

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.

Our drinks allergy information contains the cocktails and similar drinks only. For soft drinks, spirits, wines, beers etc please consult the packaging or ask a member of staff.

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)
BREWERS FAYRE AUTUMN								
A GREAT PLACE TO START								
TOMATO SOUP	1051	251	6.7	3.1	39.3	10.5	5.9	2.1
PRAWN COCKTAIL	1558	372	16.4	3.9	34.6	10.8	20.6	2.1
BUTTERMILK CHICKEN GOUJONS	1700	406	20.0	2.4	33.8	8.6	22.3	1.8
CRISPY POTATO DIPPERS	2063	493	29.1	12.6	34.9	2.7	23.1	1.7
SMOOTH CHICKEN LIVER PATE	1642	392	19.7	8.7	41.0	15.1	10.4	1.5
GARLIC & HERB BREADED MUSHROOMS	1443	345	16.9	1.4	38.0	8.7	6.6	1.0
TEMPURA KING PRAWNS	1304	312	15.7	1.6	35.2	12.9	7.2	2.2
GARLIC FLATBREAD	1307	312	17.8	6.3	30.8	1.5	6.3	0.7
GARLIC FLATBREAD WITHOUT CHEESE	1586	379	22.8	9.5	31.3	1.7	11.2	1.0
CHICKEN WINGS	2428	580	34.5	4.9	41.8	11.7	24.8	0.9
NACHOS	2368	566	33.6	7.5	54.8	19.4	9.6	3.9
NACHOS ADD BUTTERMILK CHICKEN GOUJONS	3142	750	43.5	8.7	67.3	19.9	20.6	4.6
CREAMY MUSHROOMS ON TOAST	854	204	5.5	2.7	29.6	4.0	7.0	1.3
HOG ROAST BITES	1093	261	9.3	1.3	23.0	10.8	20.9	0.6
MAC 'N' CHEESE BITES	1852	442	21.4	6.2	48.6	8.3	13.5	1.4
COMBO FEAST	8176	1953	104.6	19.5	199.6	20.0	48.4	6.5
COMBO FEAST- ADD CHICKEN WINGS	9934	2373	132.2	23.5	222.4	20.5	67.9	6.9
CANT BEAT THE CLASSICS								
SMOTHERED CHICKEN	4022	961	40.3	11.1	88.6	14.8	56.3	5.1
SMOTHERED CHICKEN- UPGRADE TO DOUBLE STACKED	5240	1252	50.4	16.5	98.2	23.0	96.6	6.9
LAMB SHANK	3182	760	44.4	23.3	40.4	6.2	47.1	2.4
MOZZARELLA STUFFED CHICKEN WITH BACON WITH CHIPS	3891	929	40.1	13.4	67.1	7.8	70.4	3.9
MOZZARELLA STUFFED CHICKEN WITH BACON WITH ROAST POT	3092	738	38.2	14.4	29.9	11.1	67.2	2.6
ULTIMATE FILLED YORKSHIRE SAUSAGE & MASH	5102	1219	50.3	16.4	128.3	12.6	53.9	4.5
ULTIMATE FILLED YORKSHIRE SAUSAGE & MASH- VEGETARIAN SAUSAGES	4663	1114	39.0	9.4	131.4	13.4	47.1	4.3
SAUSAGES, EGGS & CHIPS	4056	969	53.2	13.7	67.1	5.8	50.2	2.9
SAUSAGES, EGGS & CHIPS- VEGETARIAN SAUSAGES	3593	858	40.8	6.8	71.0	5.3	43.3	2.8
GRILLED GAMMON STEAK WITH EGGS	3780	903	40.0	9.4	58.6	4.4	72.9	4.6
GRILLED GAMMON STEAK WITH PINEAPPLE	3197	764	23.1	5.8	80.3	25.6	57.3	4.6
GRILLED GAMMON STEAK WITH ONE OF EACH	3488	833	31.6	7.6	69.5	15.0	65.1	4.6
CHICKEN TIKKA CURRY	3563	851	25.9	4.8	108.6	22.0	42.0	5.1
BEEF YORKSHIRE WRAP	4725	1129	37.3	6.8	136.7	9.7	53.5	4.6
MAC 'N' CHEESE	3760	898	43.2	25.7	86.5	6.6	38.6	4.1
BEEF & DOOM BAR PIE	4691	1121	59.8	33.1	107.1	5.9	32.6	3.5
CHICKEN FORESTIERE	1819	435	16.3	8.7	29.3	9.6	40.3	2.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
GO FISH- A GREAT CATCH!								
HAND- BATTERED GIANT ATLANTIC HADDOCK & CHIPS & GARDEN PEAS	4446	1062	56.4	12.3	87.0	8.6	47.2	3.7
HAND- BATTERED GIANT ATLANTIC HADDOCK & CHIPS & MUSHY PEAS	4605	1100	56.5	12.4	93.6	7.3	49.5	4.6
BREADED WHOLETAIL SCAMPI WITH PEAS	3474	830	40.4	4.3	90.7	6.8	21.0	2.8
BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS	3633	868	40.5	4.3	97.3	5.5	23.3	3.7
BAKED COD LOIN	1842	440	20.9	4.8	31.1	12.0	30.7	1.1
CHIP SHOP PLATTER	5353	1278	68.9	13.8	116.0	8.7	43.6	5.0
FISH PIE	3134	748	31.2	14.8	89.4	9.4	22.1	3.7
BAKED SALMON	3102	741	39.4	16.4	43.6	7.9	48.6	2.5
FISH & CHIPS WITH GARDEN PEAS	3804	909	46.4	4.8	78.1	7.5	40.2	3.8
FISH & CHIPS WITH MUSHY PEAS	3963	947	46.5	4.9	84.6	6.2	42.5	4.7
PICK YOUR SIDE OR TWO!								
BATTERED ONION RINGS	1955	467	20.5	1.5	65.9	11.8	6.7	0.4
BOWLS OF CHIPS	1518	363	13.8	2.1	51.9	0.7	5.1	1.3
MIXED SIDE SALAD	221	53	2.2	0.2	5.9	5.0	2.1	0.2
GARLIC BREAD WITH CHEESE	1330	318	16.7	7.7	29.0	1.2	12.1	1.0
COLESLAW	610	146	10.5	0.8	9.4	7.2	1.9	0.9
MEDLEY OF GREEN VEGETABLES	470	112	5.2	3.2	7.2	4.2	6.9	0.4
MAC 'N' CHEESE	1260	301	14.8	10.5	26.6	0.8	13.9	1.6
MOZZARELLA STICKS	2057	491	28.0	12.8	36.7	2.2	22.7	2.2
CHEESY JALAPENO PEPPERS	1583	378	25.3	7.9	30.0	3.5	6.7	0.7
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
SOMETHING DIFFERENT								
BURRITO BOWL SALAD	2332	557	21.9	9.5	64.5	24.3	20.4	3.2
BURRITO BOWL SALAD- TOP WITH CHICKEN	2981	712	24.4	10.1	64.6	24.8	53.1	4.3
SWEET POTATO & FETA LASAGNE	3121	746	39.3	15.9	70.0	17.7	24.9	3.0
CHICKEN & CHORIZO FILO PIE	2169	518	26.0	9.4	42.7	12.2	27.8	1.8
THREE CHEESE QUICHE	2400	573	36.4	17.9	42.3	10.5	20.5	1.2
CHICKEN & BACON CAESAR SALAD	2239	535	30.9	8.7	15.6	7.3	48.1	3.1
FAKE & ALE PIE	3503	837	43.9	15.3	91.8	16.7	16.3	2.7
BEEF & PORK LASAGNE	2992	715	31.4	13.7	72.1	20.0	33.0	3.6
PLOUGHMAN'S SALAD	1814	433	22.7	11.2	42.1	31.6	14.0	1.8
HALLOUMI & CHIPS WITH GARDEN PEAS	4174	997	63.4	15.0	67.8	6.7	34.1	5.0
HALLOUMI & CHIPS WITH MUSHY PEAS	4333	1035	63.5	15.1	74.3	5.4	36.4	5.9
FROM OUR GRILL								
12OZ RIB- EYE STEAK	5380	1285	63.1	22.5	90.3	14.8	85.1	2.8
8OZ SIRLOIN	3711	886	35.9	9.6	81.8	9.7	55.6	1.9
8OZ RUMP STEAK	3658	874	34.0	8.5	81.8	9.8	59.4	2.2
FULL RACK OF RIBS	4334	1035	46.1	12.2	103.3	42.1	47.8	3.6
THE WHOLE HOG PLATTER- New	5510	1316	61.5	19.5	104.0	30.7	84.6	6.6
CHICKEN & RIB COMBO	4894	1169	51.0	11.9	95.6	36.3	78.1	4.7
CHICKEN & RIB COMBO- UPGRADE TO A FULL RACK OF RIBS	6056	1446	63.5	16.6	116.6	53.3	98.2	5.6
MIXED GRILL	5399	1289	61.0	16.2	77.0	9.3	105.0	4.8
MIXED GRILL UPGRADE YOUR 4OZ RUMP STEAK TO A 8OZ RUMP STEAK	6026	1439	67.4	19.1	77.0	9.5	129.3	5.2
HALF ROAST CHICKEN & CHIPS	3351	800	33.2	6.8	65.5	12.2	56.8	3.4
HALF ROAST CHICKEN - GO LIGHTER SWAP YOUR CHIPS FOR A MIXED SALAD	1866	446	19.6	4.7	14.8	12.6	52.3	2.1
PEPPERCORN	123	29	0.7	0.4	4.1	2.2	1.5	0.7
HOLLANDAISE	476	114	9.5	4.2	5.8	2.5	1.0	0.8
BLUE CHEESE	267	64	5.1	3.5	3.0	0.1	1.2	0.5
BREW DOG PUNK IPA BBQ SAUCE	303	72	0.0	0.0	17.5	14.7	0.4	0.4

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THE BREWERS BURGER COLLECTION								
SMOTHERED CHICKEN BURGER	5141	1228	55.6	12.6	135.3	25.3	42.1	5.4
MAC 'N' CHEESE BURGER	5980	1428	70.3	24.8	129.8	25.0	64.2	5.1
PRAWNSTAR BURGER	5285	1262	67.5	16.8	115.1	16.1	43.7	3.9
CLUCK 'N' ALE BURGER	5356	1279	58.4	11.4	124.9	15.4	59.2	5.3
VEGAN SLOPPY JOE BURGER	4668	1115	53.4	9.0	114.9	18.4	38.2	3.7
THE BLACK & BLUE	5576	1332	72.6	26.6	103.4	13.6	62.0	4.2
THE SOUTH WESTERN	3908	933	41.6	6.8	106.1	12.1	29.1	4.0
THE NEW YORKER	4783	1142	61.7	20.5	93.5	12.5	48.1	3.9
THE ULTIMATE BURGER	6969	1664	98.0	32.0	118.5	19.3	72.3	6.0
DIRTY FRIES UPGRADE	2219	530	23.4	7.6	61.5	8.3	15.9	2.4
EXTRAS								
BEEF BURGER	894	214	15.3	6.9	0.1	0.1	19.0	0.2
CHICKEN BURGER	884	211	10.7	1.5	12.4	0.1	16.5	0.8
CHEESE & BACON	480	115	9.0	5.0	0.1	0.0	8.3	0.8
SIMPLY GREAT PUDS!								
CARAMEL CHOC-A- BLOCK CADBURY SUNDAE	2441	583	24.6	15.9	77.6	64.9	8.7	0.5
TRIPLE CHOCOLATE BROWNIE	2899	692	23.4	13.4	106.7	85.0	9.3	0.5
LEMON TART	1883	450	24.5	13.5	52.1	32.4	4.9	0.5
BELGIAN WAFFLE WITH VANILLA ICE CREAM	1958	468	20.3	9.7	62.2	35.4	7.2	0.9
BELGIAN WAFFLE WITH SALTED CARAMEL ICE CREAM	2077	496	22.9	11.3	64.5	32.7	7.4	1.1
VANILLA FLAVOUR CHEESECAKE	1571	375	21.2	13.0	36.3	24.2	7.7	0.7
CARAMEL APPLE BETTY	1988	475	17.4	7.7	71.5	41.2	6.8	0.3
CHOCOLATE SUNDAE MADE WITH CRUMBLD KITKAT	2203	526	22.1	11.5	68.6	55.7	8.6	0.4
CHOCO-MINT SUNDAE WITH AERO BUBBLES	2674	639	26.1	16.3	88.4	73.2	8.3	0.5
CHOCOLATE FUDGE SENSATION CAKE	3392	810	45.0	17.2	92.7	69.9	7.2	0.5
STICKY TOFFEE PUDDING WITH ICE CREAM	3012	719	37.4	17.0	86.3	62.6	7.5	0.5
STICKY TOFFEE PUDDING WITH CUSTARD	3258	778	38.4	17.4	98.0	69.6	9.4	0.6
APPLE PIE	1322	316	10.5	3.2	50.1	27.7	3.6	0.4
VANILLA ICE CREAM WITH CARAMEL SAUCE	884	211	6.1	3.9	32.5	30.3	4.3	0.2
VANILLA ICE CREAM WITH RASPBERRY SAUCE	868	207	5.1	3.3	34.4	28.3	3.4	0.1
VANILLA ICE CREAM WITH CHOC SAUCE	772	185	5.3	3.4	27.9	22.6	3.7	0.2
COCONUT SORBET	976	233	12.6	11.2	27.8	26.1	1.7	0.1
MINI CHOCOLATE TORTE	1234	295	20.2	10.2	24.0	12.9	3.4	0.1
MINI STRAWBERRY CHEESECAKE	934	223	8.8	5.0	31.0	23.5	4.4	0.2

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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 KIDS MENU								
STARTERS								
CHICKEN MEATBALLS	743	177	5.8	1.7	15.2	7.9	15.3	0.4
GRRRRLIC BREAD	467	112	4.6	1.4	14.5	0.8	2.5	0.3
VEGGIE STICKS AND DIP	199	48	0.3	0.1	7.8	7.4	2.5	0.1
MAINS								
CHICKEN CURRY	1859	444	9.9	4.7	65.4	16.7	20.5	0.5
BANGERS N BASH	1628	389	20.1	7.9	29.9	6.7	19.2	1.5
VEGGIE BANGERS N BASH	1583	378	14.5	3.7	37.4	6.2	18.8	2.3
SPAGHETTI BOLOGNESE	1347	322	8.4	2.9	44.9	9.6	12.7	0.9
BASH STREET BURGER	2590	619	26.5	9.2	62.5	9.0	28.9	1.1
TOMATO PASTA & CHICKEN MEATBALLS	2200	525	16.9	4.9	61.9	10.2	28.2	1.0
TOMATO PASTA	1503	359	10.0	2.9	54.6	10.1	10.2	0.8
KICKING CHICKEN	1651	394	15.8	2.4	43.6	4.2	16.9	1.5
THE BIG, BAD DOG	2142	512	20.7	6.5	60.8	9.4	17.2	1.4
COD TASTIC	2124	507	24.8	4.0	53.0	4.9	14.3	0.9
CHICKEN BURGER	1908	456	7.4	1.6	64.9	8.9	28.0	1.4
SIDES								
MINI JACKET POTATOES	648	155	0.3	0.2	32.6	3.7	4.1	0.1
BAKED BEANS	213	51	0.8	0.1	7.2	3.8	2.5	0.4
VEGGIE STICKS	109	26	0.2	0.1	4.7	4.4	0.6	0.0
MINI CORN ON COB	330	79	1.8	0.3	12.4	7.8	2.4	0.0
GRRRRLIC BREAD	456	109	4.6	1.4	14.2	0.5	2.4	0.3
PEASHOOTER PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
MASHED POTATO	550	131	4.5	2.8	19.0	1.8	2.5	0.6
SIDE SALAD	31	7	0.1	0.0	1.0	0.9	0.4	0.0
BROWN RICE	804	192	1.2	0.4	39.6	0.1	4.6	0.1
CHIPS	759	181	6.9	1.1	26.0	0.4	2.5	0.6
SWEET POTATO FRIES	837	200	8.6	0.6	30.4	12.9	1.4	0.4
PUDS								
FAB & FRUITY SALAD	205	49	0.1	0.0	10.3	10.3	0.6	0.0
MINI DOUGHNUTS	913	218	9.4	4.3	31.0	16.9	2.4	0.2
NICE CREAM WITH CHOCOLATE SAUCE	845	202	5.5	3.4	30.9	22.3	4.5	0.1
NICE CREAM WITH RASPBERRY SAUCE	843	201	5.5	3.3	31.1	22.9	4.3	0.1
NICE CREAM WITH CARAMEL SAUCE	860	205	6.2	3.8	32.0	25.2	4.9	0.1
PANCAKES	904	216	3.3	0.5	42.5	23.0	3.9	0.3
STRAWBERRY FROZEN YOGHURT	610	146	1.1	0.5	29.1	20.8	4.3	0.2
YEO VALLEY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
PLUG'S FUNNY FACE SUNDAE	830	198	6.2	3.8	30.7	25.1	4.6	0.1

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	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
DAYTIME DEALS								
MAINS								
SMOTHERED CHICKEN	3840	917	38.7	10.8	82.4	14.7	55.7	4.9
SMOTHERED CHICKEN- UPGRADE TO DOUBLE STACKED	5337	1275	53.8	19.5	92.5	23.1	100.9	7.1
BEEF & PORK LASAGNE	2428	580	25.8	12.1	55.2	17.3	29.7	3.3
FISH & CHIPS WITH GARDEN PEAS	3804	909	46.4	4.8	78.1	7.5	40.2	3.8
FISH & CHIPS WITH MUSHY PEAS	3963	947	46.5	4.9	84.6	6.2	42.5	4.7
HAND- BATTERED GIANT ATLANTIC HADDOCK & CHIPS & GARDEN PEAS	4446	1062	56.4	12.3	87.0	8.6	47.2	3.7
HAND- BATTERED GIANT ATLANTIC HADDOCK & CHIPS & MUSHY PEAS	4605	1100	56.5	12.4	93.6	7.3	49.5	4.6
THREE CHEESE QUICHE	2393	572	36.4	17.9	42.1	10.3	20.4	1.2
THE SOUTH WESTERN BURGER	3891	929	41.2	6.8	106.0	12.0	29.1	4.0
BEEF, CHEESE & MUSHROOM BURGER	4148	991	50.4	16.3	92.3	11.6	37.1	3.2
CHICKEN & BACON CAESAR SALAD	2239	535	30.9	8.7	15.6	7.3	48.1	3.1
SAUSAGE, EGG & CHIPS	4056	969	53.2	13.7	67.1	5.8	50.2	2.9
SAUSAGE, EGG & CHIPS- VEGETARIAN SAUSAGES	3593	858	40.8	6.8	71.0	5.3	43.3	2.8
CHICKEN TIKKA CURRY	3447	823	25.8	4.8	104.9	22.8	39.6	4.6
SWEET POTATO & FETA LASAGNE	2558	611	33.7	14.3	53.1	15.1	21.6	2.6
BREADED WHOLETAIL SCAMPI WITH PEAS	3474	830	40.4	4.3	90.7	6.8	21.0	2.8
BREADED WHOLETAIL SCAMPI WITH MUSHY PEAS	3633	868	40.5	4.3	97.3	5.5	23.3	3.7
GRILLED GAMMON STEAK WITH EGGS	3780	903	40.0	9.4	58.6	4.4	72.9	4.6
GRILLED GAMMON STEAK WITH PINEAPPLE	3197	764	23.1	5.8	80.3	25.6	57.3	4.6
GRILLED GAMMON STEAK WITH ONE OF EACH	3488	833	31.6	7.6	69.5	15.0	65.1	4.6
STARTERS								
GARLIC & HERB BREADED MUSHROOM	1449	346	17.0	1.4	38.1	8.7	6.6	1.0
CRISPY POTATO DIPPERS WITH CHEESE & BACON	2063	493	29.1	12.6	34.9	2.7	23.1	1.7
TOMATO SOUP	1051	251	6.7	3.1	39.3	10.5	5.9	2.1
GARLIC FLATBREAD WITH CHEESE	1586	379	22.8	9.5	31.3	1.7	11.2	1.0
BUTTERMILK CHICKEN GOUJONS	1700	406	20.0	2.4	33.8	8.6	22.3	1.8
PUDDINGS								
WARM CHOCOLATE BROWNIE	2336	558	20.0	5.9	84.4	39.1	7.7	0.3
CARAMEL APPLE BETTY	1988	475	17.4	7.7	71.5	41.2	6.8	0.3
VANILLA FLAVOUR CHEESECAKE	1571	375	21.2	13.0	36.3	24.2	7.7	0.7
VANILLA ICE CREAM WITH CARAMEL SAUCE	884	211	6.1	3.9	32.5	30.3	4.3	0.2
VANILLA ICE CREAM WITH RASPBERRY SAUCE	868	207	5.1	3.3	34.4	28.3	3.4	0.1
VANILLA ICE CREAM WITH CHOC SAUCE	772	185	5.3	3.4	27.9	22.6	3.7	0.2
BELGIAN WAFFLE WITH VANILLA ICE CREAM	1958	468	20.3	9.7	62.2	35.4	7.2	0.9
BELGIAN WAFFLE WITH SALTED CARAMEL ICE CREAM	2077	496	22.9	11.3	64.5	32.7	7.4	1.1

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)
SUNDAY CARVERY								
SPREAD (per portion)	178	43	4.7	1.1	0.0	0.0	0.0	0.1
BREAD ROLL (per roll)	524	125	0.5	0.1	25.5	1.2	3.9	0.4
BUTTER (per portion)	201	48	5.3	3.4	0.1	0.1	0.0	0.1
TOMATO SOUP (per 100g)	134	32	0.7	0.1	5.1	3.2	0.7	0.5
ROAST TURKEY (PER 100g)	506	121	1.8	0.4	4.2	0.0	72.9	2.5
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
FAKE & ALE PIE (AS SERVED)	3006	718	43.3	15.1	68.4	10.7	12.2	2.6
YORKSHIRE PUDDINGS (per yorkshire)	345	82	2.7	0.2	11.0	0.7	2.9	0.2
STUFFING (PER 100g)	403	96	3.0	1.2	14.7	1.4	2.1	0.9
ROAST POTS (PER 100g)	749	179	6.5	0.4	27.4	2.3	1.5	0.1
ROOT VEG MASH (PER 100g)	291	69	4.5	2.7	12.0	3.5	1.4	0.6
MASH POTATO (PER 100g)	594	142	7.7	4.8	15.2	0.5	2.0	0.6
CAUL CHEESE (per 100g)	522	125	8.8	5.1	4.9	1.9	5.8	0.7
RED CABBAGE (per 100g)	385	92	0.4	0.1	21.0	16.8	0.6	0.6
SAVOY CABBAGE (per 100g)	447	107	8.3	5.2	4.2	4.2	2.5	0.7
PEAS (per 100g)	506	121	4.8	2.7	11.2	5.9	5.5	0.1
GRAVY (per 100g)	164	39	2.0	0.2	4.5	0.1	0.3	0.8
SAUCES (per 28g)								
APPLE SAUCE	113	27	0.0	0.0	6.3	5.3	0.1	0.0
CRANBERRY SAUCE	209	50	0.0	0.0	12.3	12.2	0.1	0.1
ENGLISH MUSTARD	215	51	2.9	0.4	4.2	3.3	1.7	2.0
HORSERADISH SAUCE	224	53	3.7	0.5	3.6	3.4	1.0	1.2

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
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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)
SUNDAY LUNCH PLATED								
BEEF	4871	1163	60.3	21.4	107.1	16.1	46.3	2.8
BEEF UPGRADE	6551	1565	77.8	24.9	151.0	19.4	61.2	3.5
TURKEY	4437	1060	47.6	15.2	107.4	16.4	48.5	3.6
TURKEY UPGRADE	5973	1427	60.9	16.7	151.4	19.8	64.2	4.6
GAMMON	4645	1109	56.6	19.3	107.4	16.4	40.9	6.6
GAMMON UPGRADE	5910	1412	67.6	20.1	151.3	19.7	45.6	7.3
VEG	6469	1545	82.3	28.2	171.0	26.7	27.6	4.3
VEG UPGRADE	7840	1873	95.4	29.1	216.4	31.5	32.5	5.2

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)
BUFFET MENU								
BUFFET 1								
SANDWICHES								
CHEESE & TOMATO (PER 1/4)	444	106	6.1	3.6	8.1	1.6	4.3	0.4
EGG MAYO (PER 1/4)	394	94	5.1	2.0	7.7	1.1	3.7	0.4
HAM & MUSTARD (PER 1/4)	562	134	5.6	2.5	8.1	1.4	12.4	1.5
PRAWN & MARIE ROSE (PER 1/4)	458	109	5.4	1.7	9.5	2.9	5.4	0.6
GARLIC BREADED MUSHROOMS (PER 4 PLUS DIP)	566	135	6.8	0.5	14.6	3.0	2.6	0.4
POP IN CHICKEN (PER 6)	509	122	6.1	0.9	7.9	0.0	8.9	0.3
CHIPS (PER 100G)	850	203	7.7	1.2	29.1	0.4	2.8	0.7
VEGETABLE STICKS & DIP (2 EACH PLUS DIP)	105	25	0.2	0.0	3.9	3.7	1.5	0.0
GARLIC BREAD (PER SLICE)	456	109	4.6	1.4	14.2	0.5	2.4	0.3
MIXED SALAD (1/4 PER PERSON)	72	17	0.8	0.1	1.9	1.6	0.4	0.1
BUFFET 2								
SANDWICHES								
CHEESE & TOMATO (PER 1/4)	460	110	6.2	3.6	8.9	1.1	4.3	0.4
EGG MAYO (PER 1/4)	394	94	5.1	2.0	7.7	1.1	3.7	0.4
HAM & MUSTARD (PER 1/4)	562	134	5.6	2.5	8.1	1.4	12.4	1.5
PRAWN & MARIE ROSE (PER 1/4)	458	109	5.4	1.7	9.5	2.9	5.4	0.6
GARLIC BREADED MUSHROOMS (PER 4 PLUS DIP)	566	135	6.8	0.5	14.6	3.0	2.6	0.4
CHICKEN GOUJONS (PER 3 PLUS DIP)	1211	289	15.0	1.8	21.7	3.3	16.7	1.2
CHIPS (PER 100G)	850	203	7.7	1.2	29.1	0.4	2.8	0.7
VEGETABLE STICKS & DIP (2 EACH PLUS DIP)	105	25	0.2	0.0	3.9	3.7	1.5	0.0
CHEESY GARLIC BREAD (PER SLICE)	595	142	7.1	3.0	14.4	0.6	4.8	0.4
MIXED SALAD (PER 1/4)	72	17	0.8	0.1	1.9	1.6	0.4	0.1
TORTILLA CHIPS & DIP (30G PLUS DIPS)	708	169	8.5	1.7	19.9	1.0	2.3	0.2
ONION RINGS (PER 3)	439	105	5.6	0.5	11.7	1.6	1.4	0.2
TEMPURA PRAWNS (2 EACH PLUS DIP)	504	120	6.3	0.6	13.1	4.3	2.8	0.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BUFFET 3								
SANDWICHES								
CHEESE & TOMATO (PER 1/4)	460	110	6.2	3.6	8.9	1.1	4.3	0.4
EGG MAYO (PER 1/4)	394	94	5.1	2.0	7.7	1.1	3.7	0.4
CHICKEN & BACON (PER 1/4)	292	70	3.0	1.5	7.5	1.0	2.8	0.3
PRAWN & MARIE ROSE (PER 1/4)	458	109	5.4	1.7	9.5	2.9	5.4	0.6
GARLIC BREADED MUSHROOMS (PER 4 PLUS DIP)	566	135	6.8	0.5	14.6	3.0	2.6	0.4
CHICKEN GOUJONS (PER 3 PLUS DIP)	1211	289	15.0	1.8	21.7	3.3	16.7	1.2
CHIPS (PER 100G)	850	203	7.7	1.2	29.1	0.4	2.8	0.7
VEGETABLE STICKS & DIP (2 EACH PLUS DIP)	105	25	0.2	0.0	3.9	3.7	1.5	0.0
CHEESY GARLIC BREAD (PER SLICE)	595	142	7.1	3.0	14.4	0.6	4.8	0.4
MIXED SALAD (PER 1/4 PORTION)	72	17	0.8	0.1	1.9	1.6	0.4	0.1
TORTILLA CHIPS & DIP (30G PLUS DIPS)	708	169	8.5	1.7	19.9	1.0	2.3	0.2
ONION RINGS (PER 3)	439	105	5.6	0.5	11.7	1.6	1.4	0.2
TEMPURA PRAWNS (2 EACH PLUS DIP)	504	120	6.3	0.6	13.1	4.3	2.8	0.8
BETROOT, ONION & VEGETABLE TARTLETS (PER HALF)	447	107	5.6	2.1	12.1	3.9	1.6	0.3
POTATO DIPPERS (PER PORTION)	714	171	10.0	4.4	13.2	0.9	6.9	0.4
PIGS IN BLANKETS (2 PER PERSON)	583	139	9.5	3.2	4.2	0.8	9.0	1.0
DESSERTS								
CHOCOLATE BROWNIE (1 PLUS SAUCE)	496	119	4.3	0.6	18.1	13.7	1.2	0.1
PROFITEROLES (1 PLUS SAUCE)	317	76	4.2	2.4	8.4	4.9	0.9	0.1
BANOFFEE BITES (PER BITE)	579	138	5.4	3.5	19.7	17.0	1.5	0.2

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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)
BREAKFAST MENU								
FULL BREAKFAST								
BACK BACON per rasher	207	49	3.0	1.2	0.1	0.1	5.4	0.8
BREAKFAST SAUSAGE per sausage	479	114	7.4	2.6	2.9	0.6	8.7	0.5
QUORN SAUSAGE per sausage	325	78	3.2	0.3	4.2	0.4	6.4	0.5
SCRAMBLED EGG per portion	1128	269	23.3	12.0	2.1	2.1	12.9	0.0
FRIED EGG per egg	452	108	8.5	1.8	0.1	0.1	7.9	0.0
POACHED EGGS per egg	332	79	5.8	1.7	0.0	0.0	6.8	0.2
BOILED EGGS per egg	341	82	5.8	1.7	0.0	0.0	6.8	0.2
OMELETTE per portion	1690	404	39.2	22.1	0.9	0.9	12.0	0.4
HASH BROWNS each	392	94	4.9	2.1	12.0	0.3	0.9	0.2
BUBBLE AND SQUEAK per portion	707	169	13.3	1.2	9.6	1.3	1.6	0.5
BLACK PUDDING per slice	509	122	8.1	3.0	5.5	0.1	6.6	0.9
MUSHROOMS WITH BUTTER per portion	674	161	16.7	10.5	0.5	0.3	1.6	0.4
TOMATO M per half	36	9	0.2	0.1	1.6	1.6	0.4	0.0
TOMATO (RATIONAL) per half	111	27	2.2	0.2	1.6	1.6	0.4	0.0
BAKED BEANS per portion	381	91	1.4	0.2	12.8	6.8	4.5	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CONTINENTAL BREAKFAST								
BAKERY nutrition per item								
CROISSANT	674	161	7.5	4.3	19.3	2.2	3.7	0.4
MINI PAIN AUX RAISIN	534	128	5.8	3.9	16.0	6.6	2.3	0.2
MINI PAIN AUX CHOCOLAT	718	172	9.7	6.3	17.3	5.5	3.1	0.3
CINNAMON AND RAISIN BAGELS	1228	293	1.4	0.2	59.2	9.9	9.5	0.8
BLUEBERRY MINI MUFFIN	476	114	6.2	0.6	12.8	7.1	1.3	0.1
SOURDOUGH CRUMPETS	380	91	0.6	0.1	17.8	0.8	3.1	0.6
WHITE SANDWICH BREAD	384	92	1.0	0.2	17.1	1.0	3.1	0.3
MALTED SANDWICH BREAD	386	92	0.8	0.1	16.7	0.7	3.5	0.3
GLUTEN FREE BREAD SLICE	353	84	1.7	0.1	13.7	0.3	2.2	0.4
REDUCED SUGAR PANCAKE	402	96	3.0	0.4	15.1	1.0	2.7	0.3
NUTELLA CHOCOLATE SPREAD PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
PEANUT BUTTER	PLEASE REFER TO PACKET FOR INFORMATION							
MAPLE SYRUP PORTIONS	261	62	0.0	0.0	15.5	15.5	0.1	0.2
ORANGE MARMALADE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
HONEY PORTION	274	65	0.0	0.0	16.2	15.0	0.1	0.0
MARMITE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
STRAWBERRY JAM PORTIONS	140	33	0.0	0.0	8.3	8.1	0.0	0.0
ASSORTED JAM PORTIONS- RASPBERRY	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- BLACKCURRANT	PLEASE REFER TO PACKET FOR INFORMATION							
ASSORTED JAM PORTIONS- APRICOT	PLEASE REFER TO PACKET FOR INFORMATION							
SALTED BUTTER PORTIONS	201	48	5.3	3.4	0.1	0.1	0.0	0.1
SUNFLOWER SPREAD	178	43	4.7	1.1	0.0	0.0	0.0	0.1
FRUITS								
FRUIT SALAD per portion	205	49	0.1	0.0	10.3	10.3	0.6	0.0
APPLES GREEN each	283	68	0.1	0.0	15.0	15.0	0.4	0.0
BANANAS each	517	124	0.4	0.1	27.8	25.1	1.4	0.0
FRUIT BERRY MIX per portion	97	23	0.2	0.0	5.1	5.1	0.7	0.0
DRIED FRUIT MIX per 100g	1290	308	0.5	0.0	76.1	59.9	2.0	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
YOGHURTS AND CEREALS								
STRAWBERRY YOGHURT each	482	115	4.7	3.1	12.7	12.4	5.5	0.2
VANILLA YOGHURT each	402	96	0.0	0.0	16.9	16.8	7.0	0.2
GREEK STYLE YOGHURT each	364	87	0.0	0.0	10.5	10.5	11.4	0.2
COCO POPS per 30g	480	115	0.6	0.3	25.2	5.1	1.9	0.2
CRUNCHY NUT CORNFLAKES per 30g	500	119	1.4	0.2	24.6	10.5	1.8	0.2
CORNFLAKES per 30g	475	113	0.3	0.1	25.2	2.4	2.1	0.3
SPECIAL K per 30g	471	113	0.5	0.1	23.7	5.1	2.7	0.3
WEETABIX per 2 biscuits	568	136	0.8	0.2	25.9	1.7	4.5	0.1
KELLOGG'S MUESLI FRUIT per 45g	463	111	1.5	0.2	20.1	5.4	2.8	0.0
RICE KRISPIES per 30g	482	115	0.5	0.1	25.5	2.4	2.1	0.3
BRAN FLAKES per 30g	447	107	0.6	0.2	19.8	6.0	3.3	0.3
GRANOLA QUAKER OAT RAISIN per portion	875	209	4.6	0.6	35.5	11.5	4.0	0.0
OATS2GO PORRIDGE SACHET per sachet without milk	415	99	2.3	0.4	15.1	0.3	3.3	0.0