

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and the order on the menu. Figures are typical for that dish and may vary slightly.

STARTERS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
GARLIC BREAD	164.3	6.1	24.3	3.1	4.7	2.7	0.6

GRILLS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
DOUBLE BEEF BURGER WITH BAKED BEANS	689.0	31.4	61.9	5.8	35.1	14.1	2.0
DOUBLE BEEF BURGER WITH CORN ON THE COB	782.1	31.5	77.6	8.2	38.4	14.8	1.5
DOUBLE BEEF BURGER WITH GARDEN PEAS	682.8	31.8	59.2	4.4	35.5	14.4	1.5
If you choose to add cheese to you burger, add the following to calculate the nutrition values for your whole meal.							
For cheese upgrade add	54.5	3.6	0.2	0.0	4.4	2.7	0.3
SAUSAGE & MASH WITH BAKED BEANS	499.4	21.0	49.4	6.7	24.2	10.1	3.1
SAUSAGE & MASH WITH CORN ON THE COB	592.5	21.0	65.1	9.2	27.5	10.8	2.6
SAUSAGE & MASH WITH GARDEN PEAS	493.3	21.4	46.6	5.4	24.6	10.4	2.6
CHICKEN NUGGETS WITH BAKED BEANS	653.8	26.1	59.8	6.5	34.4	6.7	2.1
CHICKEN NUGGETS WITH CORN ON THE COB	746.9	26.1	75.5	9.0	37.7	7.4	1.6
CHICKEN NUGGETS WITH GARDEN PEAS	647.6	26.5	57.1	5.2	34.8	7.0	1.6
FISH & CHIPS WITH BAKED BEANS	589.4	30.4	58.8	4.0	27.6	5.9	0.7
FISH & CHIPS WITH CORN ON THE COB	682.5	30.4	74.5	6.4	30.9	6.6	0.2
FISH & CHIPS WITH GARDEN PEAS	583.2	30.8	56.1	2.6	28.0	6.2	0.2
ORGANIC MACARONI CHEESE	425.0	15.7	44.8	5.6	20.3	12.8	0.6
TOMATO PASTA	456.8	15.9	65.7	5.9	15.3	10.8	1.8
CHICKEN DINNER	481.9	31.8	59.6	6.4	12.9	5.7	2.1
CREATE YOUR ON PIZZA	448.2	16.3	62.5	4.5	14.8	6.9	3.9
The above are the values for the pizza base with cheese and tomato. When you have chosen your two toppings add the values below to calculate the nutrition for the whole pizza.							
Wiltshire Cure Ham	31.2	5.8	0.1	0.1	0.9	0.3	0.5
Mushrooms	26.9	0.8	1.4	0.1	2.0	0.1	0.0
Pineapple	19.2	0.1	5.0	5.0	0.0	0.0	0.0
Bacon	70.1	8.2	0.2	0.2	5.4	2.2	1.6
CHICKEN CURRY	304.7	10.9	48.1	5.7	7.0	3.6	0.8
SPAGHETTI BOLOGNESE	443.8	28.7	53.0	8.3	12.9	6.9	1.3

PUDS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
CHOCOLATE INDULGENCE	370.6	5.3	46.4	41.8	18.3	7.6	0.3
CHOCOLATE FUDGE BROWNIE WITH VANILLA ICE CREAM	621.0	9.8	75.8	67.0	31.0	8.4	1.3
CHOCOLATE FUDGE BROWNIE WITH CHOCOLATE ICE CREAM	622.8	9.9	76.0	67.1	31.0	8.7	1.3
JELLY & VANILLA ICE CREAM	103.1	2.4	12.3	11.8	4.8	1.0	0.4
JELLY & STRAWBERRY ICE CREAM	103.7	2.4	12.3	11.9	4.8	1.0	0.4
VANILLA ICE CREAM	242.7	5.5	33.4	27.7	9.8	2.0	0.3
STRAWBERRY ICE CREAM	243.9	5.5	33.5	27.9	9.8	2.0	0.3
CHOCOLATE ICE CREAM	246.3	5.8	33.9	28.1	9.8	2.6	0.3
If you would like a sauce topping on your ice cream, choose one of these and add the nutrition values to calculate the values for the whole dish.							
Strawberry sauce	13.0	0.0	3.4	3.4	0.0	0.0	0.0
Chocolate flavour fudge sauce	19.4	0.2	2.2	1.8	1.1	0.2	0.0
Toffee dessert sauce	16.4	0.1	3.4	3.3	0.3	0.2	0.0
CHOCOLATE CRUNCHIE SUNDAE	302.0	4.5	38.2	34.9	14.7	4.1	0.3

SUNDAY ROAST

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
ROAST BEEF	638.5	45.4	65.8	6.9	21.5	9.8	1.7
ROAST LAMB	696.5	39.4	66.0	7.1	30.5	14.4	1.5
ROAST TURKEY	TBA	TBA	TBA	TBA	TBA	TBA	TBA

PARTY BUFFET

As the buffet is based on helping yourself it is difficult to give exact figures. Those below represent a single serving of each option.							
DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
WARM SELECTION & SALAD	456.0	14.1	51.9	7.3	21.3	3.9	0.7
PIECE OF HAM & TOMATO ROLL	43.2	2.3	4.0	0.8	2.0	0.5	0.2
PIECE OF CHEESE & TOMATO ROLL	93.8	4.7	4.2	0.8	6.5	3.3	0.4
CHOCOLATE CELEBRATION CAKE	229.7	2.3	32.1	24.0	10.7	2.5	0.4
ICE CREAM FACTORY	270.4	4.2	42.0	35.9	9.7	7.2	0.2

TBA = New product, data not yet available

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STARTERS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
COMBO FEAST (For 2)	1380.8	35.2	133.8	16.4	78.3	17.3	4.6
CHICKEN LIVER PATE	547.6	11.8	38.0	5.8	38.7	16.6	2.0
CRISPY FRIED WHITEBAIT	582.6	19.8	18.4	2.5	47.8	11.7	1.6
SEEDED CHICKEN GOUJONS	457.8	23.2	15.7	2.3	33.9	3.6	1.8
PRAWN COCKTAIL	419.3	17.4	25.0	7.8	28.0	11.9	2.4
GARLIC & HERB BREADED MUSHROOMS	483.4	6.3	46.8	11.9	30.5	5.2	1.5
BREADED CAMEMBERT BITES	476.3	22.1	23.8	5.6	32.5	13.0	1.8
Our soups are made from seasonal vegetables so some of the varieties we will offer have not been made yet!! The figures below are the average for the first four in the range and will be typical of the rest.							
SEASONAL SOUP OF THE DAY	419.3	9.5	47.0	8.1	21.5	12.9	3.9
LAMB & MUTTON KEBABS	301.4	17.7	8.6	8.2	21.8	10.2	2.5

GRILLS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
GRILLED CHICKEN & BBQ RIBS	1083.8	93.2	74.2	20.7	46.1	14.3	3.8
BBQ RIBS	1332.3	104.0	89.1	34.5	62.2	20.6	4.5
SIRLOIN STEAK	854.2	51.7	63.2	4.9	43.9	15.0	0.4
RUMP STEAK	786.3	51.8	63.8	5.6	35.9	12.4	0.5
You may choose to add a sauce or onion rings to your steak, in which case add the following to calculate the nutrition values for your whole meal.							
CREAMY PEPPERCORN SAUCE	69.3	1.8	5.4	2.0	4.8	2.9	0.8
BATTERED WHOLE ONION RINGS	180.0	2.5	19.0	2.3	10.4	3.2	0.6
MIXED GRILL	1427.8	91.0	65.3	6.3	89.2	29.4	6.3
SURF, TURF & CHICKEN WITH PEAS	922.1	76.3	72.1	5.6	36.5	11.0	2.6
SURF, TURF & CHICKEN WITH SALAD	926.5	74.1	70.3	5.6	38.7	10.9	2.8
GRILLED GAMMON STEAK WITH EGGS	867.0	60.6	64.9	4.8	42.8	9.9	8.2
GRILLED GAMMON STEAK WITH PINEAPPLE	771.0	47.3	85.1	25.9	30.3	8.1	7.8
GRILLED GAMMON STEAK WITH ONE OF EACH	819.0	53.9	75.0	15.3	36.5	9.0	8.0
CHICKEN BURGER	1076.0	61.0	95.1	9.4	50.3	14.9	4.3
CHICKEN BURGER WITH CHEESE & BACON	1212.9	72.8	95.6	9.7	60.1	19.7	6.2
BEEF BURGER	1270.3	65.6	99.6	8.8	67.7	23.2	4.1
DOUBLE BEEF BURGER	1735.1	94.3	99.6	8.8	98.1	38.4	5.2
BEEF BURGER WITH CHEESE & BACON	1407.3	77.4	100.0	9.1	77.5	28.1	6.0

DOUBLE BEEF BURGER WITH CHEESE & BACON	1872.0	106.1	100.0	9.1	107.9	43.3	7.0
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PUB CLASSICS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
MINTED LAMB LOIN	693.2	54.8	69.9	28.8	20.9	12.5	4.1
BEEF & ALE PIE	1322.8	52.4	130.7	7.8	65.6	26.8	4.3
SMOTHERED CHICKEN	1127.2	66.3	110.4	32.7	46.8	17.8	5.2
THAI GREEN CHICKEN CURRY	667.7	28.3	63.0	11.5	33.2	20.7	3.6
SLOW COOKED HAM HOCK IN PARSLEY SAUCE	863.2	44.5	50.8	9.9	53.0	27.7	7.8
SAUSAGE & MASH	1121.0	46.8	70.1	5.5	72.8	29.2	7.1
SAUSAGE & MASH IN A GIANT YORKSHIRE PUDDING	1585.6	62.2	151.5	15.8	81.5	29.8	8.8
OVEN ROAST CHICKEN & GRAVY	1090.1	98.5	66.9	16.3	47.5	13.9	4.5
CHICKEN TIKKA MASALA	873.7	46.6	121.7	24.2	22.6	7.1	7.0
TANDOORI VEGETABLE MASALA	815.7	21.2	131.2	30.6	23.6	5.9	8.0
GRILLED CHICKEN & BACON SALAD	430.1	56.8	8.7	5.9	18.8	5.3	4.9
TOMATO & ROAST VEGETABLE PASTA	734.8	24.9	101.3	15.9	25.5	7.0	2.0
OVEN ROAST CHICKEN & BBQ SAUCE & CHIPS	1235.7	93.4	73.4	18.3	63.2	17.2	3.5
OVEN ROAST CHICKEN & BBQ SAUCE & JACKET	1145.2	92.1	62.1	16.9	59.1	21.3	3.9
BEEF LASAGNE	687.0	30.2	69.0	18.9	32.2	15.1	4.2
LIVER & ONIONS	673.6	36.4	62.5	9.9	29.9	14.0	3.9
LIVER & ONIONS IN A GIANT YORKSHIRE PUDDING	1138.2	51.7	143.9	20.2	38.6	14.6	5.5
CHILLI CON CARNE	653.8	22.7	88.9	8.8	23.0	5.8	2.6
COTTAGE PIE	561.0	25.0	54.6	7.4	26.8	15.1	4.8
HAM, EGGS & CHIPS	754.5	45.3	59.1	3.4	36.6	9.7	2.5
CHEESE & ONION PASTY	1126.1	26.6	126.4	12.7	57.0	26.9	2.9
CORNISH PASTY	1311.1	32.0	148.9	14.6	65.3	29.0	4.3

FISH

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
HAND-BATTERED FISH & CHIPS WITH PEAS	1771.7	86.4	106.1	5.0	111.3	18.2	1.5
HAND-BATTERED FISH & CHIPS WITH MUSHY PEAS	1817.5	89.3	114.8	5.0	111.2	18.2	2.3
ATLANTIC SALMON FILLET	710.4	46.6	49.9	3.5	36.6	16.1	1.3
FISHERMAN'S PIE	746.9	43.0	60.9	6.8	36.9	23.6	3.7
BREADED WHOLETAIL SCAMPI WITH PEAS	1178.9	27.4	114.8	5.6	67.7	14.1	2.9
BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS	1224.8	30.4	123.4	5.6	67.6	14.0	3.7

SIDE DISHES

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
EXTRA FEAST	484.7	11.6	60.8	6.6	21.7	7.9	1.7
MIXED SIDE SALAD	72.1	1.3	4.7	2.4	5.4	0.4	0.4
GARLIC CIABATTA WITH MELTED CHEDDAR CHEESE	283.1	14.4	27.4	3.2	12.9	7.7	1.2
GARLIC CIABATTA	164.3	6.1	24.3	3.1	4.7	2.7	0.6
BAGUETTE & BUTTER	469.8	12.1	65.9	4.7	17.5	10.6	1.5
MUSHROOMS PAN-FRIED IN BUTTER	141.1	4.4	7.6	0.3	10.4	0.7	0.0
BOWL OF CHIPS	620.1	8.6	78.6	2.1	30.1	9.5	0.0
FRESH MIXED VEGETABLES	47.7	4.1	5.9	5.5	0.8	0.0	0.0

DESSERTS

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
ULTIMATE SHARING SUNDAE (FOR 2)	1749.7	26.7	197.8	169.1	93.3	37.5	1.8
CARAMEL APPLE CRUMBLE	524.2	4.9	78.4	53.0	21.1	10.0	0.2
CARAMEL APPLE CRUMBLE WITH CREAM	712.3	6.1	80.2	54.8	40.7	22.6	0.2
CARAMEL APPLE CRUMBLE WITH CUSTARD	600.7	6.9	90.7	61.6	23.3	11.1	0.4
CARAMEL APPLE CRUMBLE WITH ICE CREAM	623.8	7.3	90.3	64.8	25.9	11.0	0.3
STRAWBERRY SUNDAE	548.6	9.7	80.4	68.1	21.5	7.3	0.4
CHOCOLATE FUDGE CAKE	370.0	4.6	62.5	46.6	12.3	2.9	0.6
CHOCOLATE FUDGE CAKE WITH CREAM	558.2	5.8	64.3	48.4	31.9	15.4	0.7
CHOCOLATE FUDGE CAKE WITH ICE CREAM	469.6	7.0	74.3	58.4	17.1	3.9	0.7
TIRAMISU	276.2	3.3	33.4	22.4	13.9	11.7	0.0
CHOCOLATE INDULGENCE	786.2	12.8	94.6	86.2	39.8	15.3	0.8
PROFITEROLES	669.6	7.6	40.3	30.2	49.8	25.1	0.5
BREAD & BUTTER PUDDING	571.2	10.0	82.4	52.5	22.5	13.1	1.0
CLOTTED CREAM CHEESECAKE	627.1	7.4	88.1	73.8	27.2	15.3	0.8
STICKY TOFFEE PUDDING	735.3	6.1	85.1	67.6	40.9	15.8	0.4
STICKY TOFFEE PUDDING WITH CREAM	923.5	7.3	86.9	69.4	60.5	28.3	0.4
STICKY TOFFEE PUDDING WITH CUSTARD	811.8	8.1	97.3	76.3	43.0	16.9	0.6
STICKY TOFFEE PUDDING WITH ICE CREAM	834.9	8.5	96.9	79.5	45.7	16.7	0.5
FRESH FRUIT SALAD	112.5	1.5	26.0	26.0	1.5	0.3	0.0
FRESH FRUIT SALAD WITH CREAM	300.7	2.7	27.8	27.8	21.1	12.8	0.1
FRESH FRUIT SALAD WITH ICE CREAM	212.1	3.9	37.8	37.8	6.3	1.2	0.1

SUNDAY ROAST

DISH	Energy (kCal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Salt (g)
ROAST LAMB	813.9	53.4	71.3	12.8	34.9	15.1	1.4
MEGA ROAST LAMB	1257.4	75.4	126.4	18.5	49.8	20.8	2.7
ROAST BEEF	726.9	62.4	71.0	12.5	21.4	8.2	1.7
MEGA ROAST BEEF	1141.4	87.4	126.0	18.1	31.8	11.6	3.1
ROAST TURKEY	TBA	TBA	TBA	TBA	TBA	TBA	TBA
MEGA ROAST TURKEY	TBA	TBA	TBA	TBA	TBA	TBA	TBA
ROAST VEGETABLE WELLINGTON	1104.2	26.0	116.6	17.5	59.2	26.9	4.3

TBA = New product, data not yet available