

Farmhouse - AW26 Breakfast Menu Nutritional Information



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

			Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Bacon & Egg Roll	3474	41%	832	42%	44.0	0.6	13.0	0.7	61.6	0.2	4.6	0.1	47.2	0.9	6.11	102%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Sausage & Egg Roll	3564	42%	853	43%	45.8	0.7	14.6	0.7	68.9	0.3	5.6	0.1	39.6	0.8	3.55	59%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Baked Beans on Toast (V) - Please select the options from the following:	1790	21%	428	21%	27.1	0.4	15.6	0.8	35.3	0.1	10.3	0.1	10.3	0.2	1.45	24%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	0.0	0.6	0.0	49.3	0.2	2.2	0.0	9.9	0.2	0.91	15%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	White Bloomer Sliced	1462	17%	349	17%	3.1	0.0	1.1	0.1	68.4	0.3	1.3	0.0	10.5	0.2	1.18	20%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Scrambled Egg on Toast (V) - Please select the options from the following:	2658	32%	635	32%	56.1	0.8	28.1	1.4	2.4	0.0	2.4	0.0	31.0	0.6	2.47	41%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	0.0	0.6	0.0	49.3	0.2	2.2	0.0	9.9	0.2	0.91	15%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	White Bloomer Sliced	1462	17%	349	17%	3.1	0.0	1.1	0.1	68.4	0.3	1.3	0.0	10.5	0.2	1.18	20%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Baked Beans on Toast (Ve) - Please select the options from the following:	858	10%	205	10%	2.5	0.0	0.0	0.0	35.0	0.1	10.0	0.1	10.0	0.2	1.00	17%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	0.0	0.6	0.0	49.3	0.2	2.2	0.0	9.9	0.2	0.91	15%
Farmhouse Inns - AW26 Breakfast Menu	Favourites	White Bloomer Sliced	1462	17%	349	17%	3.1	0.0	1.1	0.1	68.4	0.3	1.3	0.0	10.5	0.2	1.18	20%
Farmhouse Inns - AW26 Breakfast Menu	Upsell	Breakfast Juice - Please select the options from the following:	0	0%	0	0%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0%
Farmhouse Inns - AW26 Breakfast Menu	Upsell	Cloudy Apple Juice	1256	15%	300	15%	0.0	0.0	0.0	0.0	16.5	0.1	16.5	0.2	0.0	0.0	0.00	0%
Farmhouse Inns - AW26 Breakfast Menu	Upsell	Orange Juice	1236	15%	295	15%	0.0	0.0	0.0	0.0	14.9	0.1	14.9	0.2	1.7	0.0	0.00	0%
Farmhouse Inns - AW26 Breakfast Menu	Upsell	Hot Drinks	247	3%	59	3%	1.8	0.0	0.9	0.0	8.5	0.0	8.5	0.1	2.7	0.1	0.19	3%