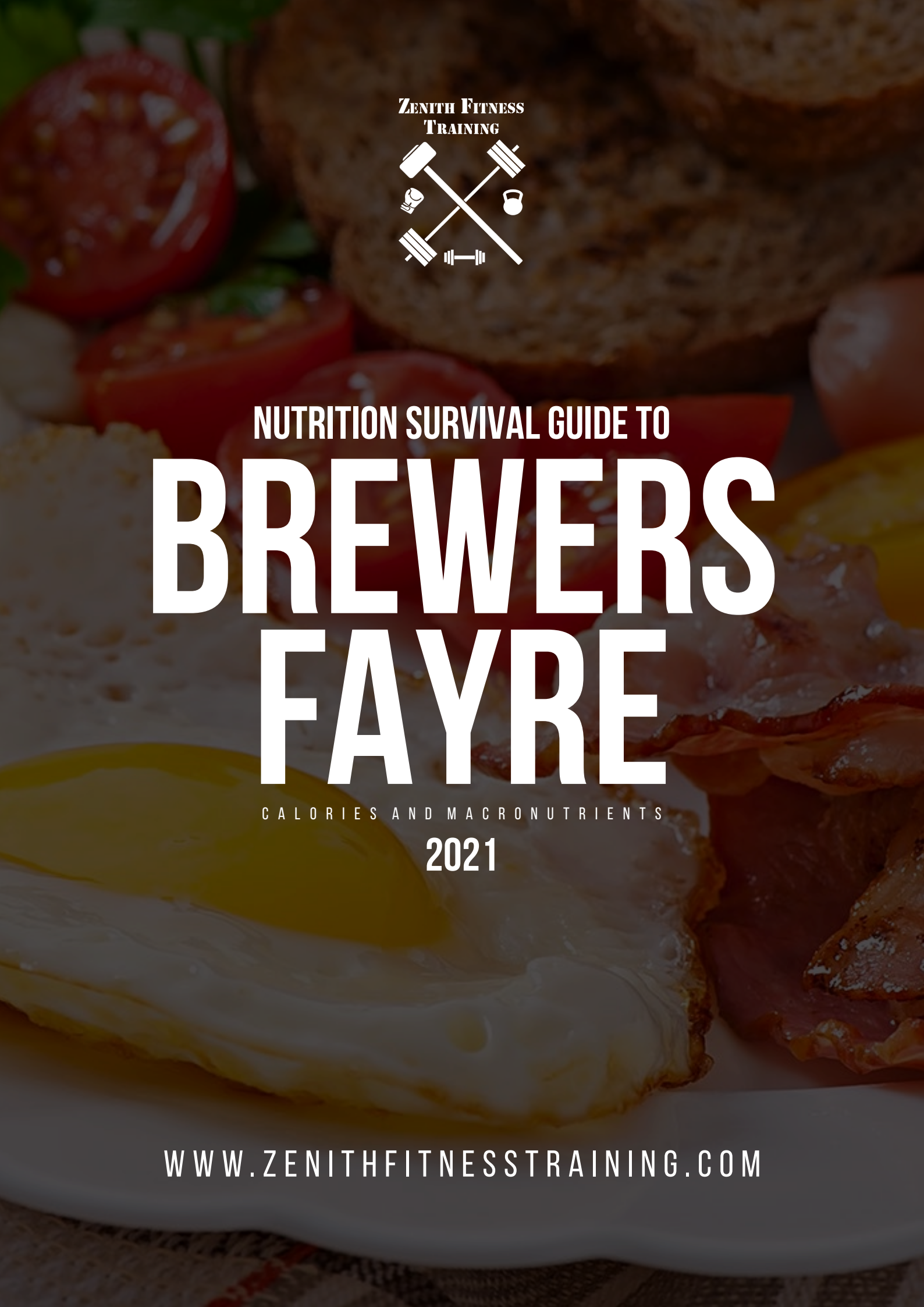

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

BREWERS FAYRE

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

A GREAT PLACE TO START

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Tomato Soup	251	5.9	39.3	-	10.5	6.7	2.1
Prawn Cocktail	372	20.6	34.6	-	10.8	16.4	2.1
Buttermilk Chicken Goujons	406	22.3	33.8	-	8.6	20	1.8
Crispy Potato Dippers	493	23.1	34.9	-	2.7	29.1	1.7
Smooth Chicken Liver Pate	392	10.4	41	-	15.1	19.7	1.5
Garlic & Herb Breaded Mushrooms	345	6.6	38	-	8.7	16.9	1
Tempura King Prawns	312	7.2	35.2	-	12.9	15.7	2.2
Garlic Flatbread	312	6.3	30.8	-	1.5	17.8	0.7
Garlic Flatbread Without Cheese	379	11.2	31.3	-	1.7	22.8	1
Chicken Wings	580	24.8	41.8	-	11.7	34.5	0.9
Nachos	566	9.6	54.8	-	19.4	33.6	3.9
Nachos Add Buttermilk Chicken Goujons	750	20.6	67.3	-	19.9	43.5	4.6
Creamy Mushrooms On Toast	204	7	29.6	-	4	5.5	1.3
Hog Roast Bites	261	20.9	23	-	10.8	9.3	0.6
Mac 'n' Cheese Bites	442	13.5	48.6	-	8.3	21.4	1.4
Combo Feast	1953	48.4	199.6	-	20	104.6	6.5
Combo Feast- Add Chicken Wings	2373	67.9	222.4	-	20.5	132.2	6.9

CAN'T BEAT THE CLASSICS

Smothered Chicken	961	56.3	88.6	-	14.8	40.3	5.1
Smothered Chicken- Upgrade To Double Stacked	1252	96.6	98.2	-	23	50.4	6.9
Lamb Shank	760	47.1	40.4	-	6.2	44.4	2.4
Mozzarella Stuffed Chicken With Bacon With Chips	929	70.4	67.1	-	7.8	40.1	3.9
Mozzarella Stuffed Chicken With Bacon With Roast Pot	738	67.2	29.9	-	11.1	38.2	2.6
Ultimate Filled Yorkshire Sausage & Mash	1219	53.9	128.3	-	12.6	50.3	4.5
Ultimate Filled Yorkshire Sausage & Mash- Vegetarain Sausages	1114	47.1	131.4	-	13.4	39	4.3
Sausages, Eggs & Chips	969	50.2	67.1	-	5.8	53.2	2.9
Sausages, Eggs & Chips- Vegetarian Sausages	858	43.3	71	-	5.3	40.8	2.8
Grilled Gammon Steak With Eggs	903	72.9	58.6	-	4.4	40	4.6
Grilled Gammon Steak With Pineapple	764	57.3	80.3	-	25.6	23.1	4.6
Grilled Gammon Steak With One Of Each	833	65.1	69.5	-	15	31.6	4.6
Chicken Tikka Curry	851	42	108.6	-	22	25.9	5.1
Beef Yorkshire Wrap	1129	53.5	136.7	-	9.7	37.3	4.6
Mac 'n' Cheese	898	36.6	86.5	-	6.6	43.2	4.1
Beef & Doom Bar Pie	1121	32.6	107.1	-	5.9	59.8	3.5
Chicken Forestiere	435	40.3	29.3	-	9.6	16.3	2.2

GO FISH- A GREAT CATCH!

Hand- Battered Giant Atlantic Haddock & Chips & Garden Peas	1062	47.2	87	-	8.6	56.4	3.7
Hand- Battered Giant Atlantic Haddock & Chips & Mushy Peas	1100	49.5	93.6	-	7.3	56.5	4.6

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)
Breaded Wholetail Scampi With Peas	830	21	90.7	-	6.8	40.4	2.8
Breaded Wholetail Scampi With Mushy Peas	868	23.3	97.3	-	5.5	40.5	3.7
Baked Cod Loin	440	30.7	31.1	-	12	20.9	1.1
Chip Shop Platter	1278	43.6	116	-	8.7	68.9	5
Fish Pie	748	22.1	89.4	-	9.4	31.2	3.7
Baked Salmon	741	48.6	43.6	-	7.9	39.4	2.5
Fish & Chips With Garden Peas	909	40.2	78.1	-	7.5	46.4	3.8
Fish & Chips With Mushy Peas	947	42.5	84.6	-	6.2	46.5	4.7

PICK YOUR SIDE OR TWO!

Battered Onion Rings	467	6.7	65.9	-	11.8	20.5	0.4
Bowls Of Chips	363	5.1	51.9	-	0.7	13.8	1.3
Mixed Side Salad	53	2.1	5.9	-	5	2.2	0.2
Garlic Bread With Cheese	318	12.1	29	-	1.2	16.7	1
Coleslaw	146	1.9	9.4	-	7.2	10.5	0.9
Medley Of Green Vegetables	112	6.9	7.2	-	4.2	5.2	0.4
Mac 'n' Cheese	301	13.9	26.6	-	0.8	14.8	1.6
Mozzarella Sticks	491	22.7	36.7	-	2.2	28	2.2
Cheesy Jalapeno Peppers	378	6.7	30	-	3.5	25.3	0.7
Sweet Potato Fries	290	1.1	35.7	-	12.7	15	0.7

SOMETHING DIFFERENT

Burrito Bowl Salad	557	20.4	64.5	-	24.3	21.9	3.2
Burrito Bowl Salad- Top With Chicken	712	53.1	64.6	-	24.8	24.4	4.3
Sweet Potato & Feta Lasagne	746	24.9	70	-	17.7	39.3	3
Chicken & Chorizo Filo Pie	518	27.8	42.7	-	12.2	26	1.8
Three Cheese Quiche	573	20.5	42.3	-	10.5	36.4	1.2
Chicken & Bacon Caesar Salad	535	48.1	15.6	-	7.3	30.9	3.1
Fake & Ale Pie	837	16.3	91.8	-	16.7	43.9	2.7
Beef & Pork Lasagne	715	33	72.1	-	20	31.4	3.6
Ploughman's Salad	433	14	42.1	-	31.6	22.7	1.8
Halloumi & Chips With Garden Peas	997	34.1	67.8	-	6.7	63.4	5
Halloumi & Chips With Mushy Peas	1035	36.4	74.3	-	5.4	63.5	5.9

FROM OUR GRILL

12Oz Rib- Eye Steak	1285	85.1	90.3	-	14.8	63.1	2.8
8Oz Sirloin	886	55.6	81.8	-	9.7	35.9	1.9
8Oz Rump Steak	874	59.4	81.8	-	9.8	34	2.2
Full Rack Of Ribs	1035	47.8	103.3	-	42.1	46.1	3.6
The Whole Hog Platter- New	1316	84.6	104	-	30.7	61.5	6.6
Chicken & Rib Combo	1169	78.1	95.6	-	36.3	51	4.7
Chicken & Rib Combo- Upgrade To A Full Rack Of Ribs	1446	98.2	116.6	-	53.3	63.5	5.6
Mixed Grill	1289	105	77	-	9.3	61	4.8
Mixed Grill Upgrade Your 4Oz Rump Steak To A 8Oz Rump Steak	1439	129.3	77	-	9.5	67.4	5.2
Half Roast Chicken & Chips	800	56.8	65.5	-	12.2	33.2	3.4
Half Roast Chicken - Go Lighter Swap Your Chips For A Mixed Salad	446	52.3	14.8	-	12.6	19.6	2.1

1-200 CAL
201-300 CAL
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501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hollandaise	114	1	5.8	-	2.5	9.5	0.8
Blue Cheese	64	1.2	3	-	0.1	5.1	0.5
Brew Dog Punk Ipa Bbq Sauce	72	0.4	17.5	-	14.7	0	0.4

THE BREWERS BURGER COLLECTION

Smothered Chicken Burger	1228	42.1	135.3	-	25.3	55.6	5.4
Mac 'n' Cheese Burger	1428	64.2	129.8	-	25	70.3	5.1
Prawnstar Burger	1262	43.7	115.1	-	16.1	67.5	3.9
Cluck 'n' Ale Burger	1279	59.2	124.9	-	15.4	58.4	5.3
Vegan Sloppy Joe Burger	1115	38.2	114.9	-	18.4	53.4	3.7
The Black & Blue	1332	62	103.4	-	13.6	72.6	4.2
The South Western	933	29.1	106.1	-	12.1	41.6	4
The New Yorker	1142	48.1	93.5	-	12.5	61.7	3.9
The Ultimate Burger	1664	72.3	118.5	-	19.3	98	6
Dirty Fries Upgrade	530	15.9	61.5	-	8.3	23.4	2.4

EXTRAS

Beef Burger	214	19	0.1	-	0.1	15.3	0.2
Chicken Burger	211	16.5	12.4	-	0.1	10.7	0.8
Cheese & Bacon	115	8.3	0.1	-	0	9	0.8

SIMPLY GREAT PUDS!

Caramel Choc-a- Block Cadbury Sundae	583	8.7	77.6	-	64.9	24.6	0.5
Triple Chocolate Brownie	692	9.3	106.7	-	85	23.4	0.5
Lemon Tart	450	4.9	52.1	-	32.4	24.5	0.5
Belgian Waffle With Vanilla Ice Cream	468	7.2	62.2	-	35.4	20.3	0.9
Belgian Waffle With Salted Caramel Ice Cream	496	7.4	64.5	-	32.7	22.9	1.1
Vanilla Flavour Cheesecake	375	7.7	36.3	-	24.2	21.2	0.7
Caramel Apple Betty	475	6.8	71.5	-	41.2	17.4	0.3
Chocolate Sundae Made With Crumbled Kitkat	526	8.6	68.6	-	55.7	22.1	0.4
Choco-mint Sundae With Aero Bubbles	639	8.3	88.4	-	73.2	26.1	0.5
Chocolate Fudge Sensation Cake	810	7.2	92.7	-	69.9	45	0.5
Sticky Toffee Pudding With Ice Cream	719	7.5	86.3	-	62.6	37.4	0.5
Sticky Toffee Pudding With Custard	778	9.4	98	-	69.6	38.4	0.6
Apple Pie	316	3.6	50.1	-	27.7	10.5	0.4
Vanilla Ice Cream With Caramel Sauce	211	4.3	32.5	-	30.3	6.1	0.2
Vanilla Ice Cream With Raspberry Sauce	207	3.4	34.4	-	28.3	5.1	0.1
Vanilla Ice Cream With Choc Sauce	185	3.7	27.9	-	22.6	5.3	0.2
Coconut Sorbet	233	1.7	27.8	-	26.1	12.6	0.1
Mini Chocolate Torte	295	3.4	24	-	12.9	20.2	0.1
Mini Strawberry Cheesecake	223	4.4	31	-	23.5	8.8	0.2

BREWERS FAYRE KIDS MENU - STARTERS

Chicken Meatballs	177	15.3	15.2	-	7.9	5.8	0.4
Grrrrlic Bread	112	2.5	14.5	-	0.8	4.6	0.3

1-200 CAL

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BREWERS FAYRE KIDS MENU - MAINS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Curry	444	20.5	65.4	-	16.7	9.9	0.5
Bangers N Bash	389	19.2	29.9	-	6.7	20.1	1.5
Veggie Bangers N Bash	378	18.8	37.4	-	6.2	14.5	2.3
Spaghetti Bolognese	322	12.7	44.9	-	9.6	8.4	0.9
Bash Street Burger	619	28.9	62.5	-	9	26.5	1.1
Tomato Pasta & Chicken Meatballs	525	28.2	61.9	-	10.2	16.9	1
Tomato Pasta	359	10.2	54.6	-	10.1	10	0.8
Kicking Chicken	394	16.9	43.6	-	4.2	15.8	1.5
The Big, Bad Dog	512	17.2	60.8	-	9.4	20.7	1.4
Cod Tastic	507	14.3	53	-	4.9	24.8	0.9
Chicken Burger	456	28	64.9	-	8.9	7.4	1.4

BREWERS FAYRE KIDS MENU - SIDES

Mini Jacket Potatoes	155	4.1	32.6	-	3.7	0.3	0.1
Baked Beans	51	2.5	7.2	-	3.8	0.8	0.4
Veggie Sticks	26	0.6	4.7	-	4.4	0.2	0
Mini Corn On Cob	79	2.4	12.4	-	7.8	1.8	0
Grrrrlic Bread	109	2.4	14.2	-	0.5	4.6	0.3
Peashooter Peas	47	3.1	6.3	-	3.3	0.4	0
Mashed Potato	131	2.5	19	-	1.8	4.5	0.6
Side Salad	7	0.4	1	-	0.9	0.1	0
Brown Rice	192	4.6	39.6	-	0.1	1.2	0.1
Chips	181	2.5	26	-	0.4	6.9	0.6
Sweet Potato Fries	200	1.4	30.4	-	12.9	8.6	0.4

BREWERS FAYRE KIDS MENU - PUDS

Fab & Fruity Salad	49	0.6	10.3	-	10.3	0.1	0
Mini Doughnuts	218	2.4	31	-	16.9	9.4	0.2
Nice Cream With Chocolate Sauce	202	4.5	30.9	-	22.3	5.5	0.1
Nice Cream With Raspberry Sauce	201	4.3	31.1	-	22.9	5.5	0.1
Nice Cream With Caramel Sauce	205	4.9	32	-	25.2	6.2	0.1
Pancakes	216	3.9	42.5	-	23	3.3	0.3
Strawberry Frozen Yoghurt	146	4.3	29.1	-	20.8	1.1	0.2
Yeo Valley Yoghurt	115	5.5	12.7	-	12.4	4.7	0.2
Plug's Funny Face Sundae	198	4.6	30.7	-	25.1	6.2	0.1

DAYTIME DEALS - MAINS

Smothered Chicken	917	55.7	82.4	-	14.7	38.7	4.9
Smothered Chicken- Upgrade To Double Stacked	1275	100.9	92.5	-	23.1	53.8	7.1
Beef & Pork Lasagne	580	29.7	55.2	-	17.3	25.8	3.3
Fish & Chips With Garden Peas	909	40.2	78.1	-	7.5	46.4	3.8
Fish & Chips With Mushy Peas	947	42.5	84.6	-	6.2	46.5	4.7
Hand- Battered Giant Atlantic Haddock & Chips & Garden Peas	1062	47.2	87	-	8.6	56.4	3.7
Hand- Battered Giant Atlantic Haddock & Chips & Mushy Peas	1100	49.5	93.6	-	7.3	56.5	4.6

1-200 CAL
201-300 CAL
301-400 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The South Western Burger	929	29.1	106	-	12	41.2	4
Beef, Cheese & Mushroom Burger	991	37.1	92.3	-	11.6	50.4	3.2
Chicken & Bacon Caesar Salad	535	48.1	15.6	-	7.3	30.9	3.1
Sausage, Egg & Chips	969	50.2	67.1	-	5.8	53.2	2.9
Sausage, Egg & Chips- Vegetarian Sausages	858	43.3	71	-	5.3	40.8	2.8
Chicken Tikka Curry	823	39.6	104.9	-	22.8	25.8	4.6
Sweet Potato & Feta Lasagne	611	21.6	53.1	-	15.1	33.7	2.6
Breaded Wholetail Scampi With Peas	830	21	90.7	-	6.8	40.4	2.8
Breaded Wholetail Scampi With Mushy Peas	868	23.3	97.3	-	5.5	40.5	3.7
Grilled Gammon Steak With Eggs	903	72.9	58.6	-	4.4	40	4.6
Grilled Gammon Steak With Pineapple	764	57.3	80.3	-	25.6	23.1	4.6
Grilled Gammon Steak With One Of Each	833	65.1	69.5	-	15	31.6	4.6

DAYTIME DEALS - STARTERS

Garlic & Herb Breaded Mushroom	346	6.6	38.1	-	8.7	17	1
Crispy Potato Dippers With Cheese & Bacon	493	23.1	34.9	-	2.7	29.1	1.7
Tomato Soup	251	5.9	39.3	-	10.5	6.7	2.1
Garlic Flatbread With Cheese	379	11.2	31.3	-	1.7	22.8	1
Buttermilk Chicken Goujons	406	22.3	33.8	-	8.6	20	1.8

DAYTIME DEALS - PUDDINGS

Warm Chocolate Brownie	558	7.7	84.4	-	39.1	20	0.3
Caramel Apple Betty	475	6.8	71.5	-	41.2	17.4	0.3
Vanilla Flavour Cheesecake	375	7.7	36.3	-	24.2	21.2	0.7
Vanilla Ice Cream With Caramel Sauce	211	4.3	32.5	-	30.3	6.1	0.2
Vanilla Ice Cream With Raspberry Sauce	207	3.4	34.4	-	28.3	5.1	0.1
Vanilla Ice Cream With Choc Sauce	185	3.7	27.9	-	22.6	5.3	0.2
Belgian Waffle With Vanilla Ice Cream	468	7.2	62.2	-	35.4	20.3	0.9
Belgian Waffle With Salted Caramel Ice Cream	496	7.4	64.5	-	32.7	22.9	1.1

SUNDAY CARVERY

Spread (Per Portion)	43	0	0	-	0	4.7	0.1
Bread Roll (Per Roll)	125	3.9	25.5	-	1.2	0.5	0.4
Butter (Per Portion)	48	0	0.1	-	0.1	5.3	0.1
Tomato Soup (Per 100G)	32	0.7	5.1	-	3.2	0.7	0.5
Roast Turkey (Per 100G)	121	72.9	4.2	-	0	1.8	2.5
Roast Beef Topside (Per Slice)	100	10.2	0	-	0	6.6	0.1
Gammon (Per 100G)	162	16.8	0.2	-	0.2	10.4	2.8
Fake & Ale Pie (As Served)	718	12.2	68.4	-	10.7	43.3	2.6
Yorkshire Puddings (Per Yorkshire)	82	2.9	11	-	0.7	2.7	0.2
Stuffing (Per 100G)	96	2.1	14.7	-	1.4	3	0.9
Roast Pots (Per 100G)	179	1.5	27.4	-	2.3	6.5	0.1
Root Veg Mash (Per 100G)	69	1.4	12	-	3.5	4.5	0.6
Mash Potato (Per 100G)	142	2	15.2	-	0.5	7.7	0.6
Caul Cheese (Per 100G)	125	5.8	4.9	-	1.9	8.8	0.7

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)
Peas (Per 100G)	121	5.5	11.2	-	5.9	4.8	0.1
Gravy (Per 100G)	39	0.3	4.5	-	0.1	2	0.8

SAUCES (per 28g)

Apple Sauce	27	0.1	6.3	-	5.3	0	0
Cranberry Sauce	50	0.1	12.3	-	12.2	0	0.1
English Mustard	51	1.7	4.2	-	3.3	2.9	2
Horseradish Sauce	53	1	3.6	-	3.4	3.7	1.2

SUNDAY LUNCH PLATED

Beef	1163	46.3	107.1	-	16.1	60.3	2.8
Beef Upgrade	1565	61.2	151	-	19.4	77.8	3.5
Turkey	1060	48.5	107.4	-	16.4	47.6	3.6
Turkey Upgrade	1427	64.2	151.4	-	19.8	60.9	4.6
Gammon	1109	40.9	107.4	-	16.4	56.6	6.6
Gammon Upgrade	1412	45.6	151.3	-	19.7	67.6	7.3
Veg	1545	27.6	171	-	26.7	82.3	4.3
Veg Upgrade	1873	32.5	216.4	-	31.5	95.4	5.2

BUFFET 1 - SANDWICHES

Cheese & Tomato (Per 1/4)	106	4.3	8.1	-	1.6	6.1	0.4
Egg Mayo (Per 1/4)	94	3.7	7.7	-	1.1	5.1	0.4
Ham & Mustard (Per 1/4)	134	12.4	8.1	-	1.4	5.6	1.5
Prawn & Marie Rose (Per 1/4)	109	5.4	9.5	-	2.9	5.4	0.6
Garlic Breaded Mushrooms (Per 4 Plus Dip)	135	2.6	14.6	-	3	6.8	0.4
Pop In Chicken (Per 6)	122	8.9	7.9	-	0	6.1	0.3
Chips (Per 100G)	203	2.8	29.1	-	0.4	7.7	0.7
Vegetable Sticks & Dip (2 Each Plus Dip)	25	1.5	3.9	-	3.7	0.2	0
Garlic Bread (Per Slice)	109	2.4	14.2	-	0.5	4.6	0.3
Mixed Salad (1/4 Per Person)	17	0.4	1.9	-	1.6	0.8	0.1

BUFFET 2 - SANDWICHES

Cheese & Tomato (Per 1/4)	110	4.3	8.9	-	1.1	6.2	0.4
Egg Mayo (Per 1/4)	94	3.7	7.7	-	1.1	5.1	0.4
Ham & Mustard (Per 1/4)	134	12.4	8.1	-	1.4	5.6	1.5
Prawn & Marie Rose (Per 1/4)	109	5.4	9.5	-	2.9	5.4	0.6
Garlic Breaded Mushrooms (Per 4 Plus Dip)	135	2.6	14.6	-	3	6.8	0.4
Chicken Goujons (Per 3 Plus Dip)	289	16.7	21.7	-	3.3	15	1.2
Chips (Per 100G)	203	2.8	29.1	-	0.4	7.7	0.7
Vegetable Sticks & Dip (2 Each Plus Dip)	25	1.5	3.9	-	3.7	0.2	0
Cheesy Garlic Bread (Per Slice)	142	4.8	14.4	-	0.6	7.1	0.4
Mixed Salad (Per 1/4)	17	0.4	1.9	-	1.6	0.8	0.1
Tortilla Chips & Dip (30G Plus Dips)	169	2.3	19.9	-	1	8.5	0.2
Onion Rings (Per 3)	105	1.4	11.7	-	1.6	5.6	0.2

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BUFFET 3 - SANDWICHES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cheese & Tomato (Per 1/4)	110	4.3	8.9	-	1.1	6.2	0.4
Egg Mayo (Per 1/4)	94	3.7	7.7	-	1.1	5.1	0.4
Chicken & Bacon (Per 1/4)	70	2.8	7.5	-	1	3	0.3
Prawn & Marie Rose (Per 1/4)	109	5.4	9.5	-	2.9	5.4	0.6
Garlic Breaded Mushrooms (Per 4 Plus Dip)	135	2.6	14.6	-	3	6.8	0.4
Chicken Goujons (Per 3 Plus Dip)	289	16.7	21.7	-	3.3	15	1.2
Chips (Per 100G)	203	2.8	29.1	-	0.4	7.7	0.7
Vegetable Sticks & Dip (2 Each Plus Dip)	25	1.5	3.9	-	3.7	0.2	0
Cheesy Garlic Bread (Per Slice)	142	4.8	14.4	-	0.6	7.1	0.4
Mixed Salad (Per 1/4 Portion)	17	0.4	1.9	-	1.6	0.8	0.1
Tortilla Chips & Dip (30G Plus Dips)	169	2.3	19.9	-	1	8.5	0.2
Onion Rings (Per 3)	105	1.4	11.7	-	1.6	5.6	0.2
Tempura Prawns (2 Each Plus Dip)	120	2.8	13.1	-	4.3	6.3	0.8
Beetroot, Onion & Vegetable Tartlets (Per Half)	107	1.6	12.1	-	3.9	5.6	0.3
Potato Dippers (Per Portion)	171	6.9	13.2	-	0.9	10	0.4
Pigs In Blankets (2 Per Person)	139	9	4.2	-	0.8	9.5	1

DESSERTS

Chocolate Brownie (1 Plus Sauce)	119	1.2	18.1	-	13.7	4.3	0.1
Profiteroles (1 Plus Sauce)	76	0.9	8.4	-	4.9	4.2	0.1
Banoffee Bites (Per Bite)	138	1.5	19.7	-	17	5.4	0.2

BREAKFAST MENU

Back Bacon Per Rasher	49	5.4	0.1	-	0.1	3	0.8
Breakfast Sausage Per Sausage	114	8.7	2.9	-	0.6	7.4	0.5
Quorn Sausage Per Sausage	78	6.4	4.2	-	0.4	3.2	0.5
Scrambled Egg Per Portion	269	12.9	2.1	-	2.1	23.3	0
Fried Egg Per Egg	108	7.9	0.1	-	0.1	8.5	0
Poached Eggs Per Egg	79	6.8	0	-	0	5.8	0.2
Boiled Eggs Per Egg	82	6.8	0	-	0	5.8	0.2
Omelette Per Portion	404	12	0.9	-	0.9	39.2	0.4
Hash Browns Each	94	0.9	12	-	0.3	4.9	0.2
Bubble And Squeak Per Portion	169	1.6	9.6	-	1.3	13.3	0.5
Black Pudding Per Slice	122	6.6	5.5	-	0.1	8.1	0.9
Mushrooms With Butter Per Portion	161	1.6	0.5	-	0.3	16.7	0.4
Tomato M Per Half	9	0.4	1.6	-	1.6	0.2	0
Tomato (Rational) Per Half	27	0.4	1.6	-	1.6	2.2	0
Baked Beans Per Portion	91	4.5	12.8	-	6.8	1.4	0.7

CONTINENTAL BREAKFAST

Croissant	161	3.7	19.3	-	2.2	7.5	0.4
Mini Pain Aux Raisin	128	2.3	16	-	6.6	5.8	0.2
Mini Pain Aux Chocolat	172	3.1	17.3	-	5.5	9.7	0.3
Cinnamon And Raisin Bagels	293	9.5	59.2	-	9.9	1.4	0.8

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)
Sourdough Crumpets	91	3.1	17.8	-	0.8	0.6	0.6
White Sandwich Bread	92	3.1	17.1	-	1	1	0.3
Malted Sandwich Bread	92	3.5	16.7	-	0.7	0.8	0.3
Gluten Free Bread Slice	84	2.2	13.7	-	0.3	1.7	0.4
Reduced Sugar Pancake	96	2.7	15.1	-	1	3	0.3
Nutella Chocolate Spread Portions	-	-	-	-	-	-	-
Peanut Butter	-	-	-	-	-	-	-
Maple Syrup Portions	62	0.1	15.5	-	15.5	0	0.2
Orange Marmalade Portions	-	-	-	-	-	-	-
Honey Portion	65	0.1	16.2	-	15	0	0
Marmite Portions	-	-	-	-	-	-	-
Strawberry Jam Portions	33	0	8.3	-	8.1	0	0
Assorted Jam Portions - Raspberry	-	-	-	-	-	-	-
Assorted Jam Portions - Blackcurrant	-	-	-	-	-	-	-
Assorted Jam Portions - Apricot	-	-	-	-	-	-	-
Salted Butter Portions	48	0	0.1	-	0.1	5.3	0.1
Sunflower Spread	43	0	0	-	0	4.7	0.1

FRUITS

Fruit Salad Per Portion	49	0.6	10.3	-	10.3	0.1	0
Apples Green Each	68	0.4	15	-	15	0.1	0
Bananas Each	124	1.4	27.8	-	25.1	0.4	0
Fruit Berry Mix Per Portion	23	0.7	5.1	-	5.1	0.2	0
Dried Fruit Mix Per 100G	308	2	76.1	-	59.9	0.5	0.1

YOGHURTS AND CEREALS

Strawberry Yoghurt Each	115	5.5	12.7	-	12.4	4.7	0.2
Vanilla Yoghurt Each	96	7	16.9	-	16.8	0	0.2
Greek Style Yoghurt Each	87	11.4	10.5	-	10.5	0	0.2
Coco Pops Per 30G	115	1.9	25.2	-	5.1	0.6	0.2
Crunchy Nut Cornflakes Per 30G	119	1.8	24.6	-	10.5	1.4	0.2
Cornflakes Per 30G	113	2.1	25.2	-	2.4	0.3	0.3
Special K Per 30G	113	2.7	23.7	-	5.1	0.5	0.3
Weetabix Per 2 Biscuits	136	4.5	25.9	-	1.7	0.8	0.1
Kellogg's Muesli Fruit Per 45G	111	2.8	20.1	-	5.4	1.5	0
Rice Krispies Per 30G	115	2.1	25.5	-	2.4	0.5	0.3
Bran Flakes Per 30G	107	3.3	19.8	-	6	0.6	0.3
Granola Quaker Oat Raisin Per Portion	209	4	35.5	-	11.5	4.6	0
Oats2Go Porridge Sachet Per Sachet Without Milk	99	3.3	15.1	-	0.3	2.3	0