

Recipes

2024

Id	Dish Title	Servings	Serving									
			Weight (raw weight g)	KJ	Kcal	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
624733	2 Hash Browns MMB	10	120	724	14	7.1	3.5	23.2	1.2	3.8	2.2	1.2
782622	BBQ Chicken Burger MMB	10	140	977	17	5.5	1.5	29.1	4.8	1.6	17.6	1.5
791864	BBQ Chicken Wings MMB	10	190	1267	16	19.6	6.1	4.2	1.5	0.6	27.4	1.9
726608	Boston Hash Bean Pot MMB	10	238	1214	12	10.9	3.5	31.8	5.7	5.2	15.0	1.3
782565	Brazilian Coconut Chicken Burger MMB	10	140	1122	19	10.2	1.9	27.1	2.8	1.9	17.7	1.6
627244	Breakfast Muffin Bacon MMB	10	166	1492	22	15.5	5.8	34.0	2.1	2.2	20.9	3.4
627245	Breakfast Muffin Sausage MMB	10	170	1674	24	18.1	6.2	37.9	3.7	2.8	18.8	2.0
627246	Breakfast Muffin Veggie MMB	10	170	1303	18	7.2	2.8	46.8	3.1	3.9	14.3	1.7
628170	Breakfast Quesadillas SEC	8	116	923	24	12.1	5.6	15.1	2.3	2.4	11.9	2.0
627231	Breakfast Wrap Bacon MMB	10	183	1808	432	20.4	9.1	45.7	2.4	3.2	15.8	3.4
627238	Breakfast Wrap Sausage MMB	10	194	2054	491	24.1	10.0	49.6	4.3	3.9	14.9	2.4
627243	Breakfast Wrap Veggie MMB	10	194	1682	402	13.3	6.5	58.6	3.6	5.0	10.4	2.1
726599	Brunch Bean Pot MMB	10	236	938	10	8.1	2.7	23.8	3.7	5.1	12.3	1.8
628454	Buttered Crumpet MMB	10	58	525	22	3.6	0.7	19.7	1.7	1.0	3.1	0.7
628458	Buttered Teacake 1/2 MMB	10	52	577	27	2.8	0.5	24.9	5.5	1.4	4.0	0.4
627375	Buttered Teacake MMB	10	103	1154	27	5.6	1.0	49.8	11.0	2.9	7.9	0.8
628241	Buttered Toast MMB	10	50	547	26	4.6	0.9	18.4	1.9	1.1	3.3	0.5
782599	Cajun Chicken Burger MMB	10	140	979	17	5.6	1.6	28.6	4.1	1.7	17.8	1.5
699316	Cheese & Onion Panini	1	165	1846	267	17.8	10.4	51.2	3.7	3.2	16.6	2.1
699319	Cheese & Tomato Panini	1	165	1832	265	17.8	10.4	50.5	3.2	3.1	16.5	2.1
795153	Cheese & Tomato Twist MMB	10	80	737	22	5.9	3.1	22.3	1.1	1.1	8.1	0.3
791950	Cheese Half Bagel MMB	10	77	923	29	6.2	3.0	33.8	2.9	1.9	9.0	0.9
628451	Cheese on Toast MMB	10	87	979	27	11.1	6.1	22.9	2.5	1.7	10.4	1.1
699295	Cheese Panini	1	150	1823	290	17.8	10.4	50.0	2.8	2.9	16.4	2.1
624769	Cheesy Double Wedge MMB	10	108	436	10	2.0	1.1	18.1	0.9	2.1	3.1	0.1
628489	Cheesy Nacho Pot MMB	10	70	1269	43	15.2	3.8	32.7	0.5	0.2	6.4	1.1

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718974	Chicken Burger (Theos) MMB	10	133	1198	22	8.4	2.6	34.9	2.2	2.5	19.0	1.8
791811	Chicken Nuggets MMB	10	66	621	23	7.3	0.8	11.2	0.3	0.3	9.9	0.4
791816	Chicken Popcorn MMB	10	60	671	27	8.5	1.4	10.6	0.0	0.8	11.1	0.8
782530	Chicken Tikka Burger MMB	10	140	1091	19	9.1	1.8	27.4	2.7	1.7	17.8	1.3
795373	Chickpea, Spinach & Mango Chutney Protein Pot MMB	10	135	505	9	2.0	0.2	18.4	8.0	4.1	5.7	0.4
791857	Chinese Chicken Wings MMB	10	190	1349	17	20.9	6.7	4.6	2.5	0.2	29.5	1.7
628284	Cinnamon Popcorn MMB	10	14	198	47	0.6	0.1	8.4	0.1	0.5	1.4	0.0
791796	Crispy Chicken Strip MMB	10	48	401	20	4.7	1.9	6.1	0.0	0.2	7.5	0.6
799588	Croissant (55g) MMB	10	55	803	192	11.3	7.5	18.3	2.5	1.1	3.8	0.5
799599	Croissant (70g) MMB	10	70	1094	262	13.8	6.8	30.3	3.7	2.2	5.8	0.6
628250	Double Wedge Cajun MMB	10	101	350	8	0.2	0.0	18.2	1.0	2.2	2.0	0.3
628293	Double Wedge Garlic & Herb MMB	10	101	348	8	0.1	0.0	18.3	0.9	2.1	2.0	0.0
628265	Double Wedge MMB	10	100	340	8	0.1	0.0	17.9	0.9	2.0	1.9	0.0
782624	Extra Hot Chipotle Chicken Burger MMB	10	140	958	16	5.6	1.6	27.5	3.0	1.7	17.7	1.5
628477	French Bread Pizza MMB	10	60	605	24	5.6	3.1	17.3	1.9	0.9	6.0	0.6
628260	Fruity Popcorn MMB	10	19	263	34	0.5	0.1	11.5	3.4	0.0	1.4	0.0
792196	Golden Syrup Porridge MMB	10	185	813	11	4.7	1.9	29.1	15.4	2.3	8.3	0.2
791993	Half Cheese & Onion Panini	2	83	923	134	8.9	5.2	25.6	1.8	1.6	8.3	1.1
792001	Half Cheese & Tomato Panini	2	83	916	133	8.9	5.2	25.2	1.6	1.5	8.2	1.1
792006	Half Cheese Panini	2	80	991	148	10.6	6.2	25.2	1.4	1.5	9.0	1.2
792008	Half Roasted Vegetable Panini	2	80	749	112	5.7	1.9	25.3	2.1	1.6	5.7	0.6
792014	Half Tuna Melt Panini	2	88	759	104	3.3	1.8	24.3	1.4	1.5	12.5	0.9
726949	Healthy Brunch Bean Pot MMB	10	200	492	118	4.2	0.9	11.8	4.5	4.2	8.6	0.6
628314	Marmite Popcorn MMB	10	17	252	35	1.1	0.2	8.5	0.1	0.0	2.4	0.3
782543	Mediterranean Chicken Burger MMB	10	140	1121	19	9.9	1.8	27.7	2.6	1.6	17.6	1.4
627230	Original Chicken Wings MMB	10	190	1353	17	21.1	6.7	4.2	1.9	0.6	29.3	1.3

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799591	Pain au Chocolate MMB	10	60	1017	243	13.7	7.2	24.9	6.7	1.6	4.3	0.7
782549	Piri Piri Chicken Burger MMB	10	140	1118	19	10.0	1.9	27.1	2.6	1.8	17.7	1.4
791865	Piri Piri Chicken Wings MMB	10	190	1267	16	19.6	6.1	4.2	1.5	0.6	27.4	1.9
624726	Pizza Bagel MMB	10	87	949	26	6.3	3.0	35.0	3.7	1.9	9.2	0.9
791854	Plain Chicken Wings MMB	10	190	1469	19	24.4	7.7	0.2	0.2	0.2	33.3	0.4
791556	Plain Popcorn MMB	10	13	196	38	0.5	0.1	7.6	0.1	0.0	1.4	0.0
791606	Plant Based Sausage Roll MMB	10	100	1149	28	16.0	6.6	24.1	2.0	3.7	6.9	1.1
622826	Roasted Vegetable Panini	1	180	1515	201	11.4	3.8	51.4	5.0	3.6	11.6	1.2
624775	Sausage Bap MMB	10	50	522	25	0.9	0.1	25.0	1.8	1.5	4.8	0.5
628472	Sausage Roll 6" MMB	10	120	1662	397	25.2	11.2	32.5	2.9	1.4	9.4	1.5
624771	Single Bacon Bap MMB	10	102	990	23	9.5	3.3	25.0	1.8	1.5	13.4	2.4
791952	Soft Cheese Half Bagel MMB	10	77	750	23	1.6	0.4	35.7	4.5	1.7	6.8	0.7
726953	Spiced Mexican Bean Pot MMB	10	213	1121	13	9.8	3.1	28.5	5.5	4.9	14.7	1.4
795318	Spinach & Egg Protein Pot MMB	10	151	659	10	10.7	3.0	0.1	0.0	0.4	15.5	0.5
795331	Sweet Chilli Chicken & Broccoli Protein Pots MMB	10	125	396	8	3.4	1.0	5.2	4.0	2.4	10.8	0.5
782531	Sweet Chilli Chinese Chicken Burger MMB	10	140	981	17	5.5	1.6	29.3	4.7	1.6	17.6	1.5
627367	Sweet Waffle MMB	10	35	658	45	7.7	3.6	19.6	9.3	0.6	2.1	0.3
628462	Syrup Pancakes MMB	10	34	356	25	0.8	0.1	18.1	9.4	0.4	1.5	0.4
791867	Tikka Chicken Wings MMB	10	190	1355	17	29.3	6.7	4.2	1.0	0.8	29.3	1.3
795364	Tuna Mayo & Green Bean Protein Pot MMB	10	118	414	8	5.2	0.5	2.5	1.2	1.6	10.9	0.5
699320	Tuna Melt Panini	1	175	1518	207	6.6	3.5	48.6	2.7	2.9	25.0	1.7
726948	Veggie Hash Bean Pot MMB	10	224	727	8	1.6	0.3	31.5	4.2	6.0	6.7	0.6