



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

74 Sauces

Add '74 BBQ Sauce - **VE** **V**

Contains: Cereals containing Gluten (Barley), Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	151 kJ / 36 kcal	0.4 g	0.2 g	7.6 g	6.1 g	0.4 g	0.44 g

Add '74 Bacon Relish Sauce

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	172 kJ / 41 kcal	0.8 g	0.1 g	6.9 g	5.5 g	1.3 g	0.19 g

Add '74 Burger Sauce - **VE** **V**

Contains: Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	422 kJ / 102 kcal	9.6 g	0.7 g	4.1 g	2.7 g	0.2 g	0.54 g

Add '74 HOT Sauce - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	55 kJ / 13 kcal	0.0 g	0.0 g	2.8 g	1.8 g	0.3 g	0.43 g

Add '74 Honey & Mustard Sauce - **V**

Contains: Cereals containing Gluten (Wheat), Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 139 kcal	13.2 g	0.9 g	4.5 g	4.2 g	0.4 g	0.30 g

Add '74 Mango, Peach & Habanero Sauce - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	149 kJ / 35 kcal	0.0 g	0.0 g	8.7 g	8.5 g	0.2 g	0.35 g

Add '74 Smokehouse Tomato Sauce - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	244 kJ / 57 kcal	0.0 g	0.0 g	14.0 g	13.7 g	0.4 g	0.42 g

Add '74 Spicy Mayo Sauce - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	360 kJ / 87 kcal	7.8 g	0.2 g	4.1 g	2.8 g	0.3 g	0.33 g

Starters

BREADED 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

CHEESY POTATO DIPPERS WITH BBQ SAUCE*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2183 kJ / 523 kcal	28.4 g	12.6 g	49.0 g	10.9 g	17.4 g	1.45 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 WITH BROWN BREAD*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

CRISPY CALAMARI WITH SPICY MAYO*Contains: Cereals containing Gluten (Wheat), Molluscs**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1882 kJ / 452 kcal	31.0 g	2.0 g	28.4 g	3.9 g	14.5 g	3.94 g

DOUBLE CRUNCH CHICKEN WINGS WITHOUT SAUCE*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2342 kJ / 563 kcal	33.6 g	7.9 g	27.6 g	0.2 g	37.1 g	1.57 g

DOUBLE CRUNCH KING PRAWNS WITH SEAFOOD SAUCE*Contains: Cereals containing Gluten (Wheat), Crustaceans, Egg, Milk, Mustard, Soya**May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1345 kJ / 322 kcal	18.3 g	1.4 g	17.1 g	7.8 g	21.0 g	1.99 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1717 kJ / 410 kcal	18.4 g	6.4 g	52.2 g	1.1 g	7.5 g	0.94 g

HALLOUMI FRIES WITH BBQ SAUCE*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2020 kJ / 482 kcal	34.1 g	11.8 g	24.0 g	10.9 g	19.7 g	2.60 g

NACHOS - *Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2210 kJ / 530 kcal	32.6 g	6.9 g	47.6 g	6.0 g	9.0 g	2.04 g

VEGAN FLATBREAD STRIPS -  *Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1561 kJ / 372 kcal	14.5 g	2.8 g	51.8 g	1.0 g	7.4 g	1.10 g

VEGAN NACHOS -  *Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2203 kJ / 528 kcal	31.0 g	18.6 g	55.8 g	2.2 g	4.3 g	2.70 g

Mains

100Z RIBEYE

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2571 kJ / 615 kcal	32.0 g	13.4 g	12.2 g	7.3 g	66.9 g	1.55 g

50TH CHARGRILLED 8OZ SIRLOIN STEAK WITH OSCAR SAUCE

Contains: Crustaceans, Egg, Fish, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4191 kJ / 1004 kcal	60.9 g	23.5 g	43.9 g	3.0 g	70.5 g	2.98 g

50TH CHARGRILLED CHICKEN WITH OSCAR SAUCE

Contains: Crustaceans, Egg, Fish, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3512 kJ / 840 kcal	50.6 g	18.5 g	40.4 g	2.8 g	52.5 g	3.88 g

50TH CHARGRILLED SALMON FILLET WITH OSCAR SAUCE

Contains: Crustaceans, Egg, Fish, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4255 kJ / 1021 kcal	67.1 g	21.4 g	42.4 g	4.1 g	58.8 g	3.09 g

50TH STEAK DIANE

Contains: Milk, Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2075 kJ / 496 kcal	22.4 g	8.8 g	15.9 g	6.9 g	58.1 g	1.79 g

Add Triple Cooked Chips -

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

74 BACONEATER BURGER WITHOUT BUN

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2390 kJ / 574 kcal	39.8 g	13.8 g	17.4 g	11.1 g	35.2 g	3.47 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

74 BEEFEATER COMBO WITHOUT SAUCE

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4193 kJ / 1002 kcal	48.7 g	13.9 g	46.6 g	15.9 g	91.6 g	4.26 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

74 BEEFEATER DOUBLE STACK BURGER WITHOUT BUN*Contains: Cereals containing Gluten (Barley), Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3253 kJ / 782 kcal	56.0 g	23.8 g	15.7 g	12.2 g	53.0 g	4.59 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

74 CHICKEN & RIBS WITHOUT SAUCE*Contains: Cereals containing Gluten (Barley), Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2436 kJ / 580 kcal	23.5 g	8.0 g	25.9 g	15.8 g	63.8 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

74 CHICKEN BURGER WITHOUT BUN (choose your chicken)*Contains: Cereals containing Gluten (Barley), Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	966 kJ / 232 kcal	14.9 g	2.3 g	15.7 g	12.1 g	8.0 g	1.97 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 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	1.11 g

Add Double Crunch Chicken Breast*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1593 kJ / 382 kcal	18.5 g	2.3 g	30.8 g	0.1 g	23.0 g	1.29 g

74 RACK OF RIBS WITHOUT SAUCE*Contains: Cereals containing Gluten (Barley), Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3129 kJ / 748 kcal	40.0 g	14.4 g	36.4 g	24.4 g	58.7 g	3.26 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

8OZ FILLET*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1993 kJ / 440 kcal	20.7 g	8.2 g	13.5 g	5.3 g	51.0 g	1.45 g

8OZ SIRLOIN*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	17.6 g	6.1 g	13.4 g	5.6 g	56.5 g	1.29 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 Triple Cooked Chips -  *Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

BEEF LASAGNE WITH FLATBREAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2937 kJ / 701 kcal	31.0 g	12.7 g	71.7 g	18.7 g	30.6 g	3.54 g

BEER-BATTERED FISH 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
	2185 kJ / 524 kcal	34.9 g	8.0 g	22.1 g	3.2 g	30.3 g	2.24 g

Add Triple Cooked Chips -  *Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

Add Peas -  *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

BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE WITH FLATBREAD - V*Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2843 kJ / 677 kcal	25.9 g	11.3 g	86.9 g	17.2 g	21.7 g	2.97 g

CHARGRILLED 7OZ GAMMON STEAK WITH PEAS, PINEAPPLE AND EGG*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2099 kJ / 504 kcal	32.2 g	3.6 g	11.7 g	8.7 g	40.3 g	4.57 g

Add Triple Cooked Chips - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

CHARGRILLED VEGETABLE SKEWER WITHOUT SAUCE - VE V*Contains: Cereals containing Gluten (Wheat), Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1831 kJ / 435 kcal	12.7 g	2.5 g	64.7 g	7.5 g	12.5 g	1.35 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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	362 kJ / 87 kcal	7.2 g	0.7 g	5.4 g	4.2 g	0.1 g	0.55 g

Add Caesar Dressing - V*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	457 kJ / 110 kcal	10.6 g	1.2 g	2.7 g	0.8 g	1.1 g	0.42 g

Add Honey & Mustard Sauce - V*Contains: Cereals containing Gluten (Wheat), Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	768 kJ / 186 kcal	17.6 g	1.2 g	6.0 g	5.6 g	0.6 g	0.40 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	1.11 g

Add Grilled Halloumi - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1464 kJ / 352 kcal	27.4 g	17.6 g	0.1 g	0.1 g	24.6 g	2.36 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

GRILLED SALMON*Contains: Fish, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3184 kJ / 764 kcal	51.2 g	18.4 g	29.8 g	6.9 g	45.2 g	0.55 g

HALLO-ME BURGER WITHOUT BUN - V*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1882 kJ / 452 kcal	29.1 g	10.3 g	27.0 g	19.8 g	17.9 g	2.31 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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3798 kJ / 909 kcal	50.4 g	14.8 g	25.7 g	8.9 g	85.6 g	6.09 g

Add Triple Cooked Chips - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1337 kJ / 319 kcal	12.8 g	5.7 g	3.5 g	0.7 g	50.7 g	1.21 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	1.11 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

PLANT STACK BURGER WITHOUT BUN - VE V**Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya****May Contain: Other Cereals containing (Wheat)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1912 kJ / 461 kcal	31.8 g	6.7 g	21.2 g	7.2 g	18.0 g	2.87 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

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

SMOTHERED CHICKEN MELT**Contains: Egg, Milk, Mustard, Sulphite****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1959 kJ / 467 kcal	20.7 g	7.9 g	21.5 g	15.0 g	47.2 g	3.15 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 NO CHICKEN MELT - VE V**Contains: Cereals containing Gluten (Wheat), Mustard, Soya, Sulphite****May Contain: Other Cereals containing (Wheat)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1816 kJ / 435 kcal	21.9 g	5.9 g	36.5 g	15.6 g	19.5 g	2.43 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

STEAK SAMPLER**Contains: Cereals containing Gluten (Barley, Wheat), Celery, Milk****May Contain: Other Cereals containing (Oats, Rye)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3181 kJ / 741 kcal	32.7 g	11.3 g	32.0 g	8.8 g	81.9 g	3.07 g

Add Triple Cooked Chips - VE V**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

SURF & TURF COMBO (without steak)**Contains: Cereals containing Gluten (Wheat), Crustaceans, Milk, Molluscs****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1987 kJ / 477 kcal	30.1 g	7.3 g	23.0 g	6.0 g	25.7 g	2.95 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 8oz Sirloin*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1337 kJ / 319 kcal	12.8 g	5.7 g	3.5 g	0.7 g	50.7 g	1.21 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1506 kJ / 324 kcal	15.9 g	7.7 g	3.7 g	0.4 g	45.2 g	1.37 g

Steak Sides

LOADED CHEESY CHIPS - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1836 kJ / 437 kcal	19.6 g	2.2 g	56.5 g	17.2 g	6.7 g	2.68 g

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

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

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

TRIPLE COOKED CHIPS - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

Sides

'74 GRILLED VEGETABLES WITH ASPARAGUS - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	171 kJ / 40 kcal	1.0 g	0.4 g	4.5 g	1.0 g	2.8 g	0.10 g

'74 SEASONED 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
	341 kJ / 81 kcal	1.9 g	0.3 g	10.2 g	3.1 g	3.5 g	0.12 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

LOADED CHEESY CHIPS - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1836 kJ / 437 kcal	19.6 g	2.2 g	56.5 g	17.2 g	6.7 g	2.68 g

MAC & CHEESE - V*Contains: Cereals containing Gluten (Wheat), Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1703 kJ / 408 kcal	23.7 g	14.4 g	30.7 g	3.6 g	17.2 g	1.22 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

TRIPLE COOKED CHIPS - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

Desserts

50TH BLACK FOREST GATEAUX*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2529 kJ / 605 kcal	32.3 g	10.6 g	69.7 g	56.1 g	7.4 g	0.56 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

BISCOFF SUNDAE - V*Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Milk, Soya**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2542 kJ / 609 kcal	36.7 g	14.3 g	60.7 g	42.0 g	8.0 g	0.58 g

BISCOFF VEGAN SUNDAE - VE V*Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Soya**May Contain: Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2616 kJ / 626 kcal	33.9 g	14.6 g	76.7 g	43.8 g	2.7 g	0.57 g

MINI TRIPLE CHOCOLATE BROWNIE WITHOUT DRINK - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

SPICED APPLE & 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 Custard - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	422 kJ / 100 kcal	2.9 g	1.6 g	15.6 g	11.4 g	2.9 g	0.13 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

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
	422 kJ / 100 kcal	2.9 g	1.6 g	15.6 g	11.4 g	2.9 g	0.13 g

TRIPLE 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
	2602 kJ / 620 kcal	23.4 g	13.4 g	90.3 g	72.8 g	8.6 g	0.30 g

VANILLA DAIRY ICE CREAM - V**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	884 kJ / 211 kcal	9.7 g	6.3 g	24.8 g	22.3 g	5.3 g	0.13 g

Add Chocolate Sauce - VE V**Contains: Soya****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	365 kJ / 87 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Caramel Sauce - V**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	371 kJ / 88 kcal	0.7 g	0.5 g	19.5 g	18.3 g	0.6 g	0.15 g

Add Raspberry Sauce - VE V**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

VANILLA ICE CREAM SUNDAE WITH KITKAT - V**Contains: Cereals containing Gluten (Wheat), Milk, Soya****May Contain: Tree Nuts (Almond, Hazelnut, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2382 kJ / 568 kcal	25.5 g	15.9 g	74.4 g	63.8 g	9.1 g	0.28 g

VEGAN CHOCOLATE LAYER TORTE - VE V**Contains: Cereals containing Gluten (Wheat)****May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1305 kJ / 312 kcal	14.9 g	8.3 g	41.7 g	28.9 g	1.5 g	0.37 g

VEGAN ICE CREAM - VE V**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1141 kJ / 272 kcal	11.2 g	9.6 g	42.0 g	25.2 g	0.4 g	0.14 g

Add Chocolate Sauce - VE V**Contains: Soya****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	365 kJ / 87 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Raspberry Sauce - VE V**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

Lunch - Starters

BREADED 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

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 FLATBREAD STRIPS -

Contains: Cereals containing Gluten (Wheat), Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1670 kJ / 398 kcal	18.2 g	6.3 g	50.2 g	1.0 g	7.3 g	0.91 g

TOMATO SOUP -

Contains: Cereals containing Gluten (Wheat)

May Contain: Milk

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

VEGAN FLATBREAD STRIPS -

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1514 kJ / 361 kcal	14.3 g	2.7 g	49.8 g	0.9 g	7.2 g	1.07 g

Lunch - Mains

CHICKEN FLATBREAD SANDWICH

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3370 kJ / 801 kcal	27.4 g	2.6 g	90.5 g	3.8 g	44.4 g	3.93 g

CHICKEN MAKHANI 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

COBB 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
	362 kJ / 87 kcal	7.2 g	0.7 g	5.4 g	4.2 g	0.1 g	0.55 g

Add Caesar Dressing -

Contains: Egg, Milk, Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	457 kJ / 110 kcal	10.6 g	1.2 g	2.7 g	0.8 g	1.1 g	0.42 g

Add Honey & Mustard Sauce -

Contains: Cereals containing Gluten (Wheat), Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	768 kJ / 186 kcal	17.6 g	1.2 g	6.0 g	5.6 g	0.6 g	0.40 g

STEAK SANDWICH*Contains: Cereals containing Gluten (Wheat), Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3453 kJ / 821 kcal	32.5 g	5.1 g	93.8 g	4.6 g	37.1 g	3.94 g

STEAK SANDWICH 4OZ SIRLOIN*Contains: Cereals containing Gluten (Wheat), Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3424 kJ / 815 kcal	32.2 g	4.9 g	92.7 g	3.7 g	37.1 g	3.93 g

VALUE BATTERED FISH WITH SAUCE AND PEAS (choose your fish)*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	588 kJ / 142 kcal	9.5 g	0.8 g	8.9 g	5.3 g	3.5 g	1.55 g

Add Triple Cooked Chips - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

Add Pollock*Contains: Fish**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1656 kJ / 396 kcal	23.0 g	1.9 g	15.8 g	0.0 g	31.2 g	1.01 g

Add Haddock*Contains: Fish**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1795 kJ / 430 kcal	25.9 g	7.3 g	19.4 g	1.2 g	29.9 g	0.70 g

VALUE BEEF BURGER WITHOUT BUN*Contains: Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1269 kJ / 306 kcal	22.1 g	7.5 g	5.0 g	3.9 g	21.3 g	1.74 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 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

VALUE BEEF LASAGNE WITH SALAD*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2116 kJ / 505 kcal	22.0 g	9.5 g	47.1 g	18.4 g	27.1 g	3.13 g

VALUE BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE WITH SALAD - V*Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2021 kJ / 481 kcal	16.9 g	8.2 g	62.3 g	16.9 g	18.2 g	2.56 g

VALUE DOUBLE SMOTHERED CHICKEN MELT*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3475 kJ / 828 kcal	34.8 g	15.2 g	34.7 g	22.9 g	92.3 g	5.89 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

VALUE 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 Triple Cooked Chips - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 108 kcal	8.5 g	1.8 g	0.1 g	0.1 g	7.9 g	0.19 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

VALUE PLANT 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
	1172 kJ / 283 kcal	19.9 g	2.0 g	11.3 g	3.9 g	11.1 g	1.36 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 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

VALUE SMOTHERED CHICKEN MELT*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1844 kJ / 440 kcal	19.3 g	7.8 g	18.9 g	12.5 g	46.4 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

VALUE STEAK WITH PEAS (choose your steak) - 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	1.00 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 8oz Sirloin*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1337 kJ / 319 kcal	12.8 g	5.7 g	3.5 g	0.7 g	50.7 g	0.21 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

VALUE STEAK, EGG AND CHIPS*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1317 kJ / 314 kcal	15.4 g	4.9 g	8.1 g	3.5 g	36.2 g	1.31 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

Lunch - Sides

4 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
	585 kJ / 140 kcal	7.5 g	0.6 g	15.7 g	2.1 g	1.9 g	0.33 g

MAC & CHEESE - V*Contains: Cereals containing Gluten (Wheat), Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1703 kJ / 408 kcal	23.7 g	14.4 g	30.7 g	3.6 g	17.2 g	1.22 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

Lunch - 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
	422 kJ / 100 kcal	2.9 g	1.6 g	15.6 g	11.4 g	2.9 g	0.13 g

Add Pouring Cream - V**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	554 kJ / 134 kcal	14.0 g	9.2 g	1.3 g	1.3 g	0.8 g	0.04 g

Add a Whip of Cream - V**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	243 kJ / 59 kcal	5.6 g	4.0 g	1.6 g	1.6 g	0.5 g	0.02 g

MINI TRIPLE CHOCOLATE BROWNIE WITHOUT DRINK - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

VANILLA DAIRY ICE CREAM - V**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	884 kJ / 211 kcal	9.7 g	6.3 g	24.8 g	22.3 g	5.3 g	0.13 g

Add Chocolate Sauce - VE V**Contains: Soya****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	365 kJ / 87 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Caramel Sauce - V**Contains: Milk****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	371 kJ / 88 kcal	0.7 g	0.5 g	19.5 g	18.3 g	0.6 g	0.15 g

Add Raspberry Sauce -  *Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

VEGAN CHOCOLATE LAYER TORTE -  *Contains: Cereals containing Gluten (Wheat)**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1305 kJ / 312 kcal	14.9 g	8.3 g	41.7 g	28.9 g	1.5 g	0.37 g

VEGAN ICE CREAM -  *Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1141 kJ / 272 kcal	11.2 g	9.6 g	42.0 g	25.2 g	0.4 g	0.14 g

Add Chocolate Sauce -  *Contains: Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	365 kJ / 87 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Raspberry Sauce -  *Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

WARM CHOCOLATE BROWNIE - *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

Evening Set Starters

BREADED 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

CHEESY POTATO DIPPERS WITH BBQ SAUCE*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2183 kJ / 523 kcal	28.4 g	12.6 g	49.0 g	10.9 g	17.4 g	1.45 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

CRISPY CALAMARI WITH SPICY MAYO*Contains: Cereals containing Gluten (Wheat), Molluscs**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1882 kJ / 452 kcal	31.0 g	2.0 g	28.4 g	3.9 g	14.5 g	3.94 g

DOUBLE CRUNCH CHICKEN WINGS WITHOUT SAUCE*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2342 kJ / 563 kcal	33.6 g	7.9 g	27.6 g	0.2 g	37.1 g	1.57 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1717 kJ / 410 kcal	18.4 g	6.4 g	52.2 g	1.1 g	7.5 g	0.94 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

VEGAN FLATBREAD STRIPS - VE V*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1561 kJ / 372 kcal	14.5 g	2.8 g	51.8 g	1.0 g	7.4 g	1.10 g

Evening Set Mains

74 BACONEATER BURGER WITHOUT BUN*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2390 kJ / 574 kcal	39.8 g	13.8 g	17.4 g	11.1 g	35.2 g	3.47 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 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

74 BEEFEATER COMBO WITHOUT SAUCE*Contains: Cereals containing Gluten (Barley, Wheat), Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4193 kJ / 1002 kcal	48.7 g	13.9 g	46.6 g	15.9 g	91.6 g	4.26 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

8OZ SIRLOIN*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	17.6 g	6.1 g	13.4 g	5.6 g	56.5 g	1.29 g

BEEF LASAGNE WITH FLATBREAD

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2937 kJ / 701 kcal	31.0 g	12.7 g	71.7 g	18.7 g	30.6 g	3.54 g

BEER-BATTERED FISH 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
	2185 kJ / 524 kcal	34.9 g	8.0 g	22.1 g	3.2 g	30.3 g	2.24 g

Add Triple Cooked Chips - VE V

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1655 kJ / 395 kcal	20.2 g	1.6 g	51.0 g	0.5 g	4.4 g	0.26 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

BUTTERNUT SQUASH, SPINACH & RICOTTA LASAGNE WITH FLATBREAD - V

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2843 kJ / 677 kcal	25.9 g	11.3 g	86.9 g	17.2 g	21.7 g	2.97 g

CHICKEN MAKHANI 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

COBB SALAD - V

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 - VE V

Contains: Mustard, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	362 kJ / 87 kcal	7.2 g	0.7 g	5.4 g	4.2 g	0.1 g	0.55 g

Add Caesar Dressing - V

Contains: Egg, Milk, Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	457 kJ / 110 kcal	10.6 g	1.2 g	2.7 g	0.8 g	1.1 g	0.42 g

Add Honey & Mustard Sauce - V*Contains: Cereals containing Gluten (Wheat), Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	768 kJ / 186 kcal	17.6 g	1.2 g	6.0 g	5.6 g	0.6 g	0.40 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	1.11 g

Add Grilled Halloumi - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1464 kJ / 352 kcal	27.4 g	17.6 g	0.1 g	0.1 g	24.6 g	2.36 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

PLANT STACK BURGER WITHOUT BUN - VE V*Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya**May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1912 kJ / 461 kcal	31.8 g	6.7 g	21.2 g	7.2 g	18.0 g	2.87 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

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

SMOTHERED CHICKEN MELT*Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1959 kJ / 467 kcal	20.7 g	7.9 g	21.5 g	15.0 g	47.2 g	3.15 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 NO CHICKEN MELT - VE V*Contains: Cereals containing Gluten (Wheat), Mustard, Soya, Sulphite**May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1816 kJ / 435 kcal	21.9 g	5.9 g	36.5 g	15.6 g	19.5 g	2.43 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

Evening Set Sides

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

MAC & CHEESE - V

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1703 kJ / 408 kcal	23.7 g	14.4 g	30.7 g	3.6 g	17.2 g	1.22 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

Evening Set Desserts

BISCOFF SUNDAE - V

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

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2542 kJ / 609 kcal	36.7 g	14.3 g	60.7 g	42.0 g	8.0 g	0.58 g

BISCOFF VEGAN SUNDAE - VE V

Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Soya

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2616 kJ / 626 kcal	33.9 g	14.6 g	76.7 g	43.8 g	2.7 g	0.57 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
	422 kJ / 100 kcal	2.9 g	1.6 g	15.6 g	11.4 g	2.9 g	0.13 g

Add Pouring Cream - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	554 kJ / 134 kcal	14.0 g	9.2 g	1.3 g	1.3 g	0.8 g	0.04 g

Add a Whip of Cream - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	243 kJ / 59 kcal	5.6 g	4.0 g	1.6 g	1.6 g	0.5 g	0.02 g

TRIPLE 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
	2602 kJ / 620 kcal	23.4 g	13.4 g	90.3 g	72.8 g	8.6 g	0.30 g

VANILLA DAIRY ICE CREAM - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	884 kJ / 211 kcal	9.7 g	6.3 g	24.8 g	22.3 g	5.3 g	0.13 g

Add Chocolate Sauce - VE V*Contains: Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	365 kJ / 87 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Caramel Sauce - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	371 kJ / 88 kcal	0.7 g	0.5 g	19.5 g	18.3 g	0.6 g	0.15 g

Add Raspberry Sauce - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

VEGAN ICE CREAM - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1141 kJ / 272 kcal	11.2 g	9.6 g	42.0 g	25.2 g	0.4 g	0.14 g

Add Chocolate Sauce - VE V*Contains: Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	365 kJ / 87 kcal	0.4 g	0.2 g	19.8 g	18.0 g	0.6 g	0.06 g

Add Raspberry Sauce - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	319 kJ / 75 kcal	0.1 g	0.0 g	18.3 g	16.2 g	0.1 g	0.01 g

Sunday Menu Mains

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4477 kJ / 1072 kcal	52.5 g	4.7 g	111.6 g	21.9 g	30.1 g	2.67 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
	4755 kJ / 1138 kcal	56.6 g	8.8 g	104.5 g	22.1 g	46.2 g	5.47 g

SUNDAY ROAST SIRLOIN OF BEEF

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5049 kJ / 1210 kcal	62.9 g	12.1 g	103.3 g	22.1 g	51.0 g	2.87 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
	4443 kJ / 1061 kcal	45.0 g	4.1 g	104.0 g	22.1 g	53.7 g	4.36 g

SUNDAY VEGAN ROAST - **VE** **V**

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3297 kJ / 791 kcal	41.6 g	3.5 g	75.5 g	14.2 g	22.0 g	2.13 g

ULTIMATE SUNDAY ROAST

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4749 kJ / 1136 kcal	54.9 g	8.3 g	103.9 g	22.1 g	50.3 g	4.80 g

Sunday Menu Sides

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

ROAST UNLIMITED - **V**

Yorkshire Pudding (per piece) - **V**

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

May Contains: No major allergens

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

Gravy per 75g - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	77 kJ / 18 kcal	0.1 g	0.0 g	4.0 g	0.9 g	0.3 g	0.64 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
	887 kJ / 213 kcal	14.2 g	1.0 g	18.4 g	0.5 g	1.9 g	0.15 g

Kids Sunday Menu Mains

KIDS SUNDAY ROAST BEEF

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2206 kJ / 528 kcal	25.6 g	4.4 g	47.6 g	8.4 g	22.8 g	0.92 g

KIDS SUNDAY ROAST CHICKEN

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

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2116 kJ / 505 kcal	20.4 g	1.9 g	47.6 g	8.7 g	28.4 g	1.40 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
	821 kJ / 196 kcal	9.1 g	3.2 g	24.5 g	0.2 g	3.6 g	0.41 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

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 CHICKEN BAUBLES - SMALL

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 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 PORK SAUSAGES WITH GRAVY*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 VEGGIE SAUSAGES 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 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

Kids Mains - Larger

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1540 kJ / 368 kcal	17.6 g	7.8 g	25.7 g	3.9 g	25.6 g	0.85 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 RUMP STEAK*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

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

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, BANANA & CHOCOLATEY SAUCE - 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 '74 Bacon Relish

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	172 kJ / 41 kcal	0.8 g	0.1 g	6.9 g	5.5 g	1.3 g	0.19 g

Add 1 Beef Slice

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	419 kJ / 101 kcal	6.3 g	2.8 g	0.0 g	0.0 g	10.8 g	0.28 g

Add 1 Gammon 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

Add 1 Scoop Vanilla Dairy Ice Cream - *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 1 Scoop Vegan Ice Cream -  *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 Turkey Slice*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	216 kJ / 51 kcal	0.4 g	0.1 g	0.2 g	0.0 g	11.7 g	0.51 g

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 Garlic Prawns*Contains: Crustaceans, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	736 kJ / 177 kcal	13.7 g	5.9 g	0.8 g	0.3 g	12.7 g	0.32 g

Add 2 Prawns without Garlic Butter for Grilled Salmon*Contains: Crustaceans**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	230 kJ / 54 kcal	0.2 g	0.1 g	0.4 g	0.2 g	12.6 g	0.31 g

Add 2 This Isn't Bacon -  *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 3 Double-Crunch Chicken Wings*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1757 kJ / 422 kcal	25.2 g	5.9 g	20.7 g	0.1 g	27.8 g	1.18 g

Add 4 Double-Crunch Chicken Wings*Contains: Cereals containing Gluten (Wheat)**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2342 kJ / 563 kcal	33.6 g	7.9 g	27.6 g	0.2 g	37.1 g	1.57 g

Add 5oz Gammon Steak*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	834 kJ / 198 kcal	6.0 g	2.2 g	1.3 g	1.2 g	34.3 g	2.80 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 8oz Fillet*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1506 kJ / 324 kcal	15.9 g	7.7 g	3.7 g	0.4 g	45.2 g	1.37 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	276 kJ / 66 kcal	5.0 g	3.2 g	0.2 g	0.1 g	4.9 g	0.30 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	929 kJ / 224 kcal	15.0 g	4.3 g	3.6 g	1.2 g	16.3 g	0.88 g

Add Garlic Flatbread for Lasagne - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	821 kJ / 196 kcal	9.1 g	3.2 g	24.5 g	0.2 g	3.6 g	0.41 g

Add Garlic Prawns for Steak*Contains: Crustaceans, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	736 kJ / 177 kcal	13.7 g	5.9 g	0.8 g	0.3 g	12.7 g	0.32 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 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	1.11 g

Add Grilled Halloumi - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1464 kJ / 352 kcal	27.4 g	17.6 g	0.1 g	0.1 g	24.6 g	2.36 g

Add Guacamole 30g - V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	240 kJ / 59 kcal	5.6 g	1.2 g	0.8 g	0.4 g	0.6 g	0.20 g

Add Half a Rack of Tender '74 BBQ Glazed Pork Ribs*Contains: Cereals containing Gluten (Barley), Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1417 kJ / 339 kcal	19.3 g	7.1 g	13.4 g	10.5 g	28.0 g	1.49 g

Add Halloumi for Burger - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	732 kJ / 176 kcal	13.7 g	8.8 g	0.0 g	0.0 g	12.3 g	1.18 g

Add Naan Bread - VE V*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 Oak-Smoked Bacon*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	219 kJ / 52 kcal	3.3 g	1.1 g	0.2 g	0.0 g	5.4 g	0.80 g

Add Rub for Steaks - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	67 kJ / 16 kcal	0.3 g	0.0 g	2.8 g	1.4 g	0.4 g	0.20 g

Add Truffle & Porcini Butter - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	294 kJ / 70 kcal	7.5 g	4.9 g	0.4 g	0.1 g	0.2 g	0.15 g

Add Violife slice - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	238 kJ / 57 kcal	4.6 g	4.2 g	4.0 g	0.0 g	0.0 g	0.46 g

Add a Cheese Slice - V*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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 108 kcal	8.5 g	1.8 g	0.1 g	0.1 g	7.9 g	0.19 g

Add a Signature Beef Burger*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	929 kJ / 223 kcal	15.5 g	7.0 g	0.1 g	0.1 g	20.6 g	1.38 g