



High Street Café Chains

Data table sorted highest salt per portion

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

Colour coding based on Traffic Light Criteria. Red $2.40\text{g/portion} > 1.5\text{g}/100\text{g}$, Amber $>0.30 < 1.50/100\text{g}$, Green $<0.30/100\text{g}$

See CASH website for further information: www.actiononsalt.org.uk

*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 %
Café's	Eat	Macaroni and cheese hot pot	6.00	1.50	100
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	Eat	Peking duck wrap	4.80	2.30	80
Café's	Eat	The hot cubano toastie	4.70	1.80	78
Café's	Itsu	Boxu + 15g red top soy - Super salmon 3 ways + wakame	4.69	-	78
Café's	Pret a Manger	Swedish meatball hot wrap	4.59	1.97	77
Café's	Eat	Cheese and onion pie with mash and gravy	4.50	0.80	75
Café's	Eat	Chicken ham and leek with mash and gravy	4.50	0.80	75
Café's	Pret a Manger	Deluxe bento box	4.50	1.76	75
Café's	Eat	Soup Pots - Chicken and rice noodles pho	4.40	0.50	73
Café's	Eat	New York pastrami bloomer	4.30	1.80	72
Café's	Eat	Beef and stilton pie with mash and gravy	4.30	0.80	72
Café's	Eat	Steak and ale pie with mash and gravy	4.30	0.80	72
Café's	Eat	Soup Pots - Vegetable gyoza dumpling and egg noodles pho	4.30	0.50	72
Café's	Itsu	Boxu + 15g red top soy - Health & happiness	4.23	-	71
Café's	Eat	Simply ham and cheese toastie	4.20	1.80	70
Café's	Eat	Soup Pots - Duck gyoza dumpling and egg noodles pho	4.20	0.50	70
Café's	Eat	Soup Pots - Prawn tom yum pho	4.20	0.50	70
Café's	Itsu	Boxu + 15g red top soy - Super salmon 3 ways	3.99	-	67
Café's	Pret a Manger	Ham cheese and mustard toastie	3.97	1.84	66
Café's	Itsu	Boxu + 15g red top soy - Mixed sashimi + wakame+D628	3.91	-	65
Café's	Eat	Ham and jarlsberg baguette	3.80	1.80	63
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	Eat	Mozzarella tomato and pesto toastie	3.70	1.50	62
Café's	Pret a Manger	Wiltshire-cured ham and greve cheese baguette	3.70	1.64	62
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	Eat	Roast chicken, pork sage and onion bloomer	3.60	1.50	60
Café's	Itsu	Boxu + 15g red top soy - Mixed sashimi	3.54	-	59
Café's	Eat	Chicken and chipotle salsa (less than 5%) toastie	3.50	1.30	58
Café's	Eat	Steak and cheese melt toastie	3.50	1.30	58

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Café's	Pret a Manger	Halloumi and red pepper toastie	3.44	1.48	57
Café's	Itsu	Boxu + 15g red top soy - Veggie club	3.41	-	57
Café's	Eat	Big soup - Chunky minestrone with pesto	3.40	0.80	57
Café's	Itsu	Boxu + 15g red top soy - Tuna & salmon	3.40	-	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	Eat	Tuna and cheddar melt toastie	3.30	1.30	55
Café's	Eat	Big soup - French onion (<5% fat)	3.30	0.80	55
Café's	Itsu	Boxu + 15g red top soy - Salmon & salmon	3.30	-	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	Eat	Chicken avocado and bacon baguette	3.20	1.30	53
Café's	Eat	Big soup - Sweet potato and chilli	3.20	0.80	53
Café's	Eat	Big soup - Wild mushroom and chestnut (<5% fat)	3.20	0.80	53
Café's	Eat	Big soup - Hungarian goulash (<5% fat)	3.20	0.80	53
Café's	Eat	Big soup - Old fashioned chicken and egg noodles (<5% fat)	3.20	0.80	53
Café's	Itsu	Boxu + 15g red top soy - Spicy salmon & avocado	3.18	-	53
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	Eat	Ham and free range egg bloomer	3.10	1.30	52
Café's	Eat	Smoked chicken and basil toastie	3.10	1.30	52
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	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	Café Nero	Brie, bacon and caramelised onion panini	3.00	1.60	50
Café's	Café Nero	Pepperoni and mozzarella panini	3.00	1.60	50
Café's	Café Nero	Chicken bacon and arrabiata sauce panini (less than 350kcal)	3.00	1.40	50
Café's	Pret a Manger	Scottish smoked salmon	2.96	1.90	49
Café's	Eat	Simple ham and pickle sandwich	2.90	1.30	48
Café's	Itsu	Hip, humble & healthy salad	2.90	-	48
Café's	Costa Coffee	Ham and cheese sourdough panini	2.89	-	48
Café's	Pret a Manger	Corned beef bloomer	2.88	1.00	48
Café's	Itsu	Duck and pomegranate sandwich	2.87	-	48
Café's	Pret a Manger	Mushroom risotto soup	2.86	0.82	48
Café's	Itsu	Smoked chicken salad	2.83	-	47
Café's	Pret a Manger	Hoisin duck salad wrap	2.81	1.31	47
Café's	Café Nero	BLT Sandwich	2.80	1.60	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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
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	Starbucks	Croque Monsieur ham and cheese panini	2.75	1.45	46
Café's	Costa Coffee	BLT sandwich	2.70	-	45
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	Pret a Manger	Italian mozzarella and pesto toastie	2.65	1.13	44
Café's	Itsu	Special salmon salad	2.64	-	44
Café's	Eat	Chicken banh mi baguette	2.60	1.00	43
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	Starbucks	Tuna melt and mature cheddar panini	2.50	1.25	42
Café's	Starbucks	Meatball Panini	2.50	1.16	42
Café's	Itsu	Duck and pomegranate salad	2.48	-	41
Café's	Pret a Manger	Pole and line caught tuna mayo and cucumber baguette	2.48	1.07	41
Café's	Costa Coffee	Brie and bacon sourdough panini	2.45	-	41
Café's	Pret a Manger	Thai chicken curry soup	2.41	0.65	40
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	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	Costa Coffee	Cheese and tomato toastie	2.35	-	39
Café's	Pret a Manger	Broccoli and Italian cheese soup	2.31	0.63	39
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	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	Costa Coffee	Mozzarella and tomato sourdough panini	2.29	-	38
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	Café Nero	Tuna Melt Panini	2.25	0.40	38
Café's	Pret a Manger	Brie tomato and basil baguette	2.25	0.98	38
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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Café's	Starbucks	Falafel mezze bistro box	2.25	0.69	38
Café's	Pret a Manger	Egg's Florentine bloomer	2.25	0.83	37
Café's	Costa Coffee	Chicken and bacon signature sandwich	2.24	-	37
Café's	Costa Coffee	Goat's cheese sourdough panini	2.24	-	37
Café's	Pret a Manger	Malaysian chicken curry soup	2.24	0.61	37
Café's	Costa Coffee	Tuna melt sourdough panini	2.23	-	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	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	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	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	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	Café Nero	Chicken Caesar wrap	2.00	1.20	33
Café's	Café Nero	Mushroom Napoletana panini	2.00	1.00	33
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	Pret a Manger	Sushi salad	2.00	1.38	33
Café's	Starbucks	Italian Mozzarella and Slow Roast Tomato Panini	2.00	1.12	33
Café's	Pret a Manger	Beef smoked BLT sandwich	1.99	0.80	33

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Café's	Costa Coffee	Prawn sandwich	1.95	-	33
Café's	Costa Coffee	Ragu meatball wrap	1.93	-	32
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	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	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	Costa Coffee	Emmental and mushroom toastie	1.83	-	31
Café's	Pret a Manger	Chunky hummus salad wrap	1.81	0.86	30
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	Pret a Manger	Kale and garden veg soup	1.75	0.47	29
Café's	Starbucks	Roasted chicken with herb mayonnaise	1.75	0.87	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	Costa Coffee	British ham and cheese toastie	1.70	-	28
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	Itsu	No mayo, tangy tuna sandwich	1.70	-	28
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	Itsu	Hip, humble & hummus sandwich	1.61	-	27
Café's	Costa Coffee	Tomato and feta salad	1.61	-	27
Café's	Pret a Manger	Moroccan chicken soup	1.60	0.43	27
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	Costa Coffee	Chicken fajita wrap	1.53	-	26
Café's	Eat	Simple skipjack tuna mayonnaise and cucumber sandwich	1.50	0.80	25
Café's	Starbucks	Roasted chicken salsa wrap	1.50	0.77	25
Café's	Costa Coffee	Beef Burrito	1.50	-	25
Café's	Pret a Manger	Mexican chilli soup	1.46	0.40	24
Café's	Costa Coffee	Free range egg sandwich	1.40	-	23
Café's	Eat	Smoked Scottish salmon and soft cheese sandwich	1.40	0.80	23

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
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	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	Itsu	No mayo, tangy tuna salad	1.31	-	22
Café's	Café Nero	Tuna mayonnaise and cucumber sandwich less than 300kcal	1.30	0.80	22
Café's	Costa Coffee	Roast British chicken salad sandwich	1.30	-	22
Café's	Costa Coffee	British chicken and roast pepper panini	1.30	-	22
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	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	Starbucks	Gluten Free Tuna Nicoise Roll	1.25	0.86	21
Café's	Pret a Manger	No bread crayfish and avocado with dressing	1.25	0.54	21
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	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	Itsu	Poached salmon sandwich	1.08	-	18
Café's	Itsu	Tangy tuna 'no carb' salad	1.03	-	17
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	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	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
Café's	Itsu	Smoked chicken salad	0.85	-	14
Café's	Itsu	Special salmon 'no carb' salad	0.83	-	14
Café's	Eat	Simple tuna without dressing salad	0.70	0.30	12
Café's	Itsu	Poached salmon salad	0.69	-	12
Café's	Itsu	Salmon and tuna tartare salad	0.46	-	8



Celebrity Chef Restaurants

Data table sorted highest salt per portion

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

Colour coding based on Traffic Light Criteria. Red $2.40\text{g/portion}/>1.5\text{g}/100\text{g}$, Amber $>0.30\text{--}1.50/100\text{g}$, Green $<0.30\text{g}/100\text{g}$

See CASH website for further information: www.actiononsalt.org.uk

*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 %
Celebrity Chefs	Jamie's Italian*	Game Meatball	8.10	1.43	135
Celebrity Chefs	Savoy Grill*	Steamed Scottish mussels with cider cream sauce and French fries	7.30	1.43	122
Celebrity Chefs	Jamie's Italian*	The Jamie's Italian Burger	4.90	1.43	82
Celebrity Chefs	Jamie's Fifteen*	Radiatori with a pork ragu, parmesan and fontodi olive oil	4.50	0.71	75
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	Brasserie Blanc*	Smoked haddock and saffron risotto, poached egg	3.20	0.92	53
Celebrity Chefs	Jamie's Italian*	Lamb Stew	2.90	0.73	48
Celebrity Chefs	Frankie's (MPW)*	Home made tagliatelle Bolognese	2.70	0.63	45
Celebrity Chefs	Savoy Grill*	Breaded turkey escalope with Parma ham, garlic butter and winter leaf salad	2.40	0.86	40
Celebrity Chefs	Brasserie Blanc*	Pan fried pork cutlet, slow roast winter vegetables	2.30	1.07	38
Celebrity Chefs	Savoy Grill*	Wild mushroom risotto with baby spinach aged parmesan and cep mushroom sauce	2.10	0.87	35
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	Jamie's Fifteen*	Pan fried fillet of organic Scottish salmon with Swiss chard and salmoriglio	1.50	0.61	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	Jamie's Fifteen*	The lightest potato and squid ink gnocchi with a braised octopus and tomato stew	1.20	0.58	20
Celebrity Chefs	Dinner (Heston)*	Powdered Duck breast - Smoked confit fennel, potato puree and umbles	1.00	0.88	17



High Street Chain Restaurants

Data table sorted highest salt per portion

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

Colour coding based on Traffic Light Criteria. Red 2.40g/portion/>1.5g/100g, Amber >0.30-<1.50/100g, Green <0.30g/100g

See CASH website for further information: www.actiononsalt.org.uk

*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 %
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	Carluccio's	Spaghetti Alle Vongole in Bianco	8.00	-	133
Chain Restaurant's	Wagamama's	Yaki Udon	7.00	1.13	117
Chain Restaurant's	Wagamama's	Ginger chicken udon	6.60	1.09	110
Chain Restaurant's	J D Wetherspoons	All-day brunch	6.50	-	108
Chain Restaurant's	Wagamama's	Miso Ramen	6.20	0.63	103
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	Wagamama's	Saien Soba	5.90	0.58	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	Wagamama's	Grilled fish ramen	5.60	0.64	93
Chain Restaurant's	Wagamama's	Teriyaki Salmon Ramen	5.60	0.61	93
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	J D Wetherspoons	Mixed grill - with chips, peas, tomato and a flat mushroom	5.30	-	88
Chain Restaurant's	Strada*	Quattro Stagioni Pizza	5.30	1.31	88
Chain Restaurant's	J D Wetherspoons	5oz gammon, eggs and chips (Afternoon Deal)	5.20	-	87
Chain Restaurant's	Wagamama's	Teriyaki beef soba	5.20	0.86	87
Chain Restaurant's	Wagamama's	Wagamama ramen	5.20	0.57	87
Chain Restaurant's	Yo Sushi	Prawn yakisoba	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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Chain Restaurant's	The Real Greek	Lamb kefte souvlaki	5.0	-	83
Chain Restaurant's	Wagamama's	Firecracker prawns	5.00	0.76	83
Chain Restaurant's	Wagamama's	Pork Ramen	5.00	0.57	83
Chain Restaurant's	Yo Sushi	Chicken yakisoba	5.00	-	83
Chain Restaurant's	J D Wetherspoons	Brunch burger without chips or onion rings	4.90	-	82
Chain Restaurant's	Wagamama's	Yasai Cha han	4.90	0.64	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	Pizza Express*	Classic Pizza American	4.80	1.43	80
Chain Restaurant's	Carluccio's	Linguini Ai Frutti Di Mare	4.70	-	78
Chain Restaurant's	J D Wetherspoons	Torn chicken chorizo and spinach pasta with salad (selected pubs)	4.70	-	78
Chain Restaurant's	Carluccio's	Pasta Alla Puttanesca	4.60	-	77
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	Wagamama's	Yaki soba	4.50	0.79	75
Chain Restaurant's	Wagamama's	Teriyaki chicken donburi	4.50	0.77	75
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	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	Yo Sushi	Prawn katsu curry	4.10	-	68
Chain Restaurant's	Carluccio's	Zuppa di pesce (fish stew)	4.00	-	67
Chain Restaurant's	J D Wetherspoons	Sweet chilli egg noodles with chicken breast	4.00	-	67
Chain Restaurant's	Pizza Express*	Salad Nicoise	4.00	0.88	67
Chain Restaurant's	Wagamama's	Prawn chilli men	4.00	0.59	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	Gourmet Burger Kitchen*	Jolly Cow Burger - brioche bun, mushroom, gorgonzola, onion ring, mayo, salad, relish	3.90	1.14	65
Chain Restaurant's	J D Wetherspoons	Roast of the day - Half chicken	3.90	-	65

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Chain Restaurant's	J D Wetherspoons	Mexican chicken breast burger without chips or onion rings	3.90	-	65
Chain Restaurant's	Wagamama's	Chilli Beef Ramen	3.90	0.39	65
Chain Restaurant's	Yo Sushi	Vegetable yakisoba	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	Wagamama's	Chicken and prawn pad thai	3.80	0.59	63
Chain Restaurant's	Carluccio's	Orata con finocchio e capperi (sea bream)	3.70	-	62
Chain Restaurant's	J D Wetherspoons	Steak & kidney pud, chips, peas, gravy	3.70	-	62
Chain Restaurant's	The Real Greek	Halloumi and vegetable souvlaki	3.7	-	62
Chain Restaurant's	Wagamama's	Prawn Raisukaree	3.70	0.49	62
Chain Restaurant's	Nando's	Veggie wrap	3.66	1.14	61
Chain Restaurant's	Yo Sushi	Chicken firecracker rice	3.60	-	60
Chain Restaurant's	Yo Sushi	Salmon rice	3.60	-	60
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	Carluccio's	Lasagne Tradizionale	3.50	-	58
Chain Restaurant's	Carluccio's	Spaghetti Carbonara	3.50	-	58
Chain Restaurant's	J D Wetherspoons	Hand battered fish and chips with peas	3.50	-	58
Chain Restaurant's	Strada*	Spaghetti Ragu	3.50	0.73	58
Chain Restaurant's	The Real Greek	Pork Souvlaki	3.5	-	58
Chain Restaurant's	The Real Greek	Lamb souvlaki	3.5	-	58
Chain Restaurant's	The Real Greek	Pork souvlaki	3.5	-	58
Chain Restaurant's	The Real Greek	Chicken souvlaki	3.5	-	58
Chain Restaurant's	The Real Greek	Greek salad	3.5	-	58
Chain Restaurant's	Yo Sushi	Vegetable firecracker rice	3.50	-	58
Chain Restaurant's	Nando's	Mediterranean salad without chicken	3.41	1.18	57
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	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	Yo Sushi	Spicy seafood udon	3.40	-	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	Leon	Butterbean and sausage soup	3.30	1.06	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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Chain Restaurant's	J D Wetherspoons	Roast of the day - Vegetarian roast	3.20	-	53
Chain Restaurant's	Yo Sushi	Salmon teriyaki	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	Leon	Moroccan chicken curry	3.10	0.62	52
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	Yo Sushi	Chicken teriyaki	3.10	-	52
Chain Restaurant's	Nando's	Beanie wrap	3.08	0.96	51
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	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	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	Yo Sushi	Miso Soup	3.00	-	50
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	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	J D Wetherspoons	Reggae Reggae chicken wrap - Southern-fried-style chicken fillets	2.90	-	48
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	Strada*	Insalatta Romana	2.90	1.03	48
Chain Restaurant's	Wagamama's	Yasai Katsu curry	2.90	0.46	48
Chain Restaurant's	Café Rouge*	Minute Steak with peppercorn sauce and chips	2.80	0.51	47
Chain Restaurant's	Carluccio's	Seafood Salad (Insalate Frutti Di Mare)	2.80	-	47
Chain Restaurant's	J D Wetherspoons	Superfood whole-wheat pesto pasta with chicken	2.80	-	47
Chain Restaurant's	Leon	Moroccan vegetable curry	2.80	0.54	47
Chain Restaurant's	Pizza Express*	Lasagne Classica	2.80	0.80	47
Chain Restaurant's	Carluccio's	Steak (bistecca di bue con patate)	2.70	-	45
Chain Restaurant's	Gourmet Burger Kitchen*	relish	2.70	0.82	45
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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Chain Restaurant's	Leon	Falafel and tangy carrot hot wrap	2.70	1.14	45
Chain Restaurant's	Café Rouge*	Tuna Nicoise	2.60	0.77	43
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	Wiltshire cure ham and cheese panini	2.60	-	43
Chain Restaurant's	J D Wetherspoons	Five-bean chilli	2.60	-	43
Chain Restaurant's	Leon	Crunch coated fish finger wrap	2.60	0.92	43
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	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	Wagamama's	Chicken katsu curry	2.50	0.40	42
Chain Restaurant's	Yo Sushi	Chicken katsu curry	2.50	-	42
Chain Restaurant's	Yo Sushi	Duck Udon	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	Carluccio's	Insalata Nicoise	2.30	-	38
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	Nando's	Couscous Salad without chicken	2.27	0.84	38
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	Carluccio's	Pasta con Funghi	2.10	-	35
Chain Restaurant's	Carluccio's	Penne Giardiniera	2.10	-	35
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	Wagamama's	Chu Chee curry	2.10	0.25	35
Chain Restaurant's	Nando's	Chicken breast fillet	2.01	0.72	34
Chain Restaurant's	Carluccio's	Pollo e prugne	2.00	-	33
Chain Restaurant's	J D Wetherspoons	Carbonara pasta with mushroom (selected pubs only)	2.00	-	33

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
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	Wagamama's	Yasai selection	2.00	0.80	33
Chain Restaurant's	Yo Sushi	Kaiso salad	2.00	-	33
Chain Restaurant's	Yo Sushi	Tofu katsu curry	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	Wagamama's	Salmon and tuna with three salmon sashimi slices sushi	1.90	0.60	32
Chain Restaurant's	Nando's	Chicken breast burger	1.89	0.97	32
Chain Restaurant's	Nando's	Chicken breast in pitta	1.86	0.95	31
Chain Restaurant's	Carluccio's	Penne Alla Luganica	1.80	-	30
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	Wagamama's	Salmon and tuna sushi	1.80	0.70	30
Chain Restaurant's	Yo Sushi	Chucka ika	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	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	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	Carluccio's	Cotoletta di vitello	1.60	-	27
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	Leon	Chicken and chorizo club with rice and slaw	1.60	0.37	27
Chain Restaurant's	The Real Greek	Lamb cutlets	1.6	-	27
Chain Restaurant's	Yo Sushi	Spicy chicken salad	1.50	-	25
Chain Restaurant's	Café Rouge*	Chicken Provençale	1.40	0.81	23
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	The Real Greek	Bifteki greek burger patties (with yogurt)	1.4	-	23
Chain Restaurant's	The Real Greek	Chicken skewer	1.4	-	23
Chain Restaurant's	The Real Greek	Pork skewer	1.4	-	23

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Chain Restaurant's	The Real Greek	Lamb skewer	1.4	-	23
Chain Restaurant's	The Real Greek	Chargrilled Chicken Wings	1.4	-	23
Chain Restaurant's	Carluccio's	Rigatoni Amatriciana	1.30	-	22
Chain Restaurant's	J D Wetherspoons	Scottish Salmon fillet with Hollandaise sauce, jacket potato and butter, side salad	1.30	-	22
Chain Restaurant's	Yo Sushi	Salmon and broccoli salad	1.30	-	22
Chain Restaurant's	Carluccio's	Goat Cheese Salad (Insalate Peperoni e Caprino)	1.20	-	20
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	Leon	Garlic Chicken with rice and slaw	1.20	0.29	20
Chain Restaurant's	Nando's	Caesar salad without chicken	1.07	0.47	18
Chain Restaurant's	Leon	Chilli Chicken with seasonal salad	1.00	0.33	17
Chain Restaurant's	Wagamama's	Mandarin and sesame chicken salad	1.00	0.25	17
Chain Restaurant's	Leon	Chicken and chorizo club with seasonal salad	0.90	0.29	15
Chain Restaurant's	The Real Greek	Tahini keftedes	0.9	-	14
Chain Restaurant's	Nando's	1/4 Chicken leg	0.84	0.88	14
Chain Restaurant's	Leon	Falafel and tangy carrot with seasonal salad	0.80	0.28	13
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	Poached Scottish salmon with seasonal salad	0.60	0.21	10
Chain Restaurant's	The Real Greek	Halloumi Skewer (with vegetable)	0.6	-	10
Chain Restaurant's	Leon	Garlic Chicken with seasonal salad	0.40	0.14	7
Chain Restaurant's	Yo Sushi	Crunchy tofu salad	0.40	-	7
Chain Restaurant's	Carluccio's	Tortelloni di cervo	0.30	-	5



Fast food Chains

Data table sorted highest salt per portion

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

Colour coding based on Traffic Light Criteria. Red $2.40\text{g}/\text{portion} > 1.5\text{g}/100\text{g}$, Amber $>0.30 - <1.50/100\text{g}$, Green $<0.30\text{g}/100\text{g}$

See CASH website for further information: www.actiononsalt.org.uk

*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 %
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	KFC	Dippin' strips	5.28	-	88
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	Domino's	Pepperoni passion (delight mozzarella) (Personal Pizza)	4.80	1.80	80
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	Domino's	Domino's meateor (Personal Pizza)	4.60	1.80	77
Fast Food	Pizza Hut**	Heavenly veg (Posh 11")	4.56	-	76
Fast Food	Burger King	Chicken royale with cheese	4.50	-	75
Fast Food	Domino's	Scrummy (Personal Pizza)	4.50	1.60	75
Fast Food	KFC	Zinger tower burger	4.26	-	71
Fast Food	Burger King	XL Bacon double cheeseburger	4.18	-	70
Fast Food	Domino's	Pepperoni passion (Personal Pizza)	4.10	1.80	68
Fast Food	KFC	Big daddy burger	4.07	-	68

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
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	Burger King	Double whopper with cheese	3.95	-	66
Fast Food	KFC	Fillet tower burger	3.92	-	65
Fast Food	Domino's	American (Personal Pizza)	3.90	1.50	65
Fast Food	Burger King	BK Veggie bean burger	3.75	-	62
Fast Food	Burger King	BK veggie wrap	3.75	-	62
Fast Food	Burger King	Whopper with cheese	3.71	-	62
Fast Food	Domino's	Meat lovers (Personal Pizza)	3.70	1.50	62
Fast Food	Pizza Hut**	Lasagne with side salad and dressing	3.51	-	59
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	Pizza Hut**	Veggie hot one (Regular 9")	3.48	-	58
Fast Food	Pizza Hut**	Mac and Cheese	3.44	-	57
Fast Food	Burger King	Chicken royale	3.44	-	57
Fast Food	Burger King	Sweet chilli chicken royale	3.43	-	57
Fast Food	McDonalds	Big Tasty with Bacon	3.40	-	57
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	Subway	Spicy Italian wrap	3.30	1.35	55
Fast Food	Domino's	Mixed grill (Personal Pizza)	3.20	1.20	53
Fast Food	KFC	Zinger burger	3.11	-	52
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	Subway	Chicken and bacon ranch melt wrap	3.10	0.98	52
Fast Food	Burger King	Chicken tendercrisp	3.09	-	51
Fast Food	Burger King	Chicken Caesar tendercrisp	3.07	-	51
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	McDonalds	Big Tasty	3.00	-	50
Fast Food	Pizza Hut**	Veggie supreme (Regular 9")	3.00	-	50

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Fast Food	Burger King	Sweet chilli chicken wrap	2.99	-	50
Fast Food	McDonalds	Chicken legend with bacon - spicy tomato salsa	2.90	-	48
Fast Food	Subway	Italian BMT wrap	2.90	1.16	48
Fast Food	Burger King	Caesar chick wrap	2.90	-	48
Fast Food	Burger King	Double whopper	2.89	-	48
Fast Food	KFC	Cajun boxmaster wrap	2.84	-	47
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	Subway	Subway melt wrap	2.80	1.03	47
Fast Food	Subway	Meatball marinara wrap	2.80	0.87	47
Fast Food	KFC	Toasted twister	2.77	-	46
Fast Food	McDonalds	Crispy chicken and bacon sandwich	2.70	-	45
Fast Food	Subway	Spicy Italian (6" regular, grain wheat)	2.70	1.22	45
Fast Food	Burger King	Whopper	2.66	-	44
Fast Food	Burger King	Smoked bacon and cheddar double angus	2.65	-	44
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	Burger King	Double Cheeseburger	2.56	-	43
Fast Food	KFC	Fillet Burger	2.55	-	43
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	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	Pizza Hut**	Salmon Pasta Bake	2.48	-	41
Fast Food	KFC	Zinger salad	2.46	-	41
Fast Food	Burger King	Ocean catch	2.45	-	41
Fast Food	Burger King	Smoked bacon and cheddar angus	2.41	-	40
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	McDonalds	Sweet chilli crispy chicken sandwich	2.40	-	40
Fast Food	Subway	Italian BMT (6" regular, grain wheat)	2.40	1.06	40

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Fast Food	KFC	Flamin' wrap	2.33	-	39
Fast Food	Domino's	Hot and spicy (Personal Pizza)	2.30	1.00	38
Fast Food	McDonalds	Chicken legend with cool mayo	2.30	-	38
Fast Food	McDonalds	Crispy chicken and bacon wrap	2.30	-	38
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	KFC	BBQ wrap	2.29	-	38
Fast Food	Burger King	Bacon double cheeseburger	2.27	-	38
Fast Food	Domino's	Tuna Delight (Personal Pizza)	2.20	0.90	37
Fast Food	McDonalds	Quarter Pounder with cheese	2.20	-	37
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	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	McDonalds	Big Mac	2.10	-	35
Fast Food	McDonalds	Double Cheeseburger	2.10	-	35
Fast Food	Subway	Tuna wrap	2.10	0.82	35
Fast Food	Domino's	Original cheese and tomato (Personal Pizza)	2.03	1.00	34
Fast Food	McDonalds	Sweet chilli crispy chicken wrap	2.00	-	33
Fast Food	McDonalds	Grilled chicken salad sandwich	2.00	-	33
Fast Food	Subway	Turkey breast wrap	2.00	0.83	33
Fast Food	Burger King	Whopper Jr with cheese	1.98	-	33
Fast Food	Burger King	Big King	1.95	-	33
Fast Food	KFC	Mini fillet burger	1.94	-	32
Fast Food	Burger King	Cheeseburger	1.93	-	32
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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Fast Food	KFC	Original recipe salad	1.90	-	32
Fast Food	McDonalds	Spicy veggie sandwich	1.90	-	32
Fast Food	Subway	Chicken tikka wrap	1.90	0.74	32
Fast Food	KFC	BBQ rancher twister	1.83	-	31
Fast Food	Subway	Chicken breast wrap	1.80	0.70	30
Fast Food	Burger King	Double angus	1.79	-	30
Fast Food	Burger King	Double rodeo	1.70	-	28
Fast Food	Subway	Beef wrap	1.70	0.70	28
Fast Food	Subway	Steak and cheese (6" regular, grain wheat)	1.70	0.69	28
Fast Food	Subway	Veggie patty (6" regular, grain wheat)	1.70	0.69	28
Fast Food	Subway	Chicken temptation (6" regular, grain wheat)	1.70	0.65	28
Fast Food	McDonalds	McChicken Sandwich	1.60	-	27
Fast Food	Subway	Tuna (6" regular, grain wheat)	1.60	0.69	27
Fast Food	Subway	Country chicken and vegetable soup	1.60	0.64	27
Fast Food	Subway	Carrot and coriander soup	1.60	0.64	27
Fast Food	Subway	Cream of chicken soup	1.60	0.64	27
Fast Food	Subway	Cream of mushroom soup	1.60	0.64	27
Fast Food	Subway	Highland vegetable soup	1.60	0.64	27
Fast Food	Subway	Leek and potato soup	1.60	0.64	27
Fast Food	Burger King	Angus burger	1.55	-	26
Fast Food	McDonalds	Cheeseburger	1.50	-	25
Fast Food	McDonalds	Grilled chicken salad wrap	1.50	-	25
Fast Food	Subway	Minestrone soup	1.50	0.60	25
Fast Food	Subway	Tomato soup	1.50	0.60	25
Fast Food	KFC	Mini fillet	1.46	-	24
Fast Food	Burger King	Whopper Jr	1.45	-	24
Fast Food	Burger King	Hamburger	1.40	-	23
Fast Food	Subway	Red pepper and tomato soup	1.40	0.56	23
Fast Food	Subway	Sweet onion chicken teriyaki salad	1.40	0.36	23
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

Restaurant Type	Restaurant	Meal	Salt per portion (g)	Salt/100g	GDA %
Fast Food	Subway	Veggie delite wrap	1.20	0.65	20
Fast Food	Subway	Subway club salad	1.20	0.33	20
Fast Food	McDonalds	Mayo Chicken	1.10	-	18
Fast Food	Subway	Ham salad	1.10	0.34	18
Fast Food	Subway	Turkey breast and ham salad	1.10	0.33	18
Fast Food	Burger King	Flame grilled chicken salad	1.04	-	17
Fast Food	McDonalds	Crispy chicken salad	1.00	-	17
Fast Food	Subway	Turkey breast salad	0.90	0.27	15
Fast Food	McDonalds	Grilled chicken salad	0.80	-	13
Fast Food	Subway	Chicken tikka salad	0.80	0.23	13
Fast Food	Subway	Chicken breast salad	0.70	0.20	12
Fast Food	Subway	Beef salad	0.60	0.18	10
Fast Food	Subway	Veggie delite salad	0.20	0.07	3