

# 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 BBQ SAUCE

*Contains: Cereals containing Gluten (Wheat)*

*May Contains: No major allergens*

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

### CLASSIC PRAWN COCKTAIL

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

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

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

### GARLIC & HERB MUSHROOMS WITH BBQ SAUCE

*Contains: Cereals containing Gluten (Wheat)*

*May Contains: No major allergens*

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

### LOADED NACHOS - V

*Contains: Milk*

*May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1967 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

### LOADED POTATO DIPPERS

*Contains: Milk*

*May Contains: No major allergens*

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

### SALT & PEPPER CALAMARI WITH SPICY MAYO

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

*May Contains: No major allergens*

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

### SHARING PLATTER (per half a platter)

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

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

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

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

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

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

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

## Mains

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1186 kJ / 285 kcal	15.4 g	9.6 g	30.5 g	1.1 g	4.1 g	1.21 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2544 kJ / 607 kcal	26.9 g	10.9 g	59.1 g	18.2 g	29.3 g	3.28 g

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

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

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

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

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

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

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

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

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

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

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

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

**Add Vegan Burger Bun - VE V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

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

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

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

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

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

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

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

**Add Vegan Burger Bun -**  *Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2687 kJ / 640 kcal	24.7 g	3.6 g	76.1 g	4.1 g	26.8 g	3.23 g

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	599 kJ / 143 kcal	3.4 g	0.5 g	20.1 g	12.1 g	5.8 g	0.46 g

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

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

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

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

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

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

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

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

**Add 2 Fried Egg - V***Contains: Egg**May Contains: No major allergens*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	95 kJ / 23 kcal	2.1 g	0.2 g	0.1 g	0.1 g	0.5 g	0.00 g

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

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

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

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

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2447 kJ / 584 kcal	25.8 g	9.4 g	35.9 g	16.1 g	49.9 g	3.42 g

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Add Vegan Burger Bun - VE V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

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

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

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

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

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

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

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

**Add Vegan Burger Bun - VE V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

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

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

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



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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2631 kJ / 627 kcal	28.5 g	20.2 g	78.2 g	12.2 g	12.9 g	1.73 g

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

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

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

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

**Add Vegan Burger Bun - VE V****Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

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

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

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

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

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

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

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

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

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

## Sides

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1680 kJ / 401 kcal	20.2 g	3.9 g	42.6 g	3.5 g	9.5 g	2.12 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1680 kJ / 401 kcal	20.2 g	3.9 g	42.6 g	3.5 g	9.5 g	2.12 g

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1866 kJ / 445 kcal	21.8 g	2.5 g	49.5 g	3.9 g	10.2 g	3.58 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1868 kJ / 445 kcal	21.8 g	2.5 g	49.6 g	3.9 g	10.2 g	3.58 g

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

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

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

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

## Desserts

**APPLE & SPICED BLACKBERRY CRUMBLE - VE V***Contains: Cereals containing Gluten (Oats)**May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

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

**Add 1 Scoop Vegan Ice Cream - VE V***Contains: No major allergens**May Contains: No major allergens*

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

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

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

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

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

**BANOFFEE CHEESECAKE - V***Contains: Egg, Milk, Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

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

**CARAMEL APPLE BETTY - V***Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

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

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

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

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

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

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

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

**ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V***Contains: Milk, Soya**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

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

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

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

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

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

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

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

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

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

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

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

## Daytime - Starters

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

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

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

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

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

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

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

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

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

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

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

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

# Daytime - Mains

## BATTERED FISH WITH SAUCE

Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard

May Contains: No major allergens

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

## Add Skin-on Chips 175g - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

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

## Add Peas - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

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

## Add Mushy Peas - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

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

## BEEF LASAGNE WITH GARLIC BREAD AND SALAD

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

May Contain: Milk, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2544 kJ / 607 kcal	26.9 g	10.9 g	59.1 g	18.2 g	29.3 g	3.28 g

## CHEESE BURGER WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contains: No major allergens

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

## Add Skin-on Chips 175g - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

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

## Add Vegan Burger Bun - **VE** **V**

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

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

## Add Mixed Side Salad - **VE** **V**

Contains: Mustard, Sulphite

May Contains: No major allergens

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

## CHICKEN TIKKA CURRY WITH RICE AND POPPADOM

Contains: Milk

May Contain: Other Cereals containing (Wheat), Peanut, Sesame, Tree Nuts (Almond, Cashew)

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

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

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

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

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

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

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

**Add 2 Fried Egg - V***Contains: Egg**May Contains: No major allergens*

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2746 kJ / 659 kcal	34.2 g	10.8 g	55.5 g	8.9 g	23.5 g	3.64 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2553 kJ / 603 kcal	12.9 g	3.9 g	100.7 g	11.3 g	21.1 g	1.12 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3484 kJ / 836 kcal	50.7 g	22.2 g	60.9 g	10.5 g	30.3 g	4.27 g

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

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

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

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

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

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

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

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

**Add Vegan Burger Bun - VE V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

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

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

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

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

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

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

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

**Add Vegan Burger Bun - VE V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2631 kJ / 627 kcal	28.5 g	20.2 g	78.2 g	12.2 g	12.9 g	1.73 g

## Daytime - Desserts

**CARAMEL APPLE BETTY - V***Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Egg, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

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

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

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

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

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

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

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

**MINI SUNDAE WITH BERRIES - VE V***Contains: No major allergens**May Contains: No major allergens*

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

**MINI SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - V***Contains: Milk, Soya**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

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

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

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

## Sunday Roast - Plated

**BOTTOMLESS FAVOURITES - V****Gravy per 75g - VE V***Contains: No major allergens**May Contains: No major allergens*

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1141 kJ / 274 kcal	18.2 g	1.3 g	23.7 g	0.7 g	2.5 g	0.19 g



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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4373 kJ / 1048 kcal	57.4 g	4.8 g	100.9 g	17.3 g	24.4 g	2.58 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5913 kJ / 1416 kcal	75.1 g	12.7 g	122.0 g	19.0 g	56.1 g	3.23 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5638 kJ / 1349 kcal	68.5 g	9.7 g	123.2 g	19.0 g	53.1 g	5.26 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5326 kJ / 1272 kcal	56.9 g	5.0 g	122.6 g	19.0 g	60.6 g	4.15 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5626 kJ / 1346 kcal	66.8 g	9.1 g	122.6 g	19.0 g	56.6 g	4.21 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3834 kJ / 919 kcal	51.5 g	4.2 g	84.3 g	11.8 g	23.0 g	2.39 g

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

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

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

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

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

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

# Kids Sunday Roast - Plated

## KIDS ROAST BEEF

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2948 kJ / 705 kcal	37.6 g	7.3 g	54.4 g	9.1 g	33.4 g	1.29 g

## KIDS ROAST GAMMON

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2765 kJ / 661 kcal	33.2 g	5.3 g	55.2 g	9.1 g	31.4 g	2.64 g

## KIDS ROAST TURKEY

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2557 kJ / 610 kcal	25.5 g	2.2 g	54.8 g	9.1 g	36.4 g	1.90 g

# Sunday Roast - Carvery

## Carvery Condiments - V

### APPLE SAUCE per spoon - VE V

Contains: Sulphite

May Contains: No major allergens

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

### CRANBERRY SAUCE per spoon - VE V

Contains: No major allergens

May Contains: No major allergens

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

### MUSTARD per spoon - VE V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contains: No major allergens

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

### HORSERADISH per spoon - V

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

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

## MEAT CARVERY ADULT

### Gammon per slice

Contains: No major allergens

May Contains: No major allergens

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

### Roast Beef per slice

Contains: No major allergens

May Contains: No major allergens

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	250 kJ / 59 kcal	1.1 g	0.3 g	0.1 g	0.1 g	12.1 g	0.06 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	738 kJ / 176 kcal	8.0 g	5.0 g	21.6 g	1.1 g	3.1 g	0.76 g

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	56 kJ / 13 kcal	0.1 g	0.0 g	3.0 g	1.0 g	0.9 g	0.02 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1342 kJ / 321 kcal	21.3 g	1.5 g	27.7 g	0.8 g	2.9 g	0.22 g

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	601 kJ / 144 kcal	6.2 g	3.7 g	17.9 g	5.2 g	2.1 g	0.82 g

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	569 kJ / 136 kcal	10.9 g	1.7 g	7.7 g	7.2 g	0.6 g	0.13 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3834 kJ / 919 kcal	51.5 g	4.2 g	84.3 g	11.8 g	23.0 g	2.39 g

## Kids Sunday Roast - Carvery

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	501 kJ / 119 kcal	2.2 g	0.6 g	0.2 g	0.1 g	24.2 g	0.12 g

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

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

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

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

## Kids Starters

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	692 kJ / 165 kcal	6.6 g	1.0 g	21.3 g	2.9 g	4.1 g	0.25 g

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	132 kJ / 31 kcal	0.4 g	0.1 g	4.2 g	4.0 g	2.6 g	0.07 g

## Kids Mains - Smaller Appetites

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

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

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

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

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	440 kJ / 105 kcal	3.6 g	2.2 g	15.2 g	0.5 g	2.0 g	0.52 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	115 kJ / 28 kcal	1.4 g	0.1 g	2.6 g	2.5 g	0.9 g	0.07 g

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

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

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

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

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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 155 kcal	0.3 g	0.2 g	32.6 g	3.7 g	4.1 g	0.10 g

## Kids Mains - Larger Appetites

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

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

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

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

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

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

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

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

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

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

**Kids Sides**

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	440 kJ / 105 kcal	3.6 g	2.2 g	15.2 g	0.5 g	2.0 g	0.52 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 155 kcal	0.3 g	0.2 g	32.6 g	3.7 g	4.1 g	0.10 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	115 kJ / 28 kcal	1.4 g	0.1 g	2.6 g	2.5 g	0.9 g	0.07 g

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

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

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

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

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

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

## Kids Desserts

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Upgrade

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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


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

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

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

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

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

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

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

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

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

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

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

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

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