



Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



Starters & Sharers

CHICKEN GOUJONS WITH DIP

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2408 kJ / 575 kcal	27.8 g	3.3 g	49.3 g	11.1 g	31.2 g	2.34 g

CHICKEN WING ROULETTE WITH DIP

Contains: Cereals containing Gluten (Wheat), Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2275 kJ / 543 kcal	25.9 g	7.2 g	31.3 g	23.7 g	46.3 g	2.92 g

CRISPY PRAWNS WITH DIP

Contains: Cereals containing Gluten (Wheat), Crustaceans, Egg, Milk, Mustard, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1180 kJ / 282 kcal	15.0 g	1.2 g	15.9 g	6.0 g	20.0 g	2.26 g

FALAFEL & HOUMOUS -

Contains: Mustard, Sesame, Soya, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1037 kJ / 255 kcal	13.5 g	2.8 g	19.9 g	4.5 g	10.4 g	1.37 g

GARLIC & HERB MUSHROOMS WITH DIP

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1853 kJ / 442 kcal	17.4 g	2.1 g	59.3 g	11.6 g	9.6 g	1.16 g

GARLIC BREAD x 3 SLICES -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 350 kcal	15.3 g	4.3 g	43.2 g	3.5 g	8.1 g	0.79 g

LOADED NACHOS -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1966 kJ / 471 kcal	27.0 g	5.5 g	46.6 g	5.6 g	8.4 g	1.72 g

MAC & CHEESE BITES WITH BBQ SAUCE -

Contains: Cereals containing Gluten (Wheat), Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1979 kJ / 472 kcal	21.6 g	6.3 g	55.4 g	11.1 g	13.6 g	1.43 g

SALT & PEPPER CALAMARI WITH DIP

Contains: Cereals containing Gluten (Wheat), Molluscs

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1669 kJ / 399 kcal	21.4 g	1.7 g	38.2 g	16.0 g	13.2 g	4.36 g

SHARING PLATTER WITH DIPS (serves 2, per portion)**Contains:** Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard, Soya**May Contain:** Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3726 kJ / 890 kcal	43.9 g	8.7 g	96.9 g	14.5 g	24.2 g	2.64 g

TOMATO SOUP WITH CROUTONS - V**Contains:** Cereals containing Gluten (Wheat)**May Contain:** Milk

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	919 kJ / 220 kcal	11.4 g	3.3 g	23.7 g	14.4 g	4.2 g	1.22 g

TRIO OF INDIAN NIBBLES WITH DIPS - V**Contains:** Cereals containing Gluten (Wheat), Milk**May Contain:** Egg, Peanut, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1548 kJ / 369 kcal	14.1 g	1.8 g	49.7 g	21.7 g	8.2 g	1.61 g

VEGAN TOMATO SOUP - VE V**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 199 kcal	10.8 g	3.3 g	20.4 g	14.1 g	3.6 g	1.11 g

VEGAN TRIO OF INDIAN NIBBLES WITH DIP - V**Contains:** Cereals containing Gluten (Wheat)**May Contain:** Egg, Milk, Peanut, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1470 kJ / 351 kcal	14.0 g	1.7 g	47.0 g	19.3 g	6.6 g	1.45 g

Mains - Burgers

BIG STACK BURGER WITHOUT BUN**Contains:** Egg, Milk, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3271 kJ / 787 kcal	59.7 g	23.8 g	12.4 g	9.6 g	49.8 g	4.34 g

BOMBAY VEGGIE BURGER WITHOUT BUN - V**Contains:** Cereals containing Gluten (Barley, Wheat), Milk**May Contain:** Peanut, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1553 kJ / 369 kcal	8.7 g	1.2 g	65.2 g	32.9 g	9.0 g	2.20 g

CHEESE AND BACON BURGER WITHOUT BUN**Contains:** Egg, Milk, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2131 kJ / 513 kcal	38.4 g	13.5 g	9.2 g	7.0 g	31.8 g	3.09 g

SPICY KOREAN CHICKEN BURGER WITHOUT BUN**Contains:** Cereals containing Gluten (Wheat), Mustard, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2132 kJ / 509 kcal	19.1 g	2.4 g	59.4 g	26.1 g	24.6 g	2.96 g

SPICY KOREAN GRILLED CHICKEN BURGER WITHOUT BUN**Contains:** Cereals containing Gluten (Wheat), Mustard, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1243 kJ / 294 kcal	3.6 g	0.9 g	29.5 g	26.4 g	35.1 g	2.82 g

THE VEGAN BURGER WITHOUT BUN - **VE** **V****Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1757 kJ / 423 kcal	30.5 g	6.7 g	21.8 g	9.3 g	11.8 g	2.52 g

Add your bun, chips or salad**Add Skin-on Chips 175g -** **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Vegan Burger Bun - **VE** **V****Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

Add Mixed Side Salad - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

Mains - Great Grills

8OZ RUMP STEAK WITH PEAS AND TOMATO**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1576 kJ / 375 kcal	13.6 g	6.2 g	11.4 g	5.2 g	53.6 g	1.22 g

Add Mixed Side Salad - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

Add Chips & Onion Rings**Contains: Cereals containing Gluten (Barley, Wheat)****May Contain: Other Cereals containing (Oats, Rye)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1847 kJ / 440 kcal	20.9 g	1.6 g	54.4 g	3.2 g	6.1 g	1.85 g

8OZ SIRLOIN STEAK WITH PEAS AND TOMATO**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1577 kJ / 376 kcal	13.3 g	5.8 g	11.4 g	5.6 g	54.1 g	1.21 g

Add Mixed Side Salad - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

Add Chips & Onion Rings**Contains: Cereals containing Gluten (Barley, Wheat)****May Contain: Other Cereals containing (Oats, Rye)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1847 kJ / 440 kcal	20.9 g	1.6 g	54.4 g	3.2 g	6.1 g	1.85 g

GAMMON STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1600 kJ / 384 kcal	23.9 g	1.9 g	7.9 g	5.0 g	32.6 g	4.37 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add 2 Fried Eggs - **V***Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	185 kJ / 44 kcal	0.0 g	0.0 g	10.5 g	10.5 g	0.3 g	0.01 g

Add 1 Fried Egg & 1 Pineapple - **V***Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	541 kJ / 130 kcal	8.5 g	1.8 g	5.3 g	5.3 g	8.1 g	0.20 g

MIXED GRILL WITHOUT RUMP*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Sulphite**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3809 kJ / 913 kcal	58.1 g	13.7 g	28.8 g	8.3 g	66.5 g	5.56 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add 4oz Rump*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 159 kcal	6.5 g	3.0 g	1.8 g	0.2 g	25.1 g	0.11 g

Add 8oz Rump*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1336 kJ / 317 kcal	13.1 g	6.1 g	3.6 g	0.4 g	50.2 g	0.22 g

SMOTHERED PLATTER WITHOUT RUMP*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4812 kJ / 1153 kcal	70.5 g	15.8 g	68.4 g	19.5 g	59.2 g	7.27 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add 4oz Rump**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 159 kcal	6.5 g	3.0 g	1.8 g	0.2 g	25.1 g	0.11 g

Add 8oz Rump**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1336 kJ / 317 kcal	13.1 g	6.1 g	3.6 g	0.4 g	50.2 g	0.22 g

Mains - World Flavours

BOMBAY HASH WITH RICE, POPPADUM AND DIP - V**Contains: No major allergens****May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3136 kJ / 746 kcal	22.0 g	3.0 g	120.8 g	32.3 g	11.4 g	4.50 g

CHICKEN KATSU CURRY WITH RICE**Contains: Cereals containing Gluten (Wheat), Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3299 kJ / 786 kcal	32.6 g	4.5 g	86.0 g	4.5 g	35.6 g	3.80 g

CHICKEN TIKKA CURRY WITH RICE AND POPPADOM**Contains: Milk****May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2692 kJ / 640 kcal	20.6 g	5.1 g	78.2 g	23.2 g	32.1 g	3.38 g

CHICKEN TIKKA PIZZA**Contains: Cereals containing Gluten (Barley, Wheat), Milk****May Contain: Peanut, Mustard, Sesame, Soya, Tree Nuts (Almond, Cashew)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5120 kJ / 1216 kcal	36.5 g	14.9 g	154.4 g	31.8 g	63.4 g	6.35 g

KOREAN CHILLI & BBQ CHICKEN PIZZA**Contains: Cereals containing Gluten (Wheat), Milk, Soya****May Contain: Mustard**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5279 kJ / 1255 kcal	40.9 g	14.3 g	165.9 g	29.8 g	52.5 g	6.54 g

LEBANESE STYLE LAMB KOFTA & FLATBREAD**Contains: Cereals containing Gluten (Barley, Wheat), Milk, Sesame, Soya, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3186 kJ / 760 kcal	31.0 g	9.4 g	73.5 g	13.3 g	44.9 g	3.42 g

Add Skin-on Chips 175g - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

MARGHERITA PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3666 kJ / 871 kcal	26.6 g	12.6 g	118.8 g	5.4 g	36.0 g	4.68 g

PEPPERONI PIZZA*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4205 kJ / 1001 kcal	38.6 g	16.2 g	119.0 g	5.6 g	41.5 g	5.88 g

THAI GREEN VEGETABLE CURRY WITH RICE - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2631 kJ / 627 kcal	28.5 g	20.2 g	78.2 g	12.2 g	12.9 g	1.73 g

VEGAN BOMBAY HASH WITH RICE - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2684 kJ / 639 kcal	21.7 g	3.0 g	97.2 g	16.7 g	9.2 g	3.41 g

VEGETARIAN PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3888 kJ / 924 kcal	27.5 g	12.8 g	126.9 g	10.9 g	38.2 g	4.90 g

Mains - Pub Classics

BEEF & ALE PIE WITH PEAS AND GRAVY*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2815 kJ / 672 kcal	31.2 g	11.8 g	72.5 g	9.4 g	22.6 g	2.38 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mashed Potato - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1206 kJ / 289 kcal	15.6 g	9.7 g	30.9 g	1.5 g	4.4 g	1.22 g

BEEF LASAGNE WITH GARLIC BREAD AND SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3093 kJ / 738 kcal	32.2 g	12.4 g	76.0 g	20.8 g	32.5 g	3.65 g

BEER-BATTERED HADDOCK WITH SAUCE*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3344 kJ / 802 kcal	51.4 g	12.7 g	35.4 g	5.0 g	49.5 g	2.68 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Peas - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Mushy Peas - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	358 kJ / 85 kcal	0.5 g	0.1 g	12.8 g	2.0 g	5.4 g	0.90 g

BURRITO BOWL*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2801 kJ / 668 kcal	24.9 g	4.4 g	93.7 g	9.0 g	14.7 g	1.70 g

Add BBQ seasoned 4oz* Rump*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	695 kJ / 165 kcal	6.7 g	3.1 g	2.9 g	0.7 g	25.3 g	0.19 g

Add BBQ seasoned Chicken Breast*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	688 kJ / 162 kcal	2.6 g	0.6 g	1.2 g	1.1 g	33.1 g	1.19 g

COBB SALAD VEGAN WITHOUT DRESSING OR TOPPING - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	424 kJ / 101 kcal	2.3 g	0.4 g	13.5 g	11.6 g	4.7 g	0.24 g

Add Reduced-Calorie Caesar Dressing*Contains: Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	343 kJ / 83 kcal	7.9 g	0.9 g	2.0 g	0.6 g	0.8 g	0.31 g

Add French Dressing - **VE** **V***Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

COBB SALAD WITHOUT DRESSING OR TOPPING - **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	599 kJ / 143 kcal	3.4 g	0.5 g	20.1 g	12.1 g	5.8 g	0.46 g

Add Reduced-Calorie Caesar Dressing*Contains: Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	343 kJ / 83 kcal	7.9 g	0.9 g	2.0 g	0.6 g	0.8 g	0.31 g

Add French Dressing - *Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

MELT IN THE MIDDLE FISH PIE FISHCAKE WITH SPINACH AND EGG*Contains: Cereals containing Gluten (Wheat), Celery, Crustaceans, Egg, Fish, Milk, Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2136 kJ / 513 kcal	34.9 g	11.2 g	25.7 g	1.9 g	24.9 g	1.56 g

Add Skin-on Chips 175g - *Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

SMOTHERED CHICKEN WITH GARLIC BREAD AND SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2451 kJ / 585 kcal	25.8 g	9.4 g	35.9 g	16.1 g	50.1 g	3.42 g

Add Skin-on Chips 175g - *Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

SQUASH, SPINACH & RICOTTA LASAGNE WITH GARLIC BREAD AND SALAD - *Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2998 kJ / 714 kcal	27.1 g	11.0 g	91.1 g	19.3 g	23.6 g	3.09 g

Sides

ADD PEPPERCORN SAUCE*Contains: Celery, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	164 kJ / 39 kcal	1.4 g	0.6 g	5.0 g	1.6 g	1.5 g	0.84 g

BEER-BATTERED ONION RINGS*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	23.3 g	1.9 g	48.8 g	6.6 g	5.9 g	1.03 g

COLESLAW - *Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

GARLIC BREAD x 3 SLICES - *Contains: Cereals containing Gluten (Wheat)**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 350 kcal	15.3 g	4.3 g	43.2 g	3.5 g	8.1 g	0.79 g

KATSU CHICKEN TOPPED CHIPS*Contains: Cereals containing Gluten (Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2021 kJ / 482 kcal	23.8 g	2.8 g	52.0 g	4.0 g	12.4 g	3.72 g

KATSU CHICKEN TOPPED CHIPS SHARER (serves 2, per portion)*Contains: Cereals containing Gluten (Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2019 kJ / 482 kcal	23.8 g	2.8 g	52.0 g	4.0 g	12.4 g	3.72 g

MIXED SIDE SALAD - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

SKIN-ON CHIPS - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Desserts

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM - V*Contains: Egg, Milk, Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3278 kJ / 782 kcal	36.7 g	13.4 g	101.3 g	76.2 g	10.3 g	0.53 g

CARAMEL APPLE BETTY - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1218 kJ / 290 kcal	10.3 g	3.6 g	45.7 g	23.4 g	2.7 g	0.18 g

Add 1 Scoop Vanilla Dairy Ice Cream - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	295 kJ / 70 kcal	3.2 g	2.1 g	8.3 g	7.4 g	1.8 g	0.04 g

Add Custard - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 80 kcal	2.3 g	1.3 g	12.5 g	9.1 g	2.3 g	0.10 g

FRUIT SALAD - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	448 kJ / 106 kcal	0.2 g	0.0 g	22.8 g	22.8 g	1.4 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V*Contains: Milk, Soya**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2136 kJ / 509 kcal	22.0 g	14.1 g	68.4 g	62.4 g	8.3 g	0.38 g

LEMON & RASPBERRY SEMIFREDDO - **VE** **V****Contains:** Cereals containing Gluten (Oats), Soya, Sulphite**May Contain:** Other Cereals containing (Wheat), Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1798 kJ / 428 kcal	19.9 g	12.4 g	61.3 g	42.6 g	1.2 g	0.20 g

MINI DOUGHNUTS WITHOUT SAUCE - **V****Contains:** Cereals containing Gluten (Wheat), Egg, Milk**May Contain:** Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	942 kJ / 225 kcal	12.5 g	5.5 g	23.4 g	7.4 g	4.7 g	0.50 g

Add Chocolate Sauce - **VE** **V****Contains:** Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	360 kJ / 85 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Caramel Sauce - **V****Contains:** Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	369 kJ / 87 kcal	0.7 g	0.5 g	19.5 g	18.3 g	0.6 g	0.15 g

Add Raspberry Sauce - **VE** **V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

PEACH & RASPBERRY MELBA SUNDAE - **V****Contains:** Cereals containing Gluten (Oats, Wheat), Egg, Milk, Soya**May Contain:** Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1862 kJ / 443 kcal	17.8 g	10.6 g	66.8 g	49.3 g	7.5 g	0.21 g

RHUBARB & CUSTARD SUNDAE WITH VANILLA DAIRY ICE CREAM - **V****Contains:** Egg, Milk**May Contain:** Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1931 kJ / 459 kcal	16.6 g	10.5 g	70.8 g	63.0 g	9.3 g	0.35 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - **V****Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2602 kJ / 620 kcal	23.4 g	13.4 g	90.3 g	72.8 g	8.6 g	0.30 g

Daytime - Starters

2 GARLIC BREAD SLICES WITH CHEESE - **V****Contains:** Cereals containing Gluten (Wheat), Milk**May Contain:** Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1591 kJ / 381 kcal	22.2 g	10.3 g	30.4 g	2.5 g	13.9 g	1.19 g

CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2408 kJ / 575 kcal	27.8 g	3.3 g	49.3 g	11.1 g	31.2 g	2.34 g

FALAFEL & HOUMOUS -

Contains: Mustard, Sesame, Soya, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1037 kJ / 255 kcal	13.5 g	2.8 g	19.9 g	4.5 g	10.4 g	1.37 g

GARLIC & HERB MUSHROOMS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1853 kJ / 442 kcal	17.4 g	2.1 g	59.3 g	11.6 g	9.6 g	1.16 g

TOMATO SOUP WITH CROUTONS -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	919 kJ / 220 kcal	11.4 g	3.3 g	23.7 g	14.4 g	4.2 g	1.22 g

VEGAN TOMATO SOUP -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 199 kcal	10.8 g	3.3 g	20.4 g	14.1 g	3.6 g	1.11 g

Daytime - Mains

ALL DAY BREAKFAST FLATBREAD WITHOUT SAUCE

Contains: Cereals containing Gluten (Wheat), Egg, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3279 kJ / 783 kcal	38.2 g	11.9 g	79.2 g	1.8 g	31.0 g	3.01 g

Add HP Sauce -

Contains: Cereals containing Gluten (Barley, Rye)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	50 kJ / 12 kcal	0.0 g	0.0 g	2.8 g	2.3 g	0.1 g	0.13 g

Add Tomato Ketchup -

Contains: Celery

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	29 kJ / 7 kcal	0.0 g	0.0 g	1.6 g	1.6 g	0.1 g	0.13 g

Add Skin-on Chips 175g -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

BEEF LASAGNE WITH GARLIC BREAD AND SALAD**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite****May Contain: Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2544 kJ / 607 kcal	26.9 g	10.9 g	59.1 g	18.2 g	29.3 g	3.28 g

CHEESE BURGER WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1870 kJ / 450 kcal	34.5 g	12.3 g	9.0 g	6.9 g	25.3 g	2.18 g

Add Skin-on Chips 175g - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Vegan Burger Bun - **Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

Add Mixed Side Salad - **Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

CHICKEN TIKKA CURRY WITH RICE AND POPPADOM**Contains: Milk****May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2692 kJ / 640 kcal	20.6 g	5.1 g	78.2 g	23.2 g	32.1 g	3.38 g

FISH AND CHIPS DISH WITH SAUCE (CHOOSE YOUR FISH AND SIDE)**Contains: Cereals containing Gluten (Wheat), Egg, Mustard****May Contain: Other Cereals containing (Barley)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	417 kJ / 101 kcal	9.2 g	0.7 g	3.7 g	3.0 g	0.7 g	1.54 g

Add Skin-on Chips 175g - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Pollock**Contains: Fish****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1656 kJ / 396 kcal	23.0 g	1.9 g	15.8 g	0.0 g	31.2 g	1.01 g

Add Haddock**Contains: Fish****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2927 kJ / 701 kcal	42.2 g	12.0 g	31.6 g	2.0 g	48.7 g	1.14 g

Add Peas - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Mushy Peas - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	358 kJ / 85 kcal	0.5 g	0.1 g	12.8 g	2.0 g	5.4 g	0.90 g

GAMMON STEAK WITH PEAS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1032 kJ / 245 kcal	6.4 g	2.3 g	7.6 g	4.5 g	37.3 g	2.80 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add 2 Fried Eggs - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	185 kJ / 44 kcal	0.0 g	0.0 g	10.5 g	10.5 g	0.3 g	0.01 g

Add 1 Fried Egg & 1 Pineapple - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	541 kJ / 130 kcal	8.5 g	1.8 g	5.3 g	5.3 g	8.1 g	0.20 g

GARDEN GOURMET SENSATIONAL SAUSAGES AND MASH - V*Contains: Cereals containing Gluten (Barley), Milk, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2706 kJ / 648 kcal	29.8 g	10.6 g	62.5 g	15.6 g	24.0 g	3.65 g

GRILLED CHICKEN CAESAR FLATBREAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2711 kJ / 645 kcal	24.0 g	6.1 g	54.3 g	2.3 g	51.1 g	3.43 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

MARGHERITA PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3666 kJ / 871 kcal	26.6 g	12.6 g	118.8 g	5.4 g	36.0 g	4.68 g

MELT IN THE MIDDLE FISH PIE FISHCAKE WITH SPINACH AND EGG

Contains: Cereals containing Gluten (Wheat), Celery, Crustaceans, Egg, Fish, Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2136 kJ / 513 kcal	34.9 g	11.2 g	25.7 g	1.9 g	24.9 g	1.56 g

Add Skin-on Chips 175g - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

PEPPERONI PIZZA

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4205 kJ / 1001 kcal	38.6 g	16.2 g	119.0 g	5.6 g	41.5 g	5.88 g

SAUSAGE & MASH

Contains: Cereals containing Gluten (Barley, Wheat), Milk, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3523 kJ / 845 kcal	49.0 g	22.2 g	66.6 g	16.4 g	30.6 g	4.28 g

SMOTHERED CHICKEN WITH SALAD

Contains: Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1750 kJ / 417 kcal	16.8 g	7.6 g	18.5 g	12.8 g	46.9 g	2.89 g

Add Skin-on Chips 175g - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

THAI GREEN VEGETABLE CURRY WITH RICE - **VE** **V**

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2631 kJ / 627 kcal	28.5 g	20.2 g	78.2 g	12.2 g	12.9 g	1.73 g

Daytime - Desserts

CARAMEL APPLE BETTY - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1218 kJ / 290 kcal	10.3 g	3.6 g	45.7 g	23.4 g	2.7 g	0.18 g

Add 1 Scoop Vanilla Dairy Ice Cream - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	295 kJ / 70 kcal	3.2 g	2.1 g	8.3 g	7.4 g	1.8 g	0.04 g

Add Custard - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 80 kcal	2.3 g	1.3 g	12.5 g	9.1 g	2.3 g	0.10 g

MINI PEACH & RASPBERRY MELBA SUNDAE - V**Contains:** Cereals containing Gluten (Oats, Wheat), Egg, Milk, Soya**May Contain:** Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1060 kJ / 252 kcal	9.8 g	6.1 g	37.1 g	27.3 g	4.8 g	0.15 g

MINI SUNDAE WITH BERRIES - VE V**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	844 kJ / 201 kcal	7.6 g	6.4 g	31.9 g	20.8 g	0.6 g	0.09 g

MINI SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V**Contains:** Milk, Soya**May Contain:** Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1185 kJ / 283 kcal	11.9 g	7.6 g	38.1 g	34.7 g	5.0 g	0.21 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2602 kJ / 620 kcal	23.4 g	13.4 g	90.3 g	72.8 g	8.6 g	0.30 g

Sunday Roast - Plated

BOTTOMLESS FAVOURITES - V**Gravy per 75g - VE V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.1 g	0.0 g	4.0 g	0.9 g	0.3 g	0.62 g

Golden Yorkshires per piece - V**Contains:** Cereals containing Gluten (Wheat), Egg, Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	508 kJ / 121 kcal	3.5 g	0.4 g	15.4 g	0.9 g	6.4 g	0.30 g

Roast Potatoes per 100g - VE V**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1141 kJ / 274 kcal	18.2 g	1.3 g	23.7 g	0.7 g	2.5 g	0.19 g

CAULIFLOWER CHEESE - V**Contains:** Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	980 kJ / 236 kcal	16.1 g	10.2 g	10.4 g	5.1 g	10.8 g	1.59 g

NON CHICKEN ROAST - V**Contains:** Cereals containing Gluten (Wheat), Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4520 kJ / 1083 kcal	58.8 g	4.9 g	107.2 g	18.3 g	23.9 g	2.32 g

SUNDAY ROAST BEEF

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	6060 kJ / 1451 kcal	76.4 g	12.8 g	128.3 g	20.0 g	55.7 g	2.97 g

SUNDAY ROAST GAMMON

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5785 kJ / 1384 kcal	69.8 g	9.8 g	129.5 g	20.0 g	52.7 g	5.00 g

SUNDAY ROAST TURKEY

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5473 kJ / 1307 kcal	58.2 g	5.2 g	128.9 g	20.0 g	60.1 g	3.89 g

TRIO OF MEAT ROAST

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5773 kJ / 1381 kcal	68.2 g	9.3 g	128.9 g	20.0 g	56.1 g	3.95 g

VEGAN NON CHICKEN ROAST -

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3777 kJ / 906 kcal	51.4 g	4.2 g	81.3 g	10.7 g	22.1 g	2.36 g

VEGAN ROAST (plated) -

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3834 kJ / 919 kcal	51.5 g	4.2 g	84.3 g	11.8 g	23.0 g	2.38 g

Sunday Sauces

Add Horseradish 30g -

Contains: Egg, Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	250 kJ / 60 kcal	4.5 g	0.3 g	3.8 g	3.7 g	1.0 g	1.35 g

Add Apple Sauce 30g -

Contains: Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	113 kJ / 27 kcal	0.0 g	0.0 g	6.4 g	5.3 g	0.1 g	0.00 g

Add Cranberry Sauce 30g -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	225 kJ / 53 kcal	0.0 g	0.0 g	12.9 g	12.6 g	0.0 g	0.07 g

Kids Sunday Roast - Plated

KIDS ROAST BEEF

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2948 kJ / 705 kcal	37.6 g	7.3 g	54.4 g	9.1 g	33.4 g	1.29 g

KIDS ROAST GAMMON

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2765 kJ / 661 kcal	33.2 g	5.3 g	55.2 g	9.1 g	31.4 g	2.64 g

KIDS ROAST TURKEY

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2557 kJ / 610 kcal	25.5 g	2.2 g	54.8 g	9.1 g	36.4 g	1.90 g

Sunday Roast - Carvery

Carvery Condiments - V

APPLE SAUCE per spoon - VE V

Contains: Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	15 kJ / 4 kcal	0.0 g	0.0 g	0.9 g	0.7 g	0.0 g	0.00 g

CRANBERRY SAUCE per spoon - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	30 kJ / 7 kcal	0.0 g	0.0 g	1.7 g	1.7 g	0.0 g	0.01 g

MUSTARD per spoon - VE V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	22 kJ / 5 kcal	0.3 g	0.0 g	0.5 g	0.3 g	0.2 g	0.27 g

HORSERADISH per spoon - V

Contains: Egg, Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	33 kJ / 8 kcal	0.6 g	0.0 g	0.5 g	0.5 g	0.1 g	0.18 g

MEAT CARVERY ADULT

Gammon per slice

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	320 kJ / 77 kcal	4.3 g	1.7 g	0.4 g	0.0 g	9.2 g	0.88 g

Roast Beef per slice

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	412 kJ / 99 kcal	6.5 g	2.7 g	0.0 g	0.0 g	10.2 g	0.09 g

Turkey per slice

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	222 kJ / 52 kcal	0.4 g	0.1 g	0.0 g	0.0 g	12.2 g	0.07 g

VEG CARVERY ADULT - V

Mash Potato per spoon - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	738 kJ / 176 kcal	8.0 g	5.0 g	21.6 g	1.1 g	3.1 g	0.76 g

Gravy per spoon - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	90 kJ / 22 kcal	0.1 g	0.0 g	4.8 g	1.1 g	0.4 g	0.75 g

Cauliflower Cheese per spoon - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	555 kJ / 133 kcal	8.8 g	5.6 g	6.7 g	3.4 g	5.9 g	0.95 g

Cabbage per spoon - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	56 kJ / 13 kcal	0.1 g	0.0 g	3.0 g	1.0 g	0.9 g	0.02 g

Roast Potatoes per spoon - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1342 kJ / 321 kcal	21.3 g	1.5 g	27.7 g	0.8 g	2.9 g	0.22 g

Honey Roast Parsnips per spoon - V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	667 kJ / 159 kcal	7.4 g	0.7 g	20.5 g	6.7 g	1.7 g	0.24 g

Stuffing Balls per spoon - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	993 kJ / 237 kcal	12.3 g	1.2 g	25.1 g	1.1 g	5.6 g	1.73 g

Golden Yorkshires per 2 pcs - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1009 kJ / 241 kcal	6.9 g	0.8 g	30.7 g	1.8 g	12.7 g	0.59 g

Add Garden Gourmet Fillet - VE V**Contains: Cereals containing Gluten (Wheat), Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	709 kJ / 170 kcal	8.6 g	1.0 g	9.6 g	0.1 g	11.5 g	0.54 g

Root Veg Mash per spoon - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	601 kJ / 144 kcal	6.2 g	3.7 g	17.9 g	5.2 g	2.1 g	0.82 g

Peas per spoon - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	333 kJ / 80 kcal	2.9 g	1.6 g	7.8 g	4.1 g	3.8 g	0.05 g

Roasted Carrots per spoon - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	569 kJ / 136 kcal	10.9 g	1.7 g	7.7 g	7.2 g	0.6 g	0.13 g

VEGAN ROAST (plated) - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3834 kJ / 919 kcal	51.5 g	4.2 g	84.3 g	11.8 g	23.0 g	2.38 g

Kids Sunday Roast - Carvery

KIDS CARVERY Same as Adult Carvery**Gammon per 2 slices***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	641 kJ / 153 kcal	8.5 g	3.4 g	0.8 g	0.0 g	18.4 g	1.75 g

Turkey per 2 slices*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	445 kJ / 105 kcal	0.8 g	0.3 g	0.0 g	0.0 g	24.4 g	0.13 g

Roast Beef per 2 slices*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	825 kJ / 198 kcal	12.9 g	5.4 g	0.0 g	0.0 g	20.4 g	0.18 g

Vegan Gravy per portion - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	127 kJ / 30 kcal	1.1 g	0.1 g	4.4 g	0.7 g	0.4 g	0.36 g

Sides - Table Talker

ADD KATSU SAUCE - VE V*Contains: Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	309 kJ / 74 kcal	4.6 g	1.1 g	7.0 g	2.8 g	0.7 g	1.75 g

ADD PEPPERCORN SAUCE*Contains: Celery, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	164 kJ / 39 kcal	1.4 g	0.6 g	5.0 g	1.6 g	1.5 g	0.84 g

BEER-BATTERED ONION RINGS*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	23.3 g	1.9 g	48.8 g	6.6 g	5.9 g	1.03 g

CHEESEBURGER TOPPED FRIES

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2025 kJ / 484 kcal	28.2 g	5.3 g	41.4 g	4.3 g	14.5 g	2.15 g

COLESLAW - V

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

GARLIC BREAD x 3 SLICES - V

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 350 kcal	15.3 g	4.3 g	43.2 g	3.5 g	8.1 g	0.79 g

KATSU CHICKEN TOPPED CHIPS

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2021 kJ / 482 kcal	23.8 g	2.8 g	52.0 g	4.0 g	12.4 g	3.72 g

MEXICAN TOPPED FRIES - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1546 kJ / 369 kcal	17.1 g	2.4 g	45.2 g	4.1 g	6.2 g	2.56 g

MIXED SIDE SALAD - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

SKIN-ON CHIPS - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

SKIN-ON CHIPS SHARER (serves 2, per portion) - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Condiments

Condiments - V

BBQ SAUCE - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	59 kJ / 14 kcal	0.0 g	0.0 g	3.4 g	2.3 g	0.1 g	0.07 g

MALT VINEGAR - VE V

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

MUSTARD per spoon - **VE** **V****Contains:** Cereals containing Gluten (Wheat), Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	26 kJ / 6 kcal	0.3 g	0.0 g	0.6 g	0.3 g	0.2 g	0.31 g

FRENCH MUSTARD (per spoon) - **VE** **V****Contains:** Cereals containing Gluten (Wheat), Mustard**May Contain:** Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	17 kJ / 4 kcal	0.2 g	0.0 g	0.4 g	0.1 g	0.2 g	0.10 g

MAYONNAISE - **V****Contains:** Egg, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	108 kJ / 26 kcal	2.6 g	0.2 g	0.7 g	0.3 g	0.1 g	0.17 g

TOMATO KETCHUP - **VE** **V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	22 kJ / 5 kcal	0.1 g	0.0 g	1.0 g	0.6 g	0.1 g	0.16 g

HP Sauce Sachet - **V****Contains:** Cereals containing Gluten (Barley, Rye)**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3 kJ / 1 kcal	0.0 g	0.0 g	0.2 g	0.1 g	0.0 g	0.01 g

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 63 kcal	4.0 g	1.3 g	0.2 g	0.1 g	6.5 g	0.91 g

Add 2 Garlic Bread Slices - **V****Contains:** Cereals containing Gluten (Wheat)**May Contain:** Milk, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	977 kJ / 233 kcal	10.2 g	2.9 g	28.8 g	2.3 g	5.4 g	0.53 g

Add 2 This Isn't Bacon - **VE** **V****Contains:** Soya**May Contain:** Other Cereals containing (Wheat)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	240 kJ / 57 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

Add 2oz Gammon Steak**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	390 kJ / 93 kcal	6.6 g	0.5 g	0.0 g	0.0 g	8.3 g	1.24 g

Add 4oz Burger**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	1.21 g

Add 4oz Steak Burger*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	1.21 g

Add 7oz Gammon Steak*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1360 kJ / 327 kcal	23.3 g	1.8 g	0.1 g	0.1 g	29.1 g	4.37 g

Add A Vegan Chicken Breast - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	709 kJ / 170 kcal	8.6 g	1.0 g	9.6 g	0.1 g	11.5 g	0.54 g

Add Double Smothered Chicken*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1373 kJ / 326 kcal	11.5 g	6.2 g	15.7 g	10.3 g	39.6 g	1.91 g

Add Grilled Chicken Breast*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	2.11 g

Add Indian trio selection - V*Contains: Cereals containing Gluten (Wheat)**May Contain: Egg, Milk, Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	578 kJ / 138 kcal	6.9 g	0.9 g	14.6 g	1.8 g	3.2 g	0.39 g

Add Mozzarella & Cheddar - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	922 kJ / 223 kcal	17.9 g	11.2 g	2.3 g	0.3 g	12.7 g	1.00 g

Add Naan Bread - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	809 kJ / 191 kcal	2.6 g	0.2 g	34.8 g	0.8 g	6.2 g	0.79 g

Add Vegan Burger With Violife Slice - VE V*Contains: Cereals containing Gluten (Barley, Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1070 kJ / 258 kcal	17.9 g	5.7 g	10.4 g	0.1 g	10.5 g	1.46 g

Add White Bread & Butter - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1083 kJ / 258 kcal	8.8 g	5.3 g	37.1 g	2.3 g	6.3 g	0.82 g

Add a Cheese Slice - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	345 kJ / 83 kcal	7.0 g	4.3 g	0.0 g	0.0 g	5.1 g	0.38 g



Kids Starters

KIDS GARLIC FLATBREAD - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1058 kJ / 252 kcal	10.1 g	3.3 g	34.7 g	0.3 g	5.0 g	0.58 g

KIDS TORTILLA CHIPS WITH DIP - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	691 kJ / 165 kcal	6.5 g	0.8 g	21.7 g	3.2 g	3.7 g	0.19 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	629 kJ / 150 kcal	6.4 g	0.8 g	20.0 g	1.5 g	2.1 g	0.15 g

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	132 kJ / 31 kcal	0.4 g	0.1 g	4.5 g	4.3 g	2.2 g	0.07 g

Kids Mains - Smaller Appetites

KIDS GARDEN GOURMET SENSATIONAL SAUSAGE WITH GRAVY - VE V

Contains: Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	788 kJ / 189 kcal	10.2 g	0.6 g	10.3 g	1.6 g	10.7 g	1.13 g

KIDS GRILLED CHICKEN BREAST

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	330 kJ / 78 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.5 g	0.56 g

KIDS OVEN BAKED FISH BITES - SMALL

Contains: Cereals containing Gluten (Wheat), Fish

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	738 kJ / 176 kcal	8.1 g	0.6 g	15.5 g	1.0 g	10.1 g	0.50 g

KIDS OVEN BAKED POPPIN' CHICKEN

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	509 kJ / 122 kcal	6.1 g	0.9 g	7.9 g	0.0 g	8.9 g	0.33 g

KIDS PORK SAUSAGES WITH GRAVY

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	695 kJ / 167 kcal	11.1 g	3.5 g	7.0 g	2.5 g	9.5 g	0.84 g

KIDS TEN-VEG TOMATO PASTA - VE V*Contains: Cereals containing Gluten (Wheat), Celery**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	982 kJ / 233 kcal	4.8 g	0.5 g	40.5 g	5.8 g	6.2 g	0.65 g

Kids Sides**Add Mashed Potato - V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Salad - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	115 kJ / 28 kcal	1.4 g	0.1 g	2.6 g	2.5 g	0.9 g	0.07 g

Add Mini Corn on the Cobs - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Baked Beans - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Add Skin-on Chips 100g - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mini Jacket Potatoes - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 155 kcal	0.3 g	0.2 g	32.6 g	3.7 g	4.1 g	0.10 g

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1498 kJ / 358 kcal	17.3 g	7.7 g	25.7 g	3.9 g	24.0 g	0.68 g

KIDS GRILLED CHICKEN BREAST BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	941 kJ / 222 kcal	3.3 g	1.1 g	25.7 g	4.1 g	21.4 g	1.02 g

KIDS MARGHERITA PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1584 kJ / 377 kcal	10.8 g	4.8 g	54.0 g	2.5 g	14.4 g	1.43 g

KIDS OVEN BAKED FISH BITES - LARGE*Contains: Cereals containing Gluten (Wheat), Fish**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1231 kJ / 294 kcal	13.6 g	1.0 g	25.9 g	1.6 g	16.9 g	0.83 g

KIDS SPAGHETTI BOLOGNESE*Contains: Cereals containing Gluten (Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	881 kJ / 209 kcal	3.0 g	0.8 g	33.5 g	6.0 g	10.5 g	0.28 g

Kids Sides**Add Skin-on Chips 100g - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mashed Potato - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Mini Jacket Potatoes - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 155 kcal	0.3 g	0.2 g	32.6 g	3.7 g	4.1 g	0.10 g

Add Salad - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	115 kJ / 28 kcal	1.4 g	0.1 g	2.6 g	2.5 g	0.9 g	0.07 g

Add Mini Corn on the Cobs - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Baked Beans - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Kids Desserts

KIDS BERRY BLAST SUNDAE -

Contains: Milk

May Contain: Soya, Tree Nuts (Hazelnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	521 kJ / 125 kcal	6.9 g	4.7 g	13.0 g	10.3 g	2.3 g	0.07 g

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1357 kJ / 323 kcal	12.7 g	7.4 g	45.6 g	35.1 g	5.1 g	0.16 g

KIDS FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	211 kJ / 50 kcal	0.1 g	0.0 g	10.8 g	10.8 g	0.6 g	0.00 g

KIDS PANCAKES WITH CREAM -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1065 kJ / 252 kcal	6.2 g	2.6 g	44.2 g	28.1 g	4.1 g	0.35 g

KIDS VANILLA DAIRY ICE CREAM -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	810 kJ / 193 kcal	7.4 g	4.8 g	26.7 g	17.2 g	4.6 g	0.15 g

PIP ORGANIC BERRY ICE LOLLY -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	66 kJ / 16 kcal	0.0 g	0.0 g	3.9 g	3.7 g	0.0 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Non-Gluten Containing Ingredients Menu Allergy & Nutrition



Starters

LOADED NACHOS - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1966 kJ / 471 kcal	27.0 g	5.5 g	46.6 g	5.6 g	8.4 g	1.72 g

LOADED NACHOS VEGAN - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2200 kJ / 527 kcal	31.0 g	18.3 g	55.7 g	2.2 g	4.3 g	2.58 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - **V**

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1219 kJ / 291 kcal	12.8 g	3.5 g	35.5 g	14.5 g	4.8 g	1.51 g

VEGAN TOMATO SOUP - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 199 kcal	10.8 g	3.3 g	20.4 g	14.1 g	3.6 g	1.11 g

Mains

8OZ RUMP STEAK WITH PEAS AND TOMATO

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1576 kJ / 375 kcal	13.6 g	6.2 g	11.4 g	5.2 g	53.6 g	1.22 g

Add Skin-on Chips 175g - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad - **VE V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

8OZ SIRLOIN STEAK WITH PEAS AND TOMATO

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1577 kJ / 376 kcal	13.3 g	5.8 g	11.4 g	5.6 g	54.1 g	1.21 g

Add Skin-on Chips 175g - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

BIG STACK BURGER WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3271 kJ / 787 kcal	59.7 g	23.8 g	12.4 g	9.6 g	49.8 g	4.34 g

Add Skin-on Chips 175g - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Non Gluten Containing Ingredient Burger Bun - **V****Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.66 g

Add Mixed Side Salad - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

BURRITO BOWL**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2801 kJ / 668 kcal	24.9 g	4.4 g	93.7 g	9.0 g	14.7 g	1.70 g

Add BBQ seasoned 4oz* Rump**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	695 kJ / 165 kcal	6.7 g	3.1 g	2.9 g	0.7 g	25.3 g	0.19 g

Add BBQ seasoned Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	688 kJ / 162 kcal	2.6 g	0.6 g	1.2 g	1.1 g	33.1 g	1.19 g

CHEESE & BACON BURGER WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2131 kJ / 513 kcal	38.4 g	13.5 g	9.2 g	7.0 g	31.8 g	3.09 g

Add Skin-on Chips 175g - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Non Gluten Containing Ingredient Burger Bun - **V****Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.66 g

Add Mixed Side Salad - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

CHICKEN TIKKA CURRY WITH RICE*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2240 kJ / 534 kcal	20.4 g	5.1 g	54.6 g	7.6 g	29.8 g	2.29 g

COBB SALAD WITHOUT DRESSING OR TOPPING - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	424 kJ / 101 kcal	2.3 g	0.4 g	13.5 g	11.6 g	4.7 g	0.24 g

Add Reduced-Calorie Caesar Dressing*Contains: Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	343 kJ / 83 kcal	7.9 g	0.9 g	2.0 g	0.6 g	0.8 g	0.31 g

Add French Dressing - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

GAMMON STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1600 kJ / 384 kcal	23.9 g	1.9 g	7.9 g	5.0 g	32.6 g	4.37 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add 2 Fried Eggs - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	185 kJ / 44 kcal	0.0 g	0.0 g	10.5 g	10.5 g	0.3 g	0.01 g

Add 1 Fried Egg & 1 Pineapple - V*Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	541 kJ / 130 kcal	8.5 g	1.8 g	5.3 g	5.3 g	8.1 g	0.20 g

SMOTHERED CHICKEN*Contains: Egg, Milk, Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1937 kJ / 462 kcal	20.5 g	7.9 g	20.9 g	14.4 g	47.0 g	3.16 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

VEGAN BOMBAY HASH WITH RICE - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2684 kJ / 639 kcal	21.7 g	3.0 g	97.2 g	16.7 g	9.2 g	3.41 g

Sides

COLESLAW - **V***Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

MIXED SIDE SALAD - **VE** **V***Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

SKIN-ON CHIPS - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Desserts

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM - **V***Contains: Egg, Milk, Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3278 kJ / 782 kcal	36.7 g	13.4 g	101.3 g	76.2 g	10.3 g	0.53 g

FRUIT SALAD - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	448 kJ / 106 kcal	0.2 g	0.0 g	22.8 g	22.8 g	1.4 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - **V***Contains: Milk, Soya**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2136 kJ / 509 kcal	22.0 g	14.1 g	68.4 g	62.4 g	8.3 g	0.38 g

RHUBARB & CUSTARD SUNDAE WITH VANILLA DAIRY ICE CREAM - **V***Contains: Egg, Milk**May Contain: Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1931 kJ / 459 kcal	16.6 g	10.5 g	70.8 g	63.0 g	9.3 g	0.35 g

Sunday Roast

SUNDAY ROAST BEEF

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4693 kJ / 1125 kcal	65.5 g	11.7 g	86.6 g	17.9 g	42.0 g	2.13 g

SUNDAY ROAST GAMMON

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4419 kJ / 1059 kcal	58.9 g	8.7 g	87.8 g	17.9 g	39.0 g	4.16 g

SUNDAY ROAST TURKEY

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4107 kJ / 982 kcal	47.3 g	4.0 g	87.2 g	17.9 g	46.4 g	3.05 g

TRIO OF ROAST

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4406 kJ / 1055 kcal	57.2 g	8.1 g	87.2 g	17.9 g	42.4 g	3.22 g

Sunday Sauces

Add Horseradish 30g -

Contains: Egg, Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	250 kJ / 60 kcal	4.5 g	0.3 g	3.8 g	3.7 g	1.0 g	1.35 g

Add Apple Sauce 30g -

Contains: Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	113 kJ / 27 kcal	0.0 g	0.0 g	6.4 g	5.3 g	0.1 g	0.00 g

Add Cranberry Sauce 30g -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	225 kJ / 53 kcal	0.0 g	0.0 g	12.9 g	12.6 g	0.0 g	0.07 g

Kids Sunday Roast

KIDS SUNDAY ROAST BEEF

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2441 kJ / 585 kcal	34.1 g	7.0 g	39.1 g	8.2 g	27.1 g	0.99 g

KIDS SUNDAY ROAST GAMMON

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2258 kJ / 540 kcal	29.7 g	5.0 g	39.9 g	8.2 g	25.1 g	2.34 g

KIDS SUNDAY ROAST TURKEY

Contains: No major allergens				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2050 kJ / 489 kcal	22.0 g	1.8 g	39.5 g	8.2 g	30.1 g	1.60 g

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 63 kcal	4.0 g	1.3 g	0.2 g	0.1 g	6.5 g	0.91 g

Add 4oz Burger

Contains: No major allergens				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	1.21 g

Add Chipotle Beef Chilli

Contains: Celery, Milk, Soya				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Double Smothered Chicken

Contains: Milk				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1373 kJ / 326 kcal	11.5 g	6.2 g	15.7 g	10.3 g	39.6 g	1.91 g

Add Grilled Chicken Breast

Contains: No major allergens				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	2.11 g

Add a Cheese Slice -

Contains: Milk				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	345 kJ / 83 kcal	7.0 g	4.3 g	0.0 g	0.0 g	5.1 g	0.38 g



Kids Starters

KIDS TORTILLA CHIPS WITH DIP - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	691 kJ / 165 kcal	6.5 g	0.8 g	21.7 g	3.2 g	3.7 g	0.19 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	629 kJ / 150 kcal	6.4 g	0.8 g	20.0 g	1.5 g	2.1 g	0.15 g

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	132 kJ / 31 kcal	0.4 g	0.1 g	4.5 g	4.3 g	2.2 g	0.07 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	330 kJ / 78 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.5 g	0.56 g

Kids sides

Add Skin-on Chips 100g - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mashed Potato - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Mini Jacket Potatoes - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 155 kcal	0.3 g	0.2 g	32.6 g	3.7 g	4.1 g	0.10 g

Add Salad - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	115 kJ / 28 kcal	1.4 g	0.1 g	2.6 g	2.5 g	0.9 g	0.07 g

Add Mini Corn on the Cobs - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Baked Beans - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Kids Mains - Larger Appetites

GRILLED CHICKEN BREAST BURGER WITH NON GLUTEN CONTAINING BURGER BUN**Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1073 kJ / 255 kcal	5.0 g	0.8 g	27.4 g	4.9 g	21.0 g	1.22 g

KIDS BEEF BURGER WITH NON GLUTEN CONTAINING BURGER BUN**Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1631 kJ / 390 kcal	19.0 g	7.4 g	27.4 g	4.7 g	23.6 g	0.87 g

Kids sides**Add Skin-on Chips 100g -** **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mashed Potato - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Salad - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	115 kJ / 28 kcal	1.4 g	0.1 g	2.6 g	2.5 g	0.9 g	0.07 g

Add Mini Corn on the Cobs - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Baked Beans - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Kids Desserts

KIDS BERRY BLAST SUNDAE - **V****Contains: Milk****May Contain: Soya, Tree Nuts (Hazelnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	521 kJ / 125 kcal	6.9 g	4.7 g	13.0 g	10.3 g	2.3 g	0.07 g

KIDS FRUIT SALAD - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	211 kJ / 50 kcal	0.1 g	0.0 g	10.8 g	10.8 g	0.6 g	0.00 g

KIDS VANILLA DAIRY ICE CREAM - **V****Contains: Milk, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	610 kJ / 146 kcal	6.5 g	4.2 g	17.8 g	13.0 g	3.8 g	0.11 g

PIP ORGANIC BERRY ICE LOLLY - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	66 kJ / 16 kcal	0.0 g	0.0 g	3.9 g	3.7 g	0.0 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Meeting Rooms Menu

Allergy & Nutrition



PUB BRANDS MEETING ROOMS

NIBBLES

Coleslaw (per portion) - **V**

Contains: **Egg, Mustard**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	213 kJ / 51 kcal	3.9 g	0.3 g	3.0 g	2.1 g	0.5 g	0.27 g

Skin-on Chips (per 100g) - **VE V**

Contains: **No major allergens**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Cobb Salad (per portion) - **VE V**

Contains: **Mustard, Sulphite**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

Breaded Mushrooms with Dip (per 3 pieces)

Contains: **Cereals containing Gluten (Wheat)**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	564 kJ / 134 kcal	5.2 g	0.6 g	18.3 g	3.8 g	2.9 g	0.36 g

Veggie Caesar Salad (per portion) - **V**

Contains: **Cereals containing Gluten (Wheat), Egg, Milk, Mustard**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	274 kJ / 66 kcal	4.6 g	1.3 g	3.7 g	1.8 g	2.0 g	0.23 g

Beer-Battered Onion Rings (per 3 rings)

Contains: **Cereals containing Gluten (Barley, Wheat)**

May Contain: **Other Cereals containing (Oats, Rye)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	683 kJ / 164 kcal	8.7 g	0.7 g	18.3 g	2.5 g	2.2 g	0.39 g

Chicken Goujons with Dip (per 2 pieces)

Contains: **Cereals containing Gluten (Wheat)**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1162 kJ / 278 kcal	13.9 g	1.6 g	22.2 g	3.9 g	15.6 g	1.12 g

Chicken Wings with Dip (per 2 wings)

Contains: **No major allergens**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	637 kJ / 152 kcal	7.6 g	1.8 g	5.9 g	3.3 g	15.0 g	0.65 g

Mini Jacket Potatoes (per 2 potatoes) - **V**

Contains: **Milk**

May Contain: **No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	670 kJ / 160 kcal	0.7 g	0.4 g	32.9 g	3.9 g	4.3 g	0.00 g

Nachos (per portion) - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	835 kJ / 200 kcal	10.9 g	2.0 g	21.3 g	1.7 g	3.3 g	0.46 g

Pollock Bites with Dip (per 3 bites)**Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	878 kJ / 210 kcal	11.2 g	0.9 g	16.8 g	2.0 g	10.4 g	0.68 g

Potato Salad (per portion) - V**Contains: Egg, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 168 kcal	10.5 g	0.9 g	16.0 g	4.7 g	2.2 g	0.69 g

Tortillas Crisps with Dip (per portion) - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	651 kJ / 156 kcal	7.3 g	1.4 g	19.3 g	0.9 g	2.2 g	0.16 g

ASSORTED CRISPS (per pack)**Prawn Cocktail Crisps - V****Contains: No major allergens****May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	960 kJ / 230 kcal	13.1 g	1.1 g	24.3 g	0.9 g	2.8 g	0.54 g

Salt & Vinegar Crisps - V**Contains: No major allergens****May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	975 kJ / 234 kcal	13.9 g	1.1 g	23.7 g	0.5 g	2.7 g	0.73 g

Salted Crisps - V**Contains: No major allergens****May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	975 kJ / 234 kcal	13.9 g	1.1 g	23.7 g	0.5 g	2.7 g	0.73 g

Cheese & Onion Crisps - V**Contains: Milk****May Contain: Other Cereals containing (Barley, Wheat), Celery, Mustard, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	932 kJ / 223 kcal	12.0 g	0.9 g	25.2 g	1.2 g	2.5 g	0.54 g

SANDWICHES (per triangle portion)

BLT SANDWICH**Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard****May Contain: Other Cereals containing (Oats, Rye), Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	386 kJ / 92 kcal	3.6 g	1.2 g	10.2 g	1.4 g	4.2 g	0.57 g

EGG MAYO SANDWICH - V

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard

May Contain: Other Cereals containing (Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	312 kJ / 74 kcal	2.6 g	0.9 g	9.7 g	0.8 g	2.6 g	0.24 g

GRILLED CHICKEN CAESAR SANDWICH

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard

May Contain: Other Cereals containing (Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	3.2 g	0.9 g	9.7 g	0.9 g	5.8 g	0.37 g

HAM & TOMATO SANDWICH

Contains: Cereals containing Gluten (Barley, Wheat), Milk

May Contain: Other Cereals containing (Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 76 kcal	1.7 g	0.8 g	9.9 g	1.3 g	4.8 g	0.44 g

VEGAN CHEEZE & TOMATO SANDWICH - VE V

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	326 kJ / 78 kcal	2.6 g	1.8 g	11.3 g	1.2 g	1.7 g	0.34 g

PIZZAS AND FLATBREAD PIZZAS (per slice)

CHEESY GARLIC FLATBREAD PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	669 kJ / 160 kcal	9.4 g	4.3 g	14.1 g	0.2 g	4.5 g	0.43 g

GARLIC FLATBREAD PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	484 kJ / 116 kcal	5.8 g	2.1 g	13.6 g	0.1 g	2.0 g	0.23 g

MARGHERITA PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	458 kJ / 109 kcal	3.3 g	1.6 g	14.8 g	0.7 g	4.5 g	0.58 g

PEPPERONI PIZZA

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	526 kJ / 125 kcal	4.8 g	2.0 g	14.9 g	0.7 g	5.2 g	0.73 g

VEGETARIAN PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	486 kJ / 116 kcal	3.4 g	1.6 g	15.9 g	1.4 g	4.8 g	0.61 g

DESSERTS

BLUEBERRY MUFFIN (per piece) - **V**

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Other Cereals containing (Barley, Oats), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	983 kJ / 234 kcal	9.3 g	1.1 g	34.0 g	18.9 g	3.4 g	0.15 g

BROWNIE (per 2 pieces) - **V**

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

LEMON AND RASPBERRY SEMIFREDDO (per 2 pieces) - **VE V**

Contains: Soya, Sulphite

May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	644 kJ / 154 kcal	9.1 g	6.0 g	17.8 g	12.0 g	0.4 g	0.09 g

WHOLE FRUIT (per piece)

BANANA - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	598 kJ / 141 kcal	0.4 g	0.1 g	31.9 g	28.7 g	1.6 g	0.04 g

CLEMENTINE - **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	8.7 g	8.7 g	0.9 g	0.00 g

GREEN APPLE - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	305 kJ / 73 kcal	0.1 g	0.0 g	16.1 g	16.1 g	0.4 g	0.01 g

Kids Play Menu

Allergy & Nutrition



Ice Cream

PIP ORGANIC BERRY ICE LOLLY - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	66 kJ / 16 kcal	0.0 g	0.0 g	3.9 g	3.7 g	0.0 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Fruit (per piece)

APPLES GREEN - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	305 kJ / 73 kcal	0.1 g	0.0 g	16.1 g	16.1 g	0.4 g	0.01 g

BANANA - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	598 kJ / 141 kcal	0.4 g	0.1 g	31.9 g	28.7 g	1.6 g	0.04 g

CLEMENTINE - **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	8.7 g	8.7 g	0.9 g	0.00 g

Adult Treats

2 BLUEBERRY MUFFINS - **V**

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Other Cereals containing (Barley, Oats), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1967 kJ / 469 kcal	18.6 g	2.3 g	68.0 g	37.8 g	6.8 g	0.30 g

TRIPLE CHOCOLATE BROWNIE - **V**

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2187 kJ / 521 kcal	20.0 g	11.3 g	75.5 g	59.3 g	6.7 g	0.24 g

Northern Ireland Alternatives Menu Allergy & Nutrition



Lunchtime Value Mains

GRILLED CHICKEN CAESAR FLATBREAD

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2735 kJ / 652 kcal	26.7 g	3.7 g	55.6 g	2.8 g	45.3 g	3.03 g

Add Skin-on Chips 175g - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Salad Side - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	170 kJ / 41 kcal	1.5 g	0.2 g	4.9 g	3.8 g	1.3 g	0.18 g

Mains

COBB SALAD VEGAN WITHOUT DRESSING OR TOPPING - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	371 kJ / 89 kcal	1.8 g	0.4 g	11.9 g	10.0 g	3.6 g	0.22 g

Add Caesar Dressing

Contains: Cereals containing Gluten (Barley), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	597 kJ / 145 kcal	14.1 g	1.3 g	4.0 g	1.1 g	0.5 g	0.60 g

Add French Dressing - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

COBB SALAD WITH CROUTONS WITHOUT DRESSING OR TOPPING - **V**

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	547 kJ / 131 kcal	2.9 g	0.4 g	18.5 g	10.6 g	4.7 g	0.44 g

Add Caesar Dressing

Contains: Cereals containing Gluten (Barley), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	597 kJ / 145 kcal	14.1 g	1.3 g	4.0 g	1.1 g	0.5 g	0.60 g

Add French Dressing - VE V

Contains: Mustard, Sulphite				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Upgrade

Add Grilled Chicken Breast

Contains: No major allergens				May Contain: No major allergens			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	2.11 g

Drinks Menu

Allergy

Whitbread PUBs



COOKHOUSE+PUB

Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any **"may contains"** information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR WHITBREAD PUBS ALLERGY INFORMATION GUIDE

Y	The allergen is present
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COOKHOUSE+PUB

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
SPRING SUMMER 2025																		
COCKTAILS																		
BLUE LAGOON																		
APEROL SPRITZ											Y							
PASSION FRUIT MARTINI											Y							
RUM PUNCH											Y							
PINA COLADA											Y							
SPIRITS																		
GIN																		
TARQUIN'S BLOOD ORANGE																		
WARNER'S RHUBARB																		
WHITLEY NEILL DISTILLER'S CUT LONDON DRY																		
BOMBAY SAPPHIRE LONDON DRY																		
WHITLEY NEILL BLACK CHERRY																		
WHITLEY NEILL RASPBERRY																		
JJ PINK																		
JJ LONDON DRY																		
WHITLEY NEILL RASPBERRY GIN 70CL																		
WHITLEY NEILL BLACK CHERRY 70CL																		
VODKA																		
ABSOLUT® ORIGINAL																		
ABSOLUT® RASPBERRI																		
JJ ARTISANAL																		
WHISKEY / WHISKY																		
TALISKER 10 YO																		
GLENFIDDICH 12 YO																		
JOHNNIE WALKER RED LABEL																		
JAMESON IRISH WHISKEY																		
JACK DANIEL'S NO.7 BOURBON																		
BELLS																		

Product Description	Cereals Containing Gluten				Allergens Present													
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
RUM																		
DEAD MAN'S FINGERS SPICED																		
BACARDI											Y							
MALIBU																		
CAPTAIN MORGAN DARK																		
CAPTAIN MORGAN WHITE																		
CAPTAIN MORGAN SPICED																		
LIQUEUR & SPECIALITIES																		
ARCHERS 70CL																		
CHAMBORD RASPBERRY																		
COINTREAU 70CL																		
COURVOISIER VS 70CL																		
DISARONNO AMARETTO																		
SOUTHERN COMFORT																		
TIA MARIA																		
APEROL 70CL																		
JAGERMEISTER 70CL																		
BAILEYS IRISH CREAM							Y											
MARTINI DRY											Y							
PIMMS NO 1																		
SHOTS																		
TEQUILA ROSE							Y											
EL JIMADOR TEQUILA BLANCO																		
EL JIMADOR TEQUILA REPOSADO																		
ANTICA CLASSIC SAMBUCA																		
ANTICA BLACK SAMBUCA																		
BOMBS																		
JÄGERBOMB																		
SKITTLE BOMB																		
BERRY BOMB																		
MIXERS - SEE PACKAGING LABEL FOR ALLERGENS																		

Product Description	Cereals Containing Gluten				Allergens Present													
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
DRAUGHT BEERS & CIDERS																		
CARLING	Y		Y															
BELHAVEN BEST			Y															
COORS	Y		Y															
STELLA ARTOIS			Y															
MADRI	Y		Y															
BIRRA MORETTI			Y															
GUINNESS			Y															
STRONGBOW											Y							
HARP			Y															
CARLSBERG			Y															
ROCKSHORE			Y															
SMITHWICK'S			Y															
HOP HOUSE			Y															
LONDON PRIDE CASK			Y															
DOOM BAR (CASK)			Y					Y										
GREENE KING IPA			Y															
OLD GOLDEN HEN			Y															
ABBOT ALE 5%			Y															
SHARPS ATLANTIC (CASK)			Y															
JOHN SMITHS EXTRA SMOOTH			Y															
FOSTERS			Y															
AMSTEL			Y															
DOOM BAR (KEG)			Y															
WORTHINGTONS CREAMFLOW	Y		Y															
SHARPS ATLANTIC (KEG)	Y		Y															
BUDWEISER			Y															
TENNENTS	Y		Y															
HEINEKEN EXTRA COLD			Y															
PERONI NASTRO			Y															
HEINEKEN SILVER			Y															
INCHS CIDER											Y							
STRONGBOW DARK FRUIT											Y							

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
DRAUGHT SOFTS																		
SUNPRIDE CRANBERRY JUICE																		
SUNPRIDE MANDARIN JUICE																		
SUNPRIDE APPLE JUICE																		
SCHWEPES BLACKCURRANT CORDIAL																		
SCHWEPES LIME CORDIAL																		
SCHWEPES ORANGE CORDIAL																		
FLAVOURED SHOTS CHERRY																		
FLAVOURED SHOTS VANILLA																		
FLAVOURED SHOTS LIME																		
DIET COKE																		
COCA COLA ZERO SUGAR																		
SCHWEPES LEMONADE																		
FANTA ORANGE ZERO																		
COCA COLA																		
DR PEPPER ZERO SUGAR																		
PACKAGED BEERS & CIDERS - SEE BOTTLE LABEL FOR ALLERGENS																		
PACKAGED SOFT DRINKS - SEE PACKAGING LABEL FOR ALLERGENS																		
MOCKTAILS																		
SCHWEPES APERITIVO SPRITZ																		
SCHWEPES CLASSIC MOJITO																		
HOUSE SODAS																		
LEMON & LIME SHERBET																		
GRAPEFRUIT																		
PEACH & RASPBERRY																		
PASSION FRUIT																		
CHERRY & VANILLA											Y							
ICED TEAS																		
PEACH ICED TEA																		
RASPBERRY ICED TEA																		

Product Description	Cereals Containing Gluten				Allergens Present														
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	
HOT DRINKS																			
COFFEE / TEA																			
LATTE							Y												
CAPPUCCINO							Y												
FLAT WHITE							Y												
AMERICANO BLACK																			
AMERICANO WHITE (+ 95ML SEMI SKIMMED MILK)							Y												
ESPRESSO																			
ESPRESSO																			
HOT CHOCOLATE							Y												
HOT CHOCOLATE WITH CREAM							Y												
PG PLAIN BLACK																			
PG TIPS PEPPERMINT HERBAL																			
PG TIPS RASBERRY HERBAL																			
PG TIPS GREEN TEA																			
PG TIPS EARL GREY																			
PG TIPS DECAF																			
ALPRO SOYA DRINK					Y														
SEMI SKIMMED MILK							Y												
AFTER DINNER DRINKS																			
IRISH COFFEE							Y												
BAILEYS LATTE							Y												
COFFEE SYRUPS																			
SWEETBIRD VANILLA SUGAR FREE SYRUP																			
SWEETBIRD HAZELNUT SUGAR FREE SYRUP																			
SWEETBIRD SALTED CARAMEL SUGAR FREE SYRUP																			

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
WINES																		
WHITE																		
THE NED, SAUVIGNON BLANC											Y							
ANDREW PEACE SILHOUETTE CHARDONNAY											Y							
JACK RABBIT PINOT GRIGIO											Y							
JAM SHED CHARDONNAY						Y	Y	Y			Y							
VISTAMAR MATINAL SAUVIGNON											Y							
VINO POMONA CATARRATTO PINOT GRIGIO											Y							
VINA ARROBA CHARDONNAY (HOUSE WHITE) 75CL											Y							
RED																		
CAMPO VIEJO, RIOJA											Y							
ANDREW PEACE SILHOUETTE SHIRAZ											Y							
FLAGSTONE POETRY MERLOT											Y							
JAM SHED SHIRAZ						Y	Y				Y							
VISTAMAR MATINAL MERLOT											Y							
FINCA DEL ALTA MALBEC											Y							
VINA ARROBA TEMPRANILLO (HOUSE RED) 75CL											Y							
ROSE																		
THE NED, ROSÉ											Y							
JACK RABBIT WHITE ZINFANDEL											Y							
VINO POMONA ROSATO											Y							
HOUSE ROSE											Y							
SPARKLING																		
SETTE BELLO PROSECCO DOC											Y							
VINA POMONA PROSECCO FOR ONE											Y							