



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 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 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

CHEESY POTATO DIPPERS WITH BBQ SAUCE - V

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

NACHOS - V

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

PRAWN COCKTAIL WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1534 kJ / 368 kcal	21.9 g	6.4 g	25.5 g	9.6 g	14.3 g	1.78 g

VEGAN NACHOS - VE V*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

74 BACONEATER BURGER WITH NON GLUTEN CONTAINING INGREDIENT BUN*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2897 kJ / 695 kcal	40.2 g	13.9 g	39.7 g	13.5 g	38.8 g	4.14 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 STACK BURGER WITH NON GLUTEN CONTAINING INGREDIENT BUN*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3803 kJ / 914 kcal	59.1 g	23.9 g	34.0 g	9.3 g	56.8 g	4.82 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

80Z 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

80Z 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

CHARGRILLED 70Z 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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	424 kJ / 101 kcal	2.3 g	0.4 g	13.5 g	11.6 g	4.7 g	0.24 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 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

GRILLED SALMON FILLET WITH POTATOES AND GRILLED VEG*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

GRILLED VEG SKEWER - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	647 kJ / 155 kcal	7.8 g	2.0 g	14.0 g	7.1 g	5.2 g	0.50 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

HALLO-ME BURGER WITH NON GLUTEN CONTAINING INGREDIENT BUN - V*Contains: Egg, Milk, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2583 kJ / 619 kcal	32.7 g	10.7 g	52.9 g	23.0 g	22.1 g	2.98 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 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

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

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

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2567 kJ / 615 kcal	34.7 g	12.2 g	65.6 g	43.4 g	8.6 g	0.34 g

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

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

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 Roast

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

SUNDAY ROAST GAMMON**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4249 kJ / 1018 kcal	53.2 g	8.4 g	89.2 g	21.2 g	39.9 g	5.17 g

SUNDAY ROAST SIRLOIN OF BEEF**Contains: No major allergens****May Contains: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4543 kJ / 1089 kcal	59.5 g	11.7 g	88.0 g	21.2 g	44.7 g	2.58 g

SUNDAY ROAST TURKEY

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3937 kJ / 941 kcal	41.6 g	3.7 g	88.6 g	21.2 g	47.3 g	4.06 g

ULTIMATE SUNDAY NGCI ROAST

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4243 kJ / 1016 kcal	51.4 g	7.9 g	88.6 g	21.2 g	44.0 g	4.50 g

Daytime Starters

TOMATO SOUP -

Contains: Egg

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1219 kJ / 291 kcal	12.8 g	3.5 g	35.5 g	14.5 g	4.8 g	1.51 g

Daytime Mains

BEEF BURGER WITH NON GLUTEN CONTAINING INGREDIENT BUN

Contains: Egg, Mustard

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1970 kJ / 472 kcal	25.7 g	7.9 g	30.9 g	7.1 g	25.5 g	2.41 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

CHICKEN MAKHANI CURRY

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2240 kJ / 534 kcal	20.4 g	5.1 g	54.6 g	7.6 g	29.8 g	2.29 g

COBB SALAD -

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	424 kJ / 101 kcal	2.3 g	0.4 g	13.5 g	11.6 g	4.7 g	0.24 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 -

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 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

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 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

Daytime Desserts

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

Kids Starters

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 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

KIDS BEEF BURGER WITH BUN*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1672 kJ / 400 kcal	19.3 g	7.5 g	27.4 g	4.7 g	25.2 g	1.05 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

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

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 Veggie Sticks - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	70 kJ / 17 kcal	0.2 g	0.0 g	2.8 g	2.6 g	0.6 g	0.03 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

KIDS GRILLED CHICKEN BURGER WITH BUN AND CHIPS*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1735 kJ / 412 kcal	12.0 g	1.3 g	48.0 g	5.3 g	23.1 g	2.06 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

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

Kids Desserts

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	522 kJ / 125 kcal	6.9 g	4.7 g	13.3 g	10.7 g	2.3 g	0.08 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 VANILLA DAIRY ICE CREAM - V*Contains: Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	610 kJ / 146 kcal	6.5 g	4.2 g	17.8 g	13.0 g	3.8 g	0.11 g

Kids Sides

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 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

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 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 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 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 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 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 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 Guacamole 70g - V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	330 kJ / 80 kcal	6.1 g	1.4 g	4.4 g	2.2 g	0.8 g	0.24 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 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 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