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

Daytime Menu

Premier Inn Rest easy

Nibbles

BAKED CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat) *May Contain: 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
	2233 kJ / 536 kcal	36.0 g	22.2 g	25.3 g	13.2 g	26.9 g	2.03 g

SKIN-ON CHIPS - VE V

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

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

TORTILLA CHIPS & DIP - VE V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1243 kJ / 297 kcal	12.6 g	1.5 g	39.6 g	2.1 g	4.2 g	0.74 g

Salads

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

Add French Dressing - VE V

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

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

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 '74 Honey & Mustard Sauce - V

Contains: Cereals containing Gluten (Wheat), Mustard *May Contain: 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 CHICKEN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1260 kJ / 299 kcal	5.9 g	1.1 g	20.3 g	12.6 g	38.7 g	1.58 g

Add French Dressing - VE V

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

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

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 '74 Honey & Mustard Sauce - V

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

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

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 '74 Honey & Mustard Sauce - V

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

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

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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Add '74 Honey & Mustard Sauce - V

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

TOMATO SOUP WITH CROUTONS - V

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

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

VEGAN TOMATO SOUP - VE V

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

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

House Toasties

CHEESE & HAM TOASTIE WITH CRISPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2974 kJ / 711 kcal	36.8 g	14.9 g	62.2 g	3.2 g	30.5 g	3.08 g

CHEESE & TOMATO TOASTIE WITH CRISPS - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2900 kJ / 694 kcal	36.2 g	14.6 g	64.4 g	5.5 g	25.0 g	2.56 g

CHEESE TOASTIE WITH CRISPS - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2833 kJ / 678 kcal	35.9 g	14.6 g	62.0 g	3.0 g	24.5 g	2.56 g

Pizza

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

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Jacket Potatoes

JACKET POTATO WITH CHEESE & BEANS - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2763 kJ / 655 kcal	19.9 g	11.3 g	91.4 g	10.1 g	27.4 g	1.64 g

JACKET POTATO WITH CHIPOTLE BEEF CHILLI & SOUR CREAM

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

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

VEGAN JACKET POTATO WITH BEANS - VE V

Contains: Mustard, Sulphite — *May Contain: 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

Desserts

FRUIT SALAD - VE V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	423 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 Contain: 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 Contain: 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

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

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CHOCOLATE CHIP COOKIE (per piece) - V

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

May Contain: Other Cereals containing (Barley, Rye), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1358 kJ / 325 kcal	16.6 g	9.0 g	40.1 g	26.3 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 Contain: No major allergens

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

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 Contain: No major allergens

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

Kids - Desserts

KIDS FRUIT SALAD - VE V

Contains: No major allergens

May Contain: No major allergens

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

KIDS VANILLA DAIRY ICE CREAM - V

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

May Contain: No major allergens

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

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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 BBQ CHICKEN WINGS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1628 kJ / 389 kcal	18.9 g	4.4 g	17.1 g	9.8 g	37.6 g	1.69 g

CHEESY POTATO DIPPERS

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1840 kJ / 441 kcal	25.7 g	10.0 g	35.0 g	2.4 g	17.2 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
	1539 kJ / 369 kcal	20.3 g	6.3 g	28.6 g	10.4 g	16.4 g	1.67 g

CRISPY CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

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

GARLIC AND HERB MUSHROOMS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

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

LOADED NACHOS - V

Contains: Milk

May Contain: No major allergens

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

SALT AND PEPPER CALAMARI WITH SPICY MAYO

Contains: Cereals containing Gluten (Wheat), Molluscs

May Contain: 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), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3427 kJ / 819 kcal	41.4 g	7.8 g	87.5 g	12.9 g	21.6 g	2.18 g

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TOMATO SOUP WITH CROUTONS - V

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

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

VEGAN TOMATO SOUP - VE V

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

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

Mains - Salads

HOUSE 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

Add French Dressing - VE V

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

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

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

Mains - Pizza

PIZZA BASE - V

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

Contains: No major allergens *May Contain: 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 - V

Contains: No major allergens *May Contain: 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 - V

Contains: No major allergens *May Contain: 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

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Add Chicken Breast

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

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

Add Tomato - V

Contains: No major allergens *May Contain: 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 - V

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

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

Add Pineapple - V

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

Mains - Grills

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

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

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

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

Add 2 Fried Eggs - V

Contains: Egg *May Contain: No major allergens*

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

Add 2 Pineapple rings - VE V

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

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

Add 1 Fried Egg & 1 Pineapple - V

Contains: Egg *May Contain: No major allergens*

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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contain: 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	1.28 g

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

MIXED GRILL

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4021 kJ / 964 kcal	58.7 g	16.0 g	18.4 g	7.0 g	90.4 g	4.41 g

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

Mains - Burgers

BIG STACK BBQ BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3560 kJ / 854 kcal	54.6 g	23.4 g	38.5 g	20.2 g	51.2 g	4.56 g

CHEESE & BACON BURGER WITHOUT BUN

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

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

KATSU CHICKEN BURGER WITHOUT BUN

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2162 kJ / 518 kcal	27.8 g	3.7 g	42.9 g	7.4 g	23.5 g	3.34 g

SPICY KOREAN CHICKEN BURGER WITHOUT BUN

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2049 kJ / 489 kcal	18.8 g	2.4 g	55.6 g	22.5 g	24.1 g	2.50 g

SPICY KOREAN GRILLED CHICKEN BURGER WITHOUT BUN

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1160 kJ / 274 kcal	3.3 g	0.8 g	25.7 g	22.9 g	34.6 g	2.36 g

TEX-MEX BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3291 kJ / 792 kcal	57.8 g	24.0 g	16.5 g	5.4 g	50.5 g	3.90 g

THE BOMBAY VEGGIE BURGER WITHOUT BUN - V

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

May Contain: Peanut, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1482 kJ / 352 kcal	8.3 g	1.1 g	62.5 g	31.5 g	8.8 g	2.01 g

THE VEGAN BURGER WITHOUT BUN - VE V

Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya

May Contain: No major allergens

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

Add Bun , Chips or Salad

Add Skin-on Chips 175g - VE V

Contains: No major allergens

May Contain: No major allergens

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

Add House Salad Chopped Side - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

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

Add 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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Mains - Classics

BEEF AND ALE PIE WITH CHIPS

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

May Contain: 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	3.84 g

BEEF LASAGNE WITH GARLIC BREAD SLICES

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

May Contain: Soya

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

BEER-BATTERED FISH & CHIPS

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4166 kJ / 998 kcal	62.6 g	11.7 g	63.7 g	4.7 g	43.0 g	3.78 g

Add Peas - VE V

Contains: No major allergens

May Contain: No major allergens

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

Add Mushy Peas - VE V

Contains: No major allergens

May Contain: No major allergens

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

CHICKEN KATSU CURRY WITH RICE

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3302 kJ / 787 kcal	32.6 g	4.5 g	86.2 g	4.6 g	35.6 g	3.80 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
	2699 kJ / 642 kcal	20.7 g	5.1 g	78.4 g	23.4 g	32.2 g	3.38 g

CREAMY CHICKEN AND PULLED HAM PIE WITH PEAS

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3330 kJ / 797 kcal	43.8 g	26.8 g	65.9 g	9.6 g	32.0 g	2.32 g

Add Skin-on Chips 175g - VE V

Contains: No major allergens

May Contain: No major allergens

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

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Add House Salad Chopped Side - VE V

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

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

SMOTHERED CHICKEN

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

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

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

THAI GREEN VEGETABLE CURRY WITH RICE - VE V

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

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

TOMATO & CHILLI LINGUINE - VE V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1513 kJ / 360 kcal	10.8 g	1.1 g	52.2 g	10.3 g	11.0 g	1.67 g

WHOLETAIL SCAMPI WITH SAUCE

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2291 kJ / 550 kcal	37.6 g	3.0 g	36.9 g	2.3 g	15.3 g	1.58 g

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

Add Peas - VE V

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

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

Add Mushy Peas - VE V

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

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

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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
	1823 kJ / 436 kcal	23.3 g	1.9 g	48.8 g	6.6 g	5.9 g	1.03 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1680 kJ / 401 kcal	20.2 g	3.9 g	42.6 g	3.5 g	9.5 g	2.12 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per person)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1680 kJ / 401 kcal	20.2 g	3.9 g	42.6 g	3.5 g	9.5 g	2.12 g

COLESLAW - V

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

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

KATSU CHICKEN TOPPED CHIPS SHARER (per person)

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

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

KATSU CHICKEN TOPPED CHIPS SINGLE

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

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

PEPPERCORN SAUCE

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

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

SIDE SALAD - VE V

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

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

SKIN-ON CHIPS - VE V

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

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

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Desserts

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM - V

Contains: Egg, Milk, Soya

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

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

BERRY PANCAKE STACK - V

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

May Contain: 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 Contain: No major allergens

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

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	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
	2192 kJ / 524 kcal	15.3 g	7.0 g	91.6 g	55.9 g	7.0 g	0.76 g

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk

May Contain: No major allergens

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

Add Custard - V

Contains: Milk

May Contain: No major allergens

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

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

May Contain: No major allergens

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

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

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Kids - Starters

KIDS GARLIC FLATBREAD - V

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

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 Contain: No major allergens*

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

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

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

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

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	139 kJ / 33 kcal	0.5 g	0.1 g	4.5 g	4.3 g	2.6 g	0.06 g

Kids Smaller Appetites

KIDS 10-VEG TOMATO PASTA - VE V

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

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

KIDS GRILLED CHICKEN BREAST WITH CHIPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	995 kJ / 236 kcal	8.2 g	0.8 g	20.7 g	0.7 g	18.7 g	1.39 g

KIDS OVEN BAKED FISH BITES WITH CHIPS - SMALL

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

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

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Add Mini Corn on the Cobs - VE V

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

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

Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Kids Mains Larger Appetites

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
	1605 kJ / 380 kcal	10.3 g	1.6 g	46.3 g	4.5 g	23.6 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 Contain: 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 Contain: No major allergens*

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

Kids Sides

Add Salad - VE V

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

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

Add Mini Corn on the Cobs - VE V

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

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

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Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Kids - Desserts

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	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 Contain: No major allergens*

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

KIDS PANCAKES WITH CREAM - V

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

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

KIDS VANILLA DAIRY ICE CREAM - V

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

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

PIP ORGANIC BERRY ICE LOLLY - VE V

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

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

PIP ORGANIC RAINBOW ICE LOLLY - VE V

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

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

Upgrade

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk *May Contain: No major allergens*

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

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Add 2 Dry-Cured Oak-Smoked Streaky Bacon

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

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

Add 2 This Isn't Bacon - VE V

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

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

Add 4oz Burger

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

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

Add 4oz Sirloin

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 160 kcal	6.4 g	2.8 g	1.8 g	0.4 g	25.4 g	0.10 g

Add 8oz Sirloin

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1337 kJ / 319 kcal	12.8 g	5.7 g	3.5 g	0.7 g	50.7 g	0.21 g

Add Chipotle Beef Chilli

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Double Smothered Chicken

Contains: Milk *May Contain: No major allergens*

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

Add Grilled Chicken Breast

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add Grilled Chicken Breast

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

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

Add Mozzarella & Cheddar - V

Contains: Milk *May Contain: No major allergens*

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

Add Naan Bread - VE V

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

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

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Add Vegan Burger With Violife Slice - VE V

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

May Contain: No major allergens

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

Add White Bread & Butter - V

Contains: Cereals containing Gluten (Wheat), Milk

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

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

Add a Cheese Slice - V

Contains: Milk

May Contain: No major allergens

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

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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 Contain: 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 Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1758 kJ / 421 kcal	20.7 g	9.3 g	39.6 g	1.6 g	16.9 g	1.43 g

BAKED CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: 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), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3056 kJ / 730 kcal	31.3 g	8.2 g	88.8 g	12.6 g	19.9 g	1.95 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
	1539 kJ / 369 kcal	20.3 g	6.3 g	28.6 g	10.4 g	16.4 g	1.67 g

GARLIC & HERB MUSHROOMS WITH BBQ SAUCE - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

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

LOADED NACHOS - V

Contains: Milk

May Contain: No major allergens

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

TOMATO SOUP WITH CROUTONS - V

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

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

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VEGAN TOMATO SOUP - VE V

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

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

Mains - Salads

HOUSE 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

Add French Dressing - VE V

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

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

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

Mains - Pizza

PIZZA BASE - V

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

Contains: No major allergens *May Contain: 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 - V

Contains: No major allergens *May Contain: 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 - V

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

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

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Add Tomato - V

Contains: No major allergens *May Contain: 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 - V

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

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

Add Pineapple - V

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

Mains - Grills

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

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

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

Add Baked Skin-on Chips 175g - VE V

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

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

Add 2 Fried Eggs - V

Contains: Egg *May Contain: No major allergens*

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

Add 2 Pineapple rings - VE V

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

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

Add 1 Fried Egg & 1 Pineapple - V

Contains: Egg *May Contain: No major allergens*

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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contain: 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	1.28 g

Add Baked Skin-on Chips 175g - VE V

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

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

MIXED GRILL

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4021 kJ / 964 kcal	58.7 g	16.0 g	18.4 g	7.0 g	90.4 g	5.41 g

Add Baked Skin-on Chips 175g - VE V

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

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

Mains - Burgers

BIG STACK BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3442 kJ / 826 kcal	50.6 g	23.2 g	40.2 g	20.0 g	51.4 g	4.55 g

CHEESE & BACON BURGER WITHOUT BUN

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

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

KATSU CHICKEN BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2162 kJ / 518 kcal	27.8 g	3.7 g	42.9 g	7.4 g	23.5 g	3.34 g

SPICY KOREAN CHICKEN BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2049 kJ / 489 kcal	18.8 g	2.4 g	55.6 g	22.5 g	24.1 g	2.50 g

SPICY KOREAN GRILLED CHICKEN BREAST BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1160 kJ / 274 kcal	3.3 g	0.8 g	25.7 g	22.9 g	34.6 g	2.36 g

TEX-MEX BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3291 kJ / 792 kcal	57.8 g	24.0 g	16.5 g	5.4 g	50.5 g	3.90 g

THE BOMBAY VEGGIE BURGER WITHOUT BUN - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1482 kJ / 352 kcal	8.3 g	1.1 g	62.5 g	31.5 g	8.8 g	2.01 g

THE VEGAN BURGER WITHOUT BUN - VE V

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

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

Add Bun , Chips or Salad

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 Baked Skin-on Chips 175g - VE V

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

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

Mains - Classics

BAKED BEER-BATTERED FISH & CHIPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4460 kJ / 1071 kcal	61.6 g	4.8 g	85.8 g	5.8 g	37.3 g	3.86 g

Add Peas - VE V

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

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

Add Mushy Peas - VE V

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

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

BEEF AND ALE PIE WITH BAKED CHIPS

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

CHICKEN KATSU CURRY WITH RICE

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2604 kJ / 619 kcal	21.2 g	8.0 g	76.1 g	4.8 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
	2699 kJ / 642 kcal	20.7 g	5.1 g	78.4 g	23.4 g	32.2 g	3.38 g

CREAMY CHICKEN AND PULLED HAM PIE WITH PEAS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3330 kJ / 797 kcal	43.8 g	26.8 g	65.9 g	9.6 g	32.0 g	2.32 g

Add Baked Skin-on Chips 175g - VE V

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

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

SMOTHERED CHICKEN

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

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

Add Baked Skin-on Chips 175g - VE V

Contains: No major allergens *May Contain: 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

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Add House Salad Chopped Side - VE V

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

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

THAI GREEN VEGETABLE CURRY WITH RICE - VE V

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

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

TOMATO & CHILLI LINGUINE - VE V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1513 kJ / 360 kcal	10.8 g	1.1 g	52.2 g	10.3 g	11.0 g	1.67 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 Contain: 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 Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1589 kJ / 380 kcal	13.5 g	3.6 g	49.4 g	4.4 g	9.9 g	1.86 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SINGLE

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1589 kJ / 380 kcal	13.5 g	3.6 g	49.4 g	4.4 g	9.9 g	1.86 g

COLESLAW - V

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

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

KATSU CHICKEN TOPPED BAKED CHIPS SHARER (per portion)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1753 kJ / 419 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 Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1755 kJ / 419 kcal	14.1 g	3.4 g	56.4 g	5.0 g	11.0 g	3.25 g

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PEPPERCORN SAUCE

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

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

SIDE SALAD - VE V

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

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

Desserts

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM - V

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

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

BERRY PANCAKE STACK - V

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

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

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	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
	2192 kJ / 524 kcal	15.3 g	7.0 g	91.6 g	55.9 g	7.0 g	0.76 g

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk *May Contain: No major allergens*

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

Add Custard - V

Contains: Milk *May Contain: No major allergens*

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

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

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

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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 Contain: Other Cereals containing (Barley)

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 Contain: No major allergens

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

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contain: No major allergens

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

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	139 kJ / 33 kcal	0.5 g	0.1 g	4.5 g	4.3 g	2.6 g	0.06 g

Kids Mains - Smaller Appetites

KIDS 10-VEG TOMATO PASTA - VE V

Contains: Cereals containing Gluten (Wheat), Celery

May Contain: No major allergens

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

KIDS GRILLED CHICKEN BREAST WITH BAKED CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	943 kJ / 224 kcal	4.3 g	0.6 g	24.6 g	1.1 g	19.0 g	1.26 g

KIDS OVEN BAKED FISH BITES WITH BAKED CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat), Fish

May Contain: 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 Contain: 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 Contain: No major allergens*

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

Add Mini Corn on the Cobs - VE V

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

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

Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Kids Mains - Larger Appetites

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

KIDS GRILLED CHICKEN BURGER WITH BAKED CHIPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1554 kJ / 368 kcal	6.4 g	1.4 g	50.2 g	5.0 g	23.9 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 Contain: 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 Contain: No major allergens*

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

Kids Sides

Add Salad - VE V

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

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

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Add Mini Corn on the Cobs - VE V

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

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

Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Kids Desserts

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	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 Contain: No major allergens*

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

KIDS PANCAKES WITH CREAM - V

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

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

KIDS VANILLA DAIRY ICE CREAM - V

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

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

PIP ORGANIC BERRY ICE LOLLY - VE V

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

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

PIP ORGANIC RAINBOW ICE LOLLY - VE V

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

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

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Upgrade

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk *May Contain: No major allergens*

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

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

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

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

Add 2 This Isn't Bacon - VE V

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

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

Add 4oz Burger

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

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

Add 4oz Sirloin

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 160 kcal	6.4 g	2.8 g	1.8 g	0.4 g	25.4 g	0.10 g

Add 8oz Sirloin

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1337 kJ / 319 kcal	12.8 g	5.7 g	3.5 g	0.7 g	50.7 g	0.21 g

Add Chipotle Beef Chilli

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Double Smothered Chicken

Contains: Milk *May Contain: No major allergens*

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

Add Grilled Chicken Breast

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add Grilled Chicken Breast

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

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

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Add Mozzarella & Cheddar - V

Contains: Milk

May Contain: No major allergens

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

Add Naan Bread - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

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

Add Vegan Burger With Violife Slice - VE V

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

May Contain: No major allergens

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

Add White Bread & Butter - V

Contains: Cereals containing Gluten (Wheat), Milk

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

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

Add a Cheese Slice - V

Contains: Milk

May Contain: No major allergens

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

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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 Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1628 kJ / 389 kcal	18.9 g	4.4 g	17.1 g	9.8 g	37.6 g	1.69 g

BEER-BATTERED ONION RINGS

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

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

CHEESY POTATO DIPPERS

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1840 kJ / 441 kcal	25.7 g	10.0 g	35.0 g	2.4 g	17.2 g	1.49 g

CRISPY CHICKEN GOUJONS WITH BBQ SAUCE

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

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

GARLIC AND HERB MUSHROOMS WITH BBQ SAUCE

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

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

HONEY MUSTARD GLAZED SAUSAGES

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

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

SALT AND PEPPER CALAMARI WITH SPICY MAYO

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

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SKIN-ON CHIPS - VE V

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

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

Upgrade

Add Chipotle Beef Chilli

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Mozzarella & Cheddar - V

Contains: Milk *May Contain: No major allergens*

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

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Late Night Menu

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

Published on : May 1, 2025

Non-Gluten Containing Ingredients Menu Allergy & Nutrition

Non-Gluten Containing Ingredient Menu

Starters

CHEESY POTATO DIPPERS

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1840 kJ / 441 kcal	25.7 g	10.0 g	35.0 g	2.4 g	17.2 g	1.49 g

LOADED NACHOS - V

Contains: Milk *May Contain: No major allergens*

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

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
	1534 kJ / 368 kcal	21.9 g	6.4 g	25.5 g	9.6 g	14.3 g	1.78 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - V

Contains: Egg *May Contain: No major allergens*

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

VEGAN TOMATO SOUP - VE V

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

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

Mains - Salads

HOUSE COBB SALAD - VE V

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

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

Add French Dressing - VE V

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

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

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

Published on : May 1, 2025

Mains - Grills

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

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

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

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

Add 2 Fried Eggs - V

Contains: Egg *May Contain: No major allergens*

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

Add 2 Pineapple rings - VE V

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

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

Add 1 Fried Egg & 1 Pineapple - V

Contains: Egg *May Contain: No major allergens*

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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contain: 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	1.28 g

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

Mains - Burgers

BIG STACK BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3104 kJ / 745 kcal	48.8 g	22.9 g	26.3 g	18.5 g	49.8 g	4.30 g

CHEESE & BACON BURGER WITHOUT BUN

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

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

TEX-MEX BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3291 kJ / 792 kcal	57.8 g	24.0 g	16.5 g	5.4 g	50.5 g	3.90 g

Add NGCI Bun , Chips or Salad

Add Skin-on Chips 175g - VE V

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

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

Add House Salad Chopped Side - VE V

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

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

Add Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.75 g

Mains - Classics

CHICKEN MAKHANI CURRY WITH RICE

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2247 kJ / 535 kcal	20.4 g	5.1 g	54.9 g	7.7 g	29.9 g	2.29 g

SMOTHERED CHICKEN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1963 kJ / 468 kcal	20.7 g	7.9 g	21.5 g	15.0 g	47.4 g	3.16 g

Add Skin-on Chips 175g - VE V

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

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

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Add House Salad Chopped Side - VE V

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

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

Sides

CHIPOTLE BEEF CHILLI TOPPED CHIPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1680 kJ / 401 kcal	20.2 g	3.9 g	42.6 g	3.5 g	9.5 g	2.12 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per person)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1680 kJ / 401 kcal	20.2 g	3.9 g	42.6 g	3.5 g	9.5 g	2.12 g

COLESLAW - V

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

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

PEPPERCORN SAUCE

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

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

SIDE SALAD - VE V

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

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

SKIN-ON CHIPS - VE V

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

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

Desserts

FRUIT SALAD - VE V

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

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

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2010 kJ / 480 kcal	21.7 g	13.8 g	62.0 g	56.2 g	8.1 g	0.30 g

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MIXED BERRIES NON GLUTEN CONTAINING INGREDIENT CHEESECAKE - 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

Kids Starters

KIDS TORTILLA CHIPS WITH DIPS - V

Contains: Milk

May Contain: No major allergens

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

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

Contains: No major allergens

May Contain: No major allergens

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

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	139 kJ / 33 kcal	0.5 g	0.1 g	4.5 g	4.3 g	2.6 g	0.06 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST WITH CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	995 kJ / 236 kcal	8.2 g	0.8 g	20.7 g	0.7 g	18.7 g	1.39 g

Kids Sides

Add Salad - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

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

Add Mini Corn on the Cobs - VE V

Contains: No major allergens

May Contain: No major allergens

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

Add Peas - VE V

Contains: No major allergens

May Contain: No major allergens

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

Add Baked Beans - VE V

Contains: No major allergens

May Contain: No major allergens

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

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Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH CHIPS

Contains: Egg *May Contain: 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 Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1737 kJ / 413 kcal	12.0 g	1.3 g	48.0 g	5.3 g	23.2 g	2.06 g

Kids Sides

Add Salad - VE V

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

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

Add Mini Corn on the Cobs - VE V

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

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

Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Kids Desserts

KIDS FRUIT SALAD - VE V

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

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

KIDS VANILLA DAIRY ICE CREAM - V

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

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

PIP ORGANIC BERRY ICE LOLLY - VE V

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

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

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PIP ORGANIC RAINBOW ICE LOLLY - VE V

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

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

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

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

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

Add 4oz Burger

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

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

Add Chipotle Beef Chilli

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Double Smothered Chicken

Contains: Milk *May Contain: No major allergens*

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

Add Grilled Chicken Breast

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

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

Add a Cheese Slice - V

Contains: Milk *May Contain: No major allergens*

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

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Non-Gluten Containing Ingredient Menu

Starters

CHEESY POTATO DIPPERS

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1840 kJ / 441 kcal	25.7 g	10.0 g	35.0 g	2.4 g	17.2 g	1.49 g

LOADED NACHOS - V

Contains: Milk *May Contain: No major allergens*

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

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
	1534 kJ / 368 kcal	21.9 g	6.4 g	25.5 g	9.6 g	14.3 g	1.78 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - V

Contains: Egg *May Contain: No major allergens*

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

VEGAN TOMATO SOUP - VE V

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

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

Mains - Salads

HOUSE COBB SALAD - VE V

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

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

Add French Dressing - VE V

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

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

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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Mains - Grills

7OZ* CHARGRILLED GAMMON STEAK WITH PEAS AND TOMATO

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

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

Add Baked Skin-on Chips 175g - VE V

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

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

Add 2 Fried Eggs - V

Contains: Egg *May Contain: No major allergens*

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

Add 2 Pineapple rings - VE V

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

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

Add 1 Fried Egg & 1 Pineapple - V

Contains: Egg *May Contain: No major allergens*

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

8OZ SIRLOIN WITH MUSHROOM, PEAS AND TOMATO

Contains: No major allergens *May Contain: 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	1.28 g

Add Baked Skin-on Chips 175g - VE V

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

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

Mains - Burgers

BIG STACK BBQ BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3104 kJ / 745 kcal	48.8 g	22.9 g	26.3 g	18.5 g	49.8 g	4.30 g

CHEESE AND BACON BURGER WITHOUT BUN

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

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

TEX-MEX BURGER WITHOUT BUN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3291 kJ / 792 kcal	57.8 g	24.0 g	16.5 g	5.4 g	50.5 g	3.90 g

Add NGCI Bun , Chips or Salad

Add Non Gluten Containing Ingredient Burger Bun - V

Contains: Egg *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.75 g

Add Baked Skin-on Chips 175g - VE V

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

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

Mains - Classics

CHICKEN MAKHANI CURRY WITH RICE

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2247 kJ / 535 kcal	20.4 g	5.1 g	54.9 g	7.7 g	29.9 g	2.29 g

SMOTHERED CHICKEN

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1963 kJ / 468 kcal	20.7 g	7.9 g	21.5 g	15.0 g	47.4 g	3.16 g

Add Baked Skin-on Chips 175g - VE V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1589 kJ / 380 kcal	13.5 g	3.6 g	49.4 g	4.4 g	9.9 g	1.86 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SINGLE

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1589 kJ / 380 kcal	13.5 g	3.6 g	49.4 g	4.4 g	9.9 g	1.86 g

COLESLAW - V

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

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

PEPPERCORN SAUCE

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

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

SIDE SALAD - VE V

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

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

Desserts

FRUIT SALAD - VE V

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

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

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2010 kJ / 480 kcal	21.7 g	13.8 g	62.0 g	56.2 g	8.1 g	0.30 g

MIXED BERRIES NON GLUTEN CONTAINING INGREDIENT CHEESECAKE - 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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Kids Starters

KIDS TORTILLA CHIPS WITH DIPS - V

Contains: Milk *May Contain: No major allergens*

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

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V

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

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

KIDS VEGGIE STICKS WITH DIP - V

Contains: Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	139 kJ / 33 kcal	0.5 g	0.1 g	4.5 g	4.3 g	2.6 g	0.06 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST WITH BAKED CHIPS

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	943 kJ / 224 kcal	4.3 g	0.6 g	24.6 g	1.1 g	19.0 g	1.26 g

Kids Sides

Add Salad - VE V

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

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

Add Mini Corn on the Cobs - VE V

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

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

Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Published on : May 1, 2025

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH BAKED CHIPS

Contains: Egg *May Contain: 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 Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1686 kJ / 401 kcal	8.1 g	1.1 g	51.9 g	5.8 g	23.5 g	1.92 g

Kids Sides

Add Salad - VE V

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

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

Add Mini Corn on the Cobs - VE V

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

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

Add Peas - VE V

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

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

Add Baked Beans - VE V

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

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

Kids Desserts

KIDS FRUIT SALAD - VE V

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

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

KIDS VANILLA DAIRY ICE CREAM - V

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

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

PIP ORGANIC BERRY ICE LOLLY - VE V

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

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

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PIP ORGANIC RAINBOW ICE LOLLY - VE V

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

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

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

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

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

Add 4oz Burger

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

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

Add Chipotle Beef Chilli

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Double Smothered Chicken

Contains: Milk *May Contain: No major allergens*

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

Add Grilled Chicken Breast

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

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

Add a Cheese Slice - V

Contains: Milk *May Contain: No major allergens*

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

Published on : May 1, 2025

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)
SPRING SUMMER 2025																		
COCKTAILS																		
APEROL SPRITZ											Y							
PASSION FRUIT MARTINI											Y							
ESPRESSO MARTINI																		
RUM PUNCH											Y							
PINA COLADA											Y							
SEX ON THE BEACH																		
CLASSIC MOJITO																		
SPIRIT SERVE																		
PILLOW TALK																		
SWEET DREAMS																		
STAR SIGN											Y							
MOONLIGHT																		

PACKAGED COCKTAILS (SPIRIT & MIXER CANS) - SEE PACKAGING LABEL FOR ALLERGENS

SPIRITS																		
GIN																		
TARQUIN'S BLOOD ORANGE																		
TARQUIN'S RHUBARB & RASPBERRY																		
WARNER'S RHUBARB																		
HENDRICK'S																		
WHITLEY NEILL BLACK CHERRY																		
WHITLEY NEILL RASPBERRY																		
WHITLEY NEILL DISTILLER'S CUT LONDON DRY																		
BOMBAY SAPPHIRE LONDON DRY																		
JJ PINK																		
JJ LONDON DRY																		
GORDON'S LONDON DRY																		
GORDON'S PREMIUM PINK																		
BEEFEATER BLOOD ORANGE																		
GORDONS SICILIAN LEMON GIN																		
TANQUERAY BLACKCURRANT ROYALE																		
TANQUERAY FLOR DE SEVILLA																		

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)
VODKA																		
TRASH & TREASURE CITRUS																		
ABSOLUT® RASPBERRI																		
ABSOLUT® ORIGINAL																		
JJ ARTISANAL																		
SMIRNOFF RED																		
WHISKEY / WHISKY																		
TALISKER 10 YO																		
JOHNNIE WALKER BLACK LABEL																		
GLENFIDDICH 12 YO																		
JACK DANIEL'S NO.7 BOURBON																		
JOHNNIE WALKER RED LABEL																		
JAMESON IRISH WHISKEY																		
FAMOUS GROUSE																		
BLACK BUSH																		
TULLEMORE DEW																		
TEELING SINGLE GRAIN																		
TEELING SINGLE MALT																		
SOUTHERN COMFORT																		
RUM																		
TRASH & TREASURE TROPICAL																		
DEAD MAN'S FINGERS SPICED																		
BACARDI											Y							
CAPTAIN MORGAN SPICED																		
CAPTAIN MORGAN DARK																		
CAPTAIN MORGAN WHITE																		
MALIBU																		
KRAKEN BLACK SPICED																		

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)
LIQUEUR & SPECIALITIES																		
ARCHERS																		
TIA MARIA																		
DISARONNO AMARETTO																		
JAGERMEISTER																		
APEROL																		
COURVOISIER VS																		
BAILEYS IRISH CREAM							Y											
PIMMS NO.1																		
HENNESSY VS COGNAC																		
KAHLUA COFFEE LIQUEUR																		
COINTREAU																		
JOSE CUERVO GOLD																		
SHOTS																		
TEQUILA ROSE							Y											
EL JIMADOR BLANCO TEQUILA																		
EL JIMADOR REPOSADO TEQUILA																		
ANTICA CLASSIC SAMBUCA																		

MIXERS - SEE PACKAGING LABEL FOR ALLERGENS

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
DRAUGHT BEERS & CIDERS																		
WORTHINGTONS CREAMFLOW	Y		Y															
SHARPS ATLANTIC	Y		Y															
DOOM BAR			Y															
BELHAVEN BEST			Y															
BUDWEISER			Y															
CARLSBERG			Y															
HARP			Y															
MAGNERS ORIGINAL											Y							
BIRRA MORETTI			Y															
MADRI EXCEPCIONAL	Y		Y															
CORONA			Y															
MORETTI BREWLOCK			Y															
HEINEKEN BREWLOCK	Y	Y	Y	Y														
STELLA ARTOIS			Y															
HEINEKEN EXTRA COLD			Y															
PERONI NASTRO			Y															
CARLING	Y		Y															
COORS LIGHT	Y		Y															
PRAVHA			Y															
TENNENTS	Y		Y															
STRONGBOW DARK FRUIT											Y							
STRONGBOW											Y							
INCHS CIDER											Y							
GUINNESS			Y															
SMITHWICK'S			Y															
HOP HOUSE 13			Y															
ROCKSHORE LAGER			Y															
ROCKSHORE CIDER											Y							
LIBERATION WAVERIDER	Y		Y								Y							
LIBERATION BEST BITTER	Y		Y								Y							
PACKAGED BEERS & CIDERS - SEE BOTTLE LABEL FOR ALLERGENS																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
DRAUGHT SOFTS																		
SUNPRIDE APPLE JUICE																		
SUNPRIDE CRANBERRY JUICE																		
SUNPRIDE MANDARIN JUICE																		
SUNPRIDE ORANGE JUICE BLEND																		
KULANA APPLE JUICE																		
KULANA CRANBERRY JUICE																		
KULANA ORANGE BLEND																		
KULANA ORANGE JUICE BLEND																		
COCA COLA ZERO SUGAR																		
COCA COLA																		
DIET COKE																		
SCHWEPPES LEMONADE																		
SCHWEPPES BLACKCURRANT CORDIAL																		
SCHWEPPES LIME CORDIAL																		
SCHWEPPES ORANGE CORDIAL																		
BRITVIC LIME CORDIAL											Y							
BRITVIC BLACKCURRANT CORDIAL											Y							
BRITVIC ORANGE SQUASH											Y							
PACKAGED SOFTS / KIDS DRINKS - SEE PACKAGING LABEL FOR ALLERGENS																		
HOUSE SODAS																		
LIME SHEBERT																		
RASPBERRY																		
WATERMELON																		
PASSION FRUIT																		
MOCKTAILS / LOW & NO																		
PILLOW TALK (NO ALCOHOL)																		
SWEET DREAMS (NO ALCOHOL)																		
STAR SIGN (NO ALCOHOL)																		
MOONLIGHT (NO ALCOHOL)																		
PACKAGED MOCKTAILS / LOW & NO - SEE PACKAGING LABEL FOR ALLERGENS																		

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)
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																		
PG TIPS EARL GREY																		
PG TIPS DECAF																		
ALPRO SOYA DRINK					Y													
SEMI SKIMMED MILK							Y											
OAT DRINK				Y														
AFTER DINNER DRINKS																		
IRISH COFFEE							Y											
BAILEYS LATTE							Y											
COFFEE SYRUPS																		
SWEETBIRD VANILLA SUGAR FREE SYRUP																		
SWEETBIRD HAZELNUT SUGAR FREE SYRUP																		
SWEETBIRD SALTED CARAMEL SUGAR FREE SYRUP																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
WINES																		
WHITE																		
THE NED, SAUVIGNON BLANC											Y							
JACK RABBIT, PINOT GRIGIO											Y							
JAM SHED, CHARDONNAY						Y	Y	Y			Y							
CATARRATTO, PINOT GRIGIO											Y							
HOUSE WHITE											Y							
SAUVIGNON BLANC, ROSARIO ESTATE											Y							
CHARDONNAY, ROSARIO ESTATE											Y							
PINOT GRIGIO, FONTE DELLA VIGNA											Y							
SAUVIGNON BLANC, NEW ZEALAND (RABBIT ISLAND)											Y							
SAUVIGNON BLANC, ESK VALLEY											Y							
CHARDONNAY, DRY RIVER											Y							
PINOT GRIGIO, AMORI											Y							
PINOT GRIGIO, DRY RIVER											Y							
WHITE ZIN, JACK RABBIT											Y							
SAUVIGNON BLANC, SAN ABELLO											Y							
CHARDONNAY, THE PADDOCK											Y							
CHARDONNAY, COLDRIDGE ESTATE											Y							
SAUVIGNON BLANC, LADERA VERDE											Y							
ROSE																		
DIAMARINE, PROVENCE ROSÉ											Y							
VINO POMONA, ROSATO											Y							
JACK RABBIT, WHITE ZINFANDEL											Y							
HOUSE ROSÉ											Y							
PINOT GRIGIO BLUSH, GABRIELLA											Y							
PAYS D'OC ROSÉ, LES PETIT JAMELLES											Y							
PINOT GRIGIO ROSE, AMORI											Y							

Product Description	Cereals Containing Gluten				Allergens Present													
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
RED																		
CAMPO VIEJO, RIOJA											Y							
JAM SHED, SHIRAZ						Y	Y				Y							
STEAKMAKER, MALBEC											Y							
VISTAMAR MATINAL, MERLOT											Y							
HOUSE RED											Y							
MERLOT, ROSARIO ESTATE											Y							
CABERNET SAUVIGNON, ROSARIO ESTATE											Y							
MALBEC, AMARU											Y							
SHIRAZ, RHYTHM AND RHYME											Y							
MALBEC, 'CHACABUCO', LOS HOROLDOS											Y							
MERLOT, SAN ABELLO											Y							
MALBEC, KALEU											Y							
CRIANZA, ARTESA											Y							
SHIRAZ, STONES THROW											Y							
MERLOT, LADERA VERDE											Y							
SPARKLING																		
BARON DE VILLEBOERG, CHAMPAGNE											Y							
SETTE BELLO, PROSECCO DOC											Y							
PROSECCO FOR ONE											Y							
PROSECCO FRIZZANTE, MARCHESI											Y							
PROSECCO FOR ONE, DE FAVERI											Y							
PROSECCO, PONTE											Y							

PACKAGED WINES BY THE CAN BY NICE - SEE PACKAGING LABEL FOR ALLERGENS