



Important Information

The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size unless stated otherwise.

Reference Intakes, can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet. They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated April 2018.

Reference Intakes (RIs) of an average adult:	
Nutrient	Reference Intake
Energy (kj/ kcal)	8400kJ/ 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

DN18 Suburban Nutrition Guide		Typical nutrition values per average portion							
Dish Name	Dish Description	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Breakfast									
Sizzling Breakfast	Our skillet- served fry up of two juicy pork sausages, two rashers of grilled back bacon and two fried free-range eggs , plus a grilled half tomato, a flat mushroom and Heinz(r) baked beans. Served on a bed of potato and onion hash with your choice of white or wholemeal toast and butter. Vegetarian serve available	5409	1288	85	31	68	10	59	6
Sizzling Vegetarian Breakfast		2184	520	36	15	12	4	34	3
The Big Breakfast look to rationalise withall day breakfast.	A larger version of the Classic with 2 juicy pork sausages, grilled back bacon,2 fried free-range egg,2 halves grilled tomato, grilled flat mushrooms, Seasoned chips, Heinz® baked beans and your choice of white or wholemeal toast with butter.	5831	1388	90	29	87	8	56	6
Small Breakfast	Our classic fry-up of a juicy pork sausage, grilled back bacon, a fried free-range egg, a grilled half tomato, a golden hash brown and Heinz® baked beans. With your choice of white or wholemeal toast and butter. Vegetarian serve available	2455	585	39	13	29	5	27	3
Small Vegetarian Breakfast	Please also refer to choice of toast for nutrition information.	1865	444	22	7	38	4	21	2
Strawberry Waffles	A warm Belgian waffle served with fresh strawberries, fluffy cream, ice cream	2665	634	34	20	71	44	9	1
Brown Toast & Jam	Choose from Blackcurrant, Honey, Raspberry, Strawberry or Marmalade. Please also refer to choice of Jams, Marmalade and Honey for additional nutrition information.	949	226	7	4	34	3	6	1
White Toast & Jam	Choose from Blackcurrant, Honey, Raspberry, Strawberry or Marmalade. Please refer to choice of Jams, Marmalade and Honey for additional nutrition information.	903	215	7	4	28	2	7	1
Choice - Blackcurrant Jam		403	96	0	0	23	21	0	0
Choice - Marmalade		403	96	0	0	24	21	0	0
Choice - Strawberry Jam		403	96	0	0	24	21	0	0
Breakfast Bap - Grilled Back Bacon		1981	472	23	8	39	4	28	4
Breakfast Bap - Grilled Pork Sausages		3469	826	58	20	48	7	26	3
Breakfast Bap - Baked Veggie Sausages		2261	538	25	10	46	6	28	2
Breakfast Bap - The Works	A toasted brioche bun with grilled pork sausages, grilled back bacon and a fried free range egg.	4066	968	68	24	49	7	41	6
Add On - Pork Sausage		1043	248	22	8	5	1	6	1

Add On - Free range Fried Egg		386	92	7	2	0	0	7	0
Add On - Golden Hash Brown		401	96	5	1	12	0	1	0
Add On - Grilled Back Bacon		166	40	2	1	0	0	5	1
Add On - Grilled Flat Mushroom		316	75	3	1	10	0	1	0
Add On - Grilled Half Tomato		63	15	0	0	3	2	1	0
Add On - Heinz Baked Beans		307	73	0	0	11	3	5	0
Add On - Veggie Sausage		483	115	7	3	4	1	8	1

Starters and Sharers		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
House-Fried Corn Nachos for One	Loaded with guacamole, salsa, sour cream, jalapeños and American cheese sauce. Also refer to choice of American Cheese and Cheddar for additional nutrition information.	3503	834	40	11	96	18	17	6
Choice - American Cheese Sauce (House-Fried Corn Nachos for One)		676	161	13	3	9	7	3	2
Choice - Cheddar Cheese (House-Fried Corn Nachos for One)		1042	248	20	13	1	0	15	1
Beer-Battered Salt & Pepper Mushrooms		1770	421	25	7	41	1	7	1
Choice - BBQ Sauce (Beer Battered Mushrooms)		269	64	0	0	15	13	1	0
Choice - Sour Cream (Beer Battered Mushrooms)		244	58	6	4	1	1	1	0
Torpedo Prawns	Served with sweet chilli dipping sauce and lemon	758	181	1	1	35	17	7	2
Crispy Potato Skins	Served with sour cream. Please also refer to your choice of topping for additional nutrition information.	1262	300	13	5	40	2	6	0
Choice Topping - Cheese & BBQ Pulled Pork (Crispy Potato Skins)		1672	398	21	10	31	25	22	2
Choice Topping - Cheese & Bacon (Crispy Potato Skins)		1008	240	19	10	1	0	15	2
Choice Topping - Cheese & Beef Chilli (Crispy Potato Skins)		1117	266	15	8	15	8	16	2
Choice Topping - Cheese (Crispy Potato Skins)		521	124	10	7	1	0	8	1
Glazed Chicken Wings	Served with blue cheese dip. Please also refer to your choice of glaze for additional nutrition information.								
Choice - BBQ Glaze (Glazed Chicken Wings)		542	129	0	0	30	25	1	1
Choice - Bourbon Glaze (Glazed Chicken Wings)		584	139	0	0	34	32	0	1
Choice - Peri Peri Glaze (Glazed Chicken Wings)		176	42	3	0	4	3	1	2
Crispy Coated Halloumi Fries	Served with sweet chilli dipping sauce	1634	389	17	11	41	17	16	2
Grilled Lamb Kofta Kebabs	Served with naan bread and fresh tomato & red onion salsa. Please also refer to your choice of peri peri or sour cream	1849	440	5	0	45	4	7	1

Choice - Cooling minted sour cream (Grilled Lamb Kofta Kebabs)		260	62	6	4	2	2	1	0
Choice - Hot Peri-Peri (Grilled Lamb Koftas)		88	21	1	0	2	1	0	1
Tomato and basil soup	Served with a warmed half baguette and butter.								
Southern-Fried Chicken Pieces	With per-peri sauce and sour cream	1277	304	8	4	50	4	8	2
House-Fried Corn Nachos to Share	Loaded with guacamole, salsa, sour cream, jalapeños and American cheese sauce. Please also refer to American Cheese and Cheddar for additional nutrition information.	1472	351	22	6	18	3	20	2
Add On - Beef Chilli - House-Fried Corn Nachos to Share		5901	1405	73	23	152	31	28	10
Add On - Load With BBQ Pulled Pork Large - House-Fried Corn Nachos to Share		1193	284	10	2	28	15	18	3
Choice - House Fried Corn Nachos to share - American Cheese Sauce		1760	419	21	7	30	25	27	1
Choice - House Fried Corn Nachos to Share - Cheddar Cheese		1357	323	25	6	18	14	6	4
House Sharer	Southern-fried chicken pieces, beer-battered mushrooms , BBQ chicken wings, onion rings and garlic bread, with blue cheese, BBQ & sweet chilli dips	2087	497	41	26	2	0	30	2
		7976	1899	90	24	199	52	70	9

Classics		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken Tikka Masala	Classic curry with basmati rice, poppadoms and mango chutney and a fresh red onion and tomato salsa.	2751	655	13	3	98	24	35	5
Load Up Your Curry V	Add naan bread, vegetable samosa, onion bhaji and spinach pakora.	1076	256	5	1	48	16	5	2
Italian Style chicken	Crispy coated chicken fillets smothered in a tomato and herb sauce with melted cheese served with seasoned Fries and a dressed side salad.	2521	600	34	12	30	7	43	3
Stilton and Mushroom Chicken	Grilled Chicken fillet with a roasted flat mushroom and Cropwell Bishop Stilton, served with mash, peas and a creamy mushroom & brandy sauce.	2932	698	28	15	49	5	57	2
Chilli Non carne (vegetarian Chilli)	Served with plain rice, house-fried corn nachos and sour cream.	2419	576	11	4	97	13	18	2
Chilli Non carne (vegan)	Served with plain rice	1865	444	5	1	80	11	16	2
Beef Chilli	Served with plain rice, house-fried corn nachos and sour cream.	2793	665	18	6	94	18	26	3
Applewood Smoked Cheddar Mac & Cheese	Macaroni in a smoked Cheddar cheese sauce, served with garlic bread.	3415	813	42	25	75	6	31	4
7oz Gammon Steak	Topped with pineapple and a fried free-range egg with seasoned chips and peas. Also refer to the "Sides & Add Ons" section for additional nutrition information.	1893	451	23	8	11	7	48	4
Pork Sausages and Mash	Smothered in a rich onion gravy with peas.	5531	1317	95	35	75	11	34	6
Vegetarian Sausages & Mash		3116	742	33	14	70	9	34	5
Minced Beef, Ale and Vegetable Pie(alcohol)	A slice of pie served with Mash potatoes, peas and gravy. Also refer to "Sides & Add Ons" section for additional nutrition information.	2801	667	31	13	75	8	17	4
Fish and Chips	Hand-battered fish served with seasoned chips, garden peas and a fresh lemon wedge. Also refer to the "Sides & Add Ons" section for your choice/upgrade of chips, sweet potato fries, mash, baby potatoes, jacket potato, curly fries, dressed side salad, peas, mushy peas or rice for additional nutrition information.	4147	987	54	12	83	3	40	1
Beef & Red Wine Lasagne	Served with a side salad.	1995	475	22	9	47	6	21	3
Add on garlic bread		1042	248	12	5	29	2	6	1
Supergreen Salad	Fresh baby spinach and baby gem lettuce mixed with tomatoes, cucumber and red pepper, topped with a mix of bulgar wheat, chickpeas, grilled courgette and sultanas with a hint of mint.	634	151	4	1	22	10	5	1
Sweet Potato, Lentil & Spinach Dhansak VE	Served with basmati rice, fresh tomato & onion salsa and mango chutney.	2838	676	23	4	100	26	13	3
The Big Breakfast	2 juicy pork sausages, grilled back bacon,2 fried free-range egg,2 halves grilled tomato, grilled flat mushrooms, Seasoned chips, Heinz® baked beans .	9407	2240	112	43	213	18	86	9
Creamy Penne Arrabiata	served with garlic bread	3566	849	40	19	93	16	21	3

Salads		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Supergreen Salad	Fresh baby spinach and baby gem lettuce mixed with tomatoes, cucumber and red pepper, topped with a mix of bulgar wheat, chickpeas, grilled courgette and sultanas with a hint of mint.	634	151	4	1	22	10	5	1
Choice Salad Dressing		189	45	2	0	7	7	1	1
Choice Salad Dressing	Blue Cheese	802	191	19	2	4	3	1	1
Add - Grilled Halloumi		1670	398	30	18	3	3	29	3
Add - Chicken and Bacon		1171	279	9	3	1	0	49	1
Add - Smoked Haddock & Spring Onion Fishcakes		1226	292	7	3	38	3	18	2
Add- Grilled Steak and Blue Cheese		1553	370	23	13	0	0	40	1
The Chip Shop		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cod and Chips	Hand-battered cod served with seasoned chips , garden peas and a fresh lemon wedge. Also refer to the "Sides & Add Ons" section for additional nutrition information.	4203	1001	49	12	95	4	42	3
Battered Halloumi and Chips	Hand-battered slices of halloumi served with seasoned chips, peas and a fresh lemon wedge. Also refer to the "Sides & Add Ons" section for additional nutrition information.	4128	983	56	24	80	3	39	5
Smoked haddock Fishcakes and Chips	Two Smoked haddock and spring onion fishcakes served with seasoned chips, peas & lemon wedge.	1813	432	18	5	48	4	17	1
Scampi and Chips	Nine pieces of Whitby® wholetail scampi with a lemon wedge, chips and peas. Also refer to the "Sides & Add Ons" section for additional nutrition information.	3910	931	45	10	105	3	25	4
British Steak Pie, chips and peas		4270	1017	50	17	112	8	25	4
Roast Chicken	Half a roast chicken served with seasoned chips, onion rings and peas. Choose your glaze;	3084	734	30	7	25	5	87	2
Choice - BBQ Glaze (Roast Chicken)		811	193	0	0	45	38	2	1
Choice - Bourbon Glaze (Roast Chicken)		269	64	4	0	6	4	1	4
Choice - Peri-Peri Glaze (Roast Chicken)		874	208	0	0	51	49	1	1
Katsu Curry Sauce	Load up your chippy with Katsu Curry sauce	491	117	8	2	10	5	1	1

Fresh from the Grill		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Expertly grilled exactly how you like. All our skillet dishes are served on a bed of sizzling onions. Steak Skillets - Our steaks are seasoned and served with sizzling onions, seasoned chips, a grilled half tomato and a flat mushroom.									
Ultimate Plates - Mega Mixed Grill	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	6252	1489	96	34	53	6	102	12
Ultimate Plates	Lemon Peri-Peri Chicken & Pepper Skewers - Grilled chicken and pepper skewers with a peri peri sauce, seasoned chips, battered onion rings, and a side salad. Also refer to the "Sides & Add Ons" section for additional nutrition information.	2943	701	26	5	63	22	51	6
Ultimate Plates - Gammon-Tastic	14oz gammon steak topped with pineapple and two fried free-range eggs, a grilled half tomato, flat mushroom, seasoned chips, onion rings and peas.	5709	1359	93	34	37	16	91	15
Ultimate Plates- The Triple Hunter	Grilled Chicken Fillet, Southern fried chicken Breast and Buttermilk chicken smothered in grilled bacon, Jack cheese and BBQ sauce, served with chips grilled corn and tomato.	6772	1612	61	22	136	33	127	7
Ultimate Plates-All American Platter	Half a rack of BBQ glazed pork ribs, BBQ glazed chicken wings & southern fried chicken pieces, onion rings, peas and seasoned chips.	4665	1111	53	14	73	33	84	4

Signature Skillets		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Grilled Honey Glazed Pork Belly Strips	served on a bed of sizzling onions with grilled pepper and red onion, and sweet chilli	4089	974	44	13	101	32	41	3
Signature Skillets - Sweet Chilli Sour Crispy Quorn®	Crispy Quorn® Nuggets served with a jug of sweet chilli sauce and plain rice.	3721	886	12	1	160	51	28	4
Signature Skillets - Sweet Chilli Crispy Quorn® (Vegan Option)	Crispy Quorn® Nuggets served with a jug of sweet chilli sauce sauce and plain rice.	3721	886	12.4	1.1	160	50.8	28.3	4.44
Signature Skillets - BBQ Hunter's Chicken-Grilled chicken fillet topped with bacon, BBQ sauce and Monterey Jack cheese	Served with seasoned chips and a grilled half tomato. Refer to the "Sides & Add Ons" section for additional nutrition information.	4195	999	40	11	103	30	59	4
Signature Skillets - Messy Mexican -	Fajita spiced chicken fillet smothered with chilli con carne, crushed tortilla, grated Cheddar cheese, guacamole, sour cream and jalapeños. Served with fajita spiced corn. Also refer to the "Sides & Add Ons" section for additional nutrition information.	3802	905	42	20	55	14	71	5
Signature Skillets - Chicken Katsu (Skillet)	Breaded Chicken Fillet served with Katsu Curry sauce and plain rice served on a bed of sizzling onions and peppers with a giant prawn cracker	3487	830	16	3	119	12	49	2
Signature Skillets - Sizzling Fajitas - Grilled Chicken Fillet	Soft flour tortilla wraps, peppers, guacamole, sour cream, jalapeños and Cheddar cheese.	3691	879	35	16	76	11	61	4
Signature Skillets - Sizzling Fajitas - Grilled Halloumi	Soft flour tortilla wraps, peppers, guacamole, sour cream, jalapeños and Cheddar cheese.	4575	1089	62	33	79	14	50	7
Signature Skillets - Sizzling Fajitas - Grilled Rump Steak	Soft flour tortilla wraps, peppers, guacamole, sour cream, jalapeños and Cheddar cheese.	3901	929	46	21	77	11	49	4
Signature Skillets - Chicken and Ribs Combo - Grilled chicken fillet and half a rack of BBQ glazed pork ribs.	Served with seasoned chips and a grilled half tomato. Also refer to your choice/upgrade of steak/sweet potato fries & the "Sides and Add Ons" section for choice of chips, baby potatoes, mash, jacket, curly fries, dressed side salad or rice for additional nutrition information.	2725	649	23	7	31	15	78	2
Madras Chicken	Grilled Marinated chicken fillet served on a bed of sizzling onions smothered in Madras sauce served with rice, poppadom and mango chutney and Onion Bhajis	3583	853	23	4	103	24	56	3
Signature Skillets-Crispy Sweet Chilli Beef	Deep Fried Crispy strips of Beef smothered in Sweet chilli sauce served on a bed of sizzling peppers and onions with rice and a giant prawn cracker.	4414	1051	22	2	189	55	23	4
Loaded Steaks		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Loaded Steaks - The Black and Blue -	8oz sirloin steak topped with Cropwell Bishop Stilton. Served with a creamy mushroom & brandy sauce, a grilled flat mushroom, tomato, seasoned chips & onion rings. Also refer to the "Sides & Add Ons" section for additional nutrition information.	5619	1338	73	25	103	5	64	3
Loaded Steaks - The Tennessee -	Sirloin steak topped with crispy streaky bacon, bourbon glaze and melted cheddar. Served with grilled half tomato, grilled flat mushroom, onion rings and seasoned chips. Also refer to the "Sides & Add Ons" section for additional nutrition information.	5289	1259	75	32	55	19	89	3
Loaded Surf and Turf	A grilled sirloin steak with 9 pieces of whitby wholetail Scampi, lemon wedge, grilled tomato, mushroom and seasoned fries	5891	1403	72	22	120	4	67	3

Steaks		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Steak Skillets - 5oz Rump	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3199	762	35	9	72	2	38	1
Steak Skillets - 8oz Rump	Also refer to the "Sides & Add Ons" section for additional nutrition information.	1990	474	26	9	14	1	47	0
Steak Skillets - 8oz Sirloin	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4089	974	52	17	72	2	54	1
Steak Skillets - 9oz Rib-eye	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3911	931	42	14	72	2	64	2
Steak Skillets - Rump Steak Platter - three 5oz Rump steaks	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3713	884	48	18	26	1	88	1
Steak Skillets - Classic Mixed Grill - 5oz rump steak, 4oz gammon steak, two British pork sausages and a grilled half chicken fillet, served with seasoned chips, a flat mushroom and a grilled half tomato.	Also refer to your choice/upgrade of steak/sauce & the "Sides and Add Ons" section for choice of chips, sweet potato fries, baby potatoes, mash, jacket potato, curly fries, dressed side salad or rice for additional nutrition information.	6357	1514	90	29	82	5	93	5
Steak Skillets - Surf and Turf - 5oz rump steak and six pieces of Whitby® whole tail scampi. Served with seasoned chips, a flat mushroom and a grilled half tomato.	Also refer to choice/upgrade of steak & the "Sides and Add Ons" section for choice/upgrade of chips, sweet potato fries, baby potatoes, mash, jacket potato, curly fries, dressed side salad or rice for additional nutrition information.	3976	947	46	10	116	7	19	3
Steak Skillets - Steak and Chicken Combo - 5oz rump steak and a grilled chicken fillet, served with seasoned chips, grilled half tomato & flat mushroom	Also refer to your choice/upgrade of steak & to the "Sides & Add Ons" section for additional nutrition information.	4008	954	39	10	72	2	77	2
Steak Sauce - BBQ		722	172	0	0	41	34	2	1
Steak Sauce - Creamy Diane Sauce		328	78	6	3	4	2	2	1
Steak Sauce - Peri-Peri		239	57	4	0	5	3	1	3
Steak Sauce - Creamy Peppercorn Sauce		273	65	5	3	4	2	1	1
Steak sauce - Bourbon Sauce		781	186	0	0	46	43	1	1

Burgers		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
All our burgers are served in a lightly toasted open brioche bun with lettuce, tomato, red onion and mayo. Served with chips and BBQ sauce on the side. All burgers include a soft drink.									
Old Faithful - Beef burger topped with rashers of streaky bacon and Monterey Jack cheese.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3511	836	44	18	59	19	49	4
Double Up Old Faithful - Beef burger topped with rashers of streaky bacon and Monterey Jack cheese.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4812	1146	64	26	62	19	78	6
Backyard BBQ - Beef burger topped with BBQ pulled pork, Monterey Jack cheese and onion rings.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4772	1136	55	21	100	45	58	5
Double Up Backyard BBQ - Beef burger topped with BBQ pulled pork, Monterey Jack cheese and onion rings.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	6060	1443	75	29	103	45	87	6
Tandoori Chicken Burger - Grilled Tandoori marinated chicken breast, onion barjis, minted sour cream, tomato and onion salsa	Also refer to the "Sides & Add Ons" section for additional nutrition information.	2877	685	22	7	69	24	50	3
Double Up Tandoori Chicken Burger	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3663	872	25	8	69	24	90	4
Classic Beef Burger	Also refer to the "Sides & Add Ons" section for additional nutrition information.	2695	642	29	10	59	19	35	3
Double Up Classic Beef Burger	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3995	951	49	18	61	19	63	4
Classic Chiken Fillet Burger	Also refer to the "Sides & Add Ons" section for additional nutrition information.	2180	519	12	3	56	19	46	2
Double Up - Grilled Chicken Fillet Burger	Also refer to the "Sides & Add Ons" section for additional nutrition information.	2966	706	15	4	56	19	86	2
BBQ Chicken - A grilled chicken fillet topped with grilled back bacon, Monterey Jack cheese, onion rings and BBQ sauce	Also refer to the "Sides & Add Ons" section for additional nutrition information.	3718	885	26	9	100	45	60	5
BBQ Chicken - 2 grilled chicken fillets topped with grilled back bacon, Monterey Jack cheese, onion rings and BBQ sauce	Double up	4504	1072	29	10	100	45	100	5
Jerk Bean Burger - Topped with grilled pineapple and tomato salsa, served with seasoned chips and BBQ sauce.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4805	1144	34	7	180	30	24	4
Jerk Bean Burger - Vegan Option. Served with new potatoes	Also refer to the "Sides & Add Ons" section for additional nutrition information.	2587	616	4	1	119	27	20	2
Jerk Bean Burger - Vegan Option. Double Up	Jerk Bean Burger - Topped with grilled pineapple and tomato salsa, served with baby potatoes	3898	928	7	1	174	31	32	4

The Triple House - Stacked high with a beef burger, chicken fillet, a southern fried chicken fillet and American cheese sauce.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	5077	1209	56	17	81	26	95	6
Southern Fried Chicken - Two southern fried chicken fillets with Monterey Jack cheese.	Also refer to the "Sides & Add Ons" section for additional nutrition information.	5430	1293	59	17	137	20	52	4
Pepper Jack Burger	2 Grilled beef burgers smothered in melted pepperjack cheese, crispy bacon & flat mushroom	5501	1310	74	30	76	20	83	6
Flamin Chicken Stacker	Crispy Southern fried Chicken Breasts with melted cheese, Smothered in Peri-peri sauce and jalapenos	3508	835	41	13	68	9	47	6

Lunch		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Jackets - All our jackets are served with a dressed side salad. Sandwiches - Your choice of warmed baguette, bread or a tortilla wrap served with a side of seasoned chips or side salad. Super Subs - Loaded open baguette with seasoned chips and a salad garnish.									
Jacket - Cheddar Cheese and Heinz®Baked Beans	All our jackets are served with a side salad.	2554	608	27	17	58	9	27	2
Jacket - Cheddar Cheese	All our jackets are served with a side salad.	2268	540	27	17	48	7	22	1
Jackets - Beef Chilli with Sour Cream	All our jackets are served with a side salad.	2058	490	16	8	62	15	17	2
Jackets - Tuna Mayo	All our jackets are served with a side salad.	1932	460	14	4	49	7	29	1
Sandwiches - Grilled Halloumi, Red Pepper & Salsa	Refer to choice of baguette, bread or tortilla wrap and also refer to the "Sides & Add Ons" section for additional nutrition information.								
	On wholemeal	3112	741	40	22	55	10	37	4
	On white	3498	833	42	24	66	12	43	5
	On a wrap	3679	876	43	22	79	13	41	5
	On a Baguette	3509	836	39	20	76	14	43	5
Sandwiches - Hand-Battered Fish Goujons	Refer to choice of baguette, bread or tortilla wrap and also refer to the "Sides & Add Ons" section for additional nutrition information.								
	On wholemeal	3119	743	27	7	87	6	33	2
	On white	3257	776	27	7	100	7	31	2
	On a wrap	2674	637	24	6	76	4	28	1
	On a Baguette	3699	881	34	7	99	3	42	2
Sandwiches - Sweet Chilli Southern-Fried Chicken									
	On wholemeal	3706	882	31	7	108	32	39	4
	On white	3844	915	31	7	121	33	36	4
	On a wrap	3261	776	28	6	97	30	33	3
	On a Baguette	3651	869	28	5	115	29	37	4
Super Subs		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Super Sub - BBQ Chicken & Bacon Melt	Served with seasoned fries and a salad garnish	3385	806	17	9	94	29	66	4
Super Sub - Tuna Mayo Melt	Served with seasoned fries and a salad garnish	3297	785	28	8	67	5	64	4
Super Sub- Chicken, Bacon, Lettuce & Tomato	Served with seasoned fries and a salad garnish	2734	651	15	3	68	6	59	3

Golden Years		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Crispy Potato Skins	Served with sour cream. Please also refer to your choice of topping for additional nutrition information.	1262	300	13	5	40	2	6	0
Choice Topping - Cheese (Crispy Potato Skins)		521	124	10	7	1	0	8	1
Choice Topping - Cheese & Bacon (Crispy Potato Skins)		1008	240	19	10	1	0	15	2
Choice Topping - Cheese & Beef Chilli (Crispy Potato Skins)		1117	266	15	8	15	8	16	2
Choice Topping - Cheese & BBQ Pulled Pork (Crispy Potato Skins)		1672	398	21	10	31	25	22	2
Garlic Bread		4536	1080	45	29	142	15	21	2
Beer-Battered Salt & Pepper Mushrooms - Served with your choice of sour cream or BBQ sauce	Please also refer to choice of sour cream or BBQ for additional nutrition information.	1770	421	25	7	41	1	7	1
Choice - Sour Cream		244	58	6	4	1	1	1	0
Choice - BBQ Sauce		269	64	0	0	15	13	1	0
Tomato and basil soup	Served with a warmed half baguette and butter.	1256	299	8	5	44	7	9	2
Scampi	Six pieces of Whitby®wholetail scampi served with a lemon wedge, seasoned chips and peas.	3206	763	32	9	99	3	18	3
Chilli Non Carne	served with Rice	1865	444	5	1	80	11	16	2
Simply Chicken	Grilled chicken fillet served simply with a jacket potato, peas and a grilled half tomato.	1918	457	5	1	49	5	49	1
4oz Gammon Steak	Topped with a juicy pineapple ring, served with chips and peas.	2823	672	27	8	77	8	28	3
Smoked Haddock and Spring Onion Fishcake	Served with buttered baby potaoes and a side salad.	1803	429	15	6	58	7	12	1
Sausages and Mash	Two Pork sausages served with mash, peas and a rich onion gravy.	3632	865	52	18	69	8	25	4
Vegetarian Sausages and Mash		2680	638	27	12	66	8	26	4
Chocolate Pudding	Served warm with your choice of Custard, fluffy cream or ice cream	1260	300	13	4	42	30	4	0
Caramel Apple Crumble - With your choice of custard, vanilla ice cream or fluffy cream	Please also refer to the choice of custard, ice cream or fluffy cream for additional nutrition information.	1508	359	10	5	64	40	3	0
Vanilla Ice Cream	With Belgian chocolate sauce and a wafer.	1052	250	8	5	41	37	3	0
Choice - Custard		756	180	4	2	30	22	6	0
Choice - Fluffy Cream		496	118	11	8	3	3	1	0
Choice - Ice cream		320	76	4	2	10	10	1	0

Sunday Lunch		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Kids' Sunday Chicken	Grilled Chicken breast with roast potatoes, sage & onion stuffing, honey roast parsnips, mash, carrots & green veg with roast gravy	1656	394	9	3	42	11	31	2
Braised Beef with all the trimmings	Slow cooked blade of beef with roast potatoes, Yorkshire pudding, honey roast parsnips, mash, carrots & green veg with roast gravy	4392	1046	45	16	91	20	61	4
Half Roast Chicken	Half a roast chicken with roast potatoes, sage & onion stuffing, honey roast parsnips, mash, carrots & green veg with roast gravy	4437	1056	36	11	77	19	98	4
Kids Menu		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Under 5's - Mains - Fish Fingers	2 Cod Fish Fingers served with Ketchup. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	538	128	5	1	14	6	8	1
Under 5s - Mains - Mini Toad in the Hole	Pork sausage served in a Yorkshire pudding with gravy. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	866	206	11	2	20	3	7	1.3704346
Under 5s - Mains - Chicken Nuggets	Three chicken breast pieces & tomato ketchup to dip. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	601	143	4	2	15	5	13	1
Under 5s - Mains - Quorn® Nuggets	Three Quorn® pieces & tomato ketchup to dip. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	588	140	3	0	20	5	8	1
Under 5s - All Day Breakfast	One pork sausage with a fried free-range egg, Heinz® baked beans and a golden Hash brown with white toast and butter.	2177	518	22	10	56	6	21	2
Under 5s - Mains - Travel Shaped Pasta Bolognese	Turkey mince bolognese served with a side salad	2285	544	20	10	74	12	15	1
Over 5s - Mains - BBQ Chicken	Half a chicken fillet with melted cheese and BBQ sauce. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	935	223	8	4	13	12	26	2
Over 5's - Mains - Beef Burger	Served in a bun with melted cheese, lettuce and tomato. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	700	167	10	4	7	1	11	0
Over 5's - Mains- Mini Mixed Grill	Half a chicken fillet, one 2oz beef burger, one pork sausage, half a grilled tomato and a free-range egg. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1886	449	28	10	6	3	43	2
Over 5s - Mains- Mini Toad in the Hole	2 pork sausages served in Yorkshire puddings with gravy. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1729	412	21	5	40	7	15	3
Over 5s - Mains - Chicken Breast Nuggets	Six chicken breast pieces & tomato ketchup to dip. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1121	267	8	3	25	5	25	1
Over 5s - Mains - Quorn® Nuggets	Six Quorn® pieces & tomato ketchup to dip. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1092	260	5	1	35	6	16	2
Over 5s - Mains - Fish Fingers	Four cod fingers & tomato ketchup to dip. Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	991	236	9	1	23	7	15	1
Over 5s - Mains- Build Your Own Chicken Wrap	Tortilla wraps, grilled chicken fillet pieces, lettuce, cucumber & tomato with cheese & BBQ sauce.	1772	422	13	7	43	15	31	2
Over 5s - Mains - Quorn® Lasagne	Served with a mini side salad.	924	220	6	3	25	8	13	1

Over 5s - Mains - All Day Breakfast	Two pork sausages with a fried free-range egg, Heinz® baked beans and a golden hash brown, half a grilled tomato and toast.	2502	596	27	12	59	8	25	2
Pick a side - Baby Potatoes		353	84	0	0	17	0	2	0
Pick a Side - Chips		968	230	11	3	30	0	2	0
Pick a side - Jacket boat		441	105	0	0	21	1	3	0
Pick a side - Cheesy Jacket Boat		941	224	10	6	22	1	11	1
Pick a side - Mash		626	149	6	3	20	1	3	1
Pick a side - Tilda® Sunshine Rice		798	190	9	3	24	4	3	1
Pick a side - Garlic Bread (Under 5s)		349	83	4	2	10	1	2	0
Pick a side - Garlic Bread (Over 5s)		693	165	8	3	20	1	4	1
Pick a side- Strawberry Bear Yoyo		235	56	0	0	13	8	0	0
Pick Your Veg - Salad		109	26	0	0	4	3	1	0
Pick Your Veg - Peas		189	45	1	0	5	2	3	0
Pick Your Veg - Grilled Corn Cobbettes		722	172	8	4	18	13	4	0
Pick Your Veg - Baked Beans (no added sugar)		284	68	0	0	10	2	5	0
Desserts		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Peach in Peach jelly		418	100	0	0	24	22	0	0
Puddings - Vanilla Ice cream	Served with chocolate sauce.	812	193	7	5	29	27	3	0
Organic Tropical Fruit Iced Lolly V	Organic fruit lolly made with apple, banana, pineapple and mango	84	20	0	0	5	5	0	0
Puddings - Custard Face	A bowl of warm custard with Cadbury® Dairy Milk buttons.	1,256	299	10	5	46	37	7	0
Puddings - Chocolate Chip Cookie	A lovely vanilla flavour chocolate chip cookie!	1,004	239	12	6	31	18	2	0
A Glass of Fresh Milk		512	122	4	3	13	13	9	0
Puddings - Fresh Strawberry Sundae	Vanilla ice cream fresh strawberries, fluffy cream and a wafer.	1,031	245	13	9	28	26	4	0
Puddings- Fresh Strawberry Waffles	A warm Belgian waffle, vanilla ice cream and fresh strawberries.	1,215	289	14	7	36	23	5	0.57
Puddings - Build Your Own Sundae	Build a Masterpiece! Two scoops of vanilla ice cream with Cadbury® Dairy Milk Buttons, fresh strawberries, milk chocolate pieces and chocolate sauce.	1,615	384	15	10	56	53	6	0
Puddings-Mini melt Chocolate Pudding V	Lower Sugar. Melt in the middle chocolate pudding	890	212	11	3	28	20	1	0

Sides and Add Ons		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Baked Beans		286	68	0	0	10	2	5	0
Basmati Rice		911	217	2	0	43	0	6	0
Cheesy Bacon Chips		3,277	780	48	20	62	1	27	3
Cheesy Chips		2,978	709	43	18	61	1	19	2
Cheesy Garlic Bread		1,562	372	22	12	30	2	13	1
Coleslaw		517	123	11	1	5	3	1	1
Dressed Side Salad		176	42	1	0	6	6	2	0
Flat Mushroom		80	19	1	0	1	0	2	0
Fried Egg		357	85	6	2	0	0	8	0
Garlic Bread		1,042	248	12	5	29	2	6	1
Grilled Corn Cobbettes		974	232	9	4	26	19	6	0
Jacket Potato		1,096	261	6	4	43	3	6	0
Mac & Cheese		1,353	322	17	11	28	2	14	2
Mash		1,256	299	11	6	40	2	6	1
Mushy Peas		458	109	1	0	17	2	7	1
Onion Rings		1,015	242	12	3	30	4	4	1
Peas		181	43	1	0	5	1	3	0
Seasoned Chips		1,957	466	23	5	61	1	5	1
Sweet Potato Fries		2,112	503	30	5	55	15	3	1
Steamed Vegetables		357	85	4	2	7	4	4	0

Desserts		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Banoffee Profiteroles	Chocolate coated Profiteroles filled with a banana flavoured cream served with toffee sauce fluffy cream and ice cream.	2,189	521	29	19	59	52	6	0
Nestle Rolo Cheesecake	Creamy vanilla cheesecake swirled with toffee sauce and topped with chocolate ganache and Nestle rolo's served with Belgian chocolate and Devon Toffee sauces.	3,238	771	36	21	102	76	10	1
Chocolate, Orange and Panetonne Bread and Butter pudding	served with Custard and Ice cream	3,003	715	31	18	96	67	13	1
Strawberry Waffles	A warm Belgian waffle served with fresh strawberries, fluffy cream, ice cream and toffee sauce	3,043	724	36	21	116	61	9	1
Belgian Chocolate Brownie	Served warm with vanilla ice cream and Belgian chocolate sauce.	2,898	690	28	14	98	67	8	0
Chocolate Fudge Cake	Served with vanilla ice cream and Belgian chocolate sauce.	4,462	1,062	50	12	138	114	12	1
Caramel Apple Crumble - With Custard and ice cream	Please also refer to the choice of custard, ice cream or fluffy cream for additional nutrition information.	2,395	570	16	9	96	66	9	1
Vanilla Ice Cream	With Belgian chocolate sauce and a wafer.	980	233	7	4	39	35	2	0
Choice - Custard		756	180	4	2	30	22	6	0
Choice - Fluffy Cream		496	118	11	8	3	3	1	0
Choice - Ice Cream		284	68	3	2	9	9	1	0
Choice Toffee sauce for Waffles		407	97	2	1	20	18	0	0
Choice Chocolate sauce for waffles		370	88	1	0	20	17	0	0
Sundae Parlour		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cadbury® Lovers Sundae	Layers of vanilla ice cream with Cadbury Flake, buttons and chocolate sprinkles, fluffy cream, Belgian chocolate sauce and a wafer.	3,077	733	35	23	94	87	9	0
Nestle® Mint Aero Sundae	Vanilla Ice cream with Mint Aero bubbles, chocolate brownie pieces, fluffy cream, Belgian chocolate sauce and a wafer.	3,984	949	44	27	126	105	11	0
Honeycomb Explosion Sundae (V)	Crunchy honeycomb pieces with vanilla ice cream, fluffy cream, sticky toffee sauce and a wafer	2,630	626	25	15	97	89	4	1
Chocolate Orange Sundae	Brownie cubes, Orange curd, icecream, fluffy cream, orange jelly, and cadbury flake	3,791	903	42	26	120	100	10	0