



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

Sizzling LN18		Typical nutrition values per average portion							
Dish	Dish Description/Add Choice Items	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Breakfast									
Sizzling Breakfast - Our skillet serve fry up of 2 juicy British pork sausages, 2 rashers of grilled back bacon 2 fried free-range eggs plus a grilled half tomato flat mushroom and Heinz® baked beans.	Refer to your choice of toast and butter for additional allergen and dietary information	5,409	1,288	85	31	68	10	59	6
Sizzling Vegetarian Breakfast	Please also refer to choice of toast for additional nutrition information.	2,184	520	36	15	12	4	34	3
The Ultimate Breakfast	Refer to choice - toast/unlimited tea & coffee for allergen and dietary information	13,068	3,112	194	78	200	16	137	15
The Big Breakfast		9,943	2,367	127	49	213	19	85	10
Small Breakfast	Please also refer to choice of toast for further nutrition information.	2,455	585	39	13	29	5	27	3
Small Vegetarian Breakfast	Please also refer to choice of toast for further nutrition information.	1,865	444	22	7	38	4	21	2
Loaded Omelette - Sliced Flat Mushroom		1,702	405	30	4	7	4	27	2
Loaded Omelette - British Pork Sausages		3,707	883	74	20	16	6	37	4
Loaded Omelette - Grilled Back Bacon		2,224	529	38	8	7	4	39	5
American Style Steak and Eggs	Please refer to choice/upgrade of steak for nutrition information.	3,458	823	47	14	50	0	52	1
Brown Toast	Please also refer to choice of Jams, Marmalade and Honey for additional nutrition information.	949	226	7	4	34	3	6	1

	Please refer to choice of Jams, Marmalade and Honey for additional nutrition information.								
White Toast		903	215	7	4	28	2	7	1
Choice - Blackcurrant Jam		403	96	0	0	23	21	0	0
Choice - Honey		592	141	0	0	35	0	0	0
Choice - Marmalade		403	96	0	0	24	21	0	0
Choice - Raspberry Jam		399	95	0	0	23	21	0	0
Choice - Strawberry Jam		403	96	0	0	24	21	0	0
Breakfast Bap - Grilled Back Bacon		1,981	472	23	8	39	4	28	4
Breakfast Bap - Grilled Pork Sausages		3,469	826	58	20	48	7	26	3
Breakfast Bap - Baked Veggie Sausages		2,261	538	25	10	46	6	28	2
Breakfast Bap - The Works		4,066	968	68	24	49	7	41	6
Add On - British Pork Sausage		1,043	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	Also refer to choice of American Cheese and Cheddar for nutrition information.	3,503	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)		1,042	248	20	13	1	0	15	1
Beer-Battered Salt & Pepper Mushrooms	Please also refer to your choice of sour cream or BBQ sauce for additional nutrition information.	1,770	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
Garlic Prawns		1,638	390	25	14	21	2	20	2
Crispy Potato Skins	Please also refer to your choice of topping for additional nutrition information.	1,262	300	13	5	40	2	6	0
Choice Topping - Cheese & BBQ Pulled Pork (Crispy Potato Skins)		1,672	398	21	10	31	25	22	2
Choice Topping - Cheese & Bacon (Crispy Potato Skins)		1,008	240	19	10	1	0	15	2
Choice Topping - Cheese & Beef Chilli (Crispy Potato Skins)		1,117	266	15	8	15	8	16	2
Choice Topping - Cheese (Crispy Potato Skins)		521	124	10	7	1	0	8	1
Glazed Chicken Wings	Please also refer to your choice of glaze for additional nutrition information.	1,729	412	30	6	4	3	32	1
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
Breaded Fried Brie Wedges V		2,264	539	31	11	43	21	20	2
Grilled Lamb Kofta Kebabs	Please also refer to your choice of peri peri or sour cream for additional nutrition information.	1,849	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
Soup of the day		1,256	299	8	5	44	7	9	2
Southern-Fried Chicken Pieces		1,472	351	22	6	18	3	20	2
House-Fried Corn Nachos to Share	Please also refer to American Cheese and Cheddar for nutrition information.	5,901	1,405	73	23	152	31	28	10
Add On - Beef Chilli - House-Fried Corn Nachos to Share		1,193	284	10	2	28	15	18	3
Add On - Load With BBQ Pulled Pork Large - House-Fried Corn Nachos to Share		1,760	419	21	7	30	25	27	1
Choice - House Fried Corn Nachos to share - American Cheese Sauce		1,357	323	25	6	18	14	6	4
Choice - House Fried Corn Nachos to Share - Cheddar Cheese		2,087	497	41	26	2	0	30	2
House Sharer		7,976	1,899	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		2,629	626	12	3	92	24	34	5
Load Up Your Curry V		1,076	256	5	1	48	16	5	2
Garlic Chicken		2,243	534	25	14	35	7	41	2
Stilton and Mushroom Chicken		2,968	707	29	15	49	5	57	4
Lentil and Parsnip Cottage Pie		2,386	568	14	1	83	17	19	5
Beef Chilli		2,684	639	19	6	87	16	26	4
Applewood Smoked Cheddar Mac & Cheese		3,398	809	41	25	75	6	31	4
7oz Gammon Steak	Also refer to the "Sides & Add Ons" additional nutrition information.	1,893	451	23	8	11	7	48	4
Pork Sausages and Mash		5,531	1,317	95	35	75	11	34	6
Vegetarian Sausages & Mash		3,116	742	33	14	70	9	34	5
Minced Beef, Ale and Vegetable Pie(alcohol)	Also refer to "Sides & Add Ons" section for additional nutrition information.	1,550	369	20	7	35	6	10	2
Fish and Chips	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4,147	987	54	12	83	3	40	1
Lasagne		2,054	489	22	9	49	7	21	3
Add on garlic bread		1,042	248	12	5	29	2	6	1
Superfood Salad		680	162	4	0	24	16	6	1
Sweet Potato, Lentil & Spinach Dhansak VE		2,717	647	23	4	94	26	13	3

Salads	Salads	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Superfood Salad		680	162	4	0	24	16	6	1
Choice Salad Dressing	Reduced Calorie	189	45	2	0	7	7	1	1
Choice Salad Dressing	Blue Cheese	802	191	19	2	4	3	1	1
Add - Grilled Halloumi		1,670	398	30	18	3	3	29	3
Add- Sweet Chilli Glazed Prawn skewer		584	139	1	0	17	14	15	2
Add - Chicken and Bacon		1,171	279	9	3	1	0	49	1
Add - Smoked Haddock & Spring Onion Fishcakes		1,226	292	7	3	38	3	18	2
Add- Grilled Steak and Blue Cheese		1,553	370	23	13	0	0	40	1
The Chip Shop	The Chip Shop								
Cod and Chips	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4,203	1,001	49	12	95	4	42	3
Battered Halloumi and Chips	Also refer to the "Sides & Add Ons" section for additional nutrition information.	4,128	983	56	24	80	3	39	5
Plaice and chips.		3,402	810	25	5	107	3	36	3
Scampi and Chips		3,910	931	45	10	105	3	25	4
British Steak Pie		4,270	1,017	50	17	112	8	25	4
Roast Chicken	Also refer to choice of glaze and to "Sides & Add Ons" section for additional nutrition information.	5,191	1,236	62	14	81	6	89	4
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		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)
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 - 5oz rump steak, 7oz gammon steak, grilled chicken fillet & 3 British pork sausages with a grilled half tomato, flat mushroom, seasoned chips, onion rings and peas	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	6,252	1,489	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, a dressed side salad and coleslaw	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	2,548	607	24	4	49	24	47	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.	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	5,709	1,359	93	34	37	16	91	15
Ultimate Plates - Chick-Tastic - Lemon peri-peri chicken skewer, half a roast BBQ glazed chicken and a southern fried chicken fillet, a grilled half tomato, grilled corn, BBQ gravy, onion rings and seasoned chips.	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	8,052	1,917	73	17	171	43	137	8
Ultimate Plates - "The Whole Hog"	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	9,188	2,188	138	48	107	55	124	13

All American Platter	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	5,567	1,325	66	16	89	39	89	4
Ultimate Plates - Ultimate All Day Breakfast	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	13,068	3,112	194	78	200	16	137	15
Ultimate Plates - Ultimate All Day Breakfast - Vegetarian Serve		5,204	1,239	60	22	113	10	54	5
Signature Skillets - Sizzling Lamb Kofta Kebab	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	4,172	993	54	21	78	14	44	4
Signature Skillets - Sweet and Sour Crispy Quorn®	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,381	805	13	1	137	4	29	5
Signature Skillets - BBQ Hunter's Chicken- Grilled chicken fillet topped with bacon, BBQ sauce and Monterey Jack cheese	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	4,195	999	40	11	103	30	59	4
Signature Skillets - Messy Mexican Chicken - Grilled 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 your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,863	920	44	19	56	17	71	5
Signature Skillets - Chicken Katsu (Skillet)		3,487	830	16	3	119	12	49	2
Signature Skillets - Sizzling Fajitas - Grilled Chicken Fillet		3,691	879	35	16	76	11	61	4

Signature Skillets - Sizzling Fajitas - Grilled Halloumi		4,575	1,089	62	33	79	14	50	7
Signature Skillets - Sizzling Fajitas - Grilled Rump Steak		3,901	929	46	21	77	11	49	4
Signature Skillets - Chicken and Ribs Combo -		2,725	649	23	7	31	15	78	2
Signature Skillets - Sweet and Sour Chicken		3,825	911	16	4	149	4	40	5
Signature Skillets-Crispy Sweet Chilli Beef		4,414	1,051	22	2	189	55	23	4
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 your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	5,619	1,338	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 your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	5,289	1,259	75	32	55	19	89	3
Loaded Steaks - The South Carolina - 8oz sirloin steak topped with prawns in garlic butter, served with grilled half tomato, grilled flat mushroom, onion rings and seasoned chips.	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	4,261	1,015	65	28	37	2	69	2
Steak Skillets - 5oz Rump	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,199	762	35	9	72	2	38	1
Steak Skillets - 8oz Rump	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	1,990	474	26	9	14	1	47	0

Steak Skillets - 8oz Sirloin	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	4,089	974	52	17	72	2	54	1
Steak Skillets - 9oz Rib-eye	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,911	931	42	14	72	2	64	2
Steak Skillets - 8oz Rump	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,909	931	51	19	26	1	93	1
Classic Mixed Grill	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	6,357	1,514	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 your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,976	947	46	10	116	7	19	3
Steak Skillets - Steak and Chicken Combo - 5oz rump steak and a grilled chicken fillet, served with chips seasoned and a grilled half tomato	Also refer to your choice / upgrade of steak and to the "Sides & Add Ons" section for additional nutrition information.	3,987	949	38	10	72	2	79	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
Garlic and Paprika butter		651	155	16	10	2	0	1	0

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 your choice / upgrade of side dishes for additional nutrition information.	3,893	927	52	22	57	19	56	4
Old Faithful - Beef burger topped with rashers of streaky bacon and Monterey Jack cheese.	Double Up	5,274	1,256	76	32	59	20	85	6
Backyard BBQ - Beef burger topped with BBQ pulled pork, Monterey Jack cheese and onion rings.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	4,896	1,166	58	23	101	46	59	5
Backyard BBQ - Beef burger topped with BBQ pulled pork, Monterey Jack cheese and onion rings.	Double Up	6,278	1,495	82	30	102	46	87	6
The Triple House - Stacked high with a beef burger, chicken fillet, a southern fried chicken fillet and American cheese sauce.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	5,107	1,216	58	18	78	27	96	6
Black & Blue Burger - Beef burger topped with roasted flat mushroom and Cropwell Bishop Stilton.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	3,502	834	47	21	58	19	45	4
Black & Blue Burgers - Beef burger topped with roasted flat mushroom and Cropwell Bishop Stilton.	Double Up	4,883	1,163	70	32	59	20	74	5
Southern Fried Chicken - Two southern fried chicken fillets with Monterey Jack cheese.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	5,430	1,293	59	17	137	20	52	4

Classic Beef Burger	Also refer to your choice / upgrade of side dishes for additional nutrition information.	2,775	661	32	12	57	19	35	3
Classic Beef Burger	Double Up	4,157	990	56	22	58	20	63	4
Jerk Bean Burger - Topped with grilled pineapple and tomato salsa, served with seasoned chips and BBQ sauce.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	4,805	1,144	34	7	180	30	24	4
Jerk Bean Burger - Vegan Option.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	3,885	925	26	6	147	26	20	3
Messy Mexican-	Also refer to your choice / upgrade of side dishes for additional nutrition information.	3,439	819	30	14	73	23	60	4
Messy Mexican-	Double up	4,250	1,012	34	15	74	24	100	5
The Skyscraper - Two beef burgers, rashers of streaky and back bacon with Monterey Jack cheese and American cheese sauce topped with onion rings.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	8,200	1,952	114	40	140	29	93	9
BBQ Chicken - A grilled chicken fillet topped with grilled back bacon, Monterey Jack cheese, onion rings and BBQ sauce	Also refer to your choice / upgrade of side dishes for additional nutrition information.	3,718	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	4,504	1,072	29	10	100	45	100	5
Grilled Chicken Fillet Burger	Also refer to your choice / upgrade of side dishes for additional nutrition information.	2,180	519	12	3	56	19	46	2
Grilled Chicken Fillet Burger	Double Up	2,966	706	15	4	56	19	86	2

Mixed Grill Burger - A beef burger,pork sausage, chicken fillet, grilled back bacon, a flat mushroom and a fried free-range egg.	Also refer to your choice / upgrade of side dishes for additional nutrition information.	5,372	1,279	70	26	63	21	99	6
--	--	-------	-------	----	----	----	----	----	---

	Lunch Options	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Lunch Options - Salads, SW's, Super Subs and Jackets									
Jacket - Cheddar Cheese and Heinz®Baked Beans	All our jackets are served with a dressed side salad.	2,598	619	27	17	60	10	27	2
Jacket - Cheddar Cheese	All our jackets are served with a dressed side salad.	2,318	552	27	17	50	8	22	2
Jackets - Beef Chilli with Sour Cream	All our jackets are served with a dressed side salad.	2,113	503	17	8	64	17	17	2
Jackets - Tuna Mayo	All our jackets are served with a dressed side salad.	1,978	471	15	4	51	9	29	2
Sandwiches - Grilled Halloumi, Red Pepper & Salsa	Also refer to your choice / upgrade of side dishes for additional nutrition information.								
<i>On wholemeal</i>		3,112	741	40	22	55	10	37	4
<i>On white</i>		3,498	833	42	24	66	12	43	5
<i>On a wrap</i>		3,679	876	43	22	79	13	41	5
<i>On a Baguette</i>		3,509	836	39	20	76	14	43	5
Sandwiches - Hand-Battered Fish Goujons	Also refer to your choice / upgrade of side dishes for additional nutrition information.								
<i>On wholemeal</i>		3,119	743	27	7	87	6	33	2
<i>On white</i>		3,257	776	27	7	100	7	31	2
<i>On a wrap</i>		2,674	637	24	6	76	4	28	1
<i>On a Baguette</i>		3,699	881	34	7	99	3	42	2
Sandwiches - Sweet Chilli Southern-Fried Chicken	Also refer to your choice / upgrade of side dishes for additional nutrition information.								
<i>On wholemeal</i>		3,706	882	31	7	108	32	39	4
<i>On white</i>		3,844	915	31	7	121	33	36	4

<i>On a wrap</i>		3,261	776	28	6	97	30	33	3
<i>On a Baguette</i>		3,651	869	28	5	115	29	37	4
Ploughmans - Pork Pie		4,889	1,164	49	23	148	35	29	5
Ploughmans - Stilton		4,028	959	45	28	99	30	36	6

		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Super Sub - BBQ Chicken and Bacon Melt	Also refer to your choice / upgrade of side dishes for additional nutrition information.	3,455	823	18	9	95	30	69	4
Super Sub - Tuna Mayo Melt	Also refer to your choice / upgrade of side dishes for additional nutrition information.	3,322	791	28	8	68	6	64	4
Super Sub- Bacon Brie and Cranberry	Also refer to your choice / upgrade of side dishes for additional nutrition information.	4,365	1,039	42	15	115	31	48	6
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	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	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
Under 5s - Mains - Chicken Nuggets	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	806	192	4	2	26	14	13	1

Under 5s - Mains - Quorn® Nuggets	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	794	189	3	0	31	14	8	1
Under 5s - All Day Breakfast	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	2,177	518	22	10	56	6	21	2
Under 5s - Mains - Travel Shaped Pasta Bolognese	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	2,285	544	20	10	74	12	15	1
Over 5s - Mains - BBQ Chicken	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	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	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1,886	449	28	10	6	3	43	2

Over 5s - Mains- Mini Toad in the Hole	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1,729	412	21	5	40	7	15	3
Over 5s - Mains - Chicken Breast Nuggets	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1,327	316	8	3	36	14	25	2
Over 5s - Mains - Quorn® Nuggets	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1,298	309	5	1	46	15	16	2
Over 5s - Mains - Fish Fingers	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 - Cheese & Tomato Pizza	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1,084	258	5	3	43	18	9	1
Over 5s - Mains- Build Your Own Chicken Wrap	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	1,772	422	13	7	43	15	31	2

Over 5s - Mains - Quorn® Lasagne	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	924	220	6	3	25	8	13	1
Over 5s - Mains - All Day Breakfast	Also refer to "Pick a side" & "Pick your veg" for your choice of kids sides and veg for additional nutrition information.	2,502	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		583	139	3	1	23	2	3	0
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 Your Veg - Salad		126	30	1	0	5	2	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

Kids desserts	Kids desserts U5	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Puddings - Fruitypot Jelly	Mandarin pieces in orange jelly.	420	100	0	0	24	21	0	0
Puddings - Vanilla Ice cream	Served with chocolate sauce.	812	193	7	5	29	27	3	0
Organic Tropical Fruit Iced Lolly	A juicy orange lolly with no added sugars and 100% real fruit.	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
Strawberry Waffle		1,215	289	14	7	36	23	5	1
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
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)
Add Poppadoms		302	72	0	0	13	0	5	1
Baked Beans		286	68	0	0	10	2	5	0
Basmati Rice		911	217	2	0	43	0	6	0
Buttered Baby Potatoes		861	205	6	4	32	3	3	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
BBQ Beans		748	178	4	0	28	12	7	1
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
Scampi		1,120	267	13	4	27	1	10	2
Seasoned Chips		1,957	466	23	5	61	1	5	1
Sweet Potato Fries		2,112	503	30	5	55	15	3	1
Prawn Cracker		361	86	0		20	0	1	0
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)
Ice Cream Tiramisu		2,495	594	23	12	89	73	7	0
Nestle Rolo Cheesecake		3,238	771	36	21	102	76	10	0
Sticky Orange Pudding	Served with custard and ice cream.	2,975	708	30	6	99	76	11	0
Belgian Chocolate Brownie		2,779	662	28	14	92	76	7	1
Lemon Meringue Bar		2,149	512	27	14	61	44	5	0
Treacle Sponge	Served with custard and vanilla ice cream.	3,146	749	34	9	100	44	11	1
Strawberry Waffles		3,043	724	36	21	90	61	9	1
Black Cherry Waffles		2,946	701	34	20	88	56	9	1
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.	1,508	359	10	5	64	40	3	0
Chocolate Fudge Cake		5,196	1,237	57	20	160	133	17	2
Vanilla Ice Cream		980	233	7	4	39	35	2	0
The Sundae Parlour - Tia Maria Sundae		3,165	754	27	24	92	81	9	0
The Sundae Parlour - Cadbury® Lovers Sundae		3,077	733	35	23	94	87	9	0
The Sundae Parlour - Nestle® Mint Aero Sundae		3,942	939	44	28	124	110	10	1
The Sundae Parlour - Black Forest Sundae		3,522	839	38	24	112	97	10	0
The Sundae Parlour - Honeycomb Explosion Sundae		2,630	626	25	15	97	89	4	1
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