



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 note that our dishes are listed as the allergens for the base dish with any options declared separately. Please check sides and upgrades for a complete list of the allergens within your dish.

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.

All calories stated are approximate and based on average portion sizes. Nutritional Information may vary depending on seasonal ingredients, supplier updates, or slight changes in our recipes. Adults need around 2,000 kcal a day.

KEY FOR PREMIER INN ALLERGY INFORMATION GUIDE

 Suitable for vegetarians

 Suitable for vegetarians/ vegans

Premier Inn 



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
	1694 kJ / 404 kcal	16.5 g	6.8 g	38.0 g	13.4 g	24.0 g	1.53 g

BAO BUN-HOISIN MUSHROOM - **VE** **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2188 kJ / 518 kcal	9.4 g	0.9 g	93.1 g	41.1 g	13.1 g	4.20 g

SKIN-ON CHIPS - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

SPICY CHICKEN BAO BUN

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2514 kJ / 598 kcal	20.7 g	2.0 g	84.3 g	25.5 g	18.8 g	1.91 g

TORTILLA CHIPS & DIP - **VE** **V**

Contains: No major allergens

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1243 kJ / 296 kcal	12.1 g	1.3 g	41.2 g	2.1 g	4.4 g	1.02 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

Sandwiches

BLT SANDWICH FILLING

Contains: Egg, Milk, Mustard

May Contain: Other Cereals containing (Barley, Wheat), Celery, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2743 kJ / 661 kcal	50.0 g	16.5 g	30.6 g	4.9 g	20.4 g	3.96 g

Add Brown Bread - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	787 kJ / 186 kcal	0.8 g	0.1 g	36.5 g	2.3 g	6.6 g	0.57 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	777 kJ / 183 kcal	0.6 g	0.1 g	37.1 g	2.3 g	6.2 g	0.65 g

CHICKEN CAESAR BACON SANDWICH FILLING*Contains: Egg, Fish, Milk, Mustard**May Contain: Other Cereals containing (Barley, Wheat), Celery, Sesame, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3052 kJ / 732 kcal	45.9 g	16.6 g	26.2 g	2.2 g	52.2 g	3.88 g

Add Brown Bread - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	787 kJ / 186 kcal	0.8 g	0.1 g	36.5 g	2.3 g	6.6 g	0.57 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	777 kJ / 183 kcal	0.6 g	0.1 g	37.1 g	2.3 g	6.2 g	0.65 g

EGG MAYO SANDWICH FILLING - V*Contains: Egg, Milk, Mustard**May Contain: Other Cereals containing (Barley, Wheat), Celery, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1886 kJ / 455 kcal	35.8 g	13.0 g	25.2 g	0.6 g	6.6 g	1.21 g

Add Brown Bread - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	787 kJ / 186 kcal	0.8 g	0.1 g	36.5 g	2.3 g	6.6 g	0.57 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	777 kJ / 183 kcal	0.6 g	0.1 g	37.1 g	2.3 g	6.2 g	0.65 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
	2963 kJ / 708 kcal	36.0 g	14.3 g	61.9 g	2.9 g	32.1 g	3.05 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
	2873 kJ / 687 kcal	35.2 g	14.0 g	64.5 g	5.6 g	25.5 g	2.44 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
	2794 kJ / 668 kcal	35.0 g	13.9 g	61.6 g	2.7 g	24.9 g	2.42 g

PEPPERONI PIZZA 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
	3659 kJ / 877 kcal	52.7 g	19.0 g	65.5 g	5.9 g	33.0 g	4.41 g

Burgers & Bowls

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2783 kJ / 663 kcal	26.8 g	4.3 g	76.7 g	4.0 g	27.1 g	2.28 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2593 kJ / 616 kcal	18.0 g	6.1 g	78.3 g	23.9 g	33.0 g	3.51 g

LINGUINE- VEGAN - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1671 kJ / 397 kcal	11.1 g	1.2 g	59.0 g	16.9 g	12.0 g	1.69 g

Salads

CAESAR SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Fish, Milk, Mustard**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1137 kJ / 274 kcal	19.3 g	5.0 g	10.6 g	4.1 g	12.5 g	1.08 g

CAESAR SALAD WITH CHICKEN*Contains: Cereals containing Gluten (Wheat), Egg, Fish, Milk, Mustard**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1854 kJ / 443 kcal	21.9 g	5.6 g	11.3 g	4.8 g	48.4 g	2.08 g

CAESAR SALAD WITH CHICKEN AND BACON

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2266 kJ / 542 kcal	28.0 g	8.1 g	11.6 g	5.0 g	59.1 g	3.63 g

CAESAR SALAD WITH HAM

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1419 kJ / 340 kcal	21.1 g	5.6 g	11.1 g	4.5 g	24.5 g	2.13 g

Jacket Potatoes

JACKET POTATO WITH CHEESE & BEANS - V

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2900 kJ / 687 kcal	20.9 g	10.3 g	96.5 g	15.7 g	28.4 g	1.72 g

VEGAN JACKET POTATO WITH BEANS - VE V

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1908 kJ / 448 kcal	0.9 g	0.1 g	95.3 g	15.3 g	14.8 g	0.70 g

Desserts

FRUIT SALAD - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	417 kJ / 99 kcal	0.2 g	0.0 g	21.4 g	21.4 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: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1975 kJ / 470 kcal	17.8 g	9.5 g	70.1 g	48.0 g	6.2 g	0.55 g

VANILLA ICE CREAM - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	876 kJ / 209 kcal	8.8 g	6.2 g	26.6 g	19.2 g	5.5 g	0.16 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 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 - Desserts

KIDS FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 49 kcal	0.1 g	0.0 g	10.7 g	10.7 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
	761 kJ / 182 kcal	7.4 g	5.1 g	24.1 g	17.0 g	4.4 g	0.14 g

Sweet Treats

BLUEBERRY MUFFIN (per 2 muffins) - **V**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1414 kJ / 338 kcal	16.4 g	1.4 g	42.6 g	24.5 g	4.1 g	0.32 g

DOUBLE CHOCOLATE CHIP COOKIE (per piece) - **V**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1341 kJ / 320 kcal	13.5 g	7.8 g	45.2 g	27.2 g	3.8 g	0.35 g

TRIPLE CHOCOLATE BROWNIE (per piece) - **V**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1564 kJ / 372 kcal	14.7 g	7.3 g	54.7 g	37.0 g	4.3 g	0.50 g

Condiments

Condiments - **V**

Mayonnaise - **V**

Contains: Egg, Mustard

May Contain: No major allergens

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

Malt Vinegar - **VE** **V**

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	27 kJ / 7 kcal	0.3 g	0.0 g	0.7 g	0.4 g	0.2 g	0.30 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	25 kJ / 6 kcal	0.0 g	0.0 g	1.4 g	1.2 g	0.0 g	0.06 g

Tomato Ketchup - VE V*Contains: Celery**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	41 kJ / 10 kcal	0.0 g	0.0 g	2.4 g	2.1 g	0.0 g	0.18 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	55 kJ / 13 kcal	0.0 g	0.0 g	3.1 g	2.7 g	0.1 g	0.08 g



Light Bites

4 CRISPY CHICKEN GOUJONS WITHOUT SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1546 kJ / 370 kcal	19.9 g	2.3 g	25.0 g	1.0 g	22.1 g	1.46 g

Add Spicy Mayo - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	310 kJ / 74 kcal	5.1 g	0.4 g	7.3 g	6.1 g	0.3 g	0.48 g

Add BBQ Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

5 BBQ CHICKEN WINGS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1613 kJ / 385 kcal	18.9 g	4.4 g	16.0 g	11.9 g	37.7 g	1.72 g

CHICKEN TIKKA SKEWER WITH DIP

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	969 kJ / 231 kcal	11.4 g	3.6 g	7.7 g	7.1 g	24.0 g	0.44 g

CRISPY VEGETABLE SPRING ROLLS WITH DIP

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1326 kJ / 315 kcal	10.9 g	1.5 g	50.2 g	18.6 g	5.7 g	2.98 g

GARLIC FLATBREAD - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1656 kJ / 398 kcal	18.3 g	6.9 g	47.6 g	1.5 g	7.9 g	0.97 g

HOISIN MUSHROOM BAO BUN - **VE V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2188 kJ / 518 kcal	9.4 g	0.9 g	93.1 g	41.1 g	13.1 g	4.20 g

HOT HONEY HALLOUMI BAO BUN - **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2667 kJ / 633 kcal	19.0 g	11.9 g	92.2 g	46.3 g	24.7 g	2.67 g

LOADED CAULIFLOWER BITES - V*Contains: Cereals containing Gluten (Barley), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1688 kJ / 406 kcal	28.9 g	3.1 g	21.6 g	9.2 g	10.1 g	1.10 g

LOADED MEXICAN KING PRAWNS*Contains: Crustaceans**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	839 kJ / 199 kcal	3.0 g	0.5 g	26.0 g	18.7 g	16.3 g	1.50 g

LOADED NACHOS - V*Contains: Milk**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1875 kJ / 449 kcal	25.1 g	7.0 g	46.9 g	5.4 g	7.6 g	2.63 g

MIXED OLIVES - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	853 kJ / 204 kcal	19.5 g	2.4 g	3.6 g	2.8 g	3.5 g	3.39 g

SALT AND PEPPER CHICKPEAS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1805 kJ / 431 kcal	32.1 g	3.0 g	25.0 g	0.7 g	4.4 g	0.94 g

SALTED EDAMAME BEANS - VE V*Contains: Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	884 kJ / 211 kcal	7.8 g	2.4 g	14.9 g	3.4 g	16.4 g	0.27 g

SPICY CHICKEN BAO BUN*Contains: Cereals containing Gluten (Wheat), Egg, Mustard, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2514 kJ / 598 kcal	20.7 g	2.0 g	84.3 g	25.5 g	18.8 g	1.91 g

VEGAN CAULIFLOWER BITES - VE V*Contains: Cereals containing Gluten (Barley)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1265 kJ / 304 kcal	18.6 g	1.8 g	19.9 g	8.9 g	9.5 g	0.88 g

Mains - Grills

5OZ* GAMMON STEAK WITH CHIPS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2236 kJ / 533 kcal	20.1 g	3.7 g	44.6 g	6.7 g	40.1 g	4.68 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	604 kJ / 145 kcal	8.8 g	1.9 g	8.0 g	8.0 g	8.3 g	0.20 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
	311 kJ / 74 kcal	0.7 g	0.1 g	15.9 g	15.9 g	0.7 g	0.01 g

8OZ SIRLOIN WITHOUT SIDE*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1831 kJ / 437 kcal	17.6 g	6.2 g	13.7 g	5.9 g	56.6 g	0.30 g

Add Skin-On Chips - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

BBQ RIB STACK WITH CHIPS*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4855 kJ / 1158 kcal	55.3 g	14.9 g	107.8 g	49.6 g	63.2 g	4.31 g

CHICKEN TIKKA SKEWERS WITH FLATBREAD, CHIPS AND DIPS*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4506 kJ / 1072 kcal	39.3 g	7.1 g	116.1 g	33.4 g	59.5 g	3.34 g

HALLOUMI RED PEPPER SKEWERS WITH FLATBREAD, CHIPS AND DIPS - V*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	7318 kJ / 1752 kcal	101.5 g	49.7 g	122.7 g	40.1 g	79.7 g	8.56 g

MIXED GRILL WITH CHIPS*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Sulphite**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5255 kJ / 1256 kcal	59.9 g	17.2 g	69.3 g	10.4 g	107.6 g	6.91 g

TERIYAKI SALMON WITH MIXED GRAINS*Contains: Cereals containing Gluten (Wheat), Fish, Soya**May Contain: Peanut, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2496 kJ / 594 kcal	19.3 g	3.5 g	67.0 g	15.1 g	37.0 g	1.07 g

Mains - Pizza

PIZZA BASE

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3251 kJ / 773 kcal	26.1 g	14.8 g	96.2 g	5.5 g	35.7 g	3.29 g

Add Cheddar Cheese Sauce - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	213 kJ / 51 kcal	4.3 g	0.8 g	2.1 g	0.8 g	1.1 g	0.35 g

Add Red Onion - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	30 kJ / 7 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	46 kJ / 11 kcal	0.1 g	0.0 g	1.9 g	1.8 g	0.3 g	0.00 g

Add Pineapple - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	156 kJ / 37 kcal	0.3 g	0.1 g	8.0 g	8.0 g	0.3 g	0.01 g

Add Sweetcorn - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	0.4 g	0.1 g	3.8 g	1.9 g	0.7 g	0.12 g

Add BBQ Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

Add Green Pesto - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 153 kcal	15.4 g	1.9 g	2.4 g	0.4 g	0.8 g	0.33 g

Add Jalapenos - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	14 kJ / 3 kcal	0.1 g	0.0 g	0.4 g	0.1 g	0.2 g	1.50 g

Add Chicken Tikka Pieces

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	758 kJ / 181 kcal	9.3 g	2.2 g	0.8 g	0.5 g	23.1 g	0.41 g

Add Honey Sriracha - V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	281 kJ / 66 kcal	0.1 g	0.0 g	17.5 g	16.7 g	0.5 g	0.43 g

Add Fried Mushroom - VE 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
	359 kJ / 85 kcal	1.3 g	0.3 g	0.3 g	0.3 g	17.9 g	0.50 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 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 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 - Burgers

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4499 kJ / 1080 kcal	74.5 g	24.7 g	45.9 g	8.9 g	54.0 g	2.89 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3356 kJ / 805 kcal	52.8 g	14.5 g	44.5 g	7.9 g	35.7 g	3.26 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

CHICKEN STACK BURGER WITH CHIPS WITHOUT BUN*Contains: Cereals containing Gluten (Wheat), Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3289 kJ / 787 kcal	39.5 g	3.8 g	78.4 g	11.5 g	27.6 g	3.20 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

SPICY CHICKEN BURGER WITH CHIPS WITHOUT BUN*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2457 kJ / 585 kcal	24.1 g	2.3 g	49.1 g	12.0 g	41.1 g	2.94 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2843 kJ / 680 kcal	36.0 g	2.8 g	75.5 g	12.0 g	9.3 g	3.24 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket Salad Vegan - VE V*Contains: Cereals containing Gluten (Barley)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	168 kJ / 40 kcal	0.2 g	0.0 g	8.4 g	7.5 g	0.8 g	0.03 g

Sides

Add Curry Sauce - **VE** **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	402 kJ / 97 kcal	6.7 g	1.8 g	7.5 g	2.5 g	1.0 g	0.80 g

Add Peppercorn Sauce

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

BEER-BATTERED ONION RINGS

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1742 kJ / 416 kcal	19.3 g	1.8 g	53.5 g	5.5 g	5.1 g	1.04 g

COLESLAW - **V**

Contains: Egg, Mustard

May Contain: No major allergens

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

GARLIC FLATBREAD - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1656 kJ / 398 kcal	18.3 g	6.9 g	47.6 g	1.5 g	7.9 g	0.97 g

ROCKET TOMATO AND ONION SALAD

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

SKIN ON CHIPS - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

SUPER GREENS VEG - **VE** **V**

Contains: Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	641 kJ / 154 kcal	7.5 g	1.6 g	13.0 g	5.2 g	7.8 g	0.07 g

SWEET POTATO WEDGES - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1048 kJ / 250 kcal	10.6 g	1.3 g	31.2 g	7.6 g	3.2 g	0.34 g

Mains - Classics

BEER-BATTERED FISH WITH CHIPS AND DIP

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3609 kJ / 864 kcal	49.1 g	9.9 g	65.2 g	8.8 g	38.7 g	2.76 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
	308 kJ / 73 kcal	0.3 g	0.1 g	11.5 g	1.3 g	4.5 g	0.50 g

CHICKEN KATSU CURRY

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2783 kJ / 663 kcal	26.8 g	4.3 g	76.7 g	4.0 g	27.1 g	2.28 g

CHICKEN MAKHANI CURRY WITH RICE AND POPPADOM

Contains: Milk

May Contain: Other Cereals containing (Wheat), Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2593 kJ / 616 kcal	18.0 g	6.1 g	78.3 g	23.9 g	33.0 g	3.51 g

HOUSE CAESAR SALAD

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2051 kJ / 491 kcal	24.7 g	4.1 g	67.6 g	15.2 g	20.8 g	1.15 g

LINGUINE- KING PRAWN

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2374 kJ / 568 kcal	21.2 g	6.4 g	59.4 g	16.9 g	30.7 g	2.91 g

LINGUINE- VEGAN - **VE** **V**

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1671 kJ / 397 kcal	11.1 g	1.2 g	59.0 g	16.9 g	12.0 g	1.69 g

SMOTHERED CHICKEN WITH CHIPS AND SALAD

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3489 kJ / 832 kcal	35.4 g	9.7 g	68.2 g	18.7 g	57.0 g	4.24 g

SPINACH AND RICOTTA PASTA

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

May Contain: Celery, Crustaceans, Fish, Mustard, Soya, Tree Nuts (Hazelnut, Pistachio)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1884 kJ / 448 kcal	17.1 g	8.3 g	42.9 g	2.6 g	30.0 g	1.28 g

Add Green Pesto - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1679 kJ / 407 kcal	41.2 g	5.0 g	6.5 g	1.0 g	2.2 g	0.88 g

Add Italian Tomato Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.2 g	0.3 g	5.7 g	4.6 g	1.1 g	0.56 g

VEGGIE SPINACH AND RICOTTA PASTA - **V**

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

May Contain: Celery, Crustaceans, Fish, Mustard, Soya, Tree Nuts (Hazelnut, Pistachio)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1801 kJ / 429 kcal	15.6 g	7.4 g	42.9 g	2.6 g	28.4 g	1.20 g

Add Green Pesto - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1679 kJ / 407 kcal	41.2 g	5.0 g	6.5 g	1.0 g	2.2 g	0.88 g

Add Italian Tomato Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.2 g	0.3 g	5.7 g	4.6 g	1.1 g	0.56 g

Mains - Rest Easy

CHICKEN BURRITO BOWL

Contains: Cereals containing Gluten (Barley), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2191 kJ / 518 kcal	5.7 g	1.3 g	65.2 g	10.2 g	47.0 g	1.74 g

CHICKEN TZATZIKI NOURISH BOWL

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2083 kJ / 494 kcal	8.5 g	2.6 g	56.8 g	23.2 g	47.3 g	1.60 g

GRILLED MEDITERRANEAN CHICKEN

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2030 kJ / 483 kcal	15.6 g	1.4 g	48.5 g	9.5 g	32.5 g	1.70 g

MIX BEAN, SWEET POTATO SHAKSHUKA - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1753 kJ / 419 kcal	18.2 g	3.1 g	41.3 g	18.2 g	16.8 g	1.46 g

MIX BEAN, SWEET POTATO SHAKSHUKA - VEGAN - VE V*Contains: Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1304 kJ / 311 kcal	9.7 g	1.3 g	41.2 g	18.2 g	8.8 g	1.27 g

PAPRIKA CAULIFLOWER AND HOUMOUS - VE V*Contains: Cereals containing Gluten (Barley, Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1870 kJ / 447 kcal	18.5 g	2.6 g	45.0 g	11.9 g	20.1 g	0.99 g

SWEET AND SOUR KING PRAWNS*Contains: Cereals containing Gluten (Barley, Wheat), Celery, Crustaceans, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1598 kJ / 379 kcal	6.7 g	1.6 g	46.9 g	23.6 g	30.3 g	1.66 g

Desserts

BANOFFEE YOGURT POT - V*Contains: Cereals containing Gluten (Wheat), Milk, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1209 kJ / 288 kcal	13.1 g	8.3 g	37.9 g	29.9 g	4.4 g	0.30 g

BYO SUNDAE - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4005 kJ / 954 kcal	36.7 g	21.9 g	139.3 g	102.2 g	12.9 g	0.77 g

CHEESECAKE WITH BISCOFF - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2757 kJ / 658 kcal	29.6 g	11.2 g	82.4 g	58.2 g	15.0 g	0.84 g

CHOCOLATE FUDGE CAKE - VEGAN - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2088 kJ / 498 kcal	23.9 g	5.0 g	66.1 g	48.4 g	4.7 g	0.74 g

CHOCOLATE FUDGE CAKE WITH VANILLA DAIRY ICE CREAM - V*Contains: Cereals containing Gluten (Wheat), Milk, Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2408 kJ / 575 kcal	27.1 g	7.1 g	76.0 g	56.2 g	6.5 g	0.80 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	453 kJ / 107 kcal	0.2 g	0.0 g	22.6 g	22.6 g	1.3 g	0.00 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
	2088 kJ / 499 kcal	21.9 g	14.0 g	66.9 g	53.5 g	7.8 g	0.27 g

STICKY TOFFEE PUDDING - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk****May Contain: Soya**

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	352 kJ / 84 kcal	2.5 g	1.3 g	12.7 g	9.0 g	2.4 g	0.11 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
	320 kJ / 77 kcal	3.2 g	2.1 g	9.9 g	7.8 g	1.8 g	0.06 g

STRAWBERRY SHORTCAKE YOGHURT SUNDAE - V**Contains: Cereals containing Gluten (Oats), Milk****May Contain: Other Cereals containing (Wheat), Egg, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1036 kJ / 247 kcal	12.3 g	7.6 g	28.8 g	18.7 g	3.6 g	0.16 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1970 kJ / 470 kcal	19.1 g	10.1 g	66.9 g	47.1 g	6.4 g	0.57 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
	560 kJ / 133 kcal	2.8 g	1.4 g	22.6 g	0.4 g	3.7 g	0.36 g

KIDS TORTILLA CHIPS WITH DIPS - V**Contains: Milk****May Contain: Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	728 kJ / 174 kcal	8.2 g	2.0 g	21.4 g	2.4 g	2.9 g	0.39 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V**Contains: No major allergens****May Contain: Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 148 kcal	6.1 g	0.6 g	20.3 g	1.3 g	2.2 g	0.37 g

KIDS VEGGIE STICKS WITH DIP - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	197 kJ / 47 kcal	2.3 g	1.4 g	4.5 g	4.3 g	1.6 g	0.03 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 CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1020 kJ / 242 kcal	8.3 g	0.8 g	21.1 g	1.1 g	20.1 g	1.05 g

KIDS OVEN 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
	1400 kJ / 334 kcal	15.1 g	1.1 g	36.3 g	1.7 g	12.3 g	1.05 g

KIDS OVEN POPPIN' CHICKEN WITH CHIPS

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1171 kJ / 279 kcal	13.1 g	1.4 g	28.7 g	0.8 g	11.0 g	0.89 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
	2080 kJ / 496 kcal	23.2 g	7.6 g	44.1 g	4.0 g	26.0 g	1.00 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
	1560 kJ / 370 kcal	9.3 g	1.0 g	44.6 g	4.4 g	25.2 g	1.50 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 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
	1892 kJ / 451 kcal	20.6 g	1.5 g	46.7 g	2.4 g	19.0 g	1.38 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 Baked Beans - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.34 g

Add Corn Ribs - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Mini Salad - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	79 kJ / 19 kcal	0.3 g	0.1 g	2.2 g	2.1 g	1.2 g	0.01 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

Kids - Desserts

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - **V**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1074 kJ / 256 kcal	10.3 g	5.7 g	36.2 g	24.9 g	4.0 g	0.30 g

KIDS FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 49 kcal	0.1 g	0.0 g	10.7 g	10.7 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
	1021 kJ / 242 kcal	6.3 g	2.6 g	41.8 g	23.3 g	3.8 g	0.30 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
	761 kJ / 182 kcal	7.4 g	5.1 g	24.1 g	17.0 g	4.4 g	0.14 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
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 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

Condiments

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

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

Malt Vinegar - VE V*Contains: Cereals containing Gluten (Barley)**May Contain: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	27 kJ / 7 kcal	0.3 g	0.0 g	0.7 g	0.4 g	0.2 g	0.30 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	25 kJ / 6 kcal	0.0 g	0.0 g	1.4 g	1.2 g	0.0 g	0.06 g

Tomato Ketchup - VE V*Contains: Celery**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	41 kJ / 10 kcal	0.0 g	0.0 g	2.4 g	2.1 g	0.0 g	0.18 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	55 kJ / 13 kcal	0.0 g	0.0 g	3.1 g	2.7 g	0.1 g	0.08 g

Upgrade

Add - Mozz/Cheddar - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	548 kJ / 132 kcal	10.3 g	6.4 g	0.8 g	0.3 g	9.1 g	0.68 g

Add 2 Garlic King Prawns*Contains: Crustaceans, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	699 kJ / 168 kcal	12.4 g	5.8 g	1.3 g	0.2 g	12.9 g	0.47 g

Add 2 Rashers of Streaky Bacon*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 126 kcal	8.0 g	2.6 g	0.4 g	0.1 g	13.0 g	1.82 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	0.00 g

Add 5oz Gammon Steak*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 198 kcal	7.3 g	2.7 g	0.1 g	0.2 g	32.8 g	3.70 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 Curry Sauce -  *Contains: Cereals containing Gluten (Wheat), Mustard, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	402 kJ / 97 kcal	6.7 g	1.8 g	7.5 g	2.5 g	1.0 g	0.80 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1363 kJ / 324 kcal	10.4 g	5.5 g	14.5 g	12.7 g	43.1 g	1.84 g

Add Green Pesto - *Contains: Milk**May Contain: No major allergens*


Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 153 kcal	15.4 g	1.9 g	2.4 g	0.4 g	0.8 g	0.33 g

Add Naan Bread -  *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 Peppercorn Sauce*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	965 kJ / 229 kcal	5.7 g	3.3 g	37.1 g	2.3 g	6.3 g	0.75 g

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	718 kJ / 170 kcal	2.6 g	0.7 g	0.7 g	0.7 g	35.9 g	1.00 g



Light Bites

4 CRISPY CHICKEN GOUJONS WITHOUT SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1546 kJ / 370 kcal	19.9 g	2.3 g	25.0 g	1.0 g	22.1 g	1.46 g

Add Spicy Mayo - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	310 kJ / 74 kcal	5.1 g	0.4 g	7.3 g	6.1 g	0.3 g	0.48 g

Add BBQ Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

5 BBQ CHICKEN WINGS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1613 kJ / 385 kcal	18.9 g	4.4 g	16.0 g	11.9 g	37.7 g	1.72 g

CHICKEN TIKKA SKEWER WITH DIP

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	969 kJ / 231 kcal	11.4 g	3.6 g	7.7 g	7.1 g	24.0 g	0.44 g

CRISPY VEGETABLE SPRING ROLLS WITH DIP - **VE V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	852 kJ / 202 kcal	1.1 g	0.4 g	40.5 g	20.3 g	5.1 g	3.04 g

GARLIC FLATBREAD - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1656 kJ / 398 kcal	18.3 g	6.9 g	47.6 g	1.5 g	7.9 g	0.97 g

HOISIN MUSHROOM BAO BUN - **VE V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2188 kJ / 518 kcal	9.4 g	0.9 g	93.1 g	41.1 g	13.1 g	4.20 g

HOT HONEY HALLOUMI BAO BUN - **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2667 kJ / 633 kcal	19.0 g	11.9 g	92.2 g	46.3 g	24.7 g	2.67 g

LOADED CAULIFLOWER BITES - V*Contains: Cereals containing Gluten (Barley), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1688 kJ / 406 kcal	28.9 g	3.1 g	21.6 g	9.2 g	10.1 g	1.10 g

LOADED MEXICAN KING PRAWNS*Contains: Crustaceans**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	839 kJ / 199 kcal	3.0 g	0.5 g	26.0 g	18.7 g	16.3 g	1.50 g

LOADED NACHOS - V*Contains: Milk**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1875 kJ / 449 kcal	25.1 g	7.0 g	46.9 g	5.4 g	7.6 g	2.63 g

MIXED OLIVES - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	853 kJ / 204 kcal	19.5 g	2.4 g	3.6 g	2.8 g	3.5 g	3.39 g

SALT AND PEPPER CHICKPEAS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1805 kJ / 431 kcal	32.1 g	3.0 g	25.0 g	0.7 g	4.4 g	0.94 g

SALTED EDAMAME BEANS - VE V*Contains: Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	884 kJ / 211 kcal	7.8 g	2.4 g	14.9 g	3.4 g	16.4 g	0.27 g

SPICY CHICKEN BAO BUN*Contains: Cereals containing Gluten (Wheat), Egg, Mustard, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2514 kJ / 598 kcal	20.7 g	2.0 g	84.3 g	25.5 g	18.8 g	1.91 g

VEGAN CAULIFLOWER BITES - VE V*Contains: Cereals containing Gluten (Barley)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1265 kJ / 304 kcal	18.6 g	1.8 g	19.9 g	8.9 g	9.5 g	0.88 g

Mains - Grills

5OZ* GAMMON STEAK WITH CHIPS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2236 kJ / 533 kcal	20.1 g	3.7 g	44.6 g	6.7 g	40.1 g	4.68 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	604 kJ / 145 kcal	8.8 g	1.9 g	8.0 g	8.0 g	8.3 g	0.20 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
	311 kJ / 74 kcal	0.7 g	0.1 g	15.9 g	15.9 g	0.7 g	0.01 g

8OZ SIRLOIN WITHOUT SIDE*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1831 kJ / 437 kcal	17.6 g	6.2 g	13.7 g	5.9 g	56.6 g	0.30 g

Add Skin-On Chips - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

BBQ RIB STACK WITH CHIPS*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4855 kJ / 1158 kcal	55.3 g	14.9 g	107.8 g	49.6 g	63.2 g	4.31 g

CHICKEN TIKKA SKEWERS WITH FLATBREAD, CHIPS AND DIPS*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4506 kJ / 1072 kcal	39.3 g	7.1 g	116.1 g	33.4 g	59.5 g	3.34 g

HALLOUMI RED PEPPER SKEWERS WITH FLATBREAD, CHIPS AND DIPS - V*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	7318 kJ / 1752 kcal	101.5 g	49.7 g	122.7 g	40.1 g	79.7 g	8.56 g

MIXED GRILL WITH CHIPS*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Sulphite**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5255 kJ / 1256 kcal	59.9 g	17.2 g	69.3 g	10.4 g	107.6 g	6.91 g

TERIYAKI SALMON WITH MIXED GRAINS*Contains: Cereals containing Gluten (Wheat), Fish, Soya**May Contain: Peanut, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2496 kJ / 594 kcal	19.3 g	3.5 g	67.0 g	15.1 g	37.0 g	1.07 g

Mains - Pizza

PIZZA BASE

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3251 kJ / 773 kcal	26.1 g	14.8 g	96.2 g	5.5 g	35.7 g	3.29 g

Add Cheddar Cheese Sauce - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	213 kJ / 51 kcal	4.3 g	0.8 g	2.1 g	0.8 g	1.1 g	0.35 g

Add Red Onion - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	30 kJ / 7 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	46 kJ / 11 kcal	0.1 g	0.0 g	1.9 g	1.8 g	0.3 g	0.00 g

Add Pineapple - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	156 kJ / 37 kcal	0.3 g	0.1 g	8.0 g	8.0 g	0.3 g	0.01 g

Add Sweetcorn - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	0.4 g	0.1 g	3.8 g	1.9 g	0.7 g	0.12 g

Add BBQ Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

Add Green Pesto - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 153 kcal	15.4 g	1.9 g	2.4 g	0.4 g	0.8 g	0.33 g

Add Jalapenos - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	14 kJ / 3 kcal	0.1 g	0.0 g	0.4 g	0.1 g	0.2 g	1.50 g

Add Chicken Tikka Pieces

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	758 kJ / 181 kcal	9.3 g	2.2 g	0.8 g	0.5 g	23.1 g	0.41 g

Add Honey Sriracha - V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	281 kJ / 66 kcal	0.1 g	0.0 g	17.5 g	16.7 g	0.5 g	0.43 g

Add Fried Mushroom - VE 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
	359 kJ / 85 kcal	1.3 g	0.3 g	0.3 g	0.3 g	17.9 g	0.50 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 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 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 - Burgers

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4499 kJ / 1080 kcal	74.5 g	24.7 g	45.9 g	8.9 g	54.0 g	2.89 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3356 kJ / 805 kcal	52.8 g	14.5 g	44.5 g	7.9 g	35.7 g	3.26 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

CHICKEN STACK BURGER WITH CHIPS WITHOUT BUN*Contains: Cereals containing Gluten (Wheat), Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3289 kJ / 787 kcal	39.5 g	3.8 g	78.4 g	11.5 g	27.6 g	3.20 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

SPICY CHICKEN BURGER WITH CHIPS WITHOUT BUN*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2457 kJ / 585 kcal	24.1 g	2.3 g	49.1 g	12.0 g	41.1 g	2.94 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket & Tomato Salad*Contains: Cereals containing Gluten (Barley), Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2843 kJ / 680 kcal	36.0 g	2.8 g	75.5 g	12.0 g	9.3 g	3.24 g

Add Burger Bun - VE V*Contains: Cereals containing Gluten (Rye, Wheat)**May Contain: Other Cereals containing (Barley), Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	886 kJ / 209 kcal	1.5 g	0.2 g	41.1 g	4.4 g	6.4 g	0.63 g

Add Rocket Salad Vegan - VE V*Contains: Cereals containing Gluten (Barley)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	168 kJ / 40 kcal	0.2 g	0.0 g	8.4 g	7.5 g	0.8 g	0.03 g

Sides

Add Curry Sauce - **VE** **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	402 kJ / 97 kcal	6.7 g	1.8 g	7.5 g	2.5 g	1.0 g	0.80 g

Add Peppercorn Sauce

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

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

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

ROCKET TOMATO AND ONION SALAD

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	251 kJ / 60 kcal	1.7 g	0.9 g	8.4 g	7.5 g	2.5 g	0.10 g

SKIN ON CHIPS - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

SUPER GREENS VEG - **VE** **V**

Contains: Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	641 kJ / 154 kcal	7.5 g	1.6 g	13.0 g	5.2 g	7.8 g	0.07 g

SWEET POTATO WEDGES - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1048 kJ / 250 kcal	10.6 g	1.3 g	31.2 g	7.6 g	3.2 g	0.34 g

Mains - Classics

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	341 kJ / 82 kcal	0.5 g	0.1 g	12.0 g	1.9 g	5.1 g	0.50 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2783 kJ / 663 kcal	26.8 g	4.3 g	76.7 g	4.0 g	27.1 g	2.28 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2593 kJ / 616 kcal	18.0 g	6.1 g	78.3 g	23.9 g	33.0 g	3.51 g

HOUSE CAESAR SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Fish, Milk, Mustard**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2051 kJ / 491 kcal	24.7 g	4.1 g	67.6 g	15.2 g	20.8 g	1.15 g

LINGUINE- KING PRAWN*Contains: Cereals containing Gluten (Wheat), Crustaceans, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2374 kJ / 568 kcal	21.2 g	6.4 g	59.4 g	16.9 g	30.7 g	2.91 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1671 kJ / 397 kcal	11.1 g	1.2 g	59.0 g	16.9 g	12.0 g	1.69 g

SMOTHERED CHICKEN WITH CHIPS AND SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3489 kJ / 832 kcal	35.4 g	9.7 g	68.2 g	18.7 g	57.0 g	4.24 g

SPINACH AND RICOTTA PASTA*Contains: Cereals containing Gluten (Wheat), Egg, Milk**May Contain: Celery, Crustaceans, Fish, Mustard, Soya, Tree Nuts (Hazelnut, Pistachio)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1884 kJ / 448 kcal	17.1 g	8.3 g	42.9 g	2.6 g	30.0 g	1.28 g

Add Green Pesto - *Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1679 kJ / 407 kcal	41.2 g	5.0 g	6.5 g	1.0 g	2.2 g	0.88 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.2 g	0.3 g	5.7 g	4.6 g	1.1 g	0.56 g

VEGGIE SPINACH AND RICOTTA PASTA - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk**May Contain: Celery, Crustaceans, Fish, Mustard, Soya, Tree Nuts (Hazelnut, Pistachio)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1801 kJ / 429 kcal	15.6 g	7.4 g	42.9 g	2.6 g	28.4 g	1.20 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1679 kJ / 407 kcal	41.2 g	5.0 g	6.5 g	1.0 g	2.2 g	0.88 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.2 g	0.3 g	5.7 g	4.6 g	1.1 g	0.56 g

Mains - Rest Easy

CHICKEN BURRITO BOWL*Contains: Cereals containing Gluten (Barley), Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2191 kJ / 518 kcal	5.7 g	1.3 g	65.2 g	10.2 g	47.0 g	1.74 g

CHICKEN TZATZIKI NOURISH BOWL*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2083 kJ / 494 kcal	8.5 g	2.6 g	56.8 g	23.2 g	47.3 g	1.60 g

GRILLED MEDITERRANEAN CHICKEN*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2030 kJ / 483 kcal	15.6 g	1.4 g	48.5 g	9.5 g	32.5 g	1.70 g

MIX BEAN, SWEET POTATO SHAKSHUKA - V*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1753 kJ / 419 kcal	18.2 g	3.1 g	41.3 g	18.2 g	16.8 g	1.46 g

MIX BEAN, SWEET POTATO SHAKSHUKA- VEGAN - VE V*Contains: Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1304 kJ / 311 kcal	9.7 g	1.3 g	41.2 g	18.2 g	8.8 g	1.27 g

PAPRIKA CAULIFLOWER AND HOUMOUS - VE V*Contains: Cereals containing Gluten (Barley, Wheat), Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1870 kJ / 447 kcal	18.5 g	2.6 g	45.0 g	11.9 g	20.1 g	0.99 g

SWEET AND SOUR KING PRAWNS

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1598 kJ / 379 kcal	6.7 g	1.6 g	46.9 g	23.6 g	30.3 g	1.66 g

Desserts

BANOFFEE YOGURT POT - V

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1209 kJ / 288 kcal	13.1 g	8.3 g	37.9 g	29.9 g	4.4 g	0.30 g

BYO SUNDAE - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4005 kJ / 954 kcal	36.7 g	21.9 g	139.3 g	102.2 g	12.9 g	0.77 g

CHEESECAKE WITH BISCOFF - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2757 kJ / 658 kcal	29.6 g	11.2 g	82.4 g	58.2 g	15.0 g	0.84 g

CHOCOLATE FUDGE CAKE - VEGAN - VE V

Contains: Cereals containing Gluten (Wheat), Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2088 kJ / 498 kcal	23.9 g	5.0 g	66.1 g	48.4 g	4.7 g	0.74 g

CHOCOLATE FUDGE CAKE WITH VANILLA DAIRY ICE CREAM - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2408 kJ / 575 kcal	27.1 g	7.1 g	76.0 g	56.2 g	6.5 g	0.80 g

FRUIT SALAD - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	453 kJ / 107 kcal	0.2 g	0.0 g	22.6 g	22.6 g	1.3 g	0.00 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
	2088 kJ / 499 kcal	21.9 g	14.0 g	66.9 g	53.5 g	7.8 g	0.27 g

STICKY TOFFEE PUDDING - V

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

May Contain: Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	352 kJ / 84 kcal	2.5 g	1.3 g	12.7 g	9.0 g	2.4 g	0.11 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
	320 kJ / 77 kcal	3.2 g	2.1 g	9.9 g	7.8 g	1.8 g	0.06 g

STRAWBERRY SHORTCAKE YOGHURT SUNDAE - V*Contains: Cereals containing Gluten (Oats), Milk**May Contain: Other Cereals containing (Wheat), Egg, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1036 kJ / 247 kcal	12.3 g	7.6 g	28.8 g	18.7 g	3.6 g	0.16 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1970 kJ / 470 kcal	19.1 g	10.1 g	66.9 g	47.1 g	6.4 g	0.57 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
	560 kJ / 133 kcal	2.8 g	1.4 g	22.6 g	0.4 g	3.7 g	0.36 g

KIDS TORTILLA CHIPS WITH DIPS - V*Contains: Milk**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	728 kJ / 174 kcal	8.2 g	2.0 g	21.4 g	2.4 g	2.9 g	0.39 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V*Contains: No major allergens**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 148 kcal	6.1 g	0.6 g	20.3 g	1.3 g	2.2 g	0.37 g

KIDS VEGGIE STICKS WITH DIP - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	197 kJ / 47 kcal	2.3 g	1.4 g	4.5 g	4.3 g	1.6 g	0.03 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 CHIPS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1020 kJ / 242 kcal	8.3 g	0.8 g	21.1 g	1.1 g	20.1 g	1.05 g

KIDS OVEN 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
	1400 kJ / 334 kcal	15.1 g	1.1 g	36.3 g	1.7 g	12.3 g	1.05 g

KIDS OVEN POPPIN' CHICKEN WITH CHIPS*Contains: Cereals containing Gluten (Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1171 kJ / 279 kcal	13.1 g	1.4 g	28.7 g	0.8 g	11.0 g	0.89 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
	2080 kJ / 496 kcal	23.2 g	7.6 g	44.1 g	4.0 g	26.0 g	1.00 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
	1560 kJ / 370 kcal	9.3 g	1.0 g	44.6 g	4.4 g	25.2 g	1.50 g

KIDS MARGHERITA PIZZA - *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 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
	1892 kJ / 451 kcal	20.6 g	1.5 g	46.7 g	2.4 g	19.0 g	1.38 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 Baked Beans -  *Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.34 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	79 kJ / 19 kcal	0.3 g	0.1 g	2.2 g	2.1 g	1.2 g	0.01 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

Kids - Desserts

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1074 kJ / 256 kcal	10.3 g	5.7 g	36.2 g	24.9 g	4.0 g	0.30 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 49 kcal	0.1 g	0.0 g	10.7 g	10.7 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
	1021 kJ / 242 kcal	6.3 g	2.6 g	41.8 g	23.3 g	3.8 g	0.30 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
	761 kJ / 182 kcal	7.4 g	5.1 g	24.1 g	17.0 g	4.4 g	0.14 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
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 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

Condiments

Condiments - **V**

Mayonnaise - **V**

Contains: Egg, Mustard

May Contain: No major allergens

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

Malt Vinegar - **VE V**

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

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

English Mustard - **VE V**

Contains: Cereals containing Gluten (Wheat), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	27 kJ / 7 kcal	0.3 g	0.0 g	0.7 g	0.4 g	0.2 g	0.30 g

HP Sauce - **VE V**

Contains: Cereals containing Gluten (Barley, Rye)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	25 kJ / 6 kcal	0.0 g	0.0 g	1.4 g	1.2 g	0.0 g	0.06 g

Tomato Ketchup - **VE V**

Contains: Celery

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	41 kJ / 10 kcal	0.0 g	0.0 g	2.4 g	2.1 g	0.0 g	0.18 g

BBQ Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	55 kJ / 13 kcal	0.0 g	0.0 g	3.1 g	2.7 g	0.1 g	0.08 g

Upgrade

Add - Mozz/Cheddar - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	548 kJ / 132 kcal	10.3 g	6.4 g	0.8 g	0.3 g	9.1 g	0.68 g

Add 2 Garlic King Prawns

Contains: Crustaceans, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	699 kJ / 168 kcal	12.4 g	5.8 g	1.3 g	0.2 g	12.9 g	0.47 g

Add 2 Rashers of Streaky Bacon

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 126 kcal	8.0 g	2.6 g	0.4 g	0.1 g	13.0 g	1.82 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	0.00 g

Add 5oz Gammon Steak*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 198 kcal	7.3 g	2.7 g	0.1 g	0.2 g	32.8 g	3.70 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 Double Smothered Chicken*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1363 kJ / 324 kcal	10.4 g	5.5 g	14.5 g	12.7 g	43.1 g	1.84 g

Add Green Pesto - *Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 153 kcal	15.4 g	1.9 g	2.4 g	0.4 g	0.8 g	0.33 g

Add Naan Bread -  *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 Peppercorn Sauce*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

Add White Bread & Butter - *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 - *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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	718 kJ / 170 kcal	2.6 g	0.7 g	0.7 g	0.7 g	35.9 g	1.00 g



Mains

MARGHERITA PIZZA -

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

Non-Gluten Containing
Ingredients Menu
Allergy & Nutrition



Starters

CHICKEN TIKKA SKEWER WITH DIP

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	916 kJ / 219 kcal	11.4 g	3.6 g	4.7 g	4.4 g	23.9 g	0.43 g

LOADED MEXICAN KING PRAWNS NGCI

Contains: Crustaceans

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	741 kJ / 175 kcal	2.0 g	0.4 g	22.8 g	18.7 g	15.9 g	1.44 g

LOADED NACHOS - V

Contains: Milk

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1875 kJ / 449 kcal	25.1 g	7.0 g	46.9 g	5.4 g	7.6 g	2.63 g

MIXED OLIVES - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	853 kJ / 204 kcal	19.5 g	2.4 g	3.6 g	2.8 g	3.5 g	3.39 g

PAPRIKA CAULIFLOWER & BUTTERBEAN HOUMOUS - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1635 kJ / 394 kcal	28.5 g	3.0 g	20.3 g	8.3 g	9.6 g	1.10 g

SALT AND PEPPER CHICKPEAS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1805 kJ / 431 kcal	32.1 g	3.0 g	25.0 g	0.7 g	4.4 g	0.94 g

SALTED EDAMAME BEANS - VE V

Contains: Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	884 kJ / 211 kcal	7.8 g	2.4 g	14.9 g	3.4 g	16.4 g	0.27 g

VEGAN BUFFALO CAULIFLOWER NGCI - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1213 kJ / 291 kcal	18.2 g	1.8 g	18.6 g	7.9 g	9.0 g	0.88 g

Mains - Salads

HOUSE CAESAR SALAD NGCI

Contains: Egg, Fish, Milk, Mustard

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2221 kJ / 534 kcal	33.5 g	5.5 g	60.0 g	14.7 g	19.5 g	0.98 g

Mains - Grills

5OZ* GAMMON STEAK WITH CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2236 kJ / 533 kcal	20.1 g	3.7 g	44.6 g	6.7 g	40.1 g	4.68 g

Add 1 Fried Egg & 1 Pineapple - V

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	604 kJ / 145 kcal	8.8 g	1.9 g	8.0 g	8.0 g	8.3 g	0.20 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
	311 kJ / 74 kcal	0.7 g	0.1 g	15.9 g	15.9 g	0.7 g	0.01 g

BBQ RIB STACK WITH CHIPS

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4855 kJ / 1158 kcal	55.3 g	14.9 g	107.8 g	49.6 g	63.2 g	4.31 g

CHICKEN TIKKA SKEWERS WITH CHIPS AND DIPS

Contains: Milk

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3147 kJ / 750 kcal	33.2 g	6.7 g	59.1 g	22.8 g	51.5 g	2.48 g

HALLOUMI RED PEPPER SKEWERS WITH CHIPS AND DIPS - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5959 kJ / 1430 kcal	95.3 g	49.3 g	65.7 g	29.5 g	71.7 g	7.71 g

SIRLOIN & PEPPERCORN SAUCE

Contains: Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1966 kJ / 470 kcal	19.2 g	7.1 g	15.5 g	7.4 g	58.8 g	0.39 g

Mains - Burgers

BIG STACK BURGER WITH CHIPS & NGCI BUN

Contains: Egg, Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5313 kJ / 1275 kcal	80.1 g	25.7 g	74.0 g	12.1 g	57.5 g	3.69 g

CHEESE & BACON BURGER WITH CHIPS & NGCI BUN*Contains: Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4170 kJ / 999 kcal	58.4 g	15.5 g	72.5 g	11.1 g	39.1 g	4.06 g

SPICY CHICKEN BURGER WITH CHIPS & NGCI BUN*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3271 kJ / 779 kcal	29.7 g	3.3 g	77.2 g	15.1 g	44.5 g	3.74 g

Mains - Classics

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2161 kJ / 514 kcal	17.8 g	6.0 g	56.1 g	8.8 g	30.5 g	2.39 g

MIX BEAN, SWEET POTATO SHAKSHUKA - V*Contains: Egg, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1753 kJ / 419 kcal	18.2 g	3.1 g	41.3 g	18.2 g	16.8 g	1.46 g

MIX BEAN, SWEET POTATO SHAKSHUKA- VEGAN - VE V*Contains: Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1304 kJ / 311 kcal	9.7 g	1.3 g	41.2 g	18.2 g	8.8 g	1.27 g

SMOTHERED CHICKEN WITH CHIPS AND SALAD*Contains: Egg, Milk, Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3095 kJ / 738 kcal	31.4 g	8.0 g	56.7 g	18.7 g	54.7 g	4.10 g

SWEET CHILLI SALMON WITH MIXED GRAINS*Contains: Fish, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2596 kJ / 618 kcal	19.3 g	3.5 g	74.3 g	23.1 g	37.1 g	0.96 g

Sides

Add Peppercorn Sauce*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 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

ROCKET & TOMATO SALAD

Contains: Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	135 kJ / 32 kcal	1.6 g	0.9 g	1.9 g	1.5 g	2.2 g	0.10 g

SKIN-ON CHIPS - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

SWEET POTATO WEDGES - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1048 kJ / 250 kcal	10.6 g	1.3 g	31.2 g	7.6 g	3.2 g	0.34 g

Desserts

CHEESECAKE WITH BERRIES NGCI - **V**

Contains: Egg, Milk

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1968 kJ / 468 kcal	16.1 g	8.5 g	66.7 g	50.4 g	14.1 g	0.63 g

FRESH FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	453 kJ / 107 kcal	0.2 g	0.0 g	22.6 g	22.6 g	1.3 g	0.00 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
	2088 kJ / 499 kcal	21.9 g	14.0 g	66.9 g	53.5 g	7.8 g	0.27 g

Kids Starters

KIDS TORTILLA CHIPS WITH DIPS - **V**

Contains: Milk

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	728 kJ / 174 kcal	8.2 g	2.0 g	21.4 g	2.4 g	2.9 g	0.39 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - **VE** **V**

Contains: No major allergens

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 148 kcal	6.1 g	0.6 g	20.3 g	1.3 g	2.2 g	0.37 g

KIDS VEGGIE STICKS WITH DIP - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	197 kJ / 47 kcal	2.3 g	1.4 g	4.5 g	4.3 g	1.6 g	0.03 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
	1020 kJ / 242 kcal	8.3 g	0.8 g	21.1 g	1.1 g	20.1 g	1.05 g

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH NGCI BUN & CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2414 kJ / 577 kcal	28.1 g	8.5 g	50.6 g	5.6 g	25.2 g	1.37 g

KIDS GRILLED CHICKEN BREAST BURGER WITH NGCI BUN & CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1884 kJ / 449 kcal	14.1 g	1.9 g	50.8 g	5.8 g	24.1 g	1.87 g

Kids Sides

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.34 g

Add Corn Ribs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Mini Salad -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	79 kJ / 19 kcal	0.3 g	0.1 g	2.2 g	2.1 g	1.2 g	0.01 g

Add Peas -

Contains: No major allergens

May Contain: No major allergens

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

Kids Desserts

KIDS FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 49 kcal	0.1 g	0.0 g	10.7 g	10.7 g	0.6 g	0.00 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	671 kJ / 160 kcal	7.0 g	4.8 g	20.1 g	15.1 g	4.0 g	0.12 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
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 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

Special Prep

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	177 kJ / 42 kcal	1.1 g	0.1 g	5.8 g	4.7 g	1.4 g	0.17 g

Add Skin-On Chips - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

Upgrade

Add 2 Garlic King Prawns*Contains: Crustaceans, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	699 kJ / 168 kcal	12.4 g	5.8 g	1.3 g	0.2 g	12.9 g	0.47 g

Add 2 Rashers of Streaky Bacon*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 126 kcal	8.0 g	2.6 g	0.4 g	0.1 g	13.0 g	1.82 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	0.00 g

Add 5oz Gammon Steak*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 198 kcal	7.3 g	2.7 g	0.1 g	0.2 g	32.8 g	3.70 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1363 kJ / 324 kcal	10.4 g	5.5 g	14.5 g	12.7 g	43.1 g	1.84 g

Add Green Pesto - *Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 153 kcal	15.4 g	1.9 g	2.4 g	0.4 g	0.8 g	0.33 g

Add Peppercorn Sauce*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	718 kJ / 170 kcal	2.6 g	0.7 g	0.7 g	0.7 g	35.9 g	1.00 g

Meeting Rooms Menu

Allergy & Nutrition



Breakfast Baps

BACON BAP

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

May Contain: Other Cereals containing (Barley), Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1601 kJ / 382 kcal	15.8 g	8.0 g	41.4 g	4.7 g	17.2 g	2.36 g

FRIED EGG BAP - **V**

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

May Contain: Other Cereals containing (Barley), Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1638 kJ / 391 kcal	18.2 g	7.4 g	41.2 g	4.4 g	14.4 g	0.99 g

SAUSAGE BAP

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

May Contain: Other Cereals containing (Barley), Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2394 kJ / 573 kcal	31.6 g	13.8 g	49.7 g	5.8 g	21.2 g	1.99 g

VEGGIE SAUSAGE BAP - **V**

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

May Contain: Other Cereals containing (Barley), Celery, Mustard, Sesame, Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1923 kJ / 460 kcal	20.9 g	6.4 g	47.5 g	5.6 g	16.4 g	2.08 g

Bap Sauces

Add HP Sauce 30ml - **VE V**

Contains: Cereals containing Gluten (Barley, Rye)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	150 kJ / 35 kcal	0.0 g	0.0 g	8.5 g	6.9 g	0.3 g	0.36 g

Add Tomato Ketchup 30ml - **VE V**

Contains: Celery

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	131 kJ / 31 kcal	0.0 g	0.0 g	7.0 g	6.8 g	0.4 g	0.54 g

Nibbles

CHICKEN WINGS WITH BBQ DIP (per 2 wings)

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	631 kJ / 151 kcal	7.6 g	1.8 g	5.6 g	4.0 g	15.1 g	0.67 g

MINI CHICKEN BITES (per piece)*Contains: Cereals containing Gluten (Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	85 kJ / 20 kcal	1.0 g	0.2 g	1.3 g	0.0 g	1.5 g	0.06 g

NACHOS & SALSA (per portion) - VE V*Contains: No major allergens**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	623 kJ / 148 kcal	6.1 g	0.6 g	20.6 g	1.1 g	2.2 g	0.51 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	177 kJ / 42 kcal	1.1 g	0.1 g	5.8 g	4.7 g	1.4 g	0.17 g

SKIN-ON CHIPS (per 100g) - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	660 kJ / 157 kcal	7.0 g	0.5 g	20.7 g	0.8 g	2.1 g	0.55 g

Sandwiches

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	195 kJ / 47 kcal	3.4 g	1.2 g	1.1 g	0.9 g	2.7 g	0.42 g

ADD MALTED BROWN BREAD - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.2 g	0.0 g	4.3 g	0.2 g	0.9 g	0.07 g

ADD WHITE BREAD - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.3 g	0.1 g	4.4 g	0.3 g	0.8 g	0.09 g

CHEDDAR CHEESE & TOMATO SANDWICH FILLING - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	187 kJ / 45 kcal	3.7 g	2.3 g	0.7 g	0.7 g	2.1 g	0.16 g

ADD MALTED BROWN BREAD - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.2 g	0.0 g	4.3 g	0.2 g	0.9 g	0.07 g

ADD WHITE BREAD - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.3 g	0.1 g	4.4 g	0.3 g	0.8 g	0.09 g

EGG MAYO SANDWICH FILLING - V*Contains: Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	128 kJ / 31 kcal	2.7 g	0.9 g	0.5 g	0.3 g	1.1 g	0.09 g

ADD MALTED BROWN BREAD - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.2 g	0.0 g	4.3 g	0.2 g	0.9 g	0.07 g

ADD WHITE BREAD - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.3 g	0.1 g	4.4 g	0.3 g	0.8 g	0.09 g

GRILLED CHICKEN & MAYO SANDWICH FILLING*Contains: Egg, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	226 kJ / 54 kcal	3.1 g	0.9 g	0.6 g	0.3 g	5.9 g	0.29 g

ADD MALTED BROWN BREAD - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.2 g	0.0 g	4.3 g	0.2 g	0.9 g	0.07 g

ADD WHITE BREAD - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.3 g	0.1 g	4.4 g	0.3 g	0.8 g	0.09 g

HAM & TOMATO SANDWICH FILLING*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	127 kJ / 30 kcal	1.5 g	0.8 g	0.8 g	0.8 g	3.2 g	0.29 g

ADD MALTED BROWN BREAD - VE V*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.2 g	0.0 g	4.3 g	0.2 g	0.9 g	0.07 g

ADD WHITE BREAD - VE V*Contains: Cereals containing Gluten (Wheat)**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	100 kJ / 24 kcal	0.3 g	0.1 g	4.4 g	0.3 g	0.8 g	0.09 g

Crisps

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

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

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

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

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

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

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

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

Pizza

HAWAIIAN BBQ PIZZA (per slice)*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	522 kJ / 124 kcal	3.8 g	2.0 g	15.9 g	4.6 g	6.3 g	0.63 g

MARGHERITA PIZZA (per slice) - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	397 kJ / 94 kcal	3.3 g	1.9 g	11.6 g	0.7 g	4.4 g	0.41 g

PEPPERONI PIZZA (per slice)*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 127 kcal	6.2 g	2.8 g	11.6 g	0.7 g	5.8 g	0.70 g

VEGGIE PIZZA (per slice) - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 107 kcal	3.8 g	1.9 g	12.9 g	1.8 g	4.7 g	0.41 g

Desserts

BROWNIE PIECE - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	782 kJ / 186 kcal	7.4 g	3.7 g	27.3 g	18.5 g	2.1 g	0.25 g

LEMON AND RASPBERRY SEMIFREDDO (per 2 pieces) - VE V*Contains: Soya, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	722 kJ / 173 kcal	10.3 g	6.0 g	19.5 g	12.6 g	0.5 g	0.09 g

Fruit

BANANA (per fruit) -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	513 kJ / 121 kcal	0.4 g	0.1 g	27.4 g	24.7 g	1.4 g	0.00 g

CLEMENTINE (per fruit)

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	0.1 g	0.0 g	8.7 g	8.7 g	0.9 g	0.01 g

GREEN APPLE (per fruit) -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	322 kJ / 77 kcal	0.7 g	0.1 g	14.9 g	14.9 g	0.8 g	0.00 g

Drinks Menu

Allergy



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
C	Risk of cross-contamination



Product Description	Allergens Present																	
	Cereal Containing Gluten				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)
	Wheat Products	Rye Products	Barley Products	Oat Products														
COCKTAILS																		
APEROL SPRITZ											Y							
HUGO SPRITZ											Y							
PASSIONFRUIT MARTINI											Y							
PINA COLADA																		
RHUBARB & RASPBERRY GIN SOUR																		
TROPICAL WOO WOO																		
ESPRESSO MARTINI																		
CLASSIC MOJITO																		
MOCKTAILS																		
RASPBERRY DAQUIRI																		
CHERRY BLOSSOM SPRITZ																		
SHOTS																		
BAILEYS IRISH CREAM											Y							
HENNESSY VERY SPECIAL COGNAC																		
JER JOSE CUERVO GOLD																		
TEQUILA ROSE											Y							
SPIRITS																		
GIN																		
JJ LONDON DRY GIN																		
JJ PINK GIN																		
BOMBAY SAPPHIRE GIN																		
WHITLEY NEILL DISTILLERS CUT GIN																		
WHITLEY NEILL RASPBERRY GIN																		
HENDRICKS																		
WARNER EDWARDS RHUBARB GIN																		
GORDONS GIN																		
GORDONS PINK GIN																		
VODKA																		
JJ ARTISANAL VODKA																		
JJ RASPBERRY VODKA																		
ABSOLUT® ORIGINAL																		
ABSOLUT® PASSIONFRUIT																		
SMIRNOFF RED																		
ABSOLUT RASPBERRI																		

Product Description	Allergens Present																	
	Cereal Containing Gluten				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)
	Wheat Products	Rye Products	Barley Products	Oat Products														
WHISKEY/WHISKY																		
JAMESON IRISH WHISKEY																		
GLENFIDDICH MALT 12 YO																		
TALISKER																		
JACK DANIELS NO.7																		
JACK DANIELS TENNESSEE HONEY																		
BUSHMILLS BLACK BUSH IRISH WHISKEY																		
TULLEMORE D.E.W IRISH WHISKEY																		
RUM																		
BACARDI CARTA BLANCA SUPERIOR WHITE RUM																		
CAPTAIN MORGAN DARK RUM																		
CAPTAIN MORGAN SPICED RUM																		
DEAD MANS FINGER SPICED RUM																		
KRAKEN BLACK SPICED																		
MALIBU																		
MIXERS - SEE PACKAGING LABEL FOR ALLERGENS																		
PACKAGED COCKTAILS (SPIRIT & MIXER CANS) - SEE PACKAGING LABEL FOR ALLERGENS																		
DRAUGHT BEER & CIDER																		
GUINNESS			Y															
SMITHWICKS PALE ALE			Y															
CARLSBERG			Y															
HOP HOUSE 13			Y															
ROCKSHORE IRISH LAGER			Y															
ROCKSHORE APPLE CIDER											Y							
PACKAGED BEER & CIDER / LOW & NO - SEE PACKAGING LABEL FOR ALLERGENS																		
HOUSE SODAS & ICED TEAS																		
ELDERFLOWER																		
RASPBERRY																		
PASSIONFRUIT																		

Product Description	Allergens Present																	
	Cereal 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							
SAUVIGNON BLANC, LOS ANDES DE PAZ											Y							
PINOT GRIGIO, TERRE DI MARIO											Y							
CHARDONNAY, TALINGA PARK											Y							
SAUVIGNON BLANC, HUDSON LANE											Y							
ROSE																		
DIAMARINE, PROVENCE ROSÉ											Y							
VINO POMONA ROSATO											Y							
JER JACK RABBIT WHITE ZINF											Y							
MUD HOUSE, SAUVIGNON ROSÉ											Y							
PIERRE CHAINIER, ROSÉ D'ANJOU											Y							
RED																		
CAMPO VIEJO, RIOJA											Y							
JAM SHED SHIRAZ						Y	Y				Y							
STEAKMAKER MALBEC											Y							
VISTAMAR MATINAL MERLOT											Y							
CABERNET SAUVIGNON, LOS ANDES DE PAZ											Y							
MERLOT, KOLINAS											Y							
SHIRAZ, TALINGA PARK											Y							
MALBEC, PABLO Y											Y							
SPARKLING																		
PINOT NOIR, CHARDONNAY, BARON DE VILLEBOERG											Y							
SETTE BELLO PROSECCO DOC											Y							
VINA POMONA PROSECCO FOR ONE											Y							
CA' NOMBOLI FRIZZANTE											Y							
BAROCCO PROSECCO FOR ONE											Y							
BAROCCO PROSECCO FOR ONE											Y							

Product Description	Allergens Present																	
	Cereals Containing Gluten																	Tree Nut Source (if 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	
CARLING	Y		Y															
COORS LIGHT DRAUGHT	Y		Y															
CRUZCAMPO DRAUGHT			Y															
MADRI EXCEPCIONAL	Y		Y															
BIRRA MORETTI			Y															
GUINNESS			Y															
STRONGBOW ORIGINAL											Y							
INCH'S CIDER											Y							
SHARPS ATLANTIC PALE ALE	Y		Y															
HEINEKEN			Y															
TENNENTS LAGER	Y		Y															
BELHAVEN BEST			Y															