NUTRITION SURVIVAL GUIDE TO

HARVESTER

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)
Signature Breakfast	1077	35	51	-	6	81	7
Signature Breakfast - Kids option	300	11	21	-	3	18	1
The Boho Breakfast	524	28	42	-	7	24	3
The Boho Breakfast - Kids Option	347	20	38	-	5	11	3
The Hipster Breakfast	974	37	79	-	9	52	5
The Hipster Breakfast - Kids Option	278	15	33	-	5	8	2
Eggs Benedict	668	39	38	-	10	40	5
Buttermilk Pancakes	623	10	130	-	92	6	2
Steak Hash	884	67	55	-	3	43	2
Chicken, Bacon & Waffles	1252	23	133	-	87	67	5
Eggs Mediterranean	758	37	65	-	9	38	4
Spicy Sweetcorn Fritters	613	28	30	-	20	42	2

TAPAS-STYLE STARTERS

Buttermilk-fried chicken	511	27	41	-	14	27	2
Garlic Bread (without cheese)	331	8	39	-	3	16	1
Cheesy garlic bread	695	34	41	-	3	44	3
Calamari Strips	322	10	10	-	1	27	1
Oven-baked mushrooms	392	17	14	-	2	29	1
King Prawns	358	18	12	-	1	26	2
Breaded Mushrooms	392	17	14	-	2	29	1
Sticky chicken Wings	306	27	15	-	13	15	2
BBQ Pulled pork quesadilla	633	28	50	-	20	35	2
Halloumi Fries	444	21	37	-	13	24	3
Crackerjack Prawns	416	11	52	-	16	18	3
Peri peri Chicken	324	25	13	-	8	19	2
Potato Skins (Without bacon)	254	8	31	-	2	6	0
Potato skins Loaded with mozzarella, Cheddar cheese and bacon	322	15	31	-	2	11	2
Smoked Apple Wood Mac and Cheese Bites	428	9	30	-	11	30	1
Nachos	579	13	55	-	4	33	2
Vegan Nachos	522	8	56	-	3	28	2
- Add BBQ pulled pork to Nachos	942	30	101	-	46	45	4

SHARERS

Land and Sea Sharer	1242	74	69	-	26	69	6
Sharing starters - Baked Camembert	1203	60	69	-	26	75	4
Sharing Starters - Nachos	1985	49	175	-	13	117	7
- Add pulled pork	**2464**	76	220	-	56	138	9
Vegan Sharing Nachos	1755	27	180	-	11	98	7

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LUNCH

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Buttermilk-Fried Chicken Wrap	618	27	56	-	6	31	2
Halloumi Wrap	543	26	38	-	6	31	2
Grilled Cajun chicken breast Wrap	480	46	40	-	6	15	5
Grilled Chicken Breast Wrap	455	46	37	-	5	14	1
Feel Good Bowl	308	12	31	-	12	14	1
- Add two Lemon & Herb Tofu, Pepper & Red Onion Peri Peri Skewers	545	23	43	-	19	29	2
- Add three Lemon & Herb Tofu,Pepper & Red Onion Peri Peri Skewers	663	29	49	-	23	37	2
- Add 4oz Rump Steak	497	34	32	-	12	25	1
- Add 8oz Rump	637	60	31	-	12	29	1
- Add 1/2 Chicken	396	31	32	-	12	15	1
- Add chicken	485	51	32	-	12	16	1
- Add 1/2 Cajun Chicken	409	32	33	-	12	15	3
- Add Cajun Chicken	510	51	36	-	13	17	6
- Add Halloumi 2 pieces	573	31	33	-	14	34	3
- Add large Halloumi 3 pieces	706	41	34	-	15	44	4
- Add Salmon	686	52	33	-	12	38	1
Steak Hash (Breakfast recipe allowance in this)	884	67	55	-	3	43	2
Fish Finger Bun	815	28	69	-	9	46	2
Pulled Chipotle beef chilli	328	18	27	-	10	15	2
Chicken, Bacon & Waffles	1401	39	152	-	78	70	5
Steak Bun	610	55	44	-	8	23	1
A dozen Wholetail British Whitby Scampi	707	24	60	-	5	41	4
Fish Pie	437	25	27	-	6	25	2
Lemon and Herb Peri Peri Skewers	519	20	34	-	19	32	2
BBQ Pulled Pork Quesadilla spiked with jalapenos	568	27	52	-	21	28	2
Camembert Cheese and Cherry Tomato Puff Pastry Tart	643	12	42	-	8	47	2
Simply Grilled Chicken	399	49	21	-	5	12	1
Buttermilk Pancakes and Bacon	752	30	115	-	77	19	6

STEAKS & GRILLS

10oz SIRLOIN	675	62	14	-	3	42	1
8oz FILLET	440	55	12	-	3	18	1
8oz RUMP	532	48	12	-	3	32	1
16oz RIB-EYE	821	105	12	-	3	38	2
30oz bulls Head Steak (For Two To Share)	1657	205	23	-	6	80	4
Mixed Grill	900	76	27	-	6	54	6
Ultimate Mixed Grill	1785	147	58	-	22	107	11
7oz Gammon	369	39	12	-	3	18	4
- With 7oz Gammon Choice - Fried Free-Range Egg	454	47	12	-	3	24	4
- With 7oz Gammon Choice - Fresh Grilled Pineapple	396	39	18	-	9	18	4
- With 7oz Gammon Choice - Fried free-range Egg & Fresh Grilled Pineapp	482	47	18	-	9	24	4
Double up your gammon steak	634	75	12	-	3	32	8

VEGETARIAN & VEGAN

Herb-Battered Halloumi & Chips	1099	29	73	-	3	76	7
Aubergine & Red Lentil Tagine	1077	26	130	-	29	48	5
Jamaican Vegetable Katsu Curry - Vegan	796	15	86	-	13	41	4

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Butternut Squash, Spinach & Cheese Roulade	405	14	35	-	12	21	2
Spinach and Artichoke Pasta in a creamy tomato and ricotta sauce	831	24	68	-	15	50	5
BURGERS							
The Big One	1512	114	59	-	20	91	8
The Cowboy Burger	916	54	79	-	20	42	6
The Angry Bird burger	937	54	55	-	13	55	4
The BBQ King burger	1026	56	69	-	31	58	5
The Boho Burger	970	37	99	-	15	44	5
The Classic burger	823	47	46	-	9	49	5
The Frenchie burger	889	45	67	-	26	48	4
- Add an extra beef burger	1218	73	68	-	27	72	5
- Add an extra SouthernFried Chicken Breast	1281	77	89	-	26	67	5
- Add an extra Bean Burger	1222	60	116	-	31	54	5
- Add an extra Chicken Breast	1085	85	67	-	26	52	5
RIBS SLOW-COOKED							
Rack of ribs - Large	1046	98	50	-	38	49	3
Standard Rack Of Ribs	814	77	35	-	25	40	2
Jerk Ribs	725	63	40	-	30	33	2
Kilo Ribs	557	17	80	-	61	17	2
CHICKEN & COMBOS							
Half Rotisserie Chicken	477	65	14	-	3	17	1
The '83 Combo	817	98	31	-	17	33	3
The Original Combo	636	68	30	-	17	26	2
The Triple Combo	1343	98	103	-	23	58	6
BBQ Chicken Stack	918	77	52	-	26	44	4
Bird, surf & turf	865	92	27	-	7	41	7
Half Rotisserie Chicken Chasseur	361	48	16	-	8	11	2
Trade down breast version - Chicken Chasseur	294	46	15	-	8	5	2
FISH							
A dozen Wholetail British Whitby Scampi	647	19	53	-	2	40	4
Cod & Chips	635	33	20	-	2	47	1
- With garden peas	767	38	27	-	4	56	1
- With Mushy Peas	708	38	32	-	3	47	2
Sweet and Sticky Salmon Salsa - No Carb in recipe	690	46	37	-	23	38	6
Grilled fillets of Sea Bass with a Lobster and Prosecco Sauce	464	49	19	-	8	22	2
GLOBAL GRILL							
Bourbon Glazed Pork Belly	1762	77	114	-	32	109	4
Caribean Salsa Chicken	556	47	34	-	20	24	7.622
The Big Shorty	1119	71	31	-	21	78	1.921
Spit Chicken Peri Peri	541	52	25	-	13	24	2

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SWAP, UPGRADE & SIDES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Home-baked Jacket Potato	273	6	59	-	3	0	0
Home-baked Jacket Potato with sour cream	355	7	60	-	4	8	0
Mash	187	4	29	-	3	5	1
Sage & Onion Seasoned Fries	400	5	55	-	1	18	2
Buttered Corn	214	6	26	-	19	7	0
Apple and fennel slaw	277	2	18	-	12	21	1
Mac 'N' Cheese	276	13	33	-	7	10	2
Fries	399	5	54	-	1	18	1
Triple-cooked chunky chips	436	17	49	-	0	19	0
Onion rings	312	5	39	-	5	15	1
Garlic bread	165	4	20	-	1	8	1
Cheesy Garlic bread	354	17	20	-	1	23	1
Golden Rice & Beans	229	4	42	-	2	5	1
Sweet Potato fries	503	3	55	-	15	30	1
Chargrilled Tenderstem Broccoli	31	4	1	-	1	1	0
Buttered chantenay carrots, peas and beans	94	4	15	-	9	2	0
Kickin Pea Smash	120	8	15	-	7	3	1
- Add Beans	184	12	24	-	9	3	1
- Add Cheese	185	12	15	-	7	8	1

DESSERTS

Chocolate Fudge Cake	997	12	129	-	102	48	1
Cherry Pie	567	5	90	-	40	21	1
Coconut & Black Cherry Rice Pudding	388	3.8	37.5	-	31.3	24.6	0.26
Treacle Sponge	474	3	81	-	67	15	1
The 'Mini-Dessert' Combo	750	9	93	-	67	38	1
Caramel biscuit cheesecake	799	7.212	77.45	-	45.77	50.83	0.541
Belgian Chocolate Brownie	731	10	96	-	68	34	0

MINI DESSERTS

Caramel biscuit cheesecake	334	3	36	-	20	20	0
Belgian Chocolate Brownie	286	3	39	-	26	13	0

FREAK SHAKES

Strawberry Fun Fair	762	16	87	-	60	39	1
Cookie Monster Freakshake	1067	20	135	-	95	49	1
Salted Caramel Waffle	753	15	101	-	91	32	1

SUNDAE PARLOUR

Rocky horror sundae	717	12	80	-	62	38	1
- Add - Real Dairy Ice Cream	830	15	95	-	74	43	1
- With Sauce - Belgian Chocolate Sauce	775	12	93	-	73	38	1
- With Sauce - Toffee fudge Sauce	781	12	93	-	72	39	1
- With Sauce - Raspberry Sauce	774	12	94	-	73	38	2
- With Sauce - Strawberry Sauce	774	12	94	-	73	38	2

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Choice - Custard	807	15	95	-	73	40	1
- With Choice - Fluffy cream	820	13	83	-	65	48	1
Sundae best* V	278	7	40	-	28	10	0
- Add - Real Dairy Ice Cream	391	10	55	-	40	15	0
- With Sauce - Belgian Chocolate Sauce	336	7	53	-	39	10	0
- With Sauce - Toffee fudge Sauce	342	7	53	-	38	11	0
- With Sauce - Raspberry Sauce	335	7	54	-	39	10	1
- With Sauce - Strawberry Sauce	335	7	54	-	39	10	1
- With Choice - Custard	368	10	55	-	39	12	0
- With Choice - Fluffy cream	381	8	43	-	31	20	0
Black Forest Sundae	773	11	107	-	78	33	0
- Add - Real Dairy Ice Cream	886	14	122	-	90	38	0
- With Sauce - Belgian Chocolate Sauce	831	11	120	-	89	33	0
- With Sauce - Toffee fudge Sauce	837	11	120	-	88	34	0
- With Sauce - Raspberry Sauce	830	11	121	-	89	33	1
- With Sauce - Strawberry Sauce	830	11	121	-	89	33	1
- With Choice - Custard	863	14	122	-	89	35	0
- With Choice - Fluffy cream	876	12	110	-	81	43	0
Millionaires Sundae	1072	12	156	-	113	44	1
- Add - Real Dairy Ice Cream	1185	15	171	-	125	49	1
- With Sauce - Belgian Chocolate Sauce	1130	12	169	-	124	44	1
- With Sauce - Toffee fudge Sauce	1136	12	169	-	123	45	1
- With Sauce - Raspberry Sauce	1129	12	170	-	124	44	2
- With Sauce - Strawberry Sauce	1129	12	170	-	124	44	2
- With Choice - Custard	1162	15	171	-	124	46	1
- With Choice - Fluffy cream	1175	13	159	-	116	54	1
Strawberry Cheesecake Sundae	621	12	77	-	58	29	0
- Add - Real Dairy Ice Cream	734	15	92	-	70	34	0
- With Sauce - Belgian Chocolate Sauce	679	12	90	-	69	29	0
- With Sauce - Toffee fudge Sauce	685	12	90	-	68	30	0
- With Sauce - Raspberry Sauce	678	12	91	-	69	29	1
- With Sauce - Strawberry Sauce	678	12	91	-	69	29	1
- With Choice - Custard	711	15	92	-	69	31	0
- With Choice - Fluffy cream	724	13	80	-	61	39	0
Baileys Salted Caramel Profiteroles Sundae	783	11	86	-	67	44	1
- Add - Real Dairy Ice Cream	896	14	101	-	79	49	1
- With Sauce - Belgian Chocolate Sauce	841	11	99	-	78	44	1
- With Sauce - Toffee fudge Sauce	847	11	99	-	77	45	1
- With Sauce - Raspberry Sauce	840	11	100	-	78	44	2
- With Sauce - Strawberry Sauce	840	11	100	-	78	44	2
- With Choice - Custard	873	14	101	-	78	46	1
- With Choice - Fluffy cream	886	12	89	-	70	54	1
Salted Caramel Profiteroles Sundae	783	11	86	-	67	44	1
- Add - Real Dairy Ice Cream	896	14	101	-	79	49	1
- With Sauce - Belgian Chocolate Sauce	841	11	99	-	78	44	1
- With Sauce - Toffee fudge Sauce	847	11	99	-	77	45	1
- With Sauce - Raspberry Sauce	840	11	100	-	78	44	2
- With Sauce - Strawberry Sauce	840	11	100	-	78	44	2
- With Choice - Custard	873	14	101	-	78	46	1
- With Choice - Fluffy cream	886	12	89	-	70	54	1

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KIDS MENU

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Smaller Bites - Grilled Chicken Strips	92	20	1	-	1	1	1
Smaller Bites - Fish Fingers	166	11	14	-	2	7	0
Smaller Bites - Mini Sausage & Yorkie Boat	293	10	21	-	1	18	1
Smaller Bites - Veggie Sausage & Yorkie Boat	286	21	26	-	2	9	2
Smaller Bites - Scrambled Egg	265	15	29	-	3	9	3
Smaller Bites - Simply Pasta	237	5	30	-	8	10	1
Bigger Appetites - Mini Sausage & Yorkie Boat	377	14	23	-	1	25	2
Bigger Appetites - Veggie Sausage & Yorkie Boat	366	30	30	-	3	12	3
Bigger Appetites - Fish Fingers	220	15	18	-	2	10	0
Bigger appetites - Mini Beef Burger	365	17	14	-	4	27	2
Bigger appetites - Mini Chicken Burger	246	23	13	-	4	11	1
Bigger appetites - Buttermilk-fried Chicken	340	20	21	-	1	20	1
Macaroni Cheese	315	11	29	-	5	16	1
Bigger Appetites - Grilled Chicken Breast	98	20	0	-	0	2	0
- With Side choice - Fries	314	23	28	-	0	12	1
- With Side choice - Chips	313	22	28	-	0	12	0
- With Side choice - golden Golden Vegetable Rice	288	23	24	-	4	11	1
- With Side choice - Jacket Potato	371	26	59	-	3	2	0
- With Side choice - Mash	181	22	13	-	1	4	0
- With Side choice - Sweet Potato Fries	366	22	29	-	8	18	1
- With Veg Choice - Heinz Baked Beans	149	24	7	-	1	2	0
- With Veg choice - Half Corn On The Cob	156	23	6	-	2	4	0
- With Veg choice - Fresh Vegetable Sticks	142	21	8	-	7	2	0
- With Veg choice - Garden Peas	158	25	7	-	2	3	0
- With Veg choice - Chantenay Carrots, peas and beans	168	22	11	-	7	2	0
- With Veg choice - Grilled Tenderstem Broccoli	121	23	1	-	1	3	0
Harvester Recommends - 4Oz Rump Steak	189	22	1	-	0	11	0
Harvester Recommends - Cod Fillet	431	33	22	-	3	24	0
Harvester Recommends - Build Your Own Chicken Wrap	431	31	34	-	5	19	1
Harvester Recommends - Grilled Salmon	192	20	0	-	0	12	0
Harvester Recommends - Bbq Chicken	317	44	14	-	13	10	2
Harvester Recommends - Half Rack Of Ribs	348	33	19	-	16	16	1
Harvester recommends - Half Rack of Ribs (Homesmoked)	348	33	18	-	16	16	1
Harvester Recommends - Rotisserie Chicken	252	35	1	-	1	12	1
Harvester Recommends - Aubergine & Red Lentil Tagine	303	8	31	-	14	15	3
Desserts - Tutti Frutti Salad	107	3	21	-	17	1	0
Desserts - Fruitypot Jelly	100	0	24	-	22	0	0
Desserts - Chocolate Volcano Cake	212	1	27	-	19	11	0
Desserts - Build Your Own Ultimate Cookie	528	5	73	-	53	23	0
Desserts - Strawberry Picnic Pudding	336	5	54	-	40	10	0
Desserts - Pip Organic Fruit Lolly	20	0	5	-	5	0	0
Sundaes - Build Your Own Sundae	453	7	72	-	53	15	0
Sundaes - Rocky Horror Sundae	473	8	54	-	41	24	0
Sundaes - Sundae Best	261	6	37	-	27	10	0
- With Sauce choice - Belgian Chocolate Sauce	319	6	50	-	38	10	0
- With Sauce choice - Raspberry Sauce	318	6	51	-	38	10	1
- With Sauce choice - Toffee fudge Sauce	325	6	50	-	37	11	0
- With Sauce choice - Strawberry Sauce	318	6	51	-	37	10	1