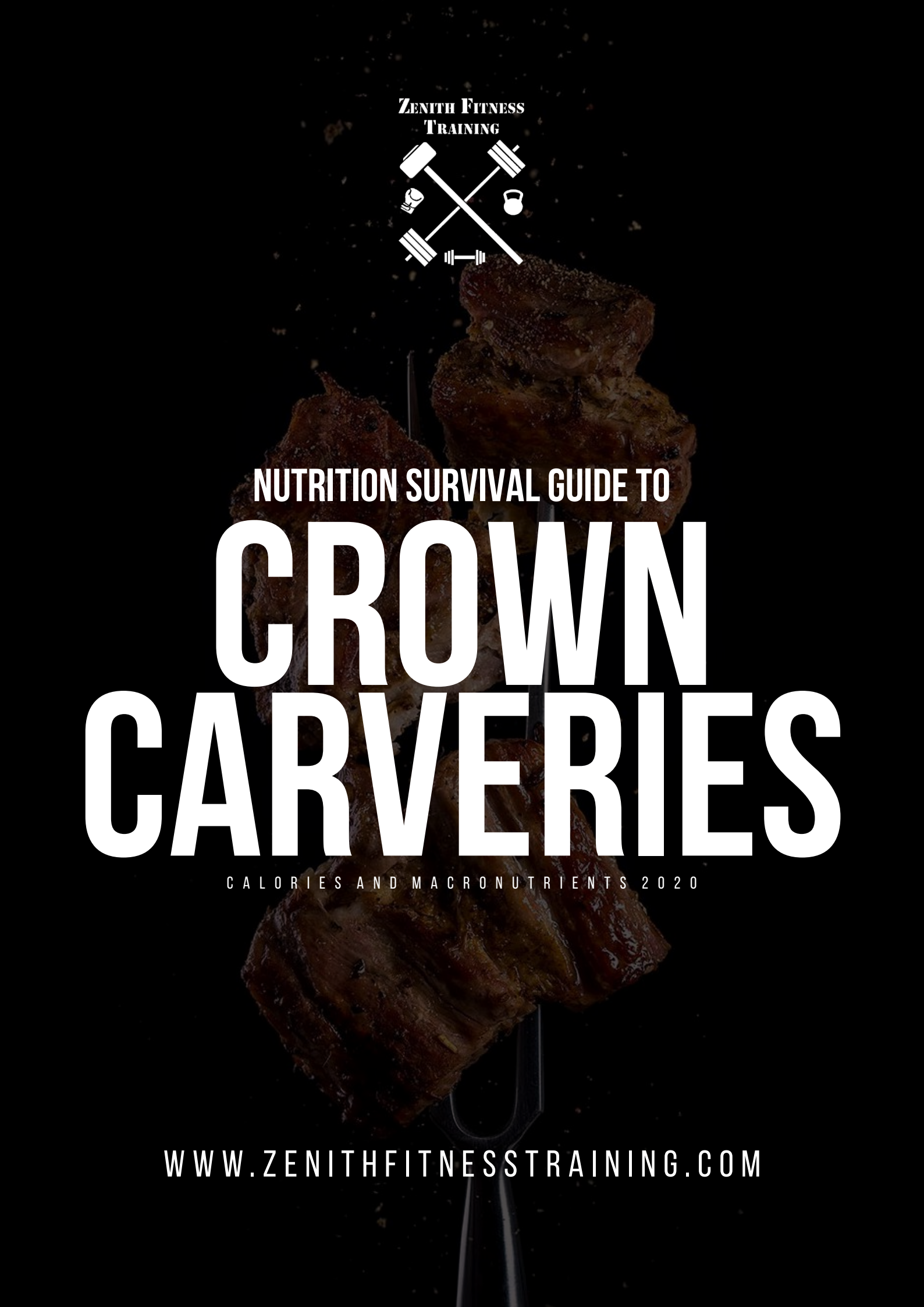
Zenith Fitness Training



NUTRITION SURVIVAL GUIDE TO

CROWN CARVERIES

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon (One rasher)	68	7.2	0.3	-	0	4.4	1.38
Baked Beans (100g)	91	4.5	12.8	-	6.8	1.4	0.7
Chips(100g)	268	2.6	35	-	0.4	13.1	0.44
HP Sauce(100g)	119	0.9	28.3	-	23.1	0.1	1.3
Tomato kethup (100g)	99	1.2	23.2	-	22.8	0.1	1.8
Fried bread (1 slice)	324	5.5	28.3	-	1.9	20.6	0.9
Fried Egg (1 egg)	117	8.8	0	-	0	9	0.26
Scrambled Egg (100g)	162	9.8	1.4	-	0.3	13	0.88
Hash Brown (*1)	76	1.1	10.2	-	0.5	3.3	0.23
Plum Tomotoes (100g)	18	1	3	-	3	0	0
Sausage (*1)	220	9.2	8.6	-	1.4	16.6	1.96
Quorn Sausage (*1)	65	6	5	-	0.5	1.9	1.15

EXTRAS

Add bacon	68	7.2	0.3	-	0	4.4	1.38
Add egg	117	8.8	0	-	0	9	0.26
Add sausage	220	9.2	8.6	-	1.4	16.6	1.96
Extra mashroom	131	2.7	0.7	-	0.4	12.8	0.22

CEREAL

Kelloggs Coco Pops (35g)	135	1.8	29.8	-	12.3	0.9	0.26
Kelloggs Coco Pops with 300ml semi Skimmed Milk	282	12	44.8	-	27.3	6	0.26
Kelloggs Corn Flakes (24g)	91	1.7	20.2	-	1.9	0.2	0.31
Kelloggs Corn Flakes with 300ml semi Skimmed Milk	237	11.9	35.2	-	16.9	5.3	0.31
Kelloggs Muesli Luxury (50g)	190	4.5	29.5	-	9.5	5	0
Kelloggs Muesli Luxury with semi skimmed milk	337	14.7	44.5	-	24.5	10.1	0
Kelloggs Rice Krispies (22g)	84	1.3	19.1	-	2.2	0.4	0.41
Kelloggs Rice Krispies with 300ml semi skimmed milk	231	11.5	34.1	-	17.2	5.5	0.41
Porridge	70	2.2	12.6	-	4.5	1	0.08
Wholemeal Toast (1 Slice)	157	6.7	27.1	-	2.3	1.6	1
White Toast (1 slice)	174	5.6	33.5	-	2.9	1.5	1
Butter (2 x 7g packs)	103	0.1	0.1	-	0.1	11.4	0
Marmalade (6g serve)	15	0	3.7	-	3.7	0	0
Raspberry Jam (6g serve)	14	0	3.5	-	3.1	0	0
Strawberry Jam (6g serve)	14	0	3.5	-	3.1	0	0
American Style Pancakes	204	4.1	35.8	-	23.8	5	0.44
Waffle	451	5.1	61.6	-	34.6	20.1	1.05

STARTERS

Bowl of Cheesy Chips	534	11.8	54.5	-	0.7	29.9	1.25
Bowl of Chips	423	4.4	55.2	-	0.8	20.5	0.78
Bowl of Roasties	353	7.8	67	-	2.7	5.9	2.11
Cheesy Garlic Bread	415	16.6	29.7	-	2	25.1	1.73
Chips With Curry Sauce	423	4.4	55.2	-	0.8	20.5	0.78
Country Vegetable Soup	247	7.4	33.2	-	6.8	8.1	2.06
Garlic Bread	249	5.7	29.3	-	1.9	11.6	0.93
Hunters Gammon & Cheese Melt	500	28.2	35.5	-	14.7	26.9	3.66

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Garlic Bread	249	5.7	29.3	-	1.9	11.6	0.93
Hunters Gammon & Cheese Melt	500	28.2	35.5	-	14.7	26.9	3.66
Nachos	720	19.8	49.6	-	4.2	48.1	3.17
Prawns in Garlic Butter	358	11.9	21.5	-	1.2	24.6	1.33
Sharing Nachos	1,307	32.2	98.2	-	8	85.1	5.6
Side Salad	20	1	2.6	-	2.5	0.3	0.02
Southern Fried Chicken	420	25.5	34	-	13.5	20.2	1.98
Spicy Chicken Wings 16	610	60.7	3.9	-	2.9	39.1	1.13
With BBQ(16)	184	1.7	43.2	-	36	0.4	1.28
With Piri Piri(16)	61	0.8	5.5	-	3.5	3.9	3.42
Spicy Chicken Wings 8	304	30.3	1.9	-	1.4	19.5	0.56
Add BBQ Sauce	92	0.8	21.6	-	18	0.2	0.64
Add Piri Piri Sauce	30	0.4	2.8	-	1.8	2	1.71
Triple Garlic Bread Sharer	933	39.3	73.5	-	14.7	52.7	5.17
BBQ Ribs	340	27.8	28.7	-	22.9	12.6	1.35
Beer Battered Mushrooms	495	9.1	38.4	-	2.3	33.7	3.39
Beer Battered Onion Bites	644	6.3	42.6	-	4.9	50.6	1.13
Mac & Cheese Balls	864	16.6	70.8	-	7.6	56.3	3.25
Sharing Platter	2,269	89.1	131.7	-	18.4	154.1	7.61

PUB CLASSICS

British Pork Sausages	637	26.5	25	-	4.1	48.1	5.66
Gammon & Eggs	441	53.9	0	-	0	25	4.23
Hand Battered Fish	488	33	18.5	-	0.5	31.5	0.38
BBQ Glazed Ribs	512	53.5	19.1	-	13.7	24.7	1.55
Chicken & Ribs Combo	757	87	6.8	-	4.6	42.4	1.74
Half Roast Chicken	513	60.4	0	-	0	30.1	1.04
Steak & Ale Pie	580	17.8	58.8	-	4.3	30	1.66

CARVERY DECK

Roast Beef - Adult	419	46.4	0	-	0	25.8	1.19
Roast Beef - Kids	209	23.2	0	-	0	12.9	0.6
Glazed Gammon - Adult	337	52.4	1.7	-	0	14.1	4.99
Glazed Gammon - Kids	168	26.2	0.9	-	0	7.1	2.5
Turkey - Adult	286	56.4	0.2	-	0.2	6.6	0.68
Turkey - Kids	143	28.2	0.1	-	0.1	3.3	0.34
Roast pork - Adult	451	66.1	1.7	-	0	20.7	0.17
Roast pork - Kids	451	33.1	0.9	-	0	10.4	0.09
Sausages (per sausage)	210	8.7	8.2	-	1.4	15.8	1.86

CARVERY ACCOMPANIMENTS

Yorkshire puddings - standard	50	2.3	1.2	-	4.7	41.3	3.14
Yorkshire puddings - king size	20	0.9	0.5	-	1.9	16.5	1.25

1-200 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Roast potato (100g)	91	4.5	12.8	-	6.8	1.4	0.7
Roast potato (40g)	36	1.8	5.1	-	2.7	0.6	0.28
Mash potato (100g)	95	6.1	15.8	-	4.5	0	0.5
Mash potato (40g)	38	2.4	6.3	-	1.8	0	0.2
Chips (100g)	47	0.7	5.8	-	5.4	1.7	0.02
Chips (40g)	19	0.3	2.3	-	2.2	0.7	0.01
Stuffing (100g)	41	0.7	4.9	-	4.8	1.5	0.05
Stuffing (40g)	16	0.3	2	-	1.9	0.6	0.02
Cauliflower cheese (100g)	42	1.8	7.3	-	2.1	1.3	0.02
Cauliflower cheese (40g)	17	0.7	2.9	-	0.8	0.5	0.01
Baked beans (100g)	40	1.5	3.1	-	2.7	2	0.33
Baked beans (40g)	16	0.6	1.2	-	1.1	0.8	0.13
Mushy peas (100g)	83	5.6	8.4	-	2.5	2.1	0.02
Mushy peas (40g)	33	2.2	3.4	-	1	0.8	0.01
Carrots (100g)	180	1.4	14.6	-	5.5	11.9	0.28
Carrots (40g)	72	0.6	5.8	-	2.2	4.8	0.11
Swede (100g)	124	4.2	20.3	-	2.2	3.4	0.02
Swede (40g)	50	1.7	8.1	-	0.9	1.4	0.01
Green beans (100g)	33	1.5	7.2	-	4.6	0.2	0.19
Green beans (40g)	13	0.6	2.9	-	1.8	0.1	0.08
Cabbage (100g)	54	3.4	6.7	-	2.4	2.5	0.02
Cabbage (40g)	22	1.4	2.7	-	0.9	1	0.01
Peas (100g)	83	5.6	8.4	-	2.5	2.1	0.02
Peas (40g)	33	2.2	3.4	-	1	0.8	0.01
Parsnips (baked) (100g)	180	1.4	14.6	-	5.5	11.9	0.28
Parsnips (baked) (40g)	72	0.6	5.8	-	2.2	4.8	0.11
Sweetcorn (100g)	124	4.2	20.3	-	2.2	3.4	0.02
Sweetcorn (40g)	50	1.7	8.1	-	0.9	1.4	0.01
Onions with Gravy (100g)	33	1.5	7.2	-	4.6	0.2	0.19
Onions with Gravy (40g)	13	0.6	2.9	-	1.8	0.1	0.08
Sprouts (100g)	54	3.4	6.7	-	2.4	2.5	0.02
Sprouts (40g)	22	1.4	2.7	-	0.9	1	0.01
Leeks (100g)	36	1.5	2.7	-	0.3	2	0.03
Leeks (40g)	15	0.6	1.1	-	0.1	0.8	0.01
Romano Beans (100g)	44	1.8	7.2	-	2	1.6	0.03
Romano Beans (40g)	17	0.7	2.9	-	0.8	0.6	0.01

GRAVY AND SAUCE DECK

Apple Sauce 100g	77	0.2	19	-	14	0	2.5
Apple Sauce 15g	12	0	2.9	-	2.1	0	0.38
Cranberry Sauce 100g	210	0	52.5	-	51	0	0.04
Cranberry Sauce 15g	32	0	7.9	-	7.7	0	0.01
Curry Sauce 100g	11	0.5	1.4	-	0.3	0.3	0.14
English Mustard 100g	210	6.5	23.6	-	12.3	10	8.75
English Mustard 15g	32	1	3.5	-	1.8	1.5	1.31
100ml Beef and Onion Gravy	20	0.5	4.1	-	0.2	0.2	0.98
100ml Roasted Onion Veggie Gravy	22	2.4	4.9	-	1.1	0.2	0.83
Horseradish Sauce 100g	175	1.3	21.6	-	17.9	9.3	1.25
Horseradish Sauce 15g	26	0.2	3.2	-	2.7	1.4	0.19
Mint Sauce 100g	74	1.2	16.5	-	14.1	0.2	1.75

1-200 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mint Sauce 15g	11	0.2	2.5	-	2.1	0	0.26
Wholegrain Mustard 100g	162	8.1	12.7	-	5.3	0	3.5
Wholegrain Mustard 15g	24	1.2	1.9	-	0.8	1.3	0.53

SANDWICHES

Beef & Horseradish							
Beef & Horseradish on baguette with house roast potatoes	904	40.9	114.8	-	7.3	30.6	4.39
Beef & Horseradish on white with house roast potatoes	936	40.1	116.1	-	11.3	33.9	3.53
Beef & Horseradish on brown with house roast potatoes	903	42.2	103.3	-	10.1	34	3.53
Cheese & Pickle (V)							
Cheese & Pickle on baguette with house roast potatoes	898	40.6	110.3	-	7.1	32.3	3.69
Cheese & Pickle on white with house roast potatoes	963	32.4	120.2	-	15	38.4	5.03
Cheese & Pickle on brown with house roast potatoes	930	34.5	107.4	-	13.8	38.5	5.03
Gammon & English Mustard							
Gammon & Mustard on baguette with house roasties	864	44.5	111.5	-	6	26.5	7.09
Gammon & Mustard on white with house roasties	902	44	117.3	-	10.2	28.1	6.93
Gammon & Mustard on brown with house roasties	869	46.1	104.5	-	9	28.2	6.93
Pork with Stuffing & Apple Sauce							
Pork with Stuffing & Apple Sauce on baguette with house roasties	926	51	116.9	-	6.6	28.1	3.74
Pork with Stuffing & Apple Sauce on white with house roasties	964	50.5	122.7	-	10.8	29.7	3.58
Pork with Stuffing & Apple Sauce on brown with house roasties	931	52.6	109.9	-	9.6	29.8	3.58
Turkey, Cranberry & Stuffing							
Turkey, Stuffing & Cranberry on baguette with house roasties	827	46.1	112.3	-	3.9	21	3.49
Turkey, Stuffing & Cranberry on white with house roasties	865	45.6	118.1	-	8.1	22.6	3.33
Turkey, Stuffing & Cranberry on brown with house roasties	832	47.7	105.3	-	6.9	22.7	3.33
Wrap Southern Fried Chicken	819	28	92.2	-	5.4	35.9	1.68

SANDWICHES & SALADS

BBQ Ribs Main & Salad	672	58.4	39.5	-	19.8	30.3	1.96
Carvery Meat & Salad (MW)	-	-	-	-	-	-	-
Carvery Meat & Salad (SUN)	-	-	-	-	-	-	-
Half Roast Chicken & Salad	673	65.2	20.5	-	6.2	35.7	1.45
Tomato & Mozzarella Pizza Pie & Salad	647	15	53.6	-	12.3	39.9	4.57

VEGETARIAN DISHES

Macaroni Cheese	823	34.6	82.6	-	12.1	38.6	3.93
- With Chocolate Buttons Topping	913	35.9	92.2	-	21.6	43.8	3.97
- With Flake Topping	867	35.3	87.2	-	16.7	40.2	3.95
- With Hundreds & Thousands Topping	883	34.6	97.2	-	25.9	38.8	3.97
- With M&M Chocolate Topping	968	36	103.2	-	32	44.8	3.93
- With Mini Marshmallows Topping	870	35.2	93.7	-	22	38.6	3.93
- With Mini Oreo Topping	942	35.9	99.7	-	21.5	43.6	4.16
- With Mini Rolo Topping	971	36.3	102.2	-	31.3	45.5	4.01
- With Caramel Flavour Crunch Topping	878	34.6	96.5	-	26	38.6	3.93
- With Apple & Blackberry Pie Pudding	1195	40.9	136.9	-	37	52.4	4.3
- With Banana Split	1789	47.2	210.8	-	130.2	81.3	4.84
- With Bottomless Ice Cream	1006	39.6	106.4	-	35.9	46.1	4.09
- With Bread & Butter Pudding	1348	44.3	163.5	-	69.6	56.3	4.66

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CROWN CHILDRENS MENU - MAIN

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Child Chicken Nuggets	258	29.2	10.3	-	0.8	11.1	1.12
Child Mac N Cheese	329	15.4	31.5	-	5.5	15.4	1.66
Extra Grated Cheese	119	7.8	0.3	-	0.1	9.6	0.57
Hand Battered Fish	488	33	18.5	-	0.5	31.5	0.38
Half Roast Chicken	513	60.4	0	-	0	30.1	1.04

CHOOSE YOUR POTATO

Roasties (per 100g)	172	3.8	32.7	-	1.3	2.9	1.03
Mash (per 100g)	90	2.2	16	-	1	2	0.07
Chips (per 100g)	268	2.6	35	-	0.4	13.1	0.44

CHOOSE YOUR VEGETABLE

Cauliflower cheese (100g)	50	2.3	1.2	-	4.7	41.3	3.14
Baked beans (100g)	91	4.5	12.8	-	6.8	1.4	0.7
Mushy peas (100g)	95	6.1	15.8	-	4.5	0	0.5
Carrots (100g)	47	0.7	5.8	-	5.4	1.7	0.02
Swede (100g)	41	0.7	4.9	-	4.8	1.5	0.05
Green beans (100g)	42	1.8	7.3	-	2.1	1.3	0.02
Cabbage (100g)	40	1.5	3.1	-	2.7	2	0.33
Peas (100g)	83	5.6	8.4	-	2.5	2.1	0.02
Parsnips (baked) (100g)	180	1.4	14.6	-	5.5	11.9	0.28
Sweetcorn (100g)	124	4.2	20.3	-	2.2	3.4	0.02
Onions with Gravy (100g)	33	1.5	7.2	-	4.6	0.2	0.19
Sprouts (100g)	54	3.4	6.7	-	2.4	2.5	0.02

CHILDRENS DESSERTS

Bottomless Ice Cream	336	4.1	49.9	-	45.9	13.2	0.45
- With Chocolate Buttons Topping	426	5.4	59.5	-	55.4	18.4	0.49
- With Flake Topping	380	4.8	54.5	-	50.5	15.8	0.47
- With Hundreds & Thousands Topping	396	4.1	64.5	-	59.7	13.4	0.49
- With M&M Chocolate Topping	481	5.5	70.5	-	65.8	19.4	0.45
- With Mini Marshmallows Topping	383	4.7	61	-	55.8	13.2	0.45
- With Mini Oreo Topping	455	5.4	67	-	55.3	18.2	0.68
- With Mini Rolo Topping	484	5.8	69.5	-	65.1	20.1	0.53
- With Caramel Flavour Crunch Topping	391	4.1	63.8	-	59.8	13.2	0.45
Child Pineapple Pieces in Juice	62	0.5	14.6	-	13.8	0	0
- With Chocolate Buttons Topping	152	1.8	24.2	-	23.3	5.2	0.04
- With Flake Topping	106	1.2	19.2	-	18.4	2.6	0.02
- With Hundreds & Thousands Topping	122	0.5	29.2	-	27.6	0.2	0.04
- With M&M Chocolate Topping	207	1.9	35.2	-	33.7	6.2	0
- With Mini Marshmallows Topping	109	1.1	25.7	-	23.7	0	0
- With Mini Oreo Topping	181	1.8	31.7	-	23.2	5	0.23
- With Mini Rolo Topping	210	2.2	34.2	-	33	6.9	0
- With Caramel Flavour Crunch Topping	117	0.5	28.5	-	27.7	0	0
Strawberry Jelly & Ice Cream	370	5.7	52.3	-	42.5	14.8	0.3
- With Chocolate Buttons Topping	460	7	61.9	-	52	20	0.34

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Flake Topping	414	6.4	56.9	-	47.1	17.4	0.32
- With Hundreds & Thousands Topping	430	5.7	66.9	-	56.3	15	0.34
- With M&M Chocolate Topping	515	7.1	72.9	-	62.4	21	0.3
- With Mini Marshmallows Topping	417	6.3	63.4	-	52.4	14.8	0.3
- With Mini Oreo Topping	489	7	69.4	-	51.9	19.8	0.53
- With Mini Rolo Topping	518	7.4	71.9	-	61.7	21.7	0.38
- With Caramel Flavour Crunch Topping	425	5.7	66.2	-	56.4	14.8	0.3
Orson Owl - Chocolate Ice Cream	76	1.4	8.2	-	6.9	4.2	0.04
- With Chocolate Buttons Topping	166	2.7	17.8	-	16.4	9.4	0.08
- With Flake Topping	120	2.1	12.8	-	11.5	6.8	0.06
- With Hundreds & Thousands Topping	136	1.4	22.8	-	20.7	4.4	0.08
- With M&M Chocolate Topping	221	2.8	28.8	-	26.8	10.4	0.04
- With Mini Marshmallows Topping	123	2	19.3	-	16.8	4.2	0.04
- With Mini Oreo Topping	195	2.7	25.3	-	16.3	9.2	0.27
- With Mini Rolo Topping	224	3.1	27.8	-	26.1	11.1	0.12
- With Caramel Flavour Crunch Topping	131	1.4	22.1	-	20.8	4.2	0.04
Hector Hippo - Strawberry Ice Cream	56	0.5	11	-	10.1	1.1	0.02
- With Chocolate Buttons Topping	146	1.8	20.6	-	19.6	6.3	0.06
- With Flake Topping	100	1.2	15.6	-	14.7	3.7	0.04
- With Hundreds & Thousands Topping	116	0.5	25.6	-	23.9	1.3	0.06
- With M&M Chocolate Topping	201	1.9	31.6	-	30	7.3	0.02
- With Mini Marshmallows Topping	103	1.1	22.1	-	20	1.1	0.02
- With Mini Oreo Topping	175	1.8	28.1	-	19.5	6.1	0.25
- With Mini Rolo Topping	204	2.2	30.6	-	29.3	8	0.1
- With Caramel Flavour Crunch Topping	111	0.5	24.9	-	24	1.1	0.02
Poppy Panda - Vanilla Ice Cream	75	1.2	9.9	-	8.9	3.4	0.04
- With Chocolate Buttons Topping	165	2.5	19.5	-	18.4	8.6	0.08
- With Flake Topping	119	1.9	14.5	-	13.5	6	0.06
- With Hundreds & Thousands Topping	135	1.2	24.5	-	22.7	3.6	0.08
- With M&M Chocolate Topping	220	2.6	30.5	-	28.8	9.6	0.04
- With Mini Marshmallows Topping	122	1.8	21	-	18.8	3.4	0.04
- With Mini Oreo Topping	194	2.5	27	-	18.3	8.4	0.27
- With Mini Rolo Topping	223	2.9	29.5	-	28.1	10.3	0.12
- With Caramel Flavour Crunch Topping	130	1.2	23.8	-	22.8	3.4	0.04

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Chocolate Fudge Cake	1976	50.1	219.7	-	121.8	97.1	5.39
- With Chocolate Fudge Sensation	1915	50.8	195.4	-	101.8	99.5	4.69
- With Custard Bowl	1093	43.6	127.6	-	45.1	44.6	4.23
- With Extra Ice Cream	891	35.6	91.2	-	20.7	41.8	4.04
- With Rocky Road Sundae	1898	48.4	206.7	-	112.3	96	5.3
- With Strawberry Jelly & Ice Cream	1164	39.3	144.5	-	70.3	46.4	4.25
- With Strawberry Trifle	1193	40.3	134.9	-	54.6	53.4	4.23
- With Treacle Sponge	1394	40.8	178.1	-	88.6	56.7	4.71
- With Baileys Sundae	2220	49.5	260.9	-	154.9	106	5.85
- With Butterscotch Angel Delight	939	36.1	92.2	-	19.7	46.4	4.05
- with Chocolate Brownie	1546	44.2	179.7	-	86.5	69.9	4.39
- With Crossido	1198	38.5	138.9	-	45.9	53	4.42
- With Key Lime Pie	1466	37.4	137.9	-	51.9	83.9	4.22
- With Lemon Curd Sponge	1390	41.2	159.3	-	59.5	64.4	4.51
- With Salted Caramel Cheesecake	1419	41	127.4	-	46.6	82	4.51
Lentil Cottage Pie	376	12.7	48.4	-	11.6	12.3	3.15
- With Chocolate Buttons Topping	466	14	58	-	21.1	15.4	3.19
- With Flake Topping	420	13.4	53	-	16.2	13.9	3.17
- With Hundreds & Thousands Topping	436	12.7	63	-	25.4	12.5	3.19
- With M&M Chocolate Topping	521	14.1	69	-	31.5	18.5	3.15
- With Mini Marshmallows Topping	423	13.3	59.5	-	21.5	12.3	3.15
- With Mini Oreo Topping	495	14	65.5	-	21	17.3	3.38
- With Mini Rolo Topping	524	14.4	68	-	30.8	19.2	3.23
- With Caramel Flavour Crunch Topping	431	12.7	62.3	-	25.5	12.3	3.15
- With Apple & Blackberry Pie Pudding	748	19	102.7	-	36.5	26.1	3.52
- With Banana Split	1342	25.3	176.6	-	129.7	55	4.06
- With Bottomless Ice Cream	559	17.7	72.2	-	35.4	19.8	3.31
- With Bread & Butter Pudding	901	22.4	129.3	-	69.1	30	3.88
- With Chocolate Fudge Cake	1529	28.2	185.5	-	121.3	70.8	4.61
- With Chocolate Fudge Sensation	1464	28.9	161.2	-	101.3	73.2	3.91
- With Custard Bowl	646	21.7	93.4	-	44.6	18.3	3.45
- With Extra Ice Cream	444	13.7	57	-	20.2	15.5	3.26
- With Rocky Road Sundae	1451	26.5	172.5	-	111.8	69.7	4.52
- With Strawberry Jelly & Ice Cream	717	17.4	110.3	-	69.8	20.1	3.47
- With Strawberry Trifle	746	18.4	100.7	-	54.1	27.1	3.45
- With Treacle Sponge	947	18.9	143.9	-	88.1	30.4	3.93
- With Baileys Sundae	1,773	27.6	226.7	-	154.4	79.7	5.07
- With Butterscotch Angel Delight	492	14.2	58	-	19.2	20.1	3.27
- with Chocolate Brownie	1099	22.3	145.5	-	86	43.6	3.61
- With Crossido	751	16.6	104.7	-	45.4	26.7	3.64
- With Key Lime Pie	1019	15.5	103.7	-	51.4	57.6	3.44
- With Lemon Curd Sponge	943	19.3	125.1	-	59	38.1	3.73
- With Salted Caramel Cheesecake	972	19.1	93.2	-	46.1	55.7	3.73
Quorn Lasagne	210	11.7	29.3	-	5.6	4.4	1.95
- With Chocolate Buttons Topping	300	13	38.9	-	15.1	7.5	1.99
- With Flake Topping	254	12.4	33.9	-	10.2	6	1.97
- With Hundreds & Thousands Topping	270	11.7	43.9	-	19.4	4.6	1.99
- With M&M Chocolate Topping	355	13.1	49.9	-	25.5	10.6	1.95
- With Mini Marshmallows Topping	257	12.3	40.4	-	15.5	4.4	1.95
- With Mini Oreo Topping	329	13	46.4	-	15	9.4	2.18

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Mini Rolo Topping	358	13.4	48.9	-	24.8	11.3	2.03
- With Caramel Flavour Crunch Topping	265	11.7	43.2	-	19.5	4.4	1.95
- With Apple & Blackberry Pie Pudding	582	18	83.6	-	30.5	18.2	2.32
- With Banana Split	1176	24.3	157.5	-	123.7	47.1	2.86
- With Bottomless Ice Cream	393	16.7	53.1	-	29.4	11.9	2.11
- With Bread & Butter Pudding	735	21.4	110.2	-	63.1	22.1	2.68
- With Chocolate Fudge Cake	1363	27.2	166.4	-	115.3	62.9	3.41
- With Chocolate Fudge Sensation	1302	27.9	142.1	-	95.3	65.3	2.71
- With Custard Bowl	480	20.7	74.3	-	38.6	10.4	2.25
- With Extra Ice Cream	278	12.7	37.9	-	14.2	7.6	2.06
- With Rocky Road Sundae	1285	25.5	153.4	-	105.8	61.8	3.32
- With Strawberry Jelly & Ice Cream	551	16.4	91.2	-	63.8	12.2	2.27
- With Strawberry Trifle	580	17.4	81.6	-	48.1	19.2	2.25
- With Treacle Sponge	781	17.9	124.8	-	82.1	22.5	2.73
- With Baileys Sundae	1607	26.6	207.6	-	148.4	71.8	3.87
- With Butterscotch Angel Delight	326	13.2	38.9	-	13.2	12.2	2.07
- with Chocolate Brownie	933	21.3	126.4	-	80	35.7	2.41
- With Crossido	585	15.6	85.6	-	39.4	18.8	2.44
- With Key Lime Pie	853	14.5	84.6	-	45.4	49.7	2.24
- With Lemon Curd Sponge	777	18.3	106	-	53	30.2	2.53
- With Salted Caramel Cheesecake	806	18.1	7401	-	40.1	47.8	2.53

CROWN ADD ONS

Cheesey Bites	405	10.6	36.8	-	4.9	24.3	1.59
Cookie Ice Cream Sandwich	705	7	95.6	-	66.2	32.2	0.93
Crispy Prawns	410	11.5	54.2	-	18.8	16	3.01
Crunchy Mushrooms	534	7.5	43.9	-	2	36.3	2.06
Lemon Meringue Pie	413	4.6	54.4	-	40	19.5	0.22
Mega Chocolate Cookie Tower	762	8	94.2	-	60.6	38.1	0.12
Sticky Toffee Pudding	272	2.9	44.5	-	29.1	8.6	0.28
Strawberry Angel Delight	123	1.5	9.6	-	7.7	8.6	0.13
- With Honeycomb Sprinkle Topping	178	1.5	23.3	-	19.8	8.6	0.41
- With Mint Aero Balls Topping	189	2.2	19.1	-	16.7	11.3	0.15
Tunnocks Caramel Wafer	136	1.1	20.8	-	10.4	5.2	0.19
Tunnocks Snowball	131	1.3	17	-	12.6	6.2	0.15
Tunnocks Teacake	107	1.2	14.9	-	8.6	4.6	0.12
Vanilla Cheesecake & Oreo Cookies	797	9.8	79.5	-	25.4	48.5	0.7
Vegan Squash & Red Pepper Kiev	425	11.7	70.1	-	11.7	9.4	2.92
GF Lemon & Lime Crumble Tart	525	5.3	62.7	-	39.9	27.9	0.37
Profiteroles With Chocolate Sauce	504	5.1	53.8	-	39.2	29.5	0.15
ST Chocolate Yule Log	504	5.4	69.9	-	53.4	21.8	0.42
ST Praline Profiteroles	655	7.5	57.1	-	44.5	43.7	0.12
- With Mini Smartie Topping	721	8.2	66.6	-	53.5	46.4	0.14
- Add BBQ Sauce	747	8.3	78.7	-	62.5	43.9	0.76
- Add Piri Piri Sauce	685	7.9	59.9	-	46.3	45.7	1.83
Brown Bread & Butter	418	13.5	54.4	-	4.7	14.6	1.35
White Bread & Butter	451	11.3	67.2	-	5.9	14.5	1.35
- Add On BBQ Ribs	695	37.9	74	-	10.5	26.8	2.05