



### **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 BBQ SAUCE

**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

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

| Per Portion: | Energy             | Fat    | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1539 kJ / 369 kcal | 20.3 g | 6.3 g     | 28.6 g        | 10.4 g | 16.4 g  | 1.67 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 NACHOS - **V**

**Contains:** Milk

**May Contains:** No major allergens

| Per Portion: | Energy             | Fat    | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1967 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1840 kJ / 441 kcal | 25.7 g | 10.0 g    | 35.0 g        | 2.4 g  | 17.2 g  | 1.49 g |

### SALT & PEPPER CALAMARI WITH SPICY MAYO

**Contains:** Cereals containing Gluten (Wheat), 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 - 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 |

**TOMATO SOUP VEGAN - 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 AND ALE PIE***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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1186 kJ / 285 kcal | 15.4 g | 9.6 g     | 30.5 g        | 1.1 g  | 4.1 g   | 1.21 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2544 kJ / 607 kcal | 26.9 g | 10.9 g    | 59.1 g        | 18.2 g | 29.3 g  | 3.28 g |

**BEER-BATTERED HADDOCK WITH SAUCE***Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard**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**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 (Wheat)**May Contain: Sesame*

| 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**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 (Wheat)**May Contain: Sesame*

| 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2687 kJ / 640 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 599 kJ / 143 kcal | 3.4 g | 0.5 g     | 20.1 g        | 12.1 g | 5.8 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 2 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 Pineapples- 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   |
|--------------|-----------------|-------|-----------|---------------|--------|---------|--------|
|              | 95 kJ / 23 kcal | 2.1 g | 0.2 g     | 0.1 g         | 0.1 g  | 0.5 g   | 0.00 g |

**Add Chicken Breast***Contains: No major allergens**May 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***Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain: Milk, Soya*

| Per Portion: | Energy             | Fat    | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2447 kJ / 584 kcal | 25.8 g | 9.4 g     | 35.9 g        | 16.1 g | 49.9 g  | 3.42 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 (Wheat)**May Contain: Sesame*

| 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 (Wheat)**May Contain: Sesame*

| 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2631 kJ / 627 kcal | 28.5 g | 20.2 g    | 78.2 g        | 12.2 g | 12.9 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 (Wheat)****May Contain: Sesame**

| 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 |

**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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1680 kJ / 401 kcal | 20.2 g | 3.9 g     | 42.6 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1680 kJ / 401 kcal | 20.2 g | 3.9 g     | 42.6 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1866 kJ / 445 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1868 kJ / 445 kcal | 21.8 g | 2.5 g     | 49.6 g        | 3.9 g  | 10.2 g  | 3.58 g |

**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 BBQ SAUCE***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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1840 kJ / 441 kcal | 25.7 g | 10.0 g    | 35.0 g        | 2.4 g  | 17.2 g  | 1.49 g |

**TOMATO SOUP - 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 |

**TOMATO SOUP VEGAN - 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

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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2544 kJ / 607 kcal | 26.9 g | 10.9 g    | 59.1 g        | 18.2 g | 29.3 g  | 3.28 g |

## CHEESE BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard

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 (Wheat)

May Contain: Sesame

| 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**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

| 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 2 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 Pineapples- 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2746 kJ / 659 kcal | 34.2 g | 10.8 g    | 55.5 g        | 8.9 g  | 23.5 g  | 3.64 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2553 kJ / 603 kcal | 12.9 g | 3.9 g     | 100.7 g       | 11.3 g | 21.1 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 3484 kJ / 836 kcal | 50.7 g | 22.2 g    | 60.9 g        | 10.5 g | 30.3 g  | 4.27 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 - 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 |

**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 (Wheat)**May Contain: Sesame*

| 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 (Wheat)**May Contain: Sesame*

| 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 |

**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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2631 kJ / 627 kcal | 28.5 g | 20.2 g    | 78.2 g        | 12.2 g | 12.9 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1141 kJ / 274 kcal | 18.2 g | 1.3 g     | 23.7 g        | 0.7 g  | 2.5 g   | 0.19 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   |
|--------------|---------------------|--------|-----------|---------------|--------|---------|--------|
|              | 4373 kJ / 1048 kcal | 57.4 g | 4.8 g     | 100.9 g       | 17.3 g | 24.4 g  | 2.58 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   |
|--------------|---------------------|--------|-----------|---------------|--------|---------|--------|
|              | 5913 kJ / 1416 kcal | 75.1 g | 12.7 g    | 122.0 g       | 19.0 g | 56.1 g  | 3.23 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   |
|--------------|---------------------|--------|-----------|---------------|--------|---------|--------|
|              | 5638 kJ / 1349 kcal | 68.5 g | 9.7 g     | 123.2 g       | 19.0 g | 53.1 g  | 5.26 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   |
|--------------|---------------------|--------|-----------|---------------|--------|---------|--------|
|              | 5326 kJ / 1272 kcal | 56.9 g | 5.0 g     | 122.6 g       | 19.0 g | 60.6 g  | 4.15 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   |
|--------------|---------------------|--------|-----------|---------------|--------|---------|--------|
|              | 5626 kJ / 1346 kcal | 66.8 g | 9.1 g     | 122.6 g       | 19.0 g | 56.6 g  | 4.21 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 3834 kJ / 919 kcal | 51.5 g | 4.2 g     | 84.3 g        | 11.8 g | 23.0 g  | 2.39 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2948 kJ / 705 kcal | 37.6 g | 7.3 g     | 54.4 g        | 9.1 g  | 33.4 g  | 1.29 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2765 kJ / 661 kcal | 33.2 g | 5.3 g     | 55.2 g        | 9.1 g  | 31.4 g  | 2.64 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 2557 kJ / 610 kcal | 25.5 g | 2.2 g     | 54.8 g        | 9.1 g  | 36.4 g  | 1.90 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   |
|--------------|------------------|-------|-----------|---------------|--------|---------|--------|
|              | 250 kJ / 59 kcal | 1.1 g | 0.3 g     | 0.1 g         | 0.1 g  | 12.1 g  | 0.06 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 738 kJ / 176 kcal | 8.0 g | 5.0 g     | 21.6 g        | 1.1 g  | 3.1 g   | 0.76 g |

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

| Per Portion: | Energy          | Fat   | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|-----------------|-------|-----------|---------------|--------|---------|--------|
|              | 90 kJ / 22 kcal | 0.1 g | 0.0 g     | 4.8 g         | 1.1 g  | 0.4 g   | 0.75 g |

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

| Per Portion: | Energy            | Fat   | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 556 kJ / 133 kcal | 9.4 g | 6.2 g     | 7.8 g         | 3.3 g  | 4.0 g   | 0.78 g |

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

| Per Portion: | Energy          | Fat   | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|-----------------|-------|-----------|---------------|--------|---------|--------|
|              | 56 kJ / 13 kcal | 0.1 g | 0.0 g     | 3.0 g         | 1.0 g  | 0.9 g   | 0.02 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 1342 kJ / 321 kcal | 21.3 g | 1.5 g     | 27.7 g        | 0.8 g  | 2.9 g   | 0.22 g |

**Stuffing Balls per spoon - VE V***Contains: No major allergens**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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 601 kJ / 144 kcal | 6.2 g | 3.7 g     | 17.9 g        | 5.2 g  | 2.1 g   | 0.82 g |

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

| Per Portion: | Energy           | Fat   | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|------------------|-------|-----------|---------------|--------|---------|--------|
|              | 333 kJ / 80 kcal | 2.9 g | 1.6 g     | 7.8 g         | 4.1 g  | 3.8 g   | 0.05 g |

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

| Per Portion: | Energy            | Fat    | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|-------------------|--------|-----------|---------------|--------|---------|--------|
|              | 569 kJ / 136 kcal | 10.9 g | 1.7 g     | 7.7 g         | 7.2 g  | 0.6 g   | 0.13 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   |
|--------------|--------------------|--------|-----------|---------------|--------|---------|--------|
|              | 3834 kJ / 919 kcal | 51.5 g | 4.2 g     | 84.3 g        | 11.8 g | 23.0 g  | 2.39 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 501 kJ / 119 kcal | 2.2 g | 0.6 g     | 0.2 g         | 0.1 g  | 24.2 g  | 0.12 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

**KIDS 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 692 kJ / 165 kcal | 6.6 g | 1.0 g     | 21.3 g        | 2.9 g  | 4.1 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   |
|--------------|------------------|-------|-----------|---------------|--------|---------|--------|
|              | 132 kJ / 31 kcal | 0.4 g | 0.1 g     | 4.2 g         | 4.0 g  | 2.6 g   | 0.07 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 440 kJ / 105 kcal | 3.6 g | 2.2 g     | 15.2 g        | 0.5 g  | 2.0 g   | 0.52 g |

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

| Per Portion: | Energy           | Fat   | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|------------------|-------|-----------|---------------|--------|---------|--------|
|              | 115 kJ / 28 kcal | 1.4 g | 0.1 g     | 2.6 g         | 2.5 g  | 0.9 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 648 kJ / 155 kcal | 0.3 g | 0.2 g     | 32.6 g        | 3.7 g  | 4.1 g   | 0.10 g |

## Kids Mains - Larger Appetites

**KIDS BEEF BURGER WITH BUN***Contains: Cereals containing Gluten (Wheat)**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 MARGHERITA PIZZA - V***Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

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

**KIDS OVEN 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 |

**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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 440 kJ / 105 kcal | 3.6 g | 2.2 g     | 15.2 g        | 0.5 g  | 2.0 g   | 0.52 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   |
|--------------|-------------------|-------|-----------|---------------|--------|---------|--------|
|              | 648 kJ / 155 kcal | 0.3 g | 0.2 g     | 32.6 g        | 3.7 g  | 4.1 g   | 0.10 g |

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

| Per Portion: | Energy           | Fat   | Saturates | Carbohydrates | Sugars | Protein | Salt   |
|--------------|------------------|-------|-----------|---------------|--------|---------|--------|
|              | 115 kJ / 28 kcal | 1.4 g | 0.1 g     | 2.6 g         | 2.5 g  | 0.9 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 FRUITY 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: No major allergens**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: No major allergens**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**May Contain: Other Cereals containing (Barley, Oats, Rye), Soya*

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

**Add a Cheese Slice - ***Contains: Milk**May 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 |