

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	%
VLG LN20 Soup of the Day	372.8	19	1569.2	19	17.2	25	7.2	36	42.3	16	7.1	8	11.2	22	5.3	22	1.8	30
VLG LN20 VGN Soup of the Day	302.8	15	1281.7	15	11.5	16	2.5	12	40.3	16	12.1	13	9.4	19	4.5	19	2.0	33
VLG LN20 King Prawn Cup	327.7	16	1378.1	16	16.5	24	2.9	14	29.2	11	4.2	5	15.9	32	3.2	13	2.1	35
VLG LN20 Golden Breaded Mushrooms	437.8	22	1846.9	22	21.6	31	4.2	21	49.8	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN20 Bantry Bay Mussels	567.8	28	2381.6	28	23.7	34	9.0	45	34.7	13	2.2	2	54.1	108	2.3	10	8.3	139
VLG LN20 VGN Baked Garlic Mini Loaf	408.8	20	1712.0	20	20.9	30	2.7	14	46.2	18	2.9	3	8.5	17	2.3	10	1.5	26
VLG LN20 Baked Cheesy Garlic Mini Loaf	627.2	31	2624.8	31	38.8	55	13.9	70	46.3	18	3.0	3	23.0	46	2.3	10	2.6	43
VLG LN20 Baked Cheesy Garlic and Bacon Mini Loaf	683.9	34	2861.4	34	41.6	59	14.9	75	46.3	18	3.0	3	30.9	62	2.3	10	4.0	67
VLG LN20 Buttermilk Chicken	715.5	36	2988.2	36	41.0	59	14.6	73	44.6	17	15.3	17	40.5	81	0.4	2	2.9	48
VLG LN20 Halloumi Fries	536.3	27	2221.0	26	39.3	56	19.0	95	25.7	10	12.9	14	19.5	39	-	-	3.0	51
VLG LN20 Potato Skins Cheese and Bacon	527.1	26	2205.3	26	30.4	43	15.1	75	35.7	14	16.0	18	25.2	50	4.1	17	3.5	58
VLG LN20 Potato Skins Pork and Beef Chilli	535.3	27	2238.2	27	24.3	35	8.9	45	59.4	23	32.9	37	16.6	33	6.0	25	2.4	39
VLG LN20 VGN Potato Skins Spicy Guacamole	308.4	15	1280.2	15	18.3	26	4.7	24	29.4	11	5.9	7	4.4	9	4.9	20	1.2	20
VLG LN20 Potato Skins Stilton and Mushroom	506.6	25	2109.0	25	33.2	47	13.2	66	35.9	14	16.0	18	13.4	27	5.0	21	1.8	30
VLG LN20 Sweet Chilli King Prawn Skewer	415.7	21	362.4	4	0.9	1	0.3	2	16.4	6	13.7	15	18.7	37	0.4	2	1.9	31
VLG LN20 Mexicano Nachos	439.6	22	1838.5	22	25.0	36	8.9	44	39.9	15	5.3	6	12.0	24	2.8	12	2.6	43
VLG LN20 VGN Mexicano Nachos	344.1	17	1441.5	17	16.4	23	2.2	11	41.8	16	6.7	7	5.2	10	3.4	14	2.6	44
VLG LN20 VGN Kefalonia Olives	256.5	13	1068.0	13	15.8	23	5.1	26	7.4	3	0.0	0	2.1	4	0.3	1	4.5	74
VLG LN20 Sriracha Chicken Chopsticks	186.5	9	782.7	9	6.1	9	3.7	19	7.6	3	4.5	5	26.9	54	3.1	13	0.6	10
VLG LN20 Honey and Mustard Mini Chorizos	769.6	38	3180.6	38	73.4	105	25.0	125	4.3	2	4.0	4	21.3	43	-	-	3.5	59
VLG LN20 Lasagne Beef	724.9	36	3030.8	36	36.2	52	16.3	81	62.1	24	16.6	18	36.1	72	5.4	23	3.0	49
VLG LN20 Lasagne Beef Under 600	508.6	25	2123.2	25	26.8	38	12.8	64	34.6	13	15.4	17	31.8	64	4.2	17	2.5	41
VLG LN20 Lasagne Vegetarian	606.0	30	2386.2	28	25.5	36	7.4	37	65.8	25	14.5	16	13.3	27	6.4	27	2.5	42
VLG LN20 Lasagne Vegetarian Under 600	389.6	19	1478.7	18	16.1	23	3.9	20	38.2	15	13.3	15	8.9	18	5.2	22	2.0	33
VLG LN20 Chicken Tikka Masala	1123.0	56	4738.2	56	29.1	42	6.2	31	169.3	65	25.9	29	46.0	92	11.9	50	4.1	69
VLG LN20 Golden Breaded Scampi	1651.2	83	3148.2	37	49.1	70	12.2	61	89.4	34	10.0	11	26.1	52	12.2	51	3.2	54
VLG LN20 Fish and Chips	1271.5	64	5297.7	63	74.4	106	19.7	98	85.1	33	7.3	8	58.3	117	10.7	44	3.4	57
VLG LN20 Beer Battered Cod Upgrade	62.7	3	266.2	3	0.2	0	0.1	0	13.1	5	0.1	0	1.5	3	0.7	3	0.5	8
VLG LN20 Cod and Chips	1293.7	65	5398.0	64	74.9	107	19.7	99	86.8	33	8.5	9	62.3	125	11.5	48	3.5	59
VLG LN20 Fishermans Feast	1810.1	91	4305.0	51	62.6	89	16.3	81	87.2	34	8.6	10	60.7	121	11.4	48	4.4	74
VLG LN20 Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Hunters Chicken	989.0	49	4150.1	49	44.0	63	17.3	86	75.7	29	30.8	34	70.3	141	6.2	26	5.9	99

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Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Trademark Hunters Chicken	1183.7	59	4971.4	59	48.9	70	19.1	95	77.4	30	32.4	36	105.9	212	7.0	29	8.1	134
VLG LN20 Chicken Leek and Cider Pie	1114.2	56	4674.5	56	45.6	65	20.8	104	139.0	53	17.0	19	36.0	72	17.1	71	3.7	62
VLG LN20 Minted Lamb Shank	1118.5	56	4677.4	56	53.9	77	25.1	126	71.7	28	29.2	32	81.3	163	14.6	61	3.1	52
VLG LN20 Bantry Bay Mussels and Chips	1028.4	51	4303.1	51	49.7	71	13.6	68	83.0	32	5.5	6	60.1	120	8.2	34	9.7	161
VLG LN20 Prawns 80g	34.6	2	147.6	2	0.1	0	0.1	0	0.1	0	0.0	0	8.4	17	0.0	0	1.2	20
VLG LN20 Grilled Cod and Chorizo	1088.2	54	4532.6	54	69.8	100	27.1	135	43.3	17	10.1	11	71.7	143	-	-	4.7	78
VLG LN20 Homemade All Steak Pie	1073.3	54	4490.9	53	43.0	61	20.3	101	92.7	36	16.4	18	73.3	147	14.2	59	4.6	77
VLG LN20 Homemade Steak and Ale Pie	1084.2	54	4537.1	54	43.0	61	20.3	101	93.6	36	16.4	18	73.4	147	14.2	59	4.6	77
VLG LN20 Homemade Steak and Mushroom Pie	1081.1	54	4523.9	54	43.3	62	20.3	102	92.9	36	16.5	18	74.4	149	15.1	63	4.7	78
VLG LN20 Homemade Steak and Onion Pie	1213.9	61	5070.9	60	55.3	79	21.7	109	99.6	38	21.3	24	74.4	149	15.9	66	4.7	78
VLG LN20 Homemade Steak and Stilton Pie	1237.3	62	5170.9	62	57.0	81	29.5	147	92.7	36	16.5	18	82.8	166	14.2	59	5.4	91
VLG LN20 Smoked Bacon and Mushroom Carbonara	942.8	47	3956.6	47	31.1	44	14.9	75	128.0	49	8.8	10	36.9	74	3.2	13	2.9	48
VLG LN20 VGN Sweet Potato and Chickpea Tagine	554.7	28	2348.5	28	15.7	22	2.1	10	94.7	36	14.5	16	13.7	27	9.1	38	3.0	51
VLG LN20 Crispy Chicken Breast	491.4	25	2063.0	25	13.6	19	3.9	19	46.3	18	2.5	3	46.8	94	2.6	11	2.7	44
VLG LN20 Sausage and Cheesy Mash	1017.8	51	4248.7	51	52.8	75	21.7	109	97.2	37	10.6	12	32.7	65	11.5	48	5.4	89
VLG LN20 Veggie Sausage and Cheesy Mash	775.1	39	3240.9	39	33.3	48	13.9	69	75.8	29	11.0	12	33.7	67	15.6	65	4.3	71
VLG LN20 Sunshine Cous Cous Upgrade	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
VLG LN20 VGN Bolognese Pasta	777.5	39	3281.6	39	18.3	26	5.4	27	129.2	50	10.9	12	21.0	42	8.1	34	2.2	37
VLG LN20 Crispy Chicken and Bacon Salad	720.8	36	3013.3	36	31.9	46	6.0	30	53.1	20	8.8	10	56.1	112	4.7	19	4.3	72
VLG LN20 Sweet Chilli Halloumi and Red Pepper Salad	620.6	31	2571.7	31	40.8	58	17.1	86	39.0	15	33.9	38	24.1	48	-	-	4.1	69
VLG LN20 VGN Red Pepper and Cous Cous Salad	311.6	16	1302.3	16	8.0	11	1.4	7	49.2	19	18.1	20	8.6	17	8.5	35	1.2	20
VLG LN20 Crispy Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
VLG LN20 Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Extra King Prawn Skewer	174.4	9	41.1	0	0.5	1	0.2	1	0.0	0	0.0	0	9.3	19	0.0	0	0.6	9
VLG LN20 Crispy Chicken Breast	491.4	25	2063.0	25	13.6	19	3.9	19	46.3	18	2.5	3	46.8	94	2.6	11	2.7	44
VLG LN20 Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
VLG LN20 Rump Steak 10oz	1169.0	58	4879.1	58	65.8	94	19.1	95	68.7	26	6.6	7	70.4	141	10.7	44	3.3	55
VLG LN20 Rump Steak 10oz Under 600	521.0	26	2175.0	26	29.1	42	12.3	62	4.9	2	4.5	5	59.9	120	2.1	9	0.4	7
VLG LN20 Sirloin Steak 8oz	1128.3	56	4705.5	56	65.8	94	19.5	97	68.7	26	6.6	7	60.4	121	10.7	44	3.3	54
VLG LN20 Sirloin Steak 8oz Under 600	480.2	24	2001.4	24	29.1	42	12.7	64	4.9	2	4.5	5	49.8	100	2.1	9	0.4	6
VLG LN20 Mixed Grill	1558.9	78	6515.7	78	82.2	117	21.7	109	82.3	32	10.8	12	117.0	234	12.1	51	7.5	125
VLG LN20 Sweetcure Gammon Steaks	1117.9	56	4685.5	56	48.1	69	12.2	61	62.8	24	14.4	16	103.8	208	10.7	45	8.5	142

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	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 Ribeye Steak 10oz	1392.3	70	5800.8	69	85.8	123	28.8	144	68.7	26	6.6	7	81.1	162	10.7	44	3.2	54
VLG LN20 BBQ Ribs Half Rack	1334.8	67	5591.0	67	72.4	103	22.1	111	113.7	44	40.7	45	55.1	110	9.7	40	3.8	64
VLG LN20 BBQ Ribs Full Rack	1975.6	99	8272.8	98	108.0	154	36.5	183	149.2	57	75.3	84	99.0	198	10.0	42	6.2	103
VLG LN20 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
VLG LN20 Peppercorn Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Sauteed Mushrooms	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
VLG LN20 Fried Eggs x 2	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
VLG LN20 Extra King Prawn Skewer	174.4	9	41.1	0	0.5	1	0.2	1	0.0	0	0.0	0	9.3	19	0.0	0	0.6	9
VLG LN20 Tomato and Rosemary 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
VLG LN20 Extra BBQ Ribs Half	640.7	32	2681.7	32	35.6	51	14.4	72	35.5	14	34.6	38	44.0	88	0.4	2	2.3	39
VLG LN20 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
VLG LN20 Mini Chorizo x 3	373.5	19	1544.4	18	35.1	50	14.4	72	1.1	0	0.9	1	12.6	25	-	-	2.0	33
VLG LN20 Classic Beef Burger	880.6	44	3694.1	44	37.0	53	8.0	40	88.6	34	6.9	8	46.9	94	7.3	30	3.4	56
VLG LN20 Classic Beef Burger LRG	995.3	50	4177.8	50	40.3	58	9.3	46	92.3	36	6.9	8	64.4	129	7.3	31	4.1	68
VLG LN20 Classic Beef Burger XL	1110.1	56	4661.4	55	43.6	62	10.6	53	96.0	37	7.0	8	81.9	164	7.4	31	4.8	80
VLG LN20 Classic Beef Burger Under 600	414.3	21	1748.3	21	9.0	13	3.3	17	42.5	16	4.7	5	41.8	84	3.1	13	2.0	33
VLG LN20 Classic Chicken Burger	860.2	43	3607.4	43	35.1	50	6.5	32	82.9	32	8.1	9	53.0	106	7.1	30	2.9	48
VLG LN20 Classic Chicken Burger XL	1069.3	53	4488.0	53	39.9	57	7.5	37	84.6	33	9.5	11	94.1	188	7.1	30	3.8	64
VLG LN20 Classic Chicken Burger Under 600	393.9	20	1661.6	20	7.2	10	1.8	9	36.8	14	6.0	7	47.9	96	2.9	12	1.5	25
VLG LN20 Classic Buttermilk Chicken Burger	1140.9	57	4769.1	57	61.1	87	16.4	82	104.0	40	8.0	9	41.8	84	7.1	30	3.5	58
VLG LN20 Classic Buttermilk Chicken Burger XL	1630.7	82	6811.4	81	91.8	131	27.3	137	126.8	49	9.2	10	71.8	144	7.1	30	5.0	84
VLG LN20 VGN Classic Veggie Burger	806.4	40	3382.8	40	33.9	48	5.7	29	90.7	35	7.6	8	31.6	63	10.2	43	2.8	47
VLG LN20 VGN Classic Veggie Burger XL	1055.0	53	4423.6	53	47.3	68	6.7	34	101.8	39	9.5	11	51.2	102	13.0	54	4.0	66
VLG LN20 VGN Classic Veggie Burger Under 600	444.9	22	1870.2	22	15.8	23	1.8	9	48.2	19	8.2	9	26.9	54	6.1	26	2.0	34
VLG LN20 Sweet Chilli Halloumi Burger	1061.9	53	4428.4	53	57.6	82	21.7	109	100.1	39	23.3	26	34.4	69	-	-	5.2	86
VLG LN20 Sweet Chilli Halloumi Burger XL	1383.9	69	5759.4	69	82.8	118	37.7	189	102.0	39	25.2	28	56.3	113	-	-	7.8	129
VLG LN20 BBQ Buttermilk Chicken Burger	1265.8	63	5299.4	63	61.2	87	16.4	82	132.4	51	35.3	39	42.9	86	7.8	33	5.2	86
VLG LN20 BBQ Buttermilk Chicken Burger XL	1755.6	88	7341.7	87	91.9	131	27.3	137	155.2	60	36.5	41	72.9	146	7.8	33	6.7	112
VLG LN20 VGN Bologna Burger	996.4	50	4182.8	50	40.9	58	7.2	36	111.5	43	14.1	16	40.9	82	14.5	60	4.4	73
VLG LN20 VGN Bologna Burger XL	1245.0	62	5223.6	62	54.3	78	8.2	41	122.6	47	16.0	18	60.4	121	17.2	72	5.5	92
VLG LN20 Crispy Buffalo Chicken Fillet Burger	1366.8	68	5723.4	68	60.3	86	18.8	94	136.6	53	17.8	20	68.8	138	10.8	45	5.7	94
VLG LN20 Crispy Buffalo Chicken Fillet Burger XL	1870.1	94	7836.1	93	74.4	106	22.7	114	184.2	71	21.6	24	116.1	232	14.1	59	8.3	139
VLG LN20 Double Cheese and Bacon Burger	1027.1	51	4304.0	51	46.8	67	16.0	80	89.0	34	-	-	60.8	122	7.3	30	-	-

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VLG LN20 Double Cheese and Bacon Burger LRG	1186.8	59	4974.3	59	53.6	77	20.8	104	92.9	36	-	-	81.4	163	7.3	31	-	-
VLG LN20 Double Cheese and Bacon Burger XL	1346.5	67	5644.6	67	60.4	86	25.6	128	96.8	37	-	-	102.0	204	7.4	31	-	-
VLG LN20 Double Chilli Cheese Burger	1208.7	60	5063.1	60	55.0	79	17.6	88	112.7	43	-	-	63.7	127	9.2	38	-	-
VLG LN20 Double Chilli Cheese Burger LRG	1323.5	66	5546.8	66	58.3	83	18.9	94	116.4	45	-	-	81.2	162	9.3	39	-	-
VLG LN20 Double Chilli Cheese Burger XL	1438.2	72	6030.4	72	61.6	88	20.2	101	120.1	46	-	-	98.7	197	9.3	39	-	-
VLG LN20 Extra 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
VLG LN20 Extra Beef Burger 3oz	114.8	6	483.7	6	3.3	5	1.3	6	3.7	1	0.1	0	17.5	35	0.1	0	0.7	12
VLG LN20 Extra Veggie Burger	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Beer Battered Onion Rings x3	130.0	6	542.3	6	7.9	11	1.4	7	12.8	5	1.3	1	1.5	3	1.0	4	0.6	10
VLG LN20 Cheddar 56g	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN20 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
VLG LN20 Crispy Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
VLG LN20 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
VLG LN20 Grilled Halloumi 50g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Black and Blue Topper	254.5	13	1053.0	13	23.5	34	10.4	52	0.3	0	0.2	0	10.6	21	0.9	4	0.8	13
VLG LN20 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
VLG LN20 Burger Cheese Slice	44.9	2	186.6	2	3.5	5	3.5	18	0.2	0	-	-	3.1	6	0.0	0	-	-
VLG LN20 LB Hunters Chicken	710.0	35	2975.4	35	33.9	48	11.2	56	60.8	23	16.8	19	37.6	75	5.8	24	3.3	55
VLG LN20 LB 5oz Sweetcure Gammon Steak	836.6	42	3500.1	42	40.4	58	9.4	47	53.4	21	5.1	6	60.1	120	9.5	40	5.0	83
VLG LN20 LB Cod and Chips	895.7	45	3739.2	45	49.8	71	12.1	61	70.9	27	7.1	8	35.9	72	10.0	42	2.5	42
VLG LN20 LB Battered Halloumi and Chips	804.7	40	3355.6	40	43.9	63	16.6	83	70.5	27	8.5	9	27.7	55	-	-	4.0	66
VLG LN20 VGN LB Sweet Potato and Chickpea Tagine	301.9	15	1267.1	15	15.1	22	1.9	10	34.0	13	15.8	18	8.5	17	7.7	32	3.0	50
VLG LN20 LB Golden Breaded Scampi	1078.1	54	2629.4	31	36.9	53	8.4	42	72.8	28	8.5	9	18.0	36	10.7	45	2.4	40
VLG LN20 Salad Grilled Chicken Lunch	235.4	12	990.6	12	5.3	8	1.1	6	6.0	2	5.2	6	42.4	85	1.9	8	1.0	16
VLG LN20 Lasagne Beef	724.9	36	3030.8	36	36.2	52	16.3	81	62.1	24	16.6	18	36.1	72	5.4	23	3.0	49
VLG LN20 Lasagne Beef Under 600	508.6	25	2123.2	25	26.8	38	12.8	64	34.6	13	15.4	17	31.8	64	4.2	17	2.5	41
VLG LN20 Lasagne Vegetarian	606.0	30	2386.2	28	25.5	36	7.4	37	65.8	25	14.5	16	13.3	27	6.4	27	2.5	42
VLG LN20 Lasagne Vegetarian Under 600	389.6	19	1478.7	18	16.1	23	3.9	20	38.2	15	13.3	15	8.9	18	5.2	22	2.0	33
VLG LN20 Cajun Chicken	619.0	31	2593.8	31	26.0	37	5.4	27	47.9	18	3.5	4	47.1	94	6.0	25	2.5	41
VLG LN20 Cajun Chicken Under 300	257.5	13	1081.1	13	7.9	11	1.4	7	5.4	2	4.2	5	42.3	85	1.9	8	1.7	28
VLG LN20 Ham and Eggs	509.7	25	2124.6	25	31.9	46	6.9	35	25.5	10	2.2	2	28.2	56	2.7	11	4.7	79
VLG LN20 Classic Beef Burger	880.6	44	3694.1	44	37.0	53	8.0	40	88.6	34	6.9	8	46.9	94	7.3	30	3.4	56

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	%
VLG LN20 Classic Buttermilk Chicken Burger	1140.9	57	4769.1	57	61.1	87	16.4	82	104.0	40	8.0	9	41.8	84	7.1	30	3.5	58
VLG LN20 Classic Chicken Burger	860.2	43	3607.4	43	35.1	50	6.5	32	82.9	32	8.1	9	53.0	106	7.1	30	2.9	48
VLG LN20 VGN Classic Veggie Burger	806.4	40	3382.8	40	33.9	48	5.7	29	90.7	35	7.6	8	31.6	63	10.2	43	2.8	47
VLG LN20 Jacket Tuna Mayo	383.3	19	1614.1	19	15.8	23	2.4	12	45.4	17	3.5	4	17.8	36	4.9	20	0.9	15
VLG LN20 Jacket Pulled Pork and Beef Chilli	529.7	26	2223.8	26	22.1	32	7.8	39	65.9	25	19.2	21	19.0	38	6.4	27	1.4	24
VLG LN20 Jacket Cheese and Beans	577.4	29	2423.7	29	25.9	37	13.1	65	62.7	24	7.6	8	27.2	54	9.9	41	1.9	31
VLG LN20 Jacket Plain	246.5	12	1041.4	12	7.6	11	1.7	9	42.1	16	2.1	2	5.2	10	4.5	19	0.0	1
VLG LN20 VGN Jacket Bologna	436.5	22	1841.4	22	14.6	21	3.2	16	62.8	24	8.6	10	14.5	29	8.7	36	1.6	27
VLG LN20 Sandwich Wiltshire Ham and Mustard	875.1	44	3670.3	44	35.7	51	8.3	41	97.2	37	5.3	6	38.4	77	9.9	41	7.0	117
VLG LN20 Sandwich Steak and Onion	1121.9	56	4697.4	56	53.2	76	13.3	67	109.0	42	15.6	17	48.9	98	10.0	42	3.5	58
VLG LN20 Sandwich Cheese and Chutney	1139.8	57	4780.8	57	55.5	79	23.0	115	116.1	45	23.1	26	41.5	83	10.3	43	3.6	60
VLG LN20 Sandwich Chicken and Bacon Club	1246.2	62	5221.9	62	57.4	82	10.6	53	126.3	49	6.6	7	54.5	109	12.3	51	5.2	87
VLG LN20 VGN Sandwich Red Pepper and Spicy Guacamole	804.3	40	3371.2	40	33.4	48	7.2	36	103.3	40	7.4	8	21.2	42	11.2	47	2.4	41
VLG LN20 Sandwich Tuna Mayonnaise and Sweetcorn	892.2	45	3743.9	45	37.4	53	7.0	35	99.3	38	4.1	5	37.5	75	10.2	42	3.0	49
VLG LN20 Wrap Buttermilk Sweet Chilli Chicken	1267.3	63	5301.6	63	56.2	80	17.9	90	143.0	55	31.3	35	42.3	85	9.5	40	4.5	75
VLG LN20 Wrap Tuna Mayonnaise and Sweetcorn	821.8	41	3446.6	41	34.2	49	7.7	39	93.3	36	5.3	6	30.4	61	9.7	40	2.5	41
VLG LN20 VGN Wrap Red Pepper and Spicy Guacamole	788.0	39	3293.9	39	36.1	52	9.1	45	97.4	37	8.6	10	14.2	28	10.8	45	2.1	35
VLG LN20 Chips 227g	368.9	18	1543.3	18	18.2	26	4.0	20	43.8	17	0.7	1	5.2	10	4.7	20	0.8	13
VLG LN20 Cheesy Chips	589.2	29	2464.0	29	36.2	52	15.2	76	44.1	17	0.8	1	19.8	40	4.8	20	1.9	31
VLG LN20 Sweet Potato Fries 227g	444.0	22	1827.7	22	24.4	35	4.9	24	48.2	19	15.6	17	3.3	7	6.6	27	0.9	15
VLG LN20 Halloumi Fries	536.3	27	2221.0	26	39.3	56	19.0	95	25.7	10	12.9	14	19.5	39	-	-	3.0	51
VLG LN20 Beer Battered Onion Rings x6	305.2	15	1273.8	15	18.5	26	3.3	17	30.0	12	3.0	3	3.6	7	2.4	10	1.4	24
VLG LN20 Garlic Bread	320.6	16	1341.3	16	16.5	24	5.1	25	35.1	14	2.6	3	6.4	13	3.0	12	0.8	13
VLG LN20 Cheesy Garlic Bread	539.0	27	2254.1	27	34.4	49	16.3	81	35.2	14	2.7	3	21.0	42	3.0	12	1.9	31
VLG LN20 House Salad Dressed	160.3	8	661.5	8	15.2	22	1.0	5	4.7	2	4.5	5	0.9	2	1.1	5	0.2	4
VLG LN20 House Salad Undressed	0.0	0	0.1	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0
VLG LN20 Seasonal Vegetables	120.4	6	504.6	6	1.3	2	0.3	2	15.9	6	10.2	11	8.7	17	8.8	37	0.6	10
VLG LN20 Corn on the Cob	246.2	12	1037.7	12	9.9	14	4.2	21	34.2	13	4.2	5	7.4	15	5.1	21	0.1	2
VLG LN20 Sauteed Mushrooms	64.8	3	269.0	3	5.5	8	0.7	4	0.7	0	0.4	0	3.2	6	2.6	11	0.0	0
VLG LN20 Bread and Flora White	384.5	19	1619.2	19	16.5	24	4.2	21	50.4	19	1.0	1	9.6	19	3.1	13	1.0	17
VLG LN20 Bread and Flora Brown	389.8	19	1644.2	20	18.1	26	4.3	22	45.3	17	1.1	1	12.6	25	4.2	17	0.9	15

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	%
VLG LN20 Poppadums and Dips	346.8	17	1463.8	17	8.1	12	0.8	4	54.5	21	13.9	15	13.5	27	1.0	4	3.8	64
VLG LN20 Rice Plain	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
VLG LN20 Rice Coriander and Lime	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
VLG LN20 Pigs in Blankets x10	553.7	28	2299.6	27	42.8	61	15.4	77	14.5	6	2.0	2	27.5	55	1.0	4	3.8	64
VLG LN20 Roast Potatoes	191.8	10	810.0	10	3.0	4	0.3	2	38.6	15	1.3	1	4.7	9	3.9	16	0.3	4
VLG LN20 Cheesy Roast Potatoes	410.2	21	1722.8	21	20.9	30	11.5	58	38.7	15	1.5	2	19.3	39	3.9	16	1.3	22
VLG LN20 Cauliflower Cheese	141.1	7	591.6	7	5.5	8	3.4	17	15.5	6	3.1	3	5.5	11	3.9	16	1.9	32
VLG LN20 Bowl of Yorkshire Puddings	816.1	41	3392.3	40	63.5	91	9.9	50	42.9	17	6.3	7	20.6	41	2.0	8	1.1	18
VLG LN20 Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
VLG LN20 Pulled Pork and Beef Chillli	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
VLG LN20 Baked Garlic Mini Loaf Side	397.3	20	1663.5	20	20.9	30	2.7	14	44.2	17	1.2	1	7.9	16	1.8	7	1.2	19
VLG LN20 Baked Cheesy Garlic Mini Loaf Side	615.7	31	2576.3	31	38.8	55	13.9	70	44.3	17	1.3	1	22.5	45	1.8	7	2.2	37
VLG LN20 Sunday Beef	1010.6	51	4222.6	50	53.4	76	15.5	78	83.2	32	22.4	25	51.5	103	16.4	68	3.5	58
VLG LN20 Sunday Beef Kids	616.3	31	2571.4	31	35.9	51	9.3	46	46.2	18	14.3	16	27.8	56	7.3	30	2.9	49
VLG LN20 Sunday Pork	975.2	49	4089.5	49	38.7	55	9.2	46	103.6	40	25.4	28	56.9	114	17.2	71	3.0	50
VLG LN20 Sunday Pork Kids	632.3	32	2649.0	32	27.6	39	6.1	30	66.7	26	17.2	19	31.5	63	8.1	34	2.5	42
VLG LN20 Sunday Chicken	1404.9	70	5878.3	70	70.0	100	18.4	92	103.8	40	26.5	29	94.0	188	18.9	79	4.9	82
VLG LN20 Sunday Chicken Kids	846.9	42	3542.0	42	43.3	62	10.7	53	66.7	26	18.2	20	50.1	100	9.0	37	3.5	58
VLG LN20 Sunday Trio of Meats	1611.9	81	6735.2	80	87.5	125	22.2	111	111.3	43	24.7	27	98.9	198	18.6	78	5.7	94
VLG LN20 Sunday Lamb Shank	1371.3	69	5745.1	68	70.8	101	24.9	124	99.6	38	40.0	44	86.0	172	17.7	74	3.4	57
VLG LN20 Sunday Veg Wellington	1300.5	65	5434.8	65	73.1	104	28.3	141	142.2	55	21.8	24	31.5	63	23.0	96	5.1	86
VLG LN20 Sunday Quorn Sausage Kids	509.6	25	2130.3	25	24.6	35	4.6	23	49.2	19	11.7	13	21.2	42	11.1	46	2.3	38
VLG LN20 Soup of the Day	372.8	19	1569.2	19	17.2	25	7.2	36	42.3	16	7.1	8	11.2	22	5.3	22	1.8	30
VLG LN20 VGN Soup of the Day	302.8	15	1281.7	15	11.5	16	2.5	12	40.3	16	12.1	13	9.4	19	4.5	19	2.0	33
VLG LN20 King Prawn Cup	327.7	16	1378.1	16	16.5	24	2.9	14	29.2	11	4.2	5	15.9	32	3.2	13	2.1	35
VLG LN20 Golden Breaded Mushrooms	437.8	22	1846.9	22	21.6	31	4.2	21	49.8	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN20 VGN Baked Garlic Mini Loaf	408.8	20	1712.0	20	20.9	30	2.7	14	46.2	18	2.9	3	8.5	17	2.3	10	1.5	26
VLG LN20 Baked Cheesy Garlic Mini Loaf	627.2	31	2624.8	31	38.8	55	13.9	70	46.3	18	3.0	3	23.0	46	2.3	10	2.6	43
VLG LN20 Baked Cheesy Garlic and Bacon Mini Loaf	683.9	34	2861.4	34	41.6	59	14.9	75	46.3	18	3.0	3	30.9	62	2.3	10	4.0	67
VLG LN20 Bramley Apple Pie	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG LN20 VGN Bramley Apple Pie	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN20 Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6

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	%
VLG LN20 Sticky Toffee Pudding	588.8	29	2473.3	29	21.6	31	13.1	66	94.7	36	77.9	87	4.4	9	1.1	5	0.3	5
VLG LN20 Banoffee Pie	599.3	30	2503.1	30	37.4	53	20.6	103	60.0	23	42.2	47	6.1	12	1.2	5	0.6	10
VLG LN20 Melt in the Middle	783.5	39	3277.7	39	41.1	59	7.4	37	91.7	35	61.6	68	10.6	21	1.1	4	1.0	16
VLG LN20 Sicilian Lemon Muffin Cheesecake	726.8	36	3018.8	36	58.6	84	32.2	161	46.8	18	30.0	33	7.6	15	0.7	3	0.5	8
VLG LN20 Praline Chocolate Tart	567.1	28	2365.6	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
VLG LN20 VGN Praline Chocolate Tart	540.5	27	2254.9	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
VLG LN20 Red Velvet Cake	1010.2	51	4204.9	50	72.9	104	41.3	207	79.4	31	56.7	63	11.3	23	-	-	1.3	21
VLG LN20 Chocolate Indulgence Sundae	545.8	27	2284.1	27	29.2	42	18.3	91	62.8	24	53.9	60	7.4	15	-	-	0.4	7
VLG LN20 Minty Sundae	581.1	29	2428.8	29	32.2	46	20.0	100	64.9	25	56.4	63	6.8	14	-	-	0.4	7
VLG LN20 Strawberry and Lemon Meringue Sundae	506.2	25	2121.0	25	24.5	35	15.2	76	65.2	25	55.9	62	5.7	11	0.5	2	0.4	7
VLG LN20 Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 Cheese Plate	786.2	39	3283.1	39	55.6	79	30.0	150	39.8	15	16.4	18	31.1	62	2.4	10	2.7	45
VLG LN20 Sandwich Roast Beef	629.4	31	2648.6	32	21.2	30	6.3	32	76.8	30	7.6	8	34.2	68	7.0	29	2.6	43
VLG LN20 Sandwich Roast Pork	532.8	27	2252.7	27	8.9	13	1.9	10	80.0	31	10.0	11	34.8	70	6.9	29	1.3	22
VLG LN20 Soup of the Day	372.8	19	1569.2	19	17.2	25	7.2	36	42.3	16	7.1	8	11.2	22	5.3	22	1.8	30
VLG LN20 VGN Soup of the Day	302.8	15	1281.7	15	11.5	16	2.5	12	40.3	16	12.1	13	9.4	19	4.5	19	2.0	33
VLG LN20 King Prawn Cup	327.7	16	1378.1	16	16.5	24	2.9	14	29.2	11	4.2	5	15.9	32	3.2	13	2.1	35
VLG LN20 Golden Breaded Mushrooms	437.8	22	1846.9	22	21.6	31	4.2	21	49.8	19	16.3	18	8.9	18	4.5	19	2.3	39
VLG LN20 Classic Beef Burger	880.6	44	3694.1	44	37.0	53	8.0	40	88.6	34	6.9	8	46.9	94	7.3	30	3.4	56
VLG LN20 Classic Beef Burger XL	1110.1	56	4661.4	55	43.6	62	10.6	53	96.0	37	7.0	8	81.9	164	7.4	31	4.8	80
VLG LN20 Classic Beef Burger Under 600	414.3	21	1748.3	21	9.0	13	3.3	17	42.5	16	4.7	5	41.8	84	3.1	13	2.0	33
VLG LN20 Classic Buttermilk Chicken Burger	1140.9	57	4769.1	57	61.1	87	16.4	82	104.0	40	8.0	9	41.8	84	7.1	30	3.5	58
VLG LN20 Classic Buttermilk Chicken Burger XL	1630.7	82	6811.4	81	91.8	131	27.3	137	126.8	49	9.2	10	71.8	144	7.1	30	5.0	84
VLG LN20 VGN Classic Veggie Burger	806.4	40	3382.8	40	33.9	48	5.7	29	90.7	35	7.6	8	31.6	63	10.2	43	2.8	47
VLG LN20 VGN Classic Veggie Burger XL	1055.0	53	4423.6	53	47.3	68	6.7	34	101.8	39	9.5	11	51.2	102	13.0	54	4.0	66
VLG LN20 VGN Classic Veggie Burger Under 600	444.9	22	1870.2	22	15.8	23	1.8	9	48.2	19	8.2	9	26.9	54	6.1	26	2.0	34
VLG LN20 Salad Grilled Chicken Lunch	235.4	12	990.6	12	5.3	8	1.1	6	6.0	2	5.2	6	42.4	85	1.9	8	1.0	16
VLG LN20 VGN LB Sweet Potato and Chickpea Tagine	301.9	15	1267.1	15	15.1	22	1.9	10	34.0	13	15.8	18	8.5	17	7.7	32	3.0	50
VLG LN20 Lasagne Beef	724.9	36	3030.8	36	36.2	52	16.3	81	62.1	24	16.6	18	36.1	72	5.4	23	3.0	49
VLG LN20 Lasagne Beef Under 600	508.6	25	2123.2	25	26.8	38	12.8	64	34.6	13	15.4	17	31.8	64	4.2	17	2.5	41
VLG LN20 Lasagne Vegetarian	606.0	30	2386.2	28	25.5	36	7.4	37	65.8	25	14.5	16	13.3	27	6.4	27	2.5	42
VLG LN20 Lasagne Vegetarian Under 600	389.6	19	1478.7	18	16.1	23	3.9	20	38.2	15	13.3	15	8.9	18	5.2	22	2.0	33

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	%
VLG LN20 Cajun Chicken	619.0	31	2593.8	31	26.0	37	5.4	27	47.9	18	3.5	4	47.1	94	6.0	25	2.5	41
VLG LN20 Cajun Chicken Under 300	257.5	13	1081.1	13	7.9	11	1.4	7	5.4	2	4.2	5	42.3	85	1.9	8	1.7	28
VLG LN20 Beer Battered Cod Upgrade	62.7	3	266.2	3	0.2	0	0.1	0	13.1	5	0.1	0	1.5	3	0.7	3	0.5	8
VLG LN20 Sausage and Cheesy Mash	1017.8	51	4248.7	51	52.8	75	21.7	109	97.2	37	10.6	12	32.7	65	11.5	48	5.4	89
VLG LN20 Veggie Sausage and Cheesy Mash	775.1	39	3240.9	39	33.3	48	13.9	69	75.8	29	11.0	12	33.7	67	15.6	65	4.3	71
VLG LN20 LB 5oz Sweetcure Gammon Steak	836.6	42	3500.1	42	40.4	58	9.4	47	53.4	21	5.1	6	60.1	120	9.5	40	5.0	83
VLG LN20 LB Golden Breaded Scampi	1078.1	54	2629.4	31	36.9	53	8.4	42	72.8	28	8.5	9	18.0	36	10.7	45	2.4	40
VLG LN20 Bramley Apple Pie	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG LN20 VGN Bramley Apple Pie	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN20 Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6
VLG LN20 Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 VGN Ice Cream Sundae	330.1	17	1380.4	16	11.9	17	10.4	52	48.7	19	30.2	34	-	-	8.7	36	0.1	1
VLG LN20 Bramley Apple Pie	460.4	23	1936.2	23	17.2	25	7.1	36	69.8	27	31.9	35	6.8	14	2.3	10	0.2	3
VLG LN20 VGN Bramley Apple Pie	455.7	23	1910.5	23	19.4	28	9.5	47	64.2	25	27.5	31	4.3	9	5.2	22	0.0	1
VLG LN20 Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6
VLG LN20 Sticky Toffee Pudding	588.8	29	2473.3	29	21.6	31	13.1	66	94.7	36	77.9	87	4.4	9	1.1	5	0.3	5
VLG LN20 Melt in the Middle	783.5	39	3277.7	39	41.1	59	7.4	37	91.7	35	61.6	68	10.6	21	1.1	4	1.0	16
VLG LN20 Sicilian Lemon Muffin Cheesecake	726.8	36	3018.8	36	58.6	84	32.2	161	46.8	18	30.0	33	7.6	15	0.7	3	0.5	8
VLG LN20 Red Velvet Cake	1010.2	51	4204.9	50	72.9	104	41.3	207	79.4	31	56.7	63	11.3	23	-	-	1.3	21
VLG LN20 Banoffee Pie	599.3	30	2503.1	30	37.4	53	20.6	103	60.0	23	42.2	47	6.1	12	1.2	5	0.6	10
VLG LN20 Praline Chocolate Tart	567.1	28	2365.6	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
VLG LN20 VGN Praline Chocolate Tart	540.5	27	2254.9	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
VLG LN20 Chocolate Indulgence Sundae	545.8	27	2284.1	27	29.2	42	18.3	91	62.8	24	53.9	60	7.4	15	-	-	0.4	7
VLG LN20 Strawberry and Lemon Meringue Sundae	506.2	25	2121.0	25	24.5	35	15.2	76	65.2	25	55.9	62	5.7	11	0.5	2	0.4	7
VLG LN20 Minty Sundae	581.1	29	2428.8	29	32.2	46	20.0	100	64.9	25	56.4	63	6.8	14	-	-	0.4	7
VLG LN20 Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 VGN Ice Cream Sundae	330.1	17	1380.4	16	11.9	17	10.4	52	48.7	19	30.2	34	-	-	8.7	36	0.1	1
VLG LN20 Simply Delicious	356.2	18	1486.8	18	18.8	27	11.4	57	41.0	16	35.4	39	5.0	10	0.8	4	0.3	6
VLG LN20 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
VLG LN20 Cheese Plate	786.2	39	3283.1	39	55.6	79	30.0	150	39.8	15	16.4	18	31.1	62	2.4	10	2.7	45
VLG LN20 Sweet Potato Fries 150g Upgrade	271.5	14	1117.8	13	13.3	19	2.3	12	32.5	13	10.5	12	2.2	4	4.4	18	0.6	10
VLG LN20 Sweet Potato Fries 227g Upgrade	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

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	%
VLG LN20 Chips 150g	248.2	12	1038.3	12	12.4	18	2.7	14	29.1	11	0.4	0	3.5	7	3.2	13	0.5	9
VLG LN20 Sweet Potato Fries 150g	275.1	14	1132.6	13	13.5	19	2.4	12	32.9	13	10.6	12	2.2	4	4.5	19	0.6	10
VLG LN20 Chicken Breast Steamed	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
VLG LN20 Extra 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
VLG LN20 Crispy Bacon	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
VLG LN20 Cheddar 56g	218.4	11	912.8	11	17.9	26	11.2	56	0.1	0	0.1	0	14.6	29	0.0	0	1.1	18
VLG LN20 Stilton 20g	82.0	4	340.0	4	7.0	10	4.6	23	0.0	0	0.0	0	4.7	9	0.0	0	0.4	7
VLG LN20 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
VLG LN20 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
VLG LN20 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
VLG LN20 Wiltshire Ham	134.0	7	560.0	7	6.0	9	2.0	10	0.9	0	1.6	2	18.3	37	0.0	0	4.2	71
VLG LN20 Grilled Halloumi 100g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Grilled Halloumi 50g	322.0	16	1331.0	16	25.2	36	16.0	80	1.9	1	1.9	2	21.9	44	-	-	2.6	43
VLG LN20 Grilled Mushroom	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG LN20 Sauce BBQ 56g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Sauce Sour Cream 56g	68.9	3	285.0	3	5.6	8	3.5	18	3.6	1	1.1	1	1.0	2	0.0	0	0.1	1
VLG LN20 Sauce Salsa 56g	23.0	1	96.9	1	0.0	0	0.0	0	4.0	2	3.4	4	1.1	2	1.0	4	0.7	12
VLG LN20 Sauce Guacamole 56g	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
VLG LN20 Jalapenos	20.2	1	85.4	1	0.1	0	0.0	0	4.4	2	4.2	5	0.2	0	0.5	2	1.2	20
VLG LN20 Rocket	2.0	0	8.3	0	0.1	0	0.0	0	0.2	0	0.2	0	0.1	0	0.2	1	0.0	0
VLG LN20 Poppadum	68.0	3	288.6	3	0.3	0	0.1	0	11.9	5	0.1	0	4.3	9	0.3	1	0.9	14
VLG LN20 Rice Plain	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
VLG LN20 Rice Coriander and Lime	305.2	15	1297.6	15	5.0	7	0.5	2	62.7	24	0.4	0	6.0	12	2.3	10	0.6	10
VLG LN20 Naan Bread	344.5	17	1453.4	17	6.9	10	3.8	19	56.7	22	4.2	5	10.7	21	6.6	28	0.7	12
VLG LN20 Stuffing	64.5	3	272.3	3	1.2	2	0.3	2	12.4	5	0.4	0	1.7	3	0.7	3	0.6	10
VLG LN20 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
VLG LN20 Giant Yorkshire Pudding	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
VLG LN20 Gravy	24.4	1	102.6	1	0.0	0	0.0	0	5.8	2	0.1	0	0.3	1	0.0	0	0.7	12
VLG LN20 Baked Beans	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
VLG LN20 Ice Cream Scoop Vanilla	110.9	6	463.1	6	5.9	8	3.5	18	12.7	5	10.9	12	1.6	3	0.1	0	0.1	2
VLG LN20 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
VLG LN20 Custard	49.8	2	211.7	3	1.0	1	0.6	3	8.6	3	6.2	7	1.6	3	0.0	0	0.1	1
VLG LN20 Extra BBQ Ribs Half	640.7	32	2681.7	32	35.6	51	14.4	72	35.5	14	34.6	38	44.0	88	0.4	2	2.3	39

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	%
VLG LN20 Extra King Prawn Skewer	174.4	9	41.1	0	0.5	1	0.2	1	0.0	0	0.0	0	9.3	19	0.0	0	0.6	9
VLG LN20 Crispy Chicken Breast	491.4	25	2063.0	25	13.6	19	3.9	19	46.3	18	2.5	3	46.8	94	2.6	11	2.7	44
VLG LN20 Pulled Pork and Beef Chili	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
VLG LN20 Sunshine Cous Cous	268.0	13	1120.0	13	7.2	10	1.2	6	41.4	16	11.0	12	6.8	14	5.4	23	1.2	20
VLG LN20 Black and Blue Topper	254.5	13	1053.0	13	23.5	34	10.4	52	0.3	0	0.2	0	10.6	21	0.9	4	0.8	13
VLG LN20 Tomato and Rosemary 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
VLG LN20 Baked Garlic Mini Loaf Upgrade	397.3	20	1663.5	20	20.9	30	2.7	14	44.2	17	1.2	1	7.9	16	1.8	7	1.2	19
VLG LN20 Beer Battered Cod Upgrade	62.7	3	266.2	3	0.2	0	0.1	0	13.1	5	0.1	0	1.5	3	0.7	3	0.5	8
VLG LN20 Mini Chorizo x 3	373.5	19	1544.4	18	35.1	50	14.4	72	1.1	0	0.9	1	12.6	25	-	-	2.0	33
VLG LN20 Breakfast All Day Breakfast	1199.2	60	4999.1	60	69.6	99	16.9	84	88.1	34	11.0	12	53.0	106	12.2	51	6.2	103
VLG LN20 Breakfast Mega Breakfast	1953.3	98	8155.8	97	110.1	157	28.9	144	150.8	58	15.9	18	87.3	175	17.6	73	10.5	176
VLG LN20 Breakfast Full English Breakfast	673.2	34	2813.7	33	35.0	50	8.7	44	56.2	22	7.6	8	34.3	69	8.3	35	3.5	59
VLG LN20 Breakfast Veggie Breakfast	776.0	39	3239.3	39	45.9	66	10.5	52	59.5	23	8.9	10	32.2	64	11.8	49	2.0	33
VLG LN20 Breakfast Beans on Toast	570.7	29	2394.5	29	11.3	16	2.5	13	90.8	35	12.1	13	28.6	57	15.4	64	2.6	44
VLG LN20 Breakfast Boiled Eggs and Soldiers	500.3	25	2107.1	25	21.5	31	5.5	28	49.7	19	1.7	2	28.0	56	4.6	19	1.6	27
VLG LN20 Breakfast Eggs on Toast	657.9	33	2748.2	33	38.8	55	7.2	36	49.7	19	1.8	2	28.0	56	4.6	19	1.6	26
VLG LN20 Breakfast Sausage Sandwich	626.1	31	2624.6	31	27.0	39	7.9	39	71.4	27	3.9	4	24.1	48	5.9	24	2.5	41
VLG LN20 Breakfast Veggie Sausage Sandwich	469.7	23	1975.5	24	14.1	20	2.6	13	58.4	22	4.2	5	24.9	50	8.6	36	1.9	32
VLG LN20 Breakfast Bacon Sandwich	515.7	26	2165.5	26	18.7	27	5.4	27	49.7	19	1.3	1	37.4	75	4.6	19	5.3	89
VLG LN20 Breakfast Sausage Muffin	479.6	24	2008.4	24	17.8	25	5.9	29	61.9	24	8.7	10	17.2	34	3.6	15	2.5	42
VLG LN20 Breakfast Veggie Sausage Muffin	323.2	16	1359.3	16	4.8	7	0.7	3	49.0	19	9.0	10	18.0	36	6.4	27	2.0	33
VLG LN20 Breakfast Bacon Muffin	312.6	16	1312.7	16	6.7	10	2.3	12	40.3	15	6.1	7	22.7	45	2.4	10	4.0	67
VLG LN20 Breakfast Egg Muffin	511.4	26	2132.0	25	29.6	42	5.2	26	40.3	15	6.5	7	21.1	42	2.4	10	1.6	27
VLG LN20 Breakfast Egg and Sausage Muffin	495.5	25	2070.2	25	23.7	34	5.6	28	51.1	20	7.6	8	19.2	38	3.0	13	2.1	35
VLG LN20 Breakfast Veggie Sausage and Egg Muffin	417.3	21	1745.7	21	17.2	25	3.0	15	44.6	17	7.8	9	19.6	39	4.4	18	1.8	30
VLG LN20 Breakfast Bacon and Egg Muffin	412.0	21	1722.3	21	18.2	26	3.8	19	40.3	15	6.3	7	21.9	44	2.4	10	2.8	47
VLG LN20 Breakfast Bacon and Sausage Muffin	396.1	20	1660.5	20	12.3	18	4.1	21	51.1	20	7.4	8	19.9	40	3.0	13	3.3	54
VLG LN20 Breakfast Brunch Omelette	635.8	32	2652.2	32	45.9	66	20.1	100	7.5	3	7.9	9	53.6	107	2.0	8	3.3	55
VLG LN20 Breakfast Black Pudding	99.7	5	417.1	5	4.8	7	1.9	10	8.8	3	1.4	2	6.3	13	0.0	0	0.9	15
VLG LN20 Breakfast Bacon Rasher	56.7	3	236.7	3	2.8	4	1.0	5	0.0	0	0.0	0	7.8	16	0.0	0	1.4	23
VLG LN20 Breakfast Sausage	140.2	7	584.5	7	8.3	12	2.8	14	10.8	4	1.3	1	5.1	10	0.6	3	0.7	11
VLG LN20 Breakfast Veggie Sausage	62.0	3	260.0	3	1.9	3	0.2	1	4.4	2	1.5	2	5.5	11	2.0	8	0.4	7

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	%
VLG LN20 Breakfast Scrambled Egg	119.7	6	497.7	6	9.4	13	4.2	21	0.9	0	1.2	1	7.8	16	0.0	0	0.4	7
VLG LN20 Breakfast 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
VLG LN20 Breakfast Hash Browns x 2	117.9	6	491.1	6	6.9	10	2.9	15	11.8	5	0.4	0	1.3	3	1.6	7	0.3	5
VLG LN20 Breakfast Grilled Tomato	10.1	1	43.3	1	0.2	0	0.1	0	1.8	1	1.8	2	0.4	1	0.8	3	0.0	0
VLG LN20 Breakfast Grilled Mushroom	24.3	1	101.0	1	2.1	3	0.3	1	0.2	0	0.1	0	1.1	2	0.9	4	0.0	0
VLG LN20 Breakfast Toast and Butter	236.0	12	987.3	12	13.0	19	7.4	37	23.5	9	0.7	1	6.6	13	2.2	9	0.7	12
VLG LN20 Cheese Plate	786.2	39	3283.1	39	55.6	79	30.0	150	39.8	15	16.4	18	31.1	62	2.4	10	2.7	45
VLG LN SB Prawn and Vegetable Jalfrezi	997.0	50	4193.4	50	29.3	42	2.8	14	153.3	59	30.0	33	29.6	59	12.4	52	5.8	96
VLG LN20 Chicken Tikka Masala	1123.0	56	4738.2	56	29.1	42	6.2	31	169.3	65	25.9	29	46.0	92	11.9	50	4.1	69
VLG LN20 Beef Madras	1214.8	61	5112.2	61	36.9	53	7.9	39	173.4	67	30.0	33	44.0	88	12.9	54	5.2	86
VLG LN20 SB VGN Penang Curry	619.8	31	2626.5	31	26.3	38	22.7	114	86.0	33	16.6	18	12.3	25	5.9	25	1.0	16
VLG LN20 SB Roasted Vegetable Jalfrezi	1136.6	57	4779.0	57	33.2	47	3.1	16	181.9	70	31.3	35	25.9	52	14.6	61	5.0	83
VLG LN20 SB VGN Roasted Vegetable Jalfrezi	720.5	36	3025.2	36	25.0	36	2.3	11	112.6	43	28.5	32	12.2	24	10.0	41	3.2	54
VLG LN20 SB Butter Chicken	1216.6	61	5146.6	61	34.2	49	11.6	58	160.2	62	24.7	27	67.8	136	8.9	37	4.1	69
VLG LN20 VGN Burmese Baby Aubergine Curry	701.2	35	2947.5	35	32.2	46	9.5	47	94.0	36	16.1	18	10.1	20	8.0	34	1.6	27
VLG LN20 Lamb Saag Masala	1231.8	62	5183.6	62	44.4	63	7.9	39	164.9	63	22.8	25	43.6	87	12.3	51	4.8	80
VLG LN20 Chicken Korma	1153.6	58	4860.6	58	29.1	42	10.6	53	174.7	67	32.0	36	48.4	97	9.5	40	4.7	78
VLG LN20 Chicken Tikka Samosas	194.6	10	811.5	10	7.9	11	2.1	11	20.0	8	2.9	3	10.7	21	1.2	5	0.5	9
VLG LN20 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
VLG LN20 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
VLG LN20 Chana Masala	274.0	14	1144.0	14	14.4	21	1.0	5	23.8	9	6.6	7	9.6	19	6.4	27	1.8	30
VLG LN20 Saag Aloo	224.0	11	940.0	11	13.2	19	1.0	5	20.4	8	5.2	6	4.4	9	4.0	17	1.2	20
VLG LN20 NGCI Soup of the Day	312.3	16	1309.8	16	16.9	24	6.8	34	32.3	12	7.7	9	5.0	10	5.9	25	1.6	27
VLG LN20 NGCI King Prawn Cup	267.2	13	1118.8	13	16.2	23	2.5	12	19.2	7	4.7	5	9.7	19	3.8	16	1.9	31
VLG LN20 NGCI Rump Steak 10oz	997.2	50	4162.2	50	55.4	79	17.1	86	51.9	20	5.1	6	68.4	137	9.3	39	2.6	43
VLG LN20 NGCI Sirloin Steak 8oz	956.5	48	3988.6	47	55.3	79	17.5	88	51.9	20	5.1	6	58.4	117	9.3	39	2.5	42
VLG LN20 NGCI Mixed Grill	1404.6	70	5871.6	70	72.8	104	20.0	100	67.1	26	9.3	10	115.2	230	10.9	46	6.8	113
VLG LN20 NGCI Ribeye Steak 10oz	1237.9	62	5156.7	61	76.4	109	27.1	135	53.5	21	5.1	6	79.3	159	9.5	39	2.5	42
VLG LN20 NGCI Sandwich Steak and Onion	1000.9	50	4178.8	50	52.6	75	12.6	63	88.9	34	16.8	19	36.6	73	11.2	47	3.0	51
VLG LN20 NGCI Sandwich Cheese and Chutney	776.2	39	3246.9	39	41.8	60	16.9	85	73.1	28	18.5	21	22.2	44	8.8	37	2.4	40
VLG LN20 NGCI Sandwich Roast Beef	562.5	28	2349.9	28	26.5	38	6.7	34	56.7	22	8.9	10	21.9	44	8.4	35	2.3	38
VLG LN20 NGCI Sandwich Roast Pork	465.8	23	1954.1	23	14.1	20	2.3	12	60.0	23	11.2	12	22.5	45	8.2	34	1.0	17
VLG LN20 NGCI Bread and Flora	294.5	15	1234.7	15	17.8	25	3.7	18	29.6	11	2.4	3	1.5	3	5.8	24	0.6	9

Recipes with Nutritional Reference Intake

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

Recipe Name	Energy				Fat		Saturates		Carb		Sugars		Protein		Fibre		Salt	
	kcal	%	kJ	%	g	%	g	%	g	%	g	%	g	%	g	%	g	%
VLG LN20 NGCI Sunday Beef	806.6	40	3374.5	40	37.5	54	13.0	65	72.5	28	20.9	23	46.4	93	15.9	66	3.2	53
VLG LN20 NGCI Sunday Beef Kids	396.0	20	1655.3	20	19.1	27	6.7	33	33.7	13	11.9	13	22.4	45	5.9	25	2.6	44
VLG LN20 NGCI Sunday Pork	681.8	34	2863.7	34	21.1	30	6.3	32	75.8	29	23.2	26	49.3	99	15.7	66	1.9	32
VLG LN20 NGCI Sunday Pork Kids	338.8	17	1423.1	17	10.0	14	3.2	16	38.8	15	15.1	17	23.9	48	6.6	28	1.4	23
VLG LN20 NGCI Sunday Chicken	1111.4	56	4652.3	55	52.4	75	15.5	77	76.0	29	24.4	27	86.4	173	17.4	73	3.8	64
VLG LN20 NGCI Sunday Chicken Kids	553.4	28	2316.1	28	25.7	37	7.8	39	38.8	15	16.1	18	42.5	85	7.6	31	2.4	40
VLG LN20 NGCI Chicken Tikka Masala	842.6	42	3560.4	42	21.5	31	5.5	27	123.8	48	23.3	26	40.8	82	7.8	32	4.1	68
VLG LN20 NGCI Beef Madras	934.4	47	3934.4	47	29.3	42	7.2	36	127.8	49	27.4	30	38.8	78	8.8	37	5.1	86
VLG LN20 NGCI Bantry Bay Mussels	507.3	25	2122.3	25	23.4	33	8.6	43	24.7	9	2.8	3	48.0	96	2.9	12	8.1	135
VLG LN20 NGCI Salad Grilled Chicken Breast	540.6	27	2288.2	27	10.3	15	1.6	8	68.7	26	5.6	6	48.4	97	4.3	18	1.6	27
VLG LN20 NGCI Sandwich Chicken and Bacon Club	1064.7	53	4443.9	53	56.5	81	9.4	47	96.1	37	8.4	9	36.0	72	14.2	59	4.6	76
VLG LN20 NGCI Sunday Trio of Meats	1114.4	56	4660.9	55	54.0	77	16.8	84	72.7	28	21.0	23	86.2	172	16.7	69	4.3	71
VLG LN20 NGCI Cajun Chicken	601.6	30	2521.0	30	24.9	36	5.1	26	46.3	18	3.5	4	46.9	94	5.8	24	2.4	40
VLG LN20 NGCI Cajun Chicken Under 300	257.5	13	1081.1	13	7.9	11	1.4	7	5.4	2	4.2	5	42.3	85	1.9	8	1.7	28
VLG LN20 NGCI Chicken Tikka Masala	842.6	42	3560.4	42	21.5	31	5.5	27	123.8	48	23.3	26	40.8	82	7.8	32	4.1	68
VLG LN20 NGCI Chocolate Fudge Cake	809.2	40	3374.8	40	51.7	74	20.5	102	81.7	31	66.6	74	6.5	13	3.1	13	0.4	6
VLG LN20 NGCI Chocolate Indulgence Sundae	545.8	27	2284.1	27	29.2	42	18.3	91	62.8	24	53.9	60	7.4	15	-	-	0.4	7
VLG LN20 NGCI Ham and Eggs	499.9	25	2083.8	25	31.2	45	6.8	34	24.6	9	2.1	2	28.1	56	2.6	11	4.7	78
VLG LN20 NGCI Hunters Chicken	971.6	49	4077.4	49	42.9	61	17.0	85	74.1	28	30.8	34	70.1	140	6.0	25	5.9	98
VLG LN20 NGCI Ice Cream Sundae	502.3	25	2098.3	25	28.0	40	17.6	88	55.1	21	46.6	52	6.4	13	-	-	0.4	6
VLG LN20 NGCI VGN Ice Cream Sundae	330.1	17	1380.4	16	11.9	17	10.4	52	48.7	19	30.2	34	-	-	8.7	36	0.1	1
VLG LN20 NGCI VGN Jacket Bologna	374.6	19	1582.5	19	7.6	11	1.5	8	62.8	24	8.6	10	14.5	29	8.7	36	1.6	27
VLG LN20 NGCI Jacket Cheese and Beans	639.3	32	2682.6	32	32.9	47	14.8	74	62.7	24	7.6	8	27.2	54	9.9	41	1.9	31
VLG LN20 NGCI Jacket Plain	308.4	15	1300.3	15	14.6	21	3.4	17	42.1	16	2.1	2	5.2	10	4.5	19	0.0	1
VLG LN20 NGCI Jacket Tuna Mayo	445.2	22	1873.0	22	22.8	33	4.1	20	45.4	17	3.5	4	17.8	36	4.9	20	0.9	15
VLG LN20 NGCI LB Gammon Steak 5oz	806.3	40	3363.5	40	47.3	68	12.2	61	50.7	20	3.5	4	40.6	81	8.5	35	5.5	91
VLG LN20 NGCI LB Hunters Chicken	692.5	35	2902.6	35	32.8	47	11.0	55	59.2	23	16.7	19	37.4	75	5.6	23	3.3	55
VLG LN20 NGCI VGN LB Sweet Potato and Chickpea Tagine	301.9	15	1267.1	15	15.1	22	1.9	10	34.0	13	15.8	18	8.5	17	7.7	32	3.0	50
VLG LN20 NGCI Minty Sundae	581.1	29	2428.8	29	32.2	46	20.0	100	64.9	25	56.4	63	6.8	14	-	-	0.4	7
VLG LN20 NGCI Sandwich Tuna Mayonnaise and Sweetcorn	792.8	40	3313.2	39	39.1	56	6.7	33	79.2	30	5.4	6	25.2	50	11.5	48	2.6	43
VLG LN20 NGCI Simply Delicious	356.2	18	1486.8	18	18.8	27	11.4	57	41.0	16	35.4	39	5.0	10	0.8	4	0.3	6

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	%
VLG LN20 NGCI Sticky Toffee Pudding	588.8	29	2473.3	29	21.6	31	13.1	66	94.7	36	77.9	87	4.4	9	1.1	5	0.3	5
VLG LN20 NGCI Strawberry and Lemon Meringue Sundae	506.2	25	2121.0	25	24.5	35	15.2	76	65.2	25	55.9	62	5.7	11	0.5	2	0.4	7
VLG LN20 NGCI Potato Skins Cheese and Bacon	527.1	26	2205.3	26	30.4	43	15.1	75	35.7	14	16.0	18	25.2	50	4.1	17	3.5	58
VLG LN20 NGCI Potato Skins Stilton and Mushroom	506.6	25	2109.0	25	33.2	47	13.2	66	35.9	14	16.0	18	13.4	27	5.0	21	1.8	30
VLG LN20 NGCI VGN Potato Skins Spicy Guacamole	308.4	15	1280.2	15	18.3	26	4.7	24	29.4	11	5.9	7	4.4	9	4.9	20	1.2	20
VLG LN20 NGCI Mexicano Nachos	418.4	21	1739.0	21	24.3	35	8.8	44	36.0	14	3.8	4	12.0	24	2.7	11	1.9	31
VLG LN20 NGCI VGN Mexicano Nachos	322.9	16	1342.0	16	15.7	22	2.1	11	37.9	15	5.2	6	5.2	10	3.3	14	1.9	32
VLG LN20 NGCI VGN Kefalonia Olives	256.5	13	1068.0	13	15.8	23	5.1	26	7.4	3	0.0	0	2.1	4	0.3	1	4.5	74
VLG LN20 NGCI Sriracha Chicken Chopsticks	186.5	9	782.7	9	6.1	9	3.7	19	7.6	3	4.5	5	26.9	54	3.1	13	0.6	10
VLG LN20 NGCI Sweet Chilli King Prawn Skewer	415.7	21	362.4	4	0.9	1	0.3	2	16.4	6	13.7	15	18.7	37	0.4	2	1.9	31
VLG LN20 NGCI Honey and Mustard Mini Chorizos	769.6	38	3180.6	38	73.4	105	25.0	125	4.3	2	4.0	4	21.3	43	-	-	3.5	59
VLG LN20 NGCI Trademark Hunters Chicken	1261.9	63	5299.0	63	52.5	75	19.8	99	87.3	34	32.5	36	107.0	214	8.1	34	8.2	137
VLG LN20 NGCI Sweetcure Gammon Steaks	2698.2	135	11304.4	135	54.9	78	14.5	73	269.0	103	85.4	95	222.9	446	116.0	483	19.4	324
VLG LN20 NGCI Sausage and Cheesy Mash	863.5	43	3604.6	43	43.4	62	20.0	100	82.0	32	9.1	10	30.9	62	10.3	43	4.6	77
VLG LN20 NGCI Bantry Bay Mussels and Chips	967.9	48	4043.8	48	49.4	71	13.2	66	72.9	28	6.0	7	53.9	108	8.9	37	9.4	157
VLG LN20 NGCI Grilled Cod and Chorizo	1088.2	54	4532.6	54	69.8	100	27.1	135	43.3	17	10.1	11	71.7	143	-	-	4.7	78
VLG LN20 NGCI VGN Bolognese Pasta	561.1	28	2374.0	28	8.8	13	2.0	10	101.7	39	9.7	11	16.6	33	6.8	29	1.7	28
VLG LN20 NGCI VGN Sweet Potato and Chickpea Tagine	554.7	28	2348.5	28	15.7	22	2.1	10	94.7	36	14.5	16	13.7	27	9.1	38	3.0	51
VLG LN20 NGCI Chicken and Bacon Salad	438.5	22	1830.9	22	23.0	33	3.1	16	8.5	3	7.6	8	50.5	101	2.1	9	2.6	43
VLG LN20 NGCI Sweet Chilli Halloumi and Red Pepper Salad	474.2	24	1968.0	23	26.0	37	16.2	81	36.5	14	31.4	35	23.8	48	-	-	3.9	65
VLG LN20 NGCI Jacket Bologna	436.5	22	1841.4	22	14.6	21	3.2	16	62.8	24	8.6	10	14.5	29	8.7	36	1.6	27
VLG LN20 NGCI VGN Sandwich Red Pepper and Spicy Guacamole	758.9	38	3160.5	38	41.0	59	8.1	40	83.3	32	8.6	10	8.9	18	12.6	52	2.2	37
VLG LN20 NGCI Praline Chocolate Tart	567.1	28	2365.6	28	34.6	49	18.0	90	52.9	20	26.6	30	7.6	15	-	-	0.2	4
VLG LN20 NGCI VGN Praline Chocolate Tart	540.5	27	2254.9	27	32.7	47	18.0	90	50.0	19	22.3	25	6.4	13	-	-	0.1	2
VLG NGCI Sunday Roasts	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG NGCI Kids Sunday Roasts	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VLG LN20 Carvery Small	748.9	37	3147.6	37	22.6	32	7.2	36	99.3	38	19.7	22	38.1	76	14.2	59	4.9	82
VLG LN20 Carvery Small (Non FWE)	757.9	38	3185.3	38	23.7	34	7.8	39	99.2	38	19.7	22	37.9	76	14.2	59	5.0	84
VLG LN20 Carvery Small Meat Free	738.3	37	3106.6	37	16.7	24	5.5	28	119.4	46	30.6	34	26.5	53	23.0	96	5.0	83

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	%		
VLG LN20 Carvery Small Vegetarian	1499.6	75	6284.9	75	66.4	95	20.3	102	183.2	70	33.4	37	43.7	87	23.4	98	7.7	128
VLG LN20 Carvery Standard	988.9	49	4154.9	49	30.0	43	10.0	50	127.8	49	24.2	27	53.1	106	18.4	77	7.1	118
VLG LN20 Carvery Standard (Non FWE)	1002.4	50	4211.5	50	31.6	45	10.8	54	127.8	49	24.2	27	52.8	106	18.4	77	7.2	121
VLG LN20 Carvery Standard Meat Free	946.4	47	3981.8	47	20.5	29	7.1	36	154.6	59	38.8	43	34.2	68	30.1	126	7.0	116
VLG LN20 Carvery Standard Vegetarian	1311.4	66	5498.9	65	53.4	76	16.6	83	170.1	65	30.3	34	38.6	77	22.3	93	7.6	127
VLG LN20 Carvery Large	1336.5	67	5616.3	67	40.9	58	13.3	67	172.6	66	30.4	34	71.5	143	24.0	100	9.0	150
VLG LN20 Carvery Large (Non FWE)	1354.5	68	5691.7	68	43.1	62	14.4	72	172.6	66	30.4	34	71.1	142	24.0	100	9.2	153
VLG LN20 Sunday Carvery Small	748.9	37	3147.6	37	22.6	32	7.2	36	99.3	38	19.7	22	38.1	76	14.2	59	4.9	82
VLG LN20 Sunday Carvery Small (Non FWE)	757.9	38	3185.3	38	23.7	34	7.8	39	99.2	38	19.7	22	37.9	76	14.2	59	5.0	84
VLG LN20 Sunday Carvery Small Meat Free	738.3	37	3106.6	37	16.7	24	5.5	28	119.4	46	30.6	34	26.5	53	23.0	96	5.0	83
VLG LN20 Sunday Carvery Small Vegetarian	1499.6	75	6284.9	75	66.4	95	20.3	102	183.2	70	33.4	37	43.7	87	23.4	98	7.7	128
VLG LN20 Sunday Carvery Standard	988.9	49	4154.9	49	30.0	43	10.0	50	127.8	49	24.2	27	53.1	106	18.4	77	7.1	118
VLG LN20 Sunday Carvery Standard (Non FWE)	1002.4	50	4211.5	50	31.6	45	10.8	54	127.8	49	24.2	27	52.8	106	18.4	77	7.2	121
VLG LN20 Sunday Carvery Standard Meat Free	946.4	47	3981.8	47	20.5	29	7.1	36	154.6	59	38.8	43	34.2	68	30.1	126	7.0	116
VLG LN20 Sunday Carvery Standard Vegetarian	1311.4	66	5498.9	65	53.4	76	16.6	83	170.1	65	30.3	34	38.6	77	22.3	93	7.6	127
VLG LN20 Sunday Carvery Large	1336.5	67	5616.3	67	40.9	58	13.3	67	172.6	66	30.4	34	71.5	143	24.0	100	9.0	150
VLG LN20 Sunday Carvery Large (Non FWE)	1354.5	68	5691.7	68	43.1	62	14.4	72	172.6	66	30.4	34	71.1	142	24.0	100	9.2	153