

## Assessing the catering sector's commitment to salt reduction



Produced with the kind support of the British Heart Foundation



## Executive Summary

The Department of Health estimates that reducing salt intakes by just 1g - a pinch of salt - would avoid 4,147 premature deaths and save the NHS £288 million every year<sup>1</sup>. Reducing salt intake can lower blood pressure in just 4 weeks, which in turn reduces the risk of high blood pressure and stroke<sup>2</sup>. The maximum recommended salt target is 6g of salt per person per day but most people in the UK exceed this and the average intake is currently around 8g per day.

Food consumed out of home makes a significant contribution to our daily diets with an estimated 1 in 6 meals being eaten out of the home. It is also often saltier than similar foods sold at retail<sup>3</sup>. Furthermore, celebrity chefs exert great influence on people's food habits through their books, programmes and endorsements. Indeed a recent study has shown that ready meals are healthier than celebrity chef meals<sup>4</sup>. Therefore, chefs and the catering sector have a huge role to play in helping consumer's to reduce their salt intake to meet the 6g a day population target.

We will be showing people how to take control of the salt in their own food preparation, by simply using less salty and tastier ingredients, as well as adding less salt during cooking and at the table. However, it is harder to eat less salt when eating food prepared by other people. We aim to raise awareness among chefs and catering staff of the importance for health of reducing the salt in foods, and promote behaviour changes through kitchen practices and ingredient selection.

## Our Assessment

Action taken by the catering sector is key to reducing salt in food eaten out of the home. In our research we looked at 36 well known chef, chain, café and fast food restaurants to assess the steps they have taken to reduce salt. Each business was measured against 3 key categories:

- 1. Commitment to action**
- 2. Helping consumers make healthy choices**
- 3. Salt content of their food**

We found although some good examples exist, on the whole consumers are being let down by the inconsistent approach to reducing salt, with some companies making progress in one or two areas, but less in others. There are no 'gold standard' companies, with progress needed across the board.

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<sup>1</sup> <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

<sup>2</sup> <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

<sup>3</sup> <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

<sup>4</sup> <http://www.actiononsalt.org.uk/news/Salt%20in%20the%20news/2012/88376.pdf>

Dinner by Heston Blumenthal leads the way in the celebrity restaurants for having meals that were the lowest in salt. Frankie's, in contrast, had the highest levels of salt amongst the chef restaurants.

Among the restaurant chains, J D Wetherspoons stood out for demonstrating strong will by committing to the FSA, signing up to the Salt Reduction Pledge and the second Salt Catering Pledge, however many of their meals were still high in salt. In contrast, Gourmet Burger Kitchen and Carluccio's have not yet shown any public commitment to reduce salt, or to help their customers make informed healthy choices by providing labelling.

Café chains have generally made more progress than restaurant chains; all provide nutritional labelling online allowing customers to find out what is in their food, just not always at the point of purchase. Some provided nutritional information in store and none of them provided salt shakers on the tables. Costa stands out for having made significant changes in this area.

Among the catering companies, the pub chain Michell & Butlers and Olive Catering lead the way for signing up to the Salt Reduction Pledge and sections of the Salt Catering Pledge. In contrast, Brakes and 3663 have still got further to go.

## Recommendations

Consensus Action on Salt and Health recommends the following list of actions for the catering sector and chef restaurants:

### Priority actions for the catering sector

- Commit to the Responsibility Deal Salt Reduction and Salt Catering Pledge
- Provide nutritional labelling
- Remove salt shakers from tables
- Provide low salt soy sauce at the table instead of standard soy sauce

### Priority actions for chefs and chef restaurants

- Commit to the Chef Pledge
- Commit to the Responsibility Deal Salt Reduction and Salt Catering Pledge
- Provide nutritional labelling
- Remove salt shakers from tables

Our research has shown that more than half of people find restaurant meals too salty, and that two thirds think chefs should add less salt when they cook the meal. Our assessment looked at the leading companies in the catering sector, but it is very important that action is taken across the sector, including the many smaller restaurants and takeaway outlets. Overall, the pace of salt reduction needs to be increased dramatically.

## Introduction and background

The Department of Health estimates that reducing salt intakes by just 1g - a pinch of salt - would avoid 4,147 premature deaths and save the NHS £288 million every year<sup>5</sup>. Reducing salt intake can lower blood pressure in just 4 weeks, which in turn reduces the risk of high blood pressure and stroke<sup>6</sup>. The maximum recommended salt target is 6g of salt per person per day but most people in the UK exceed this and the average intake is currently around 8g per day.

Food consumed out of home makes a significant contribution to our daily diets with an estimated 1 in 6 meals being eaten out of the home. It is also often saltier than similar foods sold at retail<sup>7</sup>. Previous CASH surveys on the salt content of food consumed out of the home have highlighted the large variations in salt levels and scope to make reductions.

Celebrity Chefs exert great influence on people's food habits through their books, programmes and endorsements. Indeed a recent study has shown that ready meals are healthier than celebrity chef meals<sup>8</sup>. Cooking programmes wield real effect on in-home cooking; 26% have tried a new recipe after seeing it on TV, 21% have tried a more adventurous food and 19% have tried a new ingredient, only 27% enjoy watching without necessarily cooking anything as a result. Chefs have a huge role to play in helping consumer's to reduce their salt intakes to meet the 6g a day population target.

The Food Standards Agency (FSA) began a programme to reduce salt intakes in 2006 with targets for reduction, a public campaign around the 6g a day target and clearer labelling. Specific targets for the amount of salt for particular foods were set for 2010. The Government's current Public Health Responsibility Deal, which focuses on encouraging companies to sign voluntary pledges to take action, includes a pledge to meet the 2012 salt reduction targets. Recently three additional salt pledges have been developed; the Salt Catering Pledges focus on training and kitchen practice, reformulation and procurement; work in conjunction with each other and in support of the original salt reduction pledge.

The Department of Health has stated that, whilst great efforts to use less salt have been made by retailers and manufacturers who have signed up to the Department of Health's salt reduction pledge, chefs' preference for saltier foods and a culture which places a strong emphasis on salt as a flavour is preventing further progress.

As such, for our 14<sup>th</sup> National Salt Awareness Week (11<sup>th</sup> -17<sup>th</sup> March 2013), supported by thirteen national health charities, including the British Heart Foundation, Diabetes UK and Cancer Research UK, we have conducted a survey of celebrity chef restaurants, catering companies, restaurant and café chains to assess their commitment to this important public health policy.

<sup>5</sup> <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

<sup>6</sup> <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

<sup>7</sup> <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

<sup>8</sup> <http://www.actiononsalt.org.uk/news/Salt%20in%20the%20news/2012/88376.pdf>

## Our research

This report assesses how far celebrity chefs, catering companies, restaurant and café chains have responded to the calls to reduce salt. The evidence for our assessments comes from a variety of sources: information on company websites, including nutritional labelling; information provided directly by companies in response to our questions; information provided on the Food Standard Agency website; information provided on the Department of Health website; direct analysis of meals brought from restaurants; a restaurants and café chains visit to identify practices in relation to the salt labelling and salt shaker availability.

Each business was measured against 3 key categories:

1. Commitment to action
2. Helping consumers make healthy choices
3. Salt content of their food

### 1. Commitment to action

Our research has shown that 90% of people believe chefs should take an interest in the nation's health, and that 70% think chefs should be more responsible for helping consumers to eat less salt.

#### ***CASH's Celebrity Chef Pledge***

We asked the Celebrity chefs to support our pledge, and simply agree to ***"Use less salt"***

- Chefs that agreed to sign up to our pledge scored one point.

#### ***Food Standards Agency's Healthy Catering Commitment***

We assessed the involvement of these companies in the previous government's salt reduction initiative under the Food Standards Agency (FSA). The FSA website continues to display this information

- Each company scored one point if they had committed to reduce salt in the food they serve.

#### ***Department of Health's Responsibility Deal***

The current government's Responsibility Deal has focused on salt reduction as part of the Salt Reduction Pledge and the Salt Catering Pledge. We sought to find out if the companies have signed up to these pledges. In total there are four pledges as the Salt Catering Pledge divides into three sub-pledges.

NB Those signing the Salt Pledge are, by default, also signing the Catering Salt Sub-Pledge 3.

- Companies received one point for each pledge they have committed to.

### 2. Helping consumers make healthy choices

Our research has shown that 64% would like to see salt levels indicated on menus when eating out. When asked how restaurants and cafes can help consumers to eat less salt, almost a fifth said it would help if salt shakers were removed from the tables.

### ***Nutritional labelling***

We also investigated whether the companies displayed nutritional labelling, particularly salt labelling in the restaurant or online.

- Companies received one point if salt content is displayed in the restaurant and one point if displayed online.

### ***Salt shakers***

We also wanted to identify the companies that did not provide salt shakers on the table for their customers.

- Companies that did not provide salt shakers, only upon request, received one point.

### **3. Salt content of meals**

Our research has shown that that more than half of people find restaurant meals too salty, and that 2/3rds said chefs should add less salt when they cook the meal.

*For those without nutrition labelling:* The chef restaurants and many of the restaurant chains (Strada, Pizza Express, GBK and Café Rouge) did not provide salt content of food they serve in the restaurant or online. Therefore, we selected four popular restaurant chains to analyse. We ordered three lunch meals from each restaurant and had the salt content analysed by a Public Analyst. Wherever possible we selected three main meals from set lunch menu as we assumed these would be the most popular options due to their affordability. We calculated an average for salt content in the meals analysed and identified the highest and lowest salt containing meal. Subsequently, we identified if the average salt content for each chef restaurant was high ('red') in salt per portion or by 100g, according to the criteria set by the FSA Traffic Light Labelling system.

- If the highest meal, the lowest meal or the average salt content of all the meals surveyed was not high ('red'), a point each respectively would be given.

NB: We provide a list in the Appendix [A] of the restaurant chains and cafés that we could not assess in the report because they did not provide salt content of the food they serve in the restaurant or online.

*For those with nutrition labelling:* Many of the chain companies display salt content levels of the food they serve on their website. We calculated the average salt content in the main meals from the full menu for each restaurant, café and fast food chain. Subsequently, we identified if the average salt content for each chef restaurant was high ('red') in salt per portion, according to the criteria set by the FSA Traffic Light Labelling system.

- If the highest meal, the lowest meal or the average salt content of all the meals surveyed was not high ('red'), a point each respectively would be given.

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## Companies included in the survey

### Celebrity chef restaurants

Brasserie Blanc (By Raymond Blanc)  
Dinner (By Heston Blumenthal)  
Frankie's (By Marco Pierre White)  
Jamie's Italian (By Jamie Oliver)  
Fifteen (By Jamie Oliver)  
Savoy Grill (By Gordon Ramsay)

### Restaurant chains

Gourmet Burger Kitchen  
Café Rouge (Tragus)  
Carluccio's  
J D Wetherspoons  
Leon  
Pizza Express  
Nando's  
Strada  
The Real Greek  
Wagamama  
Yo Sushi

### Café chains

Caffe Nero  
Costa  
EAT.  
Itsu  
Pret A Manger  
Starbucks

### Fast Food chains

Burger King  
Domino's  
KFC  
McDonald's  
Pizza Hut

### Catering companies

Brakes  
CH&Co  
Compass  
Michell & Butlers plc  
Olive Catering  
Sodexo  
3663  
7 Day Catering

## Results

### Chef Restaurants

#### Overall Score

Chef Restaurant	Overall Ranking/6
Dinner (By Heston Blumenthal)	1
Brasserie Blanc (By Raymond Blanc)	2
Fifteen (By Jamie Oliver)	3
Savoy Grill (By Gordon Ramsay)	3
Jamie's Italian (By Jamie Oliver)	5
Frankie's (By Marco Pierre White)	5

Brasserie Blanc by Raymond Blanc and Dinner by Heston Blumenthal stood out among the chef restaurants for having the highest score because it had the lowest salt content of its meals. In contrast, Jamie's Italian and Frankie's scored no points because all the meals analysed were high in salt.

#### Commitment to action

Chef Restaurant	Chef Pledge	Salt Catering Pledge		
		F5a	F5b	F5c
Brasserie Blanc (By Raymond Blanc)	0	0	0	0
Dinner (By Heston Blumenthal)	0	0	0	0
Frankie's (By Marco Pierre White)	0	0	0	0
Jamie's Italian (By Jamie Oliver)	0	0	0	0
Fifteen (By Jamie Oliver)	0	0	0	0
Savoy Grill (By Gordon Ramsay)	0	0	0	0

None of the chef restaurants have signed up to any of the Salt Catering Pledges.

#### Helping consumers make healthy choices

Chef Restaurant	Salt labelling		Salt shakers
	In store	Online	
Brasserie Blanc (By Raymond Blanc)	0	0	0
Dinner (By Heston Blumenthal)	0	0	0
Frankie's (By Marco Pierre White)	0	0	0
Jamie's Italian (By Jamie Oliver)	0	0	0
Fifteen (By Jamie Oliver)	0	0	0
Savoy Grill (By Gordon Ramsay)	0	0	0

We found that only Jamie's Italian restaurant displays nutritional information online, but it does not include salt content. We found that all of chef restaurants offered salt shakers on the table.



## Salt content of their food

Chef Restaurant	Salt content			Total score
	Average	Highest	Lowest	10
Brasserie Blanc (By Raymond Blanc)	1	0	1	2
Dinner (By Heston Blumenthal)	1	1	1	3
Frankie's (By Marco Pierre White)	0	0	0	0
Jamie's Italian (By Jamie Oliver)	0	0	0	0
Fifteen (By Jamie Oliver)	0	0	1	1
Savoy Grill (By Gordon Ramsay)	0	0	1	1

Of the chef restaurant meals analysed only Dinner by Heston Blumenthal had no meals that were high in salt. In contrast, Frankie's and Jamie's Italian meals were all comparatively high in salt. On average, the meals analysed at Brasserie Blanc and Dinner were lower in salt than the meals at Frankie's, Jamie's Italian, Fifteen and Savoy Grill.

## Restaurant chains

### Overall Score

Restaurant chains	Overall Ranking/10
J D Wetherspoons	1
Café Rouge	2
Yo Sushi	2
Leon	4
Pizza Express	4
Nando's	6
Strada	6
The Real Greek	6
Wagamama	6
Gourmet Burger Kitchen	9
Carluccio's	9

J D Wetherspoons stood out among the restaurant chains for demonstrating strong will by responding to CASH, committing to the FSA, signing up to the Salt Reduction Pledge and the second Salt Catering Pledge, however their meals were still comparatively high in salt. In contrast, Gourmet Burger Kitchen and Carluccio's scored the least amount of points because they have not shown any public commitment to reduce salt or to help their customers make informed healthy choices by providing labelling.

### Commitment to action

Restaurant chains	FSA Healthy Catering Commitment	Salt Reduction Pledge	Salt Catering Pledge		
			F5a	F5b	F5c
Gourmet Burger Kitchen	0	0	0	0	0
Café Rouge	1	1	0	0	1
Carluccio's	0	0	0	0	0
J D Wetherspoons	1	1	0	1	1
Leon	0	0	0	0	0
Pizza Express	1	1	0	0	1
Nando's	1	0	0	0	0
Strada	1	1	0	0	1
The Real Greek	0	0	0	0	0
Wagamama	0	0	0	0	0
Yo Sushi	0	1	0	0	1

Café Rouge, J D Wetherspoons, Pizza Express, Leon and Strada all demonstrated they are committed to reducing salt by providing information on their website and responding to our questions. Furthermore, these companies had also originally committed to the FSA Healthy Catering Commitment. Nando's had also worked with the FSA but has since not shown any sign of commitment. But, Café Rouge, J D Wetherspoons, Pizza Express and Strada continued to show their commitment by publically signing up to the Salt Reduction Pledge. However, since the introduction of the three Salt Catering Pledges in June 2012, only J D Wetherspoons has signed

up to the second Salt Catering Pledge; committing to reformulate products. Leon have shown interest in signing up to the Salt Catering Pledges. In contrast, Gourmet Burger Kitchen and Carluccio's have yet to show any commitment.

## Helping consumers make healthy choices

Restaurant chains	Salt labelling		Salt shakers
	In store	Online	
Gourmet Burger Kitchen	0	0	1
Café Rouge	0	0	0
Carluccio's	0	0	0
J D Wetherspoons	1	1	1
Leon	0	1	1
Pizza Express	0	0	1
Nando's	0	1	0
Strada	0	0	0
The Real Greek	0	1	0
Wagamama	0	1	1
Yo Sushi	0	1	1

We found that approximately half of the restaurant chains assessed provided salt labelling online. But only J D Wetherspoons provides salt labelling brochures in the restaurants. Carluccio's had information on request. We found that half of restaurant chains offered salt shakers on the table; Café Rouge, Carluccio's, Nando's, Strada and The Real Greek all provided salt shakers. Wagamama and Yo Sushi provided soy sauce on the table; Wagamama offers a low-salt soy sauce option.

## Salt content of their food

Restaurant chains	Salt content		
	Average	Highest	Lowest
Gourmet Burger Kitchen	0	0	0
Café Rouge	1	0	1
Carluccio's	0	0	1
J D Wetherspoons	0	0	1
Leon	1	0	1
Pizza Express	0	0	0
Nando's	0	0	1
Strada	0	0	0
The Real Greek	1	0	1
Wagamama's	0	0	1
Yo Sushi	0	0	1

Gourmet Burger Kitchen, Café Rouge, Pizza Express and Strada did not have salt labelling on their website and did not provide them upon our request. Therefore, we ordered three main meals from the lunch menu and analysed the salt content. All the meals analysed at Gourmet Burger Kitchen, Pizza Express and Strada were high in salt, though lower salt options may be available. Also, all

the restaurant chains assessed had at least one meal that is high in salt. On average, only the meals served at Café Rouge, The Real Greek and Leon were lower in salt.

#### Examples of main meals in restaurant chains with the highest salt content

- J D Wetherspoons 10oz gammon with eggs, chips, peas, tomato and flat mushroom – **8.9g**
- J D Wetherspoons large mixed grill with chips peas tomato and flat mushroom – **8.2g**
- Carluccio's Spaghetti alle vongole in bianco – **8.0g**
- Wagamama's Yaki Udon – **7.0g**
- Wagamama's ginger chicken udon – **6.6g**

#### Examples of main meals in restaurant chains with the lowest salt content

- Carluccio's tortellini di cervo – **0.3g**
- Leon garlic chicken with seasonal salad – **0.4**
- Yo sushi crunchy tofu salad – **0.4g**
- Leon poached Scottish salmon with seasonal salad – **0.6g**
- J D Wetherspoons salmon fillet without hollandaise sauce, jacket potato and side salad, no creamy dressing – **0.7g**

NB: We excluded The Real Greek from this section as their portion sizes for a single order do not constitute as a main meal.

## Café chains

### Overall Score

Café chains	Overall Ranking/6
Costa	1
Pret	2
Caffe Nero	3
EAT.	3
Starbucks	3
Itsu	6

Costa stood out among the café chains for demonstrating strong will by responding to CASH, committing to the FSA, signing up to the Salt Reduction Pledge, providing nutritional labelling and not providing salt shakers. In contrast, Itsu scored the least amount of points because they have not shown any commitment to reduce salt in the food they serve and do not help customers make informed healthy choices by providing salt labelling in store.

### Commitment to action

Café chains	FSA Healthy Catering Commitment	Salt Reduction Pledge	Salt Catering Pledge		
			F5a	F5b	F5c
Caffe Nero	1	0	0	0	0
Costa	1	1	0	0	1
EAT.	1	1	0	0	1
Itsu	0	0	0	0	0
Pret	1	1	0	1	1
Starbucks	1	0	0	0	0

Caffe Nero, Costa and Pret A Manger demonstrated they are committed to reducing salt by providing information on their website, engaging with us and had also originally committed to the FSA Healthy Catering Commitment. Starbucks and EAT. had also worked with the FSA. Starbucks has not since shown any sign of commitment, EAT have signed Salt reduction Pledge, along with Costa and Pret A Manger. Pret A Manger is the only company to sign up to the Salt Catering Pledge; committing to reformulate products. In contrast, Itsu has not shown any sign of commitment yet.

### Helping consumers make healthy choices

Café chains	Salt labelling		Salt shakers
	In store	Online	
Caffe Nero	1	1	1
Costa	1	1	1
Eat	0	1	1
Itsu	0	1	1
Pret	0	1	1
Starbucks	1	1	1

All the café chains assessed provided nutritional labelling including salt online, only Caffe Nero, Costa and Starbucks provided salt labelling in store. NB Itsu provided nutritional labelling in store but did not include salt content. None of the café chains assessed provided salt shakers on the table. Itsu provides soy sauce and reduced salt soy sauce on the table. Caffe Nero, Costa, EAT. and Pret A Manger all had salt sachets available.

## Salt content of their food

Café chains	Salt content		
	Average	Highest	Lowest
Caffe Nero	1	0	1
Costa	1	0	1
EAT.	0	0	1
Itsu	0	0	1
Pret	0	0	1
Starbucks	1	0	1

On average a higher proportion of foods served at Caffe Nero, Costa and Starbucks were lower in salt. In contrast, EAT, Itsu and Pret A Manger's food was, on average, higher in salt. All the cafés provided at least one meal that is high in salt and at least one meal that is low in salt.

## Examples of main meals in café chains with the highest salt content

- EAT. macaroni and cheese hot pot – **6.0g**
- Itsu duck hoisin boxu with 15g red top soy – **5.4g**
- Itsu health and happiness boxu with wakame and 15g red top soy – **4.9g**
- Itsu best of itsu boxu with 15g red top soy – **4.9g**
- EAT. Peking duck wrap – **4.8g**

## Examples of main meals in café chains with the lowest salt content

- Itsu salmon and tuna tartare salad – **0.5g**
- Itsu poached salmon salad – **0.7g**
- EAT. simple tuna salad without dressing – **0.7g**
- Itsu special salmon 'no carb' salad – **0.8g**
- Itsu smoked chicken salad – **0.9g**

## Fast food restaurants

### Overall Score

Fast food restaurants	Overall Ranking/6
Subway	1
McDonald's	2
KFC	3
Domino's	4
Burger King	5
Pizza Hut	6

Subway stood out among the fast food restaurants for demonstrating strong will by committing to the FSA, committing to the Salt Reduction Pledge, part of the Responsibility Deal Salt Catering Pledge, providing nutritional labelling online and in store and not providing salt shakers. In contrast, Pizza Hut scored the least points for not making a public commitment to reducing salt since the FSA's Healthy Catering Commitments.

### Commitment to action

Fast food restaurants	FSA Healthy Catering Commitment	Salt Reduction Pledge	Salt Catering Pledge		
			F5a	F5b	F5c
Burger King	1	0	0	0	0
Domino's	1	0	0	1	0
KFC	1	0	1	1	0
McDonald's	1	0	0	0	1
Pizza Hut	1	0	0	0	0
Subway	1	1	0	0	1

Domino's, KFC, McDonald's and Subway demonstrated they are committed to reducing salt by providing information on their website and responding to our questions, they had committed to the FSA Healthy Catering Commitment. Burger King and Pizza Hut had worked with the FSA, but have since shown no signs of public commitment. Only Subway has signed up to the Salt Reduction Pledge. Three fast food companies have signed up to parts of the Salt Catering Pledge; KFC has signed up to the Salt Catering Pledge on training and kitchen practice. KFC and Domino's pledged to reformulate their products, McDonald's has committed to the procurement pledge.

### Helping consumers make healthy choices

Fast food restaurants	Salt labelling		Salt shakers
	In store	Online	
Burger King	0	1	1
Domino's	0	1	1
KFC	0	1	1
McDonald's	1	1	1
Pizza Hut	0	1	1
Subway	1	1	1

All of the fast food restaurants provide nutritional labelling, including salt labelling online, only McDonald's and Subway provide this information in store. None of the fast food restaurants assessed provided salt shakers on the table.

## Salt content of their food

Fast food restaurants	Salt content		
	Average	Highest	Lowest
Burger King	0	0	1
Domino's	0	0	1
KFC	0	0	1
McDonald's	1	0	1
Pizza Hut	0	0	1
Subway	1	0	1

On average a higher proportion of meals served at McDonald's and Subway were lower in salt. But McDonald's fries come ready salted, however you can ask for fries without salt. A higher proportion of meals served at Burger King, Domino's, KFC and Pizza Hut were found to be high in salt. All the restaurants had at least one meal that is high in salt. All the restaurants had at least one meal that is low in salt.

## Examples of main meals in fast food restaurant chains with the highest salt content

- Pizza Hut 11 inch gluten free country classic pizza – **6.7g**
- Pizza Hut 9 inch BBQ meat feast pizza – **6.4g**
- Pizza Hut 9 inch BBQ cajun chicken pizza – **6.2g**
- Pizza Hut 9 inch BBQ Americano pizza – **5.9g**
- Pizza Hut 11 inch country classic pizza – **5.8g**

## Examples of main meals in fast food restaurant chains with the lowest salt content

- Subway veggie delite salad – **0.2g**
- Subway beef salad – **0.6g**
- Subway chicken breast salad – **0.7g**
- McDonald's grilled chicken salad – **0.8g**
- Subway chicken tikka salad – **0.8g**



## Catering Companies

### Overall Score

Catering companies	Overall Ranking/8
Michell & Butlers plc	1
Olive Catering	1
CH&Co	3
Compass	3
Sodexo	3
7 Day Catering	3
Brakes	7
3663	7

Michell & Butlers and Olive Catering stood out among the catering companies for demonstrating strong will by committing to the FSA, signing up to the Salt Reduction Pledge, pledging to reformulate and train and change kitchen practice as part of Salt Catering Pledge respectively and responding to CASH. In contrast, only Brakes and 3663 had the lowest score.

### Commitment to action

Catering companies	FSA Healthy Catering Commitment	Salt Reduction Pledge	Salt Catering Pledge		
			F5a	F5b	F5c
Brakes	1	0	0	1	0
CH&Co	1	1	0	0	1
Compass	1	1	0	0	1
Michell & Butlers plc	1	1	0	1	1
Olive Catering	1	1	1	0	1
Sodexo	1	1	0	0	1
3663	1	0	0	0	1
7 Day Catering	1	1	0	0	1

All the companies had committed to the FSA Healthy Catering Commitment. Furthermore, all the companies apart from Brakes and 3663 have committed to the Salt Reduction Pledge. However, only Olive Catering have committed to training and changing kitchen practices and Brakes and Michell and Butlers have committed to reformulate their products.

### Helping consumers make healthy choices

None of the catering companies had any nutrition information available

### Salt content of their food

None of the catering companies had any nutrition information available and we were unable to analyse samples.

## Summary

No chef restaurant was clearly far ahead or behind. But Heston's Dinner leads the way for having meals that are not high in salt. Marco's Frankie's, in contrast, has made the least progress among the chef restaurants.

While there is more scope for action within restaurant chains, we found they had not progressed anywhere near as far as they could have done. The restaurant chains lagged behind cafes on committing to the Salt Catering Pledge and providing in store salt labelling. Confusingly, whilst J D Wetherspoons stands out for having made significant commitments to reduce salt, the salt content of their products tell a different story.

Café chains, and surprisingly some fast food chains, have made more progress than restaurant chains; all provide nutritional labelling online allowing those more organised customers to find out what is in their food. Some provided nutritional information in store and none of them provided salt shakers on the tables. Costa stands out for having made significant changes in this area. As there was no labelling or nutritional information available, it would be very hard for consumers to take any action to reduce their salt intake here.

The pace of change needs to be dramatically increased in the out of home food sector. The Government has to take greater responsibility for helping people to eat healthily out of home. The Responsibility Deal needs to become more ambitious. Clear targets and milestones need to be set out by the Government and there need to be more effective sanctions for companies that are not responding. Companies should be named and shamed if they are not doing enough and legislation should be used where insufficient action is taken voluntarily.

We all need to stand up to the catering sector and ask for:



## Recommendations

### Priority actions for chefs and chef restaurants:

- **Commit to CASH's Chef Pledge:** Chefs that are primarily responsible for popular restaurants need to demonstrate their commitment to salt reduction publically by signing up to the Chef Pledge, so consumers will know they are taking steps to improve our health.
- **Commit to the Responsibility Deal Salt Reduction and Salt Catering Pledge:** Celebrity chefs need to set an example to the rest of the catering sector by committing to support government initiatives in salt reduction.
- **Provide nutritional labelling, or healthier options:** If the chef restaurant is a chain that provides standardised meals throughout all the chains, nutritional labelling, including salt content needs to be provided in store and online.
- **Remove salt shakers from tables:** Readily accessible salt shakers encourage consumers to add more salt at the table. Salt shakers should only be available upon request.

### Priority actions for the catering sector:

- **Commit to the Responsibility Deal Salt Pledge:** Those not yet meeting 2012 salt reduction targets need to ensure that they maintain the momentum behind salt reduction by supporting further reduction targets across product categories.
- **Commit to the Responsibility Deal Salt Catering Pledge:** These companies should demonstrate their commitment to reducing salt through training their staff, changing kitchen practices, reformulating and procurement.
- **Provide nutritional labelling:** The catering sector should encourage consumers to make informed healthy choices by providing nutritional labelling, including salt content, in store and online.
- **Remove salt shakers from tables:** Readily accessible salt shakers encourage consumers to add more salt at the table. Salt shakers should only be available upon request.
- **Provide low salt soy sauce at the table instead of standard soy sauce:** The restaurants and café that provide soy sauce at the table should replace this with a low salt soy sauce version.

Salt Awareness Week is supported by the following national health charities:





## Appendix [A]

The restaurant chains and cafés that we could not assess in the report because they did not provide salt content of the food they serve in the restaurant or online.

Ask Italian

Bella Italia

Byron Burger

Camden Food Co

Chiquito

Cote

Giraffe

Harvester

Le Pain Quotidian

Little Chef

Slug and Lettuce

PAUL

Pho

Prezzo

Upper Crust

Wahaca

West Cornwall Pasty Company

Wimpy

Zizzi

## Restaurant Survey 2013 - All Data

Data table sorted by category, alphabetically, highest salt per portion

Product information was collected online, instore, direct from manufacturers or analysed.

See CASH website for further information:

[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

Colour coding based on Traffic Light Criteria. Red

2.40g/portion/>1.5g/100g, Amber >0.30-<1.50/100g, Green <0.30g/100g

\*Meals analysed at Kent Scientific Services by Public Analyst Jon Griffin, 8 Abbey Wood Road, Kings Hill. Kent. ME 194YT

\*\*Portion size of whole pizza calculated from 1 slice

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
<b>High Street Café Chains</b>					
Café's	Café Nero	Pepperoni and mozzarella panini	3.00	1.60	50
Café's	Café Nero	Chicken bacon and arrabbiata sauce panini (less than 350kcal)	3.00	1.40	50
Café's	Café Nero	BLT Sandwich	2.80	1.60	47
Café's	Café Nero	Ham and cheddar sandwich	2.50	1.40	42
Café's	Café Nero	Ham cheddar and mozzarella panini	2.50	1.30	42
Café's	Café Nero	Mozzarella mushroom and bacon panini	2.50	1.30	42
Café's	Café Nero	Mature cheddar and pickle sandwich	2.30	1.20	38
Café's	Café Nero	Meatball and mozzarella napoletana panini	2.30	1.10	38
Café's	Café Nero	Tuna Melt Panini	2.25	0.40	38
Café's	Café Nero	Chicken Caesar wrap	2.00	1.20	33
Café's	Café Nero	Mushroom Napoletana panini	2.00	1.00	33
Café's	Café Nero	Falafel wrap	1.80	1.10	30
Café's	Café Nero	Vine Tomato mozzarella and basil panini	1.75	0.80	29
Café's	Café Nero	Tuna mayonnaise and cucumber sandwich less than 300kcal	1.30	0.80	22
Café's	Café Nero	Tostati - cheddar mozzarella and tomato	1.00	1.10	17
Café's	Café Nero	Tostati - ham mozzarella and emmental	1.00	1.10	17
Café's	Café Nero	Free range egg mayonnaise sandwich	1.00	0.60	17
Café's	Café Nero	Chicken salad sandwich (less than 300kcal)	1.00	0.50	17
Café's	Costa Coffee	Ham and cheese sourdough panini	2.89	-	48
Café's	Costa Coffee	BLT sandwich	2.70	-	45
Café's	Costa Coffee	Brie and bacon sourdough panini	2.45	-	41
Café's	Costa Coffee	Cheese and tomato toastie	2.35	-	39
Café's	Costa Coffee	Mozzarella and tomato sourdough panini	2.29	-	38
Café's	Costa Coffee	Chicken and bacon signature sandwich	2.24	-	37

Café's	Costa Coffee	Goat's cheese sourdough panini	2.24	-	<b>37</b>
Café's	Costa Coffee	Tuna melt sourdough panini	2.23	-	<b>37</b>
Café's	Costa Coffee	Prawn sandwich	1.95	-	<b>33</b>
Café's	Costa Coffee	Ragu meatball wrap	1.93	-	<b>32</b>
Café's	Costa Coffee	Emmental and mushroom toastie	1.83	-	<b>31</b>
Café's	Costa Coffee	British ham and cheese toastie	1.70	-	<b>28</b>
Café's	Costa Coffee	Tomato and feta salad	1.61	-	<b>27</b>
Café's	Costa Coffee	Chicken fajita wrap	1.53	-	<b>26</b>
Café's	Costa Coffee	Beef Burrito	1.50	-	<b>25</b>
Café's	Costa Coffee	Free range egg sandwich	1.40	-	<b>23</b>
Café's	Costa Coffee	Roast British chicken salad sandwich	1.30	-	<b>22</b>
Café's	Costa Coffee	British chicken and roast pepper panini	1.30	-	<b>22</b>
Café's	Eat	Macaroni and cheese hot pot	6.00	1.50	<b>100</b>
Café's	Eat	Peking duck wrap	4.80	2.30	<b>80</b>
Café's	Eat	The hot cubano toastie	4.70	1.80	<b>78</b>
Café's	Eat	Cheese and onion pie with mash and gravy	4.50	0.80	<b>75</b>
Café's	Eat	Chicken ham and leek with mash and gravy	4.50	0.80	<b>75</b>
Café's	Eat	Soup Pots - Chicken and rice noodles pho	4.40	0.50	<b>73</b>
Café's	Eat	New York pastrami bloomer	4.30	1.80	<b>72</b>
Café's	Eat	Beef and stilton pie with mash and gravy	4.30	0.80	<b>72</b>
Café's	Eat	Steak and ale pie with mash and gravy	4.30	0.80	<b>72</b>
Café's	Eat	Soup Pots - Vegetable gyoza dumpling and egg noodles pho	4.30	0.50	<b>72</b>
Café's	Eat	Simply ham and cheese toastie	4.20	1.80	<b>70</b>
Café's	Eat	Soup Pots - Duck gyoza dumpling and egg noodles pho	4.20	0.50	<b>70</b>
Café's	Eat	Soup Pots - Prawn tom yum pho	4.20	0.50	<b>70</b>
Café's	Eat	Ham and jarlsberg baguette	3.80	1.80	<b>63</b>
Café's	Eat	Mozzarella tomato and pesto toastie	3.70	1.50	<b>62</b>
Café's	Eat	Roast chicken, pork sage and onion bloomer	3.60	1.50	<b>60</b>
Café's	Eat	Chicken and chipotle salsa (less than 5%) toastie	3.50	1.30	<b>58</b>
Café's	Eat	Steak and cheese melt toastie	3.50	1.30	<b>58</b>
Café's	Eat	Big soup - Chunky minestrone with pesto	3.40	0.80	<b>57</b>
Café's	Eat	Tuna and cheddar melt toastie	3.30	1.30	<b>55</b>
Café's	Eat	Big soup - French onion (<5% fat)	3.30	0.80	<b>55</b>
Café's	Eat	Chicken avocado and bacon baguette	3.20	1.30	<b>53</b>
Café's	Eat	Big soup - Sweet potato and chilli	3.20	0.80	<b>53</b>
Café's	Eat	Big soup - Wild mushroom and chestnut (<5% fat)	3.20	0.80	<b>53</b>
Café's	Eat	Big soup - Hungarian goulash (<5% fat)	3.20	0.80	<b>53</b>
Café's	Eat	Big soup - Old fashioned chicken and egg noodles (<5% fat)	3.20	0.80	<b>53</b>
Café's	Eat	Ham and free range egg bloomer	3.10	1.30	<b>52</b>
Café's	Eat	Smoked chicken and basil toastie	3.10	1.30	<b>52</b>

Café's	Eat	Ham brie and cranberry baguette	3.10	1.30	52
Café's	Eat	Big soup - Toulouse sausage and bean cassoulet	3.10	0.80	52
Café's	Eat	Simple ham and pickle sandwich	2.90	1.30	48
Café's	Eat	Bacon lettuce and tomato sandwich	2.70	1.30	45
Café's	Eat	Chicken and mushroom pie with mash and gravy	2.70	0.50	45
Café's	Eat	Sweet potato and feta pie with mash and gravy	2.70	0.50	45
Café's	Eat	Chicken banh mi baguette	2.60	1.00	43
Café's	Eat	Smoked chicken tomato and pesto bloomer	2.40	1.00	40
Café's	Eat	Sticky BBQ pork banh mi (less than 5% fat) baguette	2.40	1.00	40
Café's	Eat	Cumberland sausage, mash and onion gravy hot pot	2.40	0.50	40
Café's	Eat	Chicken and bacon sandwich	2.30	1.00	38
Café's	Eat	Tuna and cucumber baguette	2.30	1.00	38
Café's	Eat	Salads - Hummus and falafel mezze	2.30	0.60	38
Café's	Eat	Mature cheddar and sweet chilli jam multi-seed baguette	2.20	1.00	37
Café's	Eat	Cheese and onion pie	2.20	0.80	37
Café's	Eat	Chicken, ham and leek pie	2.20	0.80	37
Café's	Eat	Big soup - Chicken pot pie	2.20	0.50	37
Café's	Eat	Big soup - Jerk chicken	2.20	0.50	37
Café's	Eat	Big soup - Thai green chicken curry	2.20	0.50	37
Café's	Eat	Chorizo chargrilled peppers and rocket multi-seed baguette	2.10	1.00	35
Café's	Eat	Salads - Hummus and falafel mezze without dressing	2.10	0.60	35
Café's	Eat	Big soup - Chicken and garden vegetable (<5% fat)	2.10	0.50	35
Café's	Eat	Big soup - Chicken harira (<5% fat)	2.10	0.50	35
Café's	Eat	Simple cheese salad sandwich	2.00	1.00	33
Café's	Eat	Thai chicken baguette	2.00	1.00	33
Café's	Eat	Big Soup - Italian meatball	2.00	0.80	33
Café's	Eat	Beef and stilton pie	2.00	0.80	33
Café's	Eat	Steak and ale pie	2.00	0.80	33
Café's	Eat	Big soup - Carrot cumin and coriander (<5% fat)	2.00	0.50	33
Café's	Eat	Big soup - Creamy chicken	2.00	0.50	33
Café's	Eat	Big soup - Fire roasted red pepper and goats cheese (<5% fat)	2.00	0.50	33
Café's	Eat	Big soup - Lentil and smokey bacon (<5% fat)	2.00	0.50	33
Café's	Eat	Big soup - Lobster bisque	2.00	0.50	33
Café's	Eat	Big soup - Spicy Moroccan vegetable (<5% fat)	2.00	0.50	33
Café's	Eat	Big soup - Spicy tomato and basil (<5% fat)	2.00	0.50	33
Café's	Eat	Big soup - Thai butternut squash (<5% fat)	2.00	0.50	33
Café's	Eat	Big soup - Beef and barley (<5% fat)	2.00	0.50	33
Café's	Eat	Brie tomato and basil baguette	1.90	1.00	32
Café's	Eat	simple roast chicken wrap	1.90	1.00	32



Café's	Eat	Burmese chicken curry hot pot	1.90	0.50	32
Café's	Eat	Texan chilli hot pot	1.90	0.50	32
Café's	Eat	Thai green chicken curry hot pot	1.90	0.50	32
Café's	Eat	Sweet potato and spinach dal hot pot (les than 5% fat)	1.90	0.50	32
Café's	Eat	Mexican chicken wrap	1.70	0.80	28
Café's	Eat	BBQ pulled pork hot pot	1.70	0.50	28
Café's	Eat	Crayfish lemon and rocket sandwich	1.60	0.80	27
Café's	Eat	Simple chunky free range egg mayonnaise and watercress toastie	1.60	0.80	27
Café's	Eat	Moroccan falafel wrap	1.60	0.80	27
Café's	Eat	spicy chicken noodle (<5% fat) salad	1.60	0.50	27
Café's	Eat	Simple skipjack tuna mayonnaise and cucumber sandwich	1.50	0.80	25
Café's	Eat	Smoked Scottish salmon and soft cheese sandwich	1.40	0.80	23
Café's	Eat	Simple tuna salad	1.40	0.50	23
Café's	Eat	Spicy crayfish noodle (<5% fat) salad	1.40	0.50	23
Café's	Eat	Chicken and mushroom pie	1.30	0.50	22
Café's	Eat	Sweet potato and feta pie	1.30	0.50	22
Café's	Eat	Big soup - Creamy slow roasted tomato	1.20	0.30	20
Café's	Eat	Big soup - Chicken laksa	1.20	0.30	20
Café's	Eat	Turkey and cranberry (less than 5% fat) sandwich	1.10	0.50	18
Café's	Eat	Chicken salad (less than 5% fat) sandwich	1.00	0.80	17
Café's	Eat	Big soup - Squash and maple (<5% fat)	1.00	0.30	17
Café's	Eat	Simple tuna without dressing salad	0.70	0.30	12
Café's	Itsu	Boxu + 15g red top soy - Duck hoisin	5.39	-	90
Café's	Itsu	Boxu + 15g red top soy - Health & happiness + wakame	4.94	-	82
Café's	Itsu	Boxu + 15g red top soy - Best of Itsu	4.86	-	81
Café's	Itsu	Boxu + 15g red top soy - Super salmon 3 ways + wakame	4.69	-	78
Café's	Itsu	Boxu + 15g red top soy - Health & happiness	4.23	-	71
Café's	Itsu	Boxu + 15g red top soy - Super salmon 3 ways	3.99	-	67
Café's	Itsu	Boxu + 15g red top soy - Mixed sashimi + wakame+D628	3.91	-	65
Café's	Itsu	Boxu + 15g red top soy - Crab California	3.65	-	61
Café's	Itsu	Boxu + 15g red top soy - Omega 3 salmon supreme	3.64	-	61
Café's	Itsu	Boxu + 15g red top soy - Mixed sashimi	3.54	-	59
Café's	Itsu	Boxu + 15g red top soy - Veggie club	3.41	-	57
Café's	Itsu	Boxu + 15g red top soy - Tuna & salmon	3.40	-	57
Café's	Itsu	Boxu + 15g red top soy - Salmon & salmon	3.30	-	55
Café's	Itsu	Boxu + 15g red top soy - Spicy salmon & avocado	3.18	-	53
Café's	Itsu	Boxu + 15g red top soy - Tuna & salmon junior	3.08	-	51
Café's	Itsu	Boxu + 15g red top soy - Salmon sushi	3.07	-	51
Café's	Itsu	Hip, humble & healthy salad	2.90	-	48

Café's	Itsu	Duck and pomegranate sandwich	2.87	-	48
Café's	Itsu	Smoked chicken salad	2.83	-	47
Café's	Itsu	Special salmon salad	2.64	-	44
Café's	Itsu	Duck and pomegranate salad	2.48	-	41
Café's	Itsu	No mayo, tangy tuna sandwich	1.70	-	28
Café's	Itsu	Hip, humble & hummus sandwich	1.61	-	27
Café's	Itsu	No mayo, tangy tuna salad	1.31	-	22
Café's	Itsu	Smoked chicken sandwich	1.24	-	21
Café's	Itsu	Hip, humble & hummus salad	1.22	-	20
Café's	Itsu	Smoked chicken 'no carb' salad	1.21	-	20
Café's	Itsu	Poached salmon sandwich	1.08	-	18
Café's	Itsu	Tangy tuna 'no carb' salad	1.03	-	17
Café's	Itsu	Smoked chicken salad	0.85	-	14
Café's	Itsu	Special salmon 'no carb' salad	0.83	-	14
Café's	Itsu	Poached salmon salad	0.69	-	12
Café's	Itsu	Salmon and tuna tartare salad	0.46	-	8
Café's	Pret a Manger	Swedish meatball hot wrap	4.59	1.97	77
Café's	Pret a Manger	Deluxe bento box	4.50	1.76	75
Café's	Pret a Manger	Ham cheese and mustard toastie	3.97	1.84	66
Café's	Pret a Manger	The new York bloomer	3.78	1.67	63
Café's	Pret a Manger	Italian prosciutto on artisan	3.76	1.42	63
Café's	Pret a Manger	Wiltshire-cured ham and greve cheese baguette	3.70	1.64	62
Café's	Pret a Manger	Halloumi and red pepper toastie	3.44	1.48	57
Café's	Pret a Manger	Classic ham and eggs bloomers	3.35	1.49	56
Café's	Pret a Manger	Falafel and halloumi hot wrap	3.33	1.21	56
Café's	Pret a Manger	Tuna melt toastie	3.32	1.51	55
Café's	Pret a Manger	Thai prawn baguette	3.24	1.37	54
Café's	Pret a Manger	Chicken and bacon toastie	3.23	1.27	54
Café's	Pret a Manger	Jalapeno chicken hot wrap	3.22	1.23	54
Café's	Pret a Manger	Chicken and chorizo hot wrap	3.15	1.62	53
Café's	Pret a Manger	Posh cheddar and pickle on artisan	3.13	1.27	52
Café's	Pret a Manger	Chicken Caesar and bacon on artisan baguette	3.10	1.35	52
Café's	Pret a Manger	Scottish smoked salmon	2.96	1.90	49
Café's	Pret a Manger	Corned beef bloomer	2.88	1.00	48
Café's	Pret a Manger	Mushroom risotto soup	2.86	0.82	48
Café's	Pret a Manger	Hoisin duck salad wrap	2.81	1.31	47
Café's	Pret a Manger	Pret's classic tomato soup	2.78	0.75	46
Café's	Pret a Manger	Cream of chicken soup	2.78	0.75	46
Café's	Pret a Manger	Veggie sushi	2.75	1.22	46
Café's	Pret a Manger	Delux sushi	2.75	1.19	46

Café's	Pret a Manger	Italian mozzarella and pesto toastie	2.65	1.13	44
Café's	Pret a Manger	Pole and line caught tuna mayo and cucumber baguette	2.48	1.07	41
Café's	Pret a Manger	Thai chicken curry soup	2.41	0.65	40
Café's	Pret a Manger	Rare beef and horseradish on artisan baguette	2.39	1.03	40
Café's	Pret a Manger	Pole and line caught tuna and rocket bloomer	2.39	1.01	40
Café's	Pret a Manger	Smokey root vegetable and bean soup	2.39	0.65	40
Café's	Pret a Manger	Classic super club sandwich	2.36	0.86	39
Café's	Pret a Manger	Broccoli and Italian cheese soup	2.31	0.63	39
Café's	Pret a Manger	Incredible egg baguette	2.29	0.89	38
Café's	Pret a Manger	Pea and ham soup	2.27	0.61	38
Café's	Pret a Manger	Moroccan falafel salad	2.25	0.79	38
Café's	Pret a Manger	Brie tomato and basil baguette	2.25	0.98	38
Café's	Pret a Manger	Egg's Florentine bloomer	2.25	0.83	37
Café's	Pret a Manger	Malaysian chicken curry soup	2.24	0.61	37
Café's	Pret a Manger	Edam salad	2.23	0.96	37
Café's	Pret a Manger	Lentil and coconut curry soup	2.22	0.60	37
Café's	Pret a Manger	Naked avocado bloomer	2.19	0.97	37
Café's	Pret a Manger	Sausage hotpot soup	2.13	0.58	35
Café's	Pret a Manger	Wiltshire-cured ham and pret pickle sandwich	2.11	0.82	35
Café's	Pret a Manger	Chicken raita salad wrap	2.10	0.83	35
Café's	Pret a Manger	Wild crayfish and avocado bloomer	2.05	0.81	34
Café's	Pret a Manger	Minestrone soup	2.02	0.55	34
Café's	Pret a Manger	Sushi salad	2.00	1.38	33
Café's	Pret a Manger	Beef smoked BLT sandwich	1.99	0.80	33
Café's	Pret a Manger	Wild crayfish and rocket	1.93	0.99	32
Café's	Pret a Manger	Cream of mushroom soup	1.92	0.52	32
Café's	Pret a Manger	Red pepper and crème fraiche soup	1.89	0.51	31
Café's	Pret a Manger	Thai corn soup	1.85	0.50	31
Café's	Pret a Manger	Chargrilled chicken Caesar salad with dressing	1.84	0.94	31
Café's	Pret a Manger	Mature cheddar and pret pickle sandwich	1.83	0.69	31
Café's	Pret a Manger	BBQ pulled pork and bean soup	1.83	0.50	31
Café's	Pret a Manger	Chunky hummus salad wrap	1.81	0.86	30
Café's	Pret a Manger	Kale and garden veg soup	1.75	0.47	29
Café's	Pret a Manger	Super veg nori wrap	1.74	0.97	29
Café's	Pret a Manger	Avocado and herb salad wrap	1.74	0.66	29
Café's	Pret a Manger	Chef's Italian chicken salad	1.68	0.54	28
Café's	Pret a Manger	Chicken avocado sandwich	1.65	0.67	28
Café's	Pret a Manger	Moroccan chicken soup	1.60	0.43	27
Café's	Pret a Manger	Mexican chilli soup	1.46	0.40	24
Café's	Pret a Manger	Simple tuna salad	1.38	0.48	23

Café's	Pret a Manger	Sweet tomato and saffron soup	1.38	0.37	23
Café's	Pret a Manger	Italian meatballs soup	1.35	0.37	23
Café's	Pret a Manger	Superfood salad	1.34	0.41	22
Café's	Pret a Manger	Free range egg mayo sandwich	1.27	0.67	21
Café's	Pret a Manger	Cracking egg salad	1.27	0.49	21
Café's	Pret a Manger	No bread crayfish and avocado with dressing	1.25	0.54	21
Café's	Starbucks	Croque Monsieur ham and cheese panini	2.75	1.45	46
Café's	Starbucks	Tuna melt and mature cheddar panini	2.50	1.25	42
Café's	Starbucks	Meatball Panini	2.50	1.16	42
Café's	Starbucks	New York deli style beef pastrami and emmental sandwich	2.25	1.09	38
Café's	Starbucks	Steak Cheese and Caramelised Onion Panini	2.25	1.07	38
Café's	Starbucks	Roasted chicken and tomato panini	2.25	1.00	38
Café's	Starbucks	Cured ham hock bistro box	2.25	0.75	38
Café's	Starbucks	Falafel mezze bistro box	2.25	0.69	38
Café's	Starbucks	Italian Mozzarella and Slow Roast Tomato Panini	2.00	1.12	33
Café's	Starbucks	Roasted chicken with herb mayonnaise	1.75	0.87	29
Café's	Starbucks	Roasted chicken salsa wrap	1.50	0.77	25
Café's	Starbucks	Gluten Free Tuna Nicoise Roll	1.25	0.86	21
Café's	Starbucks	Free range egg mayo sandwich	1.00	0.52	17
Café's	Starbucks	tuna potato and pea bistro box	1.00	0.35	17
Café's	Starbucks	Chicken and red pesto bistro box	1.00	0.34	17
<b>Celebrity Chef Restaurants</b>					
Celebrity Chefs	Brasserie Blanc*	Smoked haddock and saffron risotto, poached egg	3.20	0.92	53
Celebrity Chefs	Brasserie Blanc*	Pan fried pork cutlet, slow roast winter vegetables	2.30	1.07	38
Celebrity Chefs	Brasserie Blanc*	Pan fried Gilthead bream fillets, bouillabaisse sauce	1.50	0.77	25
Celebrity Chefs	Dinner (Heston)*	Chicken cooked with lettuces - spiced celeriac sauce and oyster leaves	1.50	0.66	25
Celebrity Chefs	Dinner (Heston)*	Roast Ray Wing - Parsnip and buttermilk puree, sea beet, brown butter and capers	1.40	1.16	23
Celebrity Chefs	Dinner (Heston)*	Powdered Duck breast - Smoked confit fennel, potato puree and umbles	1.00	0.88	17
Celebrity Chefs	Frankie's (MPW)*	Rib eye steak with béarnaise sauce	4.10	1.36	68
Celebrity Chefs	Frankie's (MPW)*	Fillet of sea bass alla Sicilian	3.30	1.91	55
Celebrity Chefs	Frankie's (MPW)*	Home made tagliatelle Bolognese	2.70	0.63	45
Celebrity Chefs	Jamie's Fifteen*	Radiatori with a pork ragu, parmesan and fontodi olive oil	4.50	0.71	75
Celebrity Chefs	Jamie's Fifteen*	Pan fried fillet of organic Scottish salmon with Swiss chard and salmoriglio	1.50	0.61	25
Celebrity Chefs	Jamie's Fifteen*	The lightest potato and squid ink gnocchi with a braised octopus and tomato stew	1.20	0.58	20
Celebrity Chefs	Jamie's Italian*	Game Meatball	8.10	1.43	135
Celebrity Chefs	Jamie's Italian*	The Jamie's Italian Burger	4.90	1.43	82
Celebrity Chefs	Jamie's Italian*	Lamb Stew	2.90	0.73	48

Celebrity Chefs	Savoy Grill*	Steamed Scottish mussels with cider cream sauce and French fries	7.30	1.43	122
Celebrity Chefs	Savoy Grill*	Breaded turkey escalope with Parma ham, garlic butter and winter leaf salad	2.40	0.86	40
Celebrity Chefs	Savoy Grill*	Wild mushroom risotto with baby spinach aged parmesan and cep mushroom sauce	2.10	0.87	35
<b>High Street Chain Restaurants</b>					
Chain Restaurant's	Café Rouge*	Minute Steak with peppercorn sauce and chips	2.80	0.51	47
Chain Restaurant's	Café Rouge*	Tuna Nicoise	2.60	0.77	43
Chain Restaurant's	Café Rouge*	Chicken Provençale	1.40	0.81	23
Chain Restaurant's	Carluccio's	Spaghetti Alle Vongole in Bianco	8.00	-	133
Chain Restaurant's	Carluccio's	Lenticchie e cotechino (lentil stew)	5.50	-	92
Chain Restaurant's	Carluccio's	Gnocchi al Gorgonzola	5.30	-	88
Chain Restaurant's	Carluccio's	Linguini Ai Frutti Di Mare	4.70	-	78
Chain Restaurant's	Carluccio's	Pasta Alla Puttanesca	4.60	-	77
Chain Restaurant's	Carluccio's	Zuppa di pesce (fish stew)	4.00	-	67
Chain Restaurant's	Carluccio's	Ravioli	3.90	-	65
Chain Restaurant's	Carluccio's	Fritto Misto di Pesce	3.90	-	65
Chain Restaurant's	Carluccio's	Orata con finocchio e capperi (sea bream)	3.70	-	62
Chain Restaurant's	Carluccio's	Lasagne Tradizionale	3.50	-	58
Chain Restaurant's	Carluccio's	Spaghetti Carbonara	3.50	-	58
Chain Restaurant's	Carluccio's	Chicken Milanese (Milanese di Pollo)	2.90	-	48
Chain Restaurant's	Carluccio's	Brasato di manzo (beef and chianti)	2.90	-	48
Chain Restaurant's	Carluccio's	Seafood Salad (Insalate Frutti Di Mare)	2.80	-	47
Chain Restaurant's	Carluccio's	Steak (bistecca di bue con patate)	2.70	-	45
Chain Restaurant's	Carluccio's	Insalata Nicoise	2.30	-	38
Chain Restaurant's	Carluccio's	Pasta con Funghi	2.10	-	35
Chain Restaurant's	Carluccio's	Penne Giardiniera	2.10	-	35
Chain Restaurant's	Carluccio's	Pollo e prugne	2.00	-	33
Chain Restaurant's	Carluccio's	Penne Alla Luganica	1.80	-	30
Chain Restaurant's	Carluccio's	Cotoletta di vitello	1.60	-	27
Chain Restaurant's	Carluccio's	Rigatoni Amatriciana	1.30	-	22
Chain Restaurant's	Carluccio's	Goat Cheese Salad (Insalate Peperoni e Caprino)	1.20	-	20
Chain Restaurant's	Carluccio's	Tortelloni di cervo	0.30	-	5
Chain Restaurant's	Gourmet Burger Kitchen*	Jolly Cow Burger - brioche bun, mushroom, gorgonzola, onion ring, mayo, salad, relish	3.90	1.14	65
Chain Restaurant's	Gourmet Burger Kitchen*	Chicken Camembert and Cranberry Burger - camembert, cranberry sauce, mayo, relish	2.70	0.82	45
Chain Restaurant's	Gourmet Burger Kitchen*	Classic Beef Burger - salad, mayo and relish and homemade garlic mayo.	2.60	0.98	43
Chain Restaurant's	J D Wetherspoons	10oz gammon - with eggs, chips, peas, tomato and a flat mushroom	8.90	-	148

Chain Restaurant's	J D Wetherspoons	Large Mixed grill - with chips, peas, tomato and a flat mushroom	8.20	-	137
Chain Restaurant's	J D Wetherspoons	All-day brunch	6.50	-	108
Chain Restaurant's	J D Wetherspoons	Club salad	5.90	-	98
Chain Restaurant's	J D Wetherspoons	All-day brunch Vegetarian	5.90	-	98
Chain Restaurant's	J D Wetherspoons	Surf and turf - with chips, peas, tomato and a flat mushroom	5.80	-	97
Chain Restaurant's	J D Wetherspoons	Original gourmet chicken burger without chips or onion rings	5.80	-	97
Chain Restaurant's	J D Wetherspoons	Club sandwich	5.70	-	95
Chain Restaurant's	J D Wetherspoons	Mixed grill - with chips, peas, tomato and a flat mushroom	5.30	-	88
Chain Restaurant's	J D Wetherspoons	5oz gammon, eggs and chips (Afternoon Deal)	5.20	-	87
Chain Restaurant's	J D Wetherspoons	Torn chicken, chorizo and spinach pasta with garlic bread (selected pubs)	5.10	-	85
Chain Restaurant's	J D Wetherspoons	Breaded scampi with chips, peas	5.10	-	85
Chain Restaurant's	J D Wetherspoons	BBQ chicken melt - with chips, peas, tomato and a flat mushroom	5.00	-	83
Chain Restaurant's	J D Wetherspoons	Brunch burger without chips or onion rings	4.90	-	82
Chain Restaurant's	J D Wetherspoons	Vegetarian (Quorn) sausages & mash	4.80	-	80
Chain Restaurant's	J D Wetherspoons	Original gourmet 6oz beef burger without chips or onion rings	4.80	-	80
Chain Restaurant's	J D Wetherspoons	Torn chicken chorizo and spinach pasta with salad (selected pubs)	4.70	-	78
Chain Restaurant's	J D Wetherspoons	Bacon carbonara pasta (selected pubs only)	4.60	-	77
Chain Restaurant's	J D Wetherspoons	Italian burger without chips or onion rings	4.60	-	77
Chain Restaurant's	J D Wetherspoons	BBQ chicken bacon and cheese panini	4.50	-	75
Chain Restaurant's	J D Wetherspoons	Roast of the day - Pork with apple sauce	4.20	-	70
Chain Restaurant's	J D Wetherspoons	Chicken tikka masala	4.20	-	70
Chain Restaurant's	J D Wetherspoons	Wiltshire cured ham, eggs and chips	4.20	-	70
Chain Restaurant's	J D Wetherspoons	British beef and abbot ale pie served with mashed potato vegetables and gravy	4.10	-	68
Chain Restaurant's	J D Wetherspoons	Sweet chilli egg noodles with chicken breast	4.00	-	67
Chain Restaurant's	J D Wetherspoons	Roast of the day - Half chicken	3.90	-	65
Chain Restaurant's	J D Wetherspoons	Mexican chicken breast burger without chips or onion rings	3.90	-	65
Chain Restaurant's	J D Wetherspoons	Chicken Caesar salad	3.80	-	63
Chain Restaurant's	J D Wetherspoons	Mexican vegetable burger without chips or onion rings	3.80	-	63
Chain Restaurant's	J D Wetherspoons	Steak & kidney pud, chips, peas, gravy	3.70	-	62
Chain Restaurant's	J D Wetherspoons	Hand battered fish and chips with peas	3.50	-	58
Chain Restaurant's	J D Wetherspoons	Roast of the day - Vegetarian roast	3.20	-	53
Chain Restaurant's	J D Wetherspoons	Pork leek and chive sausages and mash	3.10	-	52
Chain Restaurant's	J D Wetherspoons	Mexican 6oz beef burger without chips or onion rings	3.10	-	52
Chain Restaurant's	J D Wetherspoons	Wiltshire cured ham and cheese toastie	3.00	-	50
Chain Restaurant's	J D Wetherspoons	Mozzarella tomato and pesto panini	3.00	-	50

Chain Restaurant's	J D Wetherspoons	Roast of the day - Beef	3.00	-	50
Chain Restaurant's	J D Wetherspoons	Reggae Reggae chicken wrap - Southern-fried-style chicken fillets	2.90	-	48
Chain Restaurant's	J D Wetherspoons	Superfood whole-wheat pesto pasta with chicken	2.80	-	47
Chain Restaurant's	J D Wetherspoons	Reggae Reggae chicken wrap - sliced chicken breast	2.70	-	45
Chain Restaurant's	J D Wetherspoons	Lasagne with side salad and dressing	2.70	-	45
Chain Restaurant's	J D Wetherspoons	Wiltshire cure ham and cheese panini	2.60	-	43
Chain Restaurant's	J D Wetherspoons	Five-bean chilli	2.60	-	43
Chain Restaurant's	J D Wetherspoons	Tuna mayo malted grain bloomer	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Tuna melt panini	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Jacket potato and cheese	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Chilli con carne	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Vegetable burger without chips	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Chicken breast burger without chips	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Skinny chicken breast burger without salad	2.50	-	42
Chain Restaurant's	J D Wetherspoons	Jacket potato and cheese without creamy salad dressing	2.40	-	40
Chain Restaurant's	J D Wetherspoons	Sweet chilli egg noodles	2.40	-	40
Chain Restaurant's	J D Wetherspoons	8oz rump steak with chips, peas, tomato and a flat mushroom	2.20	-	37
Chain Restaurant's	J D Wetherspoons	14oz Aberdeen Angus rump steak with chips, peas, tomato and a flat mushroom	2.20	-	37
Chain Restaurant's	J D Wetherspoons	Carbonara pasta with mushroom (selected pubs only)	2.00	-	33
Chain Restaurant's	J D Wetherspoons	Chicken breast & pepper skewers, with piri-piri sauce, side salad	2.00	-	33
Chain Restaurant's	J D Wetherspoons	8oz sirloin steak with chips, peas, tomato and a flat mushroom	2.00	-	33
Chain Restaurant's	J D Wetherspoons	Jacket potato with tuna mayo	1.90	-	32
Chain Restaurant's	J D Wetherspoons	Jacket potato with tuna mayo without creamy salad dressing	1.90	-	32
Chain Restaurant's	J D Wetherspoons	Cheese and tomato toastie	1.80	-	30
Chain Restaurant's	J D Wetherspoons	Classic 6oz burger without chips	1.80	-	30
Chain Restaurant's	J D Wetherspoons	Cheese and tomato panini	1.70	-	28
Chain Restaurant's	J D Wetherspoons	Jacket potato and five-bean chilli	1.70	-	28
Chain Restaurant's	J D Wetherspoons	Jacket potato and five-bean chilli without creamy salad dressing	1.70	-	28
Chain Restaurant's	J D Wetherspoons	10oz rib-eye steak with chips, peas, tomato and a flat mushroom	1.70	-	28
Chain Restaurant's	J D Wetherspoons	Jacket potato and chilli con carne, sour cream	1.60	-	27
Chain Restaurant's	J D Wetherspoons	Jacket potato and chilli con carne, sour cream without creamy salad dressing	1.60	-	27
Chain Restaurant's	J D Wetherspoons	Scottish Salmon fillet with Hollandaise sauce, jacket potato and butter, side salad	1.30	-	22
Chain Restaurant's	J D Wetherspoons	Superfood whole-wheat pesto pasta	1.20	-	20
Chain Restaurant's	J D Wetherspoons	Superfood whole-wheat pesto pasta with Scottish salmon	1.20	-	20

Chain Restaurant's	J D Wetherspoons	Salmon Fillet without Hollandaise sauce, jacket potato (no butter) side salad (no creamy dressing)	0.70	-	12
Chain Restaurant's	Leon	Grilled meatballs hot wrap	3.40	1.06	57
Chain Restaurant's	Leon	Catalan white bean and sausage stew	3.40	0.66	57
Chain Restaurant's	Leon	Butterbean and sausage soup	3.30	1.06	55
Chain Restaurant's	Leon	Moroccan chicken curry	3.10	0.62	52
Chain Restaurant's	Leon	Lentil and bacon soup	3.00	0.96	50
Chain Restaurant's	Leon	Falafel and tangy carrot with rice and slaw	3.00	0.73	50
Chain Restaurant's	Leon	Chilli vegetable soup	2.90	0.93	48
Chain Restaurant's	Leon	Potato shallot and thyme soup	2.90	0.93	48
Chain Restaurant's	Leon	Moroccan vegetable curry	2.80	0.54	47
Chain Restaurant's	Leon	Falafel and tangy carrot hot wrap	2.70	1.14	45
Chain Restaurant's	Leon	Crunch coated fish finger wrap	2.60	0.92	43
Chain Restaurant's	Leon	Poached Scottish salmon hot wrap	2.30	0.82	38
Chain Restaurant's	Leon	Grilled meatballs with rice and slaw	2.30	0.46	38
Chain Restaurant's	Leon	Chicken and chorizo club hot wrap	2.10	0.77	35
Chain Restaurant's	Leon	Grilled meatballs with seasonal salad	2.10	0.57	35
Chain Restaurant's	Leon	Chilli Chicken hot wrap	1.70	0.71	28
Chain Restaurant's	Leon	Chilli Chicken with rice and slaw	1.70	0.40	28
Chain Restaurant's	Leon	Chicken and chorizo club with rice and slaw	1.60	0.37	27
Chain Restaurant's	Leon	Garlic Chicken hot wrap	1.40	0.60	23
Chain Restaurant's	Leon	Poached Scottish salmon with rice and slaw	1.40	0.34	23
Chain Restaurant's	Leon	Garlic Chicken with rice and slaw	1.20	0.29	20
Chain Restaurant's	Leon	Chilli Chicken with seasonal salad	1.00	0.33	17
Chain Restaurant's	Leon	Chicken and chorizo club with seasonal salad	0.90	0.29	15
Chain Restaurant's	Leon	Falafel and tangy carrot with seasonal salad	0.80	0.28	13
Chain Restaurant's	Leon	Poached Scottish salmon with seasonal salad	0.60	0.21	10
Chain Restaurant's	Leon	Garlic Chicken with seasonal salad	0.40	0.14	7
Chain Restaurant's	Nando's	Veggie wrap	3.66	1.14	61
Chain Restaurant's	Nando's	Veggie burger	3.55	1.51	59
Chain Restaurant's	Nando's	Veggie Pitta	3.51	1.49	59
Chain Restaurant's	Nando's	Mediterranean salad without chicken	3.41	1.18	57
Chain Restaurant's	Nando's	Mushroom and halloumi burger	3.35	1.14	56
Chain Restaurant's	Nando's	Mushroom and Halloumi Pitta	3.32	1.04	55
Chain Restaurant's	Nando's	Portobello mushroom and halloumi wrap	3.26	0.96	54
Chain Restaurant's	Nando's	Prego steak roll	3.22	1.46	54
Chain Restaurant's	Nando's	Beanie wrap	3.08	0.96	51
Chain Restaurant's	Nando's	Beanie burger	2.97	1.26	50
Chain Restaurant's	Nando's	Beanie Pitta	2.93	1.25	49
Chain Restaurant's	Nando's	Couscous Salad without chicken	2.27	0.84	38



Chain Restaurant's	Nando's	Chicken breast fillet	2.01	0.72	<b>34</b>
Chain Restaurant's	Nando's	Chicken breast burger	1.89	0.97	<b>32</b>
Chain Restaurant's	Nando's	Chicken breast in pitta	1.86	0.95	<b>31</b>
Chain Restaurant's	Nando's	Caesar salad without chicken	1.07	0.47	<b>18</b>
Chain Restaurant's	Nando's	1/4 Chicken leg	0.84	0.88	<b>14</b>
Chain Restaurant's	Pizza Express*	Classic Pizza American	4.80	1.43	<b>80</b>
Chain Restaurant's	Pizza Express*	Salad Nicoise	4.00	0.88	<b>67</b>
Chain Restaurant's	Pizza Express*	Lasagne Classica	2.80	0.80	<b>47</b>
Chain Restaurant's	Strada*	Quattro Stagioni Pizza	5.30	1.31	<b>88</b>
Chain Restaurant's	Strada*	Spaghetti Ragu	3.50	0.73	<b>58</b>
Chain Restaurant's	Strada*	Insalatta Romana	2.90	1.03	<b>48</b>
Chain Restaurant's	The Real Greek	Lamb kefte souvlaki	5.0	-	<b>83</b>
Chain Restaurant's	The Real Greek	Halloumi and vegetable souvlaki	3.7	-	<b>62</b>
Chain Restaurant's	The Real Greek	Pork Souvlaki	3.5	-	<b>58</b>
Chain Restaurant's	The Real Greek	Lamb souvlaki	3.5	-	<b>58</b>
Chain Restaurant's	The Real Greek	Pork souvlaki	3.5	-	<b>58</b>
Chain Restaurant's	The Real Greek	Chicken souvlaki	3.5	-	<b>58</b>
Chain Restaurant's	The Real Greek	Greek salad	3.5	-	<b>58</b>
Chain Restaurant's	The Real Greek	Lamb cutlets	1.6	-	<b>27</b>
Chain Restaurant's	The Real Greek	Bifteki greek burger patties (with yogurt)	1.4	-	<b>23</b>
Chain Restaurant's	The Real Greek	Chicken skewer	1.4	-	<b>23</b>
Chain Restaurant's	The Real Greek	Pork skewer	1.4	-	<b>23</b>
Chain Restaurant's	The Real Greek	Lamb skewer	1.4	-	<b>23</b>
Chain Restaurant's	The Real Greek	Chargrilled Chicken Wings	1.4	-	<b>23</b>
Chain Restaurant's	The Real Greek	Tahini keftedes	0.9	-	<b>14</b>
Chain Restaurant's	The Real Greek	Halloumi Skewer (with vegetable)	0.6	-	<b>10</b>
Chain Restaurant's	Wagamama's	Yaki Udon	7.00	1.13	<b>117</b>
Chain Restaurant's	Wagamama's	Ginger chicken udon	6.60	1.09	<b>110</b>
Chain Restaurant's	Wagamama's	Miso Ramen	6.20	0.63	<b>103</b>
Chain Restaurant's	Wagamama's	Saien Soba	5.90	0.58	<b>98</b>
Chain Restaurant's	Wagamama's	Grilled fish ramen	5.60	0.64	<b>93</b>
Chain Restaurant's	Wagamama's	Teriyaki Salmon Ramen	5.60	0.61	<b>93</b>
Chain Restaurant's	Wagamama's	Teriyaki beef soba	5.20	0.86	<b>87</b>
Chain Restaurant's	Wagamama's	Wagamama ramen	5.20	0.57	<b>87</b>
Chain Restaurant's	Wagamama's	Firecracker prawns	5.00	0.76	<b>83</b>
Chain Restaurant's	Wagamama's	Pork Ramen	5.00	0.57	<b>83</b>
Chain Restaurant's	Wagamama's	Yasai Cha han	4.90	0.64	<b>82</b>
Chain Restaurant's	Wagamama's	Yaki soba	4.50	0.79	<b>75</b>
Chain Restaurant's	Wagamama's	Teriyaki chicken donburi	4.50	0.77	<b>75</b>

Chain Restaurant's	Wagamama's	Fire cracker chicken	4.50	0.63	75
Chain Restaurant's	Wagamama's	Chicken and prawn Cha han	4.50	0.58	75
Chain Restaurant's	Wagamama's	Ginger beef and coriander salad	4.30	0.99	72
Chain Restaurant's	Wagamama's	Yasai yaki soba	4.30	0.77	72
Chain Restaurant's	Wagamama's	Prawn chilli men	4.00	0.59	67
Chain Restaurant's	Wagamama's	Chilli Beef Ramen	3.90	0.39	65
Chain Restaurant's	Wagamama's	Chicken and prawn pad thai	3.80	0.59	63
Chain Restaurant's	Wagamama's	Prawn Raisukaree	3.70	0.49	62
Chain Restaurant's	Wagamama's	Chicken chilli men	3.40	0.48	57
Chain Restaurant's	Wagamama's	Prawn itame	3.40	0.44	57
Chain Restaurant's	Wagamama's	Chicken Raisukaree	3.10	0.40	52
Chain Restaurant's	Wagamama's	Chicken itame	3.10	0.37	52
Chain Restaurant's	Wagamama's	Yasai Itame	3.00	0.38	50
Chain Restaurant's	Wagamama's	Chicken Tama rice	3.00	0.37	50
Chain Restaurant's	Wagamama's	Chicken Ramen	3.00	0.37	50
Chain Restaurant's	Wagamama's	Yasai Katsu curry	2.90	0.46	48
Chain Restaurant's	Wagamama's	Mixed uramaki sushi	2.60	0.90	43
Chain Restaurant's	Wagamama's	Yasai chilli men	2.60	0.39	43
Chain Restaurant's	Wagamama's	Chicken katsu curry	2.50	0.40	42
Chain Restaurant's	Wagamama's	Chu Chee curry	2.10	0.25	35
Chain Restaurant's	Wagamama's	Yasai selection	2.00	0.80	33
Chain Restaurant's	Wagamama's	Salmon and tuna with three salmon sashimi slices sushi	1.90	0.60	32
Chain Restaurant's	Wagamama's	Salmon and tuna sushi	1.80	0.70	30
Chain Restaurant's	Wagamama's	Mixed selection	1.70	0.70	28
Chain Restaurant's	Wagamama's	Mixed selection with three salmon sashimi slices sushi	1.70	0.60	28
Chain Restaurant's	Wagamama's	Mandarin and sesame chicken salad	1.00	0.25	17
Chain Restaurant's	Yo Sushi	Prawn yakisoba	5.20	-	87
Chain Restaurant's	Yo Sushi	Chicken yakisoba	5.00	-	83
Chain Restaurant's	Yo Sushi	Prawn katsu curry	4.10	-	68
Chain Restaurant's	Yo Sushi	Vegetable yakisoba	3.90	-	65
Chain Restaurant's	Yo Sushi	Chicken firecracker rice	3.60	-	60
Chain Restaurant's	Yo Sushi	Salmon rice	3.60	-	60
Chain Restaurant's	Yo Sushi	Vegetable firecracker rice	3.50	-	58
Chain Restaurant's	Yo Sushi	Spicy seafood udon	3.40	-	57
Chain Restaurant's	Yo Sushi	Salmon teriyaki	3.20	-	53
Chain Restaurant's	Yo Sushi	Chicken teriyaki	3.10	-	52
Chain Restaurant's	Yo Sushi	Miso Soup	3.00	-	50
Chain Restaurant's	Yo Sushi	Chicken katsu curry	2.50	-	42
Chain Restaurant's	Yo Sushi	Duck Udon	2.50	-	42
Chain Restaurant's	Yo Sushi	Kaiso salad	2.00	-	33

Chain Restaurant's	Yo Sushi	Tofu katsu curry	2.00	-	<b>33</b>
Chain Restaurant's	Yo Sushi	Chucka ika	1.80	-	<b>30</b>
Chain Restaurant's	Yo Sushi	Spicy chicken salad	1.50	-	<b>25</b>
Chain Restaurant's	Yo Sushi	Salmon and broccoli salad	1.30	-	<b>22</b>
Chain Restaurant's	Yo Sushi	Crunchy tofu salad	0.40	-	<b>7</b>
<b>Fast Food Chains</b>					
Fast Food	Burger King	Chicken royale with cheese	4.50	-	<b>75</b>
Fast Food	Burger King	XL Bacon double cheeseburger	4.18	-	<b>70</b>
Fast Food	Burger King	Double whopper with cheese	3.95	-	<b>66</b>
Fast Food	Burger King	BK Veggie bean burger	3.75	-	<b>62</b>
Fast Food	Burger King	BK veggie wrap	3.75	-	<b>62</b>
Fast Food	Burger King	Whopper with cheese	3.71	-	<b>62</b>
Fast Food	Burger King	Chicken royale	3.44	-	<b>57</b>
Fast Food	Burger King	Sweet chilli chicken royale	3.43	-	<b>57</b>
Fast Food	Burger King	Chicken tendercrisp	3.09	-	<b>51</b>
Fast Food	Burger King	Chicken Caesar tendercrisp	3.07	-	<b>51</b>
Fast Food	Burger King	Sweet chilli chicken wrap	2.99	-	<b>50</b>
Fast Food	Burger King	Caesar chick wrap	2.90	-	<b>48</b>
Fast Food	Burger King	Double whopper	2.89	-	<b>48</b>
Fast Food	Burger King	Whopper	2.66	-	<b>44</b>
Fast Food	Burger King	Smoked bacon and cheddar double angus	2.65	-	<b>44</b>
Fast Food	Burger King	Double Cheeseburger	2.56	-	<b>43</b>
Fast Food	Burger King	Ocean catch	2.45	-	<b>41</b>
Fast Food	Burger King	Smoked bacon and cheddar angus	2.41	-	<b>40</b>
Fast Food	Burger King	Bacon double cheeseburger	2.27	-	<b>38</b>
Fast Food	Burger King	Whopper Jr with cheese	1.98	-	<b>33</b>
Fast Food	Burger King	Big King	1.95	-	<b>33</b>
Fast Food	Burger King	Cheeseburger	1.93	-	<b>32</b>
Fast Food	Burger King	Double angus	1.79	-	<b>30</b>
Fast Food	Burger King	Double rodeo	1.70	-	<b>28</b>
Fast Food	Burger King	Angus burger	1.55	-	<b>26</b>
Fast Food	Burger King	Whopper Jr	1.45	-	<b>24</b>
Fast Food	Burger King	Hamburger	1.40	-	<b>23</b>
Fast Food	Burger King	Flame grilled chicken salad	1.04	-	<b>17</b>
Fast Food	Domino's	Pepperoni passion (delight mozzarella) (Personal Pizza)	4.80	1.80	<b>80</b>
Fast Food	Domino's	Domino's meateor (Personal Pizza)	4.60	1.80	<b>77</b>
Fast Food	Domino's	Scrummy (Personal Pizza)	4.50	1.60	<b>75</b>
Fast Food	Domino's	Pepperoni passion (Personal Pizza)	4.10	1.80	<b>68</b>
Fast Food	Domino's	American (Personal Pizza)	3.90	1.50	<b>65</b>
Fast Food	Domino's	Meat lovers (Personal Pizza)	3.70	1.50	<b>62</b>

Fast Food	Domino's	Might meaty (Personal Pizza)	3.50	1.30	58
Fast Food	Domino's	Extravaganza (Personal Pizza)	3.50	1.20	58
Fast Food	Domino's	Full House (Personal Pizza)	3.50	1.20	58
Fast Food	Domino's	Meatzza (Personal Pizza)	3.30	1.40	55
Fast Food	Domino's	The sizzler (Personal Pizza)	3.30	1.30	55
Fast Food	Domino's	Mixed grill (Personal Pizza)	3.20	1.20	53
Fast Food	Domino's	New Yorker (Personal Pizza)	3.10	1.30	52
Fast Food	Domino's	New Yorker (delight mozzarella) (Personal Pizza)	3.10	1.30	52
Fast Food	Domino's	Texas BBQ (Personal Pizza)	3.10	1.30	52
Fast Food	Domino's	Ham and Pineapple (Personal Pizza)	3.00	1.30	50
Fast Food	Domino's	American Hot (Personal Pizza)	3.00	1.20	50
Fast Food	Domino's	Dominos Deluxe (Personal Pizza)	2.80	1.20	47
Fast Food	Domino's	House special (Personal Pizza)	2.80	1.10	47
Fast Food	Domino's	Bacon double cheese (Personal Pizza)	2.80	1.00	47
Fast Food	Domino's	Chicken feast (Personal Pizza)	2.50	1.00	42
Fast Food	Domino's	Farmhouse (Personal Pizza)	2.50	1.00	42
Fast Food	Domino's	Hawaiian (Personal Pizza)	2.50	1.00	42
Fast Food	Domino's	Tandoori hot (Personal Pizza)	2.50	1.00	42
Fast Food	Domino's	Vegetarian supreme (delight mozzarella) (Personal Pizza)	2.50	1.00	42
Fast Food	Domino's	Mexican Hot (Personal Pizza)	2.40	1.00	40
Fast Food	Domino's	Veg-a-roma (Personal Pizza)	2.40	1.00	40
Fast Food	Domino's	Hot and spicy (Personal Pizza)	2.30	1.00	38
Fast Food	Domino's	Tuna Delight (Personal Pizza)	2.20	0.90	37
Fast Food	Domino's	Original cheese and tomato (delight mozzarella) (Personal Pizza)	2.10	1.10	35
Fast Food	Domino's	Vegetarian supreme (Personal Pizza)	2.10	0.90	35
Fast Food	Domino's	Original cheese and tomato (Personal Pizza)	2.03	1.00	34
Fast Food	Domino's	Vegi life (Personal Pizza)	1.90	0.90	32
Fast Food	Domino's	Vegi volcano (Personal Pizza)	1.90	0.80	32
Fast Food	KFC	Dippin' strips	5.28	-	88
Fast Food	KFC	Zinger tower burger	4.26	-	71
Fast Food	KFC	Big daddy burger	4.07	-	68
Fast Food	KFC	Fillet tower burger	3.92	-	65
Fast Food	KFC	Zinger burger	3.11	-	52
Fast Food	KFC	Cajun boxmaster wrap	2.84	-	47
Fast Food	KFC	Toasted twister	2.77	-	46
Fast Food	KFC	Fillet Burger	2.55	-	43
Fast Food	KFC	Zinger salad	2.46	-	41
Fast Food	KFC	Flamin' wrap	2.33	-	39
Fast Food	KFC	BBQ wrap	2.29	-	38

Fast Food	KFC	Mini fillet burger	1.94	-	32
Fast Food	KFC	Original recipe salad	1.90	-	32
Fast Food	KFC	BBQ rancher twister	1.83	-	31
Fast Food	KFC	Mini fillet	1.46	-	24
Fast Food	McDonalds	Big Tasty with Bacon	3.40	-	57
Fast Food	McDonalds	Big Tasty	3.00	-	50
Fast Food	McDonalds	Chicken legend with bacon - spicy tomato salsa	2.90	-	48
Fast Food	McDonalds	Crispy chicken and bacon sandwich	2.70	-	45
Fast Food	McDonalds	Chicken legend with spicy tomato salsa	2.60	-	43
Fast Food	McDonalds	Chicken legend with bacon - cool mayo	2.60	-	43
Fast Food	McDonalds	Sweet chilli crispy chicken sandwich	2.40	-	40
Fast Food	McDonalds	Chicken legend with cool mayo	2.30	-	38
Fast Food	McDonalds	Crispy chicken and bacon wrap	2.30	-	38
Fast Food	McDonalds	Quarter Pounder with cheese	2.20	-	37
Fast Food	McDonalds	Big Mac	2.10	-	35
Fast Food	McDonalds	Double Cheeseburger	2.10	-	35
Fast Food	McDonalds	Sweet chilli crispy chicken wrap	2.00	-	33
Fast Food	McDonalds	Grilled chicken salad sandwich	2.00	-	33
Fast Food	McDonalds	Spicy veggie sandwich	1.90	-	32
Fast Food	McDonalds	McChicken Sandwich	1.60	-	27
Fast Food	McDonalds	Cheeseburger	1.50	-	25
Fast Food	McDonalds	Grilled chicken salad wrap	1.50	-	25
Fast Food	McDonalds	Ranch and bacon snack wrap	1.30	-	22
Fast Food	McDonalds	Crispy chicken and bacon salad	1.30	-	22
Fast Food	McDonalds	Filet o-fish	1.30	-	22
Fast Food	McDonalds	Spicy veggie wrap	1.30	-	22
Fast Food	McDonalds	Hamburger	1.20	-	20
Fast Food	McDonalds	Grilled chicken and bacon salad	1.20	-	20
Fast Food	McDonalds	Mayo Chicken	1.10	-	18
Fast Food	McDonalds	Crispy chicken salad	1.00	-	17
Fast Food	McDonalds	Grilled chicken salad	0.80	-	13
Fast Food	Pizza Hut**	Gluten free country classic (Posh 11")	6.66	-	111
Fast Food	Pizza Hut**	BBQ meat feast (Regular 9")	6.36	-	106
Fast Food	Pizza Hut**	BBQ Cajun chicken (Regular 9")	6.18	-	103
Fast Food	Pizza Hut**	BBQ Americano (Regular 9")	5.94	-	99
Fast Food	Pizza Hut**	Country classic (Posh 11")	5.76	-	96
Fast Food	Pizza Hut**	Farmhouse (Regular 9")	5.70	-	95
Fast Food	Pizza Hut**	Blazin inferno (Regular 9")	5.64	-	94
Fast Food	Pizza Hut**	Cajun chicken sizzler (Regular 9")	5.58	-	93
Fast Food	Pizza Hut**	Best ever supreme (Regular 9")	5.46	-	91

Fast Food	Pizza Hut**	Gluten free king of the coast (Posh 11")	5.34	-	89
Fast Food	Pizza Hut**	Hawaiian (Regular 9")	4.98	-	83
Fast Food	Pizza Hut**	Mushroom ravioli (Regular 9")	4.93	-	82
Fast Food	Pizza Hut**	Meat feast (Regular 9")	4.92	-	82
Fast Food	Pizza Hut**	Creamy blue (Posh 11")	4.68	-	78
Fast Food	Pizza Hut**	Double Pepperoni (Regular 9")	4.62	-	77
Fast Food	Pizza Hut**	King of the coast (Posh 11")	4.62	-	77
Fast Food	Pizza Hut**	Heavenly veg (Posh 11")	4.56	-	76
Fast Food	Pizza Hut**	Margherita (Regular 9")	4.02	-	67
Fast Food	Pizza Hut**	Chicken supreme (Regular 9")	4.02	-	67
Fast Food	Pizza Hut**	Spicy chicken salad	4.02	-	67
Fast Food	Pizza Hut**	Chicken and mushroom bake	3.96	-	66
Fast Food	Pizza Hut**	Lasagne with side salad and dressing	3.51	-	59
Fast Food	Pizza Hut**	Veggie hot one (Regular 9")	3.48	-	58
Fast Food	Pizza Hut**	Mac and Cheese	3.44	-	57
Fast Food	Pizza Hut**	Veggie supreme (Regular 9")	3.00	-	50
Fast Food	Pizza Hut**	Salmon Pasta Bake	2.48	-	41
Fast Food	Pizza Hut	Pizzetta shrimply delicious	2.73	-	46
Fast Food	Pizza Hut	Pizzetta chicken delight	1.89	-	32
Fast Food	Pizza Hut	Pizzetta virtuous veg	1.67	-	28
Fast Food	Subway	Spicy Italian wrap	3.30	1.35	55
Fast Food	Subway	Chicken and bacon ranch melt wrap	3.10	0.98	52
Fast Food	Subway	Italian BMT wrap	2.90	1.16	48
Fast Food	Subway	Subway melt wrap	2.80	1.03	47
Fast Food	Subway	Meatball marinara wrap	2.80	0.87	47
Fast Food	Subway	Spicy Italian (6" regular, grain wheat)	2.70	1.22	45
Fast Food	Subway	Chicken and bacon ranch melt (6" regular, grain wheat)	2.50	0.85	42
Fast Food	Subway	Sweet onion chicken teriyaki wrap	2.50	0.84	42
Fast Food	Subway	Italian BMT (6" regular, grain wheat)	2.40	1.06	40
Fast Food	Subway	Subway melt (6" regular, grain wheat)	2.30	0.92	38
Fast Food	Subway	Beef goulash	2.30	0.92	38
Fast Food	Subway	Lentil and bacon soup	2.30	0.92	38
Fast Food	Subway	Wild mushroom soup	2.30	0.92	38
Fast Food	Subway	Steak and cheese wrap	2.30	0.86	38
Fast Food	Subway	Veggie patty wrap	2.30	0.85	38
Fast Food	Subway	Subway club wrap	2.30	0.84	38
Fast Food	Subway	Chicken temptation wrap	2.30	0.81	38
Fast Food	Subway	Ham wrap	2.20	0.91	37
Fast Food	Subway	Thai style vegetable soup	2.20	0.88	37
Fast Food	Subway	Turkey breast and ham wrap	2.20	0.88	37

Fast Food	Subway	Meatball marinara (6" regular, grain wheat)	2.20	0.73	<b>37</b>
Fast Food	Subway	Tuna wrap	2.10	0.82	<b>35</b>
Fast Food	Subway	Turkey breast wrap	2.00	0.83	<b>33</b>
Fast Food	Subway	Chicken tikka wrap	1.90	0.74	<b>32</b>
Fast Food	Subway	Chicken breast wrap	1.80	0.70	<b>30</b>
Fast Food	Subway	Beef wrap	1.70	0.70	<b>28</b>
Fast Food	Subway	Steak and cheese (6" regular, grain wheat)	1.70	0.69	<b>28</b>
Fast Food	Subway	Veggie patty (6" regular, grain wheat)	1.70	0.69	<b>28</b>
Fast Food	Subway	Chicken temptation (6" regular, grain wheat)	1.70	0.65	<b>28</b>
Fast Food	Subway	Tuna (6" regular, grain wheat)	1.60	0.69	<b>27</b>
Fast Food	Subway	Country chicken and vegetable soup	1.60	0.64	<b>27</b>
Fast Food	Subway	Carrot and coriander soup	1.60	0.64	<b>27</b>
Fast Food	Subway	Cream of chicken soup	1.60	0.64	<b>27</b>
Fast Food	Subway	Cream of mushroom soup	1.60	0.64	<b>27</b>
Fast Food	Subway	Highland vegetable soup	1.60	0.64	<b>27</b>
Fast Food	Subway	Leek and potato soup	1.60	0.64	<b>27</b>
Fast Food	Subway	Minestrone soup	1.50	0.60	<b>25</b>
Fast Food	Subway	Tomato soup	1.50	0.60	<b>25</b>
Fast Food	Subway	Red pepper and tomato soup	1.40	0.56	<b>23</b>
Fast Food	Subway	Sweet onion chicken teriyaki salad	1.40	0.36	<b>23</b>
Fast Food	Subway	Veggie delite wrap	1.20	0.65	<b>20</b>
Fast Food	Subway	Subway club salad	1.20	0.33	<b>20</b>
Fast Food	Subway	Ham salad	1.10	0.34	<b>18</b>
Fast Food	Subway	Turkey breast and ham salad	1.10	0.33	<b>18</b>
Fast Food	Subway	Turkey breast salad	0.90	0.27	<b>15</b>
Fast Food	Subway	Chicken tikka salad	0.80	0.23	<b>13</b>
Fast Food	Subway	Chicken breast salad	0.70	0.20	<b>12</b>
Fast Food	Subway	Beef salad	0.60	0.18	<b>10</b>
Fast Food	Subway	Veggie delite salad	0.20	0.07	<b>3</b>