

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

Festive/Boxing Day Starters

CHICKEN GOUJONS WITH CRANBERRY BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1783 kJ / 426 kcal	19.9 g	2.3 g	38.6 g	12.2 g	22.3 g	1.65 g

CHICKEN LIVER & BRANDY PATE WITH BROWN BREAD

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1166 kJ / 278 kcal	12.1 g	5.9 g	31.2 g	12.5 g	10.0 g	0.94 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

FESTIVE NACHOS

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2500 kJ / 597 kcal	29.5 g	5.7 g	58.6 g	16.9 g	21.8 g	3.34 g

FESTIVE NACHOS VEGETARIAN - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2041 kJ / 488 kcal	24.0 g	3.9 g	58.2 g	16.8 g	7.3 g	1.87 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

Festive/Boxing Day Mains

8OZ RUMP WITH PEPPERCORN SAUCE

Contains: Celery, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 415 kcal	15.1 g	6.9 g	16.4 g	6.8 g	55.3 g	2.07 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 WITH PEPPERCORN SAUCE*Contains: Celery, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1741 kJ / 415 kcal	14.7 g	6.4 g	16.3 g	7.2 g	55.6 g	2.05 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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2434 kJ / 581 kcal	25.8 g	9.4 g	35.1 g	17.6 g	49.8 g	3.30 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

FESTIVE STACK BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat), Celery, Egg, Mustard, Sulphite**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3276 kJ / 783 kcal	38.6 g	13.9 g	56.1 g	20.1 g	51.3 g	4.87 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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5602 kJ / 1339 kcal	62.5 g	8.8 g	125.2 g	33.5 g	60.7 g	4.41 g

SALMON WITH SEAFOOD & PROSECCO SAUCE

Contains: Crustaceans, Fish, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3027 kJ / 728 kcal	46.3 g	17.6 g	28.0 g	10.2 g	47.1 g	1.38 g

VEGAN WELLINGTON ROAST - **VE** **V**

Contains: Cereals containing Gluten (Barley, Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4681 kJ / 1122 kcal	66.8 g	14.3 g	103.9 g	17.3 g	18.9 g	2.55 g

Festive/Christmas/Boxing Day Sides

3 PIGS IN BLANKETS

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	700 kJ / 168 kcal	11.4 g	3.9 g	5.0 g	1.0 g	10.9 g	1.21 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

GRILLED BRUSSELS SPROUTS GRATIN - **V**

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1115 kJ / 268 kcal	15.6 g	9.2 g	17.9 g	9.2 g	11.1 g	1.33 g

LOADED ROAST POTATOES

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2802 kJ / 671 kcal	36.9 g	2.8 g	64.6 g	14.9 g	17.0 g	1.59 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

Festive/Boxing Day 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

BILLIONAIRES PROFITEROLES - V*Contains: Cereals containing Gluten (Oats, Wheat), Egg, Milk, Soya**May Contain: Other Cereals containing (Wheat), Milk, Soya, Sulphite, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2040 kJ / 489 kcal	30.9 g	20.5 g	46.8 g	32.2 g	5.7 g	0.26 g

ICE CREAM SUNDAE WITH AFTER EIGHT MINTS - V*Contains: Milk, Soya**May Contain: Milk, Peanut, Soya, Sulphite, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2062 kJ / 491 kcal	18.9 g	12.1 g	72.2 g	62.3 g	6.8 g	0.22 g

MELTING SNOWBALL BROWNIE - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Egg*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2499 kJ / 596 kcal	23.3 g	13.4 g	84.7 g	67.8 g	8.5 g	0.28 g

TRADITIONAL CHRISTMAS PUDDING - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Egg, Tree Nuts (Almond, Hazelnut, Macadamia, Pecan, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1790 kJ / 425 kcal	12.6 g	7.2 g	73.8 g	54.5 g	3.0 g	0.18 g

Festive/Boxing Day Kids Starters

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	948 kJ / 227 kcal	12.4 g	4.6 g	24.6 g	0.3 g	3.6 g	0.42 g

KIDS PIGS IN BLANKETS WITH DIP*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	767 kJ / 184 kcal	11.6 g	3.9 g	8.2 g	2.8 g	11.2 g	1.69 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

Festive/Boxing Day Kids Mains - Small 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 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

PIGS IN BLANKETS WITH GRAVY*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	594 kJ / 142 kcal	8.7 g	2.7 g	7.8 g	1.4 g	7.7 g	1.16 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

Festive/Boxing Day Kids Mains - Larger Appetites

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1591 kJ / 378 kcal	10.9 g	4.8 g	54.1 g	2.7 g	14.5 g	1.43 g

KIDS FESTIVE TURKEY*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3031 kJ / 723 kcal	32.2 g	3.8 g	63.3 g	11.6 g	40.3 g	2.40 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 RUDOLF BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1544 kJ / 369 kcal	17.8 g	7.7 g	27.3 g	4.0 g	24.1 g	0.71 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 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 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

Festive/Boxing Day 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 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

SANTA'S CHOCOLATE BROWNIE - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1216 kJ / 290 kcal	12.8 g	7.6 g	38.6 g	30.5 g	3.6 g	0.13 g

SANTA'S HAT SUNDAE - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 182 kcal	9.7 g	6.5 g	19.3 g	14.5 g	4.1 g	0.11 g

SMASH THE IGLOO - V*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Soya**May Contain: Egg*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1368 kJ / 326 kcal	13.8 g	8.4 g	45.9 g	42.2 g	4.2 g	0.13 g

Christmas Day Starters

CHEESE FONDUE - V*Contains: Cereals containing Gluten (Wheat), Milk, Mustard, Sulphite**May Contain: Milk, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3101 kJ / 743 kcal	43.3 g	20.6 g	61.7 g	15.1 g	24.5 g	2.31 g

CHICKEN LIVER & BRANDY PATE WITH BROWN BREAD*Contains: Cereals containing Gluten (Barley, Wheat), Milk, Sulphite**May Contain: Other Cereals containing (Oats, Rye), Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1166 kJ / 278 kcal	12.1 g	5.9 g	31.2 g	12.5 g	10.0 g	0.94 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

TOMATO & BASIL SOUP WITH CREAM - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1493 kJ / 359 kcal	24.6 g	8.5 g	27.6 g	15.7 g	5.2 g	1.36 g

VEGAN TOMATO & BASIL SOUP - VE V

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1216 kJ / 292 kcal	17.6 g	3.9 g	27.0 g	15.0 g	4.8 g	1.34 g

Christmas Day Mains - Plated

CHRISTMAS DAY FISH MEDLEY

Contains: Crustaceans, Fish, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3176 kJ / 763 kcal	46.5 g	17.7 g	28.3 g	10.2 g	54.9 g	1.83 g

CHRISTMAS DAY ROAST BEEF

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	6214 kJ / 1489 kcal	85.1 g	16.7 g	115.4 g	24.6 g	57.2 g	4.45 g

CHRISTMAS DAY ROAST GAMMON

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5802 kJ / 1389 kcal	74.1 g	13.4 g	119.2 g	26.3 g	53.3 g	5.45 g

CHRISTMAS DAY ROAST TURKEY

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5602 kJ / 1339 kcal	62.5 g	8.8 g	125.2 g	33.5 g	60.7 g	4.41 g

CHRISTMAS DAY TRIO OF ROAST

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5902 kJ / 1412 kcal	72.4 g	12.9 g	125.1 g	33.5 g	56.7 g	4.36 g

CHRISTMAS DAY VEGETABLE WELLINGTON ROAST - VE V

Contains: Cereals containing Gluten (Barley, Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4681 kJ / 1122 kcal	66.8 g	14.3 g	103.9 g	17.3 g	18.9 g	2.55 g

Christmas Day 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

BILLIONAIRES PROFITEROLES - **V**

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

May Contain: Other Cereals containing (Wheat), Milk, Soya, Sulphite, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2040 kJ / 489 kcal	30.9 g	20.5 g	46.8 g	32.2 g	5.7 g	0.26 g

ICE CREAM SUNDAE WITH AFTER EIGHT MINTS - **V**

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2062 kJ / 491 kcal	18.9 g	12.1 g	72.2 g	62.3 g	6.8 g	0.22 g

TRADITIONAL CHRISTMAS PUDDING - **V**

Contains: Cereals containing Gluten (Wheat), Milk

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1790 kJ / 425 kcal	12.6 g	7.2 g	73.8 g	54.5 g	3.0 g	0.18 g

TRIPLE CHOCOLATE AND ORANGE BROWNIE - **V**

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

May Contain: Egg

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2580 kJ / 615 kcal	24.1 g	13.9 g	87.5 g	70.3 g	8.6 g	0.29 g

Christmas Day Kids Starters

KIDS CHRISTMAS TREE GARLIC BREAD - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	948 kJ / 227 kcal	12.4 g	4.6 g	24.6 g	0.3 g	3.6 g	0.42 g

KIDS PIGS IN BLANKETS WITH DIP*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	767 kJ / 184 kcal	11.6 g	3.9 g	8.2 g	2.8 g	11.2 g	1.69 g

Christmas Day Kids Mains - Plated

KIDS CHRISTMAS DAY BEEF*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3422 kJ / 819 kcal	44.4 g	8.9 g	62.9 g	11.6 g	37.3 g	1.57 g

KIDS CHRISTMAS DAY GAMMON*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3239 kJ / 774 kcal	40.0 g	6.9 g	63.7 g	11.6 g	35.3 g	3.14 g

KIDS CHRISTMAS DAY TURKEY*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3031 kJ / 723 kcal	32.2 g	3.8 g	63.3 g	11.6 g	40.3 g	2.40 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1591 kJ / 378 kcal	10.9 g	4.8 g	54.1 g	2.7 g	14.5 g	1.43 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 RUDOLF BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1544 kJ / 369 kcal	17.8 g	7.7 g	27.3 g	4.0 g	24.1 g	0.71 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 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

Christmas Day Kids Desserts

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

SANTA'S CHOCOLATE BROWNIE - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1216 kJ / 290 kcal	12.8 g	7.6 g	38.6 g	30.5 g	3.6 g	0.13 g

SANTA'S HAT SUNDAE - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 182 kcal	9.7 g	6.5 g	19.3 g	14.5 g	4.1 g	0.11 g

SMASH THE IGLOO - V*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Soya**May Contain: Egg*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1368 kJ / 326 kcal	13.8 g	8.4 g	45.9 g	42.2 g	4.2 g	0.13 g

Christmas Day Mains - Carvery

ADULT CARVERY

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

Brussels Sprouts per spoon - **VE V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	273 kJ / 65 kcal	1.8 g	0.4 g	5.2 g	4.0 g	4.5 g	0.00 g

Gammon per slice

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	322 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	6.4 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	0.0 g	12.1 g	0.06 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

Pigs in Blankets per 2 pcs*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	467 kJ / 112 kcal	7.6 g	2.6 g	3.4 g	0.7 g	7.3 g	0.81 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
	1009 kJ / 241 kcal	6.9 g	0.8 g	30.7 g	1.8 g	12.7 g	0.59 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

CHRISTMAS DAY FISH MEDLEY*Contains: Crustaceans, Fish, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3176 kJ / 763 kcal	46.5 g	17.7 g	28.3 g	10.2 g	54.9 g	1.83 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4681 kJ / 1122 kcal	66.8 g	14.3 g	103.9 g	17.3 g	18.9 g	2.55 g

VEGETABLE CARVERY ALTERNATIVE - V**Carrot Wellington per each - VE V***Contains: Cereals containing Gluten (Barley, Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2005 kJ / 481 kcal	29.4 g	11.4 g	44.7 g	10.5 g	7.5 g	1.45 g

Christmas Day Kids Mains - Carvery

KIDS CHRISTMAS DAY CARVERY Same as Adult Carvery**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 CHRISTMAS TREE MARGHERITA PIZZA - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1591 kJ / 378 kcal	10.9 g	4.8 g	54.1 g	2.7 g	14.5 g	1.43 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 RUDOLF BURGER WITH BUN*Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1544 kJ / 369 kcal	17.8 g	7.7 g	27.3 g	4.0 g	24.1 g	0.71 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 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

Upgrade

Add an extra slice of beef and pig in blanket

Contains: Milk, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	798 kJ / 192 kcal	14.4 g	6.6 g	1.7 g	0.4 g	13.9 g	0.57 g

Add an extra slice of gammon and pig in blanket

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	554 kJ / 133 kcal	8.1 g	3.0 g	2.1 g	0.3 g	12.8 g	1.28 g

Add an extra slice of turkey and pig in blanket

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	450 kJ / 107 kcal	4.2 g	1.4 g	1.9 g	0.3 g	15.3 g	0.91 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