

## 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    | %   |
| TST LN20 Grazer Mexican Nachos                             | 430.4  | 22 | 1808.1 | 22 | 22.2 | 32 | 6.1       | 30  | 45.7  | 18 | 1.4    | 2  | 9.8     | 20  | 3.1   | 13  | 1.7  | 28  |
| TST LN20 VGN Grazer Olives and Ciabatta                    | 467.4  | 23 | 1946.5 | 23 | 29.9 | 43 | 8.0       | 40  | 34.6  | 13 | 4.6    | 5  | 5.7     | 11  | 2.1   | 9   | 2.5  | 41  |
| TST LN20 Grazer Crispy Jumbo Shrimp                        | 677.9  | 34 | 644.7  | 8  | 8.4  | 12 | 2.6       | 13  | 32.6  | 13 | 12.0   | 13 | 11.9    | 24  | 1.4   | 6   | 1.6  | 26  |
| TST LN20 Grazer Breaded Mushrooms                          | 423.4  | 21 | 1782.2 | 21 | 21.6 | 31 | 4.2       | 21  | 47.4  | 18 | 14.1   | 16 | 8.6     | 17  | 4.1   | 17  | 1.9  | 32  |
| TST LN20 Grazer Fish & Chips Bites                         | 345.9  | 17 | 1442.1 | 17 | 19.9 | 28 | 3.6       | 18  | 27.1  | 10 | 4.2    | 5  | 15.6    | 31  | 2.5   | 11  | 1.5  | 25  |
| TST LN20 Grazer Thai Chicken Skewers                       | 144.7  | 7  | 611.2  | 7  | 1.5  | 2  | 0.3       | 1   | 7.8   | 3  | 3.7    | 4  | 26.2    | 52  | 3.3   | 14  | 0.8  | 13  |
| TST LN20 Grazer Halloumi Fries                             | 376.1  | 19 | 1559.7 | 19 | 27.3 | 39 | 15.3      | 76  | 13.1  | 5  | 3.5    | 4  | 19.9    | 40  | -     | -   | 3.1  | 52  |
| TST LN20 Grazer BBQ Chicken Strips                         | 550.6  | 28 | 2288.1 | 27 | 32.1 | 46 | 11.0      | 55  | 40.0  | 15 | 12.6   | 14 | 25.5    | 51  | 2.4   | 10  | 1.1  | 19  |
| TST LN20 VGN Grazer Crispy Potato Skins BBQ Jackfruit      | 331.5  | 17 | 1384.6 | 16 | 15.2 | 22 | 3.2       | 16  | 41.6  | 16 | 14.0   | 16 | 4.3     | 9   | 5.5   | 23  | 0.9  | 15  |
| TST LN20 Grazer Crispy Potato Skins Cheese and Bacon       | 410.9  | 21 | 1707.3 | 20 | 28.2 | 40 | 11.9      | 60  | 22.0  | 8  | 2.2    | 2  | 15.3    | 31  | 3.7   | 16  | 1.9  | 31  |
| TST LN20 VGN Grazer Buffalo Cauliflower Wings              | 167.5  | 8  | 702.5  | 8  | 3.4  | 5  | 1.0       | 5   | 31.4  | 12 | 17.1   | 19 | 3.4     | 7   | 2.0   | 8   | 1.3  | 21  |
| TST LN20 Grazer Chicken Wings BBQ                          | 623.9  | 31 | 2593.7 | 31 | 40.3 | 58 | 10.3      | 52  | 16.5  | 6  | 13.4   | 15 | 48.6    | 97  | 1.5   | 6   | 2.8  | 46  |
| TST LN20 Grazer Chicken Wings Flaming Hot                  | 593.3  | 30 | 2467.1 | 29 | 40.6 | 58 | 10.4      | 52  | 7.3   | 3  | 4.1    | 5  | 48.7    | 97  | 1.7   | 7   | 3.6  | 60  |
| TST LN20 Grazer Chicken Wings Thai Sweet Chilli            | 625.5  | 31 | 2601.2 | 31 | 40.2 | 57 | 10.3      | 52  | 17.4  | 7  | 12.5   | 14 | 48.3    | 97  | 1.5   | 6   | 3.0  | 50  |
| TST LN20 Grazer Sticky BBQ Ribs                            | 578.3  | 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  |
| TST LN20 NGCI Grazer Chicken Wings Thai Sweet Chilli       | 625.5  | 31 | 2601.2 | 31 | 40.2 | 57 | 10.3      | 52  | 17.4  | 7  | 12.5   | 14 | 48.3    | 97  | 1.5   | 6   | 3.0  | 50  |
| TST LN20 NGCI VGN Grazer Crispy Potato Skins BBQ Jackfruit | 331.5  | 17 | 1384.6 | 16 | 15.2 | 22 | 3.2       | 16  | 41.6  | 16 | 14.0   | 16 | 4.3     | 9   | 5.5   | 23  | 0.9  | 15  |
| TST LN20 NGCI Grazer Crispy Potato Skins Cheese and Bacon  | 410.9  | 21 | 1707.3 | 20 | 28.2 | 40 | 11.9      | 60  | 22.0  | 8  | 2.2    | 2  | 15.3    | 31  | 3.7   | 16  | 1.9  | 31  |
| TST LN20 NGCI Grazer Fish & Chips Bites                    | 345.9  | 17 | 1442.1 | 17 | 19.9 | 28 | 3.6       | 18  | 27.1  | 10 | 4.2    | 5  | 15.6    | 31  | 2.5   | 11  | 1.5  | 25  |
| TST LN20 NGCI Grazer Mexican Nachos                        | 603.8  | 30 | 2536.5 | 30 | 31.1 | 44 | 8.5       | 43  | 64.1  | 25 | 2.0    | 2  | 13.7    | 27  | 4.4   | 18  | 2.4  | 40  |
| TST LN20 VGN Grazer Bruschetta                             | 246.3  | 12 | 1034.4 | 12 | 10.0 | 14 | 3.6       | 18  | 32.8  | 13 | 5.9    | 7  | 5.6     | 11  | 3.3   | 14  | 0.6  | 9   |
| TST LN20 Fish and Chips                                    | 1115.1 | 56 | 4685.2 | 56 | 36.5 | 52 | 7.2       | 36  | 120.4 | 46 | 8.3    | 9  | 69.5    | 139 | 14.8  | 62  | 4.0  | 67  |
| TST LN20 Sweetcure Gammon Steak                            | 964.2  | 48 | 4049.3 | 48 | 33.9 | 48 | 9.8       | 49  | 63.1  | 24 | 14.2   | 16 | 96.9    | 194 | 10.9  | 45  | 8.6  | 143 |
| TST LN20 Sweetcure Gammon Steak Under 600                  | 559.3  | 28 | 2356.5 | 28 | 15.9 | 23 | 5.8       | 29  | 15.7  | 6  | 14.9   | 17 | 88.3    | 177 | 4.1   | 17  | 7.4  | 123 |
| TST LN20 Hunters Chicken                                   | 1040.6 | 52 | 4346.4 | 52 | 51.7 | 74 | 20.2      | 101 | 75.1  | 29 | 28.9   | 32 | 68.0    | 136 | 6.7   | 28  | 5.1  | 85  |
| TST LN20 Hunters Chicken Under 550                         | 509.0  | 25 | 2127.5 | 25 | 23.9 | 34 | 10.3      | 51  | 19.3  | 7  | 17.5   | 19 | 55.7    | 111 | 2.3   | 9   | 3.4  | 56  |
| TST LN20 Rump Steak  | 1079.2 | 54 | 4503.9 | 54 | 60.8 | 87 | 16.8      | 84  | 69.0  | 27 | 6.6    | 7  | 59.0    | 118 | 10.9  | 45  | 3.5  | 58  |
| TST LN20 Rump Steak Under 550                              | 519.9  | 26 | 2167.0 | 26 | 33.4 | 48 | 11.1      | 56  | 6.4   | 2  | 5.9    | 7  | 48.6    | 97  | 2.8   | 12  | 1.6  | 27  |
| TST LN20 Beef Lasagne                                      | 628.1  | 31 | 2618.6 | 31 | 26.9 | 38 | 10.4      | 52  | 75.0  | 29 | 15.7   | 17 | 22.1    | 44  | 29.2  | 122 | 2.1  | 36  |
| TST LN20 Beef Lasagne Under 450                            | 410.5  | 21 | 1706.6 | 20 | 17.5 | 25 | 6.9       | 35  | 47.4  | 18 | 14.5   | 16 | 17.6    | 35  | 27.9  | 116 | 1.6  | 27  |

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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    | %   |
| TST LN20 Wholetails of Breaded Scampi           | 1531.7 | 77 | 3277.7 | 39 | 45.6  | 65  | 11.0      | 55  | 95.7  | 37 | 9.8    | 11 | 27.8    | 56  | 13.7  | 57 | 3.5  | 58  |
| TST LN20 Chicken Tikka Masala                   | 1136.6 | 57 | 4786.2 | 57 | 32.5  | 46  | 8.2       | 41  | 160.1 | 62 | 30.5   | 34 | 46.5    | 93  | 11.2  | 47 | 5.0  | 83  |
| TST LN20 Steak and Ale Pie                      | 1143.3 | 57 | 4779.6 | 57 | 52.8  | 75  | 18.6      | 93  | 128.4 | 49 | 8.6    | 10 | 32.4    | 65  | 11.5  | 48 | 3.7  | 62  |
| TST LN20 Sticky BBQ Ribs and Chicken            | 1933.9 | 97 | 8076.7 | 96 | 114.8 | 164 | 40.0      | 200 | 116.1 | 45 | 44.4   | 49 | 106.6   | 213 | 7.3   | 31 | 5.1  | 85  |
| TST LN20 NGCI Sweetcure Gammon Steak            | 964.2  | 48 | 4049.3 | 48 | 33.9  | 48  | 9.8       | 49  | 63.1  | 24 | 14.2   | 16 | 96.9    | 194 | 10.9  | 45 | 8.6  | 143 |
| TST LN20 NGCI Sweetcure Gammon Steak Under 600  | 559.3  | 28 | 2356.5 | 28 | 15.9  | 23  | 5.8       | 29  | 15.7  | 6  | 14.9   | 17 | 88.3    | 177 | 4.1   | 17 | 7.4  | 123 |
| TST LN20 NGCI Hunters Chicken                   | 1040.6 | 52 | 4346.4 | 52 | 51.7  | 74  | 20.2      | 101 | 75.1  | 29 | 28.9   | 32 | 68.0    | 136 | 6.7   | 28 | 5.1  | 85  |
| TST LN20 NGCI Hunters Chicken Under 550         | 509.0  | 25 | 2127.5 | 25 | 23.9  | 34  | 10.3      | 51  | 19.3  | 7  | 17.5   | 19 | 55.7    | 111 | 2.3   | 9  | 3.4  | 56  |
| TST LN20 NGCI Rump Steak                        | 924.8  | 46 | 3859.8 | 46 | 51.5  | 74  | 15.1      | 75  | 53.8  | 21 | 5.1    | 6  | 57.2    | 114 | 9.7   | 40 | 2.8  | 46  |
| TST LN20 NGCI Rump Steak Under 550              | 519.9  | 26 | 2167.0 | 26 | 33.4  | 48  | 11.1      | 56  | 6.4   | 2  | 5.9    | 7  | 48.6    | 97  | 2.8   | 12 | 1.6  | 27  |
| TST 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  |
| TST LN20 Aubergine Pasta                        | 756.2  | 38 | 3185.2 | 38 | 18.8  | 27  | 5.2       | 26  | 121.8 | 47 | 27.2   | 30 | 19.7    | 39  | 11.8  | 49 | 2.7  | 45  |
| TST LN20 Rump and Shrimp                        | 1544.1 | 77 | 4805.6 | 57 | 67.1  | 96  | 18.7      | 94  | 82.8  | 32 | 6.8    | 8  | 67.8    | 136 | 11.5  | 48 | 4.2  | 70  |
| TST LN20 Sticky BBQ Ribs                        | 1684.0 | 84 | 7038.4 | 84 | 98.8  | 141 | 34.5      | 173 | 102.2 | 39 | 44.0   | 49 | 94.0    | 188 | 6.2   | 26 | 4.7  | 79  |
| TST LN20 Veggie Fish and Chips                  | 994.5  | 50 | 4167.1 | 50 | 42.6  | 61  | 7.0       | 35  | 122.1 | 47 | 10.3   | 11 | 23.3    | 47  | 17.0  | 71 | 4.5  | 75  |
| TST LN20 VGN Veggie Fish n Chips                | 922.3  | 46 | 3867.5 | 46 | 36.4  | 52  | 6.6       | 33  | 118.1 | 45 | 7.3    | 8  | 23.3    | 47  | 16.8  | 70 | 4.1  | 69  |
| TST LN20 Salad Crispy Jumbo Shrimp              | 1082.6 | 54 | 1245.9 | 15 | 20.2  | 29  | 4.9       | 24  | 42.4  | 16 | 13.1   | 15 | 23.5    | 47  | 9.4   | 39 | 1.6  | 27  |
| TST LN20 Salad Grilled Chicken Breast           | 358.1  | 18 | 1508.0 | 18 | 12.4  | 18  | 2.0       | 10  | 15.8  | 6  | 13.6   | 15 | 46.9    | 94  | 7.8   | 32 | 1.2  | 19  |
| TST LN20 Salad Red Pepper and Mushroom          | 239.6  | 12 | 1004.2 | 12 | 13.2  | 19  | 2.0       | 10  | 21.5  | 8  | 19.0   | 21 | 9.0     | 18  | 11.8  | 49 | 0.2  | 4   |
| TST LN20 VGN Salad Red Pepper and Mushroom      | 241.9  | 12 | 1014.1 | 12 | 13.3  | 19  | 2.0       | 10  | 21.7  | 8  | 19.0   | 21 | 9.1     | 18  | 12.0  | 50 | 0.5  | 8   |
| TST LN20 Salad Rump Steak                       | 388.0  | 19 | 1622.0 | 19 | 23.7  | 34  | 6.4       | 32  | 14.1  | 5  | 12.2   | 14 | 29.2    | 58  | 7.8   | 32 | 0.9  | 14  |
| TST LN20 Salad Buffalo Cauliflower Wings        | 263.9  | 13 | 1110.2 | 13 | 11.0  | 16  | 1.9       | 10  | 32.9  | 13 | 17.3   | 19 | 8.7     | 17  | 9.5   | 40 | 1.1  | 18  |
| TST LN20 VGN Salad Buffalo Cauliflower Wings    | 266.3  | 13 | 1120.1 | 13 | 11.1  | 16  | 1.9       | 10  | 33.1  | 13 | 17.3   | 19 | 8.9     | 18  | 9.7   | 41 | 1.3  | 22  |
| TST LN20 Salad Thai Chicken Skewers             | 277.4  | 14 | 1170.6 | 14 | 8.2   | 12  | 1.2       | 6   | 20.5  | 8  | 15.6   | 17 | 31.7    | 63  | 10.8  | 45 | 0.8  | 13  |
| TST LN20 NGCI Salad Grilled Chicken Breast      | 358.1  | 18 | 1508.0 | 18 | 12.4  | 18  | 2.0       | 10  | 15.8  | 6  | 13.6   | 15 | 46.9    | 94  | 7.8   | 32 | 1.2  | 19  |
| TST LN20 NGCI Salad Thai Chicken Skewers        | 277.4  | 14 | 1170.6 | 14 | 8.2   | 12  | 1.2       | 6   | 20.5  | 8  | 15.6   | 17 | 31.7    | 63  | 10.8  | 45 | 0.8  | 13  |
| TST LN20 NGCI Salad Red Pepper & Mushroom       | 239.6  | 12 | 1004.2 | 12 | 13.2  | 19  | 2.0       | 10  | 21.5  | 8  | 19.0   | 21 | 9.0     | 18  | 11.8  | 49 | 0.2  | 4   |
| TST LN20 NGCI VGN Salad Red Pepper and Mushroom | 239.6  | 12 | 1004.2 | 12 | 13.2  | 19  | 2.0       | 10  | 21.5  | 8  | 19.0   | 21 | 9.0     | 18  | 11.8  | 49 | 0.2  | 4   |
| TST LN20 NGCI Salad Rump Steak                  | 388.0  | 19 | 1622.0 | 19 | 23.7  | 34  | 6.4       | 32  | 14.1  | 5  | 12.2   | 14 | 29.2    | 58  | 7.8   | 32 | 0.9  | 14  |
| TST LN20 VGN Mixed Olives                       | 111.2  | 6  | 462.8  | 6  | 6.8   | 10  | 2.2       | 11  | 3.2   | 1  | 0.0    | 0  | 0.9     | 2   | 0.1   | 1  | 1.9  | 32  |
| TST LN20 Burger Classic Beef                    | 993.7  | 50 | 4171.6 | 50 | 38.7  | 55  | 8.9       | 44  | 107.5 | 41 | 13.5   | 15 | 49.6    | 99  | 9.0   | 37 | 4.4  | 73  |

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| Recipe Name                                      | Energy |     |        |     | Fat   |     | Saturates |     | Carb  |    | Sugars |    | Protein |     | Fibre |    | Salt |     |
|--|--------|-----|--------|-----|-------|-----|-----------|-----|-------|----|--------|----|---------|-----|-------|----|------|-----|
|  | kcal   | %   | kJ     | %   | g     | %   | g         | %   | g     | %  | g      | %  | g       | %   | g     | %  | g    | %   |
| TST LN20 Burger Classic Beef XL                  | 1223.2 | 61  | 5138.9 | 61  | 45.3  | 65  | 11.4      | 57  | 114.9 | 44 | 13.6   | 15 | 84.7    | 169 | 9.1   | 38 | 5.8  | 97  |
| TST LN20 Burger Classic Beef Under 500           | 484.8  | 24  | 2045.3 | 24  | 11.4  | 16  | 3.3       | 16  | 51.1  | 20 | 14.0   | 16 | 43.3    | 87  | 4.2   | 18 | 2.9  | 48  |
| TST LN20 Burger Classic Coated Chicken           | 1251.4 | 63  | 5241.9 | 62  | 54.6  | 78  | 15.6      | 78  | 132.0 | 51 | 14.1   | 16 | 51.8    | 104 | 10.0  | 42 | 6.5  | 109 |
| TST LN20 Burger Classic Coated Chicken XL        | 1738.6 | 87  | 7279.5 | 87  | 77.2  | 110 | 25.0      | 125 | 163.9 | 63 | 14.8   | 16 | 89.0    | 178 | 11.2  | 47 | 10.1 | 169 |
| TST LN20 Burger Classic Coated Chicken Under 700 | 742.5  | 37  | 3115.6 | 37  | 27.3  | 39  | 10.1      | 50  | 75.7  | 29 | 14.6   | 16 | 45.5    | 91  | 5.3   | 22 | 5.0  | 84  |
| TST LN20 Burger Classic Soya                     | 1012.8 | 51  | 4245.0 | 51  | 45.5  | 65  | 7.3       | 37  | 111.2 | 43 | 15.3   | 17 | 34.2    | 68  | 11.5  | 48 | 4.1  | 68  |
| TST LN20 Burger Classic Soya L                   | 1261.4 | 63  | 5285.7 | 63  | 58.9  | 84  | 8.3       | 42  | 122.3 | 47 | 17.2   | 19 | 53.7    | 107 | 14.2  | 59 | 5.2  | 86  |
| TST LN20 Burger Classic Soya Under 500           | 503.9  | 25  | 2118.7 | 25  | 18.2  | 26  | 1.7       | 9   | 54.8  | 21 | 15.8   | 18 | 27.9    | 56  | 6.8   | 28 | 2.6  | 43  |
| TST LN20 VGN Burger Classic Soya                 | 1012.8 | 51  | 4245.0 | 51  | 45.5  | 65  | 7.3       | 37  | 111.2 | 43 | 15.3   | 17 | 34.2    | 68  | 11.5  | 48 | 4.1  | 68  |
| TST LN20 VGN Burger Classic Soya L               | 1261.4 | 63  | 5285.7 | 63  | 58.9  | 84  | 8.3       | 42  | 122.3 | 47 | 17.2   | 19 | 53.7    | 107 | 14.2  | 59 | 5.2  | 86  |
| TST LN20 VGN Burger Classic Soya Under 500       | 503.9  | 25  | 2118.7 | 25  | 18.2  | 26  | 1.7       | 9   | 54.8  | 21 | 15.8   | 18 | 27.9    | 56  | 6.8   | 28 | 2.6  | 43  |
| TST LN20 Burger Route 66 Beef                    | 1431.2 | 72  | 5986.3 | 71  | 72.6  | 104 | 34.9      | 175 | 116.4 | 45 | -      | -  | 73.8    | 148 | 11.5  | 48 | -    | -   |
| TST LN20 Burger Route 66 Beef XL                 | 1489.2 | 74  | 6238.5 | 74  | 68.1  | 97  | 26.5      | 132 | 116.4 | 45 | -      | -  | 98.9    | 198 | 11.4  | 48 | -    | -   |
| TST LN20 Burger Route 66 Chicken                 | 1688.9 | 84  | 7056.6 | 84  | 88.5  | 126 | 41.7      | 209 | 140.9 | 54 | -      | -  | 76.0    | 152 | 12.6  | 52 | -    | -   |
| TST LN20 Burger Route 66 Chicken XL              | 2034.8 | 102 | 8507.7 | 101 | 100.1 | 143 | 40.1      | 200 | 172.2 | 66 | -      | -  | 103.5   | 207 | 13.8  | 57 | -    | -   |
| TST LN20 Burger Blue Moon                        | 1206.5 | 60  | 5054.6 | 60  | 56.5  | 81  | 20.4      | 102 | 107.8 | 41 | 13.7   | 15 | 62.6    | 125 | 9.8   | 41 | 5.4  | 89  |
| TST LN20 Burger Blue Moon XL                     | 1436.0 | 72  | 6021.9 | 72  | 63.1  | 90  | 23.0      | 115 | 115.2 | 44 | 13.8   | 15 | 97.6    | 195 | 10.0  | 42 | 6.8  | 113 |
| TST LN20 Burger The Cheese Stacker               | 1378.6 | 69  | 5774.3 | 69  | 63.2  | 90  | 16.2      | 81  | 137.1 | 53 | 15.9   | 18 | 63.1    | 126 | 11.7  | 49 | 6.9  | 115 |
| TST LN20 Burger The Cheese Stacker XL            | 1608.1 | 80  | 6741.5 | 80  | 69.9  | 100 | 18.8      | 94  | 144.5 | 56 | 16.0   | 18 | 98.1    | 196 | 11.9  | 49 | 8.4  | 139 |
| TST LN20 Burger The Cowboy Cheese and Bacon      | 1269.3 | 63  | 5315.1 | 63  | 57.5  | 82  | 18.1      | 90  | 120.6 | 46 | 25.6   | 28 | 63.1    | 126 | 9.2   | 38 | 6.5  | 109 |
| TST LN20 Burger The Cowboy Cheese and Bacon XL   | 1498.8 | 75  | 6282.4 | 75  | 64.1  | 92  | 20.6      | 103 | 128.0 | 49 | 25.7   | 29 | 98.2    | 196 | 9.4   | 39 | 8.0  | 133 |
| TST LN20 Burger Dirty Chilli Cheese              | 1395.4 | 70  | 5845.7 | 70  | 63.0  | 90  | 21.0      | 105 | 131.9 | 51 | 30.6   | 34 | 70.5    | 141 | 10.9  | 45 | 6.3  | 105 |
| TST LN20 Burger Dirty Chilli Cheese XL           | 1624.9 | 81  | 6812.9 | 81  | 69.6  | 99  | 23.6      | 118 | 139.3 | 54 | 30.7   | 34 | 105.6   | 211 | 11.0  | 46 | 7.7  | 129 |
| TST LN20 Burger Classic Chicken Fillet           | 973.3  | 49  | 4084.9 | 49  | 36.8  | 53  | 7.3       | 37  | 101.8 | 39 | 14.8   | 16 | 55.8    | 112 | 8.8   | 37 | 3.9  | 65  |
| TST LN20 Burger Classic Chicken Fillet Under 600 | 464.4  | 23  | 1958.6 | 23  | 9.5   | 14  | 1.7       | 9   | 45.4  | 17 | 15.3   | 17 | 49.4    | 99  | 4.1   | 17 | 2.4  | 40  |
| TST LN20 Burger Classic Chicken Fillet XL        | 1182.4 | 59  | 4965.5 | 59  | 41.6  | 59  | 8.3       | 42  | 103.5 | 40 | 16.1   | 18 | 96.9    | 194 | 8.8   | 37 | 4.8  | 80  |
| TST LN20 Burger Inferno Chicken XL               | 1858.3 | 93  | 7778.5 | 93  | 84.4  | 121 | 29.2      | 146 | 172.5 | 66 | 21.0   | 23 | 92.8    | 186 | 12.0  | 50 | 12.9 | 215 |
| TST LN20 Burger Inferno Chicken                  | 1371.1 | 69  | 5740.8 | 68  | 61.8  | 88  | 19.8      | 99  | 140.5 | 54 | 20.3   | 23 | 55.6    | 111 | 10.8  | 45 | 9.3  | 155 |
| TST LN20 Burger Blue Moon L                      | 1321.2 | 66  | 5538.2 | 66  | 59.8  | 85  | 21.7      | 108 | 111.5 | 43 | 13.7   | 15 | 80.1    | 160 | 9.9   | 41 | 6.1  | 101 |
| TST LN20 Burger Classic Beef L                   | 1108.4 | 55  | 4655.2 | 55  | 42.0  | 60  | 10.1      | 51  | 111.2 | 43 | 13.6   | 15 | 67.1    | 134 | 9.0   | 38 | 5.1  | 85  |
| TST LN20 Burger Classic Coated Chicken L         | 1495.0 | 75  | 6260.7 | 75  | 65.9  | 94  | 20.3      | 102 | 148.0 | 57 | 14.5   | 16 | 70.4    | 141 | 10.6  | 44 | 8.3  | 139 |
| TST LN20 Burger Dirty Chilli Cheese L            | 1510.2 | 76  | 6329.3 | 75  | 66.3  | 95  | 22.3      | 112 | 135.6 | 52 | 30.7   | 34 | 88.0    | 176 | 11.0  | 46 | 7.0  | 117 |

## 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    | %   |
| TST LN20 Burger Inferno Chicken L                  | 1614.7 | 81 | 6759.6 | 80 | 73.1 | 104 | 24.5      | 123 | 156.5 | 60 | 20.6   | 23 | 74.2    | 148 | 11.4  | 47 | 11.1 | 185 |
| TST LN20 Burger Route 66 Beef L                    | 1404.7 | 70 | 5883.4 | 70 | 64.9 | 93  | 25.2      | 126 | 119.5 | 46 | -      | -  | 81.6    | 163 | 11.6  | 48 | -    | -   |
| TST LN20 Burger Route 66 Chicken L                 | 1746.3 | 87 | 7302.3 | 87 | 85.3 | 122 | 31.9      | 159 | 156.1 | 60 | -      | -  | 81.8    | 164 | 13.2  | 55 | -    | -   |
| TST LN20 Burger The Cheese Stacker L               | 1493.3 | 75 | 6257.9 | 74 | 66.6 | 95  | 17.5      | 88  | 140.8 | 54 | 16.0   | 18 | 80.6    | 161 | 11.8  | 49 | 7.6  | 127 |
| TST LN20 Burger The Cowboy Cheese and Bacon L      | 1384.1 | 69 | 5798.8 | 69 | 60.8 | 87  | 19.4      | 97  | 124.3 | 48 | 25.6   | 28 | 80.6    | 161 | 9.3   | 39 | 7.2  | 121 |
| TST LN20 The Philly Steak Burger                   | 1060.4 | 53 | 4436.0 | 53 | 51.6 | 74  | 13.9      | 69  | 105.0 | 40 | 11.1   | 12 | 40.2    | 80  | 10.0  | 42 | 4.1  | 68  |
| TST LN20 VGN Burger Jackfruit                      | 1154.0 | 58 | 4836.2 | 58 | 51.0 | 73  | 7.7       | 38  | 131.3 | 51 | 27.1   | 30 | 36.2    | 72  | 13.3  | 55 | 4.8  | 80  |
| TST LN20 VGN L Burger Jackfruit                    | 1402.6 | 70 | 5877.0 | 70 | 64.4 | 92  | 8.7       | 43  | 142.4 | 55 | 29.0   | 32 | 55.7    | 111 | 16.0  | 67 | 5.9  | 99  |
| TST LN20 Extra Bacon Rasher Burger                 | 104.4  | 5  | 432.1  | 5  | 8.9  | 13  | 3.1       | 16  | 0.0   | 0  | 0.0    | 0  | 6.0     | 12  | 0.0   | 0  | 1.2  | 20  |
| TST 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   |
| TST LN20 Jalapenos                                 | 7.6    | 0  | 88.8   | 1  | 0.0  | 0   | 0.0       | 0   | 1.6   | 1  | 0.4    | 0  | 0.4     | 1   | 1.6   | 7  | 0.6  | 11  |
| TST LN20 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  |
| TST LN20 Fried Onions                              | 108.7  | 5  | 448.7  | 5  | 8.6  | 12  | 1.0       | 5   | 7.2   | 3  | 5.1    | 6  | 1.1     | 2   | 1.7   | 7  | 0.0  | 0   |
| TST LN20 Stilton 25g                               | 102.5  | 5  | 425.0  | 5  | 8.8  | 13  | 5.8       | 29  | 0.0   | 0  | 0.0    | 0  | 5.9     | 12  | 0.0   | 0  | 0.5  | 8   |
| TST LN20 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  |
| TST LN20 Choice Burger Cheese Slice x2             | 321.0  | 16 | 1333.0 | 16 | 25.0 | 36  | 25.0      | 125 | 1.4   | 1  | -      | -  | 22.0    | 44  | 0.0   | 0  | -    | -   |
| TST LN20 Sauteed Mushrooms                         | 106.1  | 5  | 439.0  | 5  | 10.1 | 14  | 1.3       | 6   | 0.7   | 0  | 0.4    | 0  | 3.2     | 6   | 2.6   | 11 | 0.0  | 0   |
| TST LN20 Sauce BBQ 56g                             | 105.3  | 5  | 439.6  | 5  | 0.2  | 0   | 0.1       | 0   | 25.2  | 10 | 24.1   | 27 | 0.8     | 2   | 0.5   | 2  | 0.8  | 14  |
| TST LN20 Extra Beef Burger                         | 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  |
| TST LN20 Extra Mediterranean Melt Burger           | -      | -  | -      | -  | -    | -   | -         | -   | -     | -  | -      | -  | -       | -   | -     | -  | -    | -   |
| TST LN20 Sauce Burger Relish 28g                   | 30.2   | 2  | 128.5  | 2  | 0.1  | 0   | 0.0       | 0   | 6.8   | 3  | 5.9    | 7  | 0.3     | 1   | 0.3   | 1  | 0.4  | 6   |
| TST LN20 Extra Roast Chicken Fillet                | 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  |
| TST LN20 Extra Sauteed Peppers                     | 181.4  | 9  | 747.1  | 9  | 18.6 | 27  | 2.2       | 11  | 3.2   | 1  | 3.1    | 3  | 0.5     | 1   | 1.1   | 4  | 0.0  | 0   |
| TST LN20 Sandwich Cheese and Onion                 | 780.7  | 39 | 3272.3 | 39 | 34.4 | 49  | 17.2      | 86  | 84.1  | 32 | 4.4    | 5  | 32.1    | 64  | 9.6   | 40 | 2.2  | 36  |
| TST LN20 Sandwich Classic Club                     | 846.6  | 42 | 3549.6 | 42 | 36.7 | 52  | 9.7       | 49  | 83.4  | 32 | 4.3    | 5  | 44.5    | 89  | 9.3   | 39 | 3.1  | 52  |
| TST LN20 Sandwich Coated Chicken                   | 881.1  | 44 | 3695.2 | 44 | 36.7 | 52  | 10.8      | 54  | 98.5  | 38 | 3.9    | 4  | 36.6    | 73  | 9.9   | 41 | 3.2  | 54  |
| TST LN20 VGN Sandwich Red Pepper and Guacamole     | 648.5  | 32 | 2727.9 | 32 | 22.2 | 32  | 6.9       | 34  | 91.4  | 35 | 10.0   | 11 | 19.8    | 40  | 11.8  | 49 | 1.8  | 31  |
| TST LN20 Sandwich Red Pepper Chicken and Guacamole | 753.0  | 38 | 3168.2 | 38 | 24.5 | 35  | 7.4       | 37  | 92.2  | 35 | 10.6   | 12 | 40.4    | 81  | 11.8  | 49 | 2.3  | 39  |
| TST LN20 Sandwich Steak and Horseradish            | 809.8  | 40 | 3397.5 | 40 | 33.2 | 47  | 11.0      | 55  | 84.0  | 32 | 5.6    | 6  | 41.7    | 83  | 9.5   | 39 | 2.6  | 43  |
| TST LN20 NGCI Sandwich Cheese & Red Onion          | 662.1  | 33 | 2763.6 | 33 | 33.9 | 48  | 16.5      | 82  | 64.3  | 25 | 5.6    | 6  | 19.9    | 40  | 11.1  | 46 | 2.0  | 33  |
| TST LN20 NGCI Sandwich Classic Club                | 813.4  | 41 | 3399.3 | 40 | 38.1 | 54  | 9.1       | 45  | 78.4  | 30 | 6.7    | 7  | 33.1    | 66  | 13.7  | 57 | 3.2  | 54  |

## 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    | %  |
| TST LN20 NGCI Sandwich Red Pepper and Guacamole & Chicken | 632.1  | 32 | 2649.6 | 32 | 23.9 | 34 | 6.6       | 33  | 72.2  | 28 | 11.8   | 13 | 28.1    | 56 | 13.0  | 54 | 1.9  | 32 |
| TST LN20 NGCI Sandwich Steak and Horseradish              | 689.4  | 34 | 2881.3 | 34 | 32.6 | 47 | 10.3      | 51  | 63.9  | 25 | 6.7    | 7  | 29.5    | 59 | 10.8  | 45 | 2.2  | 36 |
| TST LN20 Sandwich Thai Chicken Nanwich                    | 760.9  | 38 | 3199.5 | 38 | 19.8 | 28 | 5.2       | 26  | 101.9 | 39 | 8.3    | 9  | 40.2    | 80 | 12.8  | 53 | 1.8  | 29 |
| TST LN20 Chips 227g                                       | 370.8  | 19 | 1551.4 | 18 | 18.2 | 26 | 4.0       | 20  | 44.0  | 17 | 0.7    | 1  | 5.2     | 10 | 4.8   | 20 | 0.8  | 13 |
| TST LN20 Beer Battered Onion Rings Side                   | 619.8  | 31 | 2586.6 | 31 | 37.5 | 54 | 6.8       | 34  | 61.0  | 23 | 6.0    | 7  | 7.4     | 15 | 5.0   | 21 | 3.2  | 53 |
| TST LN20 Loaded Onion Rings Cheese                        | 852.2  | 43 | 3550.3 | 42 | 56.7 | 81 | 18.7      | 94  | 62.0  | 24 | 6.1    | 7  | 21.4    | 43 | 5.0   | 21 | 4.2  | 70 |
| TST LN20 Loaded Onion Rings Cheese Bacon                  | 956.6  | 48 | 3982.4 | 47 | 65.6 | 94 | 21.8      | 109 | 62.0  | 24 | 6.1    | 7  | 27.3    | 55 | 5.0   | 21 | 5.4  | 90 |
| TST LN20 Loaded Chips Cheese                              | 603.2  | 30 | 2515.2 | 30 | 37.4 | 53 | 15.9      | 80  | 45.1  | 17 | 0.7    | 1  | 19.2    | 38 | 4.8   | 20 | 1.9  | 31 |
| TST LN20 Loaded Chips Chilli Cheese                       | 766.2  | 38 | 3194.6 | 38 | 46.2 | 66 | 20.8      | 104 | 54.2  | 21 | 17.6   | 20 | 31.4    | 63 | 5.3   | 22 | 3.2  | 54 |
| TST LN20 Pepper Sauce                                     | 57.0   | 3  | 240.8  | 3  | 3.3  | 5  | 2.0       | 10  | 4.8   | 2  | 1.9    | 2  | 2.0     | 4  | 0.5   | 2  | 0.5  | 9  |
| TST LN20 Salad Bowl                                       | 16.3   | 1  | 69.0   | 1  | 0.3  | 0  | 0.1       | 0   | 2.9   | 1  | 2.7    | 3  | 0.7     | 1  | 1.2   | 5  | 0.0  | 0  |
| TST LN20 Chocolate Flake                                  | 44.6   | 2  | 185.8  | 2  | 2.5  | 4  | 1.6       | 8   | 4.7   | 2  | 4.6    | 5  | 0.7     | 1  | 0.1   | 0  | 0.0  | 0  |
| TST LN20 Extra 100s and 1000s                             | 39.8   | 2  | 169.3  | 2  | 0.0  | 0  | 0.0       | 0   | 9.9   | 4  | 8.5    | 9  | 0.0     | 0  | 0.0   | 0  | 0.0  | 0  |
| TST LN20 Extra Aerosol Cream                              | 89.9   | 4  | 376.6  | 4  | 8.8  | 13 | 6.1       | 31  | 2.0   | 1  | 2.2    | 2  | 0.7     | 1  | 0.0   | 0  | 0.0  | 0  |
| TST LN20 Extra Burger Bun                                 | 201.6  | 10 | 849.8  | 10 | 4.2  | 6  | 0.6       | 3   | 33.0  | 13 | 4.5    | 5  | 6.9     | 14 | 2.0   | 8  | 0.8  | 13 |
| TST LN20 Cheesy Garlic Ciabatta Side                      | 683.6  | 34 | 2856.1 | 34 | 38.4 | 55 | 18.9      | 95  | 59.2  | 23 | 5.2    | 6  | 23.6    | 47 | 3.9   | 16 | 2.1  | 35 |
| TST LN20 Garlic Ciabatta Side                             | 451.2  | 23 | 1892.3 | 23 | 19.3 | 28 | 7.0       | 35  | 58.1  | 22 | 5.1    | 6  | 9.6     | 19 | 3.9   | 16 | 1.0  | 17 |
| TST LN20 Garlic Ciabatta Slice                            | 225.6  | 11 | 946.1  | 11 | 9.6  | 14 | 3.5       | 18  | 29.1  | 11 | 2.6    | 3  | 4.8     | 10 | 1.9   | 8  | 0.5  | 9  |
| TST LN20 Sweet Potato Fries 150g Upgrade                  | 297.9  | 15 | 1226.2 | 15 | 16.4 | 23 | 3.3       | 16  | 32.3  | 12 | 10.4   | 12 | 2.2     | 4  | 4.4   | 18 | 0.6  | 10 |
| TST 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 |
| TST LN20 Sweet Potato Fries 227g                          | 460.2  | 23 | 1894.3 | 23 | 25.3 | 36 | 5.1       | 25  | 49.9  | 19 | 16.1   | 18 | 3.4     | 7  | 6.8   | 28 | 0.9  | 15 |
| TST LN20 Scampi Pieces                                    | 481.2  | 24 | 447.5  | 5  | 10.2 | 15 | 3.2       | 16  | 14.4  | 6  | 1.9    | 2  | 6.9     | 14 | 1.6   | 7  | 0.7  | 12 |
| TST LN20 Rice and Chips UPG                               | 338.1  | 17 | 1421.9 | 17 | 13.0 | 19 | 2.8       | 14  | 49.5  | 19 | 0.5    | 1  | 5.3     | 11 | 3.9   | 16 | 0.6  | 10 |
| TST LN20 Extra 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  |
| TST LN20 Extra Sticky BBQ 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 |
| TST LN20 Hunters Steak Upgrade                            | 442.1  | 22 | 1835.4 | 22 | 28.2 | 40 | 15.1      | 75  | 26.2  | 10 | 24.2   | 27 | 20.7    | 41 | 0.5   | 2  | 3.1  | 51 |
| TST LN20 Loaded Chips Hunters                             | 690.4  | 35 | 2873.9 | 34 | 40.7 | 58 | 17.8      | 89  | 55.3  | 21 | 24.6   | 27 | 24.2    | 48 | 3.6   | 15 | 3.6  | 60 |
| TST LN20 Chips Topper Chilli Cheese                       | 515.6  | 26 | 2146.2 | 26 | 33.7 | 48 | 18.0      | 90  | 24.9  | 10 | 17.2   | 19 | 27.8    | 56 | 1.9   | 8  | 2.4  | 41 |
| TST LN20 Chocolate Melt in the Middle                     | 838.5  | 42 | 3501.3 | 42 | 45.5 | 65 | 10.1      | 50  | 96.1  | 37 | 65.5   | 73 | 9.5     | 19 | -     | -  | 1.0  | 16 |
| TST LN20 Chocolate Indulgence Sundae                      | 583.2  | 29 | 2440.8 | 29 | 29.5 | 42 | 18.5      | 92  | 70.8  | 27 | 58.8   | 65 | 7.6     | 15 | -     | -  | 0.4  | 7  |
| TST LN20 NGCI Chocolate Indulgence Sundae                 | 583.2  | 29 | 2440.8 | 29 | 29.5 | 42 | 18.5      | 92  | 70.8  | 27 | 58.8   | 65 | 7.6     | 15 | -     | -  | 0.4  | 7  |
| TST LN20 Ice Cream Sundae                                 | 693.7  | 35 | 2900.3 | 35 | 38.6 | 55 | 23.8      | 119 | 75.6  | 29 | 63.9   | 71 | 9.8     | 20 | 1.2   | 5  | 0.6  | 10 |



## 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    | %  |
| TST LN20 VGN Ice Cream Sundae                         | 296.4  | 15 | 1238.7 | 15 | 12.0 | 17 | 10.4      | 52  | 39.4 | 15 | 25.0   | 28 | 1.5     | 3   | 9.2   | 38 | 0.0  | 1  |
| TST LN20 NGCI Ice Cream Sundae                        | 728.4  | 36 | 3044.3 | 36 | 41.2 | 59 | 25.3      | 127 | 78.0 | 30 | 67.5   | 75 | 10.3    | 21  | 1.2   | 5  | 0.6  | 10 |
| TST LN20 NGCI VGN Ice Cream Sundae                    | 296.4  | 15 | 1238.7 | 15 | 12.0 | 17 | 10.4      | 52  | 39.4 | 15 | 25.0   | 28 | 1.5     | 3   | 9.2   | 38 | 0.0  | 1  |
| TST LN20 Salted Caramel Cheesecake Sandwich           | 660.3  | 33 | 2770.7 | 33 | 26.8 | 38 | 15.3      | 77  | 95.4 | 37 | 69.8   | 78 | 7.9     | 16  | 0.8   | 3  | 1.4  | 23 |
| TST LN20 Sticky Toffee Pudding                        | 562.6  | 28 | 2370.0 | 28 | 17.5 | 25 | 10.7      | 53  | 96.4 | 37 | 77.1   | 86 | 5.6     | 11  | 1.0   | 4  | 0.3  | 5  |
| TST LN20 NGCI Sticky Toffee Pudding                   | 562.6  | 28 | 2370.0 | 28 | 17.5 | 25 | 10.7      | 53  | 96.4 | 37 | 77.1   | 86 | 5.6     | 11  | 1.0   | 4  | 0.3  | 5  |
| TST LN20 VGN 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  |
| TST LN20 Apple Pie                                    | 456.1  | 23 | 1918.0 | 23 | 17.2 | 25 | 7.1       | 36  | 68.8 | 26 | 30.9   | 34 | 6.8     | 14  | 2.3   | 10 | 0.2  | 3  |
| TST LN20 Breaded Mushrooms                            | 423.4  | 21 | 1782.2 | 21 | 21.6 | 31 | 4.2       | 21  | 47.4 | 18 | 14.1   | 16 | 8.6     | 17  | 4.1   | 17 | 1.9  | 32 |
| TST LN20 Garlic Ciabatta Starter                      | 225.6  | 11 | 946.1  | 11 | 9.6  | 14 | 3.5       | 18  | 29.1 | 11 | 2.6    | 3  | 4.8     | 10  | 1.9   | 8  | 0.5  | 9  |
| TST LN20 Soup   | 325.8  | 16 | 1374.7 | 16 | 15.2 | 22 | 2.6       | 13  | 39.2 | 15 | 10.4   | 12 | 8.3     | 17  | 3.5   | 15 | 1.7  | 28 |
| TST LN20 LC Fish and Chips                            | 617.7  | 31 | 2590.4 | 31 | 18.9 | 27 | 5.1       | 25  | 69.0 | 27 | 8.3    | 9  | 37.1    | 74  | 11.6  | 48 | 2.1  | 35 |
| TST LN20 LC Sweetcure Gammon Steak                    | 588.6  | 29 | 2471.0 | 29 | 18.8 | 27 | 7.2       | 36  | 48.5 | 19 | 13.5   | 15 | 52.1    | 104 | 9.8   | 41 | 4.3  | 72 |
| TST LN20 LC Ham Egg and Chips                         | 680.7  | 34 | 2836.3 | 34 | 44.4 | 63 | 11.0      | 55  | 32.6 | 13 | 2.1    | 2  | 35.2    | 70  | 4.7   | 20 | 2.4  | 39 |
| TST LN20 LC Hunters Chicken                           | 633.6  | 32 | 2644.1 | 31 | 32.0 | 46 | 14.0      | 70  | 46.6 | 18 | 15.4   | 17 | 38.3    | 77  | 5.5   | 23 | 3.0  | 50 |
| TST LN20 LC Steak and Ale Pie                         | 901.0  | 45 | 3761.9 | 45 | 44.7 | 64 | 17.7      | 88  | 94.1 | 36 | 6.7    | 7  | 25.7    | 51  | 10.4  | 43 | 2.4  | 40 |
| TST LN20 Burger Classic Beef Under 500                | 484.8  | 24 | 2045.3 | 24 | 11.4 | 16 | 3.3       | 16  | 51.1 | 20 | 14.0   | 16 | 43.3    | 87  | 4.2   | 18 | 2.9  | 48 |
| TST LN20 Burger Classic Coated Chicken Under 700      | 742.5  | 37 | 3115.6 | 37 | 27.3 | 39 | 10.1      | 50  | 75.7 | 29 | 14.6   | 16 | 45.5    | 91  | 5.3   | 22 | 5.0  | 84 |
| TST LN20 Burger Classic Soya Under 500                | 503.9  | 25 | 2118.7 | 25 | 18.2 | 26 | 1.7       | 9   | 54.8 | 21 | 15.8   | 18 | 27.9    | 56  | 6.8   | 28 | 2.6  | 43 |
| TST LN20 VGN Burger Classic Soya Under 500            | 503.9  | 25 | 2118.7 | 25 | 18.2 | 26 | 1.7       | 9   | 54.8 | 21 | 15.8   | 18 | 27.9    | 56  | 6.8   | 28 | 2.6  | 43 |
| TST LN20 LC Ice Cream Sundae                          | 332.6  | 17 | 1389.4 | 17 | 17.6 | 25 | 10.6      | 53  | 38.1 | 15 | 32.6   | 36 | 4.9     | 10  | 0.3   | 1  | 0.3  | 6  |
| TST LN20 VGN LC Ice Cream Sundae                      | 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  |
| TST LN20 DD Apple Pie                                 | 456.1  | 23 | 1918.0 | 23 | 17.2 | 25 | 7.1       | 36  | 68.8 | 26 | 30.9   | 34 | 6.8     | 14  | 2.3   | 10 | 0.2  | 3  |
| TST LN20 VGN LC 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  |
| TST LN20 DD Chocolate Melt in the Middle              | 838.5  | 42 | 3501.3 | 42 | 45.5 | 65 | 10.1      | 50  | 96.1 | 37 | 65.5   | 73 | 9.5     | 19  | -     | -  | 1.0  | 16 |
| TST LN20 LC Salad Chicken                             | 386.9  | 19 | 1621.8 | 19 | 16.8 | 24 | 4.9       | 24  | 32.8 | 13 | 5.9    | 7  | 26.1    | 52  | 3.2   | 13 | 1.0  | 17 |
| TST LN20 VGN LC Salad Grilled Red Pepper and Mushroom | 307.4  | 15 | 1286.8 | 15 | 14.9 | 21 | 4.5       | 22  | 35.6 | 14 | 8.7    | 10 | 7.2     | 14  | 5.2   | 22 | 0.5  | 9  |
| TST LN20 LC Rump Steak                                | 715.9  | 36 | 2988.9 | 36 | 37.3 | 53 | 11.6      | 58  | 56.1 | 22 | 7.5    | 8  | 34.2    | 68  | 10.6  | 44 | 2.1  | 36 |
| TST LN20 LC Sticky BBQ Ribs                           | 981.5  | 49 | 4101.5 | 49 | 55.8 | 80 | 20.4      | 102 | 68.0 | 26 | 23.9   | 27 | 49.3    | 99  | 5.9   | 25 | 2.6  | 43 |
| TST LN20 LC Golden Breaded Scampi                     | 1025.3 | 51 | 2411.4 | 29 | 30.1 | 43 | 8.8       | 44  | 71.8 | 28 | 9.7    | 11 | 21.1    | 42  | 12.4  | 52 | 2.2  | 37 |
| TST LN20 VGN LC Fish n Chips                          | 589.0  | 29 | 2470.1 | 29 | 20.3 | 29 | 5.7       | 28  | 78.2 | 30 | 6.6    | 7  | 17.5    | 35  | 13.7  | 57 | 2.2  | 37 |
| TST LN20 LC Veggie Fish and Chips                     | 661.3  | 33 | 2769.7 | 33 | 26.5 | 38 | 6.1       | 31  | 82.2 | 32 | 9.7    | 11 | 17.5    | 35  | 13.8  | 58 | 2.6  | 43 |

## 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    | %   |
| TST LN20 Sunday Roast Beef                       | 1161.1 | 58 | 4870.6 | 58 | 45.6 | 65  | 11.0      | 55  | 98.2  | 38 | -      | -  | 88.9    | 178 | 16.7  | 70  | 5.2  | 87  |
| TST LN20 Sunday Roast Chicken                    | 1402.5 | 70 | 5864.7 | 70 | 67.1 | 96  | 17.4      | 87  | 102.3 | 39 | 27.5   | 31 | 98.6    | 197 | 16.4  | 68  | 5.1  | 85  |
| TST LN20 Sunday Cauliflower Tart                 | 1079.8 | 54 | 4514.1 | 54 | 56.3 | 80  | 14.4      | 72  | 110.0 | 42 | 18.3   | 20 | 33.5    | 67  | 16.6  | 69  | 3.5  | 59  |
| TST LN20 Kids Sunday Roast Beef                  | 551.8  | 28 | 2310.7 | 28 | 25.1 | 36  | 4.6       | 23  | 51.4  | 20 | -      | -  | 30.1    | 60  | 7.3   | 30  | 2.9  | 49  |
| TST LN20 Kids Sunday Roast Chicken               | 900.0  | 45 | 3763.4 | 45 | 40.0 | 57  | 9.5       | 47  | 84.8  | 33 | 34.5   | 38 | 51.6    | 103 | 9.3   | 39  | 3.2  | 53  |
| TST LN20 Bowl of Pigs in Blankets                | 536.0  | 27 | 2226.0 | 27 | 41.4 | 59  | 14.9      | 74  | 14.0  | 5  | 1.9    | 2  | 26.6    | 53  | 1.0   | 4   | 3.7  | 62  |
| TST LN20 Bowl of Yorkshire Puddings              | 1224.1 | 61 | 5088.4 | 61 | 95.3 | 136 | 14.9      | 74  | 64.4  | 25 | 9.5    | 11 | 30.9    | 62  | 3.0   | 13  | 1.6  | 26  |
| TST LN20 Cauliflower Cheese                      | 141.8  | 7  | 594.5  | 7  | 5.5  | 8   | 3.4       | 17  | 15.6  | 6  | 3.1    | 3  | 5.5     | 11  | 3.9   | 16  | 1.9  | 32  |
| TST LN20 Sunday Cauliflower Tart XL              | 1389.5 | 69 | 5808.4 | 69 | 73.8 | 105 | 17.1      | 85  | 142.0 | 55 | 20.6   | 23 | 41.2    | 82  | 19.3  | 80  | 4.0  | 66  |
| TST LN20 Sunday Roast Beef XL                    | 1332.4 | 67 | 5582.5 | 66 | 59.8 | 85  | 13.3      | 67  | 115.4 | 44 | -      | -  | 84.6    | 169 | 16.7  | 70  | 5.1  | 85  |
| TST LN20 Sunday Roast Chicken XL                 | 1765.6 | 88 | 7381.2 | 88 | 88.8 | 127 | 21.5      | 108 | 135.7 | 52 | 30.0   | 33 | 109.0   | 218 | 19.2  | 80  | 5.9  | 98  |
| TST LN20 Beef Madras                             | 1247.3 | 62 | 5250.0 | 62 | 37.2 | 53  | 7.7       | 39  | 179.8 | 69 | 30.5   | 34 | 44.6    | 89  | 13.6  | 57  | 5.3  | 89  |
| TST LN20 NGCI Beef Madras                        | 934.4  | 47 | 3934.3 | 47 | 29.3 | 42  | 7.2       | 36  | 127.8 | 49 | 27.4   | 30 | 38.8    | 78  | 8.8   | 37  | 5.1  | 86  |
| TST LN20 Chicken Jalfrezi                        | 1131.7 | 57 | 4774.0 | 57 | 27.0 | 39  | 2.6       | 13  | 183.8 | 71 | 26.8   | 30 | 49.4    | 99  | 12.9  | 54  | 5.0  | 83  |
| TST LN20 NGCI Chicken Jalfrezi                   | 818.8  | 41 | 3458.3 | 41 | 19.1 | 27  | 2.1       | 10  | 131.9 | 51 | 23.6   | 26 | 43.5    | 87  | 8.1   | 34  | 4.8  | 80  |
| TST LN20 NGCI Vegetable Jalfrezi                 | 856.2  | 43 | 3601.1 | 43 | 25.5 | 36  | 2.4       | 12  | 136.3 | 52 | 28.7   | 32 | 20.8    | 42  | 10.5  | 44  | 4.9  | 82  |
| TST LN20 Vegetable Jalfrezi                      | 1169.1 | 58 | 4916.8 | 59 | 33.4 | 48  | 3.0       | 15  | 188.3 | 72 | 31.9   | 35 | 26.6    | 53  | 15.3  | 64  | 5.1  | 85  |
| TST LN20 VGN Vegetable Jalfrezi                  | 653.0  | 33 | 2738.4 | 33 | 24.9 | 36  | 2.2       | 11  | 95.9  | 37 | 16.0   | 18 | 12.1    | 24  | 9.8   | 41  | 2.4  | 40  |
| TST 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  |
| TST LN20 Chicken Tikka Masala                    | 1136.6 | 57 | 4786.2 | 57 | 32.5 | 46  | 8.2       | 41  | 160.1 | 62 | 30.5   | 34 | 46.5    | 93  | 11.2  | 47  | 5.0  | 83  |
| TST LN20 Lamb Saag Masala                        | 1264.3 | 63 | 5321.4 | 63 | 44.7 | 64  | 7.7       | 39  | 171.3 | 66 | 23.4   | 26 | 44.3    | 89  | 12.9  | 54  | 5.0  | 83  |
| TST LN20 Chicken Korma                           | 1186.1 | 59 | 4998.4 | 60 | 29.4 | 42  | 10.5      | 52  | 181.1 | 70 | 32.5   | 36 | 49.0    | 98  | 10.2  | 42  | 4.8  | 80  |
| TST LN20 NGCI Chicken Korma                      | 873.2  | 44 | 3682.7 | 44 | 21.5 | 31  | 9.9       | 49  | 129.2 | 50 | 29.4   | 33 | 43.2    | 86  | 5.4   | 23  | 4.6  | 77  |
| TST LN20 Breakfast Big Breakfast                 | 1742.2 | 87 | 7267.6 | 87 | 99.8 | 143 | 27.3      | 137 | 138.1 | 53 | 13.1   | 15 | 72.2    | 144 | 18.6  | 78  | 8.6  | 144 |
| TST LN20 VGN Breakfast Classic Veggie            | 589.7  | 29 | 2465.2 | 29 | 22.8 | 33  | 8.8       | 44  | 56.6  | 22 | 10.1   | 11 | 35.7    | 71  | 17.1  | 71  | 3.3  | 56  |
| TST LN20 Breakfast Classic Veggie                | 756.5  | 38 | 3149.7 | 37 | 43.8 | 63  | 11.6      | 58  | 53.2  | 20 | 9.7    | 11 | 34.7    | 69  | 14.9  | 62  | 3.0  | 50  |
| TST LN20 VGN Breakfast Fabulous Veggie           | 1279.7 | 64 | 5357.9 | 64 | 53.0 | 76  | 17.8      | 89  | 133.5 | 51 | 12.9   | 14 | 61.1    | 122 | 28.0  | 117 | 5.5  | 92  |
| TST LN20 Breakfast Fabulous Veggie               | 1685.2 | 84 | 7028.8 | 84 | 97.4 | 139 | 24.1      | 120 | 130.1 | 50 | 12.7   | 14 | 67.2    | 134 | 25.7  | 107 | 5.4  | 89  |
| TST LN20 Breakfast Muffin Bacon and Egg          | 425.5  | 21 | 1778.7 | 21 | 18.8 | 27  | 4.0       | 20  | 40.3  | 15 | 6.3    | 7  | 23.8    | 48  | 2.4   | 10  | 3.1  | 52  |
| TST LN20 Breakfast Muffin Sausage and Bacon      | 386.8  | 19 | 1620.3 | 19 | 13.0 | 19  | 4.4       | 22  | 45.7  | 18 | 2.1    | 2  | 21.6    | 43  | 2.9   | 12  | 3.4  | 57  |
| TST LN20 Breakfast Muffin Sausage and Egg        | 472.7  | 24 | 1973.6 | 23 | 23.7 | 34  | 5.6       | 28  | 45.7  | 18 | 2.3    | 3  | 18.9    | 38  | 2.9   | 12  | 1.9  | 31  |
| TST LN20 Breakfast Muffin Veggie Sausage and Egg | 404.5  | 20 | 1691.0 | 20 | 17.8 | 25  | 3.6       | 18  | 38.3  | 15 | 1.7    | 2  | 21.9    | 44  | 4.6   | 19  | 1.8  | 29  |

## 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    | %  |
| TST LN20 Breakfast Muffin Veggie Sausages          | 320.5  | 16 | 1346.6 | 16 | 6.0  | 9  | 2.0       | 10 | 41.6  | 16 | 2.1    | 2   | 22.9    | 46 | 6.8   | 28 | 2.1  | 35 |
| TST LN20 Breakfast Pancakes Bacon and Maple Syrup  | 693.1  | 35 | 2897.5 | 34 | 21.7 | 31 | 6.5       | 32 | 107.7 | 41 | 61.1   | 68  | 18.2    | 36 | 1.6   | 7  | 3.1  | 52 |
| TST LN20 Breakfast Pancakes Banana and Maple Syrup | 618.6  | 31 | 2603.4 | 31 | 4.2  | 6  | 0.4       | 2  | 140.5 | 54 | 90.7   | 101 | 7.9     | 16 | 3.7   | 15 | 0.8  | 13 |
| TST LN20 Breakfast Waffle Bacon and Maple Syrup    | 810.6  | 41 | 3390.3 | 40 | 40.9 | 58 | 17.1      | 86 | 93.4  | 36 | 57.9   | 64  | 17.5    | 35 | 1.8   | 8  | 3.3  | 56 |
| TST LN20 Breakfast Waffle Banana and Maple Syrup   | 736.1  | 37 | 3096.2 | 37 | 23.4 | 33 | 11.0      | 55 | 126.2 | 49 | 87.5   | 97  | 7.2     | 14 | 3.9   | 16 | 1.0  | 16 |
| TST LN20 Breakfast Classic Eggs Benedict           | 472.5  | 24 | 1984.4 | 24 | 25.1 | 36 | 8.7       | 43 | 39.7  | 15 | 3.6    | 4   | 22.2    | 44 | 2.5   | 10 | 2.1  | 36 |
| TST LN20 Bacon Buttie                              | 500.6  | 25 | 2099.8 | 25 | 22.3 | 32 | 7.2       | 36 | 49.7  | 19 | 1.3    | 1   | 25.8    | 52 | 4.6   | 19 | 3.4  | 56 |
| TST LN20 NGCI Bacon Buttie                         | 379.6  | 19 | 1581.2 | 19 | 21.7 | 31 | 6.5       | 32 | 29.6  | 11 | 2.4    | 3   | 13.5    | 27 | 5.8   | 24 | 3.0  | 49 |
| TST LN20 NGCI Sausage Buttie                       | 451.1  | 23 | 1886.1 | 22 | 20.5 | 29 | 5.9       | 29 | 51.2  | 20 | 5.1    | 6   | 11.7    | 23 | 7.1   | 30 | 1.9  | 32 |
| TST LN20 Sausage Buttie                            | 572.1  | 29 | 2404.8 | 29 | 21.1 | 30 | 6.7       | 33 | 71.3  | 27 | 3.9    | 4   | 24.1    | 48 | 5.8   | 24 | 2.3  | 39 |
| TST LN20 Veggie Sausage Buttie                     | 438.1  | 22 | 1849.5 | 22 | 9.4  | 13 | 2.8       | 14 | 56.6  | 22 | 2.6    | 3   | 30.1    | 60 | 9.3   | 39 | 2.4  | 40 |
| TST LN20 Breakfast Classic                         | 922.5  | 46 | 3840.4 | 46 | 55.5 | 79 | 15.9      | 79 | 66.2  | 25 | 11.1   | 12  | 39.7    | 79 | 11.0  | 46 | 5.2  | 86 |
| TST LN20 Breakfast Veggie Brunch                   | 801.0  | 40 | 3345.7 | 40 | 38.6 | 55 | 8.5       | 42 | 73.4  | 28 | 9.5    | 11  | 36.3    | 73 | 15.7  | 65 | 3.2  | 53 |
| TST LN20 VGN Breakfast Veggie Brunch               | 716.9  | 36 | 3001.3 | 36 | 26.8 | 38 | 6.9       | 34 | 76.8  | 30 | 9.9    | 11  | 37.3    | 75 | 17.9  | 75 | 3.5  | 59 |
| TST LN20 Breakfast Brunch                          | 867.3  | 43 | 3619.3 | 43 | 45.6 | 65 | 10.9      | 54 | 77.5  | 30 | 9.5    | 11  | 35.0    | 70 | 11.8  | 49 | 4.5  | 74 |
| TST LN20 Breakfast 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 |
| TST LN20 Breakfast Poached Egg                     | 73.4   | 4  | 306.3  | 4  | 5.0  | 7  | 1.4       | 7  | 0.0   | 0  | 0.2    | 0   | 7.1     | 14 | 0.0   | 0  | 0.3  | 5  |
| TST LN20 Breakfast Scrambled Egg                   | 140.9  | 7  | 587.5  | 7  | 10.2 | 15 | 4.7       | 23 | 3.1   | 1  | 3.3    | 4   | 9.4     | 19 | 0.0   | 0  | 0.5  | 8  |
| TST LN20 Breakfast Hash Brown                      | 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  |
| TST 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 |
| TST LN20 Breakfast Veggie Sausage                  | 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  |
| TST LN20 Breakfast Flat Mushrooms                  | 98.3   | 5  | 406.0  | 5  | 9.8  | 14 | 1.2       | 6  | 0.5   | 0  | 0.2    | 0   | 2.2     | 4  | 1.8   | 7  | 0.0  | 0  |
| TST LN20 Breakfast Black Pudding                   | 199.5  | 10 | 834.1  | 10 | 9.7  | 14 | 3.8       | 19 | 17.6  | 7  | 2.8    | 3   | 12.7    | 25 | 0.0   | 0  | 1.8  | 30 |
| TST LN20 Breakfast Toast and Butter Brown          | 207.8  | 10 | 876.7  | 10 | 9.2  | 13 | 2.2       | 11 | 24.8  | 10 | 0.6    | 1   | 6.9     | 14 | 2.3   | 10 | 0.5  | 8  |
| TST LN20 Breakfast Toast and Butter White          | 192.3  | 10 | 809.6  | 10 | 8.3  | 12 | 2.1       | 11 | 25.2  | 10 | 0.5    | 1   | 4.8     | 10 | 1.6   | 7  | 0.5  | 8  |
| TST LN20 Fried Bread Brown                         | -      | -  | -      | -  | -    | -  | -         | -  | -     | -  | -      | -   | -       | -  | -     | -  | -    | -  |
| TST LN20 Fried Bread White                         | -      | -  | -      | -  | -    | -  | -         | -  | -     | -  | -      | -   | -       | -  | -     | -  | -    | -  |
| TST LN20 NGCI Toast and Butter                     | 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  |
| TST LN20 Extra Jam                                 | 54.6   | 3  | 232.2  | 3  | 0.0  | 0  | 0.0       | 0  | 13.6  | 5  | 13.6   | 15  | 0.1     | 0  | 0.2   | 1  | 0.0  | 0  |
| TST LN20 Breakfast Bacon Rasher                    | 104.4  | 5  | 432.1  | 5  | 8.9  | 13 | 3.1       | 16 | 0.0   | 0  | 0.0    | 0   | 6.0     | 12 | 0.0   | 0  | 1.2  | 20 |



## 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    | %  |
| TST LN20 Breakfast Grilled Tomato        | 15.3   | 1  | 64.6   | 1  | 0.8  | 1  | 0.1       | 1  | 1.8  | 1  | 1.8    | 2  | 0.4     | 1  | 0.8   | 3  | 0.0  | 0  |
| TST 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  |
| TST LN20 Kids Breaded Mushrooms Starter  | 238.0  | 12 | 1001.0 | 12 | 10.8 | 15 | 2.1       | 11 | 30.0 | 12 | 13.1   | 15 | 4.5     | 9  | 2.2   | 9  | 1.2  | 19 |
| TST LN20 Kids Garlic Ciabatta Starter    | 225.6  | 11 | 946.1  | 11 | 9.6  | 14 | 3.5       | 18 | 29.1 | 11 | 2.6    | 3  | 4.8     | 10 | 1.9   | 8  | 0.5  | 9  |
| TST LN20 Kids Pizza the Action           | 678.0  | 34 | 2841.2 | 34 | 27.7 | 40 | 15.4      | 77 | 83.5 | 32 | 8.8    | 10 | 25.6    | 51 | 8.2   | 34 | 2.5  | 42 |
| TST LN20 Kids Cluck A Doodle Doo Dippers | 559.3  | 28 | 2343.5 | 28 | 31.0 | 44 | 9.1       | 45 | 54.1 | 21 | 7.2    | 8  | 14.7    | 29 | 8.2   | 34 | 1.2  | 21 |
| TST LN20 Kids Extra Fish Finger          | 86.1   | 4  | 358.5  | 4  | 5.4  | 8  | 1.1       | 5  | 5.6  | 2  | 0.3    | 0  | 3.6     | 7  | 0.3   | 1  | 0.2  | 4  |
| TST LN20 Kids Extra Pork 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 |
| TST LN20 Kids Super Sausages             | 528.0  | 26 | 2219.5 | 26 | 23.6 | 34 | 8.9       | 44 | 62.1 | 24 | 9.3    | 10 | 15.3    | 31 | 9.0   | 37 | 1.9  | 31 |
| TST LN20 Kids Super Sausages Veggie      | 391.6  | 20 | 1654.3 | 20 | 11.8 | 17 | 5.0       | 25 | 47.2 | 18 | 8.1    | 9  | 21.2    | 42 | 12.2  | 51 | 1.7  | 28 |
| TST LN20 Kids Veggie Sausage             | 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  |
| TST LN20 VGN Kids Veg Lasagne            | 538.6  | 27 | 2268.4 | 27 | 12.8 | 18 | 4.4       | 22 | 83.4 | 32 | 15.2   | 17 | 19.7    | 39 | 13.2  | 55 | 2.4  | 39 |
| TST LN20 Kids Ice Cream Sundae           | 520.2  | 26 | 2180.8 | 26 | 22.3 | 32 | 13.4      | 67 | 72.9 | 28 | 61.2   | 68 | 6.5     | 13 | 0.6   | 2  | 0.4  | 7  |
| TST LN20 VGN Kids Ice Cream Sundae       | 224.8  | 11 | 939.5  | 11 | 7.9  | 11 | 6.9       | 35 | 33.5 | 13 | 20.6   | 23 | 0.9     | 2  | 5.8   | 24 | 0.1  | 1  |
| TST LN20 Kids Chocolate Brownie          | 379.7  | 19 | 1578.0 | 19 | 20.8 | 30 | 5.9       | 30 | 42.5 | 16 | 29.2   | 32 | 4.8     | 10 | 1.5   | 6  | 0.5  | 8  |
| TST LN20 Kids Glass Milk                 | 151.9  | 8  | 641.3  | 8  | 5.1  | 7  | 3.4       | 17 | 15.2 | 6  | 15.2   | 17 | 11.5    | 23 | 0.0   | 0  | 0.3  | 6  |
| TST LN20 Muffin Triple Chocolate         | 447.2  | 22 | 1872.7 | 22 | 20.3 | 29 | 4.5       | 22 | 57.9 | 22 | 34.8   | 39 | 6.4     | 13 | 3.5   | 15 | 0.2  | 4  |
| TST LN20 Carrot Cake                     | 420.7  | 21 | 1768.1 | 21 | 19.4 | 28 | 5.5       | 28 | 58.2 | 22 | 40.9   | 45 | 4.5     | 9  | 1.3   | 6  | 0.6  | 9  |
| TST LN20 Victoria Sponge Cake            | 427.0  | 21 | 1789.0 | 21 | 21.8 | 31 | 9.3       | 47 | 54.4 | 21 | 38.5   | 43 | 4.3     | 9  | 0.7   | 3  | 0.8  | 13 |
| TST LN20 Muffin Blueberry                | 433.1  | 22 | 1813.7 | 22 | 19.8 | 28 | 2.0       | 10 | 58.1 | 22 | 31.7   | 35 | 5.2     | 10 | 0.6   | 2  | 0.4  | 6  |
| TST LN20 Lemon Drizzle                   | 271.3  | 14 | 1136.9 | 14 | 12.3 | 18 | 10.1      | 50 | 37.9 | 15 | 27.0   | 30 | 3.0     | 6  | 0.5   | 2  | 0.4  | 7  |
| TST LN20 Cookie Double Chocolate Chunk   | 234.0  | 12 | 978.5  | 12 | 10.5 | 15 | 6.3       | 31 | 31.7 | 12 | 21.2   | 24 | 2.5     | 5  | 1.4   | 6  | 0.3  | 5  |
| TST LN20 Cookie Milk Chocolate Chunk     | 234.0  | 12 | 978.5  | 12 | 10.5 | 15 | 6.3       | 31 | 31.7 | 12 | 21.2   | 24 | 2.5     | 5  | 1.4   | 6  | 0.3  | 5  |
| TST LN20 VGN Juice Apple                 | 194.0  | 10 | 837.6  | 10 | 0.5  | 1  | 0.0       | 0  | 49.7 | 19 | 49.7   | 55 | 1.4     | 3  | 9.5   | 39 | 0.0  | 0  |
| TST LN20 VGN Juice Orange                | 63.5   | 3  | 271.3  | 3  | 0.2  | 0  | 0.0       | 0  | 14.6 | 6  | 14.6   | 16 | 1.9     | 4  | 3.9   | 16 | 0.0  | 0  |
| TST LN20 VGN Juice Energy Boost Juice    | 171.7  | 9  | 728.8  | 9  | 0.5  | 1  | 0.1       | 1  | 41.3 | 16 | 38.1   | 42 | 2.8     | 6  | 4.3   | 18 | 0.0  | 0  |
| TST LN20 VGN Juice Wild Berry            | 51.1   | 3  | 216.9  | 3  | 0.2  | 0  | 0.0       | 0  | 11.4 | 4  | 10.5   | 12 | 1.2     | 2  | 2.7   | 11 | 0.0  | 0  |
| TST LN20 VGN Juice Pineapple             | 149.9  | 7  | 643.6  | 8  | 0.7  | 1  | 0.0       | 0  | 36.9 | 14 | 36.9   | 41 | 1.5     | 3  | 5.9   | 24 | 0.0  | 0  |
| TST LN20 VGN Juice Pineapplicius         | 182.1  | 9  | 781.1  | 9  | 0.8  | 1  | 0.0       | 0  | 44.3 | 17 | 44.3   | 49 | 2.4     | 5  | 7.8   | 33 | 0.0  | 0  |
| TST LN20 VGN Kids Juice Apple            | 97.0   | 5  | 418.8  | 5  | 0.2  | 0  | 0.0       | 0  | 24.8 | 10 | 24.8   | 28 | 0.7     | 1  | 4.7   | 20 | 0.0  | 0  |
| TST LN20 VGN Kids Juice Orange           | 42.6   | 2  | 181.7  | 2  | 0.1  | 0  | 0.0       | 0  | 9.8  | 4  | 9.8    | 11 | 1.3     | 3  | 2.6   | 11 | 0.0  | 0  |
| TST LN20 VGN Kids Juice Pineapple        | 75.0   | 4  | 321.8  | 4  | 0.4  | 1  | 0.0       | 0  | 18.5 | 7  | 18.5   | 21 | 0.7     | 1  | 2.9   | 12 | 0.0  | 0  |