



Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

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

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



Starters & Sharers

3 GARLIC BREAD SLICES - V

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 350 kcal	15.3 g	4.3 g	43.2 g	3.5 g	8.1 g	0.79 g

5 BBQ CHICKEN WINGS

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1621 kJ / 387 kcal	18.8 g	4.4 g	17.1 g	9.8 g	37.4 g	1.68 g

CHICKEN GOUJONS WITH DIP

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1797 kJ / 429 kcal	19.9 g	2.3 g	39.4 g	10.7 g	22.5 g	1.76 g

CLASSIC PRAWN COCKTAIL

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

May Contain: Other Cereals containing (Oats, Rye), Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1521 kJ / 365 kcal	20.2 g	6.3 g	28.2 g	10.0 g	16.1 g	1.66 g

GARLIC & HERB MUSHROOMS WITH DIP

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

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

LOADED NACHOS - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1965 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

LOADED POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1746 kJ / 419 kcal	24.4 g	9.5 g	34.7 g	2.3 g	14.9 g	1.14 g

SALT & PEPPER CALAMARI WITH SPICY MAYO

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1757 kJ / 422 kcal	29.1 g	1.9 g	26.5 g	3.9 g	13.3 g	3.69 g

SHARING PLATTER (per half a platter)

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3030 kJ / 724 kcal	36.3 g	7.3 g	78.5 g	11.9 g	18.6 g	1.90 g

TOMATO SOUP WITH CROUTONS - V*Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

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

VEGAN TOMATO SOUP - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Mains

8OZ RUMP STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1581 kJ / 376 kcal	13.7 g	6.2 g	11.4 g	5.2 g	53.8 g	1.23 g

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

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

Add Chips & Onion Rings*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1602 kJ / 382 kcal	17.8 g	1.4 g	47.8 g	2.3 g	5.3 g	1.71 g

8OZ SIRLOIN STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1577 kJ / 376 kcal	13.3 g	5.8 g	11.4 g	5.6 g	54.1 g	1.21 g

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

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

Add Chips & Onion Rings*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1602 kJ / 382 kcal	17.8 g	1.4 g	47.8 g	2.3 g	5.3 g	1.71 g

BEEF & ALE PIE WITH PEAS AND GRAVY*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2815 kJ / 672 kcal	31.2 g	11.8 g	72.5 g	9.4 g	22.6 g	2.38 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add Mashed Potato - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1206 kJ / 289 kcal	15.6 g	9.7 g	30.9 g	1.5 g	4.4 g	1.22 g

BEEF LASAGNE WITH GARLIC BREAD AND SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2526 kJ / 603 kcal	26.7 g	10.9 g	58.8 g	17.8 g	29.0 g	3.28 g

BEER-BATTERED HADDOCK WITH SAUCE*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3344 kJ / 802 kcal	51.4 g	12.7 g	35.4 g	5.0 g	49.5 g	2.68 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add Peas - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Mushy Peas - VE V*Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3271 kJ / 787 kcal	59.7 g	23.8 g	12.4 g	9.6 g	49.8 g	4.34 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

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

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

CHEESE AND BACON BURGER WITHOUT BUN*Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

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

Add Skin-on Chips 175g -  *Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

Add Mixed Side Salad -  *Contains: Mustard, Sulphite**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2685 kJ / 639 kcal	24.7 g	3.6 g	76.1 g	4.1 g	26.8 g	3.23 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2692 kJ / 640 kcal	20.6 g	5.1 g	78.2 g	23.2 g	32.1 g	3.38 g

CREAMY CHICKEN & PULLED HAM PIE WITH PEAS*Contains: Cereals containing Gluten (Oats, Wheat), Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3547 kJ / 850 kcal	49.8 g	32.1 g	65.9 g	9.6 g	30.6 g	1.85 g

Add Skin-on Chips 175g -  *Contains: No major allergens**May Contains: No major allergens*

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

Add Chipotle Chilli Chips*Contains: Celery, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2067 kJ / 494 kcal	22.6 g	5.3 g	59.2 g	3.8 g	10.9 g	1.53 g

FRESH MIXED SALAD - *Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	563 kJ / 134 kcal	3.1 g	0.5 g	19.4 g	11.4 g	5.2 g	0.46 g

Add French Dressing -  *Contains: Mustard, Sulphite**May Contains: No major allergens*

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

Add Marie Rose Dressing - *Contains: Egg, Mustard**May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

GAMMON STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contains: No major allergens*

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

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

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

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

Add Pineapple - VE V*Contains: No major allergens**May Contains: No major allergens*

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

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

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

MIXED GRILL WITHOUT RUMP*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Sulphite**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3643 kJ / 874 kcal	56.0 g	13.5 g	24.4 g	7.7 g	65.9 g	5.47 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add 4oz Rump*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	671 kJ / 159 kcal	6.6 g	3.1 g	1.8 g	0.2 g	25.2 g	0.11 g

Add 8oz Rump*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1341 kJ / 319 kcal	13.1 g	6.1 g	3.6 g	0.4 g	50.4 g	0.23 g

PIZZA BASE*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3666 kJ / 871 kcal	26.6 g	12.6 g	118.8 g	5.4 g	36.0 g	4.68 g

Add Red Onion - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	31 kJ / 7 kcal	0.1 g	0.0 g	1.3 g	1.2 g	0.4 g	0.01 g

Add Fried Mushroom - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	20 kJ / 5 kcal	0.1 g	0.0 g	0.1 g	0.1 g	0.5 g	0.00 g

Add Chicken Breast*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 77 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.4 g	0.55 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	50 kJ / 12 kcal	0.2 g	0.1 g	1.9 g	1.9 g	0.4 g	0.00 g

Add Red Chilli - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add Pineapple - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	92 kJ / 22 kcal	0.0 g	0.0 g	5.3 g	5.3 g	0.1 g	0.01 g

Add Pepperoni*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	539 kJ / 130 kcal	11.9 g	3.6 g	0.2 g	0.2 g	5.5 g	1.20 g

Add Ham*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	1.1 g	0.4 g	0.3 g	0.2 g	7.2 g	0.63 g

SMOTHERED CHICKEN WITH GARLIC BREAD AND SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2429 kJ / 580 kcal	25.6 g	9.4 g	35.5 g	15.8 g	49.6 g	3.41 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

SMOTHERED PLATTER WITHOUT RUMP*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4098 kJ / 983 kcal	61.4 g	14.9 g	52.5 g	17.8 g	53.5 g	6.75 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add 4oz Rump*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	671 kJ / 159 kcal	6.6 g	3.1 g	1.8 g	0.2 g	25.2 g	0.11 g

Add 8oz Rump*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1341 kJ / 319 kcal	13.1 g	6.1 g	3.6 g	0.4 g	50.4 g	0.23 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2417 kJ / 580 kcal	37.0 g	3.0 g	37.0 g	9.9 g	23.6 g	2.28 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

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

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

SPICY GRILLED CHICKEN BURGER WITHOUT BUN*Contains: Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

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

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

SQUASH, SPINACH & RICOTTA LASAGNE WITH GARLIC BREAD AND SALAD - V**Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite****May Contain: Milk, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2998 kJ / 714 kcal	27.1 g	11.0 g	91.1 g	19.3 g	23.6 g	3.09 g

THAI GREEN VEGETABLE CURRY WITH RICE - VE V**Contains: Cereals containing Gluten (Wheat), Soya****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2629 kJ / 627 kcal	28.5 g	20.2 g	78.1 g	12.1 g	12.8 g	1.73 g

THE VEGAN BURGER WITHOUT BUN - VE V**Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya****May Contains: No major allergens**

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

Add Skin-on Chips 175g - VE V**Contains: No major allergens****May Contains: No major allergens**

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

WHOLETAIL SCAMPI WITH SAUCE**Contains: Cereals containing Gluten (Wheat), Crustaceans, Egg, Mustard****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1999 kJ / 479 kcal	29.4 g	2.3 g	37.8 g	2.9 g	15.0 g	1.69 g

Add Skin-on Chips 175g - VE V**Contains: No major allergens****May Contains: No major allergens**

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

Add Peas - VE V**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Mushy Peas - VE V**Contains: No major allergens****May Contains: No major allergens**

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

Sides

3 GARLIC BREAD SLICES - V**Contains: Cereals containing Gluten (Wheat)****May Contain: Milk, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 350 kcal	15.3 g	4.3 g	43.2 g	3.5 g	8.1 g	0.79 g

ADD PEPPERCORN SAUCE*Contains: Celery, Milk**May Contains: No major allergens*

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

BEER-BATTERED ONION RINGS*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1170 kJ / 280 kcal	15.0 g	1.2 g	31.3 g	4.2 g	3.8 g	0.66 g

BUTTERED JACKET POTATO - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1953 kJ / 460 kcal	8.8 g	5.2 g	86.5 g	3.5 g	11.1 g	0.26 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per portion)*Contains: Celery, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SINGLE*Contains: Celery, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

COLESLAW - V*Contains: Egg, Mustard**May Contains: No major allergens*

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

KATSU CHICKEN TOPPED CHIPS SHARER (per portion)*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1864 kJ / 444 kcal	21.8 g	2.5 g	49.5 g	3.9 g	10.2 g	3.58 g

KATSU CHICKEN TOPPED CHIPS SINGLE*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1865 kJ / 445 kcal	21.8 g	2.5 g	49.5 g	3.9 g	10.2 g	3.58 g

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

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

SKIN-ON CHIPS - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Desserts

APPLE & SPICED BLACKBERRY CRUMBLE - **VE** **V**

Contains: Cereals containing Gluten (Oats)

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1468 kJ / 349 kcal	8.3 g	2.3 g	63.2 g	36.0 g	2.0 g	0.53 g

Add 1 Scoop Vegan Ice Cream - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	380 kJ / 91 kcal	3.7 g	3.2 g	14.0 g	8.4 g	0.1 g	0.04 g

Add 1 Scoop Vanilla Dairy Ice Cream - **V**

Contains: Milk

May Contains: No major allergens

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

Add Custard - **V**

Contains: Milk

May Contains: No major allergens

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

BANOFFEE CHEESECAKE - **V**

Contains: Egg, Milk, Soya

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

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

CARAMEL APPLE BETTY - **V**

Contains: Cereals containing Gluten (Wheat), Milk

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1224 kJ / 291 kcal	10.4 g	3.6 g	45.9 g	23.5 g	2.7 g	0.18 g

Add 1 Scoop Vanilla Dairy Ice Cream - **V**

Contains: Milk

May Contains: No major allergens

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

Add Custard - **V**

Contains: Milk

May Contains: No major allergens

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

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

Contains: No major allergens

May Contains: No major allergens

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

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - **V**

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2136 kJ / 509 kcal	22.0 g	14.1 g	68.4 g	62.4 g	8.3 g	0.38 g

KNICKERBOCKER GLORY SUNDAE - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya, Sulphite****May Contain: Milk, Soya, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2331 kJ / 555 kcal	20.6 g	10.6 g	82.7 g	64.8 g	8.4 g	0.47 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2734 kJ / 653 kcal	34.8 g	15.4 g	78.4 g	55.3 g	5.8 g	0.46 g

Add 1 Scoop Vanilla Dairy Ice Cream - V**Contains: Milk****May Contains: No major allergens**

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

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

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

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contains: No major allergens**

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

Daytime - Starters

2 GARLIC BREAD SLICES WITH CHEESE - V**Contains: Cereals containing Gluten (Wheat), Milk****May Contain: Milk, Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1591 kJ / 381 kcal	22.2 g	10.3 g	30.4 g	2.5 g	13.9 g	1.19 g

CHICKEN GOUJONS WITH DIP**Contains: Cereals containing Gluten (Wheat)****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1797 kJ / 429 kcal	19.9 g	2.3 g	39.4 g	10.7 g	22.5 g	1.76 g

GARLIC & HERB MUSHROOMS WITH BBQ SAUCE**Contains: Cereals containing Gluten (Wheat)****May Contains: No major allergens**

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

LOADED POTATO DIPPERS**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1746 kJ / 419 kcal	24.4 g	9.5 g	34.7 g	2.3 g	14.9 g	1.14 g

TOMATO SOUP WITH CROUTONS - V**Contains: Cereals containing Gluten (Wheat)****May Contain: Milk**

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

VEGAN TOMATO SOUP - **VE** **V***Contains: No major allergens**May Contains: No major allergens*

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

Daytime - Mains

BATTERED FISH WITH SAUCE*Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2342 kJ / 562 kcal	36.0 g	3.0 g	22.1 g	3.0 g	37.0 g	2.71 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contains: No major allergens*

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

Add Peas - **VE** **V***Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Mushy Peas - **VE** **V***Contains: No major allergens**May Contains: No major allergens*

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

BEEF LASAGNE WITH GARLIC BREAD AND SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2526 kJ / 603 kcal	26.7 g	10.9 g	58.8 g	17.8 g	29.0 g	3.28 g

CHEESE BURGER WITHOUT BUN*Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1870 kJ / 450 kcal	34.5 g	12.3 g	9.0 g	6.9 g	25.3 g	2.18 g

Add Skin-on Chips 175g - **VE** **V***Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2692 kJ / 640 kcal	20.6 g	5.1 g	78.2 g	23.2 g	32.1 g	3.38 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3283 kJ / 784 kcal	37.5 g	5.8 g	64.7 g	8.6 g	44.5 g	4.44 g

GAMMON STEAK WITH PEAS**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1032 kJ / 245 kcal	6.4 g	2.3 g	7.6 g	4.5 g	37.3 g	2.81 g

Add Skin-on Chips 175g - VE V**Contains: No major allergens****May Contains: No major allergens**

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

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

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

Add Pineapple - VE V**Contains: No major allergens****May Contains: No major allergens**

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

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

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

GARDEN GOURMET SENSATIONAL SAUSAGES AND MASH - V**Contains: Milk, Soya****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2593 kJ / 622 kcal	29.8 g	10.6 g	56.0 g	9.3 g	23.9 g	3.65 g

JACKET POTATO WITH CHIPOTLE BEEF CHILLI**Contains: Celery, Egg, Milk, Mustard, Soya, Sulphite****May Contains: No major allergens**



Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2535 kJ / 599 kcal	12.7 g	3.9 g	100.3 g	11.0 g	20.8 g	1.12 g

SAUSAGE AND MASH**Contains: Cereals containing Gluten (Wheat), Milk, Sulphite****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3504 kJ / 841 kcal	50.9 g	22.3 g	61.3 g	10.9 g	30.7 g	4.28 g

SMOTHERED CHICKEN*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Milk, Soya*



Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2119 kJ / 505 kcal	20.5 g	8.9 g	30.3 g	11.6 g	48.6 g	3.08 g

Add Skin-on Chips 175g -  *Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2417 kJ / 580 kcal	37.0 g	3.0 g	37.0 g	9.9 g	23.6 g	2.28 g

Add Skin-on Chips 175g -  *Contains: No major allergens**May Contains: No major allergens*

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

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



Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

Add Mixed Side Salad -  *Contains: Mustard, Sulphite**May Contains: No major allergens*

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

SPICY GRILLED CHICKEN BURGER WITHOUT BUN*Contains: Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 g

Add Skin-on Chips 175g -  *Contains: No major allergens**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

Add Mixed Side Salad -  *Contains: Mustard, Sulphite**May Contains: No major allergens*

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

THAI GREEN VEGETABLE CURRY WITH RICE -  *Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2629 kJ / 627 kcal	28.5 g	20.2 g	78.1 g	12.1 g	12.8 g	1.73 g

Daytime - Desserts

CARAMEL APPLE BETTY - V

Contains: Cereals containing Gluten (Wheat), Milk

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1224 kJ / 291 kcal	10.4 g	3.6 g	45.9 g	23.5 g	2.7 g	0.18 g

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk

May Contains: No major allergens

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

Add Custard - V

Contains: Milk

May Contains: No major allergens

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

MINI KNICKERBOCKER GLORY SUNDAE - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1433 kJ / 341 kcal	11.7 g	6.2 g	52.6 g	40.9 g	5.4 g	0.28 g

MINI SUNDAE WITH BERRIES - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	844 kJ / 201 kcal	7.6 g	6.4 g	31.9 g	20.8 g	0.6 g	0.09 g

MINI SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1185 kJ / 283 kcal	11.9 g	7.6 g	38.1 g	34.7 g	5.0 g	0.21 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

May Contains: No major allergens

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

Sunday Roast - Plated

BOTTOMLESS FAVOURITES - V

Gravy per 75g - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.1 g	0.0 g	4.0 g	0.9 g	0.3 g	0.62 g

Golden Yorkshires per piece - V

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	508 kJ / 121 kcal	3.5 g	0.4 g	15.4 g	0.9 g	6.4 g	0.30 g

Roast Potatoes per 100g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	885 kJ / 213 kcal	14.1 g	1.0 g	18.4 g	0.5 g	1.9 g	0.15 g

CAULIFLOWER CHEESE - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1150 kJ / 277 kcal	20.1 g	13.2 g	14.4 g	5.9 g	8.8 g	1.57 g

NON CHICKEN ROAST - V*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3734 kJ / 895 kcal	47.4 g	4.1 g	87.2 g	15.9 g	22.3 g	2.48 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5274 kJ / 1262 kcal	65.0 g	12.0 g	108.3 g	17.6 g	54.1 g	3.13 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4999 kJ / 1196 kcal	58.4 g	9.0 g	109.5 g	17.6 g	51.1 g	5.15 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4687 kJ / 1119 kcal	46.8 g	4.3 g	108.9 g	17.6 g	58.6 g	4.04 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4987 kJ / 1192 kcal	56.7 g	8.4 g	108.9 g	17.6 g	54.6 g	4.11 g

VEGAN ROAST (plated) - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3195 kJ / 766 kcal	41.4 g	3.5 g	70.6 g	10.4 g	21.0 g	2.28 g

Condiments**Add Horseradish 30g - V***Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	250 kJ / 60 kcal	4.5 g	0.3 g	3.8 g	3.7 g	1.0 g	1.35 g

Add Apple Sauce 30g - VE V*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	113 kJ / 27 kcal	0.0 g	0.0 g	6.4 g	5.3 g	0.1 g	0.00 g

Add Cranberry Sauce 30g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	225 kJ / 53 kcal	0.0 g	0.0 g	12.9 g	12.6 g	0.0 g	0.07 g

Kids Sunday Roast - Plated

KIDS ROAST BEEF

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2612 kJ / 625 kcal	32.1 g	7.0 g	47.6 g	8.4 g	32.4 g	1.24 g

KIDS ROAST GAMMON

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2428 kJ / 580 kcal	27.7 g	5.0 g	48.4 g	8.4 g	30.4 g	2.59 g

KIDS ROAST TURKEY

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2220 kJ / 529 kcal	20.0 g	1.8 g	48.0 g	8.4 g	35.4 g	1.85 g

Sunday Roast - Carvery

Carvery Condiments - V

APPLE SAUCE per spoon - VE V

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	15 kJ / 4 kcal	0.0 g	0.0 g	0.9 g	0.7 g	0.0 g	0.00 g

CRANBERRY SAUCE per spoon - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	30 kJ / 7 kcal	0.0 g	0.0 g	1.7 g	1.7 g	0.0 g	0.01 g

MUSTARD per spoon - VE V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	22 kJ / 5 kcal	0.3 g	0.0 g	0.5 g	0.3 g	0.2 g	0.27 g

HORSERADISH per spoon - V

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	33 kJ / 8 kcal	0.6 g	0.0 g	0.5 g	0.5 g	0.1 g	0.18 g

MEAT CARVERY ADULT

Gammon per slice

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	320 kJ / 77 kcal	4.3 g	1.7 g	0.4 g	0.0 g	9.2 g	0.88 g

Roast Beef per slice

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	412 kJ / 99 kcal	6.5 g	2.7 g	0.0 g	0.0 g	10.2 g	0.09 g

Turkey per slice*Contains: No major allergens**May Contains: No major allergens*

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

VEG CARVERY ADULT - V**Mash Potato per spoon - V***Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	779 kJ / 186 kcal	8.5 g	5.3 g	22.9 g	1.1 g	3.2 g	0.84 g

Gravy per spoon - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	232 kJ / 55 kcal	0.3 g	0.0 g	12.1 g	2.7 g	0.9 g	1.91 g

Cauliflower Cheese per spoon - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 161 kcal	11.5 g	7.6 g	9.3 g	3.9 g	4.5 g	0.94 g

Cabbage per spoon - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Roast Potatoes per spoon - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2258 kJ / 542 kcal	36.0 g	2.6 g	46.9 g	1.4 g	4.9 g	0.37 g

Stuffing Balls per spoon - VE V*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	993 kJ / 237 kcal	12.3 g	1.2 g	25.1 g	1.1 g	5.6 g	1.73 g

Honey Roast Parsnips per spoon - V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	667 kJ / 159 kcal	7.4 g	0.7 g	20.5 g	6.7 g	1.7 g	0.24 g

Golden Yorkshires per 2 pcs - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2018 kJ / 482 kcal	13.8 g	1.5 g	61.4 g	3.7 g	25.4 g	1.18 g

Add Garden Gourmet Fillet - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	709 kJ / 170 kcal	8.6 g	1.0 g	9.6 g	0.1 g	11.5 g	0.54 g

Root Veg Mash per spoon - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	375 kJ / 90 kcal	3.9 g	2.3 g	11.2 g	3.3 g	1.3 g	0.52 g

Peas per spoon - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	231 kJ / 55 kcal	2.0 g	1.1 g	5.4 g	2.8 g	2.7 g	0.04 g

Roasted Carrots per spoon - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	142 kJ / 34 kcal	1.2 g	0.7 g	4.7 g	4.4 g	0.4 g	0.08 g

VEGAN ROAST (plated) - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3195 kJ / 766 kcal	41.4 g	3.5 g	70.6 g	10.4 g	21.0 g	2.28 g

Kids Sunday Roast - Carvery

KIDS CARVERY Same as Adult Carvery**Gammon per 2 slices***Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	641 kJ / 153 kcal	8.5 g	3.4 g	0.8 g	0.0 g	18.4 g	1.75 g

Turkey per 2 slices*Contains: No major allergens**May Contains: No major allergens*

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

Roast Beef per 2 slices*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	825 kJ / 198 kcal	12.9 g	5.4 g	0.0 g	0.0 g	20.4 g	0.18 g

Vegan Gravy per portion - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	127 kJ / 30 kcal	1.1 g	0.1 g	4.4 g	0.7 g	0.4 g	0.36 g

Kids Starters

GARLIC FLATBREAD - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1058 kJ / 252 kcal	10.1 g	3.3 g	34.7 g	0.3 g	5.0 g	0.58 g

KIDS TORTILLA CHIPS WITH DIP - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	689 kJ / 164 kcal	6.5 g	1.0 g	21.6 g	3.2 g	3.7 g	0.25 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 150 kcal	6.4 g	0.9 g	20.0 g	1.5 g	2.1 g	0.21 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	118 kJ / 28 kcal	0.3 g	0.1 g	4.2 g	4.0 g	2.0 g	0.06 g

Kids Mains - Smaller Appetites

KIDS GARDEN GOURMET SENSATIONAL SAUSAGE WITH GRAVY - VE V*Contains: Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	788 kJ / 189 kcal	10.2 g	0.6 g	10.3 g	1.6 g	10.7 g	1.13 g

KIDS GRILLED CHICKEN BREAST*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 77 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.4 g	0.55 g

KIDS OVEN BAKED FISH BITES - SMALL*Contains: Cereals containing Gluten (Wheat), Fish**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	738 kJ / 176 kcal	8.1 g	0.6 g	15.5 g	1.0 g	10.1 g	0.50 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	509 kJ / 122 kcal	6.1 g	0.9 g	7.9 g	0.0 g	8.9 g	0.33 g

KIDS PORK SAUSAGES WITH SAUCE*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	693 kJ / 166 kcal	11.1 g	3.5 g	7.0 g	2.5 g	9.5 g	0.84 g

KIDS TEN-VEG TOMATO PASTA - VE V*Contains: Cereals containing Gluten (Wheat), Celery**May Contains: No major allergens*

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

Kids Sides**Add Mashed Potato - V***Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add Peas - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Baked Beans - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add Skin-on Chips 100g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mini Jacket Potatoes - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 50 kcal	0.1 g	0.1 g	10.5 g	1.2 g	1.3 g	0.00 g

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat), Sulphite**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1498 kJ / 358 kcal	17.3 g	7.7 g	25.7 g	3.9 g	24.0 g	0.68 g

KIDS GRILLED CHICKEN BREAST BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	939 kJ / 222 kcal	3.3 g	1.1 g	25.7 g	4.1 g	21.3 g	1.02 g

KIDS OVEN BAKED FISH BITES - LARGE*Contains: Cereals containing Gluten (Wheat), Fish**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1231 kJ / 294 kcal	13.6 g	1.0 g	25.9 g	1.6 g	16.9 g	0.83 g

KIDS SPAGHETTI BOLOGNESE*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1214 kJ / 288 kcal	6.5 g	2.5 g	39.8 g	6.8 g	15.4 g	0.30 g

MARGHERITA PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1584 kJ / 377 kcal	10.8 g	4.8 g	54.0 g	2.5 g	14.4 g	1.43 g

Kids Sides

Add Skin-on Chips 100g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mashed Potato - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Mini Jacket Potatoes - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 50 kcal	0.1 g	0.1 g	10.5 g	1.2 g	1.3 g	0.00 g

Add Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Add Peas - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Baked Beans - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Kids Desserts

BERRY BLAST SUNDAE - V*Contains: Milk**May Contain: Milk, Soya, Tree Nuts (Hazelnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	521 kJ / 125 kcal	6.9 g	4.7 g	13.0 g	10.3 g	2.3 g	0.07 g

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1357 kJ / 323 kcal	12.7 g	7.4 g	45.6 g	35.1 g	5.1 g	0.16 g

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

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

KIDS PANCAKES WITH CREAM - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

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

KIDS VANILLA DAIRY ICE CREAM - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

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

PIP ORGANIC BERRY ICE LOLLY - VE V*Contains: No major allergens**May Contains: No major allergens*

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

PIP ORGANIC RAINBOW ICE LOLLY - VE V*Contains: No major allergens**May Contains: No major allergens*

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

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon*Contains: No major allergens**May Contains: No major allergens*

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

Add 2 This Isn't Bacon - VE V*Contains: Soya**May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	241 kJ / 58 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

Add 2oz Gammon Steak*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	390 kJ / 93 kcal	6.6 g	0.5 g	0.0 g	0.0 g	8.3 g	1.24 g

Add 4oz Burger*Contains: Sulphite**May Contains: No major allergens*

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

Add 4oz Steak Burger*Contains: Sulphite**May Contains: No major allergens*

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

Add 7oz Gammon Steak*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1360 kJ / 327 kcal	23.3 g	1.8 g	0.1 g	0.1 g	29.1 g	4.37 g

Add Chipotle Beef Chili*Contains: Celery, Milk, Soya**May Contains: No major allergens*

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1369 kJ / 325 kcal	11.4 g	6.2 g	15.7 g	10.3 g	39.4 g	1.91 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	2.11 g

Add Mozzarella & Cheddar - *Contains: Milk**May Contains: No major allergens*

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

Add Naan Bread -  *Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

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

Add Skin On Chips 175g -  *Contains: No major allergens**May Contains: No major allergens*

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

Add Vegan Burger With Violife Slice -  *Contains: Cereals containing Gluten (Barley, Wheat), Soya**May Contains: No major allergens*

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

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

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

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

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