

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	%
CRV LN Today's Soup	438.9	22	1808.0	22	22.7	32	9.1	45	47.3	18	10.5	12	11.4	23	5.5	23	2.5	41
CRV LN Golden Breaded Mushrooms	400.2	20	1687.0	20	21.6	31	4.2	21	41.4	16	7.4	8	8.4	17	4.0	17	1.9	32
CRV LN Prawn Cocktail Sundae	399.5	20	1672.4	20	22.3	32	5.4	27	33.1	13	7.1	8	17.0	34	3.5	15	2.7	45
CRV LN Homebaked Nachos for One	581.9	29	2430.0	29	33.0	47	17.3	86	51.2	20	9.9	11	18.3	37	5.0	21	2.8	47
CRV LN Buttermilk Chicken Goujons x 4 (Starter)	682.5	34	2847.7	34	41.0	59	14.6	73	37.0	14	7.0	8	40.2	80	0.2	1	2.5	41
CRV LN Buffalo Wings - Chicken	793.9	40	3307.5	39	49.9	71	11.8	59	20.8	8	16.3	18	64.7	129	2.5	10	3.7	61
CRV LN VGN Buffalo Wings - Cauliflower	213.2	11	896.3	11	7.0	10	1.2	6	34.4	13	19.6	22	3.3	7	2.5	10	1.4	24
CRV LN Homemade Yorkshire Pudding with Beef (Starter)	341.5	17	1421.0	17	23.4	33	5.4	27	17.7	7	1.7	2	15.7	31	0.5	2	1.2	21
CRV LN Double Gloucester Tart (Starter)	379.5	19	1586.3	19	18.9	27	8.6	43	42.5	16	36.6	41	8.4	17	2.0	8	0.9	15
CRV LN Black Pudding Bon Bons (Side)	427.1	21	1780.1	21	25.3	36	9.2	46	32.3	12	4.7	5	21.0	42	0.3	1	3.0	50
CRV LN Brie Dippers (Starter)	598.7	30	2495.5	30	39.7	57	16.1	81	46.1	18	14.2	16	13.6	27	0.9	4	2.7	46
CRV LN NGCI Buffalo Wings - Chicken	793.9	40	3307.5	39	49.9	71	11.8	59	20.8	8	16.3	18	64.7	129	2.5	10	3.7	61
CRV LN NGCI Today's Soup	291.0	15	1182.7	14	18.6	27	8.2	41	26.4	10	9.7	11	3.0	6	5.5	23	1.7	29
CRV LN NGCI Prawn Cocktail Sundae	339.0	17	1413.1	17	22.0	31	5.0	25	23.0	9	7.7	9	10.8	22	4.2	17	2.5	41
CRV LN VGN Homebaked Nachos for One	333.9	17	1403.6	17	11.4	16	3.8	19	48.9	19	8.4	9	7.1	14	5.0	21	2.0	34
CRV LN Onion Rings Sharer	827.7	41	3458.0	41	46.8	67	8.5	42	88.8	34	18.0	20	9.2	18	6.2	26	4.4	74
CRV LN Classic Combo Sharer	1760.6	88	7360.6	88	99.9	143	27.0	135	155.3	60	15.1	17	58.2	116	11.1	46	5.9	98
CRV LN Turkey Caesar Salad	439.4	22	1841.3	22	20.8	30	5.0	25	31.4	12	18.8	21	31.7	63	3.3	14	1.5	25
CRV LN Sweet Chilli Salmon Salad	561.0	28	2340.4	28	25.7	37	12.0	60	45.3	17	38.4	43	37.3	75	6.3	26	2.0	33
CRV LN Carvery Salad Beef	465.5	23	1937.8	23	27.4	39	9.3	46	22.7	9	18.9	21	32.5	65	3.6	15	0.8	14
CRV LN Carvery Salad Gammon	427.1	21	1781.2	21	25.8	37	7.3	36	23.5	9	19.5	22	25.9	52	3.5	15	4.8	80
CRV LN Carvery Salad Mixed Meat	398.0	20	1661.6	20	19.9	28	5.8	29	22.9	9	19.1	21	32.3	65	3.5	15	2.2	36
CRV LN Carvery Salad Turkey	301.3	15	1265.9	15	6.5	9	0.9	4	22.7	9	18.9	21	38.5	77	3.6	15	0.8	14
CRV LN Chicken and Bacon Salad	362.9	18	1524.5	18	8.8	13	2.4	12	20.1	8	17.4	19	52.4	105	2.5	10	2.9	48
CRV LN NGCI Rump Steak 8oz Salad	554.6	28	2308.5	27	37.2	53	11.7	59	5.5	2	5.0	6	49.6	99	3.3	14	0.4	6
CRV LN NGCI Sirloin Steak 8oz Salad	611.4	31	2541.5	30	42.9	61	14.6	73	5.5	2	5.0	6	51.1	102	3.3	14	0.4	6
CRV LN Rump Steak 8oz Salad	554.6	28	2308.5	27	37.2	53	11.7	59	5.5	2	5.0	6	49.6	99	3.3	14	0.4	6
CRV LN Sirloin Steak 8oz Salad	611.4	31	2541.5	30	42.9	61	14.6	73	5.5	2	5.0	6	51.1	102	3.3	14	0.4	6
CRV LN NGCI Chicken and Bacon Salad	362.9	18	1524.5	18	8.8	13	2.4	12	20.1	8	17.4	19	52.4	105	2.5	10	2.9	48
CRV LN VGN Cauliflower Wings Salad	256.0	13	1074.9	13	5.6	8	1.5	7	46.6	18	23.6	26	6.1	12	5.1	21	1.5	25
CRV LN NGCI Carvery Salad Beef	465.5	23	1937.8	23	27.4	39	9.3	46	22.7	9	18.9	21	32.5	65	3.6	15	0.8	14
CRV LN NGCI Carvery Salad Gammon	427.1	21	1781.2	21	25.8	37	7.3	36	23.5	9	19.5	22	25.9	52	3.5	15	4.8	80

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CRV LN NGCI Carvery Salad Turkey	301.3	15	1265.9	15	6.5	9	0.9	4	22.7	9	18.9	21	38.5	77	3.6	15	0.8	14
CRV LN NGCI Carvery Salad Mixed Meat	398.0	20	1661.6	20	19.9	28	5.8	29	22.9	9	19.1	21	32.3	65	3.5	15	2.2	36
CRV LN NGCI Sweet Chilli Salmon Salad	561.0	28	2340.4	28	25.7	37	12.0	60	45.3	17	38.4	43	37.3	75	6.3	26	2.0	33
CRV LN Crispy Buffalo Burger	1407.4	70	5883.6	70	72.8	104	22.6	113	134.6	52	20.8	23	49.5	99	9.6	40	4.6	77
CRV LN Tacos with Carvery Meat	1389.5	69	5761.9	69	92.2	132	18.2	91	87.1	33	24.0	27	49.8	100	9.8	41	4.0	67
CRV LN Tacos with Cauliflower	1304.8	65	5412.6	64	82.3	118	14.2	71	114.9	44	31.4	35	24.0	48	12.4	52	3.7	61
CRV LN VGN Moving Mountains B12 Burger	1176.4	59	4919.7	59	54.9	78	26.0	130	133.0	51	28.3	31	34.5	69	15.9	66	4.8	80
CRV LN Classic Burger Beef	1125.4	56	4708.4	56	52.1	74	15.4	77	104.7	40	12.2	14	57.6	115	10.3	43	4.1	68
CRV LN Classic Burger Chicken	1256.5	63	5256.4	63	61.6	88	16.4	82	125.8	48	12.6	14	46.0	92	9.3	39	4.1	68
CRV LN Yee-Ha Burger	1541.0	77	6440.8	77	78.4	112	28.8	144	129.7	50	30.4	34	76.8	154	12.3	51	5.9	98
CRV LN Yorkie Pud Wrap	1262.6	63	5279.4	63	64.6	92	14.0	70	116.3	45	16.8	19	51.9	104	15.4	64	4.7	79
CRV LN Yorkie Pud Wrap Veggie	1090.7	55	4563.5	54	53.2	76	9.7	48	122.9	47	16.8	19	28.5	57	16.1	67	3.5	58
CRV LN Brie Burger	1393.0	70	5825.7	69	68.0	97	21.8	109	129.8	50	24.1	27	63.2	126	10.9	46	5.2	87
CRV LN Bacon and Cheese	145.2	7	606.4	7	9.7	14	5.1	26	0.0	0	0.0	0	14.3	29	0.0	0	2.1	35
CRV LN Sauteed Flat 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
CRV LN 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
CRV LN Buttermilk Chicken Goujons x 2	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
CRV LN Extra B12 Burger	288.3	14	1195.2	14	22.8	33	20.4	102	5.6	2	0.7	1	16.3	33	4.7	19	1.4	23
CRV LN Brie Burger XL	1751.7	88	7320.0	87	89.2	127	31.7	158	131.5	51	25.0	28	104.9	210	11.9	50	6.7	112
CRV LN Classic Burger Beef XL	1484.1	74	6202.7	74	73.4	105	25.2	126	106.4	41	13.1	15	99.3	199	11.4	47	5.6	94
CRV LN Classic Burger Chicken XL	1746.3	87	7298.7	87	92.3	132	27.4	137	148.6	57	13.8	15	76.0	152	9.3	39	5.6	94
CRV LN Crispy Buffalo Burger XL	1942.3	97	8112.7	97	107.3	153	36.1	181	157.4	61	22.0	24	82.1	164	9.6	40	6.4	106
CRV LN VGN Moving Mountains B12 Burger XL	1464.7	73	6114.9	73	77.8	111	46.4	232	138.6	53	29.0	32	50.8	102	20.6	86	6.2	103
CRV LN Yee-Ha Burger XL	1899.6	95	7934.9	94	99.7	142	38.6	193	131.4	51	31.3	35	118.5	237	13.3	55	7.4	123
CRV LN VGN Aubergine Bake	887.3	44	3686.2	44	64.8	93	10.6	53	60.4	23	22.7	25	11.6	23	9.8	41	2.5	42
CRV LN Button Mushroom Bourguignon Pie	1099.9	55	4613.2	55	55.5	79	19.4	97	132.9	51	11.5	13	19.0	38	14.5	61	4.4	73
CRV LN Bearnaise Salmon	1210.9	61	5044.7	60	66.3	95	29.3	146	88.3	34	18.0	20	57.1	114	22.5	94	4.2	70
CRV LN 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
CRV LN Beef and Pedigree Ale Pie	1220.9	61	5100.6	61	58.4	83	26.3	131	130.7	50	10.6	12	37.7	75	11.1	46	4.5	74
CRV LN Ham Egg and Chips	1008.7	50	4205.4	50	66.7	95	15.5	78	56.0	22	12.3	14	43.5	87	5.2	22	5.6	93
CRV LN Homemade Toad in the Hole	1611.3	81	6720.3	80	89.4	128	30.3	152	134.9	52	21.0	23	58.0	116	19.9	83	9.8	163
CRV LN Homemade Quorn Toad in the hole	1205.6	60	5045.2	60	48.1	69	11.3	56	141.9	55	23.8	26	44.7	89	25.9	108	7.9	132
CRV LN NGCI Bearnaise Salmon	934.3	47	3892.4	46	47.6	68	25.0	125	69.6	27	14.8	16	49.1	98	20.0	83	3.0	49

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CRV LN Beef Lasagne	626.9	31	2608.9	31	30.1	43	10.6	53	68.2	26	13.7	15	21.4	43	28.8	120	2.1	35
CRV LN Beef Lasagne Salad	440.1	22	1826.2	22	21.1	30	7.5	38	46.5	18	13.5	15	17.6	35	27.6	115	1.6	27
CRV LN Veg Lasagne	611.9	31	2407.2	29	28.7	41	7.6	38	60.3	23	13.8	15	12.8	26	6.6	28	2.5	42
CRV LN Veg Lasagne Salad	425.1	21	1624.5	19	19.8	28	4.5	23	38.6	15	13.6	15	9.1	18	5.4	23	2.0	33
CRV 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
CRV LN Breaded Scampi and Chips	1771.3	89	3254.2	39	50.8	73	12.8	64	94.1	36	11.5	13	28.2	56	13.3	55	3.4	57
CRV LN Chicken Gammon and Mustard Pie	1189.0	59	4962.1	59	61.0	87	28.6	143	120.2	46	15.9	18	36.7	73	11.9	49	4.6	77
CRV LN NGCI Ham Egg and Chips	1008.7	50	4205.4	50	66.7	95	15.5	78	56.0	22	12.3	14	43.5	87	5.2	22	5.6	93
CRV LN NGCI Chicken Tikka Masala	826.5	41	3481.2	41	30.2	43	8.2	41	106.5	41	23.1	26	34.6	69	7.4	31	2.8	47
CRV LN VGN Button Mushroom Bourguignon Pie	1073.7	54	4503.1	54	55.5	79	19.4	97	126.7	49	11.3	13	18.7	37	14.5	61	3.6	60
CRV LN Ciabatta Beef and Horseradish	802.1	40	3265.1	39	32.1	46	8.1	41	90.3	35	6.0	7	34.1	68	5.9	25	2.9	49
CRV LN Ciabatta Turkey and Cranberry	656.2	33	2669.9	32	11.8	17	2.1	11	94.9	37	11.4	13	37.8	76	5.2	22	2.5	42
CRV LN Ciabatta Gammon and English Mustard	753.5	38	3067.0	37	27.3	39	6.5	33	91.6	35	6.2	7	30.6	61	5.1	21	6.2	104
CRV LN Sandwich BBQ Chicken Melt	943.2	47	3945.3	47	44.5	64	17.7	88	86.9	33	7.9	9	47.3	95	6.3	26	3.6	59
CRV LN Sandwich Classic Club	1023.6	51	4291.0	51	43.6	62	9.1	46	108.5	42	6.0	7	48.6	97	8.7	36	4.7	79
CRV LN NGCI Sandwich Cheese and Chutney	928.1	46	3865.9	46	56.6	81	25.8	129	68.9	26	13.7	15	30.6	61	9.5	40	3.0	50
CRV LN NGCI Sandwich Classic Club	865.9	43	3615.7	43	42.9	61	7.8	39	77.8	30	7.6	8	36.3	73	12.6	53	4.2	70
CRV LN NGCI Sandwich Chicken Melt	825.2	41	3442.0	41	45.8	65	17.1	86	59.6	23	4.0	4	39.1	78	8.9	37	2.7	45
CRV LN LB Gammon Steak 5oz	575.2	29	2404.5	29	28.3	40	8.8	44	45.2	17	10.9	12	32.2	64	7.4	31	5.0	84
CRV LN NGCI LB Gammon Steak 5oz	575.2	29	2404.5	29	28.3	40	8.8	44	45.2	17	10.9	12	32.2	64	7.4	31	5.0	84
CRV LN LB BBQ Chicken	433.2	22	1814.2	22	19.5	28	4.2	21	38.3	15	8.3	9	24.3	49	4.0	17	1.4	23
CRV LN Veg Lasagne	611.9	31	2407.2	29	28.7	41	7.6	38	60.3	23	13.8	15	12.8	26	6.6	28	2.5	42
CRV LN LB Golden Whitby Scampi	1016.1	51	2171.3	26	32.4	46	7.5	38	59.7	23	8.4	9	17.0	34	9.2	38	2.2	37
CRV LN 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
CRV LN LB Double Gloucester Tart (Main)	405.0	20	1691.9	20	20.9	30	8.9	45	44.0	17	38.0	42	8.9	18	2.7	11	0.9	15
CRV LN Jacket Cheese and Beans	766.4	38	3193.4	38	45.4	65	25.6	128	61.1	23	8.2	9	31.6	63	8.9	37	2.7	45
CRV LN NGCI Jacket Cheese and Beans	766.4	38	3193.4	38	45.4	65	25.6	128	61.1	23	8.2	9	31.6	63	8.9	37	2.7	45
CRV LN Jacket Potato	284.2	14	1191.5	14	12.0	17	7.3	36	41.4	16	1.5	2	5.1	10	4.2	17	0.3	5
CRV LN Jacket Pulled Pork and Beef Chilli	626.0	31	2617.2	31	30.9	44	13.7	68	69.6	27	21.6	24	19.4	39	7.3	30	2.0	33
CRV LN Rump Steak 8oz	1004.7	50	4188.8	50	59.9	86	15.9	80	53.8	21	5.3	6	58.1	116	10.4	43	2.5	42
CRV LN NGCI Rump Steak 8oz	1004.7	50	4188.8	50	59.9	86	15.9	80	53.8	21	5.3	6	58.1	116	10.4	43	2.5	42
CRV LN Sirloin Steak 8oz	1061.4	53	4421.8	53	65.6	94	18.7	94	53.8	21	5.3	6	59.7	119	10.4	43	2.5	42
CRV LN NGCI Sirloin Steak 8oz	1061.4	53	4421.8	53	65.6	94	18.7	94	53.8	21	5.3	6	59.7	119	10.4	43	2.5	42

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
CRV LN Gammon Steak 10oz	1084.1	54	4523.8	54	63.1	90	18.2	91	60.9	23	11.3	13	65.2	130	9.0	37	9.6	160
CRV LN NGCI Gammon Steak 10oz	1084.1	54	4523.8	54	63.1	90	18.2	91	60.9	23	11.3	13	65.2	130	9.0	37	9.6	160
CRV LN Mixed Grill 20oz	1709.0	85	7134.8	85	98.3	140	30.9	154	65.5	25	8.4	9	135.5	271	10.4	43	8.2	137
CRV LN Sticky BBQ Baby Back Ribs	1730.2	87	7248.7	86	87.3	125	31.4	157	163.6	63	83.5	93	71.8	144	11.1	46	5.5	91
CRV LN Pork and Black Pudding	940.9	47	3946.1	47	35.4	51	15.9	80	54.4	21	8.1	9	97.7	195	8.8	37	3.0	49
CRV LN Diane 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
CRV LN 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
CRV LN Garlic and Herb Sauce	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
CRV LN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
CRV LN Scampi (5 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
CRV LN Beer Battered Onion Rings	308.7	15	1288.2	15	18.7	27	3.4	17	30.4	12	3.0	3	3.6	7	2.4	10	1.4	24
CRV LN Garlic Bread (Side)	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
CRV LN Cheesy Garlic Bread (Side)	553.0	28	2305.1	27	35.7	51	17.0	85	36.2	14	2.6	3	20.4	41	3.0	12	1.8	31
CRV LN 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
CRV LN Sweet Potato Fries	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
CRV LN Salad Bowl with Coleslaw	84.2	4	348.9	4	6.4	9	0.7	3	5.9	2	4.4	5	1.0	2	1.9	8	0.3	5
CRV LN Vegetables Side	67.0	3	281.0	3	0.4	1	0.1	1	9.8	4	6.0	7	4.3	9	5.3	22	0.1	2
CRV LN 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
CRV LN Pigs in Blankets x 6	297.8	15	1236.7	15	23.0	33	8.3	41	7.8	3	1.1	1	14.8	30	0.6	2	2.1	34
CRV LN Creamed Greens	269.9	13	1124.3	13	13.0	19	8.2	41	22.5	9	5.5	6	12.9	26	7.2	30	1.7	28
CRV LN Coleslaw	229.1	11	949.7	11	17.3	25	1.2	6	17.0	7	11.3	13	1.8	4	4.3	18	1.2	21
CRV LN Rustic Bread and Butter	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
CRV LN Beer Battered Onion Rings	308.7	15	1288.2	15	18.7	27	3.4	17	30.4	12	3.0	3	3.6	7	2.4	10	1.4	24
CRV LN Yorkshire Puddings x 2	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
CRV LN Giant Carrot Cake	1198.2	60	4998.3	60	77.6	111	29.2	146	116.7	45	81.6	91	9.9	20	1.9	8	0.8	13
CRV LN NGCI Giant Carrot Cake	1198.2	60	4998.3	60	77.6	111	29.2	146	116.7	45	81.6	91	9.9	20	1.9	8	0.8	13
CRV LN Giant Red Velvet 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
CRV LN Giant Flaky Chocolate Cheesecake	1135.8	57	4719.4	56	88.8	127	50.6	253	70.3	27	46.7	52	14.9	30	1.8	8	0.9	15
CRV LN Giant Chocolate Eclair Cake	1022.8	51	4263.9	51	66.5	95	31.4	157	93.8	36	79.7	89	12.9	26	1.4	6	1.4	23
CRV LN Giant Blueberry Muffin and Pink Lemonade Cake	484.3	24	2035.3	24	19.0	27	9.9	50	72.3	28	43.7	49	7.5	15	1.8	7	0.5	8
CRV LN Giant Somewhere Over The Rainbow Cake	1117.1	56	4671.0	56	63.6	91	28.5	143	120.2	46	91.4	102	7.4	15	1.4	6	0.9	15
CRV 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

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	%
CRV LN VGN Apple Pie	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
CRV LN Salted Caramel Fudge Brownie	716.1	36	2999.7	36	35.1	50	16.2	81	89.5	34	78.7	87	8.3	17	3.5	15	0.2	4
CRV LN NGCI Salted Caramel Fudge Brownie	716.1	36	2999.7	36	35.1	50	16.2	81	89.5	34	78.7	87	8.3	17	3.5	15	0.2	4
CRV LN Praline Chocolate Tart	567.0	28	2368.5	28	33.3	48	16.9	85	55.5	21	29.5	33	8.1	16	1.8	8	0.2	4
CRV LN NGCI Praline Chocolate Tart	567.0	28	2368.5	28	33.3	48	16.9	85	55.5	21	29.5	33	8.1	16	1.8	8	0.2	4
CRV LN VGN Praline Chocolate Tart	521.5	26	2175.3	26	32.5	46	17.9	89	46.0	18	19.8	22	6.3	13	4.6	19	0.1	2
CRV LN Melt in the Middle Chocolate Pudding	778.3	39	3251.0	39	43.2	62	8.3	41	86.3	33	59.5	66	9.7	19	1.1	5	0.9	15
CRV LN Zingy Orange and Passionfruit Tartlet	1010.0	51	4218.9	50	49.8	71	27.6	138	127.9	49	57.7	64	12.1	24	3.0	12	0.5	9
CRV LN Banoffee pie	793.9	40	3304.3	39	58.9	84	34.2	171	61.7	24	43.0	48	5.6	11	1.1	5	0.6	10
CRV LN Raspberry Jam Donut Pudding	488.9	24	2005.5	24	22.1	32	1.3	6	75.5	29	38.3	43	11.0	22	6.0	25	1.1	18
CRV LN VGN Raspberry Jam Donut Pudding	484.2	24	1979.8	24	24.3	35	3.6	18	69.9	27	33.9	38	8.5	17	8.9	37	0.9	16
CRV LN VGN Keep it Simple	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
CRV LN Chocolate Brownie Sundae	808.0	40	3377.9	40	40.1	57	16.6	83	98.2	38	76.4	85	11.9	24	3.5	15	0.7	12
CRV LN Salted Caramel & Honeycomb Sundae	590.9	30	2481.6	30	30.0	43	16.5	83	75.5	29	68.6	76	7.7	15	0.6	3	1.0	17
CRV LN Keep it Simple	289.5	14	1213.7	14	14.5	21	8.4	42	33.9	13	31.7	35	5.7	11	0.7	3	0.3	5
CRV LN NGCI Keep it Simple	289.5	14	1213.7	14	14.5	21	8.4	42	33.9	13	31.7	35	5.7	11	0.7	3	0.3	5
CRV LN Raspberry Jam Donut Sundae	541.9	27	2273.3	27	26.8	38	15.0	75	68.5	26	46.4	52	7.5	15	1.6	7	0.6	11
CRV LN Lemon Drizzle Sundae	556.4	28	2332.7	28	27.6	39	18.8	94	69.7	27	55.8	62	7.6	15	0.8	3	0.6	9
CRV LN Self Serve Ice Cream	984.8	49	4137.4	49	27.0	39	14.7	74	173.8	67	146.7	163	10.0	20	1.2	5	1.3	22
CRV LN Self Serve Ice Cream Cone	874.3	44	3686.0	44	26.2	37	14.9	75	146.1	56	110.4	123	13.6	27	2.7	11	1.0	17
CRV LN 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
CRV LN 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
CRV LN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
CRV LN 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
CRV LN Chocolate Flake	44.6	2	185.8	2	2.5	4	1.6	8	4.7	2	4.6	5	0.7	1	0.1	0	0.0	0
CRV LN Jacket Potato	284.2	14	1191.5	14	12.0	17	7.3	36	41.4	16	1.5	2	5.1	10	4.2	17	0.3	5
CRV LN 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
CRV LN 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
CRV LN 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
CRV LN 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
CRV LN Sauteed Flat 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
CRV LN 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
CRV LN 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

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	%
CRV LN 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
CRV LN 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
CRV LN Pigs in Blankets x 6	297.8	15	1236.7	15	23.0	33	8.3	41	7.8	3	1.1	1	14.8	30	0.6	2	2.1	34
CRV LN 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
CRV LN Yorkshire Puddings x 2	408.0	20	1696.1	20	31.8	45	5.0	25	21.5	8	3.2	4	10.3	21	1.0	4	0.5	9
CRV LN Stuffing Squares	191.6	10	809.7	10	3.5	5	1.8	9	37.1	14	1.2	1	5.2	10	2.0	8	1.9	32
CRV LN Mashed Potato	227.5	11	950.1	11	7.9	11	5.1	26	33.2	13	2.2	2	3.4	7	4.4	18	0.7	11
CRV LN Cream	241.3	12	993.2	12	26.2	37	16.3	82	1.4	1	1.4	2	0.9	2	0.0	0	0.1	1
CRV LN 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
CRV LN Buttermilk Chicken Goujons x 2	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
CRV LN Buttermilk Chicken Goujons x 3	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
CRV LN Pulled Pork and Beef Chilli	283.2	14	1182.4	14	14.6	21	6.1	30	23.8	9	17.1	19	13.8	28	1.9	8	1.4	23
CRV LN VGN Buffalo Sauce	48.4	2	203.8	2	1.8	3	0.1	1	7.7	3	7.2	8	0.1	0	0.3	1	0.3	4
CRV LN 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
CRV LN Garlic and Herb Sauce	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
CRV LN BBQ Jackfruit Topper	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
CRV LN Brie Dippers (Side)	219.8	11	914.9	11	15.8	23	6.4	32	13.9	5	1.4	2	5.3	11	0.1	0	1.1	18
CRV LN Broccoli and Cheddar Wellington	1454.2	73	6080.3	72	70.0	100	28.7	144	179.6	69	22.5	25	35.2	70	25.5	106	9.0	149
CRV LN Carvery Large	1549.0	77	6480.8	77	67.0	96	20.2	101	159.9	62	24.0	27	74.1	148	25.1	105	10.1	168
CRV LN Carvery Medium	1079.3	54	4517.9	54	42.3	60	14.0	70	118.4	46	18.1	20	53.4	107	19.4	81	8.0	133
CRV LN Carvery Small	831.4	42	3479.4	41	34.7	50	10.8	54	89.1	34	13.9	15	38.9	78	14.8	62	5.4	90
CRV LN Carvery Veg Large	1723.5	86	7207.5	86	82.0	117	29.7	148	209.0	80	27.7	31	44.0	88	30.5	127	10.0	167
CRV LN Carvery Veg Medium	1341.8	67	5611.6	67	62.6	89	25.3	127	167.6	64	21.9	24	33.4	67	24.8	103	8.4	140
CRV LN Carvery Veg Small	1181.9	59	4940.3	59	60.2	86	24.0	120	138.4	53	17.8	20	29.1	58	20.2	84	6.3	105
CRV LN KID Carvery	831.4	42	3479.4	41	34.7	50	10.8	54	89.1	34	13.9	15	38.9	78	14.8	62	5.4	90
CRV LN KID Carvery Veg	994.9	50	4161.1	50	43.4	62	15.9	79	120.5	46	21.6	24	27.7	55	16.5	69	5.2	86
CRV LN Carvery Meatless Large	1282.1	64	5370.5	64	50.0	71	14.9	74	172.6	66	20.3	23	34.1	68	22.9	95	8.7	145
CRV LN Carvery Meatless Medium	1243.7	62	5205.2	62	47.1	67	13.3	66	162.8	63	29.0	32	36.8	74	30.5	127	8.4	140
CRV LN Carvery Meatless Small	971.6	49	4063.4	48	42.4	61	10.7	53	116.6	45	20.1	22	28.2	56	20.6	86	5.5	91
CRV LN Sunday Carvery Large	1563.3	78	6542.6	78	71.6	102	19.8	99	157.9	61	34.4	38	72.8	146	22.9	95	9.4	157
CRV LN Sunday Carvery Small	837.8	42	3507.3	42	37.2	53	10.4	52	87.9	34	20.2	22	38.1	76	13.5	56	5.0	84
CRV LN Sunday Carvery Veg	1335.5	67	5587.8	67	64.5	92	24.2	121	166.2	64	30.3	34	31.9	64	23.0	96	8.4	139
CRV LN Sunday Carvery Veg Large	1715.6	86	7177.7	85	84.4	121	28.3	142	207.2	80	38.3	43	42.2	84	28.2	118	10.0	166

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	%
CRV LN Sunday Carvery Veg Small	1177.1	59	4922.4	59	61.6	88	23.2	116	137.3	53	24.1	27	27.9	56	18.9	79	6.3	105
CRV LN KID Sunday Veg Carvery	981.8	49	4108.8	49	44.5	64	14.7	74	119.2	46	46.1	51	25.7	51	14.9	62	5.2	87
CRV LN KID Sunday Carvery	837.8	42	3507.3	42	37.2	53	10.4	52	87.9	34	20.2	22	38.1	76	13.5	56	5.0	84
CRV LN Sunday Carvery Medium	1089.6	54	4562.7	54	45.9	66	13.5	68	116.9	45	26.4	29	52.3	105	17.6	73	7.5	125
CRV LN Sunday Carvery Meatless Large	1421.3	71	5957.6	71	54.5	78	13.6	68	192.7	74	48.6	54	39.5	79	32.1	134	9.7	162
CRV LN Sunday Carvery Meatless Medium	1245.2	62	5215.8	62	50.5	72	12.0	60	162.4	62	42.2	47	34.4	69	27.4	114	8.4	140
CRV LN Sunday Carvery Meatless Small	970.8	49	4062.8	48	44.6	64	9.8	49	116.0	45	28.8	32	26.6	53	18.6	78	5.5	91
CRV LN Half Roast Chicken	1188.7	59	4965.6	59	66.5	95	16.4	82	64.0	25	18.2	20	80.8	162	8.1	34	3.9	65
CRV LN NGCI Half Roast Chicken	1188.7	59	4965.6	59	66.5	95	16.4	82	64.0	25	18.2	20	80.8	162	8.1	34	3.9	65
CRV LN Whole Roast Chicken	1860.7	93	7768.8	92	107.8	154	28.6	143	64.3	25	18.5	21	155.7	311	9.7	40	6.1	102
CRV LN NGCI Whole Roast Chicken	1860.7	93	7768.8	92	107.8	154	28.6	143	64.3	25	18.5	21	155.7	311	9.7	40	6.1	102
CRV LN Family Chicken Sharer	5389.0	269	22498.5	268	295.2	422	84.8	424	325.5	125	51.7	57	345.3	691	41.2	172	19.9	331
CRV LN KID Yorkie Strips	325.6	16	1354.2	16	23.8	34	3.7	19	20.7	8	2.5	3	8.0	16	0.8	3	1.0	16
CRV LN KID Garlic Bread	118.9	6	497.7	6	5.6	8	1.7	9	14.3	5	2.8	3	2.3	5	1.5	6	0.4	7
CRV LN KID Breaded Mushroom Poppers	213.4	11	899.9	11	10.8	15	2.1	10	23.9	9	6.3	7	4.2	8	2.0	8	1.2	19
CRV LN KID Salad Sticks Starter	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
CRV LN KID Creamy Pasta Shells	576.4	29	2411.9	29	20.2	29	5.9	29	77.6	30	11.2	12	18.4	37	10.7	44	1.9	32
CRV LN KID Gammon Steak 5oz	560.6	28	2340.3	28	27.9	40	8.7	44	44.0	17	4.5	5	32.9	66	7.1	29	5.2	86
CRV LN KID Fisherman's Burger	774.6	39	3246.9	39	27.0	39	4.2	21	99.7	38	11.1	12	30.7	61	10.6	44	2.8	47
CRV LN KID Vegetable Lasagne	726.5	36	3038.8	36	29.1	42	9.7	48	90.4	35	12.7	14	26.0	52	12.1	51	3.4	57
CRV LN KID Pizza Pie	515.1	26	2155.1	26	22.9	33	5.4	27	66.0	25	9.7	11	14.7	29	8.6	36	3.2	53
CRV LN KID Tortilla Factory Buttermilk Chicken	913.2	46	3816.0	45	47.6	68	17.5	87	82.2	32	9.3	10	36.0	72	5.6	23	3.2	54
CRV LN KID Tortilla Factory Chicken Breast	716.8	36	3000.1	36	32.1	46	11.3	56	68.0	26	9.5	11	36.2	72	5.6	23	2.6	44
CRV LN KID VGN Tortilla Factory	511.0	26	2141.7	25	17.9	26	4.3	21	75.3	29	16.2	18	10.0	20	8.6	36	1.8	29
CRV LN KID Tortilla Factory Vegetable	627.2	31	2623.5	31	27.5	39	10.3	51	75.8	29	16.3	18	17.0	34	8.6	36	2.3	38
CRV LN KID Carvery	831.4	42	3479.4	41	34.7	50	10.8	54	89.1	34	13.9	15	38.9	78	14.8	62	5.4	90
CRV LN KID Carvery Veg	994.9	50	4161.1	50	43.4	62	15.9	79	120.5	46	21.6	24	27.7	55	16.5	69	5.2	86
CRV LN KID VGN Vegetable Lasagne	610.3	31	2557.0	30	19.5	28	3.7	19	89.9	35	12.7	14	19.0	38	12.1	51	2.9	48
CRV LN KID Homemade Toad in the Hole	845.5	42	3527.5	42	44.8	64	10.8	54	84.9	33	8.8	10	24.7	49	8.8	37	3.9	64
CRV 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
CRV LN KID Dipping Donuts	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
CRV 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
CRV 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

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	%
CRV LN Chicken Balti	1227.8	61	5167.0	62	41.1	59	5.5	27	165.9	64	24.0	27	47.4	95	13.1	55	5.6	93
CRV LN Vegetable and Paneer Jalfrezi	1432.0	72	6006.8	72	63.8	91	15.3	77	176.5	68	32.6	36	35.7	71	15.4	64	4.1	68
CRV LN Beef Madras	1299.2	65	5459.4	65	46.2	66	10.6	53	174.4	67	30.5	34	42.7	85	13.5	56	4.9	82
CRV LN 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
CRV LN 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
CRV LN 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
CRV LN 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
CRV 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
CRV LN VGN Roasted Vegetable Jalfrezi	412.2	21	1730.0	21	14.9	21	1.4	7	63.0	24	16.6	18	7.0	14	5.9	25	1.8	30
CRV LN 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
CRV LN Breaded Scampi and Chips	1771.3	89	3254.2	39	50.8	73	12.8	64	94.1	36	11.5	13	28.2	56	13.3	55	3.4	57
CRV LN Sausage and Chips	867.0	43	3621.4	43	42.7	61	12.3	61	91.9	35	8.6	10	26.0	52	10.7	44	3.4	56
CRV LN Chip Shop Curry Sauce	7.9	0	32.6	0	0.2	0	0.1	0	1.2	0	0.4	0	0.1	0	0.1	0	0.2	3
CRV LN Chip Shop 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
CRV LN Chip Shop 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
CRV LN Chip Shop Pickled Onions	52.0	3	218.0	3	0.2	0	0.0	0	9.2	4	8.4	9	2.0	4	2.6	11	1.6	27
CRV LN Beer Battered Onion Rings	308.7	15	1288.2	15	18.7	27	3.4	17	30.4	12	3.0	3	3.6	7	2.4	10	1.4	24
CRV LN Rustic Bread and Butter	395.9	20	1663.8	20	16.0	23	8.3	42	49.7	19	1.3	1	13.9	28	4.6	19	1.2	21
CRV LN Veggie Sausage and Chips	632.5	32	2647.9	32	23.2	33	4.4	22	72.4	28	9.1	10	27.2	54	14.8	62	2.6	43
CRV LN Classic Burger Beef	1125.4	56	4708.4	56	52.1	74	15.4	77	104.7	40	12.2	14	57.6	115	10.3	43	4.1	68
CRV LN Classic Burger Chicken	1256.5	63	5256.4	63	61.6	88	16.4	82	125.8	48	12.6	14	46.0	92	9.3	39	4.1	68
CRV LN Yee-Ha Burger	1541.0	77	6440.8	77	78.4	112	28.8	144	129.7	50	30.4	34	76.8	154	12.3	51	5.9	98
CRV LN Crispy Buffalo Burger	1407.4	70	5883.6	70	72.8	104	22.6	113	134.6	52	20.8	23	49.5	99	9.6	40	4.6	77
CRV LN VGN Moving Mountains B12 Burger	1176.4	59	4919.7	59	54.9	78	26.0	130	133.0	51	28.3	31	34.5	69	15.9	66	4.8	80
CRV LN Yorkie Pud Wrap	1262.6	63	5279.4	63	64.6	92	14.0	70	116.3	45	16.8	19	51.9	104	15.4	64	4.7	79
CRV LN Yorkie Pud Wrap Veggie	1090.7	55	4563.5	54	53.2	76	9.7	48	122.9	47	16.8	19	28.5	57	16.1	67	3.5	58
CRV LN Tacos with Carvery Meat	1389.5	69	5761.9	69	92.2	132	18.2	91	87.1	33	24.0	27	49.8	100	9.8	41	4.0	67
CRV LN Tacos with Cauliflower	1304.8	65	5412.6	64	82.3	118	14.2	71	114.9	44	31.4	35	24.0	48	12.4	52	3.7	61
CRV LN Brie Burger	1393.0	70	5825.7	69	68.0	97	21.8	109	129.8	50	24.1	27	63.2	126	10.9	46	5.2	87
CRV LN Rump Steak 8oz	1004.7	50	4188.8	50	59.9	86	15.9	80	53.8	21	5.3	6	58.1	116	10.4	43	2.5	42
CRV LN NGCI Rump Steak 8oz	1004.7	50	4188.8	50	59.9	86	15.9	80	53.8	21	5.3	6	58.1	116	10.4	43	2.5	42
CRV LN Sirloin Steak 8oz	1061.4	53	4421.8	53	65.6	94	18.7	94	53.8	21	5.3	6	59.7	119	10.4	43	2.5	42
CRV LN NGCI Sirloin Steak 8oz	1061.4	53	4421.8	53	65.6	94	18.7	94	53.8	21	5.3	6	59.7	119	10.4	43	2.5	42

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	%
CRV LN Gammon Steak 10oz	1084.1	54	4523.8	54	63.1	90	18.2	91	60.9	23	11.3	13	65.2	130	9.0	37	9.6	160
CRV LN NGCI Gammon Steak 10oz	1084.1	54	4523.8	54	63.1	90	18.2	91	60.9	23	11.3	13	65.2	130	9.0	37	9.6	160
CRV LN Sticky BBQ Baby Back Ribs	1730.2	87	7248.7	86	87.3	125	31.4	157	163.6	63	83.5	93	71.8	144	11.1	46	5.5	91
CRV LN Pork and Black Pudding	940.9	47	3946.1	47	35.4	51	15.9	80	54.4	21	8.1	9	97.7	195	8.8	37	3.0	49
CRV LN 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
CRV LN Diane 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
CRV LN Garlic and Herb Sauce	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
CRV LN Fried Eggs x2	312.1	16	1292.7	15	28.5	41	5.0	25	0.0	0	0.4	0	14.1	28	0.0	0	0.4	7
CRV LN Beer Battered Onion Rings	308.7	15	1288.2	15	18.7	27	3.4	17	30.4	12	3.0	3	3.6	7	2.4	10	1.4	24
CRV LN Breaded Scampi and Chips	1771.3	89	3254.2	39	50.8	73	12.8	64	94.1	36	11.5	13	28.2	56	13.3	55	3.4	57
CRV LN Minted Lamb Shank	1048.5	52	4384.6	52	51.9	74	24.3	121	63.7	24	21.6	24	77.0	154	9.7	40	2.9	49
CRV LN Tacos with BBQ Jackfruit	1444.4	72	5984.7	71	99.1	142	25.8	129	104.9	40	34.8	39	29.5	59	10.1	42	3.0	50
CRV LN Tacos with Buttermilk Chicken	1622.3	81	6730.8	80	108.0	154	23.8	119	109.6	42	25.0	28	49.5	99	9.7	41	3.9	65
CRV LN Tacos with Dirty Chilli	1586.4	79	6575.8	78	108.2	155	31.5	158	108.7	42	40.1	45	41.2	82	10.2	43	3.7	61
CRV LN Tacos with Carvery Meat	1389.5	69	5761.9	69	92.2	132	18.2	91	87.1	33	24.0	27	49.8	100	9.8	41	4.0	67
CRV LN Tacos with Cauliflower	1304.8	65	5412.6	64	82.3	118	14.2	71	114.9	44	31.4	35	24.0	48	12.4	52	3.7	61
CRV LN Jacket Tuna Mayonnaise	485.8	24	2036.3	24	22.8	33	8.2	41	48.4	19	5.7	6	24.4	49	5.7	24	1.6	26
CRV LN NGCI Jacket Bacon and Cheese	761.6	38	3173.5	38	48.6	69	26.8	134	47.4	18	4.6	5	36.3	73	5.3	22	3.9	66
CRV LN Jacket Bacon and Cheese	761.6	38	3173.5	38	48.6	69	26.8	134	47.4	18	4.6	5	36.3	73	5.3	22	3.9	66
CRV LN NGCI Jacket Tuna Mayonnaise	485.8	24	2036.3	24	22.8	33	8.2	41	48.4	19	5.7	6	24.4	49	5.7	24	1.6	26
CRV LN NGCI Jacket Cheese and Beans	766.4	38	3193.4	38	45.4	65	25.6	128	61.1	23	8.2	9	31.6	63	8.9	37	2.7	45
CRV LN 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
CRV LN Raspberry Sauce	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
CRV LN Toffee Sauce	91.3	5	385.8	5	1.7	2	1.1	5	18.7	7	14.9	17	0.3	1	0.0	0	0.1	1
CRV LN Marshmallows	48.6	2	206.6	2	0.0	0	0.0	0	11.3	4	10.8	12	0.8	2	0.0	0	0.0	0
CRV LN Sugar Curl Wafers	19.8	1	83.9	1	0.1	0	0.0	0	4.5	2	2.1	2	0.4	1	0.1	0	0.0	0
CRV LN VGN Ice Cream Scoop Vanilla	84.3	4	352.3	4	4.0	6	3.5	17	9.8	4	6.6	7	0.4	1	2.9	12	0.0	0
CRV LN Roast Potatoes	342.5	17	1446.6	17	5.4	8	0.6	3	69.0	27	2.4	3	8.4	17	7.0	29	0.5	8
CRV LN Long Grained Rice	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
CRV LN Giant Yorkshire Pudding	412.5	21	1714.3	20	32.4	46	5.1	25	20.9	8	3.2	4	10.5	21	1.0	4	0.5	8
CRV LN 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
CRV LN Field 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
CRV LN Jalapenos	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

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	%
CRV LN 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
CRV LN Sour Cream	114.8	6	473.2	6	11.1	16	7.0	35	2.1	1	2.1	2	1.6	3	0.0	0	0.1	1
CRV LN Cheddar Cheese	232.4	12	963.8	11	19.2	27	11.9	60	1.1	0	0.1	0	14.0	28	0.0	0	1.1	18
CRV LN BBQ Sauce	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
CRV LN 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
CRV LN Vegetables Side (Carvery)	57.7	3	241.3	3	0.3	0	0.1	1	8.6	3	5.3	6	3.4	7	5.3	22	0.4	7
CRV LN Super Sides Bacon Cheesy Chips	728.8	36	3040.0	36	43.8	63	18.5	93	49.4	19	0.8	1	31.7	63	5.2	22	3.9	66
CRV LN Super Sides Battered Pigs in Blankets x 6	498.6	25	2084.4	25	27.6	39	9.9	49	40.2	15	1.6	2	21.0	42	2.2	9	3.6	60
CRV LN Super Sides Black Pudding Bon Bons	427.1	21	1780.1	21	25.3	36	9.2	46	32.3	12	4.7	5	21.0	42	0.3	1	3.0	50
CRV LN Super Sides Cheesy Chips	594.9	30	2481.1	30	36.5	52	15.6	78	45.1	17	0.7	1	19.2	38	4.8	20	1.9	31
CRV LN Super Sides Chilli Cheese Chips	878.1	44	3663.5	44	51.0	73	21.7	109	68.9	27	17.9	20	33.0	66	6.7	28	3.2	54
CRV LN Super Sides Hunters Yorkie	446.4	22	1860.4	22	29.0	41	9.7	49	24.1	9	12.1	13	22.1	44	0.7	3	3.4	56
CRV LN Super Sides Mini Combo	736.1	37	3077.7	37	43.9	63	12.4	62	56.0	22	4.0	4	27.2	54	3.7	15	2.6	43