Dish	Portion Size	Energy K Cal	Fat (g)	Sat Fat (g)	Carb (g)	Fibre AOAC	Sodium	Sugar
Turkey burger in a bun	100g	188.35	3.55	0.75	26.85	2.05	168	2.55
Haggis parcel	85g	179.6	19.43	5.79	9.56	0.11	502.4	2.32
Cocktail sausages	20g	58.8	4.72	1.66	1.9	0.02	102.8	0.02
Roast potatoes	90g	141.3	5.94	0.72	21.06	2.7	90	0.9
Roast parsnips	40g	36.24	1.6	0.16	3.56	2.44	16	2.96
Strawberry ice cream	80ml	143.2	7.36	4.56	20.8	N/A	83.2	15.2
Chocolate ice cream	80ml	143.2	7.36	4.56	20.8	N/A	83.2	15.2
Candy cane	39g	199.89	13.89	8.7	17.76	0.69	169.2	4.39
Christmas biscuits	16g	75.74	4.37	2.72	8.7	0.31	0.23	2.75
Gingerbread man	26g	111.9	4.57	2.33	16.89	0.69	2.93	6.29

Dish	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Turkey burger in a bun		x												
Haggis parcel		x											x	
Cocktail sausages		x												x
Roast potatoes														
Roast parsnips														
Strawberry ice cream							x							
Chocolate ice cream							x							
Candy cane biscuit		x					x							
Christmas biscuit		x					x							
Gingerbread man		x												