



Premier Inn

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



Daytime Menu

Nibbles

BAKED CHICKEN GOUJONS WITH BBQ SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1694 kJ / 404 kcal	16.5 g	6.8 g	38.0 g	13.4 g	24.0 g	1.53 g

CHEDDAR CHEESE PLATE WITH DIP - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2367 kJ / 568 kcal	35.9 g	22.3 g	33.1 g	7.2 g	27.2 g	2.11 g

SKIN-ON CHIPS - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

TORTILLA CHIPS & DIP - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1240 kJ / 296 kcal	12.7 g	1.6 g	40.6 g	2.6 g	4.1 g	0.72 g

Salads

CAESAR SALAD

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1068 kJ / 257 kcal	18.6 g	4.8 g	10.3 g	3.8 g	10.6 g	1.11 g

CAESAR SALAD WITH CHICKEN

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1729 kJ / 413 kcal	21.1 g	5.4 g	10.4 g	4.3 g	43.5 g	2.22 g

CAESAR SALAD WITH CHICKEN AND BACON

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2141 kJ / 512 kcal	27.1 g	7.9 g	10.7 g	4.5 g	54.2 g	3.78 g

CAESAR SALAD WITH HAM

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

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1350 kJ / 324 kcal	20.4 g	5.4 g	10.8 g	4.2 g	22.6 g	2.16 g

TOMATO SOUP WITH CROUTONS - V*Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	674 kJ / 161 kcal	6.9 g	0.5 g	20.0 g	11.0 g	3.2 g	1.60 g

VEGAN TOMATO SOUP - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 138 kcal	6.0 g	0.5 g	16.8 g	10.8 g	2.7 g	1.53 g

House Toasties

CHEESE & HAM TOASTIE WITH CRISPS*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Other Cereals containing (Barley, Oats, Rye), Celery, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2964 kJ / 708 kcal	36.0 g	14.3 g	61.7 g	2.9 g	32.2 g	3.05 g

CHEESE & TOMATO TOASTIE WITH CRISPS - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Other Cereals containing (Barley, Oats, Rye), Celery, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2874 kJ / 687 kcal	35.2 g	14.0 g	64.4 g	5.6 g	25.6 g	2.44 g

CHEESE TOASTIE WITH CRISPS - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Other Cereals containing (Barley, Oats, Rye), Celery, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2795 kJ / 668 kcal	35.0 g	13.9 g	61.4 g	2.6 g	25.0 g	2.42 g

PEPPERONI PIZZA TOASTIE WITH CRISPS*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Other Cereals containing (Barley, Oats, Rye), Celery, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3626 kJ / 869 kcal	51.3 g	18.8 g	66.3 g	7.3 g	33.2 g	4.47 g

Sandwiches

BLT SANDWICH*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard**May Contain: Other Cereals containing (Oats, Rye), Celery, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4134 kJ / 991 kcal	59.7 g	20.4 g	67.6 g	7.5 g	42.8 g	6.90 g

CHICKEN CAESAR BACON SANDWHICH*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Milk, Mustard**May Contain: Other Cereals containing (Oats, Rye), Celery, Sesame, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3973 kJ / 950 kcal	49.4 g	17.8 g	62.4 g	4.3 g	60.9 g	5.38 g

CHICKEN TIKKA PIZZETTE*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: Lupin, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2425 kJ / 575 kcal	16.3 g	5.6 g	72.9 g	10.7 g	33.5 g	1.04 g

EGG MAYO SANDWICH - V

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2842 kJ / 681 kcal	40.4 g	15.7 g	62.7 g	3.6 g	13.7 g	1.90 g

PRAWN COCKTAIL PIZZETTE

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

May Contain: Fish, Lupin, Molluscs, Soya, Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2163 kJ / 513 kcal	12.2 g	1.8 g	78.6 g	15.9 g	20.7 g	2.44 g

Pizza

MARGHERITA PIZZA - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3666 kJ / 871 kcal	26.6 g	12.6 g	118.8 g	5.4 g	36.0 g	4.68 g

PEPPERONI PIZZA

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4205 kJ / 1001 kcal	38.6 g	16.2 g	119.0 g	5.6 g	41.5 g	5.88 g

Jacket Potatoes

JACKET POTATO WITH CHEESE & BEANS - V

Contains: Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2699 kJ / 639 kcal	17.3 g	9.8 g	92.6 g	10.7 g	28.0 g	1.91 g

JACKET POTATO WITH CHIPOTLE BEEF CHILLI & SOUR CREAM

Contains: Celery, Milk, Mustard, Soya, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2155 kJ / 509 kcal	10.5 g	4.5 g	85.8 g	8.8 g	18.2 g	0.90 g

JACKET POTATO WITH PRAWN & SEAFOOD SAUCE

Contains: Crustaceans, Egg, Mustard, Sulphite

May Contain: Fish, Molluscs

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2291 kJ / 541 kcal	12.8 g	1.0 g	86.7 g	13.2 g	21.3 g	2.11 g

VEGAN JACKET POTATO WITH BEANS - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1876 kJ / 441 kcal	1.9 g	0.2 g	91.3 g	10.2 g	14.4 g	0.89 g

Desserts

FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	352 kJ / 84 kcal	0.2 g	0.0 g	19.0 g	19.0 g	1.4 g	0.01 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - **V**

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

May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1975 kJ / 470 kcal	17.8 g	9.5 g	70.1 g	48.0 g	6.2 g	0.55 g

VANILLA ICE CREAM - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	876 kJ / 209 kcal	8.8 g	6.2 g	26.6 g	19.2 g	5.5 g	0.16 g

Sweet Treats

BLUEBERRY MUFFIN (per 2 muffins) - **V**

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

May Contain: Other Cereals containing (Barley, Oats), Sesame, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1414 kJ / 338 kcal	16.4 g	1.4 g	42.6 g	24.5 g	4.1 g	0.32 g

CHOCOLATE CHIP COOKIE (per piece) - **V**

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

May Contain: Other Cereals containing (Barley, Rye), Tree Nuts (Almond, Hazelnut, Pecan, Pistachio)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1341 kJ / 320 kcal	13.5 g	7.8 g	45.2 g	27.2 g	3.8 g	0.35 g

CINNAMON BUN (per piece) - **V**

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

May Contain: Soya, Tree Nuts (Almond, Hazelnut, Pecan)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1622 kJ / 388 kcal	20.0 g	12.6 g	44.7 g	12.8 g	9.0 g	0.90 g

CROISSANT (per piece) - **V**

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

May Contain: Soya, Tree Nuts (Hazelnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	675 kJ / 161 kcal	7.5 g	4.3 g	19.3 g	2.2 g	3.7 g	0.40 g

PAIN AU CHOCOLATE (per piece) - **V**

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

May Contain: Tree Nuts (Almond, Hazelnut, Pecan)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	612 kJ / 147 kcal	8.2 g	4.6 g	14.7 g	4.5 g	2.8 g	0.23 g

TRIPLE CHOCOLATE BROWNIE (per piece) - V**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain:** Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1564 kJ / 372 kcal	14.7 g	7.3 g	54.7 g	37.0 g	4.3 g	0.50 g

Kids - Mains

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1584 kJ / 377 kcal	10.8 g	4.8 g	54.0 g	2.5 g	14.4 g	1.43 g

KIDS SPAGHETTI BOLOGNESE**Contains:** Cereals containing Gluten (Wheat)**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	881 kJ / 209 kcal	3.0 g	0.8 g	33.5 g	6.0 g	10.5 g	0.28 g

Kids - Desserts

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	9.5 g	9.5 g	0.7 g	0.00 g

KIDS VANILLA DAIRY ICE CREAM - V**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 181 kcal	7.4 g	5.1 g	23.9 g	16.8 g	4.4 g	0.14 g

Upgrade

Add Honey Sriracha 30g - V**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	281 kJ / 66 kcal	0.1 g	0.0 g	17.5 g	16.7 g	0.5 g	0.43 g

Add Tomato Soup - VE V**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	574 kJ / 137 kcal	6.0 g	0.5 g	16.8 g	10.8 g	2.6 g	1.53 g



Starters

4 CRISPY CHICKEN GOUJONS WITHOUT SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1546 kJ / 370 kcal	19.9 g	2.3 g	25.0 g	1.0 g	22.1 g	1.46 g

Add Spicy Mayo 30g - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	310 kJ / 74 kcal	5.1 g	0.4 g	7.3 g	6.1 g	0.3 g	0.48 g

Add BBQ Sauce 30g - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

4 CRUNCHY BBQ CHICKEN WINGS

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2657 kJ / 637 kcal	33.7 g	7.9 g	45.3 g	15.9 g	37.6 g	2.02 g

4 CRUNCHY HONEY SRIRACHA CHICKEN WINGS

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2731 kJ / 654 kcal	33.7 g	7.9 g	51.3 g	22.8 g	37.9 g	2.16 g

5 CRISPY PRAWNS WITH DIP

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1237 kJ / 296 kcal	15.0 g	1.2 g	19.2 g	9.3 g	20.4 g	2.07 g

CHICKEN TIKKA SKEWER WITH DIP

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	958 kJ / 229 kcal	11.4 g	3.6 g	7.7 g	7.1 g	24.0 g	0.43 g

CLASSIC PRAWN COCKTAIL WITH BREAD AND BUTTER

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

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1574 kJ / 377 kcal	20.1 g	6.3 g	32.1 g	13.5 g	15.4 g	2.43 g

CRISPY VEGETABLE SPRING ROLLS WITH DIP

Contains: Cereals containing Gluten (Wheat), Sesame, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1326 kJ / 315 kcal	10.9 g	1.5 g	50.2 g	18.6 g	5.7 g	2.98 g

FALAFELS AND YOGHURT - V*Contains: Cereals containing Gluten (Barley), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1014 kJ / 242 kcal	9.0 g	2.4 g	24.2 g	11.5 g	10.7 g	0.69 g

GARLIC AND CHEESE PIZZETTE - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Lupin, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2735 kJ / 656 kcal	31.2 g	17.2 g	69.0 g	6.2 g	22.9 g	1.74 g

ITALIAN NACHOS WITHOUT SAUCE*Contains: Cereals containing Gluten (Wheat), Egg, Milk**May Contain: Crustaceans, Fish, Molluscs, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1521 kJ / 364 kcal	19.2 g	6.4 g	36.6 g	4.5 g	12.6 g	1.36 g

Add Green Pesto 30g - V*Contains: Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add Tomato Sauce 30g - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	57 kJ / 14 kcal	0.0 g	0.0 g	2.7 g	2.6 g	0.5 g	0.25 g

LOADED NACHOS - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2057 kJ / 493 kcal	29.5 g	7.2 g	47.8 g	6.0 g	8.3 g	2.69 g

SALT AND PEPPER CALAMARI WITH SPICY MAYO*Contains: Cereals containing Gluten (Wheat), Egg, Molluscs, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1742 kJ / 418 kcal	26.4 g	2.1 g	31.9 g	9.3 g	13.2 g	3.84 g

SALT AND PEPPER CHICKPEAS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1784 kJ / 430 kcal	32.0 g	3.0 g	37.0 g	0.7 g	4.4 g	0.93 g

TOMATO AND BASIL PESTO PIZZETTE*Contains: Cereals containing Gluten (Wheat), Milk, Mustard**May Contain: Lupin, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1992 kJ / 473 kcal	14.2 g	2.8 g	73.4 g	10.2 g	11.4 g	1.40 g

Add Grated Grana Padano*Contains: Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	83 kJ / 20 kcal	1.4 g	0.9 g	0.0 g	0.0 g	1.6 g	0.07 g

TOMATO SOUP WITH CROUTONS - V*Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	772 kJ / 184 kcal	7.8 g	0.6 g	23.1 g	11.2 g	3.7 g	1.67 g

VEGAN TOMATO SOUP - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 138 kcal	6.0 g	0.5 g	16.8 g	10.8 g	2.7 g	1.53 g

VEGETABLE GYOZA WITH DIP - **V****Contains: Cereals containing Gluten (Wheat), Sesame, Soya****May Contain: Celery, Mustard**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1035 kJ / 245 kcal	2.8 g	0.4 g	47.6 g	19.1 g	7.2 g	2.19 g

Mains - Salads

CHICKEN TZATZIKI NOURISH BOWL**Contains: Cereals containing Gluten (Barley, Wheat), Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2606 kJ / 621 kcal	24.9 g	4.6 g	56.9 g	22.8 g	42.4 g	2.23 g

FALAFEL NOURISH BOWL - **V****Contains: Cereals containing Gluten (Barley, Wheat), Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2533 kJ / 605 kcal	24.6 g	4.3 g	72.5 g	25.6 g	18.9 g	1.76 g

HOUSE COBB SALAD VEGAN WITHOUT DRESSING - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	483 kJ / 115 kcal	1.6 g	0.4 g	17.2 g	15.1 g	4.7 g	0.29 g

Add French Dressing - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - **V****Contains: Egg, Mustard****May Contain: Sulphite**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	430 kJ / 103 kcal	8.1 g	0.6 g	7.3 g	6.3 g	0.2 g	0.38 g

HOUSE COBB SALAD WITHOUT DRESSING - **V****Contains: Cereals containing Gluten (Wheat)****May Contain: Milk**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	679 kJ / 162 kcal	3.4 g	0.5 g	23.5 g	15.5 g	5.8 g	0.43 g

Add French Dressing - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - **V****Contains: Egg, Mustard****May Contain: Sulphite**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	430 kJ / 103 kcal	8.1 g	0.6 g	7.3 g	6.3 g	0.2 g	0.38 g

Mains - Pizza

PIZZA BASE

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3211 kJ / 764 kcal	24.4 g	14.6 g	97.4 g	7.3 g	35.8 g	3.37 g

Add Tomato - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	59 kJ / 14 kcal	0.2 g	0.1 g	2.2 g	2.2 g	0.5 g	0.02 g

Add Red Onion - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	46 kJ / 11 kcal	0.1 g	0.0 g	1.9 g	1.8 g	0.3 g	0.00 g

Add Pickled Red Onion - **VE** **V**

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	182 kJ / 43 kcal	0.1 g	0.0 g	10.0 g	9.2 g	0.4 g	0.00 g

Add Red Chilli - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4 kJ / 1 kcal	0.0 g	0.0 g	0.1 g	0.1 g	0.1 g	0.00 g

Add Pineapple - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	83 kJ / 20 kcal	0.2 g	0.0 g	4.3 g	4.3 g	0.2 g	0.00 g

Add Mixed Cherry Tomatoes - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	70 kJ / 17 kcal	0.3 g	0.1 g	2.6 g	2.6 g	0.6 g	0.02 g

Add Poppadum (per piece) - **VE** **V**

Contains: No major allergens

May Contain: Other Cereals containing (Wheat), Peanut

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	171 kJ / 40 kcal	0.2 g	0.1 g	6.6 g	0.1 g	2.5 g	0.47 g

Add Fried Mushroom - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	95 kJ / 23 kcal	2.1 g	0.2 g	0.1 g	0.1 g	0.5 g	0.00 g

Add Sweetcorn - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	105 kJ / 25 kcal	0.5 g	0.1 g	3.7 g	1.9 g	0.8 g	0.21 g

Add Jalapeos - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	14 kJ / 3 kcal	0.1 g	0.0 g	0.4 g	0.1 g	0.2 g	1.50 g

Add Chicken Tikka Pieces**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	745 kJ / 178 kcal	9.3 g	2.2 g	0.8 g	0.5 g	23.1 g	0.40 g

Add Sausage**Contains: Cereals containing Gluten (Wheat), Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	603 kJ / 145 kcal	10.9 g	4.1 g	4.3 g	0.7 g	7.4 g	0.59 g

Add Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	330 kJ / 78 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.5 g	0.56 g

Add Pepperoni**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	539 kJ / 130 kcal	11.9 g	3.6 g	0.2 g	0.2 g	5.5 g	1.20 g

Add Bacon**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	438 kJ / 104 kcal	6.6 g	2.2 g	0.4 g	0.0 g	10.8 g	1.60 g

Add Ham**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	1.1 g	0.4 g	0.3 g	0.2 g	7.2 g	0.63 g

Add Nacho Cheese Sauce 30g - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	213 kJ / 51 kcal	4.3 g	0.8 g	2.1 g	0.8 g	1.1 g	0.35 g

Add Tzatziki 30g - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	107 kJ / 26 kcal	2.1 g	1.4 g	1.1 g	1.1 g	0.7 g	0.02 g

Add Mango Chutney 30g - **VE** **V****Contains: No major allergens****May Contain: Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	261 kJ / 61 kcal	0.0 g	0.0 g	15.6 g	15.0 g	0.0 g	0.66 g

Add BBQ Sauce 30g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

Add Green Pesto 30g - **V***Contains: Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add Honey Sriracha 30g - **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	281 kJ / 66 kcal	0.1 g	0.0 g	17.5 g	16.7 g	0.5 g	0.43 g

Mains - Grills

8OZ SIRLOIN WITH CHIPS AND VEG*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2988 kJ / 713 kcal	29.8 g	7.0 g	50.1 g	7.2 g	60.3 g	1.27 g

CHICKEN TIKKA SKEWERS WITH FLATBREAD, CHIPS AND DIPS*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4400 kJ / 1046 kcal	37.6 g	7.4 g	113.6 g	35.8 g	60.4 g	3.22 g

GAMMON STEAK WITH CHIPS AND VEG*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2765 kJ / 661 kcal	36.1 g	2.8 g	44.6 g	6.6 g	36.4 g	5.35 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 128 kcal	8.7 g	1.8 g	4.3 g	4.3 g	8.1 g	0.19 g

Add 2 Fried Eggs - **V***Contains: Egg**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	167 kJ / 39 kcal	0.3 g	0.1 g	8.5 g	8.5 g	0.3 g	0.01 g

GRILLED MEDITERRANEAN SEA BAS WITH VEG*Contains: Cereals containing Gluten (Barley, Wheat), Fish, Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3337 kJ / 798 kcal	38.2 g	6.3 g	68.5 g	18.5 g	46.3 g	3.28 g

MIXED GRILL WITH CHIPS

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5186 kJ / 1241 kcal	70.9 g	16.9 g	55.0 g	8.6 g	94.2 g	5.40 g

Mains - Burgers

BIG STACK BURGER WITH CHIPS WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4490 kJ / 1078 kcal	74.4 g	24.7 g	46.1 g	9.1 g	53.7 g	3.56 g

CHEESE & BACON BURGER WITH CHIPS WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3361 kJ / 806 kcal	52.8 g	14.5 g	45.0 g	8.3 g	35.6 g	3.26 g

SPICY CHICKEN BURGER WITH CHIPS WITHOUT BUN

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3289 kJ / 787 kcal	39.5 g	3.8 g	78.8 g	11.6 g	27.4 g	2.98 g

THE VEGAN BURGER WITH CHIPS WITHOUT BUN -

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

May Contain: Egg

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2992 kJ / 718 kcal	45.5 g	10.1 g	51.0 g	9.4 g	19.8 g	4.01 g

Add Bun or Salad

Add Burger Bun -

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Rye), Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1138 kJ / 272 kcal	5.3 g	1.2 g	38.1 g	6.4 g	6.0 g	0.76 g

Add House Salad Chopped Side -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

Mains - Classics

BEER-BATTERED FISH WITH CHIPS AND DIP

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3609 kJ / 864 kcal	49.1 g	9.9 g	65.2 g	8.8 g	38.7 g	2.76 g

Add Peas -

Contains: No major allergens

May Contain: 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	0.00 g

Add Mushy Peas - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	308 kJ / 73 kcal	0.3 g	0.1 g	11.5 g	1.3 g	4.5 g	0.50 g

CHICKEN KATSU CURRY**Contains: Cereals containing Gluten (Wheat), Mustard, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2783 kJ / 663 kcal	26.8 g	4.3 g	76.7 g	4.0 g	27.1 g	2.28 g

CHICKEN MAKHANI CURRY WITH RICE AND POPPADOM**Contains: Milk****May Contain: Other Cereals containing (Wheat), Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2593 kJ / 616 kcal	18.0 g	6.1 g	78.3 g	23.9 g	33.0 g	3.51 g

SMOTHERED CHICKEN WITH CHIPS AND SALAD**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite****May Contain: Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3538 kJ / 843 kcal	36.6 g	9.4 g	70.7 g	19.8 g	54.4 g	4.45 g

SWEET AND SOUR PRAWNS WITH RICE**Contains: Cereals containing Gluten (Wheat), Celery, Crustaceans, Milk, Soya, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2761 kJ / 656 kcal	16.1 g	1.6 g	92.9 g	34.4 g	30.1 g	2.81 g

THAI GREEN VEGETABLE CURRY WITH RICE - **VE** **V****Contains: Cereals containing Gluten (Wheat), Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2653 kJ / 633 kcal	28.5 g	20.2 g	79.1 g	13.1 g	12.8 g	1.73 g

TOMATO & CHILLI LINGUINE - **VE** **V****Contains: Cereals containing Gluten (Wheat)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1536 kJ / 365 kcal	10.8 g	1.1 g	53.2 g	11.4 g	11.2 g	1.69 g

Mains - Pasta

SPINACH AND RICCOTTA FRESH PASTA**Contains: Cereals containing Gluten (Wheat), Egg, Milk****May Contain: Celery, Crustaceans, Fish, Mustard, Soya, Tree Nuts (Hazelnut, Pistachio)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1884 kJ / 449 kcal	17.1 g	8.3 g	42.8 g	2.6 g	30.1 g	1.28 g

Add Green Pesto - **V****Contains: Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1808 kJ / 438 kcal	42.4 g	6.7 g	6.8 g	0.6 g	6.3 g	1.84 g

Add Italian Tomato Sauce - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	152 kJ / 36 kcal	0.1 g	0.0 g	7.3 g	7.0 g	1.2 g	0.66 g

TOMATO AND BURRATA FRESH PASTA

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

May Contain: Crustaceans, Fish, Molluscs, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1516 kJ / 362 kcal	14.5 g	9.2 g	40.2 g	7.6 g	15.6 g	1.58 g

Add Green Pesto - **V**

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1808 kJ / 438 kcal	42.4 g	6.7 g	6.8 g	0.6 g	6.3 g	1.84 g

Add Italian Tomato Sauce - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	152 kJ / 36 kcal	0.1 g	0.0 g	7.3 g	7.0 g	1.2 g	0.66 g

Sides

Add Peppercorn Sauce

Contains: Celery, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

BEER-BATTERED ONION RINGS

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1742 kJ / 416 kcal	19.3 g	1.8 g	53.5 g	5.5 g	5.1 g	1.04 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1697 kJ / 405 kcal	21.2 g	4.3 g	42.9 g	4.3 g	8.9 g	1.64 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per person)

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1697 kJ / 405 kcal	21.2 g	4.3 g	42.9 g	4.3 g	8.9 g	1.64 g

COLESLAW - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

KATSU CHICKEN TOPPED CHIPS SHARER (per person)

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1953 kJ / 466 kcal	23.9 g	3.3 g	50.3 g	4.3 g	10.4 g	2.14 g

KATSU CHICKEN TOPPED CHIPS SINGLE

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1954 kJ / 467 kcal	23.9 g	3.3 g	50.3 g	4.3 g	10.4 g	2.14 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

SKIN-ON CHIPS - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

Desserts

APPLE BLACKBERRY CRUMBLE SUNDAE - **V****Contains: Cereals containing Gluten (Oats), Milk****May Contain: Other Cereals containing (Wheat), Egg, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2110 kJ / 504 kcal	19.7 g	10.9 g	72.5 g	46.5 g	7.0 g	0.46 g

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM - **V****Contains: Egg, Milk, Soya****May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2650 kJ / 629 kcal	18.1 g	9.7 g	100.9 g	76.7 g	15.2 g	0.83 g

BISCOFF PANCAKE STACK WITH VANILLA DAIRY ICE CREAM - **V****Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3065 kJ / 733 kcal	38.1 g	8.0 g	83.4 g	27.6 g	11.9 g	1.29 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.2 g	0.0 g	20.2 g	20.2 g	1.5 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - **V****Contains: Milk, Soya****May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2083 kJ / 497 kcal	21.9 g	13.9 g	66.5 g	53.1 g	7.9 g	0.28 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1992 kJ / 475 kcal	22.1 g	12.4 g	67.0 g	40.5 g	1.2 g	0.25 g

STICKY TOFFEE PUDDING - **V****Contains: Cereals containing Gluten (Wheat), Egg, Milk****May Contain: Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2192 kJ / 524 kcal	15.3 g	7.0 g	91.6 g	55.9 g	7.0 g	0.76 g

Add Custard - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 80 kcal	2.3 g	1.3 g	12.5 g	9.1 g	2.3 g	0.10 g

Add 1 Scoop Vanilla Dairy Ice Cream - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	320 kJ / 77 kcal	3.2 g	2.1 g	9.9 g	7.8 g	1.8 g	0.06 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2003 kJ / 477 kcal	18.1 g	9.5 g	71.1 g	49.4 g	6.2 g	0.56 g

Kids - Starters

KIDS GARLIC FLATBREAD - V**Contains: Cereals containing Gluten (Wheat), Milk****May Contain: Other Cereals containing (Barley)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	560 kJ / 133 kcal	2.8 g	1.4 g	22.6 g	0.4 g	3.7 g	0.36 g

KIDS TORTILLA CHIPS WITH DIPS - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	727 kJ / 174 kcal	8.5 g	2.2 g	21.1 g	2.7 g	2.7 g	0.24 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	620 kJ / 148 kcal	6.4 g	0.8 g	20.0 g	1.6 g	2.1 g	0.22 g

KIDS VEGGIE STICKS WITH DIP - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.3 g	1.4 g	5.1 g	4.9 g	1.5 g	0.03 g

Kids Smaller Appetites

KIDS 10-VEG TOMATO PASTA - VE V**Contains: Cereals containing Gluten (Wheat), Celery****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	982 kJ / 233 kcal	4.8 g	0.5 g	40.5 g	5.8 g	6.2 g	0.65 g

KIDS GRILLED CHICKEN BREAST WITH CHIPS**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	992 kJ / 235 kcal	8.2 g	0.8 g	20.9 g	1.0 g	18.6 g	1.11 g

KIDS OVEN BAKED FISH BITES WITH CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat), Fish

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1400 kJ / 334 kcal	15.1 g	1.1 g	36.3 g	1.7 g	12.3 g	1.05 g

KIDS OVEN BAKED POPPIN' CHICKEN WITH CHIPS - SMALL

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1171 kJ / 279 kcal	13.1 g	1.4 g	28.7 g	0.8 g	11.0 g	0.89 g

Kids Sides

Add Corn Ribs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas -

Contains: No major allergens

May Contain: 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	0.00 g

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Mains Larger Appetites

KIDS BEEF BURGER WITH CHIPS

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2130 kJ / 508 kcal	24.2 g	8.1 g	45.3 g	4.7 g	25.9 g	1.21 g

KIDS GRILLED CHICKEN BREAST BURGER WITH CHIPS

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1572 kJ / 373 kcal	10.2 g	1.5 g	45.3 g	4.9 g	23.3 g	1.56 g

KIDS MARGHERITA PIZZA -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1584 kJ / 377 kcal	10.8 g	4.8 g	54.0 g	2.5 g	14.4 g	1.43 g

KIDS OVEN BAKED FISH BITES WITH CHIPS - LARGE

Contains: Cereals containing Gluten (Wheat), Fish

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1892 kJ / 451 kcal	20.6 g	1.5 g	46.7 g	2.4 g	19.0 g	1.38 g

KIDS SPAGHETTI BOLOGNESE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	881 kJ / 209 kcal	3.0 g	0.8 g	33.5 g	6.0 g	10.5 g	0.28 g

Kids Sides

Add Corn Ribs - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas - **VE** **V**

Contains: No major allergens

May Contain: 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	0.00 g

Add Baked Beans - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids - Desserts

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - **V**

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

May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1074 kJ / 256 kcal	10.3 g	5.7 g	36.2 g	24.9 g	4.0 g	0.30 g

KIDS FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	9.5 g	9.5 g	0.7 g	0.00 g

KIDS PANCAKES WITH CREAM - **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1021 kJ / 242 kcal	6.3 g	2.6 g	41.8 g	23.3 g	3.8 g	0.30 g

KIDS VANILLA DAIRY ICE CREAM - **V**

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 181 kcal	7.4 g	5.1 g	23.9 g	16.8 g	4.4 g	0.14 g

PIP ORGANIC BERRY ICE LOLLY - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Upgrade

Add 2 Rashers of Bacon*Contains: No major allergens**May Contain: 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 Rashers of Vegan Bacon - **VE** **V***Contains: Soya**May Contain: Other Cereals containing (Wheat)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	480 kJ / 115 kcal	4.8 g	0.4 g	3.9 g	0.4 g	12.6 g	1.35 g

Add 4oz Burger*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	0.21 g

Add 4oz Sirloin*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 160 kcal	6.4 g	2.8 g	1.8 g	0.4 g	25.4 g	0.10 g

Add 8oz Sirloin*Contains: No major allergens**May Contain: 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 Chipotle Beef Chilli*Contains: Celery, Milk, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	482 kJ / 115 kcal	5.4 g	2.1 g	8.1 g	3.3 g	7.4 g	0.72 g

Add Crispy Prawns x 5*Contains: Cereals containing Gluten (Wheat), Crustaceans, Milk, Soya, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	873 kJ / 208 kcal	9.9 g	0.8 g	9.2 g	0.5 g	19.9 g	1.59 g

Add Curry Sauce - **VE** **V***Contains: Cereals containing Gluten (Wheat), Mustard, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	402 kJ / 97 kcal	6.7 g	1.8 g	7.5 g	2.5 g	1.0 g	0.80 g

Add Double Smothered Chicken**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1307 kJ / 310 kcal	10.2 g	5.4 g	14.0 g	12.5 g	40.1 g	1.96 g

Add Fried Spring Rolls x4**Contains: Cereals containing Gluten (Wheat), Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	828 kJ / 198 kcal	8.5 g	1.1 g	27.4 g	3.5 g	4.1 g	0.85 g

Add Grilled Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add Naan Bread - **Contains: Cereals containing Gluten (Wheat), Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	647 kJ / 153 kcal	2.1 g	0.2 g	27.8 g	0.6 g	5.0 g	0.63 g

Add Peppercorn Sauce**Contains: Celery, Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

Add Pesto - **Contains: Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add Vegan Burger With Vegan Slice - **Contains: Cereals containing Gluten (Barley, Wheat), Soya****May Contain: Egg**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1070 kJ / 258 kcal	17.7 g	8.1 g	6.0 g	0.7 g	14.7 g	1.70 g

Add White Bread & Butter - **Contains: Cereals containing Gluten (Wheat), Milk****May Contain: Other Cereals containing (Barley, Oats, Rye), Soya**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	965 kJ / 229 kcal	5.7 g	3.3 g	37.1 g	2.3 g	6.3 g	0.75 g

Add a Cheese Slice - **Contains: Milk****May Contain: 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 Grilled Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add a Grilled Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add a Pizzette -

VE

V

Contains: Cereals containing Gluten (Wheat)

May Contain: Lupin, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1608 kJ / 381 kcal	8.1 g	1.7 g	67.2 g	5.6 g	9.0 g	0.60 g

Non Fryer Sites Menu

Starters

5 BAKED BBQ CHICKEN WINGS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1562 kJ / 372 kcal	18.6 g	6.1 g	15.9 g	11.9 g	35.0 g	1.73 g

5 BAKED HONEY SRIRACHA CHICKEN WINGS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1609 kJ / 383 kcal	18.6 g	6.1 g	20.1 g	16.9 g	35.0 g	1.83 g

5 CRISPY PRAWNS WITH DIP

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1237 kJ / 296 kcal	15.0 g	1.2 g	19.2 g	9.3 g	20.4 g	2.07 g

BAKED CHICKEN GOUJONS WITHOUT SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1459 kJ / 348 kcal	16.4 g	6.8 g	24.8 g	1.6 g	23.6 g	1.20 g

Add Spicy Mayo 30g - V

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	310 kJ / 74 kcal	5.1 g	0.4 g	7.3 g	6.1 g	0.3 g	0.48 g

Add BBQ Sauce 30g - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

BAKED VEGETABLE SPRING ROLLS WITH DIP - VE V

Contains: Cereals containing Gluten (Wheat), Sesame, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	852 kJ / 202 kcal	1.1 g	0.4 g	40.5 g	20.3 g	5.1 g	3.04 g

CHICKEN TIKKA SKEWER WITH DIP

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	958 kJ / 229 kcal	11.4 g	3.6 g	7.7 g	7.1 g	24.0 g	0.43 g

FALAFELS AND YOGHURT - V

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1014 kJ / 242 kcal	9.0 g	2.4 g	24.2 g	11.5 g	10.7 g	0.69 g

GARLIC AND CHEESE PIZZETTE - V*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: Lupin, Mustard, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2735 kJ / 656 kcal	31.2 g	17.2 g	69.0 g	6.2 g	22.9 g	1.74 g

LOADED NACHOS - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2057 kJ / 493 kcal	29.5 g	7.2 g	47.8 g	6.0 g	8.3 g	2.69 g

SALT AND PEPPER CHICKPEAS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1784 kJ / 430 kcal	32.0 g	3.0 g	37.0 g	0.7 g	4.4 g	0.93 g

TOMATO AND BASIL PESTO PIZZETTE*Contains: Cereals containing Gluten (Wheat), Milk, Mustard**May Contain: Lupin, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1992 kJ / 473 kcal	14.2 g	2.8 g	73.4 g	10.2 g	11.4 g	1.40 g

Add Grated Grana Padano*Contains: Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	83 kJ / 20 kcal	1.4 g	0.9 g	0.0 g	0.0 g	1.6 g	0.07 g

TOMATO SOUP WITH CROUTONS - V*Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	772 kJ / 184 kcal	7.8 g	0.6 g	23.1 g	11.2 g	3.7 g	1.67 g

VEGAN TOMATO SOUP - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	576 kJ / 138 kcal	6.0 g	0.5 g	16.8 g	10.8 g	2.7 g	1.53 g

VEGETABLE GYOZA WITH DIP - V*Contains: Cereals containing Gluten (Wheat), Sesame, Soya**May Contain: Celery, Mustard*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1035 kJ / 245 kcal	2.8 g	0.4 g	47.6 g	19.1 g	7.2 g	2.19 g

Mains - Salads

CHICKEN TZATZIKI NOURISH BOWL*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2606 kJ / 621 kcal	24.9 g	4.6 g	56.9 g	22.8 g	42.4 g	2.23 g

FALAFEL NOURISH BOWL - V*Contains: Cereals containing Gluten (Barley, Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2533 kJ / 605 kcal	24.6 g	4.3 g	72.5 g	25.6 g	18.9 g	1.76 g

HOUSE COBB SALAD VEGAN WITHOUT DRESSING - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	483 kJ / 115 kcal	1.6 g	0.4 g	17.2 g	15.1 g	4.7 g	0.29 g

Add French Dressing - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - V*Contains: Egg, Mustard**May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	430 kJ / 103 kcal	8.1 g	0.6 g	7.3 g	6.3 g	0.2 g	0.38 g

HOUSE COBB SALAD WITHOUT DRESSING - V*Contains: Cereals containing Gluten (Wheat)**May Contain: Milk*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	679 kJ / 162 kcal	3.4 g	0.5 g	23.5 g	15.5 g	5.8 g	0.43 g

Add French Dressing - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - V*Contains: Egg, Mustard**May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	430 kJ / 103 kcal	8.1 g	0.6 g	7.3 g	6.3 g	0.2 g	0.38 g

Mains - Pizza

PIZZA BASE*Contains: Cereals containing Gluten (Wheat), Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3211 kJ / 764 kcal	24.4 g	14.6 g	97.4 g	7.3 g	35.8 g	3.37 g

Add Tomato - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	59 kJ / 14 kcal	0.2 g	0.1 g	2.2 g	2.2 g	0.5 g	0.02 g

Add Red Onion - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.0 g	0.0 g	1.6 g	1.1 g	0.2 g	0.00 g

Add Red Pepper - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	46 kJ / 11 kcal	0.1 g	0.0 g	1.9 g	1.8 g	0.3 g	0.00 g

Add Pickled Red Onion - **VE** **V****Contains: Cereals containing Gluten (Barley)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	182 kJ / 43 kcal	0.1 g	0.0 g	10.0 g	9.2 g	0.4 g	0.00 g

Add Red Chilli - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4 kJ / 1 kcal	0.0 g	0.0 g	0.1 g	0.1 g	0.1 g	0.00 g

Add Pineapple - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	83 kJ / 20 kcal	0.2 g	0.0 g	4.3 g	4.3 g	0.2 g	0.00 g

Add Mixed Cherry Tomatoes - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	70 kJ / 17 kcal	0.3 g	0.1 g	2.6 g	2.6 g	0.6 g	0.02 g

Add Poppadum (per piece) - **VE** **V****Contains: No major allergens****May Contain: Other Cereals containing (Wheat), Peanut**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	171 kJ / 40 kcal	0.2 g	0.1 g	6.6 g	0.1 g	2.5 g	0.47 g

Add Fried Mushroom - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	95 kJ / 23 kcal	2.1 g	0.2 g	0.1 g	0.1 g	0.5 g	0.00 g

Add Sweetcorn - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	105 kJ / 25 kcal	0.5 g	0.1 g	3.7 g	1.9 g	0.8 g	0.21 g

Add Jalapeos - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	14 kJ / 3 kcal	0.1 g	0.0 g	0.4 g	0.1 g	0.2 g	1.50 g

Add Chicken Tikka Pieces**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	745 kJ / 178 kcal	9.3 g	2.2 g	0.8 g	0.5 g	23.1 g	0.40 g

Add Sausage**Contains: Cereals containing Gluten (Wheat), Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	603 kJ / 145 kcal	10.9 g	4.1 g	4.3 g	0.7 g	7.4 g	0.59 g

Add Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	330 kJ / 78 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.5 g	0.56 g

Add Pepperoni

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	539 kJ / 130 kcal	11.9 g	3.6 g	0.2 g	0.2 g	5.5 g	1.20 g

Add Bacon

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	438 kJ / 104 kcal	6.6 g	2.2 g	0.4 g	0.0 g	10.8 g	1.60 g

Add Ham

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	169 kJ / 40 kcal	1.1 g	0.4 g	0.3 g	0.2 g	7.2 g	0.63 g

Add Nacho Cheese Sauce 30g -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	213 kJ / 51 kcal	4.3 g	0.8 g	2.1 g	0.8 g	1.1 g	0.35 g

Add Tzatziki 30g -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	107 kJ / 26 kcal	2.1 g	1.4 g	1.1 g	1.1 g	0.7 g	0.02 g

Add Mango Chutney 30g -

Contains: No major allergens

May Contain: Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	261 kJ / 61 kcal	0.0 g	0.0 g	15.6 g	15.0 g	0.0 g	0.66 g

Add BBQ Sauce 30g -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

Add Green Pesto 30g -

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add Honey Sriracha 30g -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	281 kJ / 66 kcal	0.1 g	0.0 g	17.5 g	16.7 g	0.5 g	0.43 g

Mains - Grills

8OZ SIRLOIN WITH BAKED CHIPS AND VEG

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2893 kJ / 691 kcal	23.1 g	6.9 g	56.6 g	7.6 g	60.7 g	1.30 g

CHICKEN TIKKA SKEWERS WITH FLATBREAD AND DIPS

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

May Contain: Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4305 kJ / 1025 kcal	30.9 g	7.2 g	120.1 g	36.2 g	60.8 g	3.25 g

GAMMON STEAK WITH BAKED CHIPS AND VEG

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2669 kJ / 640 kcal	29.4 g	2.6 g	51.1 g	6.9 g	36.7 g	5.38 g

Add 1 Fried Egg & 1 Pineapple - **V**

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 128 kcal	8.7 g	1.8 g	4.3 g	4.3 g	8.1 g	0.19 g

Add 2 Fried Eggs - **V**

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	167 kJ / 39 kcal	0.3 g	0.1 g	8.5 g	8.5 g	0.3 g	0.01 g

GRILLED MEDITERRANEAN SEA BAS WITH VEG

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3337 kJ / 798 kcal	38.2 g	6.3 g	68.5 g	18.5 g	46.3 g	3.28 g

MIXED GRILL

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5091 kJ / 1220 kcal	64.2 g	16.7 g	61.6 g	9.0 g	94.6 g	5.43 g

Mains - Burgers

BIG STACK BURGER WITH BAKED CHIPS WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4395 kJ / 1057 kcal	67.7 g	24.5 g	52.6 g	9.5 g	54.0 g	5.58 g

CHEESE & BACON BURGER WITH BAKED CHIPS WITHOUT BUN

Contains: Egg, Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3265 kJ / 785 kcal	46.0 g	14.3 g	51.6 g	8.7 g	35.9 g	3.29 g

SPICY CHICKEN BURGER WITH BAKED CHIPS WITHOUT BUN

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3193 kJ / 765 kcal	32.7 g	3.6 g	85.3 g	12.0 g	27.7 g	3.01 g

THE VEGAN BURGER WITH BAKED CHIPS WITHOUT BUN - **VE** **V****Contains:** Cereals containing Gluten (Barley, Wheat), Mustard, Soya**May Contain:** Egg

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2897 kJ / 697 kcal	38.7 g	9.9 g	57.5 g	9.8 g	20.2 g	4.04 g

Add Bun or Salad**Add Burger Bun -** **VE** **V****Contains:** Cereals containing Gluten (Barley, Wheat)**May Contain:** Other Cereals containing (Rye), Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1138 kJ / 272 kcal	5.3 g	1.2 g	38.1 g	6.4 g	6.0 g	0.76 g

Add House Salad Chopped Side - **VE** **V****Contains:** Mustard, Sulphite**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

Mains - Classics

BAKED BEER-BATTERED FISH & CHIPS**Contains:** Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4142 kJ / 993 kcal	51.7 g	4.1 g	89.7 g	9.6 g	36.9 g	4.22 g

Add Peas - **VE** **V****Contains:** No major allergens**May Contain:** 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	0.00 g

Add Mushy Peas - **VE** **V****Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	308 kJ / 73 kcal	0.3 g	0.1 g	11.5 g	1.3 g	4.5 g	0.50 g

CHICKEN KATSU CURRY WITH RICE**Contains:** Cereals containing Gluten (Wheat), Mustard, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2696 kJ / 642 kcal	23.3 g	8.8 g	76.5 g	4.6 g	28.6 g	2.02 g

CHICKEN MAKHANI CURRY WITH RICE AND POPPADOM**Contains:** Milk**May Contain:** Other Cereals containing (Wheat), Peanut, Mustard, Sesame, Tree Nuts (Almond, Cashew)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2593 kJ / 616 kcal	18.0 g	6.1 g	78.3 g	23.9 g	33.0 g	3.51 g

SMOTHERED CHICKEN WITH BAKED CHIPS AND SALAD**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Mustard, Sulphite**May Contain:** Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3442 kJ / 821 kcal	29.8 g	9.3 g	77.3 g	20.1 g	54.8 g	4.48 g

SWEET AND SOUR PRAWNS WITH RICE

Contains: Cereals containing Gluten (Wheat), Celery, Crustaceans, Milk, Soya, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2761 kJ / 656 kcal	16.1 g	1.6 g	92.9 g	34.4 g	30.1 g	2.81 g

THAI GREEN VEGETABLE CURRY WITH RICE - **VE** **V**

Contains: Cereals containing Gluten (Wheat), Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2630 kJ / 627 kcal	28.5 g	20.2 g	78.2 g	12.2 g	12.6 g	1.72 g

TOMATO & CHILLI LINGUINE - **VE** **V**

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1536 kJ / 365 kcal	10.8 g	1.1 g	53.2 g	11.4 g	11.2 g	1.69 g

Mains - Pasta

SPINACH AND RICCOTTA FRESH PASTA

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

May Contain: Celery, Crustaceans, Fish, Mustard, Soya, Tree Nuts (Hazelnut, Pistachio)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1884 kJ / 449 kcal	17.1 g	8.3 g	42.8 g	2.6 g	30.1 g	1.28 g

Add Green Pesto - **V**

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1808 kJ / 438 kcal	42.4 g	6.7 g	6.8 g	0.6 g	6.3 g	1.84 g

Add Italian Tomato Sauce - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	152 kJ / 36 kcal	0.1 g	0.0 g	7.3 g	7.0 g	1.2 g	0.66 g

TOMATO AND BURRATA FRESH PASTA

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

May Contain: Crustaceans, Fish, Molluscs, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1516 kJ / 362 kcal	14.5 g	9.2 g	40.2 g	7.6 g	15.6 g	1.58 g

Add Green Pesto - **V**

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1808 kJ / 438 kcal	42.4 g	6.7 g	6.8 g	0.6 g	6.3 g	1.84 g

Add Italian Tomato Sauce - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	152 kJ / 36 kcal	0.1 g	0.0 g	7.3 g	7.0 g	1.2 g	0.66 g

Sides

Add Peppercorn Sauce

Contains: Celery, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

BAKED BEER-BATTERED ONION RINGS - **VE** **V**

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1351 kJ / 323 kcal	7.3 g	1.1 g	55.8 g	6.1 g	6.5 g	1.00 g

BAKED SKIN-ON CHIPS - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1062 kJ / 254 kcal	5.5 g	0.7 g	42.9 g	1.7 g	4.1 g	1.00 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SHARER (per portion)

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1602 kJ / 384 kcal	14.4 g	4.1 g	49.4 g	4.6 g	9.3 g	1.67 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SINGLE

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1602 kJ / 384 kcal	14.4 g	4.1 g	49.4 g	4.6 g	9.3 g	1.67 g

COLESLAW - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

KATSU CHICKEN TOPPED BAKED CHIPS SHARER (per portion)

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1836 kJ / 439 kcal	16.3 g	4.2 g	56.8 g	4.8 g	11.1 g	2.10 g

KATSU CHICKEN TOPPED BAKED CHIPS SINGLE

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1837 kJ / 440 kcal	16.3 g	4.2 g	56.8 g	4.8 g	11.1 g	2.10 g

SIDE SALAD - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

Desserts

APPLE BLACKBERRY CRUMBLE SUNDAE -

Contains: Cereals containing Gluten (Oats), Milk

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2110 kJ / 504 kcal	19.7 g	10.9 g	72.5 g	46.5 g	7.0 g	0.46 g

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM -

Contains: Egg, Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2650 kJ / 629 kcal	18.1 g	9.7 g	100.9 g	76.7 g	15.2 g	0.83 g

BISCOFF PANCAKE STACK WITH VANILLA DAIRY ICE CREAM -

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3065 kJ / 733 kcal	38.1 g	8.0 g	83.4 g	27.6 g	11.9 g	1.29 g

FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.2 g	0.0 g	20.2 g	20.2 g	1.5 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES -

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2083 kJ / 497 kcal	21.9 g	13.9 g	66.5 g	53.1 g	7.9 g	0.28 g

LEMON AND RASPBERRY SEMIFREDDO -

Contains: Cereals containing Gluten (Oats), Soya, Sulphite

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1992 kJ / 475 kcal	22.1 g	12.4 g	67.0 g	40.5 g	1.2 g	0.25 g

STICKY TOFFEE PUDDING -

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

May Contain: Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2192 kJ / 524 kcal	15.3 g	7.0 g	91.6 g	55.9 g	7.0 g	0.76 g

Add Custard -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	338 kJ / 80 kcal	2.3 g	1.3 g	12.5 g	9.1 g	2.3 g	0.10 g

Add 1 Scoop Vanilla Dairy Ice Cream -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	320 kJ / 77 kcal	3.2 g	2.1 g	9.9 g	7.8 g	1.8 g	0.06 g

TRIPLE CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2003 kJ / 477 kcal	18.1 g	9.5 g	71.1 g	49.4 g	6.2 g	0.56 g

Kids Starters

KIDS GARLIC FLATBREAD - V**Contains: Cereals containing Gluten (Wheat), Milk****May Contain: Other Cereals containing (Barley)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	560 kJ / 133 kcal	2.8 g	1.4 g	22.6 g	0.4 g	3.7 g	0.36 g

KIDS TORTILLA CHIPS WITH DIPS - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	727 kJ / 174 kcal	8.5 g	2.2 g	21.1 g	2.7 g	2.7 g	0.24 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	620 kJ / 148 kcal	6.4 g	0.8 g	20.0 g	1.6 g	2.1 g	0.22 g

KIDS VEGGIE STICKS WITH DIP - V**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.3 g	1.4 g	5.1 g	4.9 g	1.5 g	0.03 g

Kids Mains - Smaller Appetites

KIDS 10-VEG TOMATO PASTA - VE V**Contains: Cereals containing Gluten (Wheat), Celery****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	982 kJ / 233 kcal	4.8 g	0.5 g	40.5 g	5.8 g	6.2 g	0.65 g

KIDS GRILLED CHICKEN BREAST WITH BAKED CHIPS**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	937 kJ / 223 kcal	4.4 g	0.7 g	24.6 g	1.1 g	18.8 g	1.16 g

KIDS OVEN BAKED FISH BITES WITH BAKED CHIPS - LARGE**Contains: Cereals containing Gluten (Wheat), Fish****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1345 kJ / 321 kcal	11.3 g	1.0 g	40.0 g	1.9 g	12.4 g	1.10 g

KIDS OVEN BAKED POPPIN CHICKEN WITH BAKED CHIPS - SMALL**Contains: Cereals containing Gluten (Wheat)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1116 kJ / 267 kcal	9.3 g	1.3 g	32.4 g	0.9 g	11.2 g	0.93 g

Kids Sides

Add Corn Ribs - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas - **Contains: No major allergens****May Contain: 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	0.00 g

Add Baked Beans - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad - **Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Add Corn Ribs - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas - **Contains: No major allergens****May Contain: 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	0.00 g

Add Baked Beans - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad - **Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Mains - Larger Appetites

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2075 kJ / 496 kcal	20.4 g	8.0 g	49.0 g	4.9 g	26.1 g	1.26 g

KIDS GRILLED CHICKEN BURGER WITH BAKED CHIPS**Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1517 kJ / 360 kcal	6.4 g	1.4 g	49.0 g	5.1 g	23.5 g	1.61 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1584 kJ / 377 kcal	10.8 g	4.8 g	54.0 g	2.5 g	14.4 g	1.43 g

KIDS OVEN BAKED FISH BITES WITH BAKED CHIPS - LARGE*Contains: Cereals containing Gluten (Wheat), Fish**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1838 kJ / 439 kcal	16.8 g	1.4 g	50.4 g	2.5 g	19.2 g	1.43 g

KIDS SPAGHETTI BOLOGNESE*Contains: Cereals containing Gluten (Wheat)**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	881 kJ / 209 kcal	3.0 g	0.8 g	33.5 g	6.0 g	10.5 g	0.28 g

Kids Sides**Add Corn Ribs - VE V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas - VE V*Contains: No major allergens**May Contain: 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	0.00 g

Add Baked Beans - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Add Corn Ribs - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas - VE V*Contains: No major allergens**May Contain: 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	0.00 g

Add Baked Beans - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Desserts

KIDS CHOCOLATE BROWNIE WITH VANILLA DAIRY ICE CREAM -

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

May Contain: Other Cereals containing (Barley, Oats), Sulphite, Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1074 kJ / 256 kcal	10.3 g	5.7 g	36.2 g	24.9 g	4.0 g	0.30 g

KIDS FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	9.5 g	9.5 g	0.7 g	0.00 g

KIDS PANCAKES WITH CREAM -

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1021 kJ / 242 kcal	6.3 g	2.6 g	41.8 g	23.3 g	3.8 g	0.30 g

KIDS VANILLA DAIRY ICE CREAM -

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 181 kcal	7.4 g	5.1 g	23.9 g	16.8 g	4.4 g	0.14 g

PIP ORGANIC BERRY ICE LOLLY -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Condiments

Condiments -

Mayonnaise -

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	108 kJ / 26 kcal	2.6 g	0.2 g	0.7 g	0.3 g	0.1 g	0.17 g

Malt Vinegar -

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

HP Sauce -

Contains: Cereals containing Gluten (Barley, Rye)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	25 kJ / 6 kcal	0.0 g	0.0 g	1.4 g	1.2 g	0.0 g	0.06 g

Tomato Ketchup - **VE** **V****Contains: Celery****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	22 kJ / 5 kcal	0.1 g	0.0 g	1.0 g	0.6 g	0.1 g	0.16 g

BBQ Sauce - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	55 kJ / 13 kcal	0.0 g	0.0 g	3.1 g	2.7 g	0.1 g	0.08 g

Upgrade

Add 2 Rashers of Bacon**Contains: No major allergens****May Contain: 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 Rashers of Vegan Bacon - **VE** **V****Contains: Soya****May Contain: Other Cereals containing (Wheat)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	480 kJ / 115 kcal	4.8 g	0.4 g	3.9 g	0.4 g	12.6 g	1.35 g

Add 4oz Burger**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	0.21 g

Add 4oz Sirloin**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	668 kJ / 160 kcal	6.4 g	2.8 g	1.8 g	0.4 g	25.4 g	0.10 g

Add 8oz Sirloin**Contains: No major allergens****May Contain: 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 Baked Spring Rolls x 4 - **VE** **V****Contains: Cereals containing Gluten (Wheat), Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	449 kJ / 107 kcal	0.7 g	0.3 g	19.6 g	4.9 g	3.6 g	0.90 g

Add Chipotle Beef Chilli**Contains: Celery, Milk, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	482 kJ / 115 kcal	5.4 g	2.1 g	8.1 g	3.3 g	7.4 g	0.72 g

Add Crispy Prawns x 5**Contains: Cereals containing Gluten (Wheat), Crustaceans, Milk, Soya, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	873 kJ / 208 kcal	9.9 g	0.8 g	9.2 g	0.5 g	19.9 g	1.59 g

Add Curry Sauce - **VE** **V****Contains:** Cereals containing Gluten (Wheat), Mustard, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	402 kJ / 97 kcal	6.7 g	1.8 g	7.5 g	2.5 g	1.0 g	0.80 g

Add Double Smothered Chicken**Contains:** Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1307 kJ / 310 kcal	10.2 g	5.4 g	14.0 g	12.5 g	40.1 g	1.96 g

Add Grilled Chicken Breast**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add Naan Bread - **V****Contains:** Cereals containing Gluten (Wheat), Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	647 kJ / 153 kcal	2.1 g	0.2 g	27.8 g	0.6 g	5.0 g	0.63 g

Add Peppercorn Sauce**Contains:** Celery, Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

Add Pesto - **V****Contains:** Milk, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add Vegan Burger With Vegan Slice - **VE** **V****Contains:** Cereals containing Gluten (Barley, Wheat), Soya**May Contain:** Egg

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1070 kJ / 258 kcal	17.7 g	8.1 g	6.0 g	0.7 g	14.7 g	1.70 g

Add White Bread & Butter - **V****Contains:** Cereals containing Gluten (Wheat), Milk**May Contain:** Other Cereals containing (Barley, Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	965 kJ / 229 kcal	5.7 g	3.3 g	37.1 g	2.3 g	6.3 g	0.75 g

Add a Cheese Slice - **V****Contains:** Milk**May Contain:** 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 Grilled Chicken Breast**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add a Grilled Chicken Breast**Contains:** No major allergens**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add a Pizzette -

VE

V

Contains: Cereals containing Gluten (Wheat)

May Contain: Lupin, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1608 kJ / 381 kcal	8.1 g	1.7 g	67.2 g	5.6 g	9.0 g	0.60 g



Bar Snacks

4 CRISPY CHICKEN GOUJONS WITHOUT SAUCE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1546 kJ / 370 kcal	19.9 g	2.3 g	25.0 g	1.0 g	22.1 g	1.46 g

Add Spicy Mayo 30g - **V**

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	310 kJ / 74 kcal	5.1 g	0.4 g	7.3 g	6.1 g	0.3 g	0.48 g

Add BBQ Sauce 30g - **VE V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	235 kJ / 55 kcal	0.1 g	0.0 g	13.2 g	11.8 g	0.4 g	0.33 g

4 CRUNCHY BBQ CHICKEN WINGS

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2657 kJ / 637 kcal	33.7 g	7.9 g	45.3 g	15.9 g	37.6 g	2.02 g

4 CRUNCHY HONEY SRIRACHA CHICKEN WINGS

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2731 kJ / 654 kcal	33.7 g	7.9 g	51.3 g	22.8 g	37.9 g	2.16 g

5 CRISPY PRAWNS WITH DIP

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1237 kJ / 296 kcal	15.0 g	1.2 g	19.2 g	9.3 g	20.4 g	2.07 g

BEER-BATTERED ONION RINGS

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1742 kJ / 416 kcal	19.3 g	1.8 g	53.5 g	5.5 g	5.1 g	1.04 g

CHICKEN TIKKA SKEWER WITH DIP

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	958 kJ / 229 kcal	11.4 g	3.6 g	7.7 g	7.1 g	24.0 g	0.43 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1697 kJ / 405 kcal	21.2 g	4.3 g	42.9 g	4.3 g	8.9 g	1.64 g

CRISPY VEGETABLE SPRING ROLLS WITH DIP

Contains: Cereals containing Gluten (Wheat), Sesame, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1326 kJ / 315 kcal	10.9 g	1.5 g	50.2 g	18.6 g	5.7 g	2.98 g

FALAFELS AND YOGHURT - V

Contains: Cereals containing Gluten (Barley), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1014 kJ / 242 kcal	9.0 g	2.4 g	24.2 g	11.5 g	10.7 g	0.69 g

GARLIC AND CHEESE PIZZETTE - V

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Lupin, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2735 kJ / 656 kcal	31.2 g	17.2 g	69.0 g	6.2 g	22.9 g	1.74 g

ITALIAN NACHOS WITHOUT SAUCE

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

May Contain: Crustaceans, Fish, Molluscs, Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1521 kJ / 364 kcal	19.2 g	6.4 g	36.6 g	4.5 g	12.6 g	1.36 g

Add Green Pesto 30g - V

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add Tomato Sauce 30g - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	57 kJ / 14 kcal	0.0 g	0.0 g	2.7 g	2.6 g	0.5 g	0.25 g

KATSU CHICKEN TOPPED CHIPS SINGLE

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1954 kJ / 467 kcal	23.9 g	3.3 g	50.3 g	4.3 g	10.4 g	2.14 g

LOADED NACHOS - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2057 kJ / 493 kcal	29.5 g	7.2 g	47.8 g	6.0 g	8.3 g	2.69 g

SALT AND PEPPER CALAMARI WITH SPICY MAYO

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

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1742 kJ / 418 kcal	26.4 g	2.1 g	31.9 g	9.3 g	13.2 g	3.84 g

SALT AND PEPPER CHICKPEAS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1784 kJ / 430 kcal	32.0 g	3.0 g	37.0 g	0.7 g	4.4 g	0.93 g

SKIN-ON CHIPS - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

TOMATO AND BASIL PESTO PIZZETTE

Contains: Cereals containing Gluten (Wheat), Milk, Mustard *May Contain: Lupin, Soya*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1992 kJ / 473 kcal	14.2 g	2.8 g	73.4 g	10.2 g	11.4 g	1.40 g

Add Grated Grana Padano

Contains: Egg, Milk *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	83 kJ / 20 kcal	1.4 g	0.9 g	0.0 g	0.0 g	1.6 g	0.07 g

**VEGETABLE GYOZA WITH DIP - **

Contains: Cereals containing Gluten (Wheat), Sesame, Soya *May Contain: Celery, Mustard*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1035 kJ / 245 kcal	2.8 g	0.4 g	47.6 g	19.1 g	7.2 g	2.19 g

Upgrade

Add Chipotle Beef Chilli

Contains: Celery, Milk, Soya *May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	482 kJ / 115 kcal	5.4 g	2.1 g	8.1 g	3.3 g	7.4 g	0.72 g



Late Night Menu

MARGHERITA PIZZA -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3666 kJ / 871 kcal	26.6 g	12.6 g	118.8 g	5.4 g	36.0 g	4.68 g

PEPPERONI PIZZA

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4205 kJ / 1001 kcal	38.6 g	16.2 g	119.0 g	5.6 g	41.5 g	5.88 g

Non-Gluten Containing Ingredients Menu Allergy & Nutrition



Starters

LOADED NACHOS - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2057 kJ / 493 kcal	29.5 g	7.2 g	47.8 g	6.0 g	8.3 g	2.69 g

PRAWN COCKTAIL WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Fish, Molluscs, Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1627 kJ / 390 kcal	22.4 g	6.5 g	32.5 g	12.7 g	12.9 g	2.45 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1022 kJ / 244 kcal	8.7 g	0.7 g	35.4 g	11.1 g	3.5 g	1.83 g

Mains - Salads

HOUSE COBB SALAD VEGAN WITHOUT DRESSING - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	483 kJ / 115 kcal	1.6 g	0.4 g	17.2 g	15.1 g	4.7 g	0.29 g

Add French Dressing - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - V

Contains: Egg, Mustard

May Contain: Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	430 kJ / 103 kcal	8.1 g	0.6 g	7.3 g	6.3 g	0.2 g	0.38 g

Mains - Grills

8OZ SIRLOIN WITH CHIPS AND VEG

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2988 kJ / 713 kcal	29.8 g	7.0 g	50.1 g	7.2 g	60.3 g	1.27 g

GAMMON STEAK WITH CHIPS AND VEG

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2765 kJ / 661 kcal	36.1 g	2.8 g	44.6 g	6.6 g	36.4 g	5.35 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 128 kcal	8.7 g	1.8 g	4.3 g	4.3 g	8.1 g	0.19 g

Add 2 Fried Eggs - V**Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	167 kJ / 39 kcal	0.3 g	0.1 g	8.5 g	8.5 g	0.3 g	0.01 g

Mains - Burgers

BIG STACK BURGER WITH CHIPS WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4490 kJ / 1078 kcal	74.4 g	24.7 g	46.1 g	9.1 g	53.7 g	3.56 g

CHEESE & BACON BURGER WITH CHIPS WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3361 kJ / 806 kcal	52.8 g	14.5 g	45.0 g	8.3 g	35.6 g	3.26 g

Add NGCI Bun or Salad**Add Non Gluten Containing Ingredient Burger Bun - V****Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.75 g

Add House Salad Chopped Side - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

Mains - Classics

CHICKEN MAKHANI CURRY WITH RICE**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2161 kJ / 514 kcal	17.8 g	6.0 g	56.1 g	8.8 g	30.5 g	2.39 g

SMOTHERED CHICKEN WITH CHIPS AND SALAD**Contains: Egg, Milk, Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3049 kJ / 726 kcal	31.5 g	8.0 g	56.3 g	18.6 g	51.7 g	4.19 g

Sides

Add Peppercorn Sauce

Contains: Celery, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1697 kJ / 405 kcal	21.2 g	4.3 g	42.9 g	4.3 g	8.9 g	1.64 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per person)

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1697 kJ / 405 kcal	21.2 g	4.3 g	42.9 g	4.3 g	8.9 g	1.64 g

COLESLAW -

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

SIDE SALAD -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

SKIN-ON CHIPS -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1158 kJ / 276 kcal	12.2 g	0.9 g	36.4 g	1.3 g	3.7 g	0.97 g

Desserts

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM -

Contains: Egg, Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2650 kJ / 629 kcal	18.1 g	9.7 g	100.9 g	76.7 g	15.2 g	0.83 g

FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.2 g	0.0 g	20.2 g	20.2 g	1.5 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES -

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2083 kJ / 497 kcal	21.9 g	13.9 g	66.5 g	53.1 g	7.9 g	0.28 g

Kids Starters

KIDS TORTILLA CHIPS WITH DIPS -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	727 kJ / 174 kcal	8.5 g	2.2 g	21.1 g	2.7 g	2.7 g	0.24 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	620 kJ / 148 kcal	6.4 g	0.8 g	20.0 g	1.6 g	2.1 g	0.22 g

KIDS VEGGIE STICKS WITH DIP -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.3 g	1.4 g	5.1 g	4.9 g	1.5 g	0.03 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST WITH CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	992 kJ / 235 kcal	8.2 g	0.8 g	20.9 g	1.0 g	18.6 g	1.11 g

Kids Sides

Add Corn Ribs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas -

Contains: No major allergens

May Contain: 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	0.00 g

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2409 kJ / 576 kcal	28.0 g	8.4 g	50.5 g	5.5 g	25.1 g	1.58 g

KIDS GRILLED CHICKEN BREAST BURGER WITH CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1851 kJ / 441 kcal	14.0 g	1.8 g	50.5 g	5.7 g	22.5 g	1.92 g

Kids Sides

Add Corn Ribs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas -

Contains: No major allergens

May Contain: 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	0.00 g

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Desserts

KIDS FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	9.5 g	9.5 g	0.7 g	0.00 g

KIDS VANILLA DAIRY ICE CREAM -

Contains: Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	669 kJ / 160 kcal	7.0 g	4.8 g	19.9 g	14.9 g	4.0 g	0.12 g

PIP ORGANIC BERRY ICE LOLLY -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Upgrade

Add 2 Rashers of Bacon**Contains: No major allergens****May Contain: 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 4oz Burger**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	0.21 g

Add Chipotle Beef Chilli**Contains: Celery, Milk, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	482 kJ / 115 kcal	5.4 g	2.1 g	8.1 g	3.3 g	7.4 g	0.72 g

Add Double Smothered Chicken**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1307 kJ / 310 kcal	10.2 g	5.4 g	14.0 g	12.5 g	40.1 g	1.96 g

Add Peppercorn Sauce**Contains: Celery, Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

Add Pesto - **V****Contains: Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add a Cheese Slice - **V****Contains: Milk****May Contain: 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 Grilled Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Non Fryer Sites NGCI Menu

Premier Inn
Rest easy



Starters

LOADED NACHOS - V

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2057 kJ / 493 kcal	29.5 g	7.2 g	47.8 g	6.0 g	8.3 g	2.69 g

PRAWN COCKTAIL WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Fish, Molluscs, Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1627 kJ / 390 kcal	22.4 g	6.5 g	32.5 g	12.7 g	12.9 g	2.45 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1022 kJ / 244 kcal	8.7 g	0.7 g	35.4 g	11.1 g	3.5 g	1.83 g

Mains - Salads

HOUSE COBB SALAD VEGAN WITHOUT DRESSING - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	483 kJ / 115 kcal	1.6 g	0.4 g	17.2 g	15.1 g	4.7 g	0.29 g

Add French Dressing - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - V

Contains: Egg, Mustard

May Contain: Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	430 kJ / 103 kcal	8.1 g	0.6 g	7.3 g	6.3 g	0.2 g	0.38 g

Mains - Grills

8OZ SIRLOIN WITH BAKED CHIPS AND VEG

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2893 kJ / 691 kcal	23.1 g	6.9 g	56.6 g	7.6 g	60.7 g	1.30 g

GAMMON STEAK WITH BAKED CHIPS AND VEG

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2669 kJ / 640 kcal	29.4 g	2.6 g	51.1 g	6.9 g	36.7 g	5.38 g

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 128 kcal	8.7 g	1.8 g	4.3 g	4.3 g	8.1 g	0.19 g

Add 2 Fried Eggs - V**Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add 2 Pineapple rings - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	167 kJ / 39 kcal	0.3 g	0.1 g	8.5 g	8.5 g	0.3 g	0.01 g

Mains - Burgers

BIG STACK BURGER WITH BAKED CHIPS WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4395 kJ / 1057 kcal	67.7 g	24.5 g	52.6 g	9.5 g	54.0 g	3.59 g

CHEESE AND BACON BURGER WITH BAKED CHIPS WITHOUT BUN**Contains: Egg, Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3265 kJ / 785 kcal	46.0 g	14.3 g	51.6 g	8.7 g	35.9 g	3.29 g

Add NGCI Bun or Salad**Add Non Gluten Containing Ingredient Burger Bun - V****Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.75 g

Add House Salad Chopped Side - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

Mains - Classics

CHICKEN MAKHANI CURRY WITH RICE**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2161 kJ / 514 kcal	17.8 g	6.0 g	56.1 g	8.8 g	30.5 g	2.39 g

SMOTHERED CHICKEN WITH BAKED CHIPS AND SALAD**Contains: Egg, Milk, Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2954 kJ / 705 kcal	24.7 g	7.8 g	62.9 g	19.0 g	52.1 g	4.22 g

Sides

Add Peppercorn Sauce

Contains: Celery, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

BAKED SKIN-ON CHIPS -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1062 kJ / 254 kcal	5.5 g	0.7 g	42.9 g	1.7 g	4.1 g	1.00 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SHARER (per portion)

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1602 kJ / 384 kcal	14.4 g	4.1 g	49.4 g	4.6 g	9.3 g	1.67 g

CHIPOTLE BEEF CHILLI TOPPED BAKED CHIPS SINGLE

Contains: Celery, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1602 kJ / 384 kcal	14.4 g	4.1 g	49.4 g	4.6 g	9.3 g	1.67 g

COLESLAW -

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

SIDE SALAD -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	192 kJ / 46 kcal	1.4 g	0.2 g	5.9 g	4.8 g	1.4 g	0.19 g

Desserts

BANOFFEE CHEESECAKE WITH VANILLA DAIRY ICE CREAM -

Contains: Egg, Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2650 kJ / 629 kcal	18.1 g	9.7 g	100.9 g	76.7 g	15.2 g	0.83 g

FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 92 kcal	0.2 g	0.0 g	20.2 g	20.2 g	1.5 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES -

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2083 kJ / 497 kcal	21.9 g	13.9 g	66.5 g	53.1 g	7.9 g	0.28 g

Kids Starters

KIDS TORTILLA CHIPS WITH DIPS -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	727 kJ / 174 kcal	8.5 g	2.2 g	21.1 g	2.7 g	2.7 g	0.24 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	620 kJ / 148 kcal	6.4 g	0.8 g	20.0 g	1.6 g	2.1 g	0.22 g

KIDS VEGGIE STICKS WITH DIP -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	206 kJ / 49 kcal	2.3 g	1.4 g	5.1 g	4.9 g	1.5 g	0.03 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST WITH BAKED CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	937 kJ / 223 kcal	4.4 g	0.7 g	24.6 g	1.1 g	18.8 g	1.16 g

Kids Sides

Add Corn Ribs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas -

Contains: No major allergens

May Contain: 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	0.00 g

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH BAKED CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2355 kJ / 564 kcal	24.2 g	8.3 g	54.3 g	5.7 g	25.2 g	1.62 g

KIDS GRILLED CHICKEN BREAST BURGER WITH BAKED CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1797 kJ / 428 kcal	10.2 g	1.7 g	54.2 g	5.9 g	22.6 g	1.97 g

Kids Sides

Add Corn Ribs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	246 kJ / 59 kcal	1.4 g	0.2 g	16.7 g	1.9 g	2.7 g	0.00 g

Add Peas -

Contains: No major allergens

May Contain: 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	0.00 g

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	203 kJ / 48 kcal	0.2 g	0.1 g	8.1 g	3.1 g	2.3 g	0.41 g

Add Mini Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	111 kJ / 26 kcal	1.1 g	0.1 g	2.8 g	2.6 g	0.9 g	0.09 g

Kids Desserts

KIDS FRUIT SALAD -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	176 kJ / 42 kcal	0.1 g	0.0 g	9.5 g	9.5 g	0.7 g	0.00 g

KIDS VANILLA DAIRY ICE CREAM -

Contains: Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	669 kJ / 160 kcal	7.0 g	4.8 g	19.9 g	14.9 g	4.0 g	0.12 g

PIP ORGANIC BERRY ICE LOLLY -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	129 kJ / 30 kcal	0.1 g	0.0 g	7.3 g	7.0 g	0.1 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Upgrade

Add 2 Rashers of Bacon**Contains: No major allergens****May Contain: 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 4oz Burger**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	0.21 g

Add Chipotle Beef Chilli**Contains: Celery, Milk, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	482 kJ / 115 kcal	5.4 g	2.1 g	8.1 g	3.3 g	7.4 g	0.72 g

Add Double Smothered Chicken**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1307 kJ / 310 kcal	10.2 g	5.4 g	14.0 g	12.5 g	40.1 g	1.96 g

Add Peppercorn Sauce**Contains: Celery, Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	136 kJ / 32 kcal	0.8 g	0.4 g	4.4 g	2.0 g	1.4 g	0.68 g

Add Pesto - **V****Contains: Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	678 kJ / 164 kcal	15.9 g	2.5 g	2.5 g	0.2 g	2.4 g	0.69 g

Add a Cheese Slice - **V****Contains: Milk****May Contain: 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 Grilled Chicken Breast**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Drinks Menu

Allergy



Premier Inn

Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

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 Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

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 PREMIER INN ALLERGY INFORMATION GUIDE

Y	The allergen is present
----------	-------------------------



Premier Inn

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
COCKTAILS																		
APEROL SPRITZ											Y							
PASSIONFRUIT MARTINI											Y							
RUM PUNCH																		
PINA COLADA																		
HUGO SPRITZ											Y							
MIDNIGHT WOO WOO																		
SWEET DREAMS																		
ESPRESSO MARTINI																		
CLASSIC MOJITO																		
PACKAGED COCKTAILS - SEE PACKAGING																		
MOCKTAILS																		
PILLOWTALK NA																		
TWILIGHT NA																		
PACKAGED MOCKTAILS - SEE PACKAGING																		
PACKAGED LOW & NOS - SEE PACKAGING																		
SPIRITS																		
GIN																		
WARNER EDWARDS RHUBARB GIN																		
HENDRICKS																		
WHITLEY NEILL JAPANESE YUZU																		
WHITLEY NEILL RASPBERRY GIN																		
WHITLEY NEILL DISTILLERS CUT GIN																		
BOMBAY SAPPHIRE GIN																		
BOMBAY CITRON PRESSE																		
JJ PINK GIN																		
JJ LONDON DRY GIN																		
GORDON'S LONDON DRY																		
GORDON'S PREMIUM PINK																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
VODKA																		
ABSOLUT® PASSIONFRUIT																		
ABSOLUT® ORIGINAL																		
ABSOLUT® RASPBERRI																		
SMIRNOFF RED																		
JJ RASPBERRY																		
JJ ARTISANAL																		
WHISKEY																		
TALISKER 10YO																		
JOHNNIE WALKER BLACK LABEL																		
GLENFIDDICH 12YO																		
JACK DANIELS NO.7																		
JACK DANIELS TENNESSEE HONEY																		
WOODFORD RESERVE																		
JAMESON IRISH WHISKEY																		
BLACK BUSH																		
TULLEMORE DEW																		
FAMOUS GROUSE																		
RUM																		
DEAD MANS FINGER SPICED RUM																		
BACARDI CARTA BLANCA SUPERIOR WHITE RUM																		
KRAKEN BLACK SPICED																		
CAPTAIN MORGAN SPICED RUM																		
CAPTAIN MORGAN DARK RUM																		
MALIBU																		
LIQUEUR & SPECIALITIES																		
BAILEYS IRISH CREAM							Y											
HENNESSY VS COGNAC																		
TEQUILA ROSE							Y											
EL JIMADOR BLANCO TEQUILA																		
MIXERS - SEE PACKAGING																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
DRAUGHT BEER & CIDER																		
COORS	Y		Y															
MADRI EXCEPCIONAL	Y		Y															
BIRRA MORETTI			Y															
GUINNESS			Y															
SHARPS ATLANTIC PALE ALE	Y		Y															
INCH'S CIDER											Y							
CARLSBERG			Y															
SMITHWICK'S			Y															
HOP HOUSE 13			Y															
ROCKSHORE LAGER			Y															
ROCKSHORE CIDER											Y							
LIBERATION WAVERIDER	Y		Y								Y							
LIBERATION BEST BITTER	Y		Y								Y							
PACKAGED BEER & CIDER - SEE PACKAGING																		
SOFT DRAUGHT																		
COCA COLA ZERO SUGAR																		
COCA COLA																		
DIET COKE																		
SCHWEPPES SLIMELINE LEMONADE																		
SPRITE ZERO																		
HOUSE SODAS & ICED TEAS																		
LIME SHERBET																		
RASPBERRY																		
PASSION FRUIT																		
ELDERFLOWER																		
PACKAGED SOFT DRINKS - SEE PACKAGING																		
PACKAGED KIDS DRINKS - SEE PACKAGING																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
HOT DRINKS																		
LATTE							Y											
CAPPUCCINO							Y											
FLAT WHITE							Y											
AMERICANO BLACK																		
AMERICANO WHITE (+95ML SEMI-SKIMMED MILK)							Y											
ESPRESSO																		
DOUBLE ESPRESSO																		
HOT CHOCOLATE							Y											
HOT CHOCOLATE WITH CREAM							Y											
PG TIPS ENGLISH BREAKFAST (BLACK)																		
PG TIPS PEPPERMINT HERBAL																		
PG TIPS RASPBERRY HERBAL																		
PG TIPS GREEN TEA																		
PG TIPS EARL GRAY																		
PG TIPS DECAF																		
SOYA DRINK					Y													
OAT DRINK				Y														
WHOLE/SEMI SKIMMED MILK							Y											
AFTER DINNER DRINKS																		
IRISH COFFEE							Y											
BAILEYS LATTE							Y											
COFFEE SYRUP																		
SWEETBIRD VANILLA SUGAR FREE SYRUP																		
SWEETBIRD HAZELNUT SUGAR FREE SYRUP																		
SWEETBIRD SALTED CARAMEL SUGAR FREE SYRUP																		

Product Description	Allergens Present																	
	Cereals Containing Gluten				Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
	Wheat Products	Rye Products	Barley Products	Oat Products														
WINES																		
WHITE																		
THE NED, SAUVIGNON BLANC											Y							
JACK RABBIT, PINOT GRIGIO											Y							
JAM SHED, CHARDONNAY						Y	Y	Y			Y							
CATARRATTO, PINOT GRIGIO											Y							
CHARDONNAY, COLDRIDGE ESTATE											Y							
CHARDONNAY, TALINGA PARK											Y							
VINA ARROBA CHARDONNAY (HOUSE WHITE)											Y							
LADERA VERDE, SAUVIGNON BLANC											Y							
PINOT GRIGIO, AMORI											Y							
PINOT GRIGIO, TERRE DI MARIO											Y							
SAUVIGNON BLANC, ESK VALLEY											Y							
SAUVIGNON BLANC, HUDSON LANE											Y							
SAUVIGNON BLANC, LOS ANDES DE PAZ											Y							
RED																		
CAMPO VIEJO, RIOJA											Y							
JAM SHED, SHIRAZ						Y	Y				Y							
STEAKMAKER, MALBEC											Y							
VISTAMAR MATINAL, MERLOT											Y							
VINA ARROBA TEMPRANILLO (HOUSE RED)											Y							
CABERNET SAUVIGNON, LOS ANDES DE PAZ											Y							
CRianza, ARTESA											Y							
LADERA VERDE, MERLOT											Y							
MALBEC, 'CHACABUCO', LOS HOROLDOS											Y							
MALBEC, KALEU											Y							
MALBEC, PABLO Y											Y							
MERLOT, KOLINAS											Y							
RIOJA VEGA, CRIANZA											Y							
SHIRAZ, STONE'S THROW											Y							
SHIRAZ, TALINGA PARK											Y							

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
ROSE																		
DIAMARINE, PROVENCE ROSÉ											Y							
VINO POMONA, ROSATO											Y							
JACK RABBIT, WHITE ZINFANDEL											Y							
VINA ARROBA TEMPRANILLO ROSÉ (HOUSE ROSÉ)											Y							
PIERRE CHAINIER, ROSÉ D'ANJOU											Y							
PINOT GRIGIO ROSÉ, AMORI											Y							
SPARKLING																		
BARON DE VILLEBOERG CHAMPAGNE											Y							
SETTE BELLO, PROSECCO DOC											Y							
PROSECCO FOR ONE											Y							
BAROCCO PROSECCO FOR ONE											Y							
CA' NOMBOLI FRIZZANTE											Y							
PONTE PROSECCO											Y							
PACKAGED WINES BY THE CAN BY NICE - SEE PACKAGING LABEL FOR ALLERGENS																		