

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	%
BIR M3 Soup of the Day (V)	270.7	14	1138.6	14	12.1	17	4.2	21	34.8	13	11.1	12	4.8	10	2.2	9	1.7	28
BIR M3 NGCI Soup of the Day (V)	267.5	13	1121.1	13	14.3	20	4.4	22	30.6	12	11.6	13	2.3	5	4.3	18	1.7	28
BIR M3 Golden Breaded Mushrooms (V)	460.4	23	1933.8	23	29.5	42	4.7	24	39.0	15	4.1	5	8.5	17	4.4	18	2.0	33
BIR M3 Buttermilk Chicken Strips	534.3	27	2229.2	27	30.9	44	11.0	55	32.4	12	10.3	11	30.7	61	1.0	4	2.0	33
BIR M3 Prawn Cocktail	347.7	17	1453.7	17	20.4	29	4.9	25	27.8	11	7.2	8	12.4	25	1.8	8	2.4	41
BIR M3 NGCI Prawn Cocktail	357.4	18	1489.7	18	23.6	34	5.3	27	23.9	9	7.7	9	10.5	21	4.0	17	2.6	43
BIR M3 Mexican Nachos (V)	551.6	28	2303.4	27	29.0	41	10.0	50	56.4	22	6.6	7	13.2	26	4.2	17	3.2	54
BIR M3 Garlic Bread (V) 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
BIR M3 Cheesy Garlic Bread (V) - Starter	604.3	30	2518.5	30	39.4	56	18.8	94	38.4	15	2.9	3	22.6	45	3.2	13	1.9	32
BIR M3 Buffalo Chicken Wings	721.9	36	3002.3	36	51.0	73	9.9	49	16.2	6	14.8	16	48.6	97	0.6	3	2.5	42
BIR M3 Bacon Popcorn	399.4	20	1661.6	20	22.1	32	6.6	33	36.2	14	18.7	21	12.9	26	1.4	6	1.9	32
BIR M3 Cheese and Bacon potato skins	337.2	17	1408.0	17	16.7	24	9.2	46	24.7	10	4.1	5	20.0	40	4.3	18	2.4	41
BIR M3 Cheese potato skins	267.0	13	1115.0	13	13.3	19	7.9	39	24.7	10	4.1	5	10.3	21	4.3	18	0.7	12
BIR M3 VGN Buffalo Cauliflower Wings	269.2	13	1131.8	13	8.6	12	1.7	8	43.6	17	22.0	24	4.7	9	3.2	14	2.0	34
BIR M3 Bacon popcorn and Chicken combo	1075.6	54	4476.7	53	72.9	104	22.4	112	50.0	19	4.0	4	52.6	105	1.4	6	4.4	73
BIR M3 Tuna Mayonnaise Melt	771.1	39	3239.9	39	28.1	40	10.7	53	89.8	35	6.2	7	36.4	73	7.4	31	2.5	41
BIR M3 Chicken & Bacon BBQ Melt	900.4	45	3774.5	45	34.0	49	13.5	67	96.0	37	13.3	15	48.4	97	7.5	31	4.1	68
BIR M3 Cheddar Cheese and Onion Baguette (V)	987.9	49	4127.1	49	52.2	75	27.6	138	86.8	33	6.0	7	39.3	79	7.3	30	2.9	49
BIR M3 Honey Roast Ham and Mustard Baguette	766.2	38	3219.2	38	24.8	35	7.7	38	98.2	38	8.6	10	32.7	65	8.4	35	4.5	75
BIR M3 Buttermilk Chicken Baguette	928.7	46	3885.8	46	44.5	64	13.7	68	93.6	36	5.9	7	34.9	70	6.1	25	2.6	43
BIR M3 Rump Steak and Onion Baguette	851.8	43	3569.3	42	34.0	49	11.3	56	94.7	36	6.5	7	37.9	76	8.0	33	1.9	32
BIR M3 Ham Sandwich	578.5	29	2426.5	29	22.8	33	7.3	36	62.6	24	2.4	3	28.4	57	7.2	30	2.3	38
BIR M3 NGCI Ham Sandwich	538.5	27	2251.5	27	23.3	33	6.8	34	56.5	22	3.8	4	20.5	41	9.5	40	2.2	36
BIR M3 Cheese Sandwich (V)	872.7	44	3639.9	43	52.7	75	27.3	136	60.1	23	2.3	3	37.9	76	7.0	29	2.6	43
BIR M3 NGCI Cheese Sandwich (V)	831.2	42	3458.9	41	52.9	76	26.6	133	54.0	21	3.7	4	30.1	60	9.2	38	2.4	41
BIR M3 Tuna Sandwich	541.4	27	2274.8	27	18.7	27	5.9	29	62.3	24	2.8	3	29.2	58	7.6	32	1.4	24
BIR M3 NGCI Tuna Sandwich	501.7	25	2100.9	25	19.2	27	5.4	27	56.1	22	4.2	5	21.3	43	9.9	41	1.3	21
BIR M3 Roast Beef Sandwich	608.0	30	2546.3	30	28.7	41	7.6	38	56.7	22	1.3	1	30.2	60	5.1	21	2.0	33
BIR M3 Roast Pork Sandwich	608.1	30	2546.3	30	29.4	42	6.9	34	56.7	22	1.3	1	28.8	58	5.1	21	2.0	34
BIR M3 Roast Turkey Sandwich	501.3	25	2110.0	25	15.2	22	2.3	12	56.7	22	1.3	1	34.0	68	5.1	21	2.0	34
BIR M3 Roast Chicken Sandwich	723.3	36	3030.4	36	33.9	48	7.8	39	57.3	22	1.5	2	46.7	93	5.9	25	2.9	49
BIR M3 Roast Beef Baguette V2	670.0	34	2811.6	33	26.5	38	7.2	36	75.8	29	3.9	4	29.7	59	4.8	20	1.7	28
BIR M3 Prawn Marie Rose Baguette	755.6	38	3168.9	38	30.3	43	6.6	33	94.9	36	10.4	12	21.8	44	7.7	32	3.1	51

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BIR M3 Honey Roast Ham and Tomato Baguette	701.0	35	2947.0	35	21.9	31	7.2	36	92.1	35	8.6	10	30.1	60	8.6	36	2.7	45
BIR M3 Chip Buttie (V)	576.6	29	2417.5	29	24.3	35	5.2	26	73.5	28	1.5	2	14.1	28	7.5	31	1.5	25
BIR M3 NGCI Chip Buttie (V)	536.6	27	2242.3	27	24.7	35	4.7	24	67.3	26	2.9	3	6.2	12	9.7	41	1.4	23
BIR M3 Cheddar Cheese & Baked Beans Jacket (V)	638.0	32	2662.4	32	32.1	46	19.6	98	63.5	24	8.3	9	27.1	54	10.2	42	2.0	34
BIR M3 Dirty Chilli Jacket	471.6	24	1981.0	24	15.2	22	6.1	31	66.6	26	19.9	22	19.2	38	6.7	28	1.4	24
BIR M3 Tuna Mayonnaise Jacket Potato	429.4	21	1799.6	21	20.3	29	8.0	40	46.1	18	4.2	5	18.0	36	5.1	21	1.2	19
BIR M3 Honey Roast Ham & Cheese Jacket Potato	645.2	32	2695.6	32	36.7	52	21.2	106	44.1	17	3.1	3	36.7	73	4.8	20	2.9	48
BIR M3 Baked Beans Jacket (Ve)	413.4	21	1737.6	21	1.5	2	0.3	2	83.9	32	13.6	15	20.1	40	15.6	65	1.5	26
BIR M3 Plain Jacket Potato (V)	266.3	13	1116.8	13	11.0	16	6.7	33	39.0	15	2.6	3	5.0	10	4.3	18	0.3	5
BIR M3 LC Soup of the Day (V)	270.7	14	1138.6	14	12.1	17	4.2	21	34.8	13	11.1	12	4.8	10	2.2	9	1.7	28
BIR M3 LC NGCI Soup of the Day (V)	267.5	13	1121.1	13	14.3	20	4.4	22	30.6	12	11.6	13	2.3	5	4.3	18	1.7	28
BIR M3 LC Golden Breaded Mushrooms (V)	386.2	19	1621.3	19	25.2	36	3.9	20	32.0	12	3.7	4	6.9	14	3.7	15	1.7	28
BIR M3 LC Mexican Nachos (V)	334.1	17	1393.2	17	19.4	28	8.1	40	28.2	11	3.3	4	10.2	20	2.1	9	1.9	31
BIR M3 LC Gammon Steak - 5oz	563.2	28	2354.5	28	26.1	37	10.1	51	46.6	18	11.9	13	32.0	64	8.6	36	4.5	75
BIR M3 LC Hunter's Chicken	557.8	28	2331.0	28	26.8	38	11.8	59	40.8	16	11.4	13	35.8	72	5.4	23	2.2	37
BIR M3 LC Chicken and Bacon Salad	224.8	11	940.1	11	11.6	17	2.6	13	4.2	2	4.1	5	26.0	52	1.5	6	1.3	22
BIR M3 LC Cauliflower Cheese Tart (V)	811.3	41	3386.7	40	47.6	68	13.8	69	70.5	27	7.9	9	21.6	43	9.8	41	2.6	43
BIR M3 LC Sausage & Mash	732.6	37	3059.9	36	34.9	50	12.4	62	76.6	29	7.8	9	22.8	46	10.1	42	3.2	53
BIR M3 LC Sausage & Mash (V)	478.5	24	2003.7	24	15.6	22	4.8	24	54.4	21	7.6	8	22.3	45	13.0	54	2.2	37
BIR M3 LC Ham, Egg and Chips	660.7	33	2753.0	33	43.1	62	10.7	54	31.5	12	2.1	2	34.1	68	4.4	18	2.0	34
BIR M3 LC Rump Steak	560.9	28	2342.2	28	29.5	42	8.4	42	38.6	15	4.9	5	31.8	64	7.8	33	1.6	27
BIR M3 LB Rump Steak Salad	298.7	15	1242.4	15	21.0	30	6.3	31	3.2	1	3.0	3	24.4	49	1.5	6	0.7	11
BIR M3 LC Fish and Chips	834.5	42	3490.9	42	41.3	59	6.7	34	83.3	32	9.9	11	29.4	59	11.3	47	3.0	50
BIR M3 LC Chocolate Fudge Cake (V)	599.5	30	2516.5	30	24.7	35	5.9	30	87.7	34	70.6	78	7.2	14	2.9	12	0.3	6
BIR M3 LC Plain & Simple Vanilla Flavour Ice Cream (V)	252.5	13	1057.7	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
BIR M3 LB Gammon Steak - 5oz	574.1	29	2399.9	29	26.6	38	10.3	52	47.5	18	12.1	13	32.7	65	8.7	36	4.6	76
BIR M3 LB Hunter's Chicken	572.6	29	2393.0	28	27.5	39	12.1	61	41.8	16	11.7	13	36.8	74	5.5	23	2.3	38
BIR M3 LB Chicken and Bacon Salad	224.8	11	940.1	11	11.6	17	2.6	13	4.2	2	4.1	5	26.0	52	1.5	6	1.3	22
BIR M3 LB Cauliflower Cheese Tart (V)	824.6	41	3442.2	41	46.8	67	15.6	78	73.9	28	9.1	10	22.5	45	11.3	47	2.2	36
BIR M3 LB Sausage & Mash	786.4	39	3284.8	39	37.5	54	13.4	67	82.3	32	8.4	9	24.5	49	10.9	45	3.4	57
BIR M3 LB Sausage & Mash (V)	551.9	28	2311.2	28	18.0	26	5.5	28	62.8	24	8.8	10	25.7	51	15.0	63	2.6	43
BIR M3 LB Ham, Egg and Chips	660.7	33	2753.0	33	43.1	62	10.7	54	31.5	12	2.1	2	34.1	68	4.4	18	2.0	34

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BIR M3 LC Rump Steak	560.9	28	2342.2	28	29.5	42	8.4	42	38.6	15	4.9	5	31.8	64	7.8	33	1.6	27
BIR M3 LB Rump Steak Salad	298.7	15	1242.4	15	21.0	30	6.3	31	3.2	1	3.0	3	24.4	49	1.5	6	0.7	11
BIR M3 Steak and Marston's Ale Pie	1150.3	58	4806.6	57	52.4	75	21.2	106	133.9	52	8.6	10	26.9	54	13.8	57	2.8	46
BIR M3 Beef Lasagne	764.9	38	3190.7	38	34.7	50	13.1	66	90.0	35	10.8	12	20.3	41	26.2	109	1.8	29
BIR M3 Beef Lasagne <600 Kcal	402.3	20	1671.4	20	17.4	25	6.9	35	45.7	18	12.9	14	17.3	35	27.3	114	1.6	27
BIR M3 Brunch	1060.5	53	4421.2	53	61.2	87	14.9	74	76.4	29	9.5	11	49.2	98	10.6	44	5.9	99
BIR M3 Fish and Chips	1002.6	50	4194.2	50	48.9	70	9.3	46	103.5	40	11.1	12	32.8	66	14.2	59	3.2	53
BIR M3 Freshly Battered Fish and Chips	986.2	49	4137.5	49	28.4	41	8.2	41	109.4	42	10.4	12	66.3	133	14.8	62	3.1	51
BIR M3 Golden Scampi	1721.1	86	3381.1	40	50.1	72	15.4	77	98.3	38	12.6	14	27.9	56	15.2	63	3.3	54
BIR M3 XL Golden Scampi	1950.9	98	3378.2	40	53.4	76	16.5	83	99.3	38	12.2	14	30.7	61	14.6	61	3.5	59
BIR M3 Cajun Chicken	721.1	36	3017.7	36	31.0	44	10.4	52	56.7	22	7.2	8	51.0	102	9.6	40	2.7	44
BIR M3 <400 Cajun Chicken	335.6	17	1406.0	17	13.8	20	3.6	18	10.1	4	7.1	8	43.7	87	3.6	15	2.4	40
BIR M3 Hunters Chicken	971.1	49	4059.8	48	46.1	66	21.8	109	61.7	24	14.5	16	74.8	150	8.8	37	4.4	73
BIR M3 Chicken Tikka Masala	940.0	47	3967.5	47	25.2	36	5.8	29	138.3	53	23.8	26	41.2	82	9.7	40	3.6	60
BIR M3 NGCI Chicken Tikka Masala	803.5	40	3394.1	40	21.7	31	5.5	28	115.1	44	20.3	23	39.2	78	7.7	32	3.5	58
BIR M3 Chicken and Bacon Salad	398.7	20	1669.3	20	18.0	26	4.0	20	8.1	3	7.5	8	52.6	105	3.0	12	2.7	45
BIR M3 The Yorkshire Platter	1308.4	65	5472.2	65	56.1	80	18.6	93	155.5	60	20.8	23	35.9	72	20.3	85	4.8	80
BIR M3 The Yorkshire Platter (V)	1081.2	54	4530.1	54	35.9	51	10.3	52	137.8	53	21.8	24	38.1	76	25.4	106	4.0	66
BIR M3 FEB 2018 Mega Brunch V3	1750.9	88	7296.3	87	106.3	152	26.9	135	111.1	43	14.0	16	84.7	169	13.6	57	10.3	171
BIR M3 All Day Breakfast Pie	1271.0	64	5293.1	63	77.7	111	25.6	128	107.7	41	9.6	11	33.0	66	11.8	49	3.0	50
BIR M3 Rump Steak Salad	557.0	28	2318.7	28	37.4	53	11.8	59	6.5	2	6.1	7	48.8	98	3.0	13	1.3	22
BIR M3 XL Mixed Grill	2162.3	108	9020.8	107	128.6	184	41.1	206	87.2	34	11.0	12	160.8	322	10.3	43	12.5	209
BIR M3 NGCI Mixed Grill	1445.8	72	6026.5	72	90.4	129	26.9	134	61.3	24	6.9	8	93.4	187	8.2	34	6.4	107
BIR M3 Rump Steak - 8oz	1076.0	54	4491.1	53	58.2	83	19.5	97	71.6	28	9.0	10	60.8	122	13.3	55	2.4	40
BIR M3 Rump Steak - 16oz	1470.5	74	6137.3	73	81.2	116	29.3	146	71.1	27	9.0	10	108.2	216	13.2	55	2.7	45
BIR M3 NGCI Rump Steak - 16oz	1344.8	67	5611.5	67	73.8	105	27.8	139	57.6	22	6.9	8	106.8	214	11.8	49	2.2	37
BIR M3 Rump Steak - 8oz V2	1076.0	54	4491.1	53	58.2	83	19.5	97	71.6	28	9.0	10	60.8	122	13.3	55	2.4	40
BIR M3 Sirloin Steak - 8oz V3	1108.3	55	4622.5	55	62.6	89	21.9	110	69.6	27	8.8	10	61.2	122	12.9	54	2.4	40
BIR M3 NGCI Sirloin Steak - 8oz V3	1008.3	50	4203.9	50	56.6	81	20.9	105	58.1	22	6.9	8	61.0	122	11.9	49	1.9	32
BIR M3 Gammon Steak 10oz V2	976.6	49	4079.5	49	49.7	71	19.2	96	66.6	26	13.4	15	61.3	123	11.5	48	9.1	151
BIR M3 Mixed Grill V2	1512.8	76	6311.9	75	89.4	128	27.6	138	79.8	31	9.3	10	93.9	188	10.3	43	7.2	120
BIR M3 <600 Skinny Rump Steak V2	458.3	23	1909.1	23	29.9	43	10.0	50	4.1	2	3.9	4	43.4	87	1.9	8	1.2	20
BIR M3 <600 Skinny Sirloin Steak V2	513.4	26	2135.9	25	35.2	50	12.6	63	4.1	2	3.9	4	45.2	90	1.9	8	1.2	20

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
BIR M3 Sirloin Steak - 8oz - V2	1135.4	57	4735.4	56	64.1	92	22.5	112	71.3	27	9.0	10	62.7	125	13.2	55	2.4	41
BIR M3 Gammon Steak 10oz Steak Night	976.6	49	4079.5	49	49.7	71	19.2	96	66.6	26	13.4	15	61.3	123	11.5	48	9.1	151
BIR M3 <600 Skinny Rump Steak Grill Night	458.3	23	1909.1	23	29.9	43	10.0	50	4.1	2	3.9	4	43.4	87	1.9	8	1.2	20
BIR M3 <600 Skinny Sirloin Steak Steak Night	513.4	26	2135.9	25	35.2	50	12.6	63	4.1	2	3.9	4	45.2	90	1.9	8	1.2	20
BIR M3 NGCI Rump Steak - 8oz	949.8	47	3963.5	47	50.8	73	18.0	90	58.1	22	6.9	8	59.4	119	11.9	49	1.9	32
BIR M3 Melt Stack	1375.7	69	5745.8	68	72.8	104	28.7	143	64.0	25	12.5	14	113.3	227	9.1	38	11.8	197
BIR M3 XL Gammon Steak 20oz	1054.0	53	4399.0	52	58.8	84	22.6	113	48.7	19	9.6	11	79.8	160	8.2	34	12.6	210
BIR M3 Plain Beef Burger	1123.4	56	4701.0	56	53.1	76	16.8	84	98.2	38	9.0	10	61.1	122	10.0	42	3.8	64
BIR M3 XL Plain Beef Burger	1177.4	59	4921.3	59	59.4	85	21.5	107	77.4	30	7.7	9	83.1	166	8.6	36	4.3	71
BIR M3 XL Plain Chicken Burger	1259.1	63	5258.6	63	68.3	98	13.9	70	108.8	42	6.4	7	48.7	97	8.5	35	3.9	65
BIR M3 Plain Chicken Burger	1153.3	58	4823.1	57	58.1	83	11.8	59	114.9	44	7.8	9	38.6	77	9.6	40	3.5	59
BIR M3 Ultimate Veggie Burger (V)	983.6	49	4119.0	49	47.6	68	11.8	59	95.4	37	10.4	12	38.7	77	10.7	45	3.7	62
BIR M3 XL Ultimate Veggie Burger (V)	1022.1	51	4280.1	51	50.6	72	10.7	53	88.7	34	10.3	11	48.1	96	11.2	46	4.0	67
BIR M3 XL Plain Veggie Burger (Ve)	1165.0	58	4882.8	58	54.2	77	7.4	37	110.3	42	11.3	13	53.1	106	13.6	57	4.2	70
BIR M3 Plain Veggie Burger (Ve)	1120.0	56	4694.3	56	47.9	68	11.1	56	124.0	48	13.3	15	41.3	83	15.7	66	2.9	49
BIR M3 Vegan Ultimate Veggie Burger (Ve)	916.5	46	3842.6	46	40.2	57	6.3	31	100.3	39	10.9	12	33.6	67	11.3	47	3.4	57
BIR M3 XL Vegan Ultimate Veggie Burger (Ve)	968.0	48	4057.5	48	44.6	64	6.1	30	92.4	36	10.7	12	44.2	88	11.6	48	3.8	63
BIR M3 The Cowboy Burger	1163.0	58	4862.2	58	57.6	82	21.2	106	91.0	35	15.0	17	68.0	136	8.9	37	5.7	96
BIR M3 XL The Cowboy Burger	1203.9	60	5029.1	60	62.2	89	24.5	122	74.3	29	12.7	14	86.0	172	7.9	33	5.8	96
BIR M3 <600 The Cowboy Burger	601.9	30	2508.4	30	35.0	50	17.3	87	13.2	5	11.9	13	59.7	119	3.0	13	4.2	70
BIR M3 <400 Ultimate Veggie Burger (V)	380.9	19	1590.7	19	23.3	33	7.1	36	13.9	5	4.4	5	27.4	55	3.6	15	2.0	33
BIR M3 <300 Vegan Ultimate Veggie Burger (Ve)	264.4	13	1107.7	13	13.5	19	1.0	5	13.8	5	4.4	5	20.3	41	3.6	15	1.5	25
BIR M3 Burger Buffalo Crispy Chicken	1173.4	59	4911.8	58	57.2	82	15.8	79	117.1	45	15.7	17	43.4	87	8.3	35	3.7	62
BIR M3 <600 Buffalo Chicken Burger	562.1	28	2347.2	28	33.0	47	11.2	56	34.5	13	12.2	14	31.2	62	2.2	9	1.8	31
BIR M3 <700 Chilli Cheese Burger	740.7	37	3091.2	37	42.5	61	19.9	100	29.6	11	21.8	24	61.1	122	4.8	20	3.3	55
BIR LN Burger Crispy Buffalo Chicken XL	1679.9	84	7022.8	84	89.7	128	27.3	137	140.0	54	16.9	19	73.4	147	8.3	35	5.3	88
BIR M3 XL Burger Chilli Cheese	1710.7	86	7150.1	85	87.9	126	34.3	172	113.9	44	26.1	29	115.0	230	12.0	50	6.7	112
BIR M3 Onion Rings (Ve) - Side Order	487.6	24	2039.2	24	28.7	41	5.7	28	51.8	20	8.0	9	5.7	11	5.5	23	2.0	33
BIR M3 Onion Rings (Ve) To Share	1039.1	52	4345.8	52	61.2	87	12.1	61	110.4	42	17.1	19	12.1	24	11.7	49	4.2	69
BIR M3 Garlic Bread (Ve) Side Order	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
BIR M3 Garlic Bread (Ve) - To Share	1011.6	51	4232.1	50	52.1	74	16.0	80	110.8	43	8.1	9	20.3	41	9.3	39	2.5	41
BIR M3 Cheesy Garlic Bread (V) - Side Order	604.3	30	2518.5	30	39.4	56	18.8	94	38.4	15	2.9	3	22.6	45	3.2	13	1.9	32
BIR M3 Cheesy Garlic Bread (V) - To Share	1711.4	86	7133.2	85	111.5	159	53.3	266	108.8	42	8.1	9	63.9	128	9.1	38	5.4	91

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	%
BIR M3 Curly Fries (Ve) - Side Order	442.7	22	1854.8	22	23.9	34	4.3	21	52.4	20	2.5	3	4.7	9	3.6	15	1.6	27
BIR M3 Curly Fries (Ve) - To Share	959.8	48	4020.9	48	51.8	74	9.3	47	113.5	44	5.3	6	10.1	20	7.7	32	3.3	55
BIR M3 Chips (Ve) - Side Order	355.6	18	1488.3	18	17.0	24	3.6	18	43.2	17	0.7	1	5.1	10	4.7	19	0.8	13
BIR M3 Chips (Ve) - To Share	770.8	39	3226.3	38	36.8	53	7.9	39	93.6	36	1.4	2	11.1	22	10.1	42	1.7	28
BIR M3 Cheesy Chips (V) Side Order	470.7	24	1965.5	23	26.6	38	9.6	48	43.3	17	0.7	1	12.1	24	4.7	20	1.3	21
BIR M3 Cheesy Chips (V) - To Share	1012.5	51	4228.5	50	57.3	82	20.7	103	93.2	36	1.5	2	26.1	52	10.1	42	2.7	45
BIR M3 Side Combo (V)	356.5	18	1494.9	18	20.2	29	4.5	22	36.6	14	3.7	4	6.2	12	3.7	15	1.3	22
BIR M3 House Salad (V)	17.5	1	74.0	1	0.4	1	0.1	0	2.9	1	2.7	3	0.8	2	1.3	6	0.0	0
BIR M3 Baguette and Butter (V) - Side Order	409.0	20	1720.7	20	12.7	18	7.7	38	61.9	24	3.8	4	10.3	21	3.0	13	1.3	21
BIR M3 Bloomer Bread & Butter (V) - Side Order	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR M3 NGCI Genius Bread and Butter (V) - Side Order	274.9	14	1145.1	14	15.3	22	7.5	38	29.7	11	2.5	3	1.6	3	5.8	24	0.8	14
BIR M3 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
BIR M3 Poppadum - Extra (V)	37.5	2	159.0	2	0.2	0	0.0	0	6.6	3	0.1	0	2.4	5	0.2	1	0.5	8
BIR M3 Poppadums and Dips (V)	221.8	11	941.4	11	0.8	1	0.2	1	42.5	16	10.3	11	10.9	22	1.1	5	2.7	45
BIR M3 Cheddar Cheese & BBQ Sauce (V) - Steak Topper	269.1	13	1117.5	13	19.6	28	12.2	61	8.2	3	7.8	9	14.5	29	0.4	2	1.4	23
BIR M3 Scampi - Extra	482.9	24	449.7	5	10.2	15	3.2	16	14.5	6	1.9	2	7.0	14	1.7	7	0.7	12
BIR M2 Bacon Popcorn Extra New	420.5	21	1748.0	21	28.4	41	8.5	43	22.4	9	2.2	2	16.6	33	1.8	8	2.5	41
BIR M3 Buttermilk Chicken - Extra	432.3	22	1802.4	21	27.1	39	9.7	48	20.1	8	1.1	1	26.5	53	0.0	0	1.4	23
BIR M3 Beef Burger 6oz - Extra	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
BIR M3 Battered Onion Rings (Ve) 2s	83.2	4	347.8	4	4.9	7	1.0	5	8.8	3	1.4	2	1.0	2	0.9	4	0.3	6
BIR M3 Battered Chicken Fillet - Extra	286.2	14	1191.7	14	18.1	26	3.7	19	15.9	6	0.3	0	14.5	29	0.9	4	0.9	15
BIR M3 Sliced Red Jalapenos (Ve) 50g	40.3	2	170.8	2	0.2	0	0.1	0	8.8	3	8.5	9	0.4	1	1.1	4	2.4	40
BIR M3 Sauteed Onions (Ve) - Add on	94.9	5	391.3	5	8.6	12	1.0	5	4.1	2	2.9	3	0.6	1	1.0	4	0.0	0
BIR M3 Pineapple (Ve) - Extra	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
BIR M3 Free Range 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
BIR M3 Chocolate Flake (V) - Extra	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
BIR M3 Gravy (V) - Extra Jug of	28.5	1	119.7	1	0.0	0	0.0	0	6.8	3	0.1	0	0.4	1	0.0	0	0.9	14
BIR M3 Grilled Half Tomato (Ve) - Extra	15.1	1	64.0	1	0.7	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
BIR M3 Ice Cream Scoop Extra (V) - Vanilla Flavour	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
BIR M3 Roast Potatoes (V) - Bowl Of	566.6	28	2363.0	28	36.4	52	4.2	21	52.8	20	1.1	1	4.0	8	6.5	27	1.1	19
BIR M3 Hand Cut Potato Wedges (Ve)	250.0	12	1050.4	13	8.6	12	2.5	13	40.6	16	1.4	2	5.0	10	4.1	17	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	%
BIR M3 Naan Bread (V)	174.2	9	733.2	9	4.0	6	0.4	2	28.7	11	1.4	2	4.7	9	2.2	9	0.4	7
BIR M3 Hash Browns (Ve) - Extra	235.7	12	982.2	12	13.9	20	5.9	29	23.6	9	0.8	1	2.5	5	3.1	13	0.6	10
BIR M3 Jacket Potato (V) - Extra	232.1	12	977.3	12	6.2	9	3.6	18	41.3	16	1.5	2	5.1	10	4.2	17	0.2	3
BIR M3 Add Prawns to Curry	36.0	2	153.8	2	0.1	0	0.1	0	0.2	0	0.0	0	8.7	17	0.0	0	1.3	21
BIR M3 Custard (V) - Extra	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
BIR M3 Bap and Butter (V) - Extra	253.7	13	1063.9	13	10.0	14	4.2	21	33.1	13	4.5	5	7.0	14	2.0	8	0.9	15
BIR M3 Sunday Lunch - Extra Meat	279.3	14	1161.2	14	19.6	28	7.6	38	0.0	0	0.0	0	25.8	52	0.0	0	0.2	3
BIR M3 Mashed Potato 227g (V) - Side Order	247.2	12	1031.7	12	9.3	13	6.0	30	34.7	13	2.4	3	3.5	7	4.6	19	0.9	15
BIR M3 18 Yorkshire Pudding (V) - Side	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
BIR M3 Yorkshire Pudding (V) Fresh - Side	183.6	9	763.2	9	14.3	20	2.2	11	9.7	4	1.4	2	4.6	9	0.5	2	0.2	4
BIR M3 Baked Beans (Ve)	75.0	4	313.0	4	0.3	0	0.1	1	13.7	5	3.6	4	4.9	10	3.6	15	0.5	8
BIR M3 Rice (Ve) - Extra	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
BIR M3 Toast & Butter (V) - Side Order	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR M3 Cheddar Cheese (V) - Extra LN18	116.5	6	483.0	6	9.8	14	6.1	30	0.0	0	0.0	0	7.1	14	0.0	0	0.5	8
BIR M3 Port & Stilton 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
BIR M3 Sautéed Mushrooms (V) - Side Order	53.0	3	219.7	3	4.8	7	0.6	3	0.4	0	0.2	0	2.0	4	1.6	7	0.2	3
BIR M3 FEB18 Sausage - Extra	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
BIR M3 FEB18 Sausage - Extra V2	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
BIR M3 Bacon - Rasher of Back - Extra V3	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
BIR M3 Sausage - Extra - V2	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
BIR M3 Naan Bread (V) - V2	174.2	9	733.2	9	4.0	6	0.4	2	28.7	11	1.4	2	4.7	9	2.2	9	0.4	7
BIR M3 Bacon - Rasher of Back - Extra Breakfast	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
BIR M3 Baguette and Butter (V) - Fish add on	409.0	20	1720.7	20	12.7	18	7.7	38	61.9	24	3.8	4	10.3	21	3.0	13	1.3	21
BIR M3 Chocolate Fudge Cake (V)	599.5	30	2516.5	30	24.7	35	5.9	30	87.7	34	70.6	78	7.2	14	2.9	12	0.3	6
BIR M3 Plain & Simple Vanilla Flavour Ice Cream (V)	252.5	13	1057.7	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
BIR M3 Chocolate Indulgence Sundae (V)	610.4	31	2562.5	31	30.5	44	19.2	96	72.7	28	64.8	72	10.1	20	2.0	9	0.4	6
BIR M3 Ice Cream Sundae (V)	473.2	24	1985.5	24	24.3	35	14.4	72	55.6	21	49.2	55	7.6	15	0.4	2	0.5	8
BIR M3 VGN Raspberry Jam Donut Pudding	488.2	24	1996.8	24	24.3	35	3.6	18	70.9	27	34.9	39	8.5	17	8.9	37	0.9	16
BIR M3 Banoffee Cheesecake	660.0	33	2759.2	33	39.1	56	20.9	105	69.2	27	50.2	56	8.3	17	1.3	5	0.6	11
BIR M3 Chicken Tikka Masala V2	940.0	47	3967.5	47	25.2	36	5.8	29	138.3	53	23.8	26	41.2	82	9.7	40	3.6	60
BIR M3 Vegetable Jalfrezi (V)	953.8	48	4009.0	48	29.4	42	2.7	14	151.1	58	29.4	33	20.8	42	12.4	52	4.4	74
BIR M3 NGCI Vegetable Jalfrezi (V)	817.4	41	3435.6	41	25.9	37	2.4	12	127.9	49	25.8	29	18.8	38	10.5	44	4.4	73

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	%
BIR M3 VGN Vegetable Jalfrezi	831.0	42	3489.3	42	28.8	41	2.6	13	129.8	50	32.9	37	14.0	28	11.5	48	3.7	62
BIR M3 Beef Madras	1033.4	52	4348.1	52	33.2	47	7.6	38	142.5	55	28.0	31	39.2	78	10.7	45	4.6	77
BIR M3 NGCI Beef Madras	897.1	45	3775.2	45	29.7	42	7.2	36	119.3	46	24.4	27	37.2	74	8.8	37	4.6	76
BIR M3 Chicken Pathia	962.4	48	4065.6	48	24.8	35	3.4	17	137.4	53	27.3	30	51.4	103	8.4	35	4.1	68
BIR M3 NGCI Chicken Pathia	827.1	41	3496.8	42	21.3	30	3.1	16	114.4	44	23.8	26	49.3	99	6.5	27	4.0	66
BIR M3 Lamb Saag Masala	1032.6	52	4344.6	52	40.1	57	7.4	37	131.5	51	20.4	23	38.1	76	9.8	41	4.2	70
BIR M3 NGCI Lamb Saag Masala	897.3	45	3775.8	45	36.6	52	7.1	36	108.5	42	16.8	19	36.1	72	7.9	33	4.1	68
BIR M3 NGCI Chicken Tikka Masala Curry Night	803.5	40	3394.1	40	21.7	31	5.5	28	115.1	44	20.3	23	39.2	78	7.7	32	3.5	58
BIR M3 SL Chocolate Fudge Cake (V)	599.5	30	2516.5	30	24.7	35	5.9	30	87.7	34	70.6	78	7.2	14	2.9	12	0.3	6
BIR M3 SL Plain & Simple Vanilla Flavour Ice Cream (V)	252.5	13	1057.7	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
BIR M3 SL Ice Cream Sundae (V)	473.2	24	1985.5	24	24.3	35	14.4	72	55.6	21	49.2	55	7.6	15	0.4	2	0.5	8
BIR M3 SL Chocolate Indulgence Sundae (V)	610.4	31	2562.5	31	30.5	44	19.2	96	72.7	28	64.8	72	10.1	20	2.0	9	0.4	6
BIR M3 VGN Raspberry Jam Donut Pudding	488.2	24	1996.8	24	24.3	35	3.6	18	70.9	27	34.9	39	8.5	17	8.9	37	0.9	16
BIR M3 Sunday Lunch - Roast Turkey (LV)	990.9	50	4151.5	49	33.8	48	5.4	27	107.5	41	25.7	29	56.4	113	18.5	77	6.0	100
BIR M3 Sunday Roasts - Roast Beef	1326.2	66	5530.3	66	77.8	111	18.5	92	92.6	36	20.7	23	59.7	119	15.7	65	5.0	83
BIR M3 Sunday Roasts - Roast Chicken	1715.9	86	7164.8	85	95.3	136	21.3	106	101.2	39	25.9	29	109.8	220	18.3	76	6.2	104
BIR M3 Sunday Roasts - Roast Pork	1305.9	65	5446.9	65	75.3	108	16.5	83	96.6	37	23.5	26	56.6	113	15.6	65	3.7	62
BIR M3 Sunday Roasts - Roast Turkey	1090.0	55	4564.9	54	46.6	67	7.3	36	96.6	37	24.4	27	67.3	135	15.8	66	3.8	63
BIR M3 Sunday Lunch - Cauliflower Cheese Tart (V)	1344.2	67	5608.9	67	77.4	111	16.6	83	125.8	48	16.2	18	30.3	61	18.9	79	7.2	120
BIR M3 Junior Sunday Lunch - Roast Beef	858.9	43	3576.7	43	53.9	77	12.3	62	52.9	20	12.2	14	36.7	73	8.5	35	4.3	72
BIR M3 Junior Sunday Lunch - Chicken	752.0	38	3146.1	37	35.4	51	5.5	28	74.0	28	16.5	18	32.3	65	9.2	38	4.2	70
BIR M3 Junior Sunday Lunch - Roast Pork	806.6	40	3367.7	40	43.7	62	8.7	44	73.0	28	14.6	16	28.1	56	9.1	38	3.9	65
BIR M3 Junior Sunday Lunch - Roast Turkey	714.0	36	2989.1	36	31.4	45	4.7	24	73.1	28	15.5	17	32.6	65	9.2	38	3.9	66
BIR M3 Junior Sunday Roasts - Cauli Cheese Tart (V)	992.4	50	4140.6	49	61.0	87	15.0	75	84.2	32	11.8	13	25.6	51	9.9	41	3.9	65
BIR M3 Chips and Rice Upgrade (V)	509.3	25	2154.4	26	13.2	19	2.9	15	91.1	35	0.5	1	9.0	18	5.1	21	0.6	10
BIR M3 Swap Garlic Bread for Chips (Ve)	139.6	7	583.9	7	7.0	10	1.6	8	16.2	6	0.4	0	2.0	4	1.7	7	0.3	5
BIR M3 Swap Garlic Bread for Curly Fries (V)	99.6	5	417.4	5	5.4	8	1.0	5	11.8	5	0.6	1	1.1	2	0.8	3	0.3	5
BIR M3 Upgrade from Chips to Curly Fries (Ve) 150g	149.5	7	626.1	7	8.1	12	1.4	7	17.7	7	0.8	1	1.6	3	1.2	5	0.5	8
BIR M3 Main Upgrade from Chips to Curly Fries (Ve)	157.6	8	660.3	8	8.5	12	1.5	8	18.6	7	0.9	1	1.7	3	1.3	5	0.5	9
BIR M3 Upgrade to Onion Rings from Chips/Salad	20.8	1	87.0	1	1.2	2	0.2	1	2.2	1	0.3	0	0.2	0	0.2	1	0.1	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	%		
(V)																		
BIR M3 Potato Swap - 150g Chips to Jacket	111.4	6	469.3	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
BIR M3 Potato Swap - 150g Chips to Mash	134.5	7	560.6	7	6.0	9	3.9	19	17.0	7	1.2	1	1.7	3	2.3	9	0.4	6
BIR M3 Potato Swap - 150g Chips to New Potatoes	99.8	5	422.2	5	2.4	3	1.4	7	18.6	7	1.5	2	2.0	4	1.5	6	0.6	10
BIR M3 Potato Swap - 150g Chips to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M3 Potato Swap - 150g Mash to Jacket	111.4	6	469.3	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
BIR M3 Potato Swap - 150g Mash to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M3 Potato Swap - 227g Chips to Jacket	111.4	6	469.3	6	3.0	4	1.8	9	19.8	8	0.7	1	2.4	5	2.0	8	0.1	1
BIR M3 Potato Swap - 227g Chips to Mash	134.5	7	560.6	7	6.0	9	3.9	19	17.0	7	1.2	1	1.7	3	2.3	9	0.4	6
BIR M3 Potato Swap - 227g Chips to New Potatoes	99.8	5	422.2	5	2.4	3	1.4	7	18.6	7	1.5	2	2.0	4	1.5	6	0.6	10
BIR M3 Potato Swap - 227g Chips to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M3 Potato Swap - 227g Mash to Side Salad	19.4	1	82.1	1	0.4	1	0.1	0	3.2	1	3.0	3	0.9	2	1.5	6	0.0	0
BIR M3 FEB 2018 Mega Brunch	1750.9	88	7296.3	87	106.3	152	26.9	135	111.1	43	14.0	16	84.7	169	13.6	57	10.3	171
BIR M3 Full English	651.9	33	2719.7	32	34.6	49	10.9	54	51.3	20	9.3	10	34.7	69	8.5	35	3.9	65
BIR M3 NGCI Full English	432.1	22	1799.8	21	23.9	34	7.3	36	32.9	13	6.9	8	20.8	42	6.7	28	2.6	43
BIR M3 Veggie Breakfast (V)	594.4	30	2475.3	29	34.6	49	8.5	43	42.3	16	8.7	10	28.2	56	8.5	36	1.9	32
BIR M3 Brunch V2	1060.5	53	4421.2	53	61.2	87	14.9	74	76.4	29	9.5	11	49.2	98	10.6	44	5.9	99
BIR M3 Sausage Buttie	545.7	27	2284.2	27	25.8	37	7.6	38	57.7	22	3.6	4	20.3	41	4.6	19	2.4	39
BIR M3 NGCI Sausage Buttie	568.0	28	2368.2	28	29.7	42	8.0	40	57.7	22	5.7	6	13.2	26	8.0	33	2.5	42
BIR M3 Sausage Buttie (V)	389.3	19	1635.1	19	12.8	18	2.3	12	44.7	17	3.9	4	21.1	42	7.4	31	1.7	28
BIR M3 Bacon Buttie	475.8	24	1994.2	24	19.5	28	5.8	29	36.0	14	1.0	1	39.2	78	3.4	14	6.2	104
BIR M3 NGCI Bacon Buttie	481.2	24	2007.7	24	22.2	32	5.9	29	32.7	13	2.8	3	33.9	68	6.5	27	6.7	112
BIR M3 Eggs on Toast (V)	577.5	29	2407.8	29	37.6	54	6.9	35	36.0	14	1.4	2	24.2	48	3.4	14	1.4	24
BIR M3 NGCI Eggs on Toast (V)	620.0	31	2574.7	31	44.1	63	7.4	37	34.2	13	3.4	4	18.1	36	6.8	28	1.5	25
BIR M3 Beans on Toast (V)	490.3	25	2054.1	24	10.0	14	2.2	11	77.1	30	11.8	13	24.8	50	14.2	59	2.5	42
BIR M3 NGCI Beans on Toast (V)	375.9	19	1567.8	19	8.9	13	1.5	7	59.1	23	11.1	12	13.6	27	13.9	58	2.0	33
BIR M3 Sausage Baguette	610.9	31	2571.4	31	17.9	26	6.0	30	89.5	34	12.3	14	20.6	41	4.4	18	3.1	51
BIR M3 Sausage Baguette (V)	490.1	25	2073.2	25	5.1	7	0.8	4	83.7	32	13.0	14	22.6	45	7.5	31	2.5	41
BIR M3 Sausage and Egg Baguette	767.0	38	3217.8	38	32.1	46	8.5	42	89.5	34	12.5	14	27.7	55	4.4	18	3.3	55
BIR M3 Sausage and Egg Baguette (V)	610.6	31	2568.7	31	19.2	27	3.3	16	76.5	29	12.8	14	28.5	57	7.2	30	2.6	43
BIR M3 Sausage and Bacon Baguette	751.2	38	3157.5	38	24.8	35	8.6	43	89.5	34	12.3	14	40.0	80	4.4	18	6.6	109
BIR M3 Bacon and Egg Baguette	697.1	35	2927.9	35	25.8	37	6.7	34	67.8	26	9.9	11	46.6	93	3.2	13	7.2	120
BIR M3 Bacon Baguette	541.0	27	2281.5	27	11.6	17	4.2	21	67.8	26	9.6	11	39.5	79	3.2	13	7.0	116

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	%
BIR M3 Egg Baguette (V)	642.7	32	2695.1	32	29.7	42	5.3	27	67.8	26	10.1	11	24.5	49	3.2	13	2.2	36
BIR M3 Cheddar Cheese (V) - Extra	116.5	6	483.0	6	9.8	14	6.1	30	0.0	0	0.0	0	7.1	14	0.0	0	0.5	8
BIR M3 Bacon - Rasher of Back - Extra V2	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
BIR M3 Sausage - Extra	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
BIR M3 Sausage (V) - Extra	70.4	4	295.1	4	2.1	3	0.2	1	4.9	2	1.6	2	6.2	12	2.3	9	0.5	8
BIR M3 Baked Beans (Ve) EXTRA	112.5	6	469.5	6	0.5	1	0.2	1	20.6	8	5.4	6	7.4	15	5.4	23	0.8	13
BIR M3 Toast & Butter (V) - Side Order EXTRA	315.5	16	1323.4	16	14.7	21	8.0	40	36.1	14	1.0	1	10.1	20	3.3	14	1.0	16
BIR M3 Free Range Fried Egg (V) - Breakfast 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
BIR M3 Grilled Half Tomato (Ve) - Extra	15.1	1	64.0	1	0.7	1	0.1	1	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
BIR M3 Gammon Steak 10oz	976.6	49	4079.5	49	49.7	71	19.2	96	66.6	26	13.4	15	61.3	123	11.5	48	9.1	151
BIR M3 Mixed Grill	1414.5	71	5901.8	70	83.6	119	25.8	129	74.6	29	8.7	10	87.8	176	9.6	40	6.7	112
BIR M3 NGCI Rump Steak - 8oz - Grill Night	949.8	47	3963.5	47	50.8	73	18.0	90	58.1	22	6.9	8	59.4	119	11.9	49	1.9	32
BIR M3 Sirloin Steak - 8oz	1135.4	57	4735.4	56	64.1	92	22.5	112	71.3	27	9.0	10	62.7	125	13.2	55	2.4	41
BIR M3 NGCI Sirloin Steak - 8oz	1008.3	50	4203.9	50	56.6	81	20.9	105	58.1	22	6.9	8	61.0	122	11.9	49	1.9	32
BIR M3 <600 Skinny Rump Steak	509.3	25	2121.8	25	33.2	47	11.1	55	4.5	2	4.3	5	48.2	96	2.1	9	1.3	22
BIR M3 <600 Skinny Sirloin Steak	570.6	29	2373.8	28	39.1	56	14.0	70	4.5	2	4.3	5	50.2	100	2.1	9	1.4	23
BIR M3 FEB 2018 XL NGCI Mixed Grill V2	2193.6	110	9145.1	109	135.5	194	42.2	211	73.9	28	9.2	10	166.4	333	8.9	37	12.3	204
BIR M3 XL Gammon Steak 20oz V2	1414.0	71	5901.4	70	78.9	113	30.4	152	65.3	25	12.8	14	107.0	214	11.0	46	16.9	282
BIR M3 XL Mixed Grill V2	2264.5	113	9447.1	112	134.7	192	43.1	215	91.3	35	11.6	13	168.4	337	10.7	45	13.1	219
BIR M3 NGCI Mixed Grill - V2	1445.8	72	6026.5	72	90.4	129	26.9	134	61.3	24	6.9	8	93.4	187	8.2	34	6.4	107
BIR M3 NGCI Rump Steak - 16oz - V2	1315.6	66	5489.6	65	72.1	103	27.2	136	56.4	22	6.7	7	104.5	209	11.5	48	2.2	36
BIR M3 Rump Steak - 16oz - V2	1470.5	74	6137.3	73	81.2	116	29.3	146	71.1	27	9.0	10	108.2	216	13.2	55	2.7	45
BIR M3 Melt Stack	1375.7	69	5745.8	68	72.8	104	28.7	143	64.0	25	12.5	14	113.3	227	9.1	38	11.8	197
BIR M3 Wings x 6	846.9	42	3521.2	42	60.5	86	11.8	59	16.4	6	14.9	17	58.3	117	0.6	3	2.9	49
BIR M3 Wings x 9	1246.1	62	5179.9	62	89.8	128	17.6	88	20.7	8	18.7	21	87.4	175	0.8	3	4.3	71
BIR M3 Wings x 12	1645.3	82	6838.6	81	119.1	170	23.5	117	25.0	10	22.5	25	116.5	233	0.9	4	5.6	93
BIR M3 Wings x 15	2068.8	103	8599.1	102	149.4	213	29.4	147	33.2	13	30.0	33	145.6	291	1.2	5	7.1	118
BIR M3 VGN Mexican Nachos	517.9	26	2168.8	26	20.4	29	1.6	8	72.7	28	17.1	19	7.3	15	5.5	23	3.1	51
BIR M3 VGN potato skins	257.4	13	1080.7	13	6.2	9	0.4	2	43.1	17	15.3	17	4.7	9	6.1	25	0.9	15
BIR M3 VGN Button Mushroom Bourguignon Pie	1081.8	54	4536.1	54	54.3	78	22.2	111	129.5	50	12.9	14	19.3	39	16.6	69	2.9	49
BIR M3 VGN Cauliflower Wings Salad	291.8	15	1219.8	15	14.8	21	3.1	16	34.6	13	13.7	15	6.3	13	5.6	23	1.4	23
BIR M3 VGN Lentil & Vegetable Lasagne	966.7	48	4048.6	48	38.6	55	12.5	62	128.8	50	12.8	14	21.9	44	15.6	65	2.7	45
BIR M3 VGN <400 Jackfruit Burger	394.2	20	1650.6	20	19.0	27	1.4	7	31.9	12	14.4	16	21.7	43	4.8	20	1.9	31

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	%
BIR M3 VGN Bramley Apple Pie	451.4	23	1892.3	23	19.4	28	9.5	47	63.2	24	26.5	29	4.3	9	5.2	22	0.0	1
BIR M3 VGN Jackfruit Burger	1049.6	52	4398.5	52	44.3	63	9.4	47	120.7	46	22.5	25	35.5	71	14.5	60	3.1	52
BIR M3 VGN Ice Cream Sundae	293.3	15	1228.8	15	11.9	17	10.4	52	39.0	15	26.6	30	1.4	3	9.0	38	0.0	0