

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	%
FBR LN Soup of the Day	354.5	18	1478.9	18	13.9	20	5.8	29	49.0	19	9.3	10	8.5	17	5.5	23	0.9	15
FBR LN Prawn Cocktail	358.1	18	1497.5	18	21.7	31	5.2	26	26.7	10	7.3	8	14.7	29	2.9	12	2.5	41
FBR LN Golden Breaded Mushrooms	400.1	20	1686.4	20	21.6	31	4.2	21	41.4	16	7.4	8	8.4	17	4.0	17	1.9	32
FBR LN Buttermilk Chicken	708.7	35	2955.7	35	41.0	59	14.6	73	44.0	17	13.0	14	40.1	80	0.3	1	2.7	45
FBR 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
FBR LN 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
FBR LN Buffalo Chicken Wings	906.5	45	3772.2	45	64.9	93	14.8	74	15.1	6	10.6	12	65.0	130	2.2	9	3.8	63
FBR LN Brie Dippers (Starter)	598.6	30	2494.9	30	39.7	57	16.1	81	46.1	18	14.2	16	13.6	27	0.9	4	2.7	46
FBR LN Lamb and Mint Kofta Bites	562.7	28	2343.3	28	36.8	53	14.5	73	33.4	13	6.1	7	23.0	46	3.0	13	2.2	37
FBR LN Garlic Pizza Bread	707.1	35	2969.8	35	27.4	39	3.3	16	96.7	37	2.3	3	18.2	36	6.4	27	2.4	39
FBR LN Cheesy Garlic Pizza Bread	874.6	44	3667.0	44	39.5	56	11.0	55	97.3	37	2.9	3	32.0	64	6.4	27	3.1	51
FBR LN Rustic Garlic Bread Starter	267.6	13	1113.1	13	11.7	17	1.9	10	35.1	14	2.0	2	5.4	11	3.2	13	0.7	12
FBR LN Cheesy Rustic Garlic Bread (Starter)	500.0	25	2076.8	25	30.8	44	13.8	69	36.2	14	2.0	2	19.4	39	3.2	13	1.8	30
FBR LN Garlic Dough Balls	734.7	37	3086.5	37	26.5	38	2.7	14	104.8	40	3.1	3	19.1	38	6.4	27	2.9	49
FBR LN Blue Cheese Dough Balls	949.9	47	3981.8	47	47.7	68	16.6	83	97.7	38	3.7	4	32.5	65	6.0	25	3.8	64
FBR LN Dough Balls Roulette	877.5	44	3675.5	44	37.8	54	10.8	54	100.6	39	5.4	6	32.9	66	6.3	26	4.0	66
FBR LN Buttermilk Chicken & Onion Rings Sharer	1120.7	56	4678.1	56	65.9	94	19.1	96	83.8	32	16.1	18	45.0	90	3.4	14	4.8	80
FBR LN Onion Rings Sharer	879.1	44	3672.7	44	49.9	71	9.0	45	93.8	36	18.5	21	9.8	20	6.6	27	4.7	78
FBR LN Buffalo Cauliflower Wings	213.0	11	895.7	11	7.0	10	1.2	6	34.3	13	19.6	22	3.3	7	2.5	10	1.4	24
FBR LN VGN Nachos	347.5	17	1455.5	17	15.4	22	1.7	9	45.8	18	5.7	6	4.5	9	3.3	14	2.2	36
FBR LN VGN Nachos Sharer	687.8	34	2880.5	34	30.8	44	3.4	17	90.1	35	9.9	11	8.9	18	6.4	27	3.9	66
FBR LN PK Margherita Pizza	837.8	42	3529.3	42	25.8	37	12.4	62	110.3	42	15.8	18	40.6	81	9.0	37	3.6	61
FBR LN PK Margherita Calzone	889.5	44	3738.3	45	33.4	48	13.0	65	106.3	41	11.4	13	40.7	81	9.0	38	3.8	63
FBR LN PK Mediterranean	1041.5	52	4365.9	52	46.5	66	14.7	74	112.6	43	16.7	19	42.9	86	11.5	48	4.6	76
FBR LN PK Mediterranean Calzone	1041.5	52	4365.9	52	46.5	66	14.7	74	112.6	43	16.7	19	42.9	86	11.5	48	4.6	76
FBR LN PK Ham and Mushroom Pizza	973.5	49	4087.2	49	37.7	54	14.4	72	103.0	40	8.9	10	54.5	109	7.8	33	6.9	115
FBR LN PK Ham and Mushroom Calzone	974.2	49	4090.2	49	37.8	54	14.4	72	103.1	40	9.0	10	54.5	109	7.9	33	6.9	115
FBR LN PK Chicken Katsu Pizza	1477.4	74	6188.1	74	71.7	102	26.2	131	136.0	52	14.3	16	70.8	142	8.1	34	6.2	104
FBR LN PK Chicken Katsu Calzone	1478.1	74	6191.0	74	71.7	102	26.2	131	136.1	52	14.3	16	70.8	142	8.2	34	6.2	104
FBR LN PK Smoky BBQ Pizza	1376.6	69	5758.5	69	70.3	100	28.2	141	116.0	45	18.9	21	68.6	137	7.4	31	6.9	115
FBR LN PK Smoky BBQ Calzone	1377.3	69	5761.5	69	70.3	100	28.2	141	116.1	45	19.0	21	68.6	137	7.4	31	6.9	115
FBR LN PK Meat Lovers Pizza	1269.3	63	5319.6	63	56.2	80	22.6	113	109.6	42	8.6	10	80.0	160	7.9	33	7.2	121
FBR LN PK Meat Lovers Calzone	1191.0	60	4997.8	59	48.7	70	22.0	110	107.3	41	8.0	9	79.9	160	7.9	33	6.7	112

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
FBR LN PK Four Cheese Pizza	1314.4	66	5501.9	65	69.9	100	37.0	185	103.3	40	8.3	9	67.3	135	6.9	29	6.0	100
FBR LN PK Four Cheese Calzone	1315.1	66	5504.8	66	69.9	100	37.0	185	103.4	40	8.3	9	67.3	135	7.0	29	6.0	100
FBR LN PK Pepperoni Hot	1130.8	57	4720.1	56	55.6	79	22.1	111	107.8	41	12.9	14	48.4	97	7.9	33	6.8	113
FBR LN PK Pepperoni Hot Calzone	1130.1	57	4717.2	56	55.6	79	22.1	111	107.7	41	12.9	14	48.3	97	7.8	33	6.8	113
FBR LN PK Stuffed Base	786.2	39	3309.4	39	25.3	36	12.2	61	99.8	38	6.8	8	39.5	79	6.9	29	3.2	53
FBR LN VGN PK Mediterranean Pizza	767.3	38	3232.5	38	21.3	30	12.6	63	122.1	47	20.0	22	21.3	43	10.3	43	3.8	64
FBR LN VGN PK Mediterranean Calzone	767.3	38	3232.5	38	21.3	30	12.6	63	122.1	47	20.0	22	21.3	43	10.3	43	3.8	64
FBR LN VGN PK Margherita Pizza	742.1	37	3126.9	37	21.1	30	12.5	63	116.6	45	15.0	17	20.5	41	9.0	37	3.8	63
FBR LN VGN PK Margherita Calzone	742.8	37	3129.9	37	21.1	30	12.5	63	116.7	45	15.1	17	20.5	41	9.1	38	3.8	63
FBR LN PK Chilli Cheese Pizza	1187.5	59	4980.1	59	50.6	72	16.5	82	133.4	51	31.2	35	49.6	99	8.8	37	7.1	119
FBR LN PK Chilli Cheese Calzone	1094.8	55	4590.6	55	48.1	69	15.7	78	120.4	46	21.4	24	44.4	89	7.9	33	5.9	99
FBR LN PK Margherita Under 600	298.8	15	1259.0	15	9.1	13	4.3	21	39.4	15	8.3	9	14.9	30	5.2	22	1.1	18
FBR LN VGN PK Margherita Under 600	268.2	13	1130.4	13	7.6	11	4.3	22	41.7	16	8.1	9	8.3	17	5.4	23	1.1	19
FBR LN PK Mediterranean Under 600	374.8	19	1572.8	19	15.7	22	5.1	26	42.6	16	11.0	12	16.0	32	6.5	27	1.5	25
FBR LN VGN PK Mediterranean Under 600	279.2	14	1176.2	14	7.7	11	4.3	22	44.3	17	10.5	12	8.6	17	5.9	24	1.2	19
FBR LN PK Ham and Mushroom Under 600	341.1	17	1434.9	17	11.3	16	5.0	25	37.9	15	7.1	8	21.8	44	4.7	19	2.7	45
FBR LN PK Chicken Katsu Under 600	593.1	30	2485.4	30	28.3	40	10.9	54	54.4	21	9.8	11	30.0	60	4.8	20	2.3	39
FBR LN PK Smoky BBQ Under 600	474.8	24	1988.8	24	22.3	32	9.7	49	44.2	17	12.0	13	23.9	48	4.4	18	2.4	40
FBR LN PK Meat Lovers Under 600	489.0	24	2051.1	24	20.6	29	9.1	45	41.1	16	7.0	8	34.6	69	4.7	20	2.8	47
FBR LN PK Four Cheese Under 500	481.1	24	2015.8	24	24.9	36	14.5	73	37.9	15	6.7	7	26.3	53	4.2	18	2.0	34
FBR LN PK Pepperoni Hot Under 600	419.7	21	1750.5	21	20.2	29	8.8	44	40.3	15	9.2	10	18.8	38	4.7	19	2.6	44
FBR LN PK Chilli Cheese Pizza Under 600	427.6	21	1791.0	21	20.3	29	5.9	30	44.5	17	11.1	12	16.8	34	4.7	20	2.2	37
FBR LN PK KID Little Rita	389.3	19	1642.5	20	9.9	14	4.2	21	58.0	22	10.4	12	16.8	34	4.3	18	1.8	31
FBR LN PK KID This Little Piggy	430.2	22	1811.9	22	12.0	17	5.0	25	56.5	22	9.2	10	23.4	47	3.5	15	3.4	57
FBR LN PK KID Butcher's Boy	570.9	29	2398.0	29	21.0	30	9.0	45	59.8	23	9.0	10	34.8	70	4.0	17	3.4	57
FBR LN PK KID Texan Chick	570.5	29	2398.6	29	19.9	28	7.8	39	70.2	27	14.2	16	26.5	53	3.6	15	2.8	46
FBR LN PK KID Pepperoni Party	530.9	27	2225.0	26	24.1	34	10.1	51	56.5	22	8.8	10	21.5	43	3.5	15	3.1	52
FBR LN The Classic Burger Beef	1155.2	58	4825.0	57	62.4	89	17.5	88	85.7	33	12.4	14	61.3	123	9.8	41	4.2	70
FBR LN The Classic Burger Beef XL	1454.8	73	6073.2	72	80.1	114	25.8	129	87.1	33	13.1	15	96.0	192	10.7	44	5.5	92
FBR LN The Classic Burger Chicken	1185.8	59	4954.3	59	65.7	94	16.1	80	104.6	40	12.5	14	40.2	80	8.6	36	3.8	64
FBR LN The Classic Burger Chicken XL	1634.3	82	6824.0	81	93.9	134	26.1	130	125.4	48	13.6	15	67.7	135	8.6	36	5.3	88
FBR LN The Cowboy Burger	1300.3	65	5431.5	65	72.0	103	22.6	113	85.7	33	12.4	14	75.6	151	9.8	41	6.3	106
FBR LN The Cowboy Burger XL	1600.0	80	6679.6	80	89.8	128	30.9	154	87.1	34	13.2	15	110.3	221	10.7	44	7.6	127

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FBR LN BBQ Chicken Burger	1184.1	59	4953.3	59	62.1	89	19.2	96	107.5	41	15.0	17	44.6	89	8.7	36	4.1	68
FBR LN BBQ Chicken Burger XL	1632.5	82	6823.0	81	90.2	129	29.2	146	128.3	49	16.1	18	72.1	144	8.7	36	5.5	91
FBR LN Tennessee Chicken Burger	1046.3	52	4391.0	52	42.2	60	11.5	57	96.4	37	23.7	26	68.0	136	8.6	36	5.4	90
FBR LN Tennessee Chicken Burger XL	1255.4	63	5271.6	63	46.9	67	12.5	63	98.1	38	25.0	28	109.2	218	8.6	36	6.4	106
FBR LN Harissa Veggie Burger	829.6	41	3481.9	41	39.5	56	7.6	38	102.1	39	12.2	14	18.7	37	13.3	56	3.2	53
FBR LN Harissa Veggie Burger XL	1013.8	51	4258.7	51	51.2	73	9.9	49	121.4	47	13.9	15	24.7	49	17.5	73	4.4	73
FBR LN Moving Mountains Burger	1035.7	52	4330.0	52	50.9	73	25.7	129	110.8	43	25.4	28	30.8	62	14.9	62	4.2	70
FBR LN Moving Mountains Burger XL	1210.4	61	5051.1	60	67.4	96	42.2	211	106.4	41	23.9	27	43.1	86	17.9	74	5.1	85
FBR LN Mega Chilli Cheese Burger	2017.8	101	8427.8	100	109.1	156	39.6	198	132.2	51	27.7	31	126.4	253	11.8	49	8.6	144
FBR LN Knock Out Burger	1624.3	81	6785.9	81	89.0	127	32.0	160	103.8	40	15.7	17	99.3	199	9.9	41	5.7	95
FBR LN Knock Out Burger XL	1923.9	96	8034.1	96	106.8	153	40.3	201	105.2	40	16.5	18	134.0	268	10.8	45	7.0	116
FBR LN Chicken Leek and Cider Pie	1187.4	59	4982.9	59	53.9	77	18.8	94	141.7	54	7.9	9	33.6	67	12.5	52	3.7	61
FBR LN Baby Aubergine Cauliflower & Coconut Curry	1268.4	63	5331.8	63	49.7	71	13.0	65	180.9	70	31.8	35	22.7	45	13.1	55	3.9	66
FBR LN VGN Baby Aubergine Cauliflower & Coconut Curry	785.2	39	3303.9	39	32.4	46	9.6	48	114.0	44	31.5	35	10.7	21	8.8	36	2.5	42
FBR LN Breaded Scampi	1591.3	80	3093.9	37	47.8	68	11.8	59	87.7	34	9.8	11	25.2	50	12.0	50	3.1	52
FBR 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
FBR LN Steak and Ale Pie	1149.0	57	4803.6	57	52.7	75	18.6	93	130.1	50	8.7	10	32.4	65	11.3	47	3.7	62
FBR LN Beer Battered Fish and Chips	1315.2	66	5482.9	65	74.8	107	19.7	99	92.6	36	7.2	8	61.1	122	11.5	48	3.5	59
FBR LN Grilled Fish and Chips	672.5	34	2812.1	33	28.8	41	5.6	28	48.2	19	3.1	3	51.3	103	6.3	26	2.3	38
FBR LN Beef Lasagne with Garlic Bread	665.1	33	2764.3	33	28.9	41	8.8	44	80.1	31	14.2	16	22.5	45	30.1	125	2.3	39
FBR LN Vegetable Lasagne with Garlic Bread	650.1	33	2562.6	31	27.6	39	5.8	29	72.2	28	14.3	16	14.0	28	7.9	33	2.7	45
FBR LN Buffalo Cauliflower Tacos	915.2	46	3865.2	46	20.6	29	5.0	25	165.0	63	27.5	31	21.7	43	13.3	55	3.3	54
FBR LN Red Velvet & White Chocolate Cheesecake	1028.6	51	4282.1	51	73.1	104	41.4	207	83.4	32	59.2	66	11.4	23	-	-	1.3	21
FBR LN Praline Chocolate Tart	560.9	28	2342.1	28	32.9	47	16.6	83	55.3	21	29.3	33	7.7	15	-	-	0.2	4
FBR LN VGN Praline Chocolate Tart	558.9	28	2332.0	28	32.9	47	18.1	90	54.0	21	24.8	28	6.5	13	-	-	0.1	2
FBR 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
FBR LN Rocky Road Block Calzone	1093.7	55	4590.9	55	43.0	61	17.3	87	157.6	61	74.0	82	17.4	35	-	-	2.0	33
FBR LN Rocky Road Block Calzone Sharer	2210.4	111	9276.6	110	87.3	125	34.8	174	317.8	122	149.5	166	35.0	70	-	-	3.9	66
FBR LN Chocolate Orange Bread & Butter Pudding	582.8	29	2446.4	29	25.6	37	15.8	79	78.1	30	47.8	53	10.3	21	-	-	0.5	8
FBR 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
FBR 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

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FBR LN Chocolate Fudge Cake	691.3	35	2899.6	35	29.8	43	6.4	32	99.4	38	81.2	90	7.4	15	-	-	0.4	7
FBR LN Sicilian Lemon Muffin Cheesecake	745.5	37	3097.2	37	58.6	84	32.2	161	51.6	20	32.6	36	-	-	0.7	3	0.5	8
FBR LN White Chocolate and Summer Brulee Tart	485.8	24	2027.2	24	27.9	40	14.5	73	53.0	20	37.3	41	-	-	1.0	4	0.2	4
FBR LN Chocolate Indulgence Sundae	513.1	26	2150.1	26	25.4	36	15.7	79	61.3	24	53.5	59	8.9	18	-	-	0.4	6
FBR LN Chocolate Indulgence Sundae Sharer	1026.3	51	4300.3	51	50.8	73	31.4	157	122.6	47	107.0	119	17.8	36	-	-	0.7	12
FBR LN VGN Rhubarb and Ginger Pudding	426.7	21	1737.2	21	14.8	21	2.1	11	69.9	27	47.5	53	4.4	9	2.9	12	0.6	10
FBR LN Salted Caramel Sundae	653.0	33	2745.2	33	31.0	44	17.5	88	86.9	33	77.6	86	8.7	17	-	-	0.9	14
FBR LN Salted Caramel Sundae Sharer	1403.2	70	5895.4	70	66.6	95	37.5	187	182.2	70	161.8	180	21.4	43	-	-	1.6	27
FBR 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
FBR 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
FBR LN Simply Delicious	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
FBR LN VGN Simply Delicious	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
FBR LN Salad Grilled Halloumi and Red Pepper	718.4	36	3008.5	36	34.6	49	17.7	89	76.1	29	12.2	14	29.8	60	-	-	3.3	55
FBR 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
FBR LN Salad Lamb & Mint Kofta Bites	880.3	44	3684.0	44	50.0	71	18.4	92	79.1	30	12.6	14	32.3	65	5.4	23	3.0	51
FBR 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
FBR LN Salad Garlic and Herb Cod Loin	656.2	33	2758.0	33	20.9	30	3.2	16	72.3	28	7.7	9	46.7	93	7.7	32	1.1	19
FBR LN Sticky Bourbon Salmon	775.2	39	3267.0	39	26.7	38	12.3	62	93.7	36	29.6	33	44.1	88	9.3	39	1.5	26
FBR LN Cod and Crispy Bacon Rarebit	660.5	33	2768.5	33	24.8	35	10.1	50	45.8	18	7.3	8	63.1	126	9.0	37	3.2	53
FBR 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
FBR LN Salad Garlic and Herb Salmon	848.6	42	3555.4	42	44.5	64	14.9	75	72.3	28	7.7	9	43.6	87	8.9	37	1.4	23
FBR LN Chicken Katsu Chips	860.9	43	3597.3	43	49.1	70	14.9	74	74.2	29	9.8	11	27.5	55	6.6	27	2.9	48
FBR LN Holy Smokes Chips	697.4	35	2916.9	35	37.5	54	14.3	72	71.0	27	9.6	11	16.4	33	6.8	28	2.6	44
FBR LN Sloppy Joe Chips	675.2	34	2823.4	34	37.7	54	14.8	74	61.6	24	12.2	14	20.2	40	6.2	26	2.9	48
FBR LN Chips	370.8	19	1551.2	18	18.2	26	4.0	20	44.0	17	0.7	1	5.2	10	4.8	20	0.8	13
FBR LN Rustic Bread & Butter	445.0	22	1853.9	22	14.6	21	8.5	42	68.5	26	3.8	4	10.2	20	5.9	25	1.5	24
FBR LN Garlic and Herb Tenderstem Broccoli	123.6	6	510.7	6	10.9	16	1.5	7	2.4	1	1.3	1	3.9	8	3.0	12	0.3	5
FBR LN Beer Battered Onion Rings (Side x 6)	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
FBR LN Garlic Pizza Bread Side	707.1	35	2969.8	35	27.4	39	3.3	16	96.7	37	2.3	3	18.2	36	6.4	27	2.4	39
FBR LN Cheesy Garlic Pizza Bread Side	874.6	44	3667.0	44	39.5	56	11.0	55	97.3	37	2.9	3	32.0	64	6.4	27	3.1	51
FBR LN Rustic Garlic Bread	267.6	13	1113.1	13	11.7	17	1.9	10	35.1	14	2.0	2	5.4	11	3.2	13	0.7	12
FBR LN Cheesy Rustic Garlic Bread (Side)	500.0	25	2076.8	25	30.8	44	13.8	69	36.2	14	2.0	2	19.4	39	3.2	13	1.8	30

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	%
FBR LN House Salad	11.3	1	47.9	1	0.2	0	0.1	0	1.9	1	1.8	2	0.5	1	0.9	4	0.0	0
FBR LN Cheddar Mash	423.1	21	1762.8	21	22.6	32	14.2	71	35.1	14	2.3	3	17.4	35	4.5	19	1.6	27
FBR LN Cauliflower Cheese	434.4	22	1811.9	22	24.0	34	14.9	74	35.8	14	5.0	6	18.6	37	4.4	19	3.3	55
FBR LN The Grill Combo	293.3	15	1220.9	15	21.8	31	5.3	27	20.2	8	5.0	6	5.2	10	4.7	19	0.3	6
FBR LN Corn on the Cob	96.1	5	403.1	5	5.0	7	2.5	13	11.0	4	1.4	2	2.4	5	1.6	7	0.1	1
FBR LN Brie Dippers Extra	329.6	16	1372.3	16	23.8	34	9.7	48	20.9	8	2.1	2	8.0	16	0.2	1	1.6	27
FBR LN Garlic and Herb Baby Potatoes	225.1	11	948.9	11	7.9	11	1.2	6	36.5	14	3.0	3	4.1	8	3.1	13	0.2	3
FBR LN Chips and Cheese	487.0	24	2033.1	24	27.8	40	9.9	50	44.6	17	0.7	1	12.2	24	4.8	20	1.3	22
FBR LN Sandwich Brie Tomato and Rocket	928.1	46	3870.0	46	44.6	64	17.9	90	101.9	39	7.6	8	28.4	57	10.1	42	3.3	55
FBR LN Sandwich Rump Steak	952.3	48	3975.7	47	40.9	58	11.1	56	101.4	39	6.8	8	43.1	86	9.3	39	3.1	52
FBR LN Sandwich Chicken & Bacon	978.6	49	4094.9	49	34.1	49	7.1	36	102.8	40	8.2	9	65.0	130	10.1	42	4.8	79
FBR LN Sirloin Steak 8oz	1224.0	61	5099.8	61	75.8	108	20.7	104	69.0	27	6.8	8	61.5	123	11.6	48	3.3	54
FBR LN Rump Steak 10oz	1264.7	63	5273.4	63	75.9	108	20.3	102	69.0	27	6.8	8	71.5	143	11.6	48	3.3	55
FBR LN Ribeye Steak 12oz	1365.6	68	5694.5	68	93.3	133	27.9	140	69.0	27	6.8	8	77.4	155	11.6	48	3.4	57
FBR LN Gammon Steak 10oz	1092.3	55	4557.7	54	64.0	91	18.5	92	60.9	23	11.3	13	65.2	130	9.0	37	9.6	160
FBR LN Mixed Grill 20oz	1937.8	97	8068.4	96	128.5	184	42.3	211	80.5	31	8.1	9	110.1	220	12.2	51	7.7	128
FBR LN Full Rack of BBQ Ribs	1778.2	89	7446.2	89	90.8	130	29.5	148	167.4	64	88.2	98	70.2	140	10.2	42	6.4	106
FBR LN Ranch Chicken	1156.7	58	4834.7	58	60.3	86	20.3	102	78.4	30	17.1	19	72.7	145	7.5	31	6.3	105
FBR LN Pork and Chorizo Stack	1754.0	88	7298.8	87	121.7	174	40.1	200	92.3	35	12.0	13	69.8	140	11.1	46	4.1	69
FBR LN Half Rack of Ribs	578.2	29	2416.5	29	35.6	51	14.4	72	21.4	8	20.9	23	43.4	87	0.0	0	1.5	25
FBR LN Montreal Topper	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
FBR LN Route 66 Topper	99.9	5	413.5	5	6.8	10	0.8	4	8.3	3	6.6	7	1.8	4	2.7	11	0.0	0
FBR LN Black & Blue Topper	110.3	6	458.0	5	9.0	13	5.8	29	0.3	0	0.1	0	7.0	14	0.9	4	0.5	8
FBR LN Chilli Cheese Topper	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
FBR LN The Grill Combo	293.3	15	1220.9	15	21.8	31	5.3	27	20.2	8	5.0	6	5.2	10	4.7	19	0.3	6
FBR 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
FBR LN Garlic Mushroom Sauce	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
FBR LN Bearnaise Sauce	179.3	9	735.0	9	15.8	23	9.8	49	3.8	1	0.4	0	1.2	2	0.1	0	0.6	11
FBR LN Roquefort Sauce	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
FBR LN 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
FBR LN Diane Sauce	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
FBR LN Smoky Cheese Sauce	155.3	8	648.8	8	11.3	16	7.3	36	4.6	2	0.0	0	8.3	17	0.2	1	0.9	15
FBR 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	%
FBR LN Sticky Chicken Wings x 2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FBR 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
FBR 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
FBR LN 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
FBR LN New Potatoes 227g	218.9	11	928.3	11	3.4	5	1.9	10	45.0	17	3.6	4	4.8	10	3.7	16	1.7	28
FBR LN 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
FBR LN 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
FBR LN Seasonal Veg	97.3	5	407.1	5	1.0	1	0.3	1	13.5	5	8.0	9	6.8	14	8.0	33	0.2	3
FBR LN Coleslaw	64.0	3	264.8	3	5.3	8	0.4	2	3.6	1	2.9	3	0.6	1	1.4	6	0.2	4
FBR 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
FBR LN Chicken Katsu Chips Upgrade	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
FBR 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
FBR LN Sautéed Mushrooms	110.1	6	455.1	5	10.7	15	6.5	32	0.7	0	0.4	0	2.9	6	2.3	9	0.2	4
FBR 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
FBR 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
FBR LN 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
FBR LN Classic Burger Sauce	0.1	0	0.4	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
FBR LN 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
FBR LN Jacket Potato	275.2	14	1154.1	14	11.6	17	7.1	35	40.1	15	1.5	2	5.0	10	4.0	17	0.3	5
FBR LN 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
FBR LN Prawns	40.8	2	174.3	2	0.1	0	0.1	0	0.2	0	0.0	0	9.9	20	0.0	0	1.4	24
FBR LN Potato Wedges	350.8	18	1474.1	18	12.0	17	3.5	18	57.0	22	2.0	2	7.0	14	5.7	24	0.1	1
FBR LN Potato Wedges Upgrade	352.5	18	1481.2	18	12.1	17	3.5	18	57.2	22	2.0	2	7.0	14	5.8	24	0.1	1
FBR LN Salmon Fillet	368.7	18	1534.9	18	25.1	36	11.9	60	0.0	0	0.0	0	35.6	71	3.4	14	0.5	9
FBR LN Chip Shop Curry Sauce	95.0	5	401.0	5	6.6	9	4.0	20	7.3	3	3.7	4	1.4	3	0.6	3	0.7	12
FBR LN Roast Gammon	162.2	8	676.0	8	11.8	17	3.9	19	0.5	0	0.4	0	13.5	27	0.0	0	2.4	41
FBR LN 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
FBR 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
FBR 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
FBR LN 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
FBR LN Roast Potatoes	289.9	14	1215.8	14	11.9	17	1.4	7	42.8	16	1.5	2	5.2	10	4.4	18	0.1	2
FBR LN Pigs in Blankets x3	301.0	15	1250.2	15	23.3	33	8.3	42	7.9	3	1.1	1	14.9	30	0.6	2	2.1	35
FBR LN VGN Ice Cream Scoop Vanilla	91.3	5	381.7	5	4.3	6	3.7	19	10.6	4	7.2	8	0.4	1	3.1	13	0.0	0

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	%
FBR LN 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
FBR LN Pound of Chips Upgrade	741.5	37	3102.4	37	36.5	52	8.0	40	88.1	34	1.4	2	10.4	21	9.5	40	1.6	26
FBR LN Halloumi	161.0	8	665.5	8	12.6	18	8.0	40	1.0	0	1.0	1	11.0	22	-	-	1.3	22
FBR LN PK Topping 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
FBR LN PK Topping Sliced Tomatoes	20.2	1	86.7	1	0.4	1	0.1	1	3.7	1	3.7	4	0.8	2	1.6	7	0.0	0
FBR LN PK Topping Sliced Peppers	17.9	1	75.0	1	0.2	0	0.1	0	3.6	1	3.4	4	0.6	1	1.2	5	0.0	0
FBR LN PK Topping Red Onion	20.2	1	84.0	1	0.1	0	0.0	0	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
FBR LN PK Topping Rocket	1.4	0	5.9	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.1	1	0.0	0
FBR LN PK Topping Pineapple	30.0	1	127.5	2	0.0	0	0.0	0	7.8	3	7.8	9	0.2	0	0.3	1	0.0	0
FBR LN PK Topping Mushrooms	7.8	0	33.0	0	0.3	0	0.1	0	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
FBR LN PK Topping Red Chillies	7.4	0	20.6	0	0.1	0	0.0	0	0.8	0	0.8	1	0.4	1	0.3	1	0.0	0
FBR LN PK Topping 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
FBR LN PK Topping Mozzarella Cheese	125.6	6	522.9	6	9.1	13	5.8	29	0.4	0	0.4	0	10.4	21	0.0	0	0.5	9
FBR LN PK Topping Pesto	127.4	6	525.0	6	12.9	18	1.7	9	0.9	0	0.4	0	1.5	3	1.2	5	0.8	14
FBR LN PK Topping 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
FBR LN PK Topping 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
FBR LN PK Topping Pepperoni	237.0	12	978.0	12	22.5	32	9.3	46	0.5	0	0.4	0	8.0	16	0.0	0	2.0	33
FBR LN PK Topping Pulled Chipotle Chicken	105.8	5	449.4	5	1.0	1	0.3	1	1.7	1	0.2	0	22.3	45	0.5	2	0.3	5
FBR LN PK Topping Mini Meatballs	94.6	5	396.0	5	3.9	6	1.8	9	3.2	1	0.1	0	11.5	23	0.4	2	0.5	9
FBR LN PK Topping 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
FBR LN PK Topping Hickory BBQ Pulled Pork	218.4	11	908.9	11	14.8	21	6.1	31	0.5	0	0.4	0	20.7	41	0.3	1	0.3	5
FBR LN PK Topping Katsu Curry Sauce	99.0	5	416.0	5	5.7	8	1.3	7	10.1	4	6.4	7	1.4	3	1.1	5	0.9	15
FBR LN PK Topping Wiltshire Ham	100.5	5	420.0	5	4.5	6	1.5	8	0.7	0	1.2	1	13.7	27	0.0	0	3.2	53
FBR LN PK Topping Crispy Buttermilk Chicken Goujons	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
FBR LN PK Topping Crispy Onion Bits	170.8	9	708.4	8	12.9	18	6.4	32	12.3	5	4.2	5	1.7	3	1.1	5	0.4	7
FBR LN PK Topping Spring Onion	3.6	0	15.5	0	0.1	0	0.0	0	0.5	0	0.4	0	0.3	1	0.3	1	0.0	0
FBR LN PK Topping Chicken Breast	104.6	5	440.3	5	2.4	3	0.5	3	0.9	0	0.7	1	20.6	41	0.0	0	0.5	8
FBR LN PK Topping Chorizo	172.0	9	714.5	9	13.6	19	4.6	23	1.4	1	0.7	1	11.1	22	0.0	0	1.5	25
FBR LN PK VGN Topping Mozzarisella Cheese	77.7	4	321.7	4	6.7	10	5.9	29	3.6	1	0.0	0	0.3	1	0.0	0	0.6	11
FBR LN Sunday Pork Belly	1860.3	93	7757.1	92	103.1	147	38.3	192	163.3	63	62.2	69	66.7	133	17.3	72	5.4	90
FBR LN Sunday Chicken	1512.4	76	6317.2	75	75.1	107	22.2	111	113.4	44	23.1	26	94.0	188	17.1	71	5.7	95
FBR LN Sunday Beef	1272.2	64	5310.6	63	63.5	91	20.6	103	118.8	46	28.3	31	54.0	108	15.7	65	4.9	82

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	%
FBR LN Sunday Vegetarian	1418.6	71	5925.4	71	73.2	105	21.7	109	153.9	59	33.2	37	33.7	67	18.6	78	6.3	106
FBR LN KID Sunday Beef	719.7	36	3000.0	36	40.2	57	12.7	63	62.2	24	6.8	8	26.7	53	7.4	31	2.1	35
FBR LN KID Sunday Chicken	685.1	34	2861.0	34	33.7	48	9.3	47	63.2	24	7.8	9	31.7	63	7.4	31	2.4	40
FBR LN Sunday Minted Lamb Shank	1636.6	82	6850.9	82	77.7	111	29.1	145	142.9	55	46.0	51	88.9	178	17.0	71	6.0	100
FBR LN Mega Sunday Beef	2016.2	101	8413.5	100	105.4	151	32.6	163	190.8	73	33.5	37	73.4	147	23.3	97	7.0	116
FBR LN Mega Sunday Chicken	2272.7	114	9488.8	113	117.0	167	34.2	171	189.3	73	28.4	32	113.6	227	24.8	103	8.3	138
FBR LN Mega Sunday Minted Lamb Shank	2380.5	119	9953.8	118	119.5	171	41.1	206	214.9	83	51.2	57	108.3	217	24.7	103	8.1	135
FBR LN Mega Sunday Pork Belly	2604.2	130	10860.0	129	145.0	207	50.4	252	235.3	91	67.4	75	86.1	172	24.9	104	7.5	125
FBR LN Mega Sunday Vegetarian	2065.8	103	8630.7	103	103.7	148	29.9	150	234.0	90	38.2	42	46.9	94	26.6	111	7.9	132
FBR LN Mega Sunday Burger	2140.9	107	8935.8	106	109.1	156	35.7	179	196.3	76	34.4	38	92.2	184	24.4	102	8.8	147
FBR LN Mega Sunday Turkey	1799.5	90	7523.7	90	77.5	111	22.6	113	198.4	76	41.2	46	74.9	150	23.5	98	5.9	98
FBR LN Sunday Turkey	1055.5	53	4420.8	53	35.7	51	10.5	53	126.4	49	36.0	40	55.5	111	15.9	66	3.8	63
FBR 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
FBR LN 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
FBR LN Grilled 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
FBR 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
FBR LN 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
FBR 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
FBR LN Jalapenos Red	6.5	0	27.5	0	0.0	0	0.0	0	1.4	1	1.4	2	0.1	0	0.2	1	0.4	6
FBR LN 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
FBR LN Crispy Onion Bits	170.8	9	708.4	8	12.9	18	6.4	32	12.3	5	4.2	5	1.7	3	1.1	5	0.4	7
FBR LN 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
FBR LN Veggie Burger Extra	184.2	9	776.8	9	11.6	17	2.3	11	19.3	7	1.7	2	6.0	12	4.2	18	1.2	20
FBR LN Crispy Buttermilk Chicken Goujons (x3)	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
FBR DN SUN 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
FBR DN SUN 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
FBR DN VGN SUN 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
FBR DN SUN Choc Orange Bread & Butter Pudding	582.8	29	2446.4	29	25.6	37	15.8	79	78.1	30	47.8	53	10.3	21	-	-	0.5	8
FBR 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
FBR 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
FBR 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
FBR LN NGCI Buffalo Chicken Wings	906.5	45	3772.2	45	64.9	93	14.8	74	15.1	6	10.6	12	65.0	130	2.2	9	3.8	63

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	%
FBR LN NGCI Chicken & Bacon Sandwich	808.6	40	3386.2	40	34.8	50	6.2	31	64.0	25	7.0	8	56.5	113	10.1	42	4.1	69
FBR LN NGCI Brie Tomato and Rocket Sandwich	761.4	38	3175.7	38	45.4	65	17.0	85	63.6	24	7.0	8	20.0	40	10.4	43	2.6	44
FBR LN NGCI Steak Sandwich	782.3	39	3266.9	39	41.6	59	10.2	51	62.6	24	5.5	6	34.5	69	9.2	38	2.5	41
FBR LN NGCI Chicken Tikka Masala	765.2	38	3218.3	38	21.7	31	5.6	28	101.5	39	27.4	30	36.4	73	11.3	47	2.8	46
FBR LN NGCI Baby Aubergine Cauliflower & Coconut Curry	826.2	41	3464.7	41	33.0	47	9.8	49	112.1	43	32.9	37	14.4	29	12.0	50	2.8	47
FBR LN NGCI VGN Baby Aubergine Cauliflower & Coconut Curry	779.2	39	3267.9	39	33.0	47	9.8	49	106.4	41	32.0	36	10.5	21	9.0	37	2.4	41
FBR LN NGCI The Classic Burger Beef	806.8	40	3366.5	40	44.9	64	14.3	71	52.2	20	6.6	7	47.8	96	7.8	32	2.7	45
FBR LN NGCI The Cowboy Burger	951.9	48	3972.9	47	54.6	78	19.4	97	52.2	20	6.6	7	62.1	124	7.8	32	4.8	81
FBR LN NGCI Tennessee Chicken Burger	843.9	42	3536.7	42	38.0	54	10.6	53	62.8	24	17.6	20	61.6	123	6.3	26	4.5	76
FBR LN NGCI Sirloin Steak 8oz	1069.6	53	4455.7	53	66.5	95	19.0	95	53.8	21	5.3	6	59.7	119	10.4	43	2.5	42
FBR LN NGCI Rump Steak 10oz	1110.3	56	4629.3	55	66.5	95	18.6	93	53.8	21	5.3	6	69.7	139	10.4	43	2.6	43
FBR LN NGCI Fillet Steak 8oz	969.8	48	4045.6	48	55.9	80	15.1	75	53.8	21	5.3	6	58.6	117	10.4	43	2.4	41
FBR LN NGCI Ribeye Steak 12oz	1211.3	61	5050.3	60	84.0	120	26.2	131	53.8	21	5.3	6	75.6	151	10.4	43	2.7	45
FBR LN NGCI T-Bone Steak 14oz	1417.8	71	5920.9	70	71.0	101	20.3	101	53.8	21	5.3	6	118.1	236	10.4	43	2.9	49
FBR LN NGCI Mixed Grill 20oz	1783.4	89	7423.9	88	119.1	170	40.6	203	65.3	25	6.6	7	108.3	217	11.0	46	7.0	116
FBR LN NGCI Gammon Steak 10oz	1092.3	55	4557.7	54	64.0	91	18.5	92	60.9	23	11.3	13	65.2	130	9.0	37	9.6	160
FBR LN NGCI Sticky Bourbon Salmon	769.2	38	3231.0	38	27.3	39	12.5	63	86.1	33	30.2	34	43.9	88	9.5	39	1.5	25
FBR LN NGCI Cheesy Roquefort Chicken	1316.7	66	5497.7	65	74.2	106	25.1	125	63.7	24	11.4	13	94.5	189	13.1	54	5.1	85
FBR LN NGCI Praline Chocolate Tart	560.9	28	2342.1	28	32.9	47	16.6	83	55.3	21	29.3	33	7.7	15	-	-	0.2	4
FBR LN NGCI VGN Praline Chocolate Tart	558.9	28	2332.0	28	32.9	47	18.1	90	54.0	21	24.8	28	6.5	13	-	-	0.1	2
FBR LN NGCI Chocolate Fudge Cake	691.3	35	2899.6	35	29.8	43	6.4	32	99.4	38	81.2	90	7.4	15	-	-	0.4	7
FBR LN NGCI Chocolate Indulgence Sundae	628.7	31	2634.3	31	36.7	52	23.6	118	63.8	25	56.4	63	9.7	19	-	-	0.4	6
FBR LN NGCI Chocolate Indulgence Sundae Sharer	1257.4	63	5268.7	63	73.3	105	47.2	236	127.6	49	112.8	125	19.4	39	-	-	0.7	12
FBR LN NGCI Simply Delicious	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
FBR LN NGCI Sunday Chicken	1301.5	65	5439.9	65	61.4	88	21.1	106	95.1	37	23.0	26	89.0	178	16.4	68	5.3	89
FBR LN NGCI Sunday Pork Belly	1592.4	80	6639.1	79	86.1	123	35.3	176	140.2	54	60.2	67	59.8	120	16.2	67	4.5	75
FBR LN NGCI Sunday Beef	1004.3	50	4192.6	50	46.5	66	17.5	87	95.7	37	26.3	29	47.1	94	14.5	61	4.0	67
FBR LN NGCI Sunday Turkey	787.6	39	3302.7	39	18.6	27	7.4	37	103.3	40	34.0	38	48.6	97	14.7	61	2.9	49
FBR LN Mega Mixed Grill 30oz	2987.3	149	12433.5	148	202.1	289	65.9	329	93.7	36	10.7	12	195.1	390	13.8	58	14.4	240
FBR LN Mega Rump and Scampi	2064.7	103	6243.6	74	97.5	139	25.6	128	94.5	36	12.3	14	82.0	164	14.0	58	4.7	79
FBR LN Mega Horseshoe Gammon Steak	1562.3	78	6514.8	78	96.8	138	28.1	140	69.5	27	19.3	21	101.1	202	9.3	39	14.7	245

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	%		
FBR LN Mega Chicken Grill	2333.5	117	9739.0	116	137.2	196	38.1	190	116.6	45	23.7	26	154.8	310	13.0	54	8.6	143
FBR LN KID Garlic Bread	145.8	7	607.2	7	6.0	9	1.0	5	20.1	8	2.9	3	2.9	6	2.1	9	0.5	9
FBR LN KID Salad Sticks	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
FBR LN KID 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
FBR 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
FBR LN KID Super Pork Sausages	610.8	31	2550.4	30	27.8	40	10.0	50	68.2	26	8.1	9	19.6	39	9.8	41	2.1	35
FBR LN KID VGN Super Sausages	474.5	24	1985.3	24	16.0	23	6.1	31	53.3	20	6.9	8	25.5	51	13.1	54	1.9	31
FBR LN KID Cheesy Pasta Surprise	605.5	30	2536.4	30	21.7	31	8.6	43	82.9	32	12.3	14	17.6	35	10.9	45	2.0	33
FBR LN KID Fish Fingers	588.6	29	2456.8	29	27.2	39	7.6	38	63.3	24	6.5	7	20.3	41	9.4	39	1.5	25
FBR LN KID Crispy Dippers	642.2	32	2674.4	32	35.2	50	10.2	51	60.2	23	6.0	7	19.0	38	9.0	37	1.5	25
FBR LN KID Secret Pasta Ships	584.9	29	2447.0	29	19.0	27	7.5	38	80.8	31	12.3	14	19.0	38	12.2	51	1.6	27
FBR LN KID Gammon Steak	569.0	28	2375.4	28	26.7	38	10.4	52	47.2	18	5.5	6	33.5	67	8.6	36	4.9	81
FBR LN KID Chicken Dinner	563.1	28	2358.1	28	18.3	26	5.7	28	66.1	25	8.1	9	31.9	64	9.2	38	2.3	39
FBR LN KID Battered Fish	751.8	38	3157.8	38	37.3	53	9.7	49	85.3	33	6.6	7	26.3	53	10.7	45	2.3	39
FBR LN KID Grilled Fish	478.9	24	2001.3	24	16.6	24	5.1	25	47.8	18	6.2	7	32.2	64	8.9	37	1.5	25
FBR LN KID Tacos Chicken	774.0	39	3239.4	39	30.1	43	13.3	66	81.6	31	13.7	15	41.3	83	11.4	47	2.5	42
FBR LN KID Tacos Vegetable	683.1	34	2857.3	34	25.6	37	12.3	61	88.6	34	19.7	22	22.2	44	14.5	60	2.2	36
FBR LN KID VGN Tacos	566.9	28	2375.4	28	16.0	23	6.3	31	88.1	34	19.7	22	15.2	30	14.5	60	1.6	27
FBR LN KID Burger Bar Beef Burger	586.1	29	2456.7	29	19.3	28	7.8	39	73.7	28	8.9	10	28.0	56	10.7	44	1.7	29
FBR LN KID Burger Bar Chicken Burger	598.0	30	2510.2	30	17.3	25	5.7	28	74.2	29	9.6	11	34.5	69	10.7	44	1.6	27
FBR LN KID Burger Bar Veggie	547.4	27	2299.5	27	14.0	20	5.2	26	79.1	30	9.8	11	23.2	46	12.9	54	1.7	28
FBR LN KID Vegetable Lasagne	621.5	31	2599.4	31	17.0	24	5.6	28	89.5	34	14.0	16	24.0	48	14.0	59	2.6	43
FBR 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
FBR LN KID Lemon Drizzle	490.1	25	2060.8	25	19.2	27	15.2	76	72.5	28	51.7	57	8.1	16	0.7	3	0.7	12
FBR LN KID Ice Cream Sundae	102.2	5	427.1	5	4.3	6	2.1	11	13.6	5	10.3	11	2.3	5	0.2	1	0.1	2
FBR LN KID Chocolate Brownie	258.9	13	1080.2	13	12.1	17	2.5	13	32.7	13	21.2	24	4.4	9	1.0	4	0.3	6
FBR LN KID Donut Dipper	115.0	6	479.7	6	6.2	9	3.2	16	14.0	5	6.0	7	1.4	3	0.6	2	0.2	4
FBR 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
FBR 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
FBR 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
FBR LN KID Bacon	70.2	4	293.1	3	3.5	5	1.3	6	0.0	0	0.0	0	9.7	19	0.0	0	1.7	29
FBR LN KID 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
FBR LN KID 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

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	%
FBR LN KID 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
FBR LN KID 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
FBR LN KID 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
FBR LN KID Crispy Dippers Extra	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
FBR LN KID Fish Fingers Extra	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
FBR LN KID Salad Sticks Extra	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
FBR LN KID Fried Egg	123.5	6	511.5	6	11.3	16	2.0	10	0.0	0	0.2	0	5.6	11	0.0	0	0.2	3
FBR 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	12	0.5	8
FBR LN KID 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
FBR LN KID 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
FBR LN KID 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
FBR LN KID Pork 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
FBR LN KID Potato Wedges Upgrade	352.5	18	1481.2	18	12.1	17	3.5	18	57.2	22	2.0	2	7.0	14	5.8	24	0.1	1
FBR LN KID VGN Sausage Extra	72.0	4	302.0	4	2.4	3	0.9	4	3.4	1	0.7	1	8.1	16	2.3	9	0.6	9
FBR LN KID Salad Sticks	28.5	1	119.0	1	0.4	1	0.1	0	5.7	2	4.8	5	0.7	1	2.2	9	0.2	4
FBR 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
FBR LN KID Yorkshire Pudding	129.0	6	542.3	6	3.9	6	0.4	2	20.0	8	2.6	3	3.4	7	1.1	5	0.3	5
FBR LN KID Pizza Topping Ham	93.8	5	392.0	5	4.2	6	1.4	7	0.6	0	1.1	1	12.8	26	0.0	0	3.0	49
FBR LN KID Pizza Topping Mixed Peppers	12.8	1	53.6	1	0.2	0	0.0	0	2.6	1	2.4	3	0.4	1	0.9	4	0.0	0
FBR LN KID Pizza Topping Mushrooms	5.2	0	22.0	0	0.2	0	0.0	0	0.2	0	0.1	0	0.7	1	0.6	2	0.0	0
FBR LN KID Pizza Topping Pineapple	28.9	1	123.0	1	0.0	0	0.0	0	7.5	3	7.5	8	0.2	0	0.3	1	0.0	0
FBR LN KID Pizza Topping Red Onion	20.2	1	84.0	1	0.1	0	0.0	0	4.4	2	3.1	3	0.7	1	1.0	4	0.0	0
FBR LN KID Pizza Topping Sweetcorn	73.9	4	311.4	4	1.4	2	0.4	2	11.6	4	8.1	9	2.5	5	2.5	10	0.2	3
FBR LN KID Beef Burger Extra	118.2	6	492.2	6	7.0	10	3.2	16	0.6	0	0.3	0	13.7	27	0.0	0	0.5	8
FBR LN KID VGN Burger Extra	79.5	4	335.0	4	1.8	3	0.6	3	6.0	2	1.2	1	8.9	18	2.2	9	0.5	8
FBR LN Milk	30.4	2	128.3	2	1.0	1	0.7	3	3.0	1	3.0	3	2.3	5	0.0	0	0.1	1
FBR LN Roast Beef and Horseradish Sandwich	1054.2	53	4400.3	52	45.3	65	14.5	73	111.0	43	9.9	11	48.9	98	9.3	39	4.2	69
FBR LN Roast Turkey and Cranberry Sandwich	837.5	42	3510.5	42	17.4	25	4.5	22	118.6	46	17.6	20	50.4	101	9.5	39	3.1	51
FBR 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
FBR 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
FBR LN Soup of the Day	354.5	18	1478.9	18	13.9	20	5.8	29	49.0	19	9.3	10	8.5	17	5.5	23	0.9	15
FBR LN Prawn Cocktail	358.1	18	1497.5	18	21.7	31	5.2	26	26.7	10	7.3	8	14.7	29	2.9	12	2.5	41
FBR LN Golden Breaded Mushrooms	400.1	20	1686.4	20	21.6	31	4.2	21	41.4	16	7.4	8	8.4	17	4.0	17	1.9	32

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	%
FBR LN Chicken Leek and Cider Pie	1187.4	59	4982.9	59	53.9	77	18.8	94	141.7	54	7.9	9	33.6	67	12.5	52	3.7	61
FBR LN Baby Aubergine Cauliflower & Coconut Curry	1268.4	63	5331.8	63	49.7	71	13.0	65	180.9	70	31.8	35	22.7	45	13.1	55	3.9	66
FBR LN VGN Baby Aubergine Cauliflower & Coconut Curry	785.2	39	3303.9	39	32.4	46	9.6	48	114.0	44	31.5	35	10.7	21	8.8	36	2.5	42
FBR LN Breaded Scampi	1591.3	80	3093.9	37	47.8	68	11.8	59	87.7	34	9.8	11	25.2	50	12.0	50	3.1	52
FBR 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
FBR LN Steak and Ale Pie	1149.0	57	4803.6	57	52.7	75	18.6	93	130.1	50	8.7	10	32.4	65	11.3	47	3.7	62
FBR LN Beer Battered Fish and Chips	1315.2	66	5482.9	65	74.8	107	19.7	99	92.6	36	7.2	8	61.1	122	11.5	48	3.5	59
FBR LN Grilled Fish and Chips	672.5	34	2812.1	33	28.8	41	5.6	28	48.2	19	3.1	3	51.3	103	6.3	26	2.3	38
FBR LN Beef Lasagne with Garlic Bread	665.1	33	2764.3	33	28.9	41	8.8	44	80.1	31	14.2	16	22.5	45	30.1	125	2.3	39
FBR LN Vegetable Lasagne with Garlic Bread	650.1	33	2562.6	31	27.6	39	5.8	29	72.2	28	14.3	16	14.0	28	7.9	33	2.7	45
FBR LN Buffalo Cauliflower Tacos	915.2	46	3865.2	46	20.6	29	5.0	25	165.0	63	27.5	31	21.7	43	13.3	55	3.3	54
FBR LN Simply Delicious	252.4	13	1057.6	13	11.9	17	5.9	30	30.0	12	26.6	30	6.1	12	0.3	1	0.2	4
FBR LN VGN Simply Delicious	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
FBR 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
FBR 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
FBR 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
FBR LN Chocolate Fudge Cake	691.3	35	2899.6	35	29.8	43	6.4	32	99.4	38	81.2	90	7.4	15	-	-	0.4	7