

COOKHOUSE♦PUB

Allergy and dietary information

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

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

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

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

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

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans

Starters & Sharers

3 GARLIC BREAD SLICES - V

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk, Soya

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

5 BBQ CHICKEN WINGS

Contains: No major allergens

May Contains: No major allergens

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

CHICKEN GOUJONS WITH DIP

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

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

CLASSIC PRAWN COCKTAIL

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

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

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

GARLIC & HERB MUSHROOMS WITH DIP

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

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

LOADED NACHOS - V

Contains: Milk

May Contains: No major allergens

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

LOADED POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

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

SALT & PEPPER CALAMARI WITH SPICY MAYO

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

May Contains: No major allergens

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

SHARING PLATTER (per half a platter)

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

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

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

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

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

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

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

Mains

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Add Skin-on Chips 175g - **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 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 - **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

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

Add French Dressing - **VE** **V***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 - **V***Contains: Egg, Mustard**May Contain: Sulphite*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sides

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Desserts

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

Contains: Cereals containing Gluten (Oats)

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

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

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

Contains: No major allergens

May Contains: No major allergens

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

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

Contains: Milk

May Contains: No major allergens

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

Add Custard - **V**

Contains: Milk

May Contains: No major allergens

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

BANOFFEE CHEESECAKE - **V**

Contains: Egg, Milk, Soya

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

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

CARAMEL APPLE BETTY - **V**

Contains: Cereals containing Gluten (Wheat), Milk

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

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

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

Contains: Milk

May Contains: No major allergens

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

Add Custard - **V**

Contains: Milk

May Contains: No major allergens

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

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

Contains: No major allergens

May Contains: No major allergens

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

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

Contains: Milk, Soya

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

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

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

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

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

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

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

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

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

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

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

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

Daytime - Starters

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

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

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

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

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

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

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

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

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

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

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

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

Daytime - Mains

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Add Skin-on Chips 175g - 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 (Barley, Wheat)**May Contain: Other Cereals containing (Rye)*

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

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

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

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

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

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

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

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

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

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

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

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

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

Daytime - Desserts

CARAMEL APPLE BETTY - V

Contains: Cereals containing Gluten (Wheat), Milk

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

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

Add 1 Scoop Vanilla Dairy Ice Cream - V

Contains: Milk

May Contains: No major allergens

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

Add Custard - V

Contains: Milk

May Contains: No major allergens

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

MINI KNICKERBOCKER GLORY SUNDAE - V

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

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

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

MINI SUNDAE WITH BERRIES - VE V

Contains: No major allergens

May Contains: No major allergens

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

MINI SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V

Contains: Milk, Soya

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

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

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V

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

May Contains: No major allergens

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

Sunday Roast - Plated

BOTTOMLESS FAVOURITES - V

Gravy per 75g - VE V

Contains: No major allergens

May Contains: No major allergens

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

Golden Yorkshires per piece - V

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

May Contains: No major allergens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kids Sunday Roast - Plated

KIDS ROAST BEEF

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

May Contains: No major allergens

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

KIDS ROAST GAMMON

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

May Contains: No major allergens

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

KIDS ROAST TURKEY

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

May Contains: No major allergens

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

Sunday Roast - Carvery

Carvery Condiments - V

APPLE SAUCE per spoon - VE V

Contains: Sulphite

May Contains: No major allergens

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

CRANBERRY SAUCE per spoon - VE V

Contains: No major allergens

May Contains: No major allergens

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

MUSTARD per spoon - VE V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contains: No major allergens

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

HORSERADISH per spoon - V

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

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

MEAT CARVERY ADULT

Gammon per slice

Contains: No major allergens

May Contains: No major allergens

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

Roast Beef per slice

Contains: No major allergens

May Contains: No major allergens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kids Sunday Roast - Carvery

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

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

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

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

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

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

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

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

Kids Starters

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

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

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

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

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

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

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

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

Kids Mains - Smaller Appetites

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kids Mains - Larger Appetites

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

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

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

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

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

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

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

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

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

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

Kids Sides

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kids Desserts

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Upgrade

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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