

# Whitbread Inns



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 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.

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. **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.

In our kitchens we have two fryers, one for chips and fries only and one for all other deep-fried products (non-chip fryer). Cross-contamination of allergens can occur in the non-chip fryer. If you would like further information on our cooking methods, don't be afraid to ask!

The allergen 'Tree Nuts' refers to the following tree nuts and their by-products: almond, Brazil, cashew, hazelnut, macadamia (Queensland nut), pecan, pistachio and walnut. The column 'Tree Nut source (if present)' will show the specific tree nut.

Our drinks allergy information contains the cocktails and similar drinks only. For soft drinks, spirits, wines, beers etc please consult the packaging or ask a member of staff.

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 WHITBREAD INNS ALLERGY INFORMATION GUIDE

**YES** The allergen is present

**YES** Suitable for ovo-lacto vegetarians/ vegans

**NO** Not suitable for ovo-lacto vegetarians/ vegans



Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
<b>STARTERS</b>																										
<b>CLASSIC PRAWN COCKTAIL</b>	Yes	Yes			Yes	Yes		Yes																	No	No
Malted Brown Bloomer 12 Slices (53457)	Yes	Yes																							Yes	Yes
Paprika Pepper (48048)																									Yes	Yes
Seafood Sauce (54050)					Yes							Yes													No	Yes
Salted Block Butter (10001077)						Yes																			No	Yes
Warm Water Prawn 91-110 (10001283)								Yes																	No	No
Cucumber Half Slice (54220)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Lettuce Cos (54222)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
<b>SOUP OF THE DAY</b>	Yes	Yes																							Yes	Yes
Soup - Mixed Case (10001765, 10001766)																									Yes	Yes
Malted Brown Bloomer 12 Slices (53457)	Yes	Yes																							Yes	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
<b>MOZZARELLA BITES</b>	Yes				Yes	Yes																			No	Yes
Smoky Chili Ketchup (10001725)																									Yes	Yes
Mozzerella In Carrozza (10001882)	Yes				Yes	Yes																			No	Yes
Peashoots (54435)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes
<b>TRASH CAN NACHOS WITH CHICKEN GOUJONS</b>	Yes					Yes																			No	No
Nacho Cheese Sauce (10001897)						Yes																			No	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Limes (54604, 54603)																									No	Yes
Onions Red (54223)																									Yes	Yes
Soured Cream Reduced Fat (51047)						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes
8 Inch Tortilla (54030)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Jalapenos Green Sliced (10001160)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
<b>TRASH CAN NACHOS WITH CHICKEN GOUJONS</b>	Yes					Yes																			No	No
Nacho Cheese Sauce (10001897)						Yes																			No	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Limes (54604, 54603)																									No	Yes
Onions Red (54223)																									Yes	Yes
Soured Cream Reduced Fat (51047)						Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes
8 Inch Tortilla (54030)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Jalapenos Green Sliced (10001160)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes					Yes																			No	No
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes



















Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>BREWERS FAYRE KIDS SPRING MENU</b>																											
<b>STARTERS</b>																											
<b>VEGGIE STICKS</b>							Yes																			No	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Pepper Red Cat II (54226)																										Yes	Yes
<b>BAKED GARLIC &amp; PARSLEY FLATBREAD</b>	Yes						Yes																			No	Yes
Dough Discs (53320)	Yes																									Yes	Yes
Garlic & Pars Butter Blend (48641)							Yes																			No	Yes
<b>TORTILLA CHIPS</b>	Yes						Yes																			No	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
<b>BUILD YOUR OWN MAIN</b>																											
<b>OVEN BAKED FISH BITES &amp; CHIPS</b>	Yes						Yes																			No	No
Chips Skin-On (54547)																										Yes	Yes
<b>POLLOCKS NUGGETS 25G</b>	Yes						Yes																			No	No
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
<b>MAC 'N' CHEESE</b>	Yes						Yes						Yes													No	Yes
KIDS MAC N CHEESE	Yes						Yes						Yes													No	Yes
<b>TEN VEG TOMATO PASTA</b>	Yes											Yes														Yes	Yes
Kids Tomato Pasta	Yes											Yes														Yes	Yes
<b>SAUSAGE AND MASH</b>	Yes						Yes																			No	No
Semi Skimmed Milk (51977)							Yes																			No	Yes
Vegan Gravy (10001769)																										Yes	Yes
Kids Sausage (52927)	Yes																									No	No
Mash Potato (51094)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes

Whitbread Inns Kids Spring Menu 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
<b>VEGGIE SAUSAGE AND MASH</b>	Yes		Yes			Yes	Yes																		No	Yes
Semi Skimmed Milk (51977)							Yes																		No	Yes
Vegan Gravy (10001769)																									Yes	Yes
Mash Potato (51094)							Yes																		No	Yes
Quorn Cumberland Sausage (52581)	Yes		Yes			Yes	Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes
<b>VEGGIE BURGER AND CHIPS</b>	Yes				Yes	Yes																			No	Yes
KIDS VEGAN BEET BURGER					Yes																				Yes	Yes
Burger Buns Kids (54107)	Yes					Yes																			No	Yes
Lettuce Cos (54222)																									Yes	Yes
Chips Skin-On (54547)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes
<b>BEEF BURGER AND CHIPS</b>	Yes					Yes																			No	No
4oz Steak Burger (53533)																									No	No
Burger Buns Kids (54107)	Yes					Yes																			No	Yes
Lettuce Cos (54222)																									Yes	Yes
Chips Skin-On (54547)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																									Yes	Yes
<b>MARGHERITA PIZZA</b>	Yes						Yes					Yes													No	Yes
Tomato Sauce Childrens Menu											Yes														Yes	Yes
Dough Discs (53320)	Yes																								Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>BUILD YOUR OWN WRAPS</b>	Yes		Yes		Yes						Yes														No	Yes	
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt 150G (53510)							Yes																			No	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red Cat II (54226)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
<b>ADD VEG CHILLI</b>			Yes		Yes						Yes															Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes						Yes															Yes	Yes
<b>ADD CHICKEN</b>																										No	No
Chicken Breast (52286)																										No	No
<b>OVEN BAKED POPPIN' CHICKEN AND CHIPS</b>	Yes					Yes																				No	No
Mini Chicken Chunks (52926)	Yes					Yes																				No	No
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
<b>CHOOSE YOUR SIDES</b>																											
<b>GARDEN PEAS</b>																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
<b>BAKED BEANS</b>																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
<b>MINI CORN ON COB</b>																										Yes	Yes
Corn On Cob Bites (53717)																										Yes	Yes
<b>VEGGIE STICKS</b>																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes
Pepper Red Cat II (54226)																										Yes	Yes
<b>MIXED VEGETABLES</b>																										Yes	Yes
Diced Mixed Vegetables																										Yes	Yes

Whitbread Inns Kids Spring Menu 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut- Almond Products	Contains Treenut- Hazelnut Products	Contains Treenut- Walnut Products	Contains Treenut- Cashew Products	Contains Treenut- Pecan Products	Contains Treenut- Brazil Products	Contains Treenut- Pistachio Products	Contains Treenut- Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>SWAP YOU SPUDS</b>																											
<b>MINI JACKET POTATO</b>																										<b>Yes</b>	<b>Yes</b>
Potato mid (54227, 54255)																										<b>Yes</b>	<b>Yes</b>
<b>MASHED POTATO</b>																										<b>No</b>	<b>Yes</b>
Semi Skimmed Milk (51977)							<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Mash Potato (51094)							<b>Yes</b>																			<b>No</b>	<b>Yes</b>
<b>CHIPS</b>																										<b>Yes</b>	<b>Yes</b>
Chips Skin-On (54547)																										<b>Yes</b>	<b>Yes</b>
Rapeseed Oil 100 Abv 2X10L (10001288)																										<b>Yes</b>	<b>Yes</b>
<b>DESSERTS</b>																											
<b>ICE CREAM</b>	<b>Yes</b>				<b>Yes</b>	<b>Yes</b>																				<b>No</b>	<b>Yes</b>
Chocstix (54617)					<b>Yes</b>	<b>Yes</b>																				<b>No</b>	<b>Yes</b>
Pompadour Fan Wafer (42756)	<b>Yes</b>				<b>Yes</b>	<b>Yes</b>																				<b>No</b>	<b>Yes</b>
Kids Reduced Sugar Ice Cream						<b>Yes</b>																				<b>No</b>	<b>Yes</b>
<b>FRUIT SALAD</b>																										<b>Yes</b>	<b>Yes</b>
Del Monte Fresh fruit (52205)																										<b>Yes</b>	<b>Yes</b>
<b>STRAWBERRY FROZEN YOGHURT</b>								<b>Yes</b>																		<b>No</b>	<b>Yes</b>
Frozen Strawberry Yogurt (54577)								<b>Yes</b>																		<b>No</b>	<b>Yes</b>
Pompadour Fan Wafer (42756)	<b>Yes</b>				<b>Yes</b>	<b>Yes</b>																				<b>No</b>	<b>Yes</b>
<b>ETON MESS SUNDAE</b>						<b>Yes</b>	<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Dairy Aerosal Cream (52672)							<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Frozen Strawberry Yogurt (54577)							<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Meringue Nests (54613)						<b>Yes</b>																				<b>No</b>	<b>Yes</b>
Strawberries (10001864)																										<b>Yes</b>	<b>Yes</b>
<b>PANCAKE</b>	<b>Yes</b>					<b>Yes</b>	<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Bananas (10001862)																										<b>Yes</b>	<b>Yes</b>
Chocolate Sauce (54286)																										<b>Yes</b>	<b>Yes</b>
Dairy Aerosal Cream (52672)																										<b>No</b>	<b>Yes</b>
Reduced Sugar Pancake (10000656)	<b>Yes</b>					<b>Yes</b>	<b>Yes</b>																			<b>No</b>	<b>Yes</b>
<b>CHOCOLATE BROWNIE</b>	<b>Yes</b>					<b>Yes</b>	<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Value Brownie New (10001825)	<b>Yes</b>					<b>Yes</b>	<b>Yes</b>																			<b>No</b>	<b>Yes</b>
Kids Reduced Sugar Ice Cream							<b>Yes</b>																			<b>No</b>	<b>Yes</b>

Whitbread Inns Kids Spring Menu 2020 Allergy

Ingredient/Dish Name	Contains Wheat gluten products	Contains Rye gluten products	Contains Barley gluten products	Contains Oat gluten products	Contains Soya Products	Contains Egg Products	Contains Milk Products	Contains Fish Products	Contains Crustacean Products	Contains Mollusc Products	Contains Sesame Products	Contains Celery Products	Contains Mustard Products	Contains Peanut Products	Contains Lupin Products	Contains Sulphite Products	Contains Treenut-Almond Products	Contains Treenut-Hazelnut Products	Contains Treenut-Walnut Products	Contains Treenut-Cashew Products	Contains Treenut-Pecan Products	Contains Treenut-Brazil Products	Contains Treenut-Pistachio Products	Contains Treenut-Macadamia Products	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>SUNDAY LUNCH</b>																											
<b>BEEF</b>	Yes					Yes	Yes					Yes														No	No
Beef Topside Joint (53229)																										No	No
Gravy (52858)												Yes														No	No
Peas Grade A (53692)																										Yes	Yes
Roast Potatoes (10001838)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
<b>CHICKEN</b>	Yes					Yes	Yes					Yes														No	No
Chicken Breast Fillets (52693)																										No	No
Gravy (52858)												Yes														No	No
Peas Grade A (53692)																										Yes	Yes
Roast Potatoes (10001838)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Sage & Onion Stuffing Mix (48266)	Yes																									Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
<b>PORK</b>	Yes					Yes	Yes					Yes				Yes										No	No
Apple Sauce (53583)																Yes										Yes	Yes
Gravy (52858)												Yes														No	No
Peas Grade A (53692)																										Yes	Yes
Pork Loin Joint (50367)																										No	No
Roast Potatoes (10001838)																										Yes	Yes
Roast Potatoes (10001838)																										Yes	Yes
Root Veg Mash (54584)							Yes																			No	Yes
Rustic Yorkshire 3 Inch Gastro (10000053)	Yes					Yes	Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10001288)																										Yes	Yes



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
WHITBREAD INNS GRILL MENU								
STARTERS								
Soup of the Day	1307	312	8.3	2.6	46.5	4.2	9.5	1.5
Prawn Cocktail	1769	423	17.9	4.2	40.0	13.5	23.3	2.2
Buttermilk & Rosemary Chicken Goujons	1702	406	20.0	2.4	33.8	8.6	22.3	1.8
Potato Dippers	1683	402	22.5	8.7	34.4	2.5	15.5	1.0
Sharing Platter	7277	1738	93.3	23.9	167.8	18.3	49.2	6.1
Mozzarella Bites	1832	438	24.3	11.7	42.1	10.4	10.0	1.7
Garlic Flatbread with Cheese	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
Chicken Wings	1899	453	22.6	5.3	17.5	11.5	44.8	1.9
Garlic & Herb Breaded Mushrooms	1443	345	16.9	1.4	38.0	8.7	6.6	1.0
Cauliflower Bites	1292	309	12.2	1.4	44.4	15.6	4.2	2.0
Trash Can Nachos	3385	808	49.1	16.0	64.0	8.6	26.1	3.2
Add chicken goujons	774	185	10.0	1.2	12.5	0.5	11.1	0.7
CLASSICS								
Smothered Chicken	3845	918	38.7	10.8	82.4	14.8	55.7	4.9
Double chicken cheese & bbq sauce	5063	1209	48.8	16.3	92.0	23.0	96.0	6.8
BBQ Mac 'n' Cheese Smothered Chicken	4411	1054	44.9	15.3	95.8	15.2	61.5	5.6
Double chicken Mac n cheese smothered chicken	5629	1344	54.9	20.8	105.3	23.4	101.7	7.5
Ultimate Filled Yorkshire Sausage & Mash	5017	1198	49.4	16.3	126.1	12.6	53.7	4.1
Veggie Sausage & mash	4602	1099	37.1	9.3	132.1	12.6	47.2	4.0
7oz* Chargrilled Gammon & chips only	2730	652	22.0	5.3	58.4	4.3	50.9	4.2
Add 2 eggs	904	216	17.0	3.6	0.1	0.1	15.9	0.0
Add 2 pineapple	322	77	0.0	0.0	21.8	21.2	0.2	0.0
Add one of each	613	146	8.5	1.8	11.0	10.7	8.1	0.0
Chicken Tikka Curry	3444	823	25.8	4.8	104.8	22.7	39.6	4.6
Mac 'N' Cheese	3781	903	43.5	25.9	86.8	6.4	36.7	4.1
Beef & Doom Bar Pie	4607	1100	58.9	33.0	104.9	5.9	32.4	3.1
Chicken Forestière	2694	643	30.4	12.8	41.4	4.4	47.5	3.6
Mozzarella Stuffed Chicken with Bacon only	2219	530	23.3	8.6	11.9	7.4	66.6	2.2
Add roasted potatoes	1085	259	7.3	2.8	43.0	2.6	4.0	0.1
Add Chips	1518	363	13.8	2.1	51.9	0.7	5.1	1.3
Grilled Chicken & Bacon Caesar Salad	1966	470	27.0	6.7	8.2	4.1	47.2	3.0
Chilli Non-Carne	1964	469	5.9	0.9	81.1	20.0	17.9	2.5
Fake & Ale Pie	3151	753	35.7	12.0	86.9	13.9	16.4	2.4
Luxury Lasagne	3992	954	49.7	21.4	73.3	15.1	51.7	3.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>FISH</b>								
Beer-Battered Haddock & Chips	4602	1099	56.5	12.4	93.4	7.2	49.5	4.6
Breaded Wholetail Scampi	3883	927	43.7	4.6	102.7	5.6	25.5	3.8
Baked Salmon only	1794	428	25.9	6.6	7.8	5.1	40.3	0.9
Add Chips	1518	363	13.8	2.1	51.9	0.7	5.1	1.3
Add Roasties	1085	259	7.3	2.8	43.0	2.6	4.0	0.1
<b>SIDE</b>								
Beer Battered Onion Rings	879	210	11.2	0.9	23.5	3.2	2.8	0.5
Bowl of Chips	1518	363	13.8	2.1	51.9	0.7	5.1	1.3
Mixed Side Salad	231	55	2.2	0.2	5.9	5.0	2.1	0.1
Sweet Potato Fries	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
Garlic Flatbread with Cheese	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
Medley of Green Vegetables	470	112	5.2	3.2	7.2	4.2	6.9	0.4
Mac 'N' Cheese	1272	304	14.9	10.6	26.9	0.9	14.0	1.6
Seaside Spuds	1814	433	32.3	2.4	31.1	1.3	3.7	0.9
Dirty Fries	2233	533	23.4	7.6	62.2	8.5	15.9	2.4
<b>BURGERS</b>								
Mac & Cheese Burger	5581	1333	62.7	22.6	123.7	22.3	62.8	5.0
Smothered Chicken Burger	3887	929	39.2	5.0	110.3	11.2	28.9	4.2
The Big Stack	5741	1371	77.0	26.2	103.9	16.8	61.0	4.6
The South Western	3887	929	39.2	5.0	110.3	11.2	28.9	4.2
Vegan Sloppy Joe Burger	4625	1105	53.0	10.4	112.7	18.2	37.4	3.6
Classic Cheeseburger	4791	1144	60.7	18.3	99.5	13.0	44.7	3.7
Add cheese & bacon	960	229	18.0	10.0	0.3	0.1	16.6	1.7
Add an extra beef burger	1788	427	30.5	13.9	0.1	0.1	38.1	0.4
Add an extra chicken burger	3949	943	63.0	25.3	12.6	0.3	81.8	1.6

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>THE GREAT BREWERS GRILL</b>								
Tandoori Mixed Grill	5690	1359	68.1	16.7	94.5	21.4	86.6	7.3
Tandoori extras	1606	384	13.7	2.2	53.6	8.8	9.5	1.7
Ultimate BBQ Platter	6902	1649	81.5	25.3	127.9	25.5	93.9	6.9
Chicken and Half Rack of Ribs	4347	1038	44.9	11.1	82.0	24.6	71.8	4.5
Add half rack	1689	403	21.4	7.8	20.8	16.2	31.6	1.5
8oz Sirloin	3651	872	36.6	9.7	75.6	7.8	55.3	2.1
8oz Rump Steak	3598	859	34.6	8.7	75.5	8.0	59.1	2.4
Mixed Grill	5372	1283	61.3	16.2	73.8	8.4	104.8	4.9
Upgrade to 8oz* rump	628	150	6.4	2.9	0.1	0.2	24.3	0.4
<b>Sauces</b>								
Peppercorn	88	21	0.5	0.3	2.9	1.6	1.1	0.5
Diane Sauce	305	73	5.9	3.2	3.2	1.1	1.6	0.5
<b>SOMETHING SWEET?</b>								
Profiterole Sundae	2181	521	27.5	16.7	54.8	42.5	9.2	0.4
Eton Mess Sundae	1059	253	7.7	5.1	38.0	34.6	6.2	0.2
Cadbury® Nibbles Ice Cream Sundae	2835	677	60.8	13.0	76.8	63.9	8.4	0.5
Baked Cookie Smores	2624	627	24.8	12.4	90.4	68.3	7.9	1.0
Triples Chocolate Brownie	2682	641	22.8	13.0	95.6	74.6	8.8	0.4
Belgian Waffle	1958	468	20.3	9.7	62.2	35.4	7.2	0.9
Caramel Apple Betty	1711	409	14.9	6.5	60.7	37.2	6.5	0.3
Meringue Kisses	2166	517	32.2	20.2	52.6	50.8	4.0	0.2
Indulgent Chocolate Torte	1969	470	26.7	19.1	52.0	34.0	4.3	0.5
Sticky Toffee Pudding	3013	720	37.4	17.0	86.3	62.6	7.6	0.5
Chocolate & Hazelnut Dome	2163	517	35.9	20.0	41.7	39.0	5.2	0.2
Vanilla Ice Cream	774	185	5.8	3.7	26.9	25.1	4.0	0.2
Mini Profiteroles	774	185	13.3	7.4	13.4	7.1	2.7	0.1
Mini Brownie	1091	261	10.0	5.6	37.7	29.7	3.3	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>DAYTIME DEALS</b>								
<b>MAINS</b>								
Smothered Chicken	3845	918	38.7	10.8	82.4	14.8	55.7	4.9
Add extra chicken	1218	291	10.1	5.4	9.6	8.2	40.2	1.9
Beef & Pork Lasagne	2433	581	25.8	12.1	55.2	17.3	29.7	3.3
Fish & Chips	3960	946	46.5	4.9	84.5	6.1	42.4	4.7
Haddock & chips	4602	1099	56.5	12.4	93.4	7.2	49.5	4.6
The South Western Burger	3887	929	39.2	5.0	110.3	11.2	28.9	4.2
Sausage, Egg & Chips	4056	969	53.2	13.7	67.1	5.8	50.2	2.9
Veggie sausage egg & chips	3593	858	40.8	6.8	71.0	5.3	43.3	2.8
4oz* Beef, Cheese & Mushroom Burger	3979	950	44.4	14.3	96.0	10.6	36.9	3.2
Chicken Tikka Curry	3444	823	25.8	4.8	104.8	22.7	39.6	4.6
7oz* Chargrilled Gammon & chips only	2730	652	22.0	5.3	58.4	4.3	50.9	4.2
Add 2 eggs	904	216	17.0	3.6	0.1	0.1	15.9	0.0
Add 2 pineapple	322	77	0.0	0.0	21.8	21.2	0.2	0.0
Add one of each	613	146	8.5	1.8	11.0	10.7	8.1	0.0
Breaded Wholetail Scampi	3724	889	43.5	4.5	96.2	6.9	23.2	2.9
Chilli Non-Carne	1898	453	5.8	0.8	78.6	18.0	17.0	2.4
<b>STARTERS</b>								
Garlic & Herb Breaded Mushrooms	1443	345	16.9	1.4	38.0	8.7	6.6	1.0
Crispy Potato Dippers with Cheese & Bacon	1683	402	22.5	8.7	34.4	2.5	15.5	1.0
Tomato Soup	1129	270	8.9	4.4	37.5	8.9	7.6	1.5
Garlic Flatbread with Cheese	1631	390	24.2	9.6	31.2	1.7	11.1	0.8
Buttermilk Chicken Goujons	1315	314	15.0	1.8	27.6	8.3	16.8	1.4
<b>PUDDINGS</b>								
Warm Chocolate Brownie	2682	641	22.8	13.0	95.6	74.6	8.8	0.4
Caramel Apple Betty	1711	409	14.9	6.5	60.7	37.2	6.5	0.3
Ice Cream	774	185	5.8	3.7	26.9	25.1	4.0	0.2
Belgian Waffle	1958	468	20.3	9.7	62.2	35.4	7.2	0.9

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>KIDS MENU</b>								
<b>Starters</b>								
Garlic Flatbread	853	204	4.8	1.4	33.3	2.3	6.2	0.7
Tortilla Chips	943	225	9.4	1.6	28.9	3.5	5.4	0.5
Veggie Sticks	105	25	0.2	0.0	3.9	3.7	1.6	0.0
<b>Mains</b>								
Poppin Chicken and Chips	1163	278	12.2	1.9	28.7	0.3	12.2	0.9
Tomato Pasta	1078	258	5.3	1.0	44.7	7.9	7.6	0.6
Veg Burger and chips	1197	286	7.8	1.7	44.3	1.7	7.0	0.7
Build your Wrap	928	222	6.7	3.3	29.2	5.4	9.8	0.8
Add Veg Chilli	448	107	1.6	0.2	15.0	7.9	6.0	0.8
Add Chicken	324	77	1.2	0.3	0.1	0.2	16.4	0.6
Fish Bites and Chips	1798	430	18.7	1.8	45.3	1.9	18.8	1.3
Beef Burger and Chips	2091	499	23.1	8.6	44.3	1.7	26.0	0.9
Sausage and Mash	1441	344	19.8	7.5	23.9	4.4	16.4	1.6
Veggie Sausage & Mash	1236	295	11.4	3.0	28.6	2.4	15.7	1.9
Mac 'n' Cheese	1130	270	7.3	4.0	38.8	3.5	10.4	0.7
Margherita Pizza	1990	475	12.7	5.3	69.3	5.9	20.1	2.0
<b>Sides</b>								
Mini Corn on The Cob	165	39	0.9	0.2	6.2	3.9	1.2	0.0
Baked Beans	174	41	0.1	0.0	6.7	2.7	2.5	0.3
Peas	197	47	0.4	0.1	6.3	3.3	3.1	0.0
Veggie Sticks	89	21	0.2	0.0	3.8	3.6	0.6	0.0
Mixed vegetables	245	58	0.8	0.2	9.1	3.0	2.6	0.0
<b>Swap Sides</b>								
Chips	569	136	5.2	0.8	19.5	0.3	1.9	0.5
Mashed Potato	461	110	3.8	2.3	15.7	1.0	2.4	0.5
Mini Jacket Potatoes	648	155	0.3	0.2	32.6	3.7	4.1	0.1
<b>Puddings</b>								
Eton Mess Sundae	395	94	3.2	2.2	14.0	12.6	2.1	0.1
Ice Cream	756	181	6.3	3.8	23.7	17.2	5.5	0.2
Strawberry Frozen Yoghurt	397	95	0.8	0.3	19.2	12.2	2.6	0.1
Fruity Salad	209	50	0.1	0.0	10.8	10.8	0.6	0.0
Pancakes with banana and chocolate sauce	1138	272	6.2	2.6	48.5	28.8	4.3	0.4
Chocolate brownie	1219	291	13.8	3.1	35.1	32.5	5.0	0.2