61
AGR LN Grilled Cheese Sandwich with Soup	998.5	50	4181.3	50	47.1	67	27.5	138	93.8	36	22.1	25	48.4	97	5.7	24	4.1	68
AGR LN Fish Finger Sandwich with Chips	760.2	38	3184.8	38	22.4	32	4.4	22	103.1	40	5.8	6	34.0	68	7.5	31	2.4	39
AGR LN Fish Finger Sandwich with Soup	685.2	34	2871.2	34	19.0	27	2.1	10	92.9	36	9.4	10	35.2	70	6.2	26	2.6	43
AGR LN Hunters Chicken Sandwich with Chips	1004.9	50	4216.1	50	35.2	50	12.4	62	106.0	41	18.0	20	60.8	122	7.1	30	3.9	66
AGR LN Hunters Chicken Sandwich with Soup	826.8	41	3470.7	41	28.6	41	9.1	46	81.8	31	21.6	24	58.2	116	4.7	19	3.9	65
AGR LN Seeded Goats Cheese & Pepper Sandwich with Chips	1144.0	57	4833.8	58	60.8	87	19.3	97	109.7	42	13.3	15	39.4	79	13.0	54	2.3	38
AGR LN Seeded Goats Cheese & Pepper Sandwich with Soup	965.9	48	4088.4	49	54.2	77	16.1	80	85.5	33	16.9	19	36.8	74	10.6	44	2.2	37
AGR LN Sunday Roast Beef	987.8	49	4116.9	49	60.4	86	19.0	95	67.2	26	25.0	28	46.5	93	15.1	63	3.7	62
AGR LN Sunday Roast Pork Leg	1334.4	67	5545.7	66	94.6	135	29.7	149	70.1	27	26.2	29	53.1	106	15.6	65	3.3	55
AGR LN Sunday Roast Pork & Beef	1706.6	85	7092.6	84	121.3	173	39.6	198	69.6	27	27.0	30	86.2	172	15.8	66	4.2	70
AGR LN Sunday Roast Chicken	916.6	46	3837.5	46	42.1	60	11.8	59	70.9	27	30.0	33	66.1	132	15.2	63	2.9	49
AGR LN Sunday Mushroom Parsnip & Hazelnut Tart	1144.1	57	4762.4	57	72.4	103	29.1	146	100.2	39	23.9	27	26.4	53	18.3	76	3.5	58
AGR LN Sunday Roast Beef Child	537.8	27	2240.7	27	33.4	48	9.0	45	36.6	14	9.0	10	24.4	49	6.2	26	1.7	29
AGR LN Sunday Roast Pork Leg Child	948.1	47	3933.8	47	72.8	104	21.5	108	39.9	15	12.0	13	34.4	69	7.1	29	2.5	41
AGR LN Sunday Mini Pigs In Blankets x8 Side Order	397.1	20	1649.3	20	30.7	44	11.0	55	10.4	4	1.4	2	19.7	39	0.7	3	2.9	48
AGR LN Cauliflower Cheese Side Order	479.6	24	2007.2	24	31.8	45	19.7	99	18.0	7	4.6	5	28.2	56	5.8	24	3.0	51
AGR LN Yorkshire Pudding - Extra	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
AGR LN Chocolate Salted Caramel Tart	567.4	28	2372.2	28	30.6	44	18.2	91	65.0	25	48.0	53	2.9	6	4.7	19	0.3	5
AGR LN Chocolate Salted Caramel Tart Vegan	540.8	27	2261.4	27	28.6	41	18.1	91	62.1	24	43.8	49	1.7	3	7.5	31	0.2	4
AGR LN Sicilian Lemon Muffin Cheesecake	730.5	37	3034.3	36	60.0	86	33.0	165	44.6	17	29.8	33	7.6	15	0.7	3	0.5	8
AGR LN Sticky Toffee Pudding	608.9	30	2565.2	31	18.8	27	11.5	57	104.6	40	83.9	93	6.0	12	1.0	4	0.3	5
AGR LN St Clements Fondant Pudding	652.3	33	2741.0	33	27.0	39	8.4	42	93.6	36	57.7	64	9.0	18	1.4	6	0.8	13
AGR LN Baked Cookie Dough	623.3	31	2608.9	31	26.8	38	16.1	80	86.6	33	61.0	68	6.8	14	3.1	13	0.8	13
AGR LN House Sundae	519.0	26	2158.5	26	37.3	53	23.2	116	40.6	16	40.2	45	4.9	10	3.4	14	0.3	5
AGR LN Vegan Sundae	300.2	15	1254.9	15	12.5	18	10.6	53	37.5	14	27.2	30	1.8	4	12.0	50	0.0	0
AGR LN Lemon Drizzle Sundae	588.2	29	2454.5	29	34.9	50	22.5	112	63.2	24	53.6	60	6.0	12	0.5	2	0.5	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	%
AGR LN Choc Chip Cookie Sundae	612.8	31	2556.6	30	36.1	52	22.1	111	65.3	25	50.2	56	6.1	12	2.3	10	0.5	9
AGR LN Trio of Ice Cream	295.7	15	1241.5	15	13.9	20	8.7	44	36.1	14	35.8	40	6.2	12	0.5	2	0.3	6
AGR LN Mini Cookie for Coffee	78.0	4	326.2	4	3.5	5	2.1	10	10.6	4	7.1	8	0.8	2	0.5	2	0.1	2
AGR LN 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
AGR LN 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
AGR LN Cake Cookies	468.0	23	1957.0	23	20.9	30	12.5	63	63.3	24	42.3	47	5.0	10	2.7	11	0.7	11
AGR LN 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
AGR LN 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
AGR LN 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
AGR LN Chicken Dippers Child	594.9	30	2475.2	29	39.2	56	13.0	65	44.5	17	2.6	3	14.8	30	3.1	13	3.0	50
AGR LN Pasta and Tomato Sauce Child	379.8	19	1587.7	19	16.4	23	7.9	39	42.6	16	4.5	5	15.2	30	2.7	11	1.6	27
AGR LN Cheeseburger Child	494.9	25	2080.6	25	16.9	24	10.7	53	56.4	22	-	-	27.7	55	4.2	17	-	-
AGR LN Childs Cheeseburger - Extra	159.7	8	670.3	8	6.8	10	4.8	24	3.9	1	-	-	20.6	41	0.1	0	-	-
AGR LN Sausage and Mash Child	598.2	30	2489.4	30	40.2	57	18.8	94	31.2	12	3.1	3	22.6	45	2.6	11	4.1	69
AGR LN Veggie Sausage and Mash Child	329.2	16	1378.5	16	12.7	18	6.1	31	36.0	14	5.0	6	13.8	28	6.6	27	2.7	45
AGR LN Fish Fingers Child	576.9	29	2408.0	29	31.3	45	11.2	56	54.9	21	3.7	4	17.1	34	4.3	18	3.5	59
AGR LN Ice Cream Sundae Child	210.4	11	884.5	11	8.8	13	5.5	28	28.4	11	26.0	29	4.2	8	0.5	2	0.2	4
AGR LN Ice Cream Vegan Child	183.0	9	766.0	9	7.9	11	6.9	35	23.0	9	15.6	17	0.9	2	5.9	25	0.0	0
AGR LN Fruit Salad Child	53.5	3	227.7	3	0.1	0	0.0	0	13.5	5	13.5	15	0.5	1	1.7	7	0.0	0
AGR LN Chocolate Brownie Child	379.7	19	1578.0	19	20.8	30	5.9	30	42.5	16	29.2	32	4.8	10	1.5	6	0.5	8
AGR LN Soup of the Day	549.8	27	2288.4	27	27.6	39	10.9	54	61.6	24	5.5	6	14.1	28	4.8	20	2.0	34
AGR LN Soup of the Day Vegan	480.0	24	2015.9	24	18.2	26	2.2	11	65.7	25	10.1	11	12.9	26	6.4	27	1.9	32
AGR LN Whitebait	767.6	38	3173.8	38	71.5	102	17.7	88	18.5	7	2.4	3	11.1	22	1.6	7	1.7	28
AGR LN Creamy Garlic Mushrooms	553.7	28	2308.3	27	35.3	50	15.7	78	48.4	19	3.8	4	11.8	24	5.3	22	1.4	24
AGR LN Trio of Ice Cream	295.7	15	1241.5	15	13.9	20	8.7	44	36.1	14	35.8	40	6.2	12	0.5	2	0.3	6
AGR LN Melt in the Middle Pudding	805.1	40	3361.6	40	45.1	64	9.8	49	89.0	34	61.5	68	9.3	19	1.1	5	0.9	16
AGR LN Bramley 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
AGR LN Bramley 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
AGR LN Avocado & Pepper Club Sandwich Brown (V)	1014.1	51	4219.4	50	58.9	84	19.4	97	95.2	37	9.0	10	22.3	45	14.7	61	2.1	35
AGR LN Avocado & Pepper Club Sandwich White (V)	1007.7	50	4188.6	50	57.0	81	19.3	97	101.4	39	8.9	10	18.5	37	13.4	56	2.2	37
AGR LN Chicken & Avocado Club Sandwich Brown	1546.6	77	6452.5	77	97.9	140	25.4	127	91.3	35	5.3	6	70.5	141	13.4	56	5.4	91
AGR LN Chicken & Avocado Club Sandwich White	1540.2	77	6421.8	76	96.0	137	25.3	126	97.6	38	5.2	6	66.8	134	12.2	51	5.6	93

## 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	%
AGR LN Full English Breakfast	1083.2	54	4522.9	54	66.0	94	21.3	107	74.9	29	10.2	11	46.8	94	8.6	36	34.4	573
AGR LN Shakshuka V Brunch	500.0	25	2090.5	25	20.9	30	3.8	19	56.1	22	14.1	16	21.1	42	9.5	40	2.1	35
AGR LN Shakshuka Vegan Brunch	497.4	25	2081.1	25	20.5	29	3.2	16	60.9	23	18.2	20	16.5	33	11.9	50	30.2	504
AGR LN Smashed Avocado On Toast V	813.2	41	3372.1	40	59.8	85	13.9	70	41.4	16	4.3	5	24.1	48	10.4	43	2.7	45
AGR LN Smashed Avocado On Toast Vegan	737.3	37	3056.4	36	54.3	78	12.0	60	46.1	18	8.1	9	12.4	25	12.8	53	30.4	507
AGR LN Spinach Rosti Stack	470.2	24	1967.1	23	33.8	48	9.6	48	23.1	9	4.9	5	19.4	39	3.8	16	1.6	27
AGR LN Steak & Eggs	647.0	32	2703.2	32	37.1	53	11.5	58	23.1	9	6.7	7	55.7	111	6.1	25	30.2	503
AGR LN Vegan Full English Breakfast	628.9	31	2633.2	31	21.2	30	4.1	21	73.0	28	10.6	12	35.1	70	16.8	70	31.3	521
AGR LN Avocado - Extra	282.2	14	1162.8	14	28.1	40	6.7	33	2.7	1	0.7	1	2.3	5	4.8	20	0.0	0
AGR LN Bacon - Extra	252.7	13	1057.1	13	23.5	34	3.3	16	0.0	0	0.0	0	9.8	20	0.0	0	2.1	35
AGR LN Fried Egg (V) - Extra	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
AGR LN NGCI Hummus	422.0	21	1759.7	21	24.1	34	2.8	14	40.5	16	3.1	3	7.0	14	6.3	26	1.3	22
AGR LN NGCI Prawn Cocktail	428.1	21	1781.4	21	30.1	43	9.8	49	25.7	10	8.2	9	12.4	25	4.5	19	3.2	53
AGR LN NGCI Ham Hock Terrine	304.6	15	1270.6	15	16.5	24	8.2	41	29.7	11	15.0	17	6.9	14	3.5	14	1.8	30
AGR LN NGCI Soup of the Day	240.6	12	986.1	12	16.0	23	7.8	39	20.7	8	5.5	6	1.9	4	4.2	18	0.8	13
AGR LN NGCI Creamy Garlic Mushrooms	356.2	18	1475.2	18	29.1	42	14.9	75	18.7	7	4.1	5	4.4	9	5.5	23	0.6	11
AGR LN NGCI Baked Camembert	1055.5	53	4393.7	52	71.6	102	42.7	213	46.4	18	14.7	16	54.0	108	8.7	36	6.4	106
AGR LN NGCI Veg Mezze Board	1495.2	75	6295.2	75	98.6	141	31.6	158	92.0	35	39.8	44	48.1	96	15.9	66	6.5	109
AGR LN NGCI Chicken & Chorizo Kebab	909.9	45	3781.9	45	44.6	64	14.1	70	75.0	29	27.2	30	47.9	96	10.1	42	10.9	181
AGR LN NGCI Halloumi & Veg Kebab	901.8	45	3733.9	44	52.5	75	19.9	99	77.3	30	30.1	33	25.6	51	-	-	11.1	185
AGR LN NGCI Lamb Kebab	857.5	43	3555.1	42	48.2	69	17.8	89	73.9	28	26.7	30	27.8	56	10.1	42	9.6	160
AGR LN NGCI Roasted Pepper & Mushroom - Extra	109.3	5	454.8	5	6.0	9	1.1	5	11.2	4	9.9	11	3.1	6	4.1	17	0.2	3
AGR LN NGCI Shakshuka V Lunch Menu	443.1	22	1849.6	22	24.7	35	9.6	48	37.2	14	15.0	17	15.9	32	10.3	43	1.7	29
AGR LN NGCI Shakshuka Vegan Lunch Menu	597.6	30	2482.3	30	24.7	35	7.1	35	72.5	28	18.6	21	16.1	32	15.4	64	29.6	493
AGR LN NGCI Ploughmans Lunch Menu	872.6	44	3638.5	43	64.1	92	35.9	179	32.4	12	18.6	21	40.7	81	4.3	18	5.3	88
AGR LN NGCI BLT Sandwich with Chips	1085.5	54	4524.2	54	79.8	114	16.3	82	58.1	22	5.3	6	27.0	54	10.1	42	6.0	101
AGR LN NGCI BLT Sandwich with Soup	1045.9	52	4356.7	52	82.2	117	15.3	76	44.0	17	8.7	10	27.5	55	9.1	38	6.6	110
AGR LN NGCI Grilled Cheese Sandwich with Chips	1071.1	54	4469.9	53	56.1	80	29.2	146	94.6	36	16.5	18	39.1	78	14.3	60	3.7	61
AGR LN NGCI Grilled Cheese Sandwich with Soup	1007.2	50	4200.9	50	56.2	80	29.5	147	78.2	30	23.6	26	41.7	83	13.4	56	4.2	69
AGR LN NGCI Hunters Chicken Sandwich with Chips	1095.6	55	4574.3	54	53.0	76	20.3	102	91.6	35	18.7	21	54.7	109	13.3	55	4.1	69
AGR LN NGCI Hunters Chicken Sandwich with Soup	1025.0	51	4277.4	51	51.9	74	19.1	95	74.9	29	25.2	28	58.4	117	12.1	50	4.6	77

## 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	%
AGR LN NGCI Seeded Goats Cheese & Pepper Sandwich with Chips	1236.4	62	5200.2	62	79.2	113	27.5	137	95.1	37	13.7	15	32.5	65	19.4	81	2.4	40
AGR LN NGCI Seeded Goats Cheese & Pepper Sandwich with Soup	1173.1	59	4938.2	59	80.7	115	26.9	134	78.2	30	19.4	22	33.2	66	18.7	78	2.6	44
AGR LN NGCI Sunday Roast Beef	751.9	38	3135.9	37	42.6	61	15.9	80	54.3	21	22.6	25	39.8	80	14.1	59	3.3	56
AGR LN NGCI Sunday Roast Pork Leg	834.2	42	3480.0	41	46.1	66	16.3	81	65.3	25	25.3	28	42.4	85	16.6	69	2.7	44
AGR LN NGCI Sunday Roast Pork & Beef	1038.5	52	4326.6	52	63.2	90	22.8	114	53.1	20	21.5	24	66.3	133	13.8	58	3.0	51
AGR LN NGCI Sunday Roast Chicken	705.2	35	2965.3	35	21.0	30	7.6	38	65.6	25	29.3	33	66.2	132	15.9	66	2.5	42
AGR LN NGCI Sunday Roast Beef Child	333.8	17	1392.7	17	17.5	25	6.5	33	25.9	10	7.5	8	19.3	39	5.7	24	1.5	24
AGR LN NGCI Sunday Roast Pork Leg Child	727.8	36	3035.4	36	39.2	56	12.8	64	57.2	22	16.6	18	39.1	78	12.6	52	3.3	55
AGR LN NGCI Trio of Ice Cream	295.7	15	1241.5	15	13.9	20	8.7	44	36.1	14	35.8	40	6.2	12	0.5	2	0.3	6
AGR LN NGCI Sausage and Mash Child	644.2	32	2690.5	32	34.1	49	15.1	75	65.0	25	6.2	7	17.3	35	5.1	21	4.6	76
AGR LN NGCI Ice Cream Sundae Child	205.0	10	861.6	10	9.0	13	5.6	28	26.8	10	25.5	28	4.1	8	0.4	2	0.2	4
AGR LN NGCI Avocado & Pepper Club Sandwich	919.7	46	3813.1	45	57.0	81	17.0	85	83.9	32	11.3	13	9.0	18	18.4	77	1.8	30
AGR LN NGCI Chicken & Avocado Club Sandwich	1452.2	73	6046.3	72	96.0	137	22.9	115	80.0	31	7.6	8	57.3	115	17.1	71	5.1	85
AGR LN NGCI Full English Breakfast	987.8	49	4126.0	49	63.6	91	18.6	93	66.8	26	11.6	13	35.5	71	10.6	44	33.2	554
AGR LN NGCI Shakshuka V Brunch	443.1	22	1849.6	22	24.7	35	9.6	48	37.2	14	15.0	17	15.9	32	10.3	43	1.7	29
AGR LN NGCI Shakshuka Vegan Brunch	597.6	30	2482.3	30	24.7	35	7.1	35	72.5	28	18.6	21	16.1	32	15.4	64	29.6	493
AGR LN NGCI Smashed Avocado On Toast V	818.4	41	3393.8	40	63.0	90	14.1	71	37.1	14	6.2	7	19.6	39	14.1	59	2.4	39
AGR LN NGCI Ultimate Sausage & Mash	1181.8	59	4921.4	59	69.6	99	-	-	97.6	38	10.7	12	35.6	71	13.6	57	5.4	90
AGR LN NGCI Genius Bread & Butter Side Order	189.6	9	787.1	9	13.4	19	7.4	37	14.9	6	1.3	1	0.8	2	2.9	12	0.7	12
AGR LN 8oz Sirloin Steak	1080.9	54	4482.0	53	63.8	91	22.7	113	57.1	22	6.0	7	64.3	129	9.2	38	34.1	568
AGR LN Sweetcure Gammon Steaks	1152.0	58	4807.0	57	47.8	68	14.5	72	68.6	26	18.7	21	104.9	210	12.5	52	36.4	607
AGR LN Halloumi & Veg Kebab	1277.3	64	5339.1	64	66.0	94	17.7	88	133.0	51	31.5	35	38.4	77	-	-	13.2	221
AGR LN 10oz Ribeye Steak	1217.1	61	5047.7	60	76.3	109	29.3	146	50.3	19	5.3	6	77.5	155	8.1	34	30.0	501
AGR SBLN 12oz T-Bone Steak	1054.8	53	4389.2	52	49.8	71	17.1	86	44.6	17	4.7	5	88.9	178	7.2	30	26.9	448
AGR SBLN 8oz Fillet Steak	855.8	43	3552.7	42	45.7	65	16.1	80	50.7	19	5.3	6	55.7	111	8.4	35	30.0	500
AGR LN Mozzarella Dippers	552.8	28	2304.2	27	28.0	40	15.8	79	47.6	18	4.8	5	27.8	56	3.2	13	2.4	40
AGR LN Black Pudding Bon Bons	720.1	36	3011.7	36	26.9	38	9.8	49	91.4	35	14.4	16	31.3	63	3.3	14	4.7	78
AGR LN Salt & Pepper Chicken Wings	707.3	35	2938.0	35	48.2	69	11.4	57	11.0	4	8.3	9	56.7	113	4.8	20	1.2	20
AGR LN Vegan Aubergine Butternut & Pepper Bake	888.4	44	3694.3	44	62.6	89	10.6	53	65.3	25	23.0	26	12.3	25	10.1	42	5.6	93
AGR LN Salmon Hollandaise	1056.5	53	4416.1	53	70.2	100	-	-	53.4	21	11.2	12	54.5	109	12.3	51	4.9	82
AGR LN Ultimate Sausage & Mash	1233.6	62	5129.7	61	80.1	114	-	-	76.3	29	8.7	10	43.0	86	11.8	49	5.8	96
AGR LN Port and Stilton Chicken	1042.1	52	4342.6	52	50.1	72	25.4	127	53.2	20	6.6	7	90.5	181	7.0	29	5.3	88

## 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	%		
AGR LN Beef and Malbec Pie	1464.6	73	6088.5	72	75.3	108	-	-	144.5	56	10.1	11	40.6	81	12.9	54	5.2	87
AGR LN Pear Caramel & Whisky Pudding	729.3	36	3074.6	37	26.2	37	7.0	35	110.5	42	73.5	82	9.4	19	1.7	7	1.2	20
AGR LN Choc Chip Cookie Sundae	612.8	31	2556.6	30	36.1	52	22.1	111	65.3	25	50.2	56	6.1	12	2.3	10	0.5	9
AGR LN Sicilian Lemon Muffin Cheesecake	730.5	37	3034.3	36	60.0	86	33.0	165	44.6	17	29.8	33	7.6	15	0.7	3	0.5	8