

# Brewers Fayre



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 menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas. **We cannot guarantee your order is 100% free from any allergenic ingredient.**

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

In our kitchens we have two fryers, one for chips and fries only and one for all other deep-fried products (non-chip fryer). Cross-contamination of allergens can occur in the non-chip fryer. If you would like further information on our cooking methods, don't be afraid to ask!

The allergen 'Tree Nuts' refers to the following tree nuts and their by-products: almond, Brazil, cashew, hazelnut, macadamia (Queensland nut), pecan, pistachio and walnut. The column 'Tree Nut source (if present)' will show the specific tree nut.

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 BREWERS FAYRE ALLERGY INFORMATION GUIDE

**Y** The allergen is present

**YES** Suitable for ovo-lacto vegetarians/ vegans

**NO** Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>BREWERS FAYRE AUTUMN MENU</b>								
<b>JUST FOR STARTERS</b>								
TOMATO SOUP	1416	338	18.7	10.5	33.7	12.5	6.2	1.9
SOUTHERN CHICKEN GOUJONS	1998	477	25.0	3.6	32.3	4.2	28.9	1.7
POTATO DIPPERS	2144	512	29.9	12.7	37.8	2.8	22.8	1.7
TEMPURA PRAWNS	1999	478	27.6	8.3	44.5	14.9	12.5	2.6
HALF-DOZEN CHICKEN WINGS	3064	732	48.0	8.8	32.8	2.9	41.0	5.0
BUBBLE & SQUEAK	1696	405	30.4	14.2	20.4	3.4	10.4	1.5
PRAWN COCKTAIL	1557	372	20.7	6.4	27.4	9.4	17.4	1.1
GARLIC & HERB MUSHROOMS	1299	310	13.5	4.0	41.2	6.6	6.1	1.4
<b>PERFECT FOR SHARING</b>								
LOADED CHEESY NACHOS	5681	1357	79.6	27.9	110.7	14.4	44.1	6.0
COMBO FEAST	7706	1840	98.0	16.4	158.3	16.5	77.0	7.5
<b>PASTA &amp; SALADS</b>								
SWEET POTATO & FETA LASAGNE	3088	738	42.2	16.1	63.1	18.0	23.1	2.9
GRILLED CHICKEN & BACON SALAD	1801	430	18.6	5.7	12.9	11.7	49.9	5.1
BROCCOLI & MUSHROOM WELLINGTON	3287	785	45.4	23.8	75.5	5.0	14.4	2.2
LASAGNE	2952	705	34.2	13.8	65.0	20.1	31.2	3.6
RED PEPPER & CHEESE QUICHE	3540	846	56.6	28.8	62.9	11.5	19.5	1.8
<b>CLASSIC MAINS</b>								
SMOTHERED CHICKEN	3951	944	46.4	15.3	75.5	12.2	53.8	4.7
SLOW-COOKED LAMB SHANK	3132	748	45.0	25.4	49.2	8.5	34.2	2.7
MEXICAN BEEF CHILLI	2999	716	18.6	5.4	97.1	5.7	28.7	2.2
BEEF STEW WITH HORSERADISH DUMPLING	3750	896	41.5	20.7	88.3	18.3	37.8	3.8
ULTIMATE FILLED YORKSHIRE SAUSAGE & MASH	5775	1379	67.5	26.7	129.3	13.9	54.8	5.5
GARLIC CHICKEN	5558	1327	73.2	16.4	119.7	7.7	45.1	1.2
GRILLED GAMMON STEAK WITH EGGS	3860	922	38.0	12.5	62.5	5.6	80.9	4.6
GRILLED GAMMON STEAK WITH PINEAPPLE	3674	878	31.5	10.8	81.2	26.4	68.6	4.2
GRILLED GAMMON STEAK WITH ONE OF EACH	3767	900	34.7	11.7	71.9	16.0	74.7	4.4
SAUSAGE, EGG & CHIPS	4170	996	57.1	18.9	74.2	7.4	44.0	2.5
BEEF & DOOM BAR PUDDING	6838	1633	116.2	53.8	109.1	10.5	33.5	4.9
CHICKEN TIKKA CURRY	3614	863	24.0	6.2	113.1	25.6	45.3	3.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>OUR FINEST CATCH</b>								
HAND-BATTERED GIANT ATLANTIC HADDOCK & CHIPS WITH PEAS	4511	1078	59.5	16.3	86.1	7.4	47.6	1.7
HAND-BATTERED GIANT ATLANTIC HADDOCK & CHIPS WITH MUSHY PEAS	4670	1115	59.6	16.3	92.6	6.1	49.9	2.6
BREADED WHOLETAIL SCAMPI WITH PEAS	3880	927	44.6	8.3	106.7	6.6	24.1	3.9
BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS	4039	965	44.7	8.4	113.2	5.3	26.4	4.8
FISH PIE	3272	781	34.0	14.9	74.0	11.9	39.5	3.5
FISH & CHIPS WITH PEAS	5078	1213	73.0	12.3	100.0	6.4	36.3	1.7
FISH & CHIPS WITH MUSHY PEAS	5237	1251	73.1	12.3	106.5	5.1	38.6	2.6
<b>BIT ON THE SIDE</b>								
BATTERED ONION RINGS	1850	442	24.7	1.8	47.8	5.2	5.4	1.3
GARLIC BREAD WITH CHEESE	1297	310	19.6	7.9	21.6	1.4	11.1	1.0
MIXED SIDE SALAD	221	53	2.2	0.3	6.2	5.1	1.1	0.2
BOWL OF CHIPS	1742	416	20.2	6.4	52.7	1.4	5.8	0.2
COLESLAW	581	139	10.4	0.8	8.8	6.5	1.4	0.7
CAULIFLOWER CHEESE	1180	282	20.2	11.8	9.7	3.8	14.0	1.6
EXTRA FEAST	1983	474	25.6	5.3	51.6	3.9	7.9	1.4
LOADED CHIPS WITH SPRING ONION & CHEESE	2709	647	33.4	14.4	67.6	15.4	18.6	1.4
LOADED CHIPS WITH BACON & CHEESE	3134	749	40.0	16.6	67.7	15.2	29.2	2.9
LOADED CHIPS WITH CHILLI & CHEESE	3180	760	39.8	17.0	73.4	16.3	26.5	2.0
<b>FRESH FROM THE GRILL</b>								
8OZ RUMP STEAK	3773	901	41.0	12.5	76.6	8.3	56.6	1.4
8OZ SIRLOIN STEAK	3906	933	43.7	14.0	76.6	8.2	55.8	1.2
SAUCY STEAK DIANE-RUMP	4252	1016	58.2	23.1	67.1	4.8	57.9	1.7
SAUCY STEAK DIANE- SIRLOIN	4385	1047	61.0	24.5	67.1	4.7	57.2	1.5
SAUCY STEAK DIANE- RIB-EYE	5992	1431	84.1	35.8	70.2	7.8	97.8	1.6
14OZ RIB-EYE STEAK WITH PEPPERCORN SAUCE	5704	1362	68.9	26.5	85.4	14.1	97.4	2.1
14OZ RIB-EYE STEAK WITH BEARNAISE SAUCE	6284	1501	85.6	36.8	83.1	12.4	97.2	1.8
14OZ RIB-EYE STEAK WITH DIANE SAUCE	5818	1390	72.8	28.5	83.0	12.5	98.0	1.8
MIXED GRILL WITH FLAT IRON	5913	1412	65.7	21.5	83.2	9.7	104.4	5.1
MIXED GRILL WITH RUMP STEAK	6139	1466	69.9	23.6	80.0	10.0	128.9	5.5
ADD BLACK PUDDING	585	140	9.3	3.5	6.3	0.1	7.5	1.0
<b>ADD A SAUCE</b>								
PEPPERCORN SAUCE	190	46	2.0	1.3	5.6	2.8	1.0	0.8
BEARNAISE SAUCE	771	184	18.7	11.5	3.3	1.1	0.8	0.5
DIANE SAUCE	305	73	5.9	3.2	3.2	1.1	1.6	0.5
TENNESSEE WHISKEY GLAZE	618	148	1.4	0.1	33.0	31.0	0.8	0.9
<b>TASTE OF TENNESSEE</b>								
FULL RACK OF RIBS	4873	1164	64.2	20.9	88.1	29.6	57.0	3.5
6OZ BEEF BURGER	4852	1159	60.0	19.8	109.6	22.1	43.5	2.4
CHICKEN & RIB COMBO	5542	1324	69.5	21.2	79.7	20.7	93.3	4.4
HALF ROAST CHICKEN & CHIPS	3924	937	45.9	13.9	62.3	7.0	67.7	2.6

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>BURGERS</b>								
THE NEW YORKER	4860	1161	65.2	23.7	95.1	13.9	50.8	3.1
HOT N SPICY VEGGIE NACHO BURGER	5160	1232	61.8	19.8	142.3	17.9	23.0	3.0
THE SOUTH WESTERN	4104	980	47.6	11.0	106.5	12.4	29.6	2.4
CHEESE & MUSHROOM BURGER	4790	1144	63.0	24.9	93.3	12.3	48.7	2.6
ADD AN EXTRA BEEF BURGER	1267	303	20.4	9.5	0.4	0.3	29.4	1.1
ADD AN EXTRA CHICKEN BURGER	884	211	10.7	1.5	12.4	0.1	16.5	0.8
ADD CHEESE & BACON	461	110	8.4	4.6	0.1	0.1	8.4	0.8
<b>PERFECT PUDS!</b>								
STICKY TOFFEE PUDDING	2397	573	20.1	6.0	88.4	70.2	8.0	0.8
BELGAIN WAFFLE WITH SALTED CARAMEL ICE CREAM	2566	613	29.3	17.5	78.3	35.4	8.4	0.6
BELGAIN WAFFLE WITH CHOC HONEYCOMB ICE CREAM	2563	612	28.6	17.0	79.8	36.8	8.2	0.7
SALTED TOFFEE APPLE CRUMBLE	2803	670	26.3	11.2	98.5	65.4	7.1	1.6
PROFITEROLES	1768	422	29.6	16.6	34.2	26.6	4.6	0.3
WINTER BERRY CHEESECAKE	2019	482	34.4	19.6	36.6	24.8	5.9	0.6
WARM CHOCOLATE BROWNIE	2425	579	22.0	9.0	85.0	68.9	8.7	0.5
CARAMEL APPLE BETTY	1900	454	12.8	6.6	77.7	49.0	6.2	0.5
<b>ICE CREAM</b>								
CHOC-A-BLOCK CADBURY SUNDAE	3012	719	34.6	19.3	90.0	79.3	10.8	0.6
ICE CREAM WITH CARAMEL SAUCE	1197	286	11.1	5.7	40.1	39.5	6.2	0.3
ICE CREAM WITH RASPBERRY SAUCE	1162	278	8.8	4.3	45.2	39.4	4.1	0.3
ICE CREAM WITH CHOCOLATE SAUCE	1167	279	8.9	4.5	44.6	38.0	4.5	0.3
<b>SHARERS</b>								
SHARING FONDUE	7305	1745	60.0	29.8	271.4	186.6	26.2	1.9
CELEBRATION SUNDAE	5692	1359	65.1	33.8	169.2	145.5	22.6	1.2
<b>PIES</b>								
DIRTY MUD PIE	5277	1260	74.9	40.4	131.9	97.9	11.7	0.8
LEMON MERINGUE PIE	2418	578	36.3	20.5	56.3	39.2	5.9	0.2
BANOFFEE PIE	3148	752	35.0	22.1	101.9	75.8	6.5	0.4

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BREWERS FAYRE AUTUMN MENU JUST FOR STARTERS</b>																				
<b>TOMATO SOUP</b>																				
UHT WHIPPING CREAM	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
TOMATO SOUP CONCENTRATE	YES	NO						Y						Y						
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
<b>TOTAL TOMATO SOUP</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>						<b>Y</b>						
<b>SOUTHERN CHICKEN GOUJONS</b>																				
FLAT LEAF PARSLEY	YES	YES																		
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
LOUISIANA CHICKEN GOUJONS	NO	NO	Y					Y												
<b>TOTAL SOUTHERN CHICKEN GOUJONS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>POTATO DIPPERS</b>																				
GREEN BACK BACON	NO	NO																		
SPRING ONION	YES	YES																		
REDUCED FAT SOUR CREAM	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
<b>TOTAL POTATO DIPPERS</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>TEMPURA PRAWNS</b>																				
SWEET CHILLI DIP SAUCE	YES	YES																		
RAPESEED OIL	YES	YES																		
TEMPURA BATTERED TAIL ON KING PRAWNS	NO	NO	Y							Y										
<b>TOTAL TEMPURA PRAWNS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>							<b>Y</b>										
<b>HALF-DOZEN CHICKEN WINGS</b>																				
RAPESEED OIL	YES	YES																		
PIRI PIRI SAUCE	YES	YES											Y							
LOUISIANA CHICKEN WINGS	NO	NO	Y					Y												
<b>TOTAL HALF-DOZEN CHICKEN WINGS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>					<b>Y</b>							
<b>BUBBLE &amp; SQUEAK</b>																				
FLAT LEAF PARSLEY	YES	YES																		
BEARNAISE SAUCE	YES	NO					Y	Y	Y				Y							
MEDIUM EGGS	YES	NO						Y												
VINEGAR MALT	YES	YES			Y															
BUBBLE AND SQUEAK	YES	NO							Y											
<b>TOTAL BUBBLE &amp; SQUEAK</b>	<b>YES</b>	<b>NO</b>			<b>Y</b>		<b>Y</b>	<b>Y</b>	<b>Y</b>				<b>Y</b>							

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PRAWN COCKTAIL</b>																				
PAPRIKA PEPPER	YES	YES																		
SALTED BUTTER	YES	NO						Y												
COOKED AND PEELED PRAWNS	NO	NO								Y										
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
LEMONS	YES	YES																		
SEAFOOD SAUCE	YES	NO						Y							Y					
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
<b>TOTAL PRAWN COCKTAIL</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>	<b>Y</b>		<b>Y</b>				<b>Y</b>					
<b>GARLIC &amp; HERB MUSHROOMS</b>																				
FLAT LEAF PARSLEY	YES	YES																		
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
<b>TOTAL GARLIC &amp; HERB MUSHROOMS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	
<b>PERFECT FOR SHARING</b>																				
<b>LOADED CHEESY NACHOS</b>																				
SPRING ONION	YES	YES																		
TOMATOES	YES	YES																		
REDUCED FAT SOUR CREAM	YES	NO						Y												
CORIANDER	YES	YES																		
GUACAMOLE	YES	YES																		
TORTILLA CHIPS	YES	YES																		
AGED CHEESE SAUCE	YES	NO					Y	Y												
GREEN SLICED JALAPENOS	YES	YES																		
SALSA	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
<b>TOTAL LOADED CHEESY NACHOS</b>	<b>YES</b>	<b>NO</b>					<b>Y</b>	<b>Y</b>												
<b>COMBO FEAST</b>																				
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
GARLIC BREAD SLICES	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
GARLIC MAYONNAISE	YES	NO						Y												
BBQ SAUCE	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
PIRI PIRI SAUCE	YES	YES											Y							
LOUISIANA CHICKEN GOUJONS	NO	NO	Y					Y												
CHICKEN SKEWER																				
<b>TOTAL COMBO FEAST</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>					<b>Y</b>							

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PASTA &amp; SALADS</b>																				
<b>SWEET POTATO &amp; FETA LASAGNE</b>																				
FLAT LEAF PARSLEY	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y	Y											
SPINACH & FETA LASAGNE	YES	NO	Y					Y	Y					Y	Y					
GARLIC BREAD SLICES	YES	YES	Y																	
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
<b>TOTAL SWEET POTATO &amp; FETA LASAGNE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>	<b>Y</b>				
<b>GRILLED CHICKEN &amp; BACON SALAD</b>																				
GREEN BACK BACON	NO	NO																		
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RAPESEED OIL	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
CHICKEN BREAST	NO	NO																		
RED PEPPERS	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
<b>TOTAL GRILLED CHICKEN &amp; BACON SALAD</b>	<b>NO</b>	<b>NO</b>											<b>Y</b>			<b>Y</b>				
<b>BROCCOLI &amp; MUSHROOM WELLINGTON</b>																				
POTATOES	YES	YES																		
SALTED BUTTER	YES	NO							Y											
GREEN BEANS	YES	YES																		
MUSHROOM, BROCCOLI & BRIE PASTRY WELLINGTON	YES	NO	Y						Y	Y										
<b>TOTAL BROCCOLI &amp; MUSHROOM WELLINGTON</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>										
<b>LASAGNE</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO								Y										
MEAT LASAGNE	NO	NO	Y						Y	Y					Y	Y				
GARLIC BREAD SLICES	YES	YES	Y																	
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
<b>TOTAL LASAGNE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>			<b>Y</b>		<b>Y</b>	<b>Y</b>				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>RED PEPPER &amp; CHEESE QUICHE</b>																				
POTATOES	YES	YES																		
SALTED BUTTER	YES	NO						Y												
QUICHE RED PEPPER	YES	NO	Y					Y	Y											
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL RED PEPPER &amp; CHEESE QUICHE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					
<b>CLASSIC MAINS</b>																				
<b>SMOTHERED CHICKEN</b>																				
GREEN BACK BACON	NO	NO																		
TOMATOES	YES	YES																		
GARLIC BREAD SLICES	YES	YES	Y																	
CHEESE SLICES	YES	NO						Y												
RAPESEED OIL	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
CHICKEN BREAST	NO	NO																		
BBQ SAUCE	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
<b>TOTAL SMOTHERED CHICKEN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					
<b>SLOW-COOKED LAMB SHANK</b>																				
MASHED POTATO	YES	NO							Y											
MINT JUS	NO	NO	Y					Y				Y		Y						
SALTED BUTTER	YES	NO							Y											
LAMB SHANK	NO	NO																		
GREEN BEANS	YES	YES																		
<b>TOTAL SLOW-COOKED LAMB SHANK</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>		<b>Y</b>						
<b>MEXICAN BEEF CHILLI</b>																				
BASMATI RICE	YES	YES																		
CORIANDER	YES	YES																		
RED CHILLIES	YES	YES																		
TORTILLA CHIPS	YES	YES																		
BEEF CHILLI	NO	NO							Y					Y						
<b>TOTAL MEXICAN BEEF CHILLI</b>	<b>NO</b>	<b>NO</b>							<b>Y</b>					<b>Y</b>						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BEEF STEW WITH HORSERADISH DUMPLING</b>																				
FLAT LEAF PARSLEY	YES	YES																		
MASHED POTATO	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
BEEF STEW WITH ROOT VEGETABLES	NO	NO			Y							Y								
HORSERADISH DUMPLING	NO	NO	Y					Y							Y					
<b>TOTAL BEEF STEW WITH HORSERADISH DUMPLING</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					
<b>ULTIMATE FILLED YORKSHIRE SAUSAGE &amp; MASH</b>																				
GARDEN PEAS	YES	YES																		
MASHED POTATO	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
SMITHFIELD SAUSAGE	NO	NO	Y					Y				Y								
RAPESEED OIL	YES	YES																		
GRAVY CONCENTRATE	NO	NO												Y						
RED ONIONS	YES	YES																		
LARGE YORKSHIRE PUDDING	YES	NO	Y					Y	Y											
<b>TOTAL ULTIMATE FILLED YORKSHIRE SAUSAGE &amp; MASH</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					
<b>GARLIC CHICKEN</b>																				
GARLIC AND PARSLEY SPREAD	YES	NO						Y												
MEDIUM EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
CHICKEN ESCALOPE	NO	NO	Y						Y											
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL GARLIC CHICKEN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					
<b>GRILLED GAMMON STEAK WITH EGGS</b>																				
GARDEN PEAS	YES	YES																		
MEDIUM EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL GRILLED GAMMON STEAK WITH EGGS</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten										Allergens Present							
	Suitable for Vegetarians	Suitable for Vegans	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)
<b>GRILLED GAMMON STEAK WITH PINEAPPLE</b>																				
GARDEN PEAS	YES	YES																		
PINEAPPLE IN JUICE	YES	YES																		
RAPESEED OIL	YES	YES																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL GRILLED GAMMON STEAK WITH PINEAPPLE</b>	<b>NO</b>	<b>NO</b>																		
<b>GRILLED GAMMON STEAK WITH ONE OF EACH</b>																				
GARDEN PEAS	YES	YES																		
PINEAPPLE IN JUICE	YES	YES																		
MEDIUM EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL GRILLED GAMMON STEAK WITH ONE OF EACH</b>	<b>NO</b>	<b>NO</b>						Y												
<b>SAUSAGE, EGG &amp; CHIPS</b>																				
GARDEN PEAS	YES	YES																		
MEDIUM EGGS	YES	NO						Y												
BREAKFAST PORK SAUSAGE	NO	NO	Y										Y							
RAPESEED OIL	YES	YES																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL SAUSAGE, EGG &amp; CHIPS</b>	<b>NO</b>	<b>NO</b>	Y					Y					Y							
<b>BEEF &amp; DOOM BAR PUDDING</b>																				
SPRING ONION	YES	YES																		
MASHED POTATO	YES	NO						Y												
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
GRAVY CONCENTRATE	NO	NO												Y						
GREEN BEANS	YES	YES																		
BEEF AND DOOM BAR ALE SUET	NO	NO	Y		Y															
<b>TOTAL BEEF &amp; DOOM BAR PUDDING</b>	<b>NO</b>	<b>NO</b>	Y		Y			Y						Y						
<b>CHICKEN TIKKA CURRY</b>																				
PLAIN NAAN	YES	NO	Y				Y	Y												
MANGO CHUTNEY - GREEN LABEL	YES	YES																		
BASMATI RICE	YES	YES																		
PLAIN POPPADOMS	YES	YES																		
RAPESEED OIL	YES	YES																		
GREEK STYLE YOGHURT	YES	NO						Y												
CHICKEN MAKHANI CURRY	NO	NO						Y												
<b>TOTAL CHICKEN TIKKA CURRY</b>	<b>NO</b>	<b>NO</b>	Y				Y	Y												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														

**OUR FINEST CATCH**

<b>HAND-BATTERED GIANT ATLANTIC HADDOCK &amp; CHIPS WITH PEAS</b>																			
GARDEN PEAS	YES	YES																	
TARTARE SAUCE	YES	NO						Y											
LEMONS	YES	YES																	
PLAIN FLOUR	YES	YES	Y																
RAPESEED OIL	YES	YES																	
HADDOCK FILLET LARGE	NO	NO								Y									
BATTER MIX	YES	YES	Y																
CHIPS	YES	YES																	
RAPESEED OIL	YES	YES																	
<b>TOTAL HADDOCK &amp; CHIPS WITH PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>									

<b>HAND-BATTERED GIANT ATLANTIC HADDOCK &amp; CHIPS WITH MUSHY PEAS</b>																			
MUSHY PEAS	YES	YES																	
TARTARE SAUCE	YES	NO						Y											
LEMONS	YES	YES																	
PLAIN FLOUR	YES	YES	Y																
RAPESEED OIL	YES	YES																	
HADDOCK FILLET LARGE	NO	NO								Y									
BATTER MIX	YES	YES	Y																
CHIPS	YES	YES																	
RAPESEED OIL	YES	YES																	
<b>TOTAL HADDOCK &amp; CHIPS WITH MUSHY PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>									

<b>BREADED WHOLETAIL SCAMPI WITH PEAS</b>																			
GARDEN PEAS	YES	YES																	
TARTARE SAUCE	YES	NO						Y											
LEMONS	YES	YES																	
RAPESEED OIL	YES	YES																	
SCAMPI (BF)	NO	NO	Y								Y								
CHIPS	YES	YES																	
RAPESEED OIL	YES	YES																	
<b>TOTAL BREADED WHOLETAIL SCAMPI WITH PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>			<b>Y</b>								

<b>BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS</b>																			
MUSHY PEAS	YES	YES																	
TARTARE SAUCE	YES	NO						Y											
LEMONS	YES	YES																	
RAPESEED OIL	YES	YES																	
SCAMPI (BF)	NO	NO	Y								Y								
CHIPS	YES	YES																	
RAPESEED OIL	YES	YES																	
<b>TOTAL BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>			<b>Y</b>								

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>FISH PIE</b>																				
GARDEN PEAS	YES	YES																		
FLAT LEAF PARSLEY	YES	YES																		
GARLIC BREAD SLICES	YES	YES	Y																	
MASHED POTATO	YES	NO						Y												
FISH PIE MIX	NO	NO	Y					Y	Y	Y				Y						
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL FISH PIE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>		<b>Y</b>		<b>Y</b>	<b>Y</b>					
<b>FISH &amp; CHIPS WITH PEAS</b>																				
GARDEN PEAS	YES	YES																		
TARTARE SAUCE	YES	NO						Y												
LEMONS	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
POLLOCK FILLETS	NO	NO								Y										
BATTER MIX	YES	YES	Y																	
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL FISH &amp; CHIPS WITH PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>										
<b>FISH &amp; CHIPS WITH MUSHY PEAS</b>																				
MUSHY PEAS	YES	YES																		
TARTARE SAUCE	YES	NO						Y												
LEMONS	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
POLLOCK FILLETS	NO	NO								Y										
BATTER MIX	YES	YES	Y																	
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL FISH &amp; CHIPS WITH MUSHY PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>										
<b>BIT ON THE SIDE</b>																				
<b>BATTERED ONION RINGS</b>																				
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
<b>TOTAL BATTERED ONION RINGS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>GARLIC BREAD WITH CHEESE</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
GARLIC BREAD SLICES	YES	YES	Y																	
<b>TOTAL GARLIC BREAD WITH CHEESE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>MIXED SIDE SALAD</b>																				
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL MIXED SIDE SALAD</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>			<b>Y</b>					
<b>BOWL OF CHIPS</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL BOWL OF CHIPS</b>	<b>YES</b>	<b>YES</b>																		
<b>COLESRAW</b>																				
COLESRAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
<b>TOTAL COLESRAW</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>							<b>Y</b>					
<b>CAULIFLOWER CHEESE</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
CAULIFLOWER CHEESE	YES	NO						Y	Y											
<b>TOTAL CAULIFLOWER CHEESE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>	<b>Y</b>											
<b>EXTRA FEAST</b>																				
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
GARLIC BREAD SLICES	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
<b>TOTAL EXTRA FEAST</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	
<b>LOADED CHIPS WITH SPRING ONION &amp; CHEESE</b>																				
SPRING ONION	YES	YES																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
TENNESSEE WHISKEY GLAZE	YES	NO	Y					Y												
<b>TOTAL LOADED CHIPS WITH SPRING ONION &amp; CHEESE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>LOADED CHIPS WITH BACON &amp; CHEESE</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
SMOKED DRY CURED STREAKY BACON	NO	NO																		
TENNESSEE WHISKEY GLAZE	YES	NO	Y				Y													
<b>TOTAL LOADED CHIPS WITH BACON &amp; CHEESE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>											
<b>LOADED CHIPS WITH CHILLI &amp; CHEESE</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
RED CHILLIES	YES	YES																		
CONEY ISLAND CHILLI	NO	NO	Y																	
TENNESSEE WHISKEY GLAZE	YES	NO	Y				Y													
<b>TOTAL LOADED CHIPS WITH CHILLI &amp; CHEESE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>											
<b>FRESH FROM THE GRILL</b>																				
<b>8OZ RUMP STEAK</b>																				
GARDEN PEAS	YES	YES																		
TOMATOES	YES	YES																		
8OZ RUMP STEAK	NO	NO																		
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL 8OZ RUMP STEAK</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	
<b>8OZ SIRLOIN STEAK</b>																				
GARDEN PEAS	YES	YES																		
TOMATOES	YES	YES																		
8OZ SIRLOIN	NO	NO																		
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL 8OZ SIRLOIN STEAK</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>SAUCY STEAK DIANE-RUMP</b>																				
FLAT LEAF PARSLEY	YES	YES																		
MUSHROOM CUP	YES	YES																		
SALTED BUTTER	YES	NO						Y												
CHIPS	YES	YES																		
8OZ RUMP STEAK	NO	NO																		
DIANE SAUCE	NO	NO						Y						Y	Y					
PLAIN FLOUR	YES	YES	Y																	
RED ONIONS	YES	YES																		
<b>TOTAL SAUCY STEAK DIANE-RUMP</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>						<b>Y</b>	<b>Y</b>					
<b>SAUCY STEAK DIANE- SIRLOIN</b>																				
FLAT LEAF PARSLEY	YES	YES																		
MUSHROOM CUP	YES	YES																		
SALTED BUTTER	YES	NO						Y												
CHIPS	YES	YES																		
8OZ SIRLOIN	NO	NO																		
DIANE SAUCE	NO	NO						Y						Y	Y					
PLAIN FLOUR	YES	YES	Y																	
RED ONIONS	YES	YES																		
<b>TOTAL SAUCY STEAK DIANE- SIRLOIN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>						<b>Y</b>	<b>Y</b>					
<b>SAUCY STEAK DIANE- RIB-EYE</b>																				
FLAT LEAF PARSLEY	YES	YES																		
MUSHROOM CUP	YES	YES																		
SALTED BUTTER	YES	NO						Y												
CHIPS	YES	YES																		
RIBEYE STEAK 14OZ	NO	NO																		
DIANE SAUCE	NO	NO						Y						Y	Y					
PLAIN FLOUR	YES	YES	Y																	
RED ONIONS	YES	YES																		
<b>TOTAL SAUCY STEAK DIANE- RIB-EYE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>						<b>Y</b>	<b>Y</b>					
<b>14OZ RIB-EYE STEAK WITH PEPPERCORN SAUCE</b>																				
GARDEN PEAS	YES	YES																		
TOMATOES	YES	YES																		
PEPPERCORN SAUCE	NO	NO	Y					Y						Y						
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
RIBEYE STEAK 14OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL 14OZ RIB-EYE STEAK WITH PEPPERCORN SAUCE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>						<b>Y</b>						

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>14OZ RIB-EYE STEAK WITH BEARNAISE SAUCE</b>																				
GARDEN PEAS	YES	YES																		
BEARNAISE SAUCE	YES	NO					Y	Y	Y				Y							
TOMATOES	YES	YES																		
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
RIBEYE STEAK 14OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL 14OZ RIB-EYE STEAK WITH BEARNAISE SAUCE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>			<b>Y</b>							
<b>14OZ RIB-EYE STEAK WITH DIANE SAUCE</b>																				
GARDEN PEAS	YES	YES																		
TOMATOES	YES	YES																		
DIANE SAUCE	NO	NO						Y						Y	Y					
RAPESEED OIL	YES	YES																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
RIBEYE STEAK 14OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL 14OZ RIB-EYE STEAK WITH DIANE SAUCE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>					<b>Y</b>	<b>Y</b>					
<b>MIXED GRILL WITH FLAT IRON</b>																				
GARDEN PEAS	YES	YES																		
TOMATOES	YES	YES																		
MEDIUM EGGS	YES	NO						Y												
BREAKFAST PORK SAUSAGE	NO	NO	Y										Y							
RAPESEED OIL	YES	YES																		
CHICKEN BREAST	NO	NO																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
FLAT IRON 4OZ	NO	NO																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL MIXED GRILL WITH FLAT IRON</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>					<b>Y</b>							

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>MIXED GRILL WITH RUMP STEAK</b>																				
GARDEN PEAS	YES	YES																		
TOMATOES	YES	YES																		
MEDIUM EGGS	YES	NO					Y													
BREAKFAST PORK SAUSAGE	NO	NO	Y									Y								
RAPESEED OIL	YES	YES																		
CHICKEN BREAST	NO	NO																		
LARGE BATTERED ONION RINGS	NO	NO	Y																	
8OZ RUMP STEAK	NO	NO																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL MIXED GRILL WITH RUMP STEAK</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>				<b>Y</b>								
<b>ADD BLACK PUDDING</b>																				
BLACK PUDDING	NO	NO	Y		Y															
<b>TOTAL ADD BLACK PUDDING</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>															
<b>ADD A SAUCE</b>																				
<b>PEPPERCORN SAUCE</b>																				
PEPPERCORN SAUCE	NO	NO	Y					Y						Y						
<b>TOTAL PEPPERCORN SAUCE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>						<b>Y</b>						
<b>BEARNAISE SAUCE</b>																				
BEARNAISE SAUCE	YES	NO					Y	Y	Y				Y							
<b>TOTAL BEARNAISE SAUCE</b>	<b>YES</b>	<b>NO</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>				<b>Y</b>							
<b>DIANE SAUCE</b>																				
DIANE SAUCE	NO	NO						Y						Y	Y					
<b>TOTAL DIANE SAUCE</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>						<b>Y</b>	<b>Y</b>					
<b>TENNESSEE WHISKEY GLAZE</b>																				
TENNESSEE WHISKEY GLAZE	YES	NO	Y				Y													
<b>TOTAL TENNESSEE WHISKEY GLAZE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>													

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>TASTE OF TENNESSEE</b>																				
<b>FULL RACK OF RIBS</b>																				
RAPESEED OIL	YES	YES																		
MAPLE FLAVOUR BBQ PORK RIBS	NO	NO																		
TENNESSEE WHISKEY GLAZE	YES	NO	Y				Y													
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL FULL RACK OF RIBS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>				<b>Y</b>			<b>Y</b>					
<b>6OZ BEEF BURGER</b>																				
TOMATOES	YES	YES																		
CHIPS	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
STEAK BURGER 6OZ	NO	NO																		
RED ONIONS	YES	YES																		
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
TENNESSEE WHISKEY GLAZE	YES	NO	Y					Y												
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
PLAIN FLOUR	YES	YES	Y																	
RED ONIONS	YES	YES																		
<b>TOTAL 6OZ BEEF BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>					
<b>CHICKEN &amp; RIB COMBO</b>																				
ROAST CHICKEN HALVES	NO	NO																		
RAPESEED OIL	YES	YES																		
MAPLE FLAVOUR BBQ PORK RIBS	NO	NO																		
TENNESSEE WHISKEY GLAZE	YES	NO	Y					Y												
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL CHICKEN &amp; RIB COMBO</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>				<b>Y</b>			<b>Y</b>					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>HALF ROAST CHICKEN &amp; CHIPS</b>																				
ROAST CHICKEN HALVES	NO	NO																		
TENNESSEE WHISKEY GLAZE	YES	NO	Y				Y													
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES										Y			Y					
<b>TOTAL HALF ROAST CHICKEN &amp; CHIPS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>					<b>Y</b>			<b>Y</b>					
<b>BURGERS</b>																				
<b>THE NEW YORKER</b>																				
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
CHEESE SLICES	YES	NO							Y											
SMOKED DRY CURED STREAKY BACON	NO	NO																		
BURGER SAUCE	YES	NO							Y	Y						Y				
RED ONIONS	YES	YES																		
STEAK BURGER 6OZ	NO	NO																		
SESAME SEEDED BURGER BUN	YES	NO	Y						Y	Y				Y						
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO							Y							Y				
<b>TOTAL THE NEW YORKER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>				
<b>HOT N SPICY VEGGIE NACHO BURGER</b>																				
TOMATOES	YES	YES																		
REDUCED FAT SOUR CREAM	YES	NO							Y											
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
NACHO BEAN BURGER	YES	NO	Y						Y	Y			Y							
SESAME SEEDED BURGER BUN	YES	NO	Y						Y	Y				Y						
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO							Y								Y			
LIGHT MAYONNAISE	YES	NO							Y								Y			
PIRI PIRI SAUCE	YES	YES											Y							
<b>TOTAL HOT N SPICY VEGGIE NACHO BURGER</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>			<b>Y</b>	<b>Y</b>		<b>Y</b>				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>THE SOUTH WESTERN</b>																				
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RED ONIONS	YES	YES																		
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y										Y		
LIGHT MAYONNAISE	YES	NO						Y										Y		
PIRI PIRI SAUCE	YES	YES											Y							
<b>TOTAL THE SOUTH WESTERN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>				<b>Y</b>		
<b>CHEESE &amp; MUSHROOM BURGER</b>																				
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
CHEESE SLICES	YES	NO							Y											
MUSHROOMS	YES	YES																		
SALTED BUTTER	YES	NO							Y											
RED ONIONS	YES	YES																		
STEAK BURGER 6OZ	NO	NO																		
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y										Y		
<b>TOTAL CHEESE &amp; MUSHROOM BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>					<b>Y</b>		
<b>ADD AN EXTRA BEEF BURGER</b>																				
STEAK BURGER 6OZ	NO	NO																		
<b>TOTAL ADD AN EXTRA BEEF BURGER</b>	<b>NO</b>	<b>NO</b>																		
<b>ADD AN EXTRA CHICKEN BURGER</b>																				
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
<b>TOTAL ADD AN EXTRA CHICKEN BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>ADD CHEESE &amp; BACON</b>																				
CHEESE SLICES	YES	NO							Y											
SMOKED DRY CURED STREAKY BACON	NO	NO																		
<b>TOTAL ADD CHEESE &amp; BACON</b>	<b>NO</b>	<b>NO</b>							<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Cereals Containing Gluten							Allergens Present											
	Suitable for Vegetarians	Suitable for Vegans	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)	
<b>PERFECT PUDS!</b>																					
<b>STICKY TOFFEE PUDDING</b>																					
CUSTARD RTS	YES	NO							Y	Y											
STICKY TOFFEE SQUARE	YES	NO	Y					Y	Y												
<b>TOTAL STICKY TOFFEE PUDDING</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>												
<b>BELGIAN WAFFLE WITH SALTED CARAMEL ICE CREAM</b>																					
CHOCOLATE FLAVOUR SAUCE	YES	YES																			
BELGIAN WAFFLES	YES	NO	Y					Y	Y	Y											
CARAMEL SAUCE	YES	NO								Y											
SALTED CARAMEL ICE CREAM	YES	NO								Y											
<b>TOTAL WAFFLE WITH SALTED CARAMEL ICE CREAM</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>BELGIAN WAFFLE WITH CHOC HONEYCOMB ICE CREAM</b>																					
CHOCOLATE FLAVOUR SAUCE	YES	YES																			
BELGIAN WAFFLES	YES	NO	Y					Y	Y	Y											
CARAMEL SAUCE	YES	NO								Y											
CHOCOLATE AND HONEYCOMB ICE CREAM	YES	NO						Y		Y											
<b>TOTAL WAFFLE WITH CHOC HONEYCOMB ICE CREAM</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>SALTED TOFFEE APPLE CRUMBLE</b>																					
CUSTARD RTS	YES	NO								Y											
SHORTCAKE OATY CRUMBLE	YES	NO	Y			Y			Y	Y											
SALTED TOFFEE APPLE FILLING	YES	NO								Y											
<b>TOTAL SALTED TOFFEE APPLE CRUMBLE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>	<b>Y</b>											
<b>PROFITEROLES</b>																					
PROFITEROLES	YES	NO	Y						Y	Y											
DAIRY AEROSOL CREAM	YES	NO								Y											
SALTED CARAMEL SAUCE	YES	NO								Y											
<b>TOTAL PROFITEROLES</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>											
<b>WINTER BERRY CHEESECAKE</b>																					
HEDGEROW BERRIES IN SAUCE	YES	YES																			
VANILLA CHEESECAKE	YES	NO	Y		Y			Y		Y											
<b>TOTAL WINTER BERRY CHEESECAKE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>		<b>Y</b>											
<b>WARM CHOCOLATE BROWNIE</b>																					
CHOCOLATE FLAVOUR SAUCE	YES	YES																			
VANILLA FLAVOURED ICE CREAM	YES	NO								Y											
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y	Y											
CARAMEL SAUCE	YES	NO								Y											
<b>TOTAL WARM CHOCOLATE BROWNIE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>CARAMEL APPLE BETTY</b>																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y				Y	Y	Y											
CUSTARD RTS	YES	NO							Y											
<b>TOTAL CARAMEL APPLE BETTY</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>ICE CREAM</b>																				
<b>CHOC-A-BLOCK CADBURY SUNDAE</b>																				
CHOCOLATE FLAVOUR SAUCE	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CHOCOLATE BROWNIE	YES	NO	Y				Y	Y	Y											
BUTTER ROYALE BISCUIT	YES	NO	Y				Y	Y	Y											
CADBURY DAIRY MILK PIECES	YES	NO							Y											
DAIRY AEROSOL CREAM	YES	NO							Y											
CADBURY FLAKE	YES	NO							Y											
<b>TOTAL CHOC-A-BLOCK CADBURY SUNDAE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>ICE CREAM WITH CARAMEL SAUCE</b>																				
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CARAMEL SAUCE	YES	NO							Y											
<b>TOTAL ICE CREAM WITH CARAMEL SAUCE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>ICE CREAM WITH RASPBERRY SAUCE</b>																				
RASPBERRY SAUCE TOPPING	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
<b>TOTAL ICE CREAM WITH RASPBERRY SAUCE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>ICE CREAM WITH CHOCOLATE SAUCE</b>																				
CHOCOLATE FLAVOUR SAUCE	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
<b>TOTAL ICE CREAM WITH CHOCOLATE SAUCE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>SHARERS</b>																				
<b>SHARING FONDUE</b>																				
STRAWBERRIES	YES	YES																		
CHOCOLATE BROWNIE	YES	NO	Y				Y	Y	Y											
CHOCOLATE FUDGE SAUCE	YES	NO					Y		Y											
BELGIAN WAFFLES	YES	NO	Y				Y	Y	Y											
MINI RING DOUGHNUTS- SUGARED	YES	NO	Y			Y	Y	Y	Y											
CARAMEL SAUCE	YES	NO							Y											
MARSHMALLOWS	NO	NO																		
<b>TOTAL SHARING FONDUE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>			<b>Y</b>	<b>Y</b>	<b>Y</b>	<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>CELEBRATION SUNDAE</b>																				
PROFITEROLES	YES	NO	Y					Y	Y											
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y	Y										
CHOCOLATE FUDGE SAUCE	YES	NO						Y		Y										
BUTTER ROYALE BISCUIT	YES	NO	Y					Y	Y	Y										
DAIRY AEROSOL CREAM	YES	NO								Y										
CARAMEL SAUCE	YES	NO								Y										
MARSHMALLOWS	NO	NO																		
<b>TOTAL CELEBRATION SUNDAE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>										
<b>PIES</b>																				
<b>DIRTY MUD PIE</b>																				
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CHOCOLATE FUDGE SAUCE	YES	NO						Y		Y										
CADBURY FLAKE	YES	NO								Y										
MUD PIE	YES	NO	Y		Y	Y	Y	Y	Y	Y										
<b>TOTAL DIRTY MUD PIE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>	<b>Y</b>	<b>Y</b>	<b>Y</b>	<b>Y</b>	<b>Y</b>										
<b>LEMON MERINGUE PIE</b>																				
UHT WHIPPING CREAM	YES	NO							Y											
LEMON MALLOW PIE	YES	NO	Y						Y	Y										
<b>TOTAL LEMON MERINGUE PIE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>										
<b>BANOFFEE PIE</b>																				
BANANA	YES	YES																		
BANOFFEE PIE BASE	YES	NO	Y			Y	Y			Y										
CARAMEL SAUCE	YES	NO								Y										
<b>TOTAL BANOFFEE PIE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>			<b>Y</b>	<b>Y</b>			<b>Y</b>										

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BREWERS FAYRE KIDS NUTRITION								
STARTERS								
NACHO SPLATCHO	965	230	12.0	4.4	21.8	2.4	7.8	0.7
GRRRRRLIC BREAD	459	110	6.0	1.5	11.4	1.0	2.0	0.3
VEGGIE STICKS & DIP	205	49	0.3	0.1	8.2	7.3	2.1	0.1
MAINS								
BASH STREET BURGER	2918	697	34.0	12.7	69.7	4.6	29.4	0.6
THE BIG BAD DOG	2563	612	30.5	10.8	68.3	4.9	17.2	1.3
KIDS' KICKING CHICKEN	2199	525	24.0	6.2	57.2	4.9	18.7	1.0
BANGERS 'N' BASH	1637	391	18.1	7.4	34.2	5.5	19.6	2.1
VEGGIE BANGERS AND MASH	1526	364	12.6	3.6	38.0	7.5	19.1	2.2
TOMATO PASTA BLASTA	1439	344	9.6	2.2	51.9	10.2	9.3	0.9
SPAGHETTI BEANO-ESE	1342	320	9.8	2.9	41.8	9.8	12.2	0.9
COD TASTIC	2689	642	33.5	7.8	67.5	6.1	15.5	0.8
BUILD YOUR OWN WRAP-CHICKEN	2056	491	17.1	7.9	49.5	12.0	32.2	3.5
BUILD YOUR OWN WRAP-QUORN SAUSAGE	2057	491	19.1	7.9	53.6	12.1	22.3	3.4
BUILD YOUR OWN WRAP-SALMON	2072	495	17.8	8.0	49.5	11.8	31.8	3.0
SWITCH IT								
BAKED BEANOS	213	51	0.8	0.1	7.2	3.8	2.5	0.4
VEGGIE STICKS	118	28	0.2	0.1	5.0	4.5	0.7	0.0
MINI CORN ON THE COB	123	29	0.7	0.1	4.6	2.9	0.9	0.0
GRRRRRLIC BREAD	442	106	6.0	1.5	10.7	0.6	1.9	0.3
PEASHOOTER PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
COLESLAW	167	40	2.2	0.2	4.0	3.4	0.5	0.2
PUDS								
PLUG'S FUNNY FACE SUNDAE	1122	268	9.2	4.5	40.9	34.4	5.2	0.3
MINI CHOCOLATE MASH UP	1439	344	9.4	3.8	58.9	48.1	4.8	0.4
NICE CREAM WITH CHOC SCE!	1073	256	10.4	5.0	35.9	32.2	4.6	0.3
NICE CREAM WITH RASP SCE!	1072	256	10.3	5.0	36.1	32.7	4.4	0.3
NICE CREAM WITH CARAMEL SCE!	1084	259	11.1	5.4	34.4	32.8	5.1	0.3
FAB & FRUITY SALAD	205	49	0.1	0.0	10.3	10.3	0.6	0.0
CHOCLOTTA PIZZA	1572	375	19.5	9.7	44.1	22.1	5.3	0.4

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BREWERS FAYRE KIDS MENU ALLERGY</b>																				
<b>STARTERS</b>																				
<b>NACHO SPLATCHO</b>																				
CUCUMBERS	YES	YES																		
TORTILLA CHIPS	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
BECHAMEL SAUCE	YES	NO	Y					Y												
GREEK STYLE YOGHURT	YES	NO						Y												
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
<b>TOTAL NACHO SPLATCHO</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>GRRRRRLIC BREAD</b>																				
CUCUMBERS	YES	YES																		
GARLIC BREAD SLICES	YES	NO	Y																	
<b>TOTAL GRRRRRLIC BREAD</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>																	
<b>VEGGIE STICKS &amp; DIP</b>																				
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
CUCUMBERS	YES	YES																		
MINT	YES	YES																		
GREEK STYLE YOGHURT	YES	NO						Y												
<b>TOTAL VEGGIE STICKS &amp; DIP</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>MAINS</b>																				
<b>BASH STREET BURGER</b>																				
STEAK BURGER 4OZ	NO	NO																		
GRILLED CORN ON THE COB	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
CHIPS	YES	YES																		
RAPSEED OIL	YES	YES																		
<b>TOTAL BASH STREET BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>THE BIG BAD DOG</b>																				
GRILLED CORN ON THE COB	YES	YES																		
HOT DOG	NO	NO																		
HOT DOG BUN KIDS	YES	NO	Y					Y												
CHIPS	YES	YES																		
RAPSEED OIL	YES	YES																		
<b>TOTAL THE BIG BAD DOG</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>KIDS' KICKING CHICKEN</b>																				
BAKED BEANS	YES	YES																		
MINI CHICKEN CHUNKS	NO	NO	Y					Y												
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL KIDS' KICKING CHICKEN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>BANGERS 'N' BASH</b>																				
GARDEN PEAS	YES	YES																		
MASHED POTATO	YES	NO						Y												
GRAVY CONCENTRATE	NO	NO												Y						
KIDS SAUSAGE	NO	NO	Y																	
<b>TOTAL BANGERS 'N' BASH</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>						<b>Y</b>						
<b>VEGGIE BANGERS 'N' BASH</b>																				
QUORN CUMBERLAND SAUSAGE	YES	NO	Y					Y	Y											
GARDEN PEAS	YES	YES																		
MASHED POTATO	YES	NO						Y												
VEGETARIAN ROAST GRAVY	YES	NO	Y		Y			Y						Y						
<b>TOTAL VEGGIE BANGERS 'N' BASH</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>	<b>Y</b>					<b>Y</b>						
<b>TOMATO PASTA BLASTA</b>																				
GARLIC BREAD SLICES	YES	NO	Y																	
KIDS PENNE PASTA IN TOM SCE	YES	YES	Y																	
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
<b>TOTAL TOMATO PASTA BLASTA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>																	
<b>SPAGHETTI BEANO-ESE</b>																				
GARLIC BREAD SLICES	YES	NO	Y																	
SPAGHETTI BOLOGNAISE	NO	NO	Y											Y						
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
<b>TOTAL SPAGHETTI BEANO-ESE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>											<b>Y</b>						
<b>COD TASTIC</b>																				
BAKED BEANS	YES	YES																		
COD CUBES	NO	NO	Y						Y											
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL COD TASTIC</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BUILD YOUR OWN WRAP-CHICKEN</b>																				
CHICKEN BREAST	NO	NO																		
8IN FLOUR TORTILLA	YES	YES	Y																	
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
AW MIX (PINK STAR, WHITE CABBAGE, CARROT, FRENCH DRESSING)	YES	YES											Y			Y				
CUCUMBERS	YES	YES																		
MINT	YES	YES																		
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
<b>TOTAL BUILD YOUR OWN WRAP-CHICKEN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>				<b>Y</b>			<b>Y</b>					
<b>BUILD YOUR OWN WRAP-QUORN SAUSAGE</b>																				
QUORN CUMBERLAND SAUSAGE	YES	NO	Y					Y	Y											
8IN FLOUR TORTILLA	YES	YES	Y																	
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
AW MIX (PINK STAR, WHITE CABBAGE, CARROT, FRENCH DRESSING)	YES	YES											Y			Y				
CUCUMBERS	YES	YES																		
MINT	YES	YES																		
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
<b>TOTAL BUILD YOUR OWN WRAP-QUORN SAUSA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					
<b>BUILD YOUR OWN WRAP-SALMON</b>																				
8IN FLOUR TORTILLA	YES	YES	Y																	
PACIFIC SALMON SKIN OFF	NO	NO							Y											
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
AW MIX (PINK STAR, WHITE CABBAGE, CARROT, FRENCH DRESSING)	YES	YES											Y			Y				
CUCUMBERS	YES	YES																		
MINT	YES	YES																		
GREEK STYLE YOGHURT	YES	NO						Y												
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
<b>TOTAL BUILD YOUR OWN WRAP-SALMON</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>			<b>Y</b>					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>SWITCH IT</b>																				
<b>BAKED BEANOS</b>																				
BAKED BEANS	YES	YES																		
<b>TOTAL BAKED BEANOS</b>	<b>YES</b>	<b>YES</b>																		
<b>VEGGIE STICKS</b>																				
CUCUMBERS	YES	YES																		
RED PEPPERS	YES	YES																		
CARROTS	YES	YES																		
<b>TOTAL VEGGIE STICKS</b>	<b>YES</b>	<b>YES</b>																		
<b>MINI CORN ON THE COB</b>																				
GRILLED CORN ON THE COB	YES	YES																		
<b>TOTAL MINI CORN ON THE COB</b>	<b>YES</b>	<b>YES</b>																		
<b>GRRRRRLIC BREAD</b>																				
GARLIC BREAD SLICES	YES	NO	Y																	
<b>TOTAL GRRRRRLIC BREAD</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>																	
<b>PEASHOOTER PEAS</b>																				
GARDEN PEAS	YES	YES																		
<b>TOTAL PEASHOOTER PEAS</b>	<b>YES</b>	<b>YES</b>																		
<b>COLESLAW</b>																				
RAW MIX (PINK STAR, WHITE CABBAGE, CARROT, FRENCH DRESSING)	YES	YES										Y			Y					
<b>TOTAL COLESLAW</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>			<b>Y</b>					
<b>PUDS</b>																				
<b>PLUG'S FUNNY FACE SUNDAE</b>																				
VANILLA FLAVOURED ICE CREAM	YES	NO						Y												
MINI CHOC BEANS	YES	NO						Y												
STRAWBERRY LACES	YES	YES	Y																	
CUP CONES	YES	NO	Y				Y		Y											
MARSHMALLOWS	NO	NO																		
<b>TOTAL PLUG'S FUNNY FACE SUNDAE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>											
<b>MINI CHOCOLATE MASH UP</b>																				
STRAWBERRIES	YES	YES																		
CHOCOLATE BROWNIE	YES	NO	Y				Y	Y	Y											
CHOCOLATE FUDGE SAUCE	YES	NO					Y		Y											
MARSHMALLOWS	NO	NO																		
<b>TOTAL MINI CHOCOLATE MASH UP</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

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	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>NICE CREAM WITH CHOC SCE!</b>																				
CHOCOLATE FLAVOUR SAUCE	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO						Y												
BUTTER ROYALE BISCUIT	YES	NO	Y				Y	Y	Y											
<b>TOTAL NICE CREAM WITH CHOC SCE!</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>NICE CREAM WITH RASP SCE!</b>																				
RASPBERRY SAUCE	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
BUTTER ROYALE BISCUIT	YES	NO	Y				Y	Y	Y											
<b>TOTAL NICE CREAM WITH RASP SCE!</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>NICE CREAM WITH CARAMEL SCE!</b>																				
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
BUTTER ROYALE BISCUIT	YES	NO	Y				Y	Y	Y											
CARAMEL SAUCE	YES	NO							Y											
<b>TOTAL NICE CREAM WITH CARAMEL SCE!</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											
<b>FAB &amp; FRUITY SALAD</b>																				
FRUIT SALAD	YES	YES																		
<b>TOTAL FAB &amp; FRUITY SALAD</b>	<b>YES</b>	<b>YES</b>																		
<b>CHOCOLOTTA PIZZA</b>																				
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CHOCOLATE PIZZA	YES	NO	Y				Y	Y	Y											
<b>TOTAL CHOCOLOTTA PIZZA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>											

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	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BREWERS FAYRE DAYTIME VALUE & SNACKS MENU								
STARTERS								
POTATO DIPPERS	2144	512	29.9	12.7	37.8	2.8	22.8	1.7
TOMATO SOUP	1416	338	18.7	10.5	33.7	12.5	6.2	1.9
BUBBLE & SQUEAK	1696	405	30.4	14.2	20.4	3.4	10.4	1.5
GARLIC & HERB MUSHROOMS	1299	310	13.5	4.0	41.2	6.6	6.1	1.4
MAINS								
SMOTHERED CHICKEN	3951	944	46.4	15.3	75.5	12.2	53.8	4.7
LASAGNE	2952	705	34.2	13.8	65.0	20.1	31.2	3.6
GRILLED GAMMON STEAK WITH EGGS	3860	922	38.0	12.5	62.5	5.6	80.9	4.6
GRILLED GAMMON STEAK WITH PINEAPPLE	3674	878	31.5	10.8	81.2	26.4	68.6	4.2
GRILLED GAMMON STEAK WITH ONE OF EACH	3767	900	34.7	11.7	71.9	16.0	74.7	4.4
FISH & CHIPS WITH PEAS	5078	1213	73.0	12.3	100.0	6.4	36.3	1.7
FISH & CHIPS WITH MUSHY PEAS	5237	1251	73.1	12.3	106.5	5.1	38.6	2.6
HAND-BATTERED GIANT ATLANTIC HADDOCK & CHIPS WITH PEAS	4511	1078	59.5	16.3	86.1	7.4	47.6	1.7
HAND-BATTERED GIANT ATLANTIC HADDOCK & CHIPS WITH MUSHY PEAS	4670	1115	59.6	16.3	92.6	6.1	49.9	2.6
MEXICAN BEEF CHILLI	2999	716	18.6	5.4	97.1	5.7	28.7	2.2
THE SOUTH WESTERN	4104	980	47.6	11.0	106.5	12.4	29.6	2.4
CHEESE & MUSHROOM BURGER	4790	1144	63.0	24.9	93.3	12.3	48.7	2.6
GRILLED CHICKEN & BACON SALAD	1801	430	18.6	5.7	12.9	11.7	49.9	5.1
CHICKEN TIKKA CURRY	3614	863	24.0	6.2	113.1	25.6	45.3	3.7
BREADED WHOLETAIL SCAMPI WITH PEAS	3880	927	44.6	8.3	106.7	6.6	24.1	3.9
BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS	4039	965	44.7	8.4	113.2	5.3	26.4	4.8
SAUSAGE, EGG & CHIPS	4170	996	57.1	18.9	74.2	7.4	44.0	2.5
SWEET POTATO & FETA LASAGNE	3088	738	42.2	16.1	63.1	18.0	23.1	2.9
HOT N SPICY VEGGIE NACHO BURGER	5160	1232	61.8	19.8	142.3	17.9	23.0	3.0
DESSERTS								
WARM CHOCOLATE BROWNIE	2425	579	22.0	9.0	85.0	68.9	8.7	0.5
CARAMEL APPLE BETTY	1900	454	12.8	6.6	77.7	49.0	6.2	0.5
PROFITEROLES	1768	422	29.6	16.6	34.2	26.6	4.6	0.3
ICE CREAM WITH CARAMEL SAUCE	1197	286	11.1	5.7	40.1	39.5	6.2	0.3
ICE CREAM WITH RASPBERRY SAUCE	1162	278	8.8	4.3	45.2	39.4	4.1	0.3
ICE CREAM WITH CHOCOLATE SAUCE	1167	279	8.9	4.5	44.6	38.0	4.5	0.3

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>SNACKS</b>								
FISH GOUJON SANDWICH WITH WHITE BREAD	3215	768	39.8	11.7	72.9	4.2	28.5	2.0
FISH GOUJON SANDWICH WITH BROWN BREAD	3241	774	40.2	11.8	72.0	2.4	29.1	2.1
HAM & CHEESE SANDWICH WITH WHITE BREAD	3034	725	35.7	16.7	58.8	3.1	40.8	3.9
HAM & CHEESE SANDWICH WITH BROWN BREAD	3059	731	36.1	16.7	57.9	1.2	41.3	4.0
SPICY CHICKEN STRIP SANDWICH WITH WHITE BREAD	2947	704	32.0	8.7	75.8	3.1	25.8	3.4
SPICY CHICKEN STRIP SANDWICH WITH BROWN BREAD	2972	710	32.4	8.8	74.9	1.2	26.4	3.5
PRAWN SANDWICH WITH WHITE BREAD	2498	597	25.9	7.3	64.8	8.6	25.1	1.3
PRAWN SANDWICH WITH BROWN BREAD	2523	603	26.3	7.4	63.9	6.7	25.6	1.4
LOADED CHIPS WITH SPRING ONION & CHEESE	2709	647	33.4	14.4	67.6	15.4	18.6	1.4
LOADED CHIPS WITH BACON & CHEESE	3134	749	40.0	16.6	67.7	15.2	29.2	2.9
LOADED CHIPS WITH CHILLI & CHEESE	3180	760	39.8	17.0	73.4	16.3	26.5	2.0
PLAIN CHIPS WITH SPRING ONION & CHEESE	2444	584	32.8	14.4	53.5	2.1	18.3	1.0
PLAIN CHIPS WITH BACON & CHEESE	2869	685	39.4	16.5	53.5	1.9	28.9	2.5
PLAIN CHIPS WITH CHILLI & CHEESE	2915	696	39.2	17.0	59.3	3.0	26.2	1.6



Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>GREAT DAYTIME VALUE &amp; SNACKS MENU</b>																				
<b>STARTERS</b>																				
<b>POTATO DIPPERS</b>																				
GREEN BACK BACON	NO	NO																		
SPRING ONION	YES	YES																		
REDUCED FAT SOUR CREAM	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
<b>TOTAL POTATO DIPPERS</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>TOMATO SOUP</b>																				
UHT WHIPPING CREAM	YES	NO						Y												
SALTED BUTTER	YES	NO						Y												
TOMATO SOUP CONCENTRATE	YES	NO						Y						Y						
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
<b>TOTAL TOMATO SOUP</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>						<b>Y</b>						
<b>BUBBLE &amp; SQUEAK</b>																				
FLAT LEAF PARSLEY	YES	YES																		
BEARNAISE SAUCE	YES	NO					Y	Y	Y				Y							
MEDIUM EGGS	YES	NO						Y												
VINEGAR MALT	YES	YES			Y															
BUBBLE AND SQUEAK	YES	NO			Y		Y	Y	Y				Y							
<b>TOTAL BUBBLE &amp; SQUEAK</b>	<b>YES</b>	<b>NO</b>			<b>Y</b>		<b>Y</b>	<b>Y</b>	<b>Y</b>				<b>Y</b>							
<b>GARLIC &amp; HERB MUSHROOMS</b>																				
FLAT LEAF PARSLEY	YES	YES																		
GARLIC AND HERB BREADED MUSHROOMS	NO	NO	Y																	
RAPESEED OIL	YES	YES																		
BBQ SAUCE	YES	YES																		
<b>TOTAL GARLIC &amp; HERB MUSHROOMS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>MAINS</b>																				
<b>SMOTHERED CHICKEN</b>																				
GREEN BACK BACON	NO	NO																		
TOMATOES	YES	YES																		
GARLIC BREAD SLICES	YES	YES	Y																	
CHEESE SLICES	YES	NO						Y												
RAPESEED OIL	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
CHICKEN BREAST	NO	NO																		
BBQ SAUCE	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y								Y				
<b>TOTAL SMOTHERED CHICKEN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>			<b>Y</b>				
<b>LASAGNE</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
MEAT LASAGNE	NO	NO	Y					Y	Y						Y	Y				
GARLIC BREAD SLICES	YES	YES	Y																	
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
<b>TOTAL LASAGNE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>			<b>Y</b>	<b>Y</b>			
<b>GRILLED GAMMON STEAK WITH EGGS</b>																				
GARDEN PEAS	YES	YES																		
MEDIUM EGGS	YES	NO						Y												
RAPESEED OIL	YES	YES																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL GRILLED GAMMON STEAK WITH EGGS</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>GRILLED GAMMON STEAK WITH PINEAPPLE</b>																				
GARDEN PEAS	YES	YES																		
PINEAPPLE IN JUICE	YES	YES																		
RAPESEED OIL	YES	YES																		
GAMMON STEAK 8OZ	NO	NO																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL GRILLED GAMMON STEAK WITH PINEAPPLE</b>	<b>NO</b>	<b>NO</b>																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																		
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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															
<b>GRILLED GAMMON STEAK WITH ONE OF EACH</b>																					
GARDEN PEAS	YES	YES																			
PINEAPPLE IN JUICE	YES	YES																			
MEDIUM EGGS	YES	NO						Y													
RAPESEED OIL	YES	YES																			
GAMMON STEAK 8OZ	NO	NO																			
CHIPS	YES	YES																			
RAPESEED OIL	YES	YES																			
<b>TOTAL GRILLED GAMMON STEAK WITH ONE OF EACH</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>													
<b>FISH &amp; CHIPS WITH PEAS</b>																					
GARDEN PEAS	YES	YES																			
TARTARE SAUCE	YES	NO						Y													
LEMONS	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
RAPESEED OIL	YES	YES																			
POLLOCK FILLETS	NO	NO								Y											
BATTER MIX	YES	YES	Y																		
CHIPS	YES	YES																			
RAPESEED OIL	YES	YES																			
<b>TOTAL FISH &amp; CHIPS WITH PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>											
<b>FISH &amp; CHIPS WITH MUSHY PEAS</b>																					
MUSHY PEAS	YES	YES																			
TARTARE SAUCE	YES	NO						Y													
LEMONS	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
RAPESEED OIL	YES	YES																			
POLLOCK FILLETS	NO	NO								Y											
BATTER MIX	YES	YES	Y																		
CHIPS	YES	YES																			
RAPESEED OIL	YES	YES																			
<b>TOTAL FISH &amp; CHIPS WITH MUSHY PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>											
<b>HAND-BATTERED GIANT ATLANTIC HADDOCK &amp; CHIPS WITH PEAS</b>																					
GARDEN PEAS	YES	YES																			
TARTARE SAUCE	YES	NO						Y													
LEMONS	YES	YES																			
PLAIN FLOUR	YES	YES	Y																		
RAPESEED OIL	YES	YES																			
HADDOCK FILLET LARGE	NO	NO								Y											
BATTER MIX	YES	YES	Y																		
CHIPS	YES	YES																			
RAPESEED OIL	YES	YES																			
<b>TOTAL HAND-BATTERED HADDOCK &amp; CHIPS WITH PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>HAND-BATTERED GIANT ATLANTIC HADDOCK &amp; CHIPS WITH MUSHY PEAS</b>																				
MUSHY PEAS	YES	YES																		
TARTARE SAUCE	YES	NO					Y													
LEMONS	YES	YES																		
PLAIN FLOUR	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
HADDOCK FILLET LARGE	NO	NO							Y											
BATTER MIX	YES	YES	Y																	
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL HAND-BATTERED HADDOCK &amp; CHIPS WITH MUSHY PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>										
<b>MEXICAN BEEF CHILLI</b>																				
BASMATI RICE	YES	YES																		
CORIANDER	YES	YES																		
RED CHILLIES	YES	YES																		
TORTILLA CHIPS	YES	YES																		
BEEF CHILLI	NO	NO							Y					Y						
<b>TOTAL MEXICAN BEEF CHILLI</b>	<b>NO</b>	<b>NO</b>							<b>Y</b>					<b>Y</b>						
<b>THE SOUTH WESTERN</b>																				
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RED ONIONS	YES	YES																		
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
LIGHT MAYONNAISE	YES	NO						Y							Y					
PIRI PIRI SAUCE	YES	YES											Y							
<b>TOTAL THE SOUTH WESTERN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>		<b>Y</b>				
<b>CHEESE &amp; MUSHROOM BURGER</b>																				
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
CHEESE SLICES	YES	NO							Y											
MUSHROOMS	YES	YES																		
SALTED BUTTER	YES	NO							Y											
RED ONIONS	YES	YES																		
STEAK BURGER 6OZ	NO	NO																		
SESAME SEEDED BURGER BUN	YES	NO	Y					Y	Y				Y							
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y								Y				
<b>TOTAL CHEESE &amp; MUSHROOM BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>			<b>Y</b>				

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>GRILLED CHICKEN &amp; BACON SALAD</b>																				
GREEN BACK BACON	NO	NO																		
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RAPESEED OIL	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
CHICKEN BREAST	NO	NO																		
RED PEPPERS	YES	YES																		
FRENCH DRESSING	YES	YES																		
<b>TOTAL GRILLED CHICKEN &amp; BACON SALAD</b>	<b>NO</b>	<b>NO</b>																		
<b>CHICKEN TIKKA CURRY</b>																				
PLAIN NAAN	YES	NO	Y				Y		Y											
MANGO CHUTNEY - GREEN LABEL	YES	YES																		
BASMATI RICE	YES	YES																		
PLAIN POPPADOMS	YES	YES																		
RAPESEED OIL	YES	YES																		
GREEK STYLE YOGHURT	YES	NO							Y											
CHICKEN MAKHANI CURRY	NO	NO							Y											
<b>TOTAL CHICKEN TIKKA CURRY</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>											
<b>BREADED WHOLETAIL SCAMPI WITH PEAS</b>																				
GARDEN PEAS	YES	YES																		
TARTARE SAUCE	YES	NO							Y											
LEMONS	YES	YES																		
RAPESEED OIL	YES	YES																		
SCAMPI (BF)	NO	NO	Y									Y								
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL BREADED WHOLETAIL SCAMPI WITH PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>			<b>Y</b>								
<b>BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS</b>																				
MUSHY PEAS	YES	YES																		
TARTARE SAUCE	YES	NO							Y											
LEMONS	YES	YES																		
RAPESEED OIL	YES	YES																		
SCAMPI (BF)	NO	NO	Y									Y								
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>			<b>Y</b>								

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>SAUSAGE, EGG &amp; CHIPS</b>																				
GARDEN PEAS	YES	YES																		
MEDIUM EGGS	YES	NO						Y												
BREAKFAST PORK SAUSAGE	NO	NO	Y										Y							
RAPESEED OIL	YES	YES																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL SAUSAGE, EGG &amp; CHIPS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>					<b>Y</b>							
<b>SWEET POTATO &amp; FETA LASAGNE</b>																				
FLAT LEAF PARSLEY	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
SPINACH & FETA LASAGNE	YES	NO	Y					Y	Y					Y	Y					
GARLIC BREAD SLICES	YES	YES	Y																	
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CUCUMBERS	YES	YES																		
SALAD MIX (ESCAROLE, GREEN BATAVIA, RED OAK LEAF)	YES	YES																		
FRENCH DRESSING	YES	YES											Y			Y				
<b>TOTAL SWEET POTATO &amp; FETA LASAGNE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>	<b>Y</b>				
<b>HOT N SPICY VEGGIE NACHO BURGER</b>																				
TOMATOES	YES	YES																		
REDUCED FAT SOUR CREAM	YES	NO							Y											
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
NACHO BEAN BURGER	YES	NO	Y						Y				Y							
SESAME SEEDED BURGER BUN	YES	NO	Y						Y	Y			Y							
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO							Y								Y			
LIGHT MAYONNAISE	YES	NO							Y								Y			
PIRI PIRI SAUCE	YES	YES											Y							
<b>TOTAL HOT N SPICY VEGGIE NACHO BURGER</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>				<b>Y</b>	<b>Y</b>		<b>Y</b>				
<b>DESSERTS</b>																				
<b>WARM CHOCOLATE BROWNIE</b>																				
CHOCOLATE FLAVOUR SAUCE	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CHOCOLATE BROWNIE	YES	NO	Y					Y	Y	Y										
CARAMEL SAUCE	YES	NO								Y										
<b>TOTAL WARM CHOCOLATE BROWNIE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>										
<b>CARAMEL APPLE BETTY</b>																				
CARAMEL APPLE CRUMBLE PIE	YES	NO	Y					Y	Y	Y										
CUSTARD RTS	YES	NO								Y										
<b>TOTAL CARAMEL APPLE BETTY</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>	<b>Y</b>										

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PROFITEROLES</b>																				
PROFITEROLES	YES	NO	Y					Y	Y											
DAIRY AEROSOL CREAM	YES	NO							Y											
SALTED CARAMEL SAUCE	YES	NO							Y											
<b>TOTAL PROFITEROLES</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>											
<b>ICE CREAM WITH CARAMEL SAUCE</b>																				
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
CARAMEL SAUCE	YES	NO							Y											
<b>TOTAL ICE CREAM WITH CARAMEL SAUCE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>ICE CREAM WITH RASPBERRY SAUCE</b>																				
RASPBERRY SAUCE TOPPING	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
<b>TOTAL ICE CREAM WITH RASPBERRY SAUCE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>ICE CREAM WITH CHOCOLATE SAUCE</b>																				
CHOCOLATE FLAVOUR SAUCE	YES	YES																		
VANILLA FLAVOURED ICE CREAM	YES	NO							Y											
<b>TOTAL ICE CREAM WITH CHOCOLATE SAUCE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>SNACKS</b>																				
<b>FISH GOUJON SANDWICH WITH WHITE BREAD</b>																				
TARTARE SAUCE	YES	NO							Y											
WHITE BLOOMER BREAD	YES	YES	Y																	
SALTED BUTTER	YES	NO							Y											
RAPeseed OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
BATTER MIX	YES	YES	Y																	
RAPeseed OIL	YES	YES																		
HADDOCK FILLET LARGE	NO	NO																	Y	
<b>TOTAL FISH GOUJON SANDWICH WITH WHITE BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>	<b>Y</b>									
<b>FISH GOUJON SANDWICH WITH BROWN BREAD</b>																				
TARTARE SAUCE	YES	NO							Y											
SALTED BUTTER	YES	NO								Y										
RAPeseed OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
BATTER MIX	YES	YES	Y																	
RAPeseed OIL	YES	YES																		
HADDOCK FILLET LARGE	NO	NO																	Y	
<b>TOTAL FISH GOUJON SANDWICH WITH BROWN BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>				<b>Y</b>	<b>Y</b>	<b>Y</b>									

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>HAM &amp; CHEESE SANDWICH WITH WHITE BREAD</b>																				
WHITE BLOOMER BREAD	YES	YES	Y																	
CHEESE SLICES	YES	NO						Y												
THICK CUT GAMMON SLICES	NO	NO																		
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
<b>TOTAL HAM &amp; CHEESE SANDWICH WITH WHITE BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>HAM &amp; CHEESE SANDWICH WITH BROWN BREAD</b>																				
CHEESE SLICES	YES	NO						Y												
THICK CUT GAMMON SLICES	NO	NO																		
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
<b>TOTAL HAM &amp; CHEESE SANDWICH WITH BROWN BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>												
<b>SPICY CHICKEN STRIP SANDWICH WITH WHITE BREAD</b>																				
WHITE BLOOMER BREAD	YES	YES	Y																	
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
PIRI PIRI SAUCE	YES	YES										Y								
LOUISIANA CHICKEN GOUJONS	NO	NO	Y					Y												
<b>TOTAL SPICY CHICKEN STRIP SANDWICH WITH WHITE BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>			<b>Y</b>								
<b>SPICY CHICKEN STRIP SANDWICH WITH BROWN BREAD</b>																				
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
PIRI PIRI SAUCE	YES	YES										Y								
LOUISIANA CHICKEN GOUJONS	NO	NO	Y					Y												
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
<b>TOTAL SPICY CHICKEN STRIP SANDWICH WITH BROWN BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>	<b>Y</b>			<b>Y</b>								
<b>PRAWN SANDWICH WITH WHITE BREAD</b>																				
COOKED AND PEELED PRAWNS	NO	NO									Y									
ICEBERG LETTUCE	YES	YES																		
SALTED BUTTER	YES	NO						Y												
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
SEAFOOD SAUCE	YES	NO						Y							Y					
WHITE BLOOMER BREAD	YES	YES	Y																	
<b>TOTAL PRAWN SANDWICH WITH WHITE BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>		<b>Y</b>				<b>Y</b>					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PRAWN SANDWICH WITH BROWN BREAD</b>																				
COOKED AND PEELED PRAWNS	NO	NO									Y									
ICEBERG LETTUCE	YES	YES																		
SALTED BUTTER	YES	NO							Y											
RAPESEED OIL	YES	YES																		
POTATO DIPPERS	NO	NO																		
SEAFOOD SAUCE	YES	NO						Y							Y					
MALTED BROWN BLOOMER BREAD	YES	YES	Y		Y															
<b>TOTAL PRAWN SANDWICH WITH BROWN BREAD</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>				<b>Y</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>					
<b>LOADED CHIPS WITH SPRING ONION &amp; CHEESE</b>																				
SPRING ONION	YES	YES																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
TENNESSEE WHISKEY GLAZE	YES	NO	Y					Y												
<b>TOTAL LOADED CHIPS WITH SPRING ONION &amp; CHEESE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>										
<b>LOADED CHIPS WITH BACON &amp; CHEESE</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
SMOKED DRY CURED STREAKY BACON	NO	NO																		
TENNESSEE WHISKEY GLAZE	YES	NO	Y					Y												
<b>TOTAL LOADED CHIPS WITH BACON &amp; CHEESE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>										
<b>LOADED CHIPS WITH CHILLI &amp; CHEESE</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
RED CHILLIES	YES	YES																		
CONY ISLAND CHILLI	NO	NO	Y																	
TENNESSEE WHISKEY GLAZE	YES	NO	Y					Y												
<b>TOTAL LOADED CHIPS WITH CHILLI &amp; CHEESE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>										
<b>PLAIN CHIPS WITH SPRING ONION &amp; CHEESE</b>																				
SPRING ONION	YES	YES																		
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
<b>TOTAL PLAIN CHIPS WITH SPRING ONION &amp; CHEESE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PLAIN CHIPS WITH BACON &amp; CHEESE</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
SMOKED DRY CURED STREAKY BACON	NO	NO																		
<b>TOTAL PLAIN CHIPS WITH BACON &amp; CHEESE</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>PLAIN CHIPS WITH CHILLI &amp; CHEESE</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
RED CHILLIES	YES	YES																		
CONEY ISLAND CHILLI	NO	NO	Y																	
<b>TOTAL PLAIN CHIPS WITH CHILLI &amp; CHEESE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>BREWERS FAYRE CHEF'S COUNTER</b>								
<b>MONDAY PIZZA NIGHT</b>								
GARLIC DOUGHBALLS (PER DOUGHBALL)	157	38	1.6	0.6	4.5	0.2	1.1	0.1
SPICY CORN ON THE COB (PER COB)	159	38	1.5	0.2	4.9	3.0	0.9	0.1
CHERRY AND CUSTARD PIZZA (PER SLICE)	1444	345	7.5	1.9	59.7	10.4	8.4	0.2
VEGGIE FAJITA PIZZA (PER SLICE)	1685	402	12.2	4.8	55.6	6.8	15.4	1.3
BUFFALO PIZZA (PER SLICE)	1848	442	17.4	5.3	52.2	1.7	17.6	1.9
HAWAIIAN PIZZA (PER SLICE)	1901	454	13.7	5.3	59.6	10.9	22.6	1.7
PEPPERONI PIZZA (PER SLICE)	1790	427	16.6	6.0	51.4	2.9	16.8	1.3
MARGARITA PIZZA (PER SLICE)	1912	457	17.6	8.7	52.4	3.9	20.6	0.9
CHICKEN TIKKA PIZZA (PER SLICE)	1957	467	15.2	6.8	53.3	5.2	27.6	2.1
<b>TUESDAY VIVA MEXICO</b>								
MEXICAN RICE (PER 100G)	565	135	2.7	0.5	24.8	0.5	2.6	0.6
PLAIN RICE (PER 100G)	1474	352	1.0	0.2	77.0	0.6	8.0	0.0
RED PEPPERS AND ONIONS (PER 100G)	189	45	0.8	0.1	7.3	5.7	1.2	0.2
THREE BEAN MEXICAN CHILLI (PER 100G)	226	54	0.7	0.3	9.1	2.3	2.1	0.5
NACHOS (PER 25G)	500	120	5.3	0.6	15.8	0.4	1.6	0.2
NACHO CHEESE SAUCE (PER 100G)	901	215	16.8	4.0	12.0	9.6	4.0	2.4
SPICY PULLED PORK (PER 100G)	906	216	14.4	4.3	2.2	1.4	19.3	0.8
MEXICAN BEEF CHILLI (PER 100G)	523	125	4.0	1.5	11.5	1.5	7.4	0.6
CHICKEN FAJITAS (PER 100G)	329	79	1.3	0.3	4.4	3.6	11.5	0.6
CHILLI DIPPERS (PER 100G)	617	147	6.9	1.5	17.1	0.7	4.2	0.2
CHILLI AND CHEESE EMPANADAS (PER EMPANADA)	352	84	4.6	2.8	7.1	1.8	3.0	1.0
ENCHILADAS (PER ENCHILADA)	2671	638	25.2	11.4	78.5	15.9	21.0	3.6
SALSA (PER 25G)	26	6	0.1	0.0	1.3	1.1	0.1	0.3
GRATED CHEESE (PER 25G)	344	82	6.3	4.0	0.2	0.2	6.2	0.4
FRESH SALSA (PER 25G)	33	8	0.4	0.0	0.7	0.7	0.2	0.2
ICEBERG LETTUCE (PER 25G)	67	16	0.3	0.0	1.9	1.9	0.7	0.0
JALAPENOS (PER 25G)	13	3	0.0	0.0	0.4	0.1	0.2	1.1
SOUR CREAM (PER 25G)	140	34	2.6	1.7	1.2	1.2	1.4	0.0
GUACAMOLE (PER 25G)	150	36	3.1	0.6	1.5	0.3	0.4	0.2
FLOUR TORTILLAS (PER TORTILLA)	638	152	4.4	1.9	23.9	1.4	3.5	0.5

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>WEDNESDAY BURGERS AND HOTDOGS</b>								
BURGER BUNS (PER BUN)	594	142	2.9	0.8	25.4	0.5	5.2	0.3
HOT DOG ROLLS (PER BUN)	590	141	2.7	0.6	24.4	1.4	4.4	0.4
BEEF BURGER (PER BURGER)	894	214	15.3	6.9	0.1	0.1	19.0	0.2
CHEESE SLICES (PER SLICE)	329	79	6.4	4.0	0.0	0.0	5.2	0.4
PRE-MADE BEEF BURGER (PER BURGER)	1536	367	18.3	7.8	27.3	2.1	24.6	0.5
PRE-MADE CHEESE BURGER (PER BURGER)	1865	445	24.7	11.8	27.3	2.2	29.8	0.9
LOUISIANA CHICKEN (PER PIECE)	442	106	5.3	0.8	6.2	0.0	8.3	0.4
PRE-MADE LOUISIANA CHICKEN BURGER (PER BURGER)	1084	259	8.4	1.6	33.4	2.1	13.8	0.7
GRILLED CHICKEN (PER PIECE)	311	74	1.1	0.4	0.1	0.4	15.8	0.7
PRE-MADE GRILLED CHICKEN BURGER (PER BURGER)	953	228	4.1	1.2	27.3	2.5	21.4	1.0
FISHCAKE (PER FISHCAKE)	519	124	5.8	1.2	12.8	0.6	5.4	0.3
PRE-MADE FISHCAKE BURGERS (PER BURGER)	1161	277	8.9	2.1	40.0	2.6	11.0	0.6
FRIED MUSHROOMS (PER 100G)	491	117	11.0	6.9	0.5	0.3	3.6	0.3
FRIED ONIONS (PER 100G)	347	83	5.0	0.3	7.4	5.2	1.2	0.0
STREAKY BACON (PER RASHER)	132	31	2.0	0.6	0.1	0.0	3.2	0.5
CHIPS (PER 100G)	846	202	9.8	3.1	25.6	0.7	2.8	0.1
SPICY DIPPERS (PER 100G)	640	153	6.6	0.9	20.6	0.8	2.7	0.2
HOT DOGS (PER HOTDOG)	585	140	12.0	5.1	0.5	0.5	7.4	0.9
PRE-MADE HOT DOGS (PER HOTDOG)	1234	295	14.9	5.7	27.5	3.9	12.1	1.5
BBQ PULLED PORK (PER 100G)	518	124	4.2	1.5	13.6	10.6	7.8	1.3
BEEF CHILLI (PER 100G)	479	115	6.4	2.6	6.0	1.1	8.1	0.6
MINI CORN (PER COB)	123	29	0.7	0.1	4.6	2.9	0.9	0.0
BBQ BEANS (PER 100G)	443	106	1.6	0.2	16.9	11.4	4.0	0.7
ONION RINGS (PER 100G)	1243	297	16.6	1.2	32.1	3.5	3.6	0.9
COLESLAW (PER 100G)	415	99	7.4	0.6	6.3	4.6	1.0	0.5
SLICED TOMATOES (PER 100G)	84	20	0.3	0.1	3.1	3.1	0.7	0.0
RED ONION (PER 100G)	176	42	0.2	0.0	7.8	5.5	1.3	0.0
LETTUCE (PER 100G)	67	16	0.3	0.0	1.9	1.9	0.7	0.0
GHERKINS (PER 25G)	32	8	0.1	0.0	1.2	1.0	0.1	0.2
RELISH (PER 25G)	112	27	0.0	0.0	6.2	5.5	0.3	0.2
TARTARE SAUCE (PER 25G)	219	52	5.0	0.4	1.7	0.7	0.1	0.5
<b>SAUCES</b>								
TOMATO KETCHUP (PER 25G)	124	30	0.0	0.0	6.9	6.0	0.3	0.4
MILD MUSTARD (PER 25G)	128	31	0.9	0.0	4.2	2.2	1.0	0.7
MAYONNAISE (PER 25G)	274	66	6.4	0.5	1.8	0.6	0.1	0.4
BBQ SAUCE (PER 25G)	82	20	0.0	0.0	4.6	3.6	0.2	0.4
SPICY MAYO (PER 100G)	950	227	21.6	1.6	7.2	2.3	0.6	2.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>THURSDAY CURRY NIGHT</b>								
PLAIN RICE (PER 100G)	1474	352	1.0	0.2	77.0	0.6	8.0	0.0
CHICKEN TIKKA MASALA (PER 100G)	450	108	5.7	1.8	2.4	1.8	11.0	0.4
VEGETABLE GOAN (PER 100G)	301	72	3.6	1.6	6.1	4.6	2.3	0.3
SAAG ALOO (PER 100G)	318	76	3.6	0.2	8.3	0.7	1.9	0.4
SWEET POTATO BHAJIS (PER BHAJI)	242	58	2.5	0.2	6.6	3.5	1.9	0.4
PLAIN NAAN BREAD (PER PIECE)	158	38	1.9	1.0	4.4	0.1	0.8	0.1
PILAU RICE (PER 100G)	578	138	4.3	1.4	21.2	0.1	3.4	0.3
CHICKEN ACHARI (PER 100G)	368	88	3.6	0.3	4.0	2.5	9.7	0.5
RED THAI CURRY (PER 100G)	438	105	4.9	2.9	4.1	2.6	9.8	0.5
GARLIC NAAN (PER PIECE)	203	48	2.9	1.1	4.5	0.1	0.8	0.2
VEGETABLE SAMOSAS (PER PIECE)	802	191	13.7	2.5	13.0	0.4	2.8	0.6
VEGETABLE PAKORA (PER PIECE)	334	80	4.0	0.6	8.0	0.6	2.0	0.1
BEEF MADRAS (PER 100G)	392	94	4.7	1.1	2.9	2.9	9.4	0.5
POPPADOM (PER POPPADUM)	134	32	0.2	0.0	4.6	0.1	2.4	0.5
<b>DIPS</b>								
YOGURT AND MINT (PER 25G)	86	20	1.0	0.7	1.7	1.7	1.1	0.1
MANGO CHUTNEY (PER 25G)	252	60	0.0	0.0	14.9	11.2	0.1	0.7
DESSICATED COCONUT (PER 25G)	663	158	15.5	13.4	1.6	1.6	1.4	0.2
TOMATO, RED ONION AND CORIANDER MIX (PER 25G)	27	6	0.1	0.0	1.1	0.9	0.2	0.0
<b>FRIDAY CHIP SHOP</b>								
BATTERED FISH (PER PIECE)	622	149	10.0	1.2	8.5	0.4	5.9	0.2
BATTERED SAUSAGE (PER SAUSAGE)	664	159	11.1	3.5	7.3	0.9	7.8	0.8
FISH CAKES (PER FISHCAKE)	529	126	5.9	1.2	13.0	0.8	5.5	0.3
SAVALOYS (PER SAVALOY)	1915	457	41.2	14.8	0.1	0.7	20.0	2.4
CURRY SAUCE (PER 25G)	107	26	1.8	0.4	1.9	0.5	0.2	0.2
CHIPS (PER 100G)	846	202	9.8	3.1	25.6	0.7	2.8	0.1
CHICKEN AND MUSHROOM PIE (PER PIE)	851	203	10.4	4.7	22.5	0.5	4.4	0.3
BEEF AND ONION PIE (PER PIE)	857	205	11.3	5.4	19.4	0.9	5.6	0.3
PLAIN CHICKEN DRUMSTICKS (PER DRUMSTICK)	427	102	5.5	1.5	1.0	0.3	12.1	0.3
SPICY CHICKEN DRUMSTICKS (PER DRUMSTICK)	441	105	5.6	1.5	1.4	0.4	12.1	0.7
COD CUBES (PER COD CUBE)	204	49	3.0	0.5	3.7	0.4	1.5	0.0
MUSHY PEAS (PER 100G)	356	85	0.5	0.1	12.8	2.0	5.4	0.9
PEAS (PER 100G)	405	97	2.3	1.1	11.0	5.8	5.4	0.0
GRAVY (PER 100G)	169	40	2.4	0.9	3.8	0.2	0.6	0.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>CONDIMENTS</b>								
TARTARE SAUCE (PER 25G)	219	52	5.0	0.4	1.7	0.7	0.1	0.5
KETCHUP (PER 25G)	124	30	0.0	0.0	6.9	6.0	0.3	0.4
LEMON WEDGES (PER WEDGE)	10	2	0.0	0.0	0.2	0.2	0.1	0.0
HP SAUCE	PLEASE REFER TO SACHET FOR INFORMATION							
BUTTER PORTIONS (PER 10G)	309	74	8.1	5.2	0.1	0.1	0.1	0.2
MARGARINE PORTIONS (PER PORTION)	178	43	4.7	1.1	0.0	0.0	0.0	0.1
VINEGAR	PLEASE REFER TO BOTTLE FOR INFORMATION							
KIDS BURGER BUNS (PER BUN)	594	142	2.9	0.8	25.4	0.5	5.2	0.3
SLICED GHERKINS (PER 25G)	32	8	0.1	0.0	1.2	1.0	0.1	0.2
<b>SATURDAY WORLD OF CHICKEN</b>								
CHIPS (PER 100G)	846	202	9.8	3.1	25.6	0.7	2.8	0.1
PIRI PIRI CHICKEN DRUMSTICKS (PER DRUMSTICK)	441	105	5.6	1.5	1.4	0.4	12.1	0.7
BBQ CHICKEN DRUMSTICKS (PER DRUMSTICK)	468	112	5.5	1.5	3.3	2.0	12.2	0.5
GARLIC DOUGHBALLS (PER DOUGHBALL)	157	38	1.6	0.6	4.5	0.2	1.1	0.1
BBQ BAKED BEANS (PER 100G)	443	106	1.6	0.2	16.9	11.4	4.0	0.7
LOUISIANA CHICKEN BURGER (PER PIECE)	442	106	5.3	0.8	6.2	0.0	8.3	0.4
LOUISIANA CHICKEN BURGER IN BUN (PER BURGER)	1048	250	8.3	1.6	32.0	1.0	13.5	0.7
SPICED POTATO DIPPERS (PER 100G)	638	152	6.6	0.9	20.5	0.6	2.7	0.1
CHICKEN FAJITA MIX (PER 100G)	344	82	1.4	0.3	4.0	3.6	12.6	0.8
TORTILLA (PER TORTILLA)	638	152	4.4	1.9	23.9	1.4	3.5	0.5
CHICKEN TIKKA MASALA (PER 100G)	455	109	5.7	1.8	2.2	1.6	11.3	0.4
RICE (PER 100G)	1474	352	1.0	0.2	77.0	0.6	8.0	0.0
POPPADOM (PER POPPADUM)	134	32	0.2	0.0	4.6	0.1	2.4	0.5
PEAS AND SWEETCORN (PER 100G)	491	117	4.3	2.2	13.6	3.8	4.3	0.1
CHICKEN, POTATO BAKE (PER 100G)	491	117	5.2	3.2	5.9	1.2	10.9	0.6
BURGER BUNS (PER BUN)	594	142	2.9	0.8	25.4	0.5	5.2	0.3
RED ONION SLICES (PER 100G)	176	42	0.2	0.0	7.8	5.5	1.3	0.0
COLESLAW (PER 100G)	415	99	7.4	0.6	6.3	4.6	1.0	0.5
LETTUCE (PER 100G)	67	16	0.3	0.0	1.9	1.9	0.7	0.0
TOMATOES (PER 100G)	84	20	0.3	0.1	3.1	3.1	0.7	0.0
SALSA (PER 25G)	26	6	0.1	0.0	1.3	1.1	0.1	0.3
MANGO CHUTNEY (PER 25G)	252	60	0.0	0.0	14.9	11.2	0.1	0.7
SOUR CREAM (PER 25G)	140	34	2.6	1.7	1.2	1.2	1.4	0.0
RELISH (PER 25G)	112	27	0.0	0.0	6.2	5.5	0.3	0.2

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BREWERS FAYRE CHEF'S COUNTER MENU</b>																				
<b>MONDAY PIZZA NIGHT</b>																				
<b>GARLIC DOUGHBALLS</b>																				
GARLIC AND PARSLEY SPREAD	YES	NO						Y												
PLAIN DOUGH BALLS	YES	YES	Y																	
<b>TOTAL GARLIC DOUGHBALLS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>SPICY CORN ON THE COB</b>																				
GRILLED CORN ON THE COB	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y								Y				
PIRI PIRI SAUCE	YES	YES										Y								
<b>TOTAL SPICY CORN ON THE COB</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>				<b>Y</b>				<b>Y</b>				
<b>CHERRY AND CUSTARD PIZZA</b>																				
SALTED BUTTER	YES	NO						Y												
CUSTARD RTS	YES	NO						Y												
BLACK CHERRIES IN KIRSCH	YES	YES																		
PIZZA SLAB	YES	NO	Y																	
<b>TOTAL CHERRY AND CUSTARD PIZZA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>VEGGIE FAJITA PIZZA</b>																				
RED ONIONS	YES	YES																		
RED PEPPERS	YES	YES																		
RAPESEED OIL	YES	YES																		
REDUCED FAT SOUR CREAM	YES	NO						Y												
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
GREEN SLICED JALAPENOS	YES	YES																		
SALSA	YES	YES																		
PIZZA SLAB	YES	NO	Y																	
GREEN CHILLI SALSA	YES	YES																		
<b>TOTAL VEGGIE FAJITA PIZZA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>BUFFALO PIZZA</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RAPESEED OIL	YES	YES																		
PIRI PIRI SAUCE	YES	YES										Y								
BLUE CHEESE DRESSING	YES	NO						Y	Y							Y				
PIZZA SLAB	YES	NO	Y																	
<b>TOTAL BUFFALO PIZZA</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>							<b>Y</b>				
<b>HAWAIIAN PIZZA</b>																				
PINEAPPLE IN JUICE	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
THICK CUT GAMMON SLICES	NO	NO																		
TOMATO PIZZA TOPPING	YES	YES	Y																	
PIZZA SLAB	YES	NO	Y																	
<b>TOTAL HAWAIIAN PIZZA</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PEPPERONI PIZZA</b>																				
SLICED PEPPERONI	NO	NO																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
TOMATO PIZZA TOPPING	YES	YES	Y																	
PIZZA SLAB	YES	NO	Y																	
<b>TOTAL PEPPERONI PIZZA</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>MARGARITA PIZZA</b>																				
TOMATOES	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
TOMATO PIZZA TOPPING	YES	YES	Y																	
COW MOZZARELLA BALLS	YES	NO						Y												
PIZZA SLAB	YES	NO	Y																	
<b>TOTAL MARGARITA PIZZA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>CHICKEN TIKKA PIZZA</b>																				
TIKKA SAUCE	YES	NO						Y												
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
WHOLE MILK NATURAL YOGHURT	YES	NO						Y												
RED CHILLIES	YES	YES																		
CHICKEN BREAST	NO	NO																		
RAPESEED OIL	YES	YES																		
TOMATO AND RED ONION MIX	YES	YES																		
PIZZA SLAB	YES	NO	Y																	
<b>TOTAL CHICKEN TIKKA PIZZA</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>TUESDAY VIVA MEXICO</b>																				
<b>MEXICAN RICE</b>																				
MEXICAN RICE	YES	YES																		
<b>TOTAL MEXICAN RICE</b>	<b>YES</b>	<b>YES</b>																		
<b>PLAIN RICE</b>																				
LONG GRAIN EASY COOK RICE	YES	YES																		
<b>TOTAL PLAIN RICE</b>	<b>YES</b>	<b>YES</b>																		
<b>RED PEPPERS AND ONIONS</b>																				
RED ONIONS	YES	YES																		
RED PEPPERS	YES	YES																		
TABLE SALT	YES	YES																		
CRACKED BLACK PEPPER	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL RED PEPPERS AND ONIONS</b>	<b>YES</b>	<b>YES</b>																		
<b>THREE BEAN MEXICAN CHILLI</b>																				
MEXICAN THREE BEAN STEW	YES	YES																		
<b>TOTAL THREE BEAN MEXICAN CHILLI</b>	<b>YES</b>	<b>YES</b>																		
<b>NACHOS</b>																				
TORTILLA CHIPS	YES	YES																		
<b>TOTAL NACHOS</b>	<b>YES</b>	<b>YES</b>																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>NACHO CHEESE SAUCE</b>																				
AGED CHEESE SAUCE	YES	NO					Y		Y											
<b>TOTAL NACHO CHEESE SAUCE</b>	<b>YES</b>	<b>NO</b>					<b>Y</b>		<b>Y</b>											
<b>SPICY PULLED PORK</b>																				
PULLED PORK	NO	NO																		
MEXICAN SPICY MIX	YES	YES																		
<b>TOTAL SPICY PULLED PORK</b>	<b>NO</b>	<b>NO</b>																		
<b>MEXICAN BEEF CHILLI</b>																				
MEXICAN BEEF CHILLI	NO	NO							Y					Y						
<b>TOTAL MEXICAN BEEF CHILLI</b>	<b>NO</b>	<b>NO</b>							<b>Y</b>					<b>Y</b>						
<b>CHICKEN FAJITAS</b>																				
RED ONIONS	YES	YES																		
RED PEPPERS	YES	YES																		
TABLE SALT	YES	YES																		
CRACKED BLACK PEPPER	YES	YES																		
CHICKEN BREAST	NO	NO																		
RAPESEED OIL	YES	YES																		
SPICY CHIP SEASONING	YES	YES																		
SALSA	YES	YES																		
<b>TOTAL CHICKEN FAJITAS</b>	<b>NO</b>	<b>NO</b>																		
<b>CHILLI DIPPERS</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
CONEY ISLAND CHILLI	NO	NO	Y																	
POTATO DIPPERS	NO	NO																		
RAPESEED OIL	YES	YES																		
RED ONIONS	YES	YES																		
<b>TOTAL CHILLI DIPPERS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>											
<b>CHILLI AND CHEESE EMPANADAS</b>																				
EMPANADAS CHILLI CHEESE	NO	NO	Y						Y	Y										
RAPESEED OIL	YES	YES																		
<b>TOTAL CHILLI AND CHEESE EMPANADAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>	<b>Y</b>										
<b>ENCHILADAS</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO							Y											
CORIANDER	YES	YES																		
RED CHILLIES	YES	YES																		
BURRITO WRAP	YES	NO	Y					Y		Y			Y							
POMODORO SAUCE	YES	NO																		
REDUCED FAT SOUR CREAM	YES	NO								Y										
<b>TOTAL ENCHILADAS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>			<b>Y</b>							
<b>SALSA</b>																				
SALSA	YES	YES																		
<b>TOTAL SALSA</b>	<b>YES</b>	<b>YES</b>																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>GRATED CHEESE</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
<b>TOTAL GRATED CHEESE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>FRESH SALSA</b>																				
SPRING ONION	YES	YES																		
TOMATOES	YES	YES																		
TABLE SALT	YES	YES																		
CORIANDER	YES	YES																		
RED CHILLIES	YES	YES																		
LIMES	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL FRESH SALSA</b>	<b>YES</b>	<b>YES</b>																		
<b>ICEBERG LETTUCE</b>																				
ICEBERG LETTUCE	YES	YES																		
<b>TOTAL ICEBERG LETTUCE</b>	<b>YES</b>	<b>YES</b>																		
<b>JALAPENOS</b>																				
GREEN SLICED JALAPENOS	YES	YES																		
<b>TOTAL JALAPENOS</b>	<b>YES</b>	<b>YES</b>																		
<b>SOUR CREAM</b>																				
REDUCED FAT SOUR CREAM	YES	NO						Y												
<b>TOTAL SOUR CREAM</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>GUACAMOLE</b>																				
GUACAMOLE	YES	YES																		
<b>TOTAL GUACAMOLE</b>	<b>YES</b>	<b>YES</b>																		
<b>FLOUR TORTILLAS</b>																				
8 INCH TORTILLA	YES	NO	Y																	
<b>TOTAL FLOUR TORTILLAS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>																	
<b>WEDNESDAY BURGERS AND HOTDOGS</b>																				
<b>BURGER BUNS</b>																				
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL BURGER BUNS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>HOT DOG ROLLS</b>																				
12CM HOT DOG ROLL	YES	NO	Y					Y	Y											
<b>TOTAL HOT DOG ROLLS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>											
<b>BEEF BURGER</b>																				
STEAK BURGER 4OZ	NO	NO																		
RAPESEED OIL	YES	YES																		
<b>TOTAL BEEF BURGER</b>	<b>NO</b>	<b>NO</b>																		
<b>CHEESE SLICES</b>																				
CHEESE SLICES	YES	NO						Y												
<b>TOTAL CHEESE SLICES</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PRE-MADE BEEF BURGER</b>																				
STEAK BURGER 4OZ	NO	NO																		
RAPESEED OIL	YES	YES																		
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL PRE-MADE BEEF BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>PRE-MADE CHEESE BURGER</b>																				
CHEESE SLICES	YES	NO						Y												
RAPESEED OIL	YES	YES																		
STEAK BURGER 4OZ	NO	NO																		
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL PRE-MADE CHEESE BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>											
<b>LOUISIANA CHICKEN</b>																				
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RAPESEED OIL	YES	YES																		
<b>TOTAL LOUISIANA CHICKEN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>PRE-MADE LOUISIANA CHICKEN BURGER</b>																				
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RAPESEED OIL	YES	YES																		
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL PRE-MADE LOUISIANA CHICKEN BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>GRILLED CHICKEN</b>																				
CHICKEN BREAST	NO	NO																		
RAPESEED OIL	YES	YES																		
<b>TOTAL GRILLED CHICKEN</b>	<b>NO</b>	<b>NO</b>																		
<b>PRE-MADE GRILLED CHICKEN BURGER</b>																				
CHICKEN BREAST	NO	NO																		
RAPESEED OIL	YES	YES																		
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL PRE-MADE GRILLED CHICKEN BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>FISHCAKE</b>																				
BREADED FISH CAKES	NO	NO	Y							Y										
RAPESEED OIL	YES	YES																		
<b>TOTAL FISHCAKE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>							<b>Y</b>										

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PRE-MADE FISHCAKE BURGERS</b>																				
BREADED FISH CAKES	NO	NO	Y						Y											
RAPESEED OIL	YES	YES																		
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
RED ONIONS	YES	YES																		
BURGER BUN KIDS	YES	NO	Y				Y													
<b>TOTAL PRE-MADE FISHCAKE BURGERS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>				<b>Y</b>		<b>Y</b>											
<b>FRIED MUSHROOMS</b>																				
SALTED BUTTER	YES	NO						Y												
MUSHROOM CUP	YES	YES																		
<b>TOTAL FRIED MUSHROOMS</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>FRIED ONIONS</b>																				
RED ONIONS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL FRIED ONIONS</b>	<b>YES</b>	<b>YES</b>																		
<b>STREAKY BACON</b>																				
SMOKED DRY CURED STREAKY BACON	NO	NO																		
<b>TOTAL STREAKY BACON</b>	<b>NO</b>	<b>NO</b>																		
<b>CHIPS</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL CHIPS</b>	<b>YES</b>	<b>YES</b>																		
<b>SPICY DIPPERS</b>																				
POTATO DIPPERS	NO	NO																		
SPICY CHIP SEASONING	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL SPICY DIPPERS</b>	<b>NO</b>	<b>NO</b>																		
<b>HOT DOGS</b>																				
HOT DOG	NO	NO																		
<b>TOTAL HOT DOGS</b>	<b>NO</b>	<b>NO</b>																		
<b>PRE-MADE HOT DOGS</b>																				
12CM HOT DOG ROLL	YES	NO	Y					Y	Y											
HOT DOG	NO	NO																		
MILD MUSTARD	YES	YES													Y					
TOMATO KETCHUP	YES	NO																		
RED ONIONS	YES	YES																		
<b>TOTAL PRE-MADE HOT DOGS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>						<b>Y</b>					
<b>BBQ PULLED PORK</b>																				
BBQ SAUCE	YES	YES																		
PULLED PORK	NO	NO																		
<b>TOTAL BBQ PULLED PORK</b>	<b>NO</b>	<b>NO</b>																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																
			Cereals 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
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products													
<b>BEEF CHILLI</b>																			
CONY ISLAND CHILLI	NO	NO	Y																
RED ONIONS	YES	YES																	
<b>TOTAL BEEF CHILLI</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																
<b>MINI CORN</b>																			
GRILLED CORN ON THE COB	YES	YES																	
<b>TOTAL MINI CORN</b>	<b>YES</b>	<b>YES</b>																	
<b>BBQ BEANS</b>																			
BAKED BEANS	YES	YES																	
BBQ SAUCE	YES	YES																	
BLACK TREACLE	YES	YES										Y							
<b>TOTAL BBQ BEANS</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>							
<b>ONION RINGS</b>																			
LARGE BATTERED ONION RINGS	NO	NO	Y																
RAPESEED OIL	YES	YES																	
<b>TOTAL ONION RINGS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																
<b>COLESLAW</b>																			
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																	
LIGHT MAYONNAISE	YES	NO						Y								Y			
<b>TOTAL COLESLAW</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>								<b>Y</b>			
<b>SLICED TOMATOES</b>																			
TOMATOES	YES	YES																	
<b>TOTAL SLICED TOMATOES</b>	<b>YES</b>	<b>YES</b>																	
<b>RED ONION</b>																			
RED ONIONS	YES	YES																	
<b>TOTAL RED ONION</b>	<b>YES</b>	<b>YES</b>																	
<b>LETTUCE</b>																			
ICEBERG LETTUCE	YES	YES																	
<b>TOTAL LETTUCE</b>	<b>YES</b>	<b>YES</b>																	
<b>GHERKINS</b>																			
WHOLE GHERKINS	YES	YES																	
<b>TOTAL GHERKINS</b>	<b>YES</b>	<b>YES</b>																	
<b>RELISH</b>																			
HAMBURGER RELISH	YES	YES										Y			Y				
<b>TOTAL RELISH</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>			<b>Y</b>				
<b>TARTARE SAUCE</b>																			
TARTARE SAUCE	YES	NO						Y											
<b>TOTAL TARTARE SAUCE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>SAUCES</b>																				
<b>TOMATO KETCHUP</b>																				
TOMATO KETCHUP	YES	NO																		
<b>TOTAL TOMATO KETCHUP</b>	<b>YES</b>	<b>NO</b>																		
<b>MILD MUSTARD</b>																				
MILD MUSTARD	YES	YES													Y					
<b>TOTAL MILD MUSTARD</b>	<b>YES</b>	<b>YES</b>													<b>Y</b>					
<b>MAYONNAISE</b>																				
LIGHT MAYONNAISE	YES	NO						Y							Y					
<b>TOTAL MAYONNAISE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>							<b>Y</b>					
<b>BBQ SAUCE</b>																				
BBQ SAUCE	YES	YES																		
<b>TOTAL BBQ SAUCE</b>	<b>YES</b>	<b>YES</b>																		
<b>SPICY MAYO</b>																				
PIRI PIRI SAUCE	YES	YES										Y								
LIGHT MAYONNAISE	YES	NO						Y							Y					
<b>TOTAL SPICY MAYO</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>				<b>Y</b>			<b>Y</b>					
<b>THURSDAY CURRY NIGHT</b>																				
<b>PLAIN RICE</b>																				
LONG GRAIN EASY COOK RICE	YES	YES																		
<b>TOTAL PLAIN RICE</b>	<b>YES</b>	<b>YES</b>																		
<b>CHICKEN TIKKA MASALA</b>																				
CHICKEN TIKKA	NO	NO						Y												
WHOLE MILK NATURAL YOGHURT	YES	NO						Y												
<b>TOTAL CHICKEN TIKKA MASALA</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>VEGETABLE GOAN</b>																				
GOAN VEGETABLE CURRY	YES	NO						Y												
<b>TOTAL VEGETABLE GOAN</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>SAAG ALOO</b>																				
SAG ALOO	YES	YES																		
<b>TOTAL SAAG ALOO</b>	<b>YES</b>	<b>YES</b>																		
<b>SWEET POTATO BHAJIS</b>																				
RAPESEED OIL	YES	YES																		
SWEET POTATO BHAJI	YES	YES	Y																	
<b>TOTAL SWEET POTATO BHAJIS</b>	<b>YES</b>	<b>YES</b>	<b>Y</b>																	
<b>PLAIN NAAN BREAD</b>																				
SALTED BUTTER	YES	NO						Y												
PLAIN FAMILY NAAN	YES	NO	Y					Y												
<b>TOTAL PLAIN NAAN BREAD</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PILAU RICE</b>																				
PILAU RICE	YES	NO							Y											
<b>TOTAL PILAU RICE</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>CHICKEN ACHARI</b>																				
RED ONIONS	YES	YES																		
TOMATOES	YES	YES																		
CORIANDER	YES	YES																		
ACHARI CHICKEN CURRY	NO	NO							Y						Y					
<b>TOTAL CHICKEN ACHARI</b>	<b>NO</b>	<b>NO</b>							<b>Y</b>						<b>Y</b>					
<b>RED THAI CURRY</b>																				
RED PEPPERS	YES	YES																		
RAPESEED OIL	YES	YES																		
RED THAI CHICKEN CURRY	NO	NO							Y											
LEEKS	YES	YES																		
<b>TOTAL RED THAI CURRY</b>	<b>NO</b>	<b>NO</b>							<b>Y</b>											
<b>GARLIC NAAN</b>																				
PLAIN FAMILY NAAN	YES	NO	Y						Y											
GARLIC AND PARSLEY SPREAD	YES	NO							Y											
<b>TOTAL GARLIC NAAN</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>											
<b>VEGETABLE SAMOSAS</b>																				
RAPESEED OIL	YES	YES																		
VEGETABLE SAMOSA	NO	NO	Y										Y							
<b>TOTAL VEGETABLE SAMOSAS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>										<b>Y</b>							
<b>VEGETABLE PAKORA</b>																				
VEGETABLE PAKORAS	NO	NO	Y																	
RAPESEED OIL	YES	YES																		
<b>TOTAL VEGETABLE PAKORA</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>																	
<b>BEEF MADRAS</b>																				
RED CHILLIES	YES	YES																		
TOMATOES	YES	YES																		
BEEF MADRAS	NO	NO														Y				
<b>TOTAL BEEF MADRAS</b>	<b>NO</b>	<b>NO</b>														<b>Y</b>				
<b>POPPADOM</b>																				
PLAIN POPPADOMS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL POPPADOM</b>	<b>YES</b>	<b>YES</b>																		
<b>YOGURT AND MINT</b>																				
<b>DIPS</b>																				
MINT SAUCE	YES	YES																		
WHOLE MILK NATURAL YOGHURT	YES	NO							Y											
<b>TOTAL YOGURT AND MINT</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>MANGO CHUTNEY</b>																				
MANGO CHUTNEY - GREEN LABEL	YES	YES																		
<b>TOTAL MANGO CHUTNEY</b>	<b>YES</b>	<b>YES</b>																		
<b>DESSICATED COCONUT</b>																				
DESSICATED COCONUT	YES	YES										Y								
<b>TOTAL DESSICATED COCONUT</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>								
<b>TOMATO, RED ONION AND CORIANDER MIX</b>																				
TOMATOES	YES	YES																		
CORIANDER	YES	YES																		
RED ONIONS	YES	YES																		
<b>TOTAL TOMATO, RED ONION AND CORIANDER MIX</b>	<b>YES</b>	<b>YES</b>																		
<b>FRIDAY CHIP SHOP</b>																				
<b>BATTERED FISH</b>																				
BATTER MIX	YES	YES	Y																	
WHITING	NO	NO							Y											
PLAIN FLOUR	YES	YES	Y																	
LEMONS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL BATTERED FISH</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>						<b>Y</b>											
<b>BATTERED SAUSAGE</b>																				
BREAKFAST PORK SAUSAGE	NO	NO	Y										Y							
PLAIN FLOUR	YES	YES	Y																	
BATTER MIX	YES	YES	Y																	
RAPESEED OIL	YES	YES																		
<b>TOTAL BATTERED SAUSAGE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>										<b>Y</b>							
<b>FISH CAKES</b>																				
BREADED FISH CAKES	NO	NO	Y							Y										
LEMONS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL FISH CAKES</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>							<b>Y</b>										
<b>SAVALOYS</b>																				
SAVELOY	NO	NO	Y					Y												
<b>TOTAL SAVALOYS</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>CURRY SAUCE</b>																				
CURRY SAUCE	YES	NO	Y					Y		Y									Y	
<b>TOTAL CURRY SAUCE</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>		<b>Y</b>									<b>Y</b>	
<b>CHIPS</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL CHIPS</b>	<b>YES</b>	<b>YES</b>																		
<b>CHICKEN AND MUSHROOM PIE</b>																				
CHICKEN AND MUSHROOM MINI PIE	NO	NO	Y					Y	Y											
<b>TOTAL CHICKEN AND MUSHROOM PIE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans



Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BEEF AND ONION PIE</b>																				
MINCED BEEF AND ONION MINI PIE	NO	NO	Y		Y															
<b>TOTAL BEEF AND ONION PIE</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>															
<b>PLAIN CHICKEN DRUMSTICKS</b>																				
CHICKEN DRUMSTICKS	NO	NO																		
<b>TOTAL PLAIN CHICKEN DRUMSTICKS</b>	<b>NO</b>	<b>NO</b>																		
<b>SPICY CHICKEN DRUMSTICKS</b>																				
CHICKEN DRUMSTICKS	NO	NO																		
PIRI PIRI SAUCE	YES	YES										Y								
<b>TOTAL SPICY CHICKEN DRUMSTICKS</b>	<b>NO</b>	<b>NO</b>										<b>Y</b>								
<b>COD CUBES</b>																				
COD CUBES	NO	NO	Y							Y										
LEMONS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL COD CUBES</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>							<b>Y</b>										
<b>MUSHY PEAS</b>																				
MUSHY PEAS	YES	YES																		
<b>TOTAL MUSHY PEAS</b>	<b>YES</b>	<b>YES</b>																		
<b>PEAS</b>																				
GARDEN PEAS	YES	YES																		
SALTED BUTTER PORTIONS	YES	NO								Y										
<b>TOTAL PEAS</b>	<b>YES</b>	<b>NO</b>								<b>Y</b>										
<b>GRAVY</b>																				
GRAVY CONCENTRATE	NO	NO																		
<b>TOTAL GRAVY</b>	<b>NO</b>	<b>NO</b>																		
<b>CONDIMENTS</b>																				
<b>TARTARE SAUCE</b>																				
TARTARE SAUCE	YES	NO								Y										
<b>TOTAL TARTARE SAUCE</b>	<b>YES</b>	<b>NO</b>								<b>Y</b>										
<b>KETCHUP</b>																				
TOMATO KETCHUP	YES	NO																		
<b>TOTAL KETCHUP</b>	<b>YES</b>	<b>NO</b>																		
<b>LEMON WEDGES</b>																				
LEMONS	YES	YES																		
<b>TOTAL LEMON WEDGES</b>	<b>YES</b>	<b>YES</b>																		
<b>HP SAUCE</b>																				
HP SAUCE SACHETS	PLEASE REFER TO SACHET FOR INFORMATION																			
<b>TOTAL HP SAUCE</b>	PLEASE REFER TO SACHET FOR INFORMATION																			

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BUTTER PORTIONS</b>																				
SALTED BUTTER	YES	NO						Y												
<b>TOTAL BUTTER PORTIONS</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>MARGARINE PORTIONS</b>																				
SUNFLOWER SPREAD	YES	NO																		
<b>TOTAL MARGARINE PORTIONS</b>	<b>YES</b>	<b>NO</b>																		
<b>VINEGAR</b>																				
MALT VINEGAR			PLEASE REFER TO BOTTLE FOR INFORMATION																	
<b>TOTAL VINEGAR</b>			PLEASE REFER TO SACHET FOR INFORMATION																	
<b>KIDS BURGER BUNS</b>																				
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL KIDS BURGER BUNS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>SLICED GHERKINS</b>																				
WHOLE GHERKINS	YES	YES																		
<b>TOTAL SLICED GHERKINS</b>	<b>YES</b>	<b>YES</b>																		
<b>SATURDAY WORLD OF CHICKEN</b>																				
<b>CHIPS</b>																				
CHIPS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL CHIPS</b>	<b>YES</b>	<b>YES</b>																		
<b>PIRI PIRI CHICKEN DRUMSTICKS</b>																				
CHICKEN DRUMSTICKS	NO	NO																		
PIRI PIRI SAUCE	YES	YES										Y								
<b>TOTAL PIRI PIRI CHICKEN DRUMSTICKS</b>	<b>NO</b>	<b>NO</b>										<b>Y</b>								
<b>BBQ CHICKEN DRUMSTICKS</b>																				
CHICKEN DRUMSTICKS	NO	NO																		
BBQ SAUCE	YES	YES																		
<b>TOTAL BBQ CHICKEN DRUMSTICKS</b>	<b>NO</b>	<b>NO</b>																		
<b>GARLIC DOUGHBALLS</b>																				
PLAIN DOUGH BALLS	YES	YES	Y																	
GARLIC AND PARSLEY SPREAD	YES	NO						Y												
RAPESEED OIL	YES	YES																		
<b>TOTAL GARLIC DOUGHBALLS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>BBQ BAKED BEANS</b>																				
BAKED BEANS	YES	YES																		
BLACK TREACLE	YES	YES										Y								
BBQ SAUCE	YES	YES																		
<b>TOTAL BBQ BAKED BEANS</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>								
<b>LOUISIANA CHICKEN BURGER</b>																				
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RAPESEED OIL	YES	YES																		
<b>TOTAL LOUISIANA CHICKEN BURGER</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>LOUISIANA CHICKEN BURGER IN BUN</b>																				
LOUISIANA CHICKEN BURGER	NO	NO	Y					Y												
RAPESEED OIL	YES	YES																		
BURGER BUN KIDS	YES	NO	Y					Y												
TOMATOES	YES	YES																		
ICEBERG LETTUCE	YES	YES																		
<b>TOTAL LOUISIANA CHICKEN BURGER IN BUN</b>	<b>NO</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>SPICED POTATO DIPPERS</b>																				
POTATO DIPPERS	NO	NO																		
SPICY CHIP SEASONING	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL SPICED POTATO DIPPERS</b>	<b>NO</b>	<b>NO</b>																		
<b>CHICKEN FAJITA MIX</b>																				
CHICKEN BREAST	NO	NO																		
SPICY CHIP SEASONING	YES	YES																		
RED ONIONS	YES	YES																		
RED PEPPERS	YES	YES																		
SALSA	YES	YES																		
RAPESEED OIL	YES	YES																		
TABLE SALT	YES	YES																		
CRACKED BLACK PEPPER	YES	YES																		
<b>TOTAL CHICKEN FAJITA MIX</b>	<b>NO</b>	<b>NO</b>																		
<b>TORTILLA</b>																				
8 INCH TORTILLA	YES	NO	Y																	
<b>TOTAL TORTILLA</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>																	
<b>CHICKEN TIKKA MASALA</b>																				
CHICKEN TIKKA	NO	NO						Y												
WHOLE MILK NATURAL YOGHURT	YES	NO						Y												
<b>TOTAL CHICKEN TIKKA MASALA</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>RICE</b>																				
LONG GRAIN EASY COOK RICE	YES	YES																		
<b>TOTAL RICE</b>	<b>YES</b>	<b>YES</b>																		
<b>POPPADOM</b>																				
PLAIN POPPADOMS	YES	YES																		
RAPESEED OIL	YES	YES																		
<b>TOTAL POPPADOM</b>	<b>YES</b>	<b>YES</b>																		
<b>PEAS &amp; SWEETCORN</b>																				
GARDEN PEAS	YES	YES																		
SUPERSWEET SWEETCORN	YES	YES																		
SALTED BUTTER	YES	NO						Y												
<b>TOTAL PEAS &amp; SWEETCORN</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>CHICKEN, POTATO BAKE</b>																				
CHICKEN BREAST	NO	NO																		
CARBONARA SAUCE	YES	NO						Y						Y	Y					
MARIS PEER POTATOES	YES	YES																		
LEEKS	YES	YES																		
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
<b>TOTAL CHICKEN, POTATO BAKE</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>						<b>Y</b>	<b>Y</b>					
<b>BURGER BUNS</b>																				
BURGER BUN KIDS	YES	NO	Y					Y												
<b>TOTAL BURGER BUNS</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>RED ONION SLICES</b>																				
RED ONIONS	YES	YES																		
<b>TOTAL RED ONION SLICES</b>	<b>YES</b>	<b>YES</b>																		
<b>COLESLAW</b>																				
COLESLAW MIX (PINK STAR, WHITE CABBAGE, CARROT, ONION)	YES	YES																		
LIGHT MAYONNAISE	YES	NO						Y							Y					
<b>TOTAL COLESLAW</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>							<b>Y</b>					
<b>LETTUCE</b>																				
ICEBERG LETTUCE	YES	YES																		
<b>TOTAL LETTUCE</b>	<b>YES</b>	<b>YES</b>																		
<b>TOMATOES</b>																				
TOMATOES	YES	YES																		
<b>TOTAL TOMATOES</b>	<b>YES</b>	<b>YES</b>																		
<b>SALSA</b>																				
SALSA	YES	YES																		
<b>TOTAL SALSA</b>	<b>YES</b>	<b>YES</b>																		
<b>MANGO CHUTNEY</b>																				
MANGO CHUTNEY - GREEN LABEL	YES	YES																		
<b>TOTAL MANGO CHUTNEY</b>	<b>YES</b>	<b>YES</b>																		
<b>SOUR CREAM</b>																				
REDUCED FAT SOUR CREAM	YES	NO							Y											
<b>TOTAL SOUR CREAM</b>	<b>YES</b>	<b>NO</b>							<b>Y</b>											
<b>RELISH</b>																				
HAMBURGER RELISH	YES	YES										Y			Y					
<b>TOTAL RELISH</b>	<b>YES</b>	<b>YES</b>										<b>Y</b>			<b>Y</b>					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70	20	260	90	50	6
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BREWERS FAYRE SUNDAY LUNCH MENU								
SPREAD (Per Portion)	178	43	4.7	1.1	0.0	0.0	0.0	0.1
BREAD ROLL (Per Roll)	458	109	0.5	0.1	22.5	1.3	3.6	0.4
BUTTER (Per Portion)	201	48	5.3	3.4	0.1	0.1	0.0	0.1
TOMATO SOUP (Per 100g)	142	34	0.9	0.2	5.3	3.9	0.8	0.4
ROAST TURKEY (Per 100g)	464	111	2.1	0.8	1.0	0.3	21.7	0.6
ROAST BEEF TOPSIDE (Per Slice)	419	100	6.6	2.8	0.0	0.0	10.2	0.1
GAMMON (Per 100g)	678	162	10.4	4.0	0.2	0.2	16.8	2.8
VEG WELLINGTON (As Served)	2184	522	29.2	12.6	53.6	3.6	9.9	1.5
YORKSHIRE PUDDINGS (Per Yorkshire)	345	82	2.7	0.2	11.0	0.7	2.9	0.2
STUFFING (Per 100g)	379	91	2.6	1.0	14.8	1.3	1.9	0.8
ROAST POTS (Per 100g)	620	148	4.6	1.3	25.8	0.6	2.2	0.1
MASH POTATO (Per 100g)	594	142	7.7	4.8	15.2	1.4	2.0	0.6
ROOT VEG MASH (Per 100g)	366	87	3.7	2.3	10.5	5.0	1.1	0.6
CAUL CHEESE (Per 100g)	521	124	8.8	5.1	4.8	1.9	5.8	0.7
SAVOY CABBAGE (Per 100g)	443	106	8.5	5.3	4.2	4.1	1.8	0.2
RED CABBAGE (Per 100g)	356	85	0.3	0.1	18.1	15.7	1.1	0.9
PEAS (Per 100g)	506	121	4.8	2.7	11.2	5.9	5.5	0.1
GRAVY (Per 100g)	169	40	2.4	0.9	3.8	0.2	0.6	0.9
APPLE SAUCE (Per 28g)	113	27	0.0	0.0	6.3	5.3	0.1	0.0
CRANBERRY SAUCE (Per 28g)	209	50	0.0	0.0	12.3	12.2	0.1	0.1
ENGLISH MUSTARD (Per 28g)	215	51	2.9	0.4	4.2	3.3	1.7	2.0
HORSERADISH SAUCE (Per 28g)	224	53	3.7	0.5	3.6	3.4	1.0	1.2

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>BREWERS FAYRE SUNDAY LUNCH MENU</b>																				
<b>SUNFLOWER SPREAD</b>																				
SUNFLOWER SPREAD	YES	NO																		
<b>TOTAL SUNFLOWER SPREAD</b>	<b>YES</b>	<b>NO</b>																		
<b>BREAD ROLL</b>																				
MINI BREAD ROLL	YES	NO	Y					Y												
<b>TOTAL BREAD ROLL</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>BUTTER</b>																				
SALTED BUTTER PORTIONS	YES	NO						Y												
<b>TOTAL BUTTER</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>TOMATO SOUP</b>																				
TOMATO SOUP CONCENTRATE	YES	NO						Y						Y						
<b>TOTAL TOMATO SOUP</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>						<b>Y</b>						
<b>ROAST TURKEY</b>																				
TURKEY CROWN	NO	NO																		
SALTED BUTTER	YES	NO						Y												
<b>TOTAL ROAST TURKEY</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>ROAST BEEF</b>																				
BEEF TOPSIDE JOINT	NO	NO																		
SALTED BUTTER	YES	NO						Y												
<b>TOTAL ROAST BEEF</b>	<b>NO</b>	<b>NO</b>						<b>Y</b>												
<b>ROAST GAMMON</b>																				
UNSMOKED GAMMON JOINT	NO	NO																		
<b>TOTAL ROAST GAMMON</b>	<b>NO</b>	<b>NO</b>																		
<b>VEG WELLINGTON</b>																				
CHESTNUT, MUSHROOM AND GOATS CHEESE WELLINGTON	YES	NO	Y					Y	Y											
VEGETARIAN ROAST GRAVY	YES	NO	Y		Y				Y					Y						
<b>TOTAL VEG WELLINGTON</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>		<b>Y</b>			<b>Y</b>	<b>Y</b>					<b>Y</b>						
<b>YORKSHIRE PUDDING</b>																				
3IN YORKSHIRE PUDDINGS	YES	NO	Y					Y	Y											
<b>TOTAL YORKSHIRE PUDDING</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>	<b>Y</b>											

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>STUFFING</b>																				
SAGE AND ONION STUFFING MIX	YES	YES	Y																	
SALTED BUTTER	YES	NO						Y												
RED ONIONS	YES	YES																		
RAPESEED OIL	YES	YES																		
TABLE SALT	YES	YES																		
<b>TOTAL STUFFING</b>	<b>YES</b>	<b>NO</b>	<b>Y</b>					<b>Y</b>												
<b>ROAST POTATOES</b>																				
RAPESEED OIL	YES	YES																		
ROAST POTATOES CUT	YES	YES																		
TABLE SALT	YES	YES																		
<b>TOTAL ROAST POTATOES</b>	<b>YES</b>	<b>YES</b>																		
<b>MASH POTATO</b>																				
SALTED BUTTER	YES	NO						Y												
MASHED POTATO	YES	NO						Y												
<b>TOTAL MASH POTATO</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>ROOT VEG MASH</b>																				
SALTED BUTTER	YES	NO						Y												
ROOT VEG MASH	YES	NO						Y												
<b>TOTAL ROOT VEG MASH</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>CAULIFLOWER CHEESE</b>																				
MOZZARELLA AND CHEDDAR MIX	YES	NO						Y												
CAULIFLOWER CHEESE	YES	NO						Y	Y											
<b>TOTAL CAULIFLOWER CHEESE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>	<b>Y</b>											
<b>SAVOY CABBAGE</b>																				
SALTED BUTTER	YES	NO						Y												
SAVOY CABBAGE	YES	YES																		
<b>TOTAL SAVOY CABBAGE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>RED CABBAGE</b>																				
RED CABBAGE	YES	YES																		
<b>TOTAL RED CABBAGE</b>	<b>YES</b>	<b>YES</b>																		

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans

Product Description	Dietary Choices		Allergens Present																	
	Suitable for Vegetarians	Suitable for Vegans	Cereals 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														
<b>PEAS</b>																				
GARDEN PEAS	YES	YES																		
SALTED BUTTER	YES	NO						Y												
<b>TOTAL PEAS</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>												
<b>GRAVY</b>																				
GRAVY CONCENTRATE	NO	NO													Y					
<b>TOTAL GRAVY</b>	<b>NO</b>	<b>NO</b>													<b>Y</b>					
<b>APPLE SAUCE</b>																				
APPLE SAUCE	YES	YES											Y							
<b>TOTAL APPLE SAUCE</b>	<b>YES</b>	<b>YES</b>											<b>Y</b>							
<b>CRANBERRY SAUCE</b>																				
CRANBERRY SAUCE	YES	YES																		
<b>TOTAL CRANBERRY SAUCE</b>	<b>YES</b>	<b>YES</b>																		
<b>ENGLISH MUSTARD</b>																				
ENGLISH MUSTARD	YES	YES	Y												Y					
<b>TOTAL ENGLISH MUSTARD</b>	<b>YES</b>	<b>YES</b>	<b>Y</b>												<b>Y</b>					
<b>HORSERADISH SAUCE</b>																				
HORSERADISH SAUCE	YES	NO						Y	Y						Y					
<b>TOTAL HORSERADISH SAUCE</b>	<b>YES</b>	<b>NO</b>						<b>Y</b>	<b>Y</b>						<b>Y</b>					

Y The allergen is present

YES Suitable for ovo-lacto vegetarians/ vegans

NO Not suitable for ovo-lacto vegetarians/ vegans