

Flaming Grill No Gluten Containing Main Menu Nutritional Information - Spring Summer 2026



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Lets Get Started	Nachos	3397	40%	812	41%	43.8	63%	16.8	84%	79.5	31%	12.2	14%	20.0	40%	3.52	59%
Flaming Grill - SS26 Core Menu NGC	Lets Get Started	Vegan Nachos	2291	27%	548	27%	23.2	33%	3.8	19%	71.4	27%	8.8	10%	8.4	17%	2.38	40%
Flaming Grill - SS26 Core Menu NGC	Lets Get Started	Flame Grilled Chicken Tikka Skewer	1369	16%	327	16%	17.7	25%	1.7	8%	15.9	6%	8.2	9%	26.0	52%	1.44	24%
Flaming Grill - SS26 Core Menu NGC	Sharers	Sharing Nachos	5271	63%	1260	63%	66.4	95%	26.1	131%	123.1	47%	20.8	23%	34.9	70%	6.34	106%
Flaming Grill - SS26 Core Menu NGC	Sharers	Vegan Sharing Nachos	3599	43%	860	43%	36.4	52%	6.1	31%	111.8	43%	16.1	18%	13.3	27%	4.11	69%
Flaming Grill - SS26 Core Menu NGC	Sharers	Sharing Nachos - Beef Burnt Ends	5973	71%	1427	71%	72.4	103%	27.1	136%	135.1	52%	31.8	35%	49.9	100%	7.44	124%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Hunter's Chicken Skillet	3953	47%	944	47%	38.9	56%	18.4	92%	76.7	29%	27.1	30%	64.7	129%	2.92	49%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	7oz* Gammon Skillet - Please select your choice from the following:	3045	36%	727	36%	33.9	48%	13.7	68%	54.5	21%	13.1	15%	48.6	97%	5.12	85%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Pineapple Slices	263	3%	63	3%	0.5	1%	0.0	0%	13.4	5%	13.4	15%	0.5	1%	0.01	0%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Fried Egg	532	6%	128	6%	10.1	14%	2.1	11%	0.0	0%	0.0	0%	9.4	19%	0.28	5%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Jacket Potato	1878	22%	449	22%	21.6	31%	7.6	38%	52.3	20%	9.1	10%	7.1	14%	0.42	7%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Grated Mozzarella and Cheddar Cheese	697	8%	167	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Baked Beans	292	3%	70	3%	0.9	1%	0.0	0%	11.9	5%	3.4	4%	3.4	7%	0.34	6%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Coleslaw	207	2%	49	2%	3.5	5%	0.5	3%	3.5	1%	2.0	2%	0.5	1%	0.15	3%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Vegan Jacket Potato	1445	17%	345	17%	3.3	5%	0.5	2%	64.2	25%	12.5	14%	10.5	21%	0.49	8%
Flaming Grill - SS26 Core Menu NGC	Pub Classics	Chicken Tikka Masala	2910	35%	695	35%	35.9	51%	6.8	34%	56.2	22%	14.1	16%	33.6	67%	2.75	46%
Flaming Grill - SS26 Core Menu NGC	Combo Kings	Chicken & Steak Combo	4474	53%	1068	53%	55.5	79%	17.8	89%	54.1	21%	10.6	12%	83.8	168%	1.83	31%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Flame Grilled 11oz Tomapork	2945	35%	703	35%	37.5	54%	14.0	70%	17.0	7%	11.4	13%	74.9	150%	8.45	141%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Plain Basmati Rice	783	9%	187	9%	0.7	1%	0.2	1%	41.3	16%	0.2	0%	3.5	7%	0.04	1%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Hot Honey Glazed Salmon	3039	36%	726	36%	41.5	59%	9.7	48%	50.4	19%	41.0	46%	38.0	76%	1.44	24%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Plain Basmati Rice	783	9%	187	9%	0.7	1%	0.2	1%	41.3	16%	0.2	0%	3.5	7%	0.04	1%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS26 Core Menu NGC	Signature Skillets	Extra NGCI Salmon Fillet	1355	16%	324	16%	21.4	31%	3.4	17%	0.0	0%	0.0	0%	33.0	66%	0.39	7%
Flaming Grill - SS26 Core Menu NGC	Steak Skillets	8oz* Sirloin Steak	3645	43%	870	44%	51.1	73%	21.6	108%	54.5	21%	13.1	15%	45.4	91%	0.69	12%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Steak Skilllets	8oz* Rump Steak	3924	47%	937	47%	53.3	76%	22.3	111%	54.5	21%	13.1	15%	57.1	114%	0.76	13%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	NGCI Chick n Mix - Please Select your choices from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Plain Basmati Rice	783	9%	187	9%	0.7	1%	0.2	1%	41.3	16%	0.2	0%	3.5	7%	0.04	1%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Side Salad	176	2%	42	2%	0.7	1%	0.2	1%	6.7	3%	4.9	5%	1.3	3%	0.16	3%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Coleslaw	207	2%	49	2%	3.5	5%	0.5	3%	3.5	1%	2.0	2%	0.5	1%	0.15	3%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Sweetcorn Chargrilled	631	8%	151	8%	10.5	15%	1.1	5%	11.2	4%	4.2	5%	2.2	4%	0.05	1%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Roasted Chicken Fillet	747	9%	179	9%	1.2	2%	0.5	2%	5.9	2%	0.0	0%	36.0	72%	0.53	9%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Chicken Tikka Skewers	572	7%	137	7%	1.7	2%	0.5	2%	5.3	2%	0.0	0%	25.2	50%	0.72	12%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Hot Honey	522	6%	125	6%	0.4	1%	0.0	0%	30.4	12%	30.4	34%	0.4	1%	0.00	0%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Yoghurt & Mint	646	8%	154	8%	16.0	23%	1.2	6%	2.0	1%	1.6	2%	0.4	1%	0.52	9%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Ranch Dressing	890	11%	213	11%	21.2	30%	1.6	8%	4.4	2%	3.2	4%	0.8	2%	0.60	10%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Flaming Grill Signature Sauce	715	9%	171	9%	13.6	19%	1.2	6%	12.0	5%	10.4	12%	0.4	1%	0.36	6%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Flaming Grill - SS26 Core Menu NGC	Chick n Mix	BBQ sauce with Jack Daniels	249	3%	60	3%	0.0	0%	0.0	0%	14.0	5%	12.8	14%	0.4	1%	0.48	8%
Flaming Grill - SS26 Core Menu NGC	Salads	Flame-grilled Rump 4oz Steak Salad - Please select your choice from the following:	1404	17%	334	17%	16.6	24%	5.8	29%	8.2	3%	6.0	7%	36.7	73%	0.48	8%
Flaming Grill - SS26 Core Menu NGC	Salads	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Flaming Grill - SS26 Core Menu NGC	Salads	Hot Honey	522	6%	125	6%	0.4	1%	0.0	0%	30.4	12%	30.4	34%	0.4	1%	0.00	0%
Flaming Grill - SS26 Core Menu NGC	Salads	Yoghurt & Mint	646	8%	154	8%	16.0	23%	1.2	6%	2.0	1%	1.6	2%	0.4	1%	0.52	9%
Flaming Grill - SS26 Core Menu NGC	Salads	Ranch Dressing	890	11%	213	11%	21.2	30%	1.6	8%	4.4	2%	3.2	4%	0.8	2%	0.60	10%
Flaming Grill - SS26 Core Menu NGC	Salads	Flaming Grill Signature Sauce	715	9%	171	9%	13.6	19%	1.2	6%	12.0	5%	10.4	12%	0.4	1%	0.36	6%
Flaming Grill - SS26 Core Menu NGC	Salads	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Flaming Grill - SS26 Core Menu NGC	Salads	BBQ sauce with Jack Daniels	249	3%	60	3%	0.0	0%	0.0	0%	14.0	5%	12.8	14%	0.4	1%	0.48	8%
Flaming Grill - SS26 Core Menu NGC	Salads	Fajita Chicken Salad	768	9%	183	9%	3.7	5%	1.2	6%	12.2	5%	8.0	9%	24.7	49%	0.86	14%
Flaming Grill - SS26 Core Menu NGC	Salads	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Salads	Hot Honey	522	6%	125	6%	0.4	1%	0.0	0%	30.4	12%	30.4	34%	0.4	1%	0.00	0%
Flaming Grill - SS26 Core Menu NGC	Salads	Yoghurt & Mint	646	8%	154	8%	16.0	23%	1.2	6%	2.0	1%	1.6	2%	0.4	1%	0.52	9%
Flaming Grill - SS26 Core Menu NGC	Salads	Ranch Dressing	890	11%	213	11%	21.2	30%	1.6	8%	4.4	2%	3.2	4%	0.8	2%	0.60	10%
Flaming Grill - SS26 Core Menu NGC	Salads	Flaming Grill Signature Sauce	715	9%	171	9%	13.6	19%	1.2	6%	12.0	5%	10.4	12%	0.4	1%	0.36	6%
Flaming Grill - SS26 Core Menu NGC	Salads	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Flaming Grill - SS26 Core Menu NGC	Salads	BBQ sauce with Jack Daniels	249	3%	60	3%	0.0	0%	0.0	0%	14.0	5%	12.8	14%	0.4	1%	0.48	8%
Flaming Grill - SS26 Core Menu NGC	Desserts	Vegan Ice Cream	3152	38%	753	38%	32.0	46%	27.4	137%	96.0	37%	83.8	93%	3.0	6%	0.32	5%
Flaming Grill - SS26 Core Menu NGC	Desserts	Ice Cream, Please Select your choice from the following:	529	6%	126	6%	0.0	0%	0.0	0%	31.6	12%	30.0	33%	0.0	0%	0.00	0%
Flaming Grill - SS26 Core Menu NGC	Desserts	Vanilla Ice Cream	1221	15%	292	15%	10.7	15%	5.7	28%	40.7	16%	40.7	45%	7.8	16%	0.06	1%
Flaming Grill - SS26 Core Menu NGC	Desserts	Chocolate Ice cream	1415	17%	338	17%	15.3	22%	7.6	38%	43.5	17%	42.8	48%	6.5	13%	0.23	4%
Flaming Grill - SS26 Core Menu NGC	Desserts	Apple Crumble - Please select your choice from the following:	1401	17%	335	17%	7.0	10%	2.5	13%	61.6	24%	30.6	34%	3.6	7%	0.18	3%
Flaming Grill - SS26 Core Menu NGC	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Flaming Grill - SS26 Core Menu NGC	Desserts	Custard	419	5%	100	5%	2.3	3%	1.2	6%	18.4	7%	12.7	14%	2.3	5%	0.12	2%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Desserts	Vegan Apple Crumble	2275	27%	544	27%	17.7	25%	11.7	58%	83.0	32%	48.5	54%	4.6	9%	0.28	5%
Flaming Grill - SS26 Core Menu NGC	Chick N Mix Trade Ups	2 Roasted Chicken Fillets	1494	18%	357	18%	2.4	3%	0.9	5%	11.7	5%	0.0	0%	72.0	144%	1.05	18%
Flaming Grill - SS26 Core Menu NGC	Chick N Mix Trade Ups	Corn on the Cob	631	8%	151	8%	10.5	15%	1.1	5%	11.2	4%	4.2	5%	2.2	4%	0.05	1%
Flaming Grill - SS26 Core Menu NGC	Chick N Mix Trade Ups	Coleslaw	413	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Flaming Grill - SS26 Core Menu NGC	Chick N Mix Trade Ups	Side Salad	71	1%	17	1%	0.5	1%	0.1	1%	2.1	1%	0.9	1%	0.7	1%	0.12	2%
Flaming Grill - SS26 Core Menu NGC	Chick N Mix Trade Ups	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS26 Core Menu NGC	Chick N Mix Trade Ups	Chicken Tikka Skewers	572	7%	137	7%	1.7	2%	0.5	2%	5.3	2%	0.0	0%	25.2	50%	0.72	12%
Flaming Grill - SS26 Core Menu NGC	Sides	Our Dressed Side Salad	176	2%	42	2%	0.7	1%	0.2	1%	6.7	3%	4.9	5%	1.3	3%	0.16	3%
Flaming Grill - SS26 Core Menu NGC	Sides	Corn On The Cob	1262	15%	302	15%	20.9	30%	2.1	11%	22.3	9%	8.3	9%	4.3	9%	0.10	2%
Flaming Grill - SS26 Core Menu NGC	Sides	Coleslaw	413	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Flaming Grill - SS26 Core Menu NGC	Sides	NGCI Bread	959	11%	229	11%	15.0	21%	6.7	34%	18.6	7%	1.2	1%	2.9	6%	0.72	12%
Flaming Grill - SS26 Core Menu NGC	Sides	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS26 Core Menu NGC	Steak Sauces	Texan BBQ Sauce	603	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Steak Sauces	Peppercorn Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Flaming Grill - SS26 Core Menu NGC	Steak Sauces	Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Flaming Grill - SS26 Core Menu NGC	Steak Sauces	BBQ sauce with Jack Daniels	623	7%	149	7%	0.0	0%	0.0	0%	35.0	13%	32.0	36%	1.0	2%	1.20	20%
Flaming Grill - SS26 Core Menu NGC	Steak Toppers	Fried Eggs - Steak Topper	1064	13%	256	13%	20.1	29%	4.3	21%	0.0	0%	0.0	0%	18.8	38%	0.55	9%
Flaming Grill - SS26 Core Menu NGC	Steak Toppers	Burnt Ends in JD BBQ Sauce - Steak Topper	702	8%	168	8%	6.0	9%	1.0	5%	12.0	5%	11.0	12%	15.0	30%	1.10	18%
Flaming Grill - SS26 Core Menu NGC	Steak Sides	Corn On The Cob	1262	15%	302	15%	20.9	30%	2.1	11%	22.3	9%	8.3	9%	4.3	9%	0.10	2%
Flaming Grill - SS26 Core Menu NGC	Steak Sides	Coleslaw	413	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Sweet Chilli Sauce	412	5%	98	5%	0.0	0%	0.0	0%	24.6	9%	18.6	21%	0.6	1%	0.60	10%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Yoghurt and Mint Dressing	646	8%	154	8%	16.0	23%	1.2	6%	2.0	1%	1.6	2%	0.4	1%	0.52	9%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Chicken Fillet	747	9%	179	9%	1.2	2%	0.5	2%	5.9	2%	0.0	0%	36.0	72%	0.53	9%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra 7oz Gammon	774	9%	185	9%	3.6	5%	1.2	6%	0.0	0%	0.0	0%	38.5	77%	4.68	78%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Chicken Tikka Skewers	572	7%	137	7%	1.7	2%	0.5	2%	5.3	2%	0.0	0%	25.2	50%	0.72	12%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Flaming Grill Signature Sauce	893	11%	214	11%	17.0	24%	1.5	8%	15.0	6%	13.0	14%	0.5	1%	0.45	8%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Ranch	1113	13%	266	13%	26.5	38%	2.0	10%	5.5	2%	4.0	4%	1.0	2%	0.75	13%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Hot Honey	653	8%	156	8%	0.5	1%	0.0	0%	38.0	15%	38.0	42%	0.5	1%	0.00	0%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra JD BBQ Sauce	249	3%	60	3%	0.0	0%	0.0	0%	14.0	5%	12.8	14%	0.4	1%	0.48	8%
Flaming Grill - SS26 Core Menu NGC	Extra's	Double your Sirloin	1375	16%	329	16%	20.8	30%	9.2	46%	0.0	0%	0.0	0%	35.3	71%	0.25	4%
Flaming Grill - SS26 Core Menu NGC	Extra's	Double your Rump	842	10%	200	10%	6.7	10%	2.8	14%	0.0	0%	0.0	0%	35.0	70%	0.22	4%
Flaming Grill - SS26 Core Menu NGC	Extra's	Double Your Fajita Chicken	1105	13%	264	13%	6.0	9%	2.0	10%	8.0	3%	4.0	4%	46.0	92%	1.40	23%
Flaming Grill - SS26 Core Menu NGC	Extra's	Add Pineapple	263	3%	63	3%	0.5	1%	0.0	0%	13.4	5%	13.4	15%	0.5	1%	0.01	0%
Flaming Grill - SS26 Core Menu NGC	Extra's	Add Egg	532	6%	128	6%	10.1	14%	2.1	11%	0.0	0%	0.0	0%	9.4	19%	0.28	5%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Coleslaw	413	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Grated Cheese	836	10%	200	10%	15.0	21%	9.6	48%	0.6	0%	0.0	0%	15.6	31%	0.96	16%
Flaming Grill - SS26 Core Menu NGC	Extra's	Extra Baked Beans	292	3%	70	3%	0.9	1%	0.0	0%	11.9	5%	3.4	4%	3.4	7%	0.34	6%