

Cookhouse & Pub



Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any **"may contains"** information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

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

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 Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

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 COOKHOUSE & PUB ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
MAIN MENU								
STARTERS								
SOUP OF THE DAY	1307	312	8.3	2.6	46.5	4.2	9.5	1.5
CLASSIC PRAWN COCKTAIL	1754	419	17.7	4.1	40.5	13.5	22.3	2.1
POTATO DIPPERS	1683	402	22.5	8.7	34.4	2.5	15.5	1.0
SHARING PLATTER	7277	1738	93.3	23.9	167.8	18.3	49.2	6.1
ADD CHICKEN WINGS	1098	262	15.0	3.5	2.2	0.1	29.6	1.1
CAULIFLOWER BITES	1117	267	12.8	1.4	32.0	3.3	4.3	2.8
TRASH CAN NACHOS	3501	836	48.7	15.9	71.2	8.7	26.6	3.1
ADD CHICKEN GOUJONS	774	185	10.0	1.2	12.5	0.5	11.1	0.7
GARLIC FLATBREAD & CHEESE	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
BUTTERMILK & ROSEMARY GOUJONS	1702	406	20.0	2.4	33.8	8.6	22.3	1.8
MOZZARELLA BITES	1832	438	24.3	11.6	42.1	10.4	10.0	1.7
CHICKEN WINGS	1802	430	22.6	5.3	12.1	7.7	44.7	2.0
GARLIC & HERB BREADED MUSHROOMS	1443	345	16.9	1.4	38.0	8.7	6.6	1.0
TEMPURA PRAWNS	1343	321	22.2	2.1	23.0	0.9	7.0	1.9
CLASSICS								
ULTIMATE FILLED YORKIE	5286	1263	52.7	16.7	133.0	13.1	55.0	4.1
VEGGIE FILLED YORKIE	4872	1164	40.5	9.7	139.0	13.2	48.4	4.0
CHILLI NON-CARNE	2370	566	10.3	1.8	94.3	17.1	18.9	1.9
CHICKEN TIKKA CURRY	3592	858	26.3	10.4	103.8	22.1	47.3	3.9
ADD EXTRAS	390	93	0.2	0.0	19.8	13.9	2.4	1.3
MAC & CHEESE	3771	901	43.5	25.9	86.8	6.4	36.7	4.1
7OZ GAMMON STEAK	2742	655	22.1	5.3	58.9	4.3	50.9	4.2
ADD EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD PINEAPPLE	322	77	0.0	0.0	21.8	21.2	0.2	0.0
ADD ONE OF EACH	613	146	8.5	1.8	11.0	10.7	8.1	0.0
LUXURY LASAGNE	3983	951	49.7	21.4	73.3	15.1	51.7	3.4
BEEF & DOOM BAR PIE	4607	1100	58.9	33.0	104.9	5.9	32.4	3.1
CHICKEN FORESTIERE	2694	643	30.4	12.8	41.4	4.4	47.5	3.6
CHICKEN & BACON CAESAR SALAD	2053	490	27.4	6.8	11.4	7.3	47.9	3.0
SMOTHERED CHICKEN	3853	920	38.8	10.8	82.8	14.8	55.7	4.9
ADD A SMOTHERED CHICKEN	1218	291	10.1	5.4	9.6	8.2	40.2	1.9

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PICK YOUR SIDE								
BEER-BATTERED ONION RINGS	879	210	11.2	0.9	23.5	3.2	2.8	0.5
SKIN-ON CHIPS	1530	365	13.9	2.1	52.3	0.7	5.1	1.3
MIXED SIDE SALAD	176	42	2.0	0.2	4.5	3.6	1.5	0.1
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
DIRTY FRIES	2180	521	23.5	7.6	58.9	6.0	15.8	2.4
GARLIC FLATBREAD WITH CHEESE	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
SEASIDE SPUDS	1814	433	32.3	2.4	31.1	1.3	3.7	0.9
MAC & CHEESE	1272	304	14.9	10.6	26.9	0.9	14.0	1.6
GO FISH								
BAKED SALMON ONLY..	1548	370	20.4	5.0	7.6	5.2	38.3	0.9
ADD CHIPS	1530	365	13.9	2.1	52.3	0.7	5.1	1.3
ADD ROASTED MINI POTATOES	992	237	7.0	2.8	38.7	2.4	3.6	0.1
ADD MIXED SALAD	136	32	1.9	0.2	3.0	2.2	1.0	0.1
BREADED SCAMPI & CHIPS	3895	930	43.8	4.6	103.1	5.6	25.6	3.8
BEER BATTERED HADDOCK & CHIPS	4614	1102	56.6	12.4	93.9	7.2	49.5	3.6
THE GREAT BREWERS GRILL								
8OZ SIRLOIN STEAK	3663	875	36.7	9.8	76.0	7.9	55.3	2.1
8OZ RUMP STEAK	3625	866	34.9	8.8	76.0	8.0	59.7	2.4
MIXED GRILL	5391	1288	61.5	16.3	74.2	8.4	105.2	4.9
ADD 4OZ RUMP	635	152	6.5	2.9	0.1	0.2	24.6	0.4
PEPPERCORN SAUCE	123	29	0.7	0.4	4.1	2.2	1.5	0.7
DIANE SAUCE	305	73	5.9	3.2	3.2	1.1	1.6	0.5
TANDOORI MIXED GRILL	5890	1407	71.3	17.1	98.7	21.4	87.1	7.5
ADD CURRY UPGRADES	1772	423	16.5	2.7	56.3	8.9	10.0	1.8
CHICKEN & RIBS COMBO	4252	1016	45.0	11.2	76.9	20.9	71.8	4.5
ADD HALF RACK	1592	380	21.4	7.8	15.3	12.4	31.5	1.5
THE BURGER COLLECTION								
MAC & CHEESE BURGER	5482	1309	63.1	23.5	117.2	19.2	62.7	5.0
SMOTHERED CHICKEN BURGER	4637	1107	48.4	11.2	122.5	19.5	40.5	5.3
THE BIG STACK	5822	1391	79.1	27.2	104.1	18.7	60.9	4.4
SLOPPY JOE BURGER	4690	1120	54.4	10.5	113.9	19.1	37.5	3.5
CLASSIC CHEESEBURGER	4848	1158	62.3	19.2	99.3	14.6	44.6	3.6
ADD A CHEESE SLICE	348	83	7.0	4.3	0.0	0.0	5.1	0.4
ADD A RASHER OF BACON	263	63	4.0	1.3	0.2	0.1	6.5	0.9
ADD A 4OZ BEEF BURGER	1788	427	30.5	13.9	0.1	0.1	38.1	0.4
ADD 3 CHICKEN GOUJONS	1160	277	15.0	1.8	18.8	0.8	16.6	1.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SOMETHING SWEET?								
MERINGUE KISSES	2487	594	42.3	28.3	48.0	46.0	4.1	0.6
CHOCOLATE & HAZELNUT DOME	2166	517	37.4	21.3	38.9	28.9	5.4	0.3
TRIPLE CHOCOLATE BROWNIE	2656	634	22.9	13.0	94.8	71.8	8.8	0.3
CHOCOLATE TORTE	1953	466	26.7	19.1	51.1	31.0	4.3	0.5
STICKY TOFFEE PUDDING	3019	721	37.6	17.2	87.1	63.5	7.7	0.5
CARAMEL APPLE BETTY	1905	455	16.9	7.4	68.4	38.7	6.1	0.3
BELGIAN WAFFLE	1944	464	20.5	9.8	62.0	34.3	7.3	0.9
MINI PROFITEROLES	829	198	15.3	10.5	12.4	5.1	2.6	0.1
MINI CHOCOLATE BROWNIE	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
BAKED COOKIE SMORES	2708	647	25.0	12.5	95.7	73.3	8.3	1.0
CADBURY NIBBLES ICE CREAM SUNDAE	2214	529	20.8	13.0	75.8	60.4	8.7	0.4
PROFITEROLE SUNDAE	2221	530	30.1	20.1	54.6	39.3	9.4	0.2
ETON MESS SUNDAE	1184	283	13.2	8.8	31.8	28.2	7.3	0.3
VALUE MAINS								
SMOTHERED CHICKEN	3853	920	38.8	10.8	82.8	14.8	55.7	4.9
ADD A SMOTHERED CHICKEN	1218	291	10.1	5.4	9.6	8.2	40.2	1.9
BEEF LASAGNE	2734	653	33.7	15.4	57.8	13.4	27.1	3.1
FISH & CHIPS	3972	949	46.6	4.9	84.9	6.1	42.5	3.7
HADDOCK & CHIPS	4614	1102	56.6	12.4	93.9	7.2	49.5	3.6
SOUTH WESTERN BURGER	3885	928	39.6	5.8	109.3	12.0	28.9	4.2
SAUSAGE, EGG & CHIPS	4068	972	53.3	13.7	67.5	5.8	50.2	2.9
VEGGIE SAUSAGE, EGG & CHIPS	3605	861	40.9	6.8	71.4	5.3	43.4	2.8
BEEF, CHEESE & MUSHROOM BURGER	3977	950	44.8	15.1	94.9	11.3	36.9	3.2
CHICKEN TIKKA CURRY	3592	858	26.3	10.4	103.8	22.1	47.3	3.9
ADD EXTRAS	390	93	0.2	0.0	19.8	13.9	2.4	1.3
GRILLED GAMMON STEAK	2742	655	22.1	5.3	58.9	4.3	50.9	4.2
ADD EGGS	904	216	17.0	3.6	0.1	0.1	15.9	0.0
ADD PINEAPPLE	322	77	0.0	0.0	21.8	21.2	0.2	0.0
ADD ONE OF EACH	613	146	8.5	1.8	11.0	10.7	8.1	0.0
CHILLI NON-CARNE	2370	566	10.3	1.8	94.3	17.1	18.9	1.9
CHICKEN CAESAR FLATBREAD	3474	830	31.3	5.1	92.3	6.8	41.4	3.1
STARTERS								
GARLIC & HERB BREADED MUSHROOMS	1443	345	16.9	1.4	38.0	8.7	6.6	1.0
POTATO DIPPERS	1683	402	22.5	8.7	34.4	2.5	15.5	1.0
SOUP OF THE DAY	1307	312	8.3	2.6	46.5	4.2	9.5	1.5
GARLIC FLATBREAD WITH CHEESE	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
BUTTERMILK & ROSEMARY CHICKEN GOUJONS	1315	314	15.0	1.8	27.6	8.3	16.8	1.4
PUDDINGS								
WARM CHOCOLATE BROWNIE	2633	629	26.1	5.4	88.1	76.2	8.5	0.4
CARAMEL APPLE BETTY	1905	455	16.9	7.4	68.4	38.7	6.1	0.3
ICE CREAM	777	186	6.1	3.9	28.0	26.6	4.3	0.2
BELGIAN WAFFLE	1944	464	20.5	9.8	62.0	34.3	7.3	0.9

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
PUB SPRING 2021 MAIN MENU																											
STARTERS																											
Prawn Cocktail	Yes		Yes			Yes	Yes		Yes				Yes													No	No
Cucumber Half Slice (54220)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
Paprika Pepper (48048)													Yes													Yes	Yes
Seafood Sauce (54050)						Yes							Yes													No	Yes
Tomato M (54216)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
Soup of the Day	Yes		Yes																							Yes	Yes
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
Mozzarella Bites	Yes					Yes	Yes																			No	No
Smokey Chilli Ketchup (10001725)																										Yes	Yes
Mozzerella In Carrozza (10001882)	Yes					Yes	Yes																			No	Yes
Lambs Lettuce Leaf (51478)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Trash Can Nachos	Yes					Yes																			No	No	
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Jalapenos Green Sliced (10001160)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
Onions Red (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Soured Cream Reduced Fat (51047)						Yes																				No	Yes
Tomato M (54216)							Yes																			Yes	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Buttermilk Chicken Upgrade	Yes					Yes																				No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																				No	No
Sharing Platter	Yes					Yes	Yes					Yes				Yes										No	No
Mozzarella in Carozza (10001882)	Yes					Yes	Yes																			No	Yes
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																				No	No
Garlic Bread Slices (53571)	Yes					Yes																				No	Yes
Mayonnaise Light (54568, 52925)						Yes					Yes															No	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Piri Piri Sauce (53253)																Yes										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Garlic & Herb Breaded Mushroom (48413)	Yes					Yes	Yes																			Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Chicken Wing Upgrade																									No	No
Single Joint Chicken Wing (10001902)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Garlic Flatbread with Cheese	Yes					Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes					Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes
Buttermilk Chicken Goujons	Yes					Yes																			No	No
BBQ Sauce (52975)																									Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																			No	No
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potato Dippers						Yes																			No	No
Unsmoked Back Bacon (10001540)																									No	No
Onions Spring Bunch (54250)																									Yes	Yes
Potato Dippers (52706)																									Yes	Yes
Soured Cream Reduced Fat (51047)						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Garlic & Herb Breaded Mushrooms	Yes					Yes	Yes																		No	No
BBQ Sauce (52975)																									Yes	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Garlic & Herb Breaded Mushroom (48413)	Yes					Yes	Yes																		Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Chicken Wings			Yes																						No	No
BBQ Sauce (52975)																									Yes	Yes
Single Joint Chicken Wing (10001902)																									No	No
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Brewdog Punk BBQ Ale Sauce (10001717)			Yes																						No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Cauliflower Bites	Yes															Yes									Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																								Yes	Yes
Piri Piri Sauce (53253)																Yes									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tempura Prawns	Yes					Yes			Yes				Yes			Yes									No	No
Mayonnaise Light (54568, 52925)						Yes						Yes													No	Yes
Piri Piri Sauce (53253)																Yes									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tempura Tail On King Prawns (53539)	Yes								Yes																No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
SIDES																										
Peppercorn Sauce	Yes						Yes					Yes													No	No
Peppercorn Sauce Small (50948)	Yes						Yes					Yes													No	No
Seaside Spuds	Yes		Yes																						No	No
Seaside Spuds (10001872)	Yes		Yes																						No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Garlic Flatbread with Cheese	Yes						Yes																		No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Mixed Side Salad														Yes		Yes									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Onions Red (54223)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Bread & Butter	Yes		Yes				Yes																		No	Yes	
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
White Bloomer 12 Slices (53456)	Yes																									Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Beer- Battered Onion Rings	Yes																									No	No
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Diane Sauce							Yes					Yes	Yes													No	No
Diane Sauce (52351)							Yes					Yes	Yes													No	No
Skin-on Chips																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Mac & Cheese	Yes						Yes																			No	Yes
Mac & Cheese (10001009)	Yes						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Sweet Potato Fries																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Dirty Fries			Yes				Yes																			No	No
BBQ Sauce (52975)																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Brewdog Punk BBQ Ale Sauce (10001717)			Yes																							No	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
MAINS																											
Vegetarian Ultimate Filled Yorkie	Yes					Yes	Yes																		No	Yes	
Vegan Gravy (10001769)																										Yes	Yes
Large Yorkshire Rec (53563)	Yes					Yes	Yes																			No	Yes
Mash Potato (51094)							Yes																			No	Yes
Onions Red (54223)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Beef & Doom Bar® Pie	Yes		Yes			Yes	Yes					Yes														No	No
Beef & Ale Pie (10001736)	Yes		Yes			Yes	Yes					Yes														No	No
Gravy (52858)												Yes														No	No
Mash Potato (51094)							Yes																			No	Yes
Whole Green Beans (54291)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Ultimate Filled Yorkie	Yes					Yes	Yes					Yes				Yes										No	No
Gravy (52858)												Yes														No	No
Large Yorkshire Rec (53563)	Yes					Yes	Yes																			No	Yes
Mash Potato (51094)							Yes																			No	Yes
Onions Red (54223)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
The Big Stack	Yes		Yes			Yes	Yes				Yes		Yes												No	No
BrewDog Punk BBQ Sauce (10001717)			Yes																						No	Yes
4oz Steak Burger (53533)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes													No	Yes
Onions Red (54223)																									Yes	Yes
Pickled Cucumber Spears (53016)													Yes												No	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes														No	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Sweet Potato Fries (10001032)																									Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Tandoori Mixed Grill	Yes					Yes							Yes			Yes									No	No	
Pork Hot Dog (10001934)																Yes										No	No
8oz Frozen Rump Steak (10002053)																										No	No
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Chicken Breast Fillets (52693)																										No	No
Chillies Red (54235)																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Limes (54604, 54603)																										No	Yes
Mango Chutney (10000690)																										No	Yes
Mini Vegetable Samosa (52660)	Yes					Yes										Yes										No	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Pappodums (51643)																										No	Yes
Tandoori Rub (10000048)													Yes													No	Yes
Tandoori Rub (10000048)													Yes													No	Yes
Tandoori Rub (10000048)													Yes													No	Yes
Tandoori Rub (10000048)													Yes													No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Pimp up your Tandoori Mixed Grill	Yes				Yes	Yes										Yes										No	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Mango Chutney (10000690)																										No	Yes
Mini Vegetable Samosa (52660)	Yes					Yes										Yes										No	Yes
Plain Naan (54029)	Yes				Yes	Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Mixed Grill	Yes					Yes										Yes									No	No	
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
8oz Frozen Rump Steak (10002053)																										No	No
Chicken Breast Fillets (52693)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Peas Grade A (53692)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Upgrade to 8oz Rump																										No	No
8oz Frozen Rump Steak (10002053)																										No	No
Gammon Steak						Yes																				No	No
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Chicken & Bacon Caesar Salad	Yes		Yes			Yes	Yes						Yes												No	No	
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes
Chicken Breast Fillets (52693)																										No	No
Lettuce Cos (54222)																										Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beer-Battered Haddock & Chips	Yes		Yes			Yes		Yes					Yes													No	No
Tartare Sauce (54511)						Yes							Yes													No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Doom Bar (900208)			Yes																							No	No
Haddock Fillet Large MSC (54016)								Yes																		No	No
Lemons (54602, 54722)																										No	Yes
Mushy Peas (53507)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Sloppy Joe Burger	Yes	Yes	Yes	Yes	Yes							Yes	Yes			Yes									Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes
Beyond Meat Burger (10001749)																									Yes	Yes
Chips Skin-On (54547)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Bun (54701)	Yes	Yes		Yes																					Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Mac & Cheese	Yes						Yes					Yes				Yes									No	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																		No	Yes
Mac & Cheese (10001009)	Yes						Yes																		No	Yes
Onions Red (54223)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Luxury Lasagne	Yes					Yes	Yes						Yes			Yes									No	No
Beef & Pancetta Lasagne (10001709)	Yes					Yes	Yes																		No	No
Cucumber Half Slice (54220)																									Yes	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Onions Red (54223)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Chicken Foretiere	Yes					Yes						Yes	Yes												No	No
Chicken Breast Fillets (52693)																									No	No
Diane Sauce (52351)						Yes						Yes	Yes												No	No
Mash Potato (51094)						Yes																			No	Yes
Mushroom Cup (54218)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Plain Flour (52330)	Yes																								Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Scampi & Chips	Yes					Yes			Yes				Yes												No	No
Tartare Sauce (54511)						Yes							Yes												No	Yes
Low Salt Whitby Scampi (10001619)	Yes								Yes																No	No
Chips Skin-On (54547)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Mushy Peas (53507)																									Yes	Yes
Peas Grade A (53692)																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Chicken & Ribs Combo			Yes			Yes							Yes			Yes									No	No
BBQ Sauce (52975)																									Yes	Yes
Chicken Breast Fillets (52693)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Maple BBQ Pork Ribs (52948)													Yes												No	No
Mayonnaise Light (54568, 52925)						Yes							Yes												No	Yes
Onions Red (54223)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Sweet Potato Fries (10001032)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BrewDog Punk BBQ Sauce (10001717)			Yes																						No	Yes
Swap to a full rack of ribs			Yes																						No	No
Maple BBQ Pork Ribs (52948)																									No	No
BBQ Sauce (52975)																									Yes	Yes
BrewDog Punk BBQ Sauce (10001717)			Yes																						No	Yes

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Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Smothered Chicken Burger	Yes		Yes			Yes	Yes				Yes		Yes												No	No
BrewDog Punk BBQ Sauce (10001717)			Yes																						No	Yes
BBQ Sauce (52975)																									Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes						Yes																		No	No
Chips Skin-On (54547)																									Yes	Yes
Chips Skin-On (54547)																									Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes													No	Yes
Onions Red (54223)																									Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes														No	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Sweet Potato Fries (10001032)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
8oz Rump	Yes																								No	No	
8oz Frozen Rump Steak (10002053)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
8oz Sirloin	Yes																									No	No
8oz Frozen Sirloin Steak (10002054)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Swap your chips for salad												Yes				Yes										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)											Yes					Yes										Yes	Yes
Onions Red (54223)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Swap Chips for Sweet Potato Fries																									Yes	Yes	
Chips Skin-On (54547)																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Guest Choice of Steak Sauce																										No	No
Diane Sauce (52351)							Yes					Yes	Yes													No	No
Peppercorn Sauce Small (50948)	Yes						Yes					Yes														No	No
Upgrade of King Prawn	Yes								Yes																	No	No
Tempura Tail On King Prawns (53539)	Yes								Yes																	No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Swap Chips to Dirty Fries			Yes				Yes																			No	No
BrewDog Punk BBQ Sauce (10001717)			Yes																							No	Yes
Chips Skin-On (54547)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Mac & Cheese Burger	Yes					Yes	Yes				Yes	Yes													No	No	
4oz Steak Burger (53533)																										No	No
BBQ Sauce (52975)																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mac & Cheese (10001009)	Yes						Yes																			No	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Onions Red (54223)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Classic Cheese Burger	Yes					Yes	Yes				Yes	Yes														No	No
6oz Steak Burger (54592)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Onions Red (54223)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
Upgrade of Bacon																										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Upgrade of Mac & Cheese	Yes					Yes																			No	Yes	
Mac & Cheese (10001009)	Yes					Yes																				No	Yes
BBQ Sauce (52975)																										Yes	Yes
Add Extra Cheese, Bacon						Yes																				No	Yes
Cheese Slices (51545)						Yes																				No	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Add Extra Chicken or Beef Burger																										No	No
6oz Steak Burger (54592)																										No	No
Chicken Breast Fillets (52693)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Baked Salmon						Yes	Yes	Yes																	No	No	
Chips Skin-On (54547)																										Yes	Yes
Hollandaise Sauce Small (54388)						Yes	Yes																			No	Yes
Lemons (54602, 54722)																										No	Yes
Rocket Leaf (54258)																										Yes	Yes
Skinless Salmon Tail (10000604)								Yes																		No	No
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Swap chips for mini potatoes							Yes																			No	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Swap chips for a side salad												Yes				Yes										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)											Yes					Yes										Yes	Yes
Onions Red (54223)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Smothered Chicken	Yes					Yes	Yes						Yes			Yes									No	No	
BBQ Sauce (52975)																										Yes	Yes
Chicken Breast Fillets (52693)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes						Yes													No	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Double up on Chicken, Sauce & Cheese						Yes																					
BBQ Sauce (52975)																										Yes	Yes
Chicken Breast Fillets (52693)																										No	No
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
Chilli Non Carne	Yes		Yes	Yes								Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes	Yes								Yes														Yes	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Long Grain Rice																										Yes	Yes
Chicken Tikka Curry	Yes				Yes	Yes																				No	No
Chicken Makhani (53884)						Yes																				No	No
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Mango Chutney (10000690)																										No	Yes
Plain Naan (54029)	Yes				Yes	Yes																				No	Yes
Long Grain Rice																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
DESSERTS																										
Belgian Waffles	Yes					Yes	Yes																		No	Yes
Belgian Waffles (52637)	Yes					Yes	Yes																		No	Yes
Caramel Sauce (10002187)							Yes																		No	Yes
Chocolate Sauce (10002185)							Yes																		Yes	Yes
Vanilla Dairy Ice Cream (54575)						Yes																			No	Yes
Profiterole Sundae	Yes				Yes	Yes	Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Chocstix (54617)					Yes		Yes																		No	Yes
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Profiteroles (51005)	Yes					Yes	Yes																		No	Yes
Vanilla Dairy Ice Cream (54575)						Yes																			No	Yes
Mini Brownie	Yes				Yes	Yes	Yes																		No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																		No	Yes
Mini Profiteroles	Yes					Yes	Yes																		No	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Profiteroles (51005)	Yes					Yes	Yes																		No	Yes
Vegan Chocolate Torte	Yes			Yes	Yes																				Yes	Yes
Vegan Chocolate Torte (10001895)	Yes			Yes	Yes																				Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Raspberry Sauce (10002188)																									Yes	Yes
Eton Mess Sundae						Yes	Yes																		No	Yes
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Frozen Strawberry Yogurt (54577)							Yes																		No	Yes
Meringue Nests (54613)						Yes																			No	Yes
Strawberries (54259)																									Yes	Yes
Vanilla Dairy Ice Cream (54575)						Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Chocolate & Hazelnut Dome	Yes				Yes	Yes	Yes											Yes							No	Yes	
Hazelnut Dome (10001900)	Yes				Yes	Yes	Yes											Yes								No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Meringue Kisses						Yes	Yes																			No	Yes
Meringue Kisses (10001919)						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Strawberries (54259)																										Yes	Yes
Cookie Smores	Yes				Yes	Yes	Yes											Yes								No	No
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Chip Cookie (10000046)	Yes				Yes	Yes																				No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Marshmallows (54682)																										No	No
Nutella Choc Spread Portions (53496)					Yes		Yes											Yes								No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
Cadbury® Nibbles Ice Cream Sundae	Yes					Yes	Yes																			No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Rolled Biscuit (54681)	Yes					Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
Cadbury Caramel Pieces (10001378)							Yes																			No	Yes
Caramel Apple Betty	Yes					Yes	Yes										Yes									No	Yes
Caramel Apple Crumble (10001696)	Yes					Yes	Yes										Yes									No	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
Sticky Toffee Pudding	Yes					Yes	Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Triple Chocolate Brownie	Yes				Yes	Yes	Yes																		No	Yes	
Chocolate Sauce (10002185)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

BREWERS FAYRE DAYTIME VALUE MENU

STARTERS

Garlic & Herb Breaded Mushrooms	Yes					Yes	Yes																			No	No
BBQ Sauce (52975)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic & Herb Breaded Mushroom (48413)	Yes					Yes	Yes																			Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potato Dippers							Yes																			No	No
Unsmoked Back Bacon (10001540)																										No	No
Onions Spring Bunch (54250)																										Yes	Yes
Potato Dippers (52706)																										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Soup of the Day	Yes		Yes																							Yes	Yes
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes		Yes																							Yes	Yes
Garlic Flatbread with Cheese	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Buttermilk Chicken Goujons	Yes					Yes																			No	No	
BBQ Sauce (52975)																										Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																				No	No
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

MAINS																											
Smothered Chicken	Yes					Yes	Yes						Yes			Yes										No	No
BBQ Sauce (52975)																										Yes	Yes
Chicken Breast Fillets (52693)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																			No	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Double up on Chicken						Yes																				No	No
BBQ Sauce (52975)																										Yes	Yes
Chicken Breast Fillets (52693)																										No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes

Sausage, Egg & Chips	Yes					Yes										Yes										No	No
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Veggie Sausage, Egg & Chips	Yes					Yes	Yes																		No	Yes	
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																			No	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Fish & Chips	Yes					Yes		Yes					Yes													No	No
Tartare Sauce (54511)						Yes							Yes													No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Mushy Peas (53507)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Pollock Fillets MSC (53550)								Yes																		No	No
Sweet Potato Fries (10001032)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Upgrade to Haddock	Yes							Yes																		No	No
Haddock Fillet Large MSC (54016)								Yes																		No	No
Plain Flour (52330)	Yes																									Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Batter Mix (51665)	Yes																									Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
South Western Chicken Burger	Yes					Yes					Yes		Yes			Yes									No	No	
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Louisiana Chicken Burger (53045)	Yes					Yes																				No	No
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Onions Red (54223)																										Yes	Yes
Piri Piri Sauce (53253)																Yes										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beef Lasagne	Yes					Yes	Yes						Yes			Yes										No	No
French Dressing (53514)												Yes				Yes										Yes	Yes
Garlic Bread Slices (53571)	Yes						Yes																			No	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Beef Lasagne Value (10002014)	Yes					Yes	Yes																			No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Cheese & Mushroom Beef Burger	Yes					Yes	Yes				Yes	Yes													No	No	
4oz Steak Burger (53533)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Mushroom Cup (54218)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
Chicken Tikka Curry	Yes				Yes	Yes																				No	No
Chicken Makhani (53884)						Yes																				No	No
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Plain Naan (54029)	Yes				Yes	Yes																				No	Yes
Long Grain Rice (10002397)																										Yes	Yes
Chicken Tikka upgrade																										No	Yes
Pappodums (51643)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Mango Chutney (10000690)																										No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Gammon Steak						Yes																			No	No	
7oz Boomerang Gammon Steak (10001732, 10001733)																										No	No
Chips Skin-On (54547)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Swap Chips to Dirty Fries			Yes				Yes																			No	No
BrewDog Punk BBQ Sauce (10001717)			Yes																							No	Yes
Chips Skin-On (54547)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Chilli Non Carne	Yes		Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Long Grain Rice																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
Chicken Caesar Flatbread	Yes					Yes	Yes						Yes												No	No	
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes												No	Yes	
Chicken Breast Fillets (52693)																									No	No	
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes	
Lettuce Cos (54222)																									Yes	Yes	
Smoked Dry Cured Streaky Bacon (54125)																									No	No	
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes	
DESSERTS																											
Belgian Waffles	Yes					Yes	Yes																			No	Yes
Belgian Waffles (52637)	Yes					Yes	Yes																			No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
Caramel Apple Betty	Yes					Yes	Yes									Yes										No	Yes
Caramel Apple Crumble (10001696)	Yes					Yes	Yes									Yes										No	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
Ice Cream							Yes																			No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Raspberry Sauce (10002188)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
Chocolate Brownie	Yes					Yes	Yes																			No	Yes
Caramel Sauce (10002187)							Yes																			No	Yes
Chocolate Brownie (10001825)	Yes					Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
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STARTERS

BAKED GARLIC & PARSLEY FLATBREAD	Yes					Yes																			No	Yes	
Dough Discs (53320)	Yes																									Yes	Yes
Garlic & Parsley Butter Blend (48641)						Yes																				No	Yes
Plain Flour (52330)	Yes																									Yes	Yes

VEGGIE STICKS						Yes																				No	Yes
Cucumber Cat II (54220)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes

TORTILLA CHIPS	Yes					Yes																				No	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

1 CHOOSE YOUR MAIN

OVEN BAKED POPPIN' CHICKEN AND CHIPS	Yes					Yes																				No	No
Mini Chicken Chunks (52926)	Yes					Yes																				No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

TEN VEG TOMATO PASTA	Yes										Yes															Yes	Yes
Tomato Pasta Kids (10001986)	Yes										Yes															Yes	Yes

SPAGHETTI BOLOGNESE	Yes																									No	No
Childrens Spaghetti Bolognaise	Yes																									No	No

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
VEGGIE BURGER AND CHIPS	Yes				Yes	Yes																			No	Yes	
Vegan Beet Burger Kids (10001967)					Yes																					Yes	Yes
Burger Buns Kids (54107)	Yes					Yes																				No	Yes
Lettuce Cos (54222)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BUILD YOUR OWN WRAPS	Yes						Yes																			No	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
ADD VEG CHILLI		Yes			Yes						Yes															Yes	Yes
Sloppy Joes Vegan (10001740)		Yes			Yes						Yes															Yes	Yes
ADD CHICKEN																										No	No
Raw Chicken Fillet (10001118)																										No	No
OVEN BAKED FISH BITES AND CHIPS	Yes							Yes																		No	No
Stealth Fries (52190)																										Yes	Yes
Pollock Nuggets 25g (10001991)	Yes							Yes																		No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BEEF BURGER AND CHIPS	Yes					Yes																				No	No
4oz Steak Burger (53533)																										No	No
Burger Buns Kids (54107)	Yes					Yes																				No	Yes
Lettuce Cos (54222)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SAUSAGE AND MASH	Yes					Yes																			No	Yes	
Semi Skimmed Milk (10001941)						Yes																				No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Kids Sausage (52927)	Yes																									No	No
Mash Potato (51094)						Yes																				No	Yes
VEGGIE SAUSAGE AND MASH	Yes					Yes	Yes																			No	Yes
Semi Skimmed Milk (10001941)						Yes	Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Mash Potato (51094)						Yes	Yes																			No	Yes
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																			No	Yes
MARGHERITA PIZZA	Yes					Yes					Yes															No	Yes
Tomato Sauce Childrens Menu (10001965)											Yes															Yes	Yes
Dough Discs (53320)	Yes																									Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
MAC 'N' CHEESE	Yes					Yes					Yes															No	Yes
Mac & Cheese Kids (10001962)	Yes					Yes					Yes															No	Yes
2 CHOOSE YOUR 2 SIDES																											
MINI CORN ON THE COB																										Yes	Yes
Corn On Cob Bites (53717)																										Yes	Yes
BAKED BEANS																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
GARDEN PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
VEGGIE STICKS																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
MIXED VEGETABLES																										Yes	Yes
Diced Mixed Vegetables (10001966)																										Yes	Yes

Ingredient Name/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
3 SWAP YOUR SPUDS																											
CHIPS																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MASHED POTATO						Yes																				No	Yes
Semi Skimmed Milk (10001941)						Yes																				No	Yes
Mash Potato (51094)						Yes																				No	Yes
MINI JACKET POTATO																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes
PUDS																											
ETON MESS SUNDAE						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Frozen Strawberry Yogurt (new)							Yes																			No	Yes
Meringue Nests (54613)						Yes																				No	Yes
Strawberries (54259)																										Yes	Yes
VANILLA ICE CREAM	Yes				Yes	Yes																				No	Yes
Chocstix (54617)					Yes	Yes																				No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes																				No	Yes
Reduced Sugar Ice Cream Kids (10002011)						Yes																				No	Yes
STRAWBERRY FROZEN YOGHURT	Yes				Yes	Yes																				No	Yes
Frozen Strawberry Yogurt (54577)						Yes																				No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes																				No	Yes
FRESH FRUIT SALAD																										Yes	Yes
Bananas (10002199)																										Yes	Yes
Strawberries (54259)																										Yes	Yes

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PANCAKES	Yes					Yes	Yes																		No	Yes	
Bananas (10002199)																										Yes	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																			No	Yes
CHOCOLATE BROWNIE	Yes					Yes	Yes																			No	Yes
Value Brownie (10001825)	Yes					Yes	Yes																			No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																			No	Yes

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BREWERS FAYRE KIDS MENU								
STARTERS								
BAKED GARLIC & PARSLEY FLATBREAD	761	182	4.8	1.4	33.3	2.3	6.2	0.7
TORTILLA CHIPS	741	177	9.5	1.7	32.2	3.6	5.9	0.5
VEGGIE STICKS	105	25	0.1	0.0	2.9	2.8	1.6	0.0
BUILD YOUR OWN MAIN								
POPPIN' CHICKEN & CHIPS	1163	278	12.8	1.6	29.0	0.1	12.4	1.0
TEN VEG TOMATO PASTA	1079	258	3.8	0.5	40.8	6.8	7.5	0.6
SPAGHETTI BOLOGNESE	1485	355	5.8	2.2	52.0	7.3	21.5	0.3
VEGGIE BURGER & CHIPS	2109	504	16.2	2.3	58.2	5.4	17.5	1.7
BUILD YOUR OWN WRAPS WITH CHICKEN	1297	310	7.9	3.6	29.3	5.6	26.2	1.3
BUILD YOUR OWN WRAPS WITH VEG CHILLI	1423	340	8.3	3.6	44.2	13.3	15.8	1.6
FISH BITES & CHIPS	2192	524	19.3	1.5	45.7	1.7	18.9	1.5
BEEF BURGER & CHIPS	2088	499	23.6	8.3	44.7	1.5	26.2	1.1
SAUSAGE & MASH	2088	499	21.7	5.6	28.1	3.5	16.0	1.7
VEGGIE SAUSAGE & MASH	1366	326	13.3	1.2	32.7	1.5	15.3	2.0
MARGHERITA PIZZA	1807	432	12.7	5.3	69.3	5.9	20.1	2.0
MAC 'N' CHEESE	1100	263	7.3	4.0	38.8	3.5	10.4	0.7
PICK 2 SIDES								
MINI CORN ON THE COB	326	78	0.9	0.2	6.2	3.9	1.2	0.0
BAKED BEANS	173	41	0.1	0.0	6.7	2.7	2.5	0.3
GARDEN PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
VEGGIE STICKS	67	16	0.1	0.0	1.9	1.8	0.4	0.0
MIXED VEGETABLES	159	38	0.6	0.1	6.4	2.1	1.8	0.0
SWAP YOUR SPUDS								
CHIPS	569	136	5.7	0.5	19.9	0.1	2.0	0.6
MASHED POTATOES	548	131	3.8	2.3	15.7	1.0	2.3	0.5
MINI JACKET POTATO	649	155	3.0	0.2	40.0	2.4	3.7	0.1
PUDDINGS								
ETON MESS SUNDAE	519	124	6.9	4.7	13.3	10.7	2.3	0.1
VANILLA ICE CREAM	490	117	6.1	3.7	22.6	16.6	5.4	0.2
STRAWBERRY FROZEN YOGHURT	519	124	4.4	2.8	18.5	10.2	2.8	0.1
FRESH FRUIT SALAD	205	49	0.2	0.1	16.7	15.3	1.1	0.0
PANCAKE	766	183	6.0	2.4	39.5	18.3	3.9	0.3
CHOCOLATE BROWNIE	1219	291	13.8	3.1	35.1	32.5	5.0	0.2