Premier Inn

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

V Suitable for ovo-lacto vegetarians

VE Suitable for ovo-lacto vegetarians/ vegans

Nibbles

BAKED CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1711 kJ / 408 kcal	16.4 g	6.8 g	39.2 g	11.3 g	23.9 g	1.50 g

CHEDDAR CHEESE PLATE - V

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2195 kJ / 527 kcal	36.0 g	22.2 g	23.2 g	11.2 g	26.8 g	2.03 g

SKIN-ON CHIPS - VE V

Contains: No major allergens

May Contains: 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

TORTILLA CHIPS & DIP - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1244 kJ / 297 kcal	12.6 g	1.8 g	39.6 g	2.0 g	4.2 g	0.86 g

Mains

CHEESE & HAM TOASTIE WITH CRISPS

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Other Cereals containing (Barley, Oats, Rye, Wheat), Celery, Milk, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2932 kJ / 701 kcal	35.8 g	14.2 g	61.7 g	3.3 g	30.8 g	3.09 g

CHEESE & TOMATO TOASTIE WITH CRISPS - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Other Cereals containing (Barley, Oats, Rye, Wheat), Celery, Milk, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2858 kJ / 683 kcal	35.1 g	14.0 g	64.0 g	5.5 g	25.4 g	2.57 g

CHEESE TOASTIE WITH CRISPS - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Other Cereals containing (Barley, Oats, Rye, Wheat), Celery, Milk, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2791 kJ / 667 kcal	34.9 g	13.9 g	61.5 g	3.1 g	24.8 g	2.56 g

COBB SALAD - 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

Published on : January 28, 2025

Add French Dressing - VE V

Contains: Mustard, Sulphite *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

Add Honey & Mustard Dressing - V

Contains: Cereals containing Gluten (Wheat), Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 139 kcal	13.2 g	0.9 g	4.5 g	4.2 g	0.4 g	0.30 g

COBB SALAD WITH CHICKEN

Contains: Cereals containing Gluten (Wheat) *May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1256 kJ / 298 kcal	5.9 g	1.1 g	20.3 g	12.6 g	38.5 g	1.57 g

Add French Dressing - VE V

Contains: Mustard, Sulphite *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

Add Honey & Mustard Dressing - V

Contains: Cereals containing Gluten (Wheat), Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 139 kcal	13.2 g	0.9 g	4.5 g	4.2 g	0.4 g	0.30 g

COBB SALAD WITH HAM

Contains: Cereals containing Gluten (Wheat) *May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	881 kJ / 210 kcal	5.2 g	1.1 g	20.6 g	12.5 g	17.8 g	1.51 g

Add French Dressing - VE V

Contains: Mustard, Sulphite *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

Add Honey & Mustard Dressing - V

Contains: Cereals containing Gluten (Wheat), Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 139 kcal	13.2 g	0.9 g	4.5 g	4.2 g	0.4 g	0.30 g

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COBB SALAD WITH PRAWNS

Contains: Cereals containing Gluten (Wheat), Crustaceans *May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	822 kJ / 195 kcal	3.9 g	0.6 g	20.6 g	12.1 g	17.4 g	1.14 g

Add French Dressing - VE V

Contains: Mustard, Sulphite *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

Add Honey & Mustard Dressing - V

Contains: Cereals containing Gluten (Wheat), Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 139 kcal	13.2 g	0.9 g	4.5 g	4.2 g	0.4 g	0.30 g

JACKET POTATO WITH CHEESE & BEANS - V

Contains: Milk, Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2663 kJ / 631 kcal	17.4 g	9.8 g	90.2 g	10.2 g	28.3 g	1.67 g

JACKET POTATO WITH CHIPOTLE BEEF CHILLI & SOUR CREAM

Contains: Celery, Milk, Mustard, Soya, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2154 kJ / 508 kcal	9.8 g	4.2 g	86.1 g	8.7 g	19.2 g	0.86 g

JACKET POTATO WITH PRAWN & SEAFOOD SAUCE

Contains: Crustaceans, Egg, Mustard, Sulphite *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2293 kJ / 542 kcal	12.9 g	1.1 g	85.6 g	12.5 g	22.4 g	1.35 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

TOMATO SOUP - 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

VEGAN JACKET POTATO WITH BEANS - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1841 kJ / 433 kcal	2.0 g	0.2 g	89.0 g	9.8 g	14.7 g	0.65 g

Published on : January 28, 2025

VEGAN TOMATO SOUP - VE V

Contains: No major allergens *May Contains: 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

Desserts

FRUIT SALAD - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	422 kJ / 100 kcal	0.2 g	0.0 g	21.6 g	21.6 g	1.2 g	0.00 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2570 kJ / 612 kcal	22.9 g	13.1 g	89.9 g	70.8 g	8.6 g	0.30 g

VANILLA DAIRY ICE CREAM - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	789 kJ / 188 kcal	8.2 g	5.3 g	23.5 g	16.3 g	5.1 g	0.14 g

Kids - Mains

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 SPAGHETTI BOLOGENSE

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1214 kJ / 288 kcal	6.5 g	2.5 g	39.8 g	6.8 g	15.4 g	0.30 g

Kids - Desserts

KIDS FRUIT SALAD - VE V

Contains: No major allergens *May Contains: 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: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: 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

Published on : January 28, 2025

Sweet Treats

BLUEBERRY MUFFIN (per 2 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

CHOCOLATE CHIP COOKIE (per piece) - V

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1356 kJ / 324 kcal	16.6 g	9.0 g	40.0 g	26.2 g	3.1 g	0.37 g

CROISSANT (per piece) - V

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

May Contain: Other Cereals containing (Barley, Oats, Rye), Soya, Tree Nuts (Almond, Hazelnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	675 kJ / 161 kcal	7.5 g	4.3 g	19.3 g	2.2 g	3.7 g	0.40 g

PAIN AU CHOCOLATE (per piece) - V

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

May Contain: Other Cereals containing (Barley, Oats), Tree Nuts (Almond, Cashew, Hazelnut, Pecan)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	699 kJ / 167 kcal	9.6 g	5.2 g	17.0 g	5.2 g	2.8 g	0.27 g

TRIPLE CHOCOLATE BROWNIE (per piece) - V

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

May Contains: 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

Published on : January 28, 2025

Bar Snacks

3 GARLIC BREAD 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

5 BBQ CHICKEN WINGS

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1621 kJ / 387 kcal	18.8 g	4.4 g	17.1 g	9.8 g	37.4 g	1.68 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
	1170 kJ / 280 kcal	15.0 g	1.2 g	31.3 g	4.2 g	3.8 g	0.66 g

CHEESY POTATO DIPPERS

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1790 kJ / 428 kcal	24.4 g	9.2 g	34.4 g	2.5 g	17.6 g	1.50 g

CRISPY CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1797 kJ / 429 kcal	19.9 g	2.3 g	39.4 g	10.7 g	22.5 g	1.76 g

GARLIC AND HERB MUSHROOMS WITH BBQ SAUCE - VE V

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

HONEY MUSTARD GLAZED SAUSAGES

Contains: Cereals containing Gluten (Wheat), Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2384 kJ / 574 kcal	46.0 g	13.3 g	17.4 g	6.3 g	22.5 g	2.08 g

LOADED NACHOS - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1967 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

SALT AND PEPPER CALAMARI WITH SPICY MAYO

Contains: Cereals containing Gluten (Wheat), Molluscs *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1757 kJ / 422 kcal	29.1 g	1.9 g	26.5 g	3.9 g	13.3 g	3.69 g

Published on : January 28, 2025

SKIN-ON CHIPS - VE V

Contains: No major allergens *May Contains: 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

Upgrade

Add Chipotle Beef Chilli

Contains: Celery, Milk, Soya *May Contains: 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 Mozzarella & Cheddar - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	822 kJ / 198 kcal	15.4 g	9.6 g	1.2 g	0.4 g	13.6 g	1.02 g

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Mains

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

PIZZA BASE - V

Contains: Cereals containing Gluten (Wheat), Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3832 kJ / 910 kcal	24.9 g	14.7 g	127.4 g	7.8 g	40.6 g	3.81 g

Add Red Onion - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	31 kJ / 7 kcal	0.1 g	0.0 g	1.3 g	1.2 g	0.4 g	0.01 g

Add Fried Mushroom - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	95 kJ / 23 kcal	2.1 g	0.2 g	0.1 g	0.1 g	0.5 g	0.00 g

Add Chicken Breast

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 77 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.4 g	0.55 g

Add Tomato - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	50 kJ / 12 kcal	0.2 g	0.1 g	1.9 g	1.9 g	0.4 g	0.00 g

Add Red Chilli - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3 kJ / 1 kcal	0.0 g	0.0 g	0.1 g	0.1 g	0.0 g	0.00 g

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Add Pineapple - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	92 kJ / 22 kcal	0.0 g	0.0 g	5.3 g	5.3 g	0.1 g	0.01 g

Add Pepperoni

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	539 kJ / 130 kcal	11.9 g	3.6 g	0.2 g	0.2 g	5.5 g	1.20 g

Add Rocket - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	7 kJ / 2 kcal	0.0 g	0.0 g	0.2 g	0.1 g	0.1 g	0.01 g

Add Ham

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	1.1 g	0.4 g	0.3 g	0.2 g	7.2 g	0.63 g

Published on : January 28, 2025

Starters

3 GARLIC BREAD 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

5 BBQ CHICKEN WINGS

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1621 kJ / 387 kcal	18.8 g	4.4 g	17.1 g	9.8 g	37.4 g	1.68 g

CHEESY POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1835 kJ / 439 kcal	25.7 g	10.0 g	34.8 g	2.3 g	17.1 g	1.49 g

CLASSIC PRAWN COCKTAIL

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1521 kJ / 365 kcal	20.2 g	6.3 g	28.2 g	10.0 g	16.1 g	1.66 g

CRISPY CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1797 kJ / 429 kcal	19.9 g	2.3 g	39.4 g	10.7 g	22.5 g	1.76 g

GARLIC AND HERB MUSHROOMS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contains: 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

LOADED NACHOS - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1965 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

SALT AND PEPPER CALAMARI WITH SPICY MAYO

Contains: Cereals containing Gluten (Wheat), Molluscs

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1757 kJ / 422 kcal	29.1 g	1.9 g	26.5 g	3.9 g	13.3 g	3.69 g

SHARING PLATTER WITH DIPS

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	6059 kJ / 1448 kcal	72.5 g	14.7 g	157.0 g	23.8 g	37.2 g	3.79 g

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TOMATO SOUP - 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

VEGAN TOMATO SOUP - VE V

Contains: No major allergens *May Contains: 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

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

Contains: No major allergens *May Contains: 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 Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 2 Fried Egg - V

Contains: Egg *May Contains: 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 Pineapples- VE V

Contains: No major allergens *May Contains: 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 Contains: 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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	17.6 g	6.1 g	13.4 g	5.6 g	56.5 g	1.29 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 AND ALE PIE WITH CHIPS

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3978 kJ / 949 kcal	43.3 g	12.6 g	108.5 g	10.1 g	26.5 g	3.85 g

BEEF LASAGNE WITH GARLIC BREAD SLICES

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite *May Contain: Milk, 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 FISH & CHIPS

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3876 kJ / 928 kcal	54.4 g	11.0 g	64.6 g	5.3 g	42.8 g	3.90 g

Add Peas - VE V

Contains: No major allergens *May Contains: 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	0.01 g

Add Mushy Peas - VE V

Contains: No major allergens *May Contains: 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

BIG STACK BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard *May Contains: 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 Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 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

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CHEESE & BACON BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard — *May Contains: 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 Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite — *May Contains: 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 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

CHICKEN KATSU CURRY

Contains: Cereals containing Gluten (Wheat), Soya — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2688 kJ / 640 kcal	24.7 g	3.6 g	76.2 g	4.2 g	26.8 g	3.23 g

CHICKEN MAKHANI 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
	2697 kJ / 641 kcal	20.7 g	5.1 g	78.4 g	23.3 g	32.1 g	3.38 g

CREAMY CHICKEN AND PULLED HAM PIE WITH PEAS

Contains: Cereals containing Gluten (Oats, Wheat), Egg, Milk, Mustard — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3547 kJ / 850 kcal	49.8 g	32.1 g	65.9 g	9.6 g	30.6 g	1.85 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens — *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite — *May Contains: 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

HOUSE COBB SALAD - V

Contains: Cereals containing Gluten (Wheat) — *May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	563 kJ / 134 kcal	3.1 g	0.5 g	19.4 g	11.4 g	5.2 g	0.46 g

Add French Dressing - VE V

Contains: Mustard, Sulphite — *May Contains: 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

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Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

MIXED GRILL

Contains: Cereals containing Gluten (Wheat), Egg, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4019 kJ / 963 kcal	58.6 g	16.0 g	18.4 g	7.0 g	90.3 g	4.42 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

PIZZA BASE - V

Contains: Cereals containing Gluten (Wheat), Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3981 kJ / 947 kcal	28.6 g	17.0 g	129.1 g	7.6 g	39.3 g	3.78 g

Add Red Onion - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	31 kJ / 7 kcal	0.1 g	0.0 g	1.3 g	1.2 g	0.4 g	0.01 g

Add Fried Mushroom - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	95 kJ / 23 kcal	2.1 g	0.2 g	0.1 g	0.1 g	0.5 g	0.00 g

Add Chicken Breast

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 77 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.4 g	0.55 g

Add Tomato - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	50 kJ / 12 kcal	0.2 g	0.1 g	1.9 g	1.9 g	0.4 g	0.00 g

Add Red Chilli - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3 kJ / 1 kcal	0.0 g	0.0 g	0.1 g	0.1 g	0.0 g	0.00 g

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Add Pineapple - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	92 kJ / 22 kcal	0.0 g	0.0 g	5.3 g	5.3 g	0.1 g	0.01 g

Add Pepperoni

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	539 kJ / 130 kcal	11.9 g	3.6 g	0.2 g	0.2 g	5.5 g	1.20 g

Add Ham

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	1.1 g	0.4 g	0.3 g	0.2 g	7.2 g	0.63 g

SMOTHERED CHICKEN

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite *May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2429 kJ / 580 kcal	25.6 g	9.4 g	35.5 g	15.8 g	49.6 g	3.41 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

SPICY CHICKEN BURGER WITHOUT BUN

Contains: Cereals containing Gluten (Wheat), Egg, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2417 kJ / 580 kcal	37.0 g	3.0 g	37.0 g	9.9 g	23.6 g	2.28 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 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

SPICY GRILLED CHICKEN BURGER WITHOUT BUN

Contains: Egg, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 g

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Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 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

THAI GREEN VEGETABLE CURRY - VE V

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2629 kJ / 627 kcal	28.5 g	20.2 g	78.1 g	12.1 g	12.8 g	1.73 g

THE VEGAN BURGER WITHOUT BUN - VE V

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya *May Contains: 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 Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 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

TOMATO & CHILLI LINGUINE - VE V

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 413 kcal	5.3 g	0.9 g	71.5 g	13.2 g	14.7 g	1.74 g

WHOLETAIL SCAMPI WITH SAUCE

Contains: Cereals containing Gluten (Wheat), Crustaceans, Egg, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1999 kJ / 479 kcal	29.4 g	2.3 g	37.8 g	2.9 g	15.0 g	1.69 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Peas - VE V

Contains: No major allergens *May Contains: 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	0.01 g

Add Mushy Peas - VE V

Contains: No major allergens *May Contains: 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

Sides

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
	1170 kJ / 280 kcal	15.0 g	1.2 g	31.3 g	4.2 g	3.8 g	0.66 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per person)

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

CHOPPED SIDE SALAD - VE V

Contains: Mustard, Sulphite *May Contains: 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

COLESLAW - V

Contains: Egg, Mustard *May Contains: 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

KATSU CHICKEN TOPPED CHIPS SHARER (per person)

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1864 kJ / 444 kcal	21.8 g	2.5 g	49.5 g	3.9 g	10.2 g	3.58 g

KATSU CHICKEN TOPPED CHIPS SINGLE

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1865 kJ / 445 kcal	21.8 g	2.5 g	49.5 g	3.9 g	10.2 g	3.58 g

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PEPPERCORN SAUCE

Contains: Celery, Milk — *May Contains: 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

SKIN-ON CHIPS - VE V

Contains: No major allergens — *May Contains: 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
	2979 kJ / 712 kcal	36.4 g	13.4 g	85.3 g	61.8 g	9.4 g	0.51 g

BERRY PANCAKE STACK - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1579 kJ / 375 kcal	12.2 g	3.2 g	54.4 g	13.6 g	10.1 g	0.91 g

FRUIT SALAD - VE V

Contains: No major allergens — *May Contains: 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
	2010 kJ / 480 kcal	21.7 g	13.8 g	62.0 g	56.2 g	8.1 g	0.30 g

STICKY TOFFEE PUDDING - 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
	2734 kJ / 653 kcal	34.8 g	15.4 g	78.4 g	55.3 g	5.8 g	0.46 g

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk — *May Contains: 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 Contains: 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

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

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VEGAN CHOCOLATE TORTE - VE V

Contains: Cereals containing Gluten (Wheat)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1170 kJ / 279 kcal	13.1 g	7.3 g	37.9 g	26.5 g	1.3 g	0.33 g

Kids - Starters

KIDS GARLIC FLATBREAD - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	722 kJ / 171 kcal	3.1 g	1.2 g	30.1 g	0.5 g	4.8 g	0.45 g

KIDS TORTILLA CHIPS WITH DIPS - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	689 kJ / 164 kcal	6.5 g	1.0 g	21.6 g	3.2 g	3.7 g	0.25 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 150 kcal	6.4 g	0.9 g	20.0 g	1.5 g	2.1 g	0.21 g

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	114 kJ / 27 kcal	0.3 g	0.1 g	4.0 g	3.8 g	2.2 g	0.05 g

Kids Smaller Appetites

KIDS 10-VEG TOMATO PASTA - VE V

Contains: Cereals containing Gluten (Wheat), Celery

May Contains: 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 GRILLED CHICKEN BREAST WITH CHIPS

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	993 kJ / 236 kcal	8.2 g	0.8 g	20.7 g	0.7 g	18.6 g	1.39 g

KIDS OVEN BAKED FISH BITES WITH CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat), Fish

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1403 kJ / 334 kcal	15.1 g	1.1 g	36.1 g	1.4 g	12.3 g	1.33 g

KIDS OVEN BAKED POPPIN' CHICKEN WITH CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1174 kJ / 280 kcal	13.0 g	1.4 g	28.5 g	0.5 g	11.1 g	1.17 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

Contains: No major allergens *May Contains: 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

KIDS BEEF BURGER WITH CHIPS

Contains: Cereals containing Gluten (Wheat) *May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2163 kJ / 516 kcal	24.3 g	8.2 g	46.3 g	4.3 g	26.2 g	1.51 g

KIDS GRILLED CHICKEN BREAST BURGER WITH CHIPS

Contains: Cereals containing Gluten (Wheat) *May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1603 kJ / 380 kcal	10.3 g	1.6 g	46.3 g	4.5 g	23.5 g	1.86 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 WITH CHIPS - LARGE

Contains: Cereals containing Gluten (Wheat), Fish *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1895 kJ / 452 kcal	20.5 g	1.5 g	46.5 g	2.0 g	19.1 g	1.67 g

KIDS SPAGHETTI BOLOGNESE

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1214 kJ / 288 kcal	6.5 g	2.5 g	39.8 g	6.8 g	15.4 g	0.30 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

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Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

Contains: No major allergens *May Contains: 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 CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: 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 - VE V

Contains: No major allergens *May Contains: 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 - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	766 kJ / 182 kcal	6.0 g	2.5 g	28.3 g	13.8 g	3.3 g	0.33 g

KIDS VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: 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 - VE V

Contains: No major allergens *May Contains: 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 FRUITY ICE LOLLY - VE V

Contains: No major allergens *May Contains: 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

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Upgrade

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk *May Contains: 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 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens *May Contains: 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 This Isn't Bacon - VE V

Contains: Soya *May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	241 kJ / 58 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

Add 4oz Burger

Contains: No major allergens *May Contains: 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 8oz Sirloin

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1712 kJ / 409 kcal	16.3 g	7.3 g	4.5 g	0.9 g	64.9 g	0.27 g

Add Chicken Breast PI

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	1.11 g

Add Chipotle Beef Chilli

Contains: Celery, Milk, Soya *May Contains: 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 Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1369 kJ / 325 kcal	11.4 g	6.2 g	15.7 g	10.3 g	39.4 g	1.91 g

Add Grilled Chicken Breast

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	2.11 g

Add Mozzarella & Cheddar - V

Contains: Milk *May Contains: 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

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Add Naan Bread - VE V

Contains: Cereals containing Gluten (Wheat)

May Contains: 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 Contains: 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 Contains: 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

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Starters

3 GARLIC BREAD 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

5 BAKED BBQ CHICKEN WINGS

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1579 kJ / 376 kcal	18.6 g	6.1 g	17.0 g	9.8 g	34.9 g	1.70 g

BAKED CHEESY POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1752 kJ / 420 kcal	20.7 g	9.3 g	39.5 g	1.5 g	16.8 g	1.43 g

BAKED CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1711 kJ / 408 kcal	16.4 g	6.8 g	39.2 g	11.3 g	23.9 g	1.50 g

BAKED SHARING PLATTER WITH DIPS

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	6111 kJ / 1460 kcal	62.5 g	16.4 g	177.6 g	25.1 g	39.9 g	3.89 g

CLASSIC PRAWN COCKTAIL

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1521 kJ / 365 kcal	20.2 g	6.3 g	28.2 g	10.0 g	16.1 g	1.66 g

GARLIC & HERB MUSHROOMS WITH BBQ SAUCE - VE V

Contains: Cereals containing Gluten (Wheat)

May Contains: 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

LOADED NACHOS - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1965 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

TOMATO SOUP - 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

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VEGAN TOMATO SOUP - VE V

Contains: No major allergens *May Contains: 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

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

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

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 2 Fried Egg - V

Contains: Egg *May Contains: 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 Pineapples- VE V

Contains: No major allergens *May Contains: 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 Contains: 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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	17.6 g	6.1 g	13.4 g	5.6 g	56.5 g	1.29 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

BAKED BEER-BATTERED FISH & CHIPS

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4158 kJ / 997 kcal	53.3 g	4.1 g	86.6 g	6.4 g	36.9 g	3.97 g

Add Peas - VE V

Contains: No major allergens

May Contains: 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	0.01 g

Add Mushy Peas - VE V

Contains: No major allergens

May Contains: 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

BEEF AND ALE PIE WITH BAKED CHIPS

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3887 kJ / 928 kcal	36.6 g	12.4 g	115.4 g	11.0 g	26.9 g	3.58 g

BEEF LASAGNE WITH GARLIC BREAD SLICES

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

May Contain: Milk, 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

BIG STACK BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contains: 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 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite

May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

CHEESE & BACON BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contains: 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

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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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

CHICKEN KATSU CURRY WITH RICE

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2602 kJ / 619 kcal	21.2 g	8.0 g	76.0 g	4.7 g	28.3 g	2.97 g

CHICKEN MAKHANI 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
	2697 kJ / 641 kcal	20.7 g	5.1 g	78.4 g	23.3 g	32.1 g	3.38 g

CREAMY CHICKEN AND PULLED HAM PIE WITH PEAS

Contains: Cereals containing Gluten (Oats, Wheat), Egg, Milk, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3547 kJ / 850 kcal	49.8 g	32.1 g	65.9 g	9.6 g	30.6 g	1.85 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

HOUSE COBB SALAD - V

Contains: Cereals containing Gluten (Wheat) *May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	563 kJ / 134 kcal	3.1 g	0.5 g	19.4 g	11.4 g	5.2 g	0.46 g

Add French Dressing - VE V

Contains: Mustard, Sulphite *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

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MIXED GRILL

Contains: Cereals containing Gluten (Wheat), Egg, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4019 kJ / 963 kcal	58.6 g	16.0 g	18.4 g	7.0 g	90.3 g	5.41 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

PIZZA BASE - V

Contains: Cereals containing Gluten (Wheat), Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3981 kJ / 947 kcal	28.6 g	17.0 g	129.1 g	7.6 g	39.3 g	3.78 g

Add Red Onion - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	31 kJ / 7 kcal	0.1 g	0.0 g	1.3 g	1.2 g	0.4 g	0.01 g

Add Fried Mushroom - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	95 kJ / 23 kcal	2.1 g	0.2 g	0.1 g	0.1 g	0.5 g	0.00 g

Add Chicken Breast

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 77 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.4 g	0.55 g

Add Tomato - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	50 kJ / 12 kcal	0.2 g	0.1 g	1.9 g	1.9 g	0.4 g	0.00 g

Add Red Chilli - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3 kJ / 1 kcal	0.0 g	0.0 g	0.1 g	0.1 g	0.0 g	0.00 g

Add Pineapple - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	92 kJ / 22 kcal	0.0 g	0.0 g	5.3 g	5.3 g	0.1 g	0.01 g

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Add Pepperoni

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	539 kJ / 130 kcal	11.9 g	3.6 g	0.2 g	0.2 g	5.5 g	1.20 g

Add Ham

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	1.1 g	0.4 g	0.3 g	0.2 g	7.2 g	0.63 g

SMOTHERED CHICKEN

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite *May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2429 kJ / 580 kcal	25.6 g	9.4 g	35.5 g	15.8 g	49.6 g	3.41 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

SPICY CHICKEN BURGER WITHOUT BUN

Contains: Cereals containing Gluten (Wheat), Egg, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2331 kJ / 559 kcal	33.5 g	7.4 g	36.8 g	10.4 g	25.1 g	2.02 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

SPICY GRILLED CHICKEN BURGER WITHOUT BUN

Contains: Egg, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 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

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

THAI GREEN VEGETABLE CURRY - VE V

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2629 kJ / 627 kcal	28.5 g	20.2 g	78.1 g	12.1 g	12.8 g	1.73 g

THE VEGAN BURGER WITHOUT BUN - VE V

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya *May Contains: 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 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

TOMATO & CHILLI LINGUINE - VE V

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 413 kcal	5.3 g	0.9 g	71.5 g	13.2 g	14.7 g	1.74 g

Sides

BAKED BEER-BATTERED ONION RINGS - VE V

Contains: Cereals containing Gluten (Barley, Wheat) *May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1351 kJ / 323 kcal	7.3 g	1.1 g	55.8 g	6.1 g	6.5 g	1.00 g

BAKED SKIN-ON CHIPS - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SHARER (per portion)

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1587 kJ / 380 kcal	13.4 g	3.6 g	49.4 g	4.3 g	9.9 g	1.86 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SINGLE

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1587 kJ / 380 kcal	13.4 g	3.6 g	49.4 g	4.3 g	9.9 g	1.86 g

CHOPPED SIDE SALAD - VE V

Contains: Mustard, Sulphite *May Contains: 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

COLESLAW - V

Contains: Egg, Mustard *May Contains: 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

KATSU CHICKEN TOPPED BAKED CHIPS SHARER (per portion)

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1751 kJ / 418 kcal	14.1 g	3.4 g	56.3 g	4.9 g	11.0 g	3.25 g

KATSU CHICKEN TOPPED BAKED CHIPS SINGLE

Contains: Cereals containing Gluten (Wheat), Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	876 kJ / 209 kcal	7.1 g	1.7 g	28.1 g	2.5 g	5.5 g	1.62 g

PEPPERCORN SAUCE

Contains: Celery, Milk *May Contains: 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

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
	2979 kJ / 712 kcal	36.4 g	13.4 g	85.3 g	61.8 g	9.4 g	0.51 g

BERRY PANCAKE STACK - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1579 kJ / 375 kcal	12.2 g	3.2 g	54.4 g	13.6 g	10.1 g	0.91 g

FRUIT SALAD - VE V

Contains: No major allergens *May Contains: 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

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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
	2010 kJ / 480 kcal	21.7 g	13.8 g	62.0 g	56.2 g	8.1 g	0.30 g

STICKY TOFFEE PUDDING - 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
	2734 kJ / 653 kcal	34.8 g	15.4 g	78.4 g	55.3 g	5.8 g	0.46 g

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk

May Contains: 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 Contains: 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

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

May Contains: 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

VEGAN CHOCOLATE TORTE - VE V

Contains: Cereals containing Gluten (Wheat)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1170 kJ / 279 kcal	13.1 g	7.3 g	37.9 g	26.5 g	1.3 g	0.33 g

Kids Starters

KIDS GARLIC FLATBREAD - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	722 kJ / 171 kcal	3.1 g	1.2 g	30.1 g	0.5 g	4.8 g	0.45 g

KIDS TORTILLA CHIPS WITH DIPS - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	689 kJ / 164 kcal	6.5 g	1.0 g	21.6 g	3.2 g	3.7 g	0.25 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 150 kcal	6.4 g	0.9 g	20.0 g	1.5 g	2.1 g	0.21 g

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	114 kJ / 27 kcal	0.3 g	0.1 g	4.0 g	3.8 g	2.2 g	0.05 g

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Kids Mains - Smaller Appetites

KIDS 10-VEG TOMATO PASTA - VE V

Contains: Cereals containing Gluten (Wheat), Celery *May Contains: 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 GRILLED CHICKEN BREAST WITH BAKED CHIPS

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	941 kJ / 223 kcal	4.3 g	0.6 g	24.6 g	1.1 g	18.9 g	1.25 g

KIDS OVEN BAKED FISH BITES WITH BAKED CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat), Fish *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1351 kJ / 322 kcal	11.2 g	0.9 g	40.0 g	1.9 g	12.6 g	1.20 g

KIDS OVEN BAKED POPPIN CHICKEN WITH BAKED CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1122 kJ / 268 kcal	9.2 g	1.2 g	32.4 g	0.9 g	11.4 g	1.03 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

Contains: No major allergens *May Contains: 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

KIDS BEEF BURGER WITH BAKED CHIPS

Contains: Cereals containing Gluten (Wheat) *May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2111 kJ / 504 kcal	20.4 g	8.0 g	50.2 g	4.8 g	26.5 g	1.38 g

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KIDS GRILLED CHICKEN BURGER WITH BAKED CHIPS

Contains: Cereals containing Gluten (Wheat) *May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1552 kJ / 368 kcal	6.4 g	1.4 g	50.2 g	5.0 g	23.8 g	1.72 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 WITH BAKED CHIPS - LARGE

Contains: Cereals containing Gluten (Wheat), Fish *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1844 kJ / 440 kcal	16.7 g	1.3 g	50.4 g	2.5 g	19.4 g	1.53 g

KIDS SPAGHETTI BOLOGNESE

Contains: Cereals containing Gluten (Wheat) *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1214 kJ / 288 kcal	6.5 g	2.5 g	39.8 g	6.8 g	15.4 g	0.30 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

Contains: No major allergens *May Contains: 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 CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: 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 - VE V

Contains: No major allergens *May Contains: 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

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KIDS PANCAKES WITH CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	766 kJ / 182 kcal	6.0 g	2.5 g	28.3 g	13.8 g	3.3 g	0.33 g

KIDS VANILLA DAIRY ICE CREAM - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya *May Contains: 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 - VE V

Contains: No major allergens *May Contains: 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 FRUITY ICE LOLLY - VE V

Contains: No major allergens *May Contains: 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

Upgrade

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk *May Contains: 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 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens *May Contains: 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 This Isn't Bacon - VE V

Contains: Soya *May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	241 kJ / 58 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

Add 4oz Burger

Contains: No major allergens *May Contains: 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 8oz Sirloin

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1712 kJ / 409 kcal	16.3 g	7.3 g	4.5 g	0.9 g	64.9 g	0.27 g

Add Chicken Breast PI

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	1.11 g

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Add Chipotle Beef Chilli

Contains: Celery, Milk, Soya — *May Contains: 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 Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1369 kJ / 325 kcal	11.4 g	6.2 g	15.7 g	10.3 g	39.4 g	1.91 g

Add Grilled Chicken Breast

Contains: No major allergens — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	2.11 g

Add Mozzarella & Cheddar - V

Contains: Milk — *May Contains: 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 Contains: 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 Contains: 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 Contains: 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

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Non Gluten Containing Ingredients Menu Nutrition & Allergy

Premier Inn
Rest easy

Starters

CHEESY POTATO DIPPERS

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1835 kJ / 439 kcal	25.7 g	10.0 g	34.8 g	2.3 g	17.1 g	1.49 g

LOADED NACHOS - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1965 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

PRAWN COCKTAIL WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Crustaceans, Egg, Milk, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1516 kJ / 364 kcal	21.7 g	6.4 g	25.1 g	9.2 g	14.0 g	1.78 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - V

Contains: Egg *May Contains: 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 Contains: 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

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

Contains: No major allergens *May Contains: 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 Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 2 Fried Egg - V

Contains: Egg *May Contains: 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

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Add Pineapples- VE V

Contains: No major allergens *May Contains: 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 Contains: 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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	17.6 g	6.1 g	13.4 g	5.6 g	56.5 g	1.29 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Contains: 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 Contains: 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 House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contains: 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	0.75 g

CHEESE & BACON BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard *May Contains: 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 Contains: 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

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite — *May Contains: 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 Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg — *May Contains: 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	0.75 g

CHICKEN MAKHANI CURRY

Contains: Milk — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2245 kJ / 535 kcal	20.4 g	5.1 g	54.8 g	7.7 g	29.9 g	2.29 g

HOUSE COBB SALAD - VE V

Contains: No major allergens — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 93 kcal	1.9 g	0.4 g	12.8 g	10.8 g	4.0 g	0.24 g

Add French Dressing - VE V

Contains: Mustard, Sulphite — *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard — *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

SMOTHERED CHICKEN

Contains: Egg, Milk, Mustard, Sulphite — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1941 kJ / 463 kcal	20.5 g	7.9 g	21.1 g	14.6 g	46.9 g	3.15 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite — *May Contains: 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

SPICY GRILLED CHICKEN BURGER WITHOUT BUN

Contains: Egg, Mustard — *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens — *May Contains: 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

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contains: 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	0.75 g

Sides

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per person)

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

CHOPPED SIDE SALAD - VE V

Contains: Mustard, Sulphite *May Contains: 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

COLESLAW - V

Contains: Egg, Mustard *May Contains: 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

PEPPERCORN SAUCE

Contains: Celery, Milk *May Contains: 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

Desserts

CHEESECAKE WITH BERRIES NGCI - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2554 kJ / 611 kcal	34.7 g	12.2 g	65.0 g	42.7 g	8.6 g	0.34 g

FRUIT SALAD - VE V

Contains: No major allergens *May Contains: 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

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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
	2010 kJ / 480 kcal	21.7 g	13.8 g	62.0 g	56.2 g	8.1 g	0.30 g

Kids Starters

KIDS TORTILLA CHIPS WITH DIPS - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	689 kJ / 164 kcal	6.5 g	1.0 g	21.6 g	3.2 g	3.7 g	0.25 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 150 kcal	6.4 g	0.9 g	20.0 g	1.5 g	2.1 g	0.21 g

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	114 kJ / 27 kcal	0.3 g	0.1 g	4.0 g	3.8 g	2.2 g	0.05 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST WITH CHIPS

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	993 kJ / 236 kcal	8.2 g	0.8 g	20.7 g	0.7 g	18.6 g	1.39 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens

May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

Contains: No major allergens

May Contains: 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

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Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH CHIPS

Contains: Egg *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2295 kJ / 548 kcal	26.0 g	7.9 g	48.0 g	5.1 g	25.8 g	1.71 g

KIDS GRILLED CHICKEN BREAST BURGER WITH CHIPS

Contains: Egg *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1735 kJ / 412 kcal	12.0 g	1.3 g	48.0 g	5.3 g	23.1 g	2.06 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

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

Contains: No major allergens *May Contains: 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 Contains: 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 Contains: 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

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PIP ORGANIC RAINBOW FRUITY ICE LOLLY - VE V

Contains: No major allergens *May Contains: 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

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens *May Contains: 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 Contains: 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 Contains: 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 Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1369 kJ / 325 kcal	11.4 g	6.2 g	15.7 g	10.3 g	39.4 g	1.91 g

Add Grilled Chicken Breast

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	2.11 g

Add a Cheese Slice - V

Contains: Milk *May Contains: 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

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Premier Inn
Rest easy

Starters

CHEESY POTATO DIPPERS

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1835 kJ / 439 kcal	25.7 g	10.0 g	34.8 g	2.3 g	17.1 g	1.49 g

LOADED NACHOS - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1965 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

PRAWN COCKTAIL WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Crustaceans, Egg, Milk, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1516 kJ / 364 kcal	21.7 g	6.4 g	25.1 g	9.2 g	14.0 g	1.78 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - V

Contains: Egg *May Contains: 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 Contains: 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

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

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

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 2 Fried Egg - V

Contains: Egg *May Contains: 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

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Add Pineapples- VE V

Contains: No major allergens *May Contains: 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 Contains: 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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	17.6 g	6.1 g	13.4 g	5.6 g	56.5 g	1.29 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Contains: 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 Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contains: 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	0.75 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

CHEESE AND BACON BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard *May Contains: 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 Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contains: 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	0.75 g

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

CHICKEN MAKHANI CURRY

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2245 kJ / 535 kcal	20.4 g	5.1 g	54.8 g	7.7 g	29.9 g	2.29 g

HOUSE COBB SALAD - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 93 kcal	1.9 g	0.4 g	12.8 g	10.8 g	4.0 g	0.24 g

Add French Dressing - VE V

Contains: Mustard, Sulphite *May Contains: 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

Add Marie Rose Dressing - V

Contains: Egg, Mustard *May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

SMOTHERED CHICKEN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1941 kJ / 463 kcal	20.5 g	7.9 g	21.1 g	14.6 g	46.9 g	3.15 g

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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

SPICY GRILLED CHICKEN BURGER WITHOUT BUN

Contains: Egg, Mustard *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 g

Add Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contains: 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	0.75 g

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Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite *May Contains: 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 Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

Sides

BAKED SKIN-ON CHIPS - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1072 kJ / 256 kcal	5.4 g	0.6 g	42.9 g	1.6 g	4.3 g	1.20 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SHARER (per portion)

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1587 kJ / 380 kcal	13.4 g	3.6 g	49.4 g	4.3 g	9.9 g	1.86 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SINGLE

Contains: Celery, Milk, Soya *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1587 kJ / 380 kcal	13.4 g	3.6 g	49.4 g	4.3 g	9.9 g	1.86 g

CHOPPED SIDE SALAD - VE V

Contains: Mustard, Sulphite *May Contains: 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

COLESLAW - V

Contains: Egg, Mustard *May Contains: 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

PEPPERCORN SAUCE

Contains: Celery, Milk *May Contains: 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

Desserts

CHEESECAKE WITH BERRIES NGCI - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2554 kJ / 611 kcal	34.7 g	12.2 g	65.0 g	42.7 g	8.6 g	0.34 g

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FRUIT SALAD - VE V

Contains: No major allergens *May Contains: 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
	2010 kJ / 480 kcal	21.7 g	13.8 g	62.0 g	56.2 g	8.1 g	0.30 g

Kids Starters

KIDS TORTILLA CHIPS WITH DIPS - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	689 kJ / 164 kcal	6.5 g	1.0 g	21.6 g	3.2 g	3.7 g	0.25 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 150 kcal	6.4 g	0.9 g	20.0 g	1.5 g	2.1 g	0.21 g

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	114 kJ / 27 kcal	0.3 g	0.1 g	4.0 g	3.8 g	2.2 g	0.05 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST WITH BAKED CHIPS

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	941 kJ / 223 kcal	4.3 g	0.6 g	24.6 g	1.1 g	18.9 g	1.25 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

Contains: No major allergens *May Contains: 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

KIDS BEEF BURGER WITH BAKED CHIPS

Contains: Egg *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2244 kJ / 536 kcal	22.1 g	7.7 g	51.9 g	5.6 g	26.1 g	1.57 g

KIDS GRILLED CHICKEN BREAST BURGER WITH BAKED CHIPS

Contains: Egg *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1684 kJ / 400 kcal	8.1 g	1.1 g	51.9 g	5.8 g	23.4 g	1.92 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V

Contains: No major allergens *May Contains: 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 Contains: 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	0.01 g

Add Baked Beans - VE V

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

Contains: No major allergens *May Contains: 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 Contains: 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

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PIP ORGANIC BERRY ICE LOLLY - VE V

Contains: No major allergens *May Contains: 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 FRUITY ICE LOLLY - VE V

Contains: No major allergens *May Contains: 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

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens *May Contains: 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 Contains: 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 Contains: 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 Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1369 kJ / 325 kcal	11.4 g	6.2 g	15.7 g	10.3 g	39.4 g	1.91 g

Add Grilled Chicken Breast

Contains: No major allergens *May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	2.11 g

Add a Cheese Slice - V

Contains: Milk *May Contains: 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

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Drinks Menu

Allergy

Premier Inn

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 PREMIER INN ALLERGY INFORMATION GUIDE

Y	The allergen is present

Premier Inn

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)
PREMIER INN AUTUMN WINTER 2024 DRINKS MENU																		
COCKTAIL																		
APEROL SPRITZ											Y							
CLASSIC MOJITO																		
ESPRESSO MARTINI																		
PASSION FRUIT MARTINI											Y							
PINA COLADA											Y							
RASPBERRY COSMOPOLITAN																		
RUM PUNCH											Y							
SEX ON THE BEACH																		
PACKAGED COCKTAILS - SEE PACKAGING LABEL FOR ALLERGENS																		
SPIRITS																		
GIN																		
BEEFEATER BLOOD ORANGE																		
BOMBAY SAPPHIRE LONDON DRY																		
GORDON'S LONDON DRY																		
GORDON'S PREMIUM PINK																		
JJ LONDON DRY																		
JJ PINK																		
TARQUIN'S BLOOD ORANGE																		
WARNER'S RHUBARB																		
WHITLEY NEILL BLACK CHERRY																		
WHITLEY NEILL DISTILLER'S CUT LONDON DRY																		
WHITLEY NEILL RASPBERRY																		

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VODKA																		
ABSOLUT® ORIGINAL																		
ABSOLUT® RASPBERRI																		
JJ ARTISANAL																		
SMIRNOFF RED																		
TRASH & TREASURE CITRUS																		
RUM																		
BACARDI											Y							
CAPTAIN MORGAN DARK																		
CAPTAIN MORGAN SPICED																		
CAPTAIN MORGAN WHITE																		
DEAD MAN'S FINGER SPICED																		
KRAKEN BLACK SPICED																		
MALIBU																		
TRASH & TREASURE TROPICAL																		
WHISKEY / WHISKY																		
BLACK BUSH																		
FAMOUS GROUSE																		
GENTLEMAN JACK																		
GLENFIDDICH 12 YO																		
JACK DANIEL'S NO.7 BOURBON																		
JAMESON IRISH																		
JOHNNIE WALKER BLACK LABEL																		
JOHNNIE WALKER RED LABEL																		
TALISKER 1 YO																		
TULLEMORE DEW																		
LIQUEUR																		
BAILEYS IRISH CREAM							Y											
HENNESSEY VS COGNAC																		
KAHLUA																		

Product Description	Cereals Containing Gluten				Allergens Present													
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MIXERS - SEE PACKAGING LABEL FOR ALLERGENS																		
SHOTS																		
TEQUILA EL JIMADOR																		
TEQUILA ROSE							Y											
DRAUGHT BEERS & CIDERS																		
BIRRA MORETTI			Y															
CARLING	Y		Y															
CARLSBERG			Y															
COORS	Y		Y															
GUINNESS			Y															
HOP HOUSE 13			Y															
LIBERATION BEST BITTER	Y		Y								Y							
LIBERATION WAVERIDER PALE ALE	Y		Y								Y							
MADRI	Y		Y															
ROCKSHORE LAGER			Y															
SHARP'S ATLANTIC PALE ALE			Y					Y										
SMITHWICK'S			Y															
INCH'S											Y							
ROCKSHORE APPLE CIDER											Y							
PACKAGED BEERS & CIDERS - SEE PACKAGING LABEL FOR ALLERGENS																		
PACKAGED LOW & NO - SEE PACKAGING LABEL FOR ALLERGENS																		

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HOUSE SODAS																		
LEMON																		
LIME SHERBERT																		
GRAPEFRUIT																		
WATERMELON																		
CHERRY & VANILLA																		
HOT DRINKS																		
COFFEE / TEA																		
LATTE							Y											
CAPPUCCINO							Y											
FLAT WHITE							Y											
AMERICANO BLACK																		
AMERICANO WHITE (+ 95ML SEMI SKIMMED MILK)							Y											
ESPRESSO																		
DOUBLE ESPRESSO																		
HOT CHOCOLATE							Y											
HOT CHOCOLATE WITH CREAM							Y											
PG PLAIN BLACK																		
PG TIPS PEPPERMINT HERBAL																		
PG TIPS RASBERRY HERBAL																		
PG TIPS GREEN TEA																		
SEMI SKIMMED MILK							Y											
AFTER DINNER DRINKS																		
BAILEYS LATTE							Y											
IRISH COFFEE							Y											

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WINES																		
WHITE																		
SAUVIGNON BLANC, ESK VALLEY											Y							
PINOT GRIGIO, AMORI											Y							
SAUVIGNON BLANC, SAN ABELLO											Y							
CHARDONNAY, THE PADDOCK											Y							
CHARDONNAY, DRY RIVER											Y							
THE NED SAUVIGNON BLANC											Y							
JACK RABBIT, PINOT GRIGIO											Y							
SAUVIGNON BLANC, NEW ZEALAND											Y							
PINOT GRIGIO, FONTE DELLA VIGNA											Y							
CHARDONNAY, ROSARIO ESTATE											Y							
SAUVIGNON BLANC, ROSARIO ESTATE											Y							
JAM SHED, CHARDONNAY						Y	Y	Y			Y							
CATARRATTO, PINOT GRIGIO											Y							
VINA ARROBA CHARDONNAY (HOUSE WHITE)											Y							
RED																		
RIOJA VEGA, CRIANZA											Y							
CRIANZA, ARTESA											Y							
MALBEC, KALEU											Y							
MALBEC, 'CHACABUCO', LOS HOROLDOS											Y							
MERLOT, SAN ABELLO											Y							
SHIRAZ, STONE'S THROW											Y							
CAMPO VIEJO, RIOJA											Y							
JAM SHED, SHIRAZ						Y	Y				Y							
STEAKMAKER, MALBEC											Y							
VISTAMAR MATINAL, MERLOT											Y							
VINA ARROBA TEMPRANILLO (HOUSE RED)											Y							
SHIRAZ, RHYTHM AND RHYME											Y							
MALBEC, AMARU											Y							
CABERNET SAUVIGNON, ROSARIO ESTATE											Y							
MERLOT, ROSARIO ESTATE											Y							

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ROSÉ																		
PINOT GRIGIO ROSE, AMORI											Y							
WHITE ZINFANDEL, JACK RABBIT											Y							
DIAMARINE, PROVENCE ROSÉ											Y							
VINO POMONA, ROSATO											Y							
PAYS D'OC ROSÉ, LES PETIT JAMELLES											Y							
PINOT GRIGIO BLUSH, GABRIELLA											Y							
SPARKLING																		
PROSECCO, PONTE											Y							
LOUIS DORNIER ET FILS BRUT, CHAMPAGNE											Y							
JACK RABBIT, PROSECCO											Y							
PROSECCO FRIZZANTE, MARCHESI											Y							
PROSECCO FOR ONE, DE FAVERI											Y							
PROSECCO FOR ONE											Y							

NICE WINES																		
NICE MALBEC											Y							
NICE PALE ROSÉ											Y							
NICE SAUVIGNON BLANC											Y							
NICE SPARKLING WINE											Y							