



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.

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.

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 BEEFEATER ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



Beefeater Core Value Menus Allergy April 2021

Ingredient Name/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?	
BEEFEATER GRILL MENU																											
STARTERS & SHARERS																											
BEEF POPCORN																										No	No
Popcorn BB CP (10001658)																										Yes	Yes
Beef Seasoning (53944, 10002201)																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
PREMIUM SHARING PLATTER	Yes					Yes	Yes			Yes			Yes			Yes										No	No
Smokey Chilli Ketchup (10001725)																										Yes	Yes
Chicken & Red Pepper Skewer (10001903)																										No	No
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Baking Potatoes (10000355)																										Yes	Yes
Bourbon BBQ Sauce (53252)																Yes										Yes	Yes
Calamari (10000512)	Yes									Yes																No	No
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Maple BBQ Pork Ribs (52948)																										No	No
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Reduced Fat Sour Cream (51047)							Yes																			No	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GARLIC FLATBREAD	Yes						Yes																			No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
SOUP OF THE DAY	Yes	Yes																								Yes	Yes
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes

Ingredient Name/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?	
LOADED POTATO DIPPERS WITH CHEESE & BACON						Yes																			No	No	
Unsmoked Back Bacon (10001540)																										No	No
Onions Spring Bunch (54250)																										Yes	Yes
Potato Dippers (52706)																										Yes	Yes
Reduced Fat Sour Cream (51047)						Yes																				No	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SALT & PEPPER CALAMARI	Yes					Yes				Yes																No	No
Calamari (10000512)	Yes									Yes																No	No
Chillies Red (54235)																										Yes	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Lemon Garlic Mayo (10000623)						Yes																				No	Yes
Lemons (54602, 54722)																										No	Yes
Rock Salt (52462)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BUTTERMILK CHICKEN GOUJONS	Yes						Yes																			No	No
Smokey Chillii Ketchup (10001725)																										Yes	Yes
Buttermilk Chicken Goujons (54586)	Yes						Yes																			No	No
Rocket Leaf (54258)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CRISPY CHICKEN WINGS																Yes										No	No
BBQ Sauce (52975)																										Yes	Yes
Single Joint Chicken Wing (10001902)																										No	No
Single Joint Chicken Wing (10001902)																										No	No
Piri Piri Sauce (53253)															Yes											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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CLASSIC PRAWN COCKTAIL	Yes	Yes				Yes	Yes		Yes				Yes												No	No	
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Paprika Pepper (48048)																										Yes	Yes
Seafood Sauce (54050)						Yes							Yes													No	Yes
Tomato M (54216)																										Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
CAULIFLOWER POPCORN	Yes																									Yes	Yes
Smokey Chilli Ketchup (10001725)																										Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
CRISPY FLAT CAP MUSHROOMS	Yes				Yes	Yes	Yes																			No	No
BBQ Sauce (52975)																										Yes	Yes
Breaded Flat Mushroom (10000347)	Yes				Yes	Yes																				No	Yes
Reduced Fat Sour Cream (51047)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SURF & TURF SKEWERS	Yes	Yes					Yes		Yes																	No	No
King Prawns Vietnamese (10001555)									Yes																	No	No
Tomato & Basil Fondue (10001901)																										Yes	Yes
Salt & Pepper Rump Tail (10001881)																										No	No
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes

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TRASH CAN NACHOS	Yes					Yes																			No	No	
Smokey Chilli Ketchup (10001725)																										Yes	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Nacho Cheese Sauce (10001897)						Yes																				No	Yes
Avocado Halves (10000498)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
Onions Red (54223)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Reduced Fat Sour Cream (51047)						Yes																				No	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
ADD SPICED PULLED BEEF												Yes														No	No
Beef Barbacoa (10001905)												Yes														No	No
ADD LENTIL & SOYA SLOPPY JOE			Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes

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	FLAVOURSOME GRILLS																									

SURF & TURF COMBO	Yes					Yes	Yes		Yes	Yes																No	No
King Prawns Vietnamese (10001555)									Yes																	No	No
8oz Frozen Sirloin Steak (10002054)																										No	No
Calamari (10000512)	Yes									Yes																No	No
Garlic & Parsley Butter Blend (48641)						Yes																				No	Yes
Lemon Garlic Mayo (10000623)						Yes																				No	Yes
Lemons (54602, 54722)																										No	Yes
MSC Canadian Scallops (10001110)										Yes																No	No
Rocket Leaf (54258)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Scallops Shells (10000581)																										No	No
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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MIXED GRILL	Yes					Yes										Yes									No	No	
5oz Boomerang Gammon Steak (10000617)																										No	No
8oz Frozen Rump Steak (10002053)																										No	No
Rocket Leaf (54258)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Raw Chicken Fillet (10001118)																										No	No
UPGRADE RUMP STEAK																										No	No
8oz Frozen Rump Steak (10002053)																										No	No
UPGRADE SIRLOIN STEAK																										No	No
8oz Frozen Sirloin Steak (10002054)																										No	No
BRITISH LAMB CHOPS																										No	No
Lamb Chops (10001879)																										No	No
Rocket Leaf (54258)																										Yes	Yes
Mint Sauce (51730)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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STICKY BOURBON BBQ RIBS	Yes					Yes							Yes			Yes									No	No	
Bourbon BBQ Sauce (53252)																Yes										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Maple BBQ Pork Ribs (52948)																										No	No
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
BBQ CHICKEN & RIBS						Yes							Yes			Yes										No	No
Bourbon BBQ Sauce (53252)																Yes										Yes	Yes
Bourbon BBQ Sauce (53252)																Yes										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Corn On Cob Bites (53717)																										Yes	Yes
Maple BBQ Pork Ribs (52948)																										No	No
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Stealth Fries (52190)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No
UPGRADE TO FULL RACK																										No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Maple BBQ Pork Ribs (52948)																										No	No

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TRIO OF FISH							Yes	Yes																	No	No	
Spinach (10001511)																										Yes	Yes
Trio Of Fish (10001904)								Yes																		No	No
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
TUNA STEAK & CHIPS	Yes				Yes			Yes																		No	No
Tomato & Basil Fondue (10001901)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
MSC Tuna Steak (10000698)	Yes				Yes			Yes																		No	No
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Tender Stem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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BEST EVER MIXED GRILL	Yes		Yes		Yes	Yes						Yes				Yes									No	No	
Lamb Chops (10001879)																										No	No
Beer Can Marinade (10001885)			Yes									Yes														Yes	Yes
Pork Hot Dog (10001934)																Yes										No	No
Rock Salt (52462)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
8oz Frozen Sirloin Steak (10002054)																										No	No
Beef Dripping & Beer Gravy (10000507)			Yes																							No	No
Breaded Flat Mushroom (10000347)	Yes				Yes	Yes																				No	Yes
Mint Sauce (51730)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Raw Chicken Fillet (10001118)																										No	No
UPGRADE TO 8OZ SIRLOIN																										No	No
8oz Frozen Sirloin Steak (10002054)																										No	No
UPGRADE TO SWEET POTATO FRIES																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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SUCCULENT STEAKS WITH CHIPS																										

8OZ RUMP																										No	No
8oz Frozen Rump Steak (10002053)																										No	No
Rocket Leaf (54258)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

8OZ SIRLOIN																										No	No
8oz Frozen Sirloin Steak (10002054)																										No	No
Rocket Leaf (54258)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
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8OZ FILLET																									No	No	
8oz Frozen Fillet Steak (10002052)																										No	No
Rocket Leaf (54258)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
10OZ RIB EYE																										No	No
10oz Frozen Ribeye Steak (10002051)																										No	No
Rocket Leaf (54258)																										Yes	Yes
Mushroom Flat (54219)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/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?	
12OZ FILLET	Yes					Yes	Yes						Yes			Yes									No	No	
12oz Fillet Steak (10001734)																										No	No
Onion, Brioche & Cheese Bake (10001892)	Yes					Yes	Yes						Yes													No	Yes
Malbec Sauce (53250)							Yes									Yes										No	No
Mushroom Flat (54219)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Garlic & Parsley Butter (10001371)							Yes																			No	Yes
16OZ T BONE	Yes					Yes	Yes						Yes			Yes										No	No
Onion, Brioche & Cheese Bake (10001892)	Yes					Yes	Yes						Yes													No	Yes
T - Bone Steak (10001880)																										No	No
Malbec Sauce (53250)							Yes									Yes										No	No
Mushroom Flat (54219)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rock Salt (52462)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Whole Black Pepper (50887)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Garlic & Parsley Butter (10001371)							Yes																			No	Yes
SALAD INSTEAD OF CHIPS													Yes			Yes										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Onions Red (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient Name/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?
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STEAK SAUCES & TOPPERS

GARLIC KING PRAWNS							Yes		Yes																No	No
King Prawns Vietnamese (10001555)									Yes																No	No
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Lemons (54602, 54722)																									No	Yes

MUSHROOM, WHITE WINE & TRUFFLE SAUCE	Yes				Yes	Yes						Yes	Yes			Yes									No	Yes
White Wine Mushroom Truffle Sauce (10001777)	Yes				Yes	Yes						Yes	Yes			Yes									No	Yes

CREAMY PEPPERCORN SAUCE	Yes					Yes						Yes													No	No
Peppercorn Sauce Small (50948)	Yes					Yes						Yes													No	No

BEER & BEEF DRIPPING SAUCE			Yes																						No	No
Beef Dripping & Beer Gravy (10000507)			Yes																						No	No

BEARNAISE SAUCE						Yes	Yes									Yes									No	Yes
Hollandaise Sauce (10001762)						Yes	Yes									Yes									No	Yes
Fresh Herbs Tarragon (54246)																									Yes	Yes

Ingredient Name/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?
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JUICY BURGERS

DOUBLE BACON & CHEESE BEEF STEAK BURGER	Yes					Yes	Yes				Yes	Yes													No	No
4oz Steak Burger (53533)																									No	No
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes													No	Yes
Onions Red (54223)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes														No	Yes
Smoked Dry Cured Streaky Bacon (54125)																									No	No
Spicy Chip Seasoning (52603)													Yes												Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Burger Sauce (10002205)													Yes												Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes

SLOPPY JOE BURGER	Yes	Yes	Yes	Yes	Yes							Yes	Yes			Yes									Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes													Yes	Yes
Beyond Meat Burger (10001749)			Yes		Yes							Yes													Yes	Yes
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (54223)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Spicy Chip Seasoning (52603)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Vegan Bun (54701)	Yes	Yes		Yes																					Yes	Yes
Vegan Burger Sauce (10002205)												Yes													Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/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?	
CHICKEN BACON & AVOCADO BURGER	Yes					Yes	Yes						Yes												No	No	
Avocado Halves (10000498)																										Yes	Yes
Brioche Bun (54523)	Yes					Yes	Yes																			No	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
Onions Red (54223)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Spicy Chip Seasoning (52603)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No
TRUFFLE STEAK BURGER	Yes					Yes	Yes						Yes			Yes										No	No
PORT & ONION CONFIT (10001730)							Yes									Yes										No	Yes
Brioche Bun (54523)	Yes					Yes	Yes																			No	Yes
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
TRUFFLE STEAK BURGER (10000168)																Yes										No	No
Cheese Slices (51545)							Yes																			No	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes						Yes														No	Yes
TRUFFLE SEASONING (10001103)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Tomato M (54216)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
UPGRADE TO SWEET POTATO FRIES																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/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?
HOUSE FAVOURITES																										
LUXURY BEEF & PANCETTA LASAGNE	Yes					Yes	Yes							Yes		Yes									No	No
Beef & Pancetta Lasagne (10001709)	Yes					Yes	Yes																		No	No
Cucumber Half Slice (54220)																									Yes	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Onions Red (54223)																									Yes	Yes
Pepper Red Cat II (54226, 10000329)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
BEEF & DOOM BAR PIE	Yes		Yes			Yes	Yes							Yes											No	No
Vegan Gravy (10001769)																									Yes	Yes
Beef & Ale Pie (10001736)	Yes		Yes			Yes	Yes																		No	No
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Horseradish (51731)						Yes	Yes					Yes													No	Yes
Mash Potato (51094)							Yes																		No	Yes
Tender Stem Broccoli (10000524)																									Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
CHARGILLED GAMMON STEAK						Yes																			No	No
Horseshoe Gammon 10oz (52323)																									No	No
Peas Grade A (53692)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Sliced Pineapple In Juice (51019)																									Yes	Yes
Spicy Chip Seasoning (52603)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes

Ingredient Name/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?	
BEER-BATTERED HADDOCK & CHIPS	Yes		Yes			Yes	Yes						Yes												No	No	
Tartare Sauce (54511)						Yes							Yes													No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Doom Bar (900208)			Yes																							No	No
Haddock Fillet MSC (54086)								Yes																		No	No
Lemons (54602, 54722)																										No	Yes
Mushy Peas (53507)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SMOTHERED CHICKEN MELT						Yes	Yes						Yes			Yes										No	No
BBQ Sauce (52975)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Cucumber Half Slice (54220)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Premium Chip (10001031)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Spicy Chip Seasoning (52603)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No

Ingredient Name/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?
MOZZARELLA FILLED CHICKEN WRAPPED IN PANCETTA							Yes						Yes			Yes									No	No
Parmesan (10001839)							Yes																		No	No
Tomato & Basil Fondue (10001901)																									Yes	Yes
Balsamic Dressing (10000062)																Yes									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Spicy Chip Seasoning (52603)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Chicken W Pancetta (10001315)							Yes																		No	No

TASTY ALTERNATIVES

CHILLI NON CARNE	Yes		Yes		Yes								Yes												Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes								Yes												Yes	Yes
8 Inch Tortilla (54030)	Yes																								Yes	Yes
Chillies Red (54235)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Long Grain Rice (10002397)																									Yes	Yes

SIGNATURE SALAD WITH GRILLED CHICKEN	Yes	Yes				Yes	Yes						Yes												No	No
Parmesan (10001839)							Yes																		No	No
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes												Yes	Yes
Ciabatta Loaf (10000902)	Yes	Yes																							Yes	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Raw Chicken Fillet (10001118)																									No	No

Ingredient Name/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?
SIGNATURE SALAD WITH GRILLED TUNA	Yes	Yes			Yes	Yes	Yes	Yes					Yes												No	No
Parmesan (10001839)							Yes																		No	No
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes												No	Yes
Ciabatta Loaf (10000902)	Yes	Yes																							Yes	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
MSC Tuna Steak (10000698)	Yes				Yes			Yes																	No	No
Rocket Leaf (54258)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
SPINACH & RICOTTA CANNELLONI	Yes						Yes					Yes													No	Yes
Tomato & Basil Fondue (10001901)																									Yes	Yes
Cannelloni Pieces (10001896)	Yes						Yes					Yes													No	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
UHT Whipping Cream (24097)							Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
WITH CHIPS																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Spicy Chip Seasoning (52603)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
WITH SALAD												Yes				Yes									Yes	Yes
Cucumber Half Slice (54220)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Onions Red (54223)																									Yes	Yes
Pepper Red Cat II (54226, 10000329)																									Yes	Yes
Salad Leaf Mix (10001145, 10001146)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient Name/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?	
SIDES																											
TRIPLE-COOKED CHIPS																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
UPGRADE TO SWEET POTATO FRIES																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SKINNY FRIES																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
HALLOUMI FRIES	Yes				Yes		Yes																			No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Halloumi Fries (10002468)	Yes				Yes		Yes																			No	Yes
SEASIDE POTATOES	Yes		Yes																							No	No
Seaside Spuds (10001872)	Yes		Yes																							No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MIXED SIDE SALAD													Yes			Yes										Yes	Yes
Cucumber Half Slice (54220)													Yes			Yes										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Onions Red (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Salad Leaf Mix (10001145, 10001146)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
CRISPY BEER -BATTERED ONION RINGS	Yes																									No	No
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/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?	
ROCKET & PARMESAN SALAD						Yes							Yes			Yes									No	No	
Parmesan (10001839)						Yes																			No	No	
Balsamic Dressing (10000062)																Yes									Yes	Yes	
French Dressing (53514)													Yes			Yes									Yes	Yes	
Rocket Leaf (54258)																									Yes	Yes	
CHUNKY SLAW						Yes							Yes												No	Yes	
Coleslaw Mix (10001143, 10001144)																									Yes	Yes	
Mayonnaise Light (54568, 52925)						Yes							Yes												No	Yes	
GRILLED TENDERSTEM BROCCOLI WITH HOLLANDAISE						Yes	Yes									Yes									No	Yes	
Hollandaise Sauce (10001762)						Yes	Yes									Yes									No	Yes	
Tender Stem Broccoli (10000524)																									Yes	Yes	
MAC & CHEESE	Yes						Yes																		No	Yes	
Fresh Herbs Flat Parsley (54241)																									Yes	Yes	
Mac & Cheese (10001009)	Yes						Yes																		No	Yes	
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes	
DELICIOUS DESSERTS																											
BRAMLEY APPLE & BLACKBERRY CRUMBLE				Yes			Yes									Yes									No	Yes	
Apple & Blackberry Compote (10001748)																Yes									No	Yes	
Crumble Topping (10001739)				Yes																					Yes	Yes	
Custard - Ready To Serve (53399)							Yes																		No	Yes	
Fresh Herbs Mint (54242)																									Yes	Yes	
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes	
STICKY TOFFEE PUDDING	Yes					Yes	Yes																		No	Yes	
Custard - Ready To Serve (53399)							Yes																		No	Yes	
Fresh Herbs Mint (54242)																									Yes	Yes	
Sticky Toffee Pudding (54179)	Yes					Yes	Yes																		No	Yes	
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes	

Ingredient Name/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?	
MERINGUE KISSES						Yes	Yes																		No	Yes	
Meringue Kisses (10001919)						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Strawberries (54259)																										Yes	Yes
CHOCOLATE & HAZELNUT DOME	Yes				Yes	Yes	Yes											Yes								No	Yes
Dulche De Leche (10001768)							Yes																			No	Yes
Hazelnut Dome (10001900)	Yes				Yes	Yes	Yes											Yes								No	Yes
CHOCOLATE TORTE	Yes			Yes	Yes																					Yes	Yes
Vegan Chocolate Tore (10001895)	Yes			Yes	Yes																					Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Raspberry Sauce (10002188)																										Yes	Yes
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
Rolled Wafer Biscuit (10001347)	Yes				Yes	Yes	Yes																			No	Yes
STRAWBERRIES & ICE CREAM							Yes																			No	Yes
Strawberries (54259)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
BLACK FOREST SUNDAE	Yes				Yes	Yes	Yes																			No	Yes
Dark Cherry Compote (10001731)																										Yes	Yes
Chocstix (54617)					Yes		Yes																			No	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

Ingredient Name/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?	
CHURROS CHOCOLATE SUNDAE	Yes					Yes	Yes																		No	Yes	
Chocolate Brownie (10001825)	Yes					Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Churros (10000784)	Yes																									Yes	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
MELTING CHOCOLATE BOMB	Yes			Yes	Yes	Yes	Yes																			No	Yes
Crumble Topping (10001739)				Yes																						Yes	Yes
Dulche De Leche (10001768)							Yes																			No	Yes
Chocolate Dome (10001760)					Yes																					No	Yes
Chocolate Brownie (10001825)	Yes					Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes
MINI PUDDS																											
CHOCOLATE TORTE	Yes			Yes	Yes																					Yes	Yes
Vegan Chocolate Tore (10001895)	Yes			Yes	Yes																					Yes	Yes
LEMON DRIZZLE CAKE	Yes					Yes	Yes																			No	Yes
Mini Lemon Drizzle Cake (10001746)	Yes					Yes	Yes																			No	Yes
MERINGUE KISS						Yes	Yes																			No	Yes
Meringue Kisses (10001919)						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)							Yes																			No	Yes

Ingredient Name/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?	
DAYTIME VALUE																											
STARTERS																											
SOUP OF THE DAY	Yes	Yes																								Yes	Yes
Soup - Mixed Case (10001765, 10001766)																										Yes	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Fresh Herbs Flat Parsley (54241)																										Yes	Yes
CRISPY FLAT CAP MUSHROOMS	Yes				Yes	Yes	Yes																			No	No
BBQ Sauce (52975)																										Yes	Yes
Breaded Flat Mushroom (10000347)	Yes				Yes	Yes																				No	Yes
Reduced Fat Sour Cream (51047)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
CAULIFLOWER POPCORN	Yes																									Yes	Yes
Smokey Chilli Ketchup (10001725)																										Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
CRISPY CHICKEN WINGS																Yes										No	No
BBQ Sauce (52975)																										Yes	Yes
Single Joint Chicken Wing (10001902)																										No	No
Single Joint Chicken Wing (10001902)																										No	No
Piri Piri Sauce (53253)																Yes										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/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?
MAINS																										

8OZ RUMP WITH CHIPS																										No	No
8oz Frozen Rump Steak (10002053)																										No	No
Peas Grade A (53692)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Table Salt (48046, 54744)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD SIRLOIN																										No	No
8oz Frozen Sirloin Steak (10002054)																										No	No

BEER BATTERED FISH & CHIPS	Yes					Yes	Yes							Yes												No	No
Tartare Sauce (54511)						Yes								Yes												No	Yes
Batter Mix (51665)	Yes																									Yes	Yes
Doom Bar (900208)			Yes																							No	No
Haddock Fillet MSC (54086)							Yes																			No	No
Lemons (54602, 54722)																										No	Yes
Peas Grade A (53692)																										Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Pollock Fillets MSC (53550)							Yes																			No	No
Premium Chip (10001031)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

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Ingredient Name/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?
STEAK SANDWICH WITH FRIES	Yes					Yes	Yes						Yes			Yes									No	No
Port & Onion Confit (10001730)							Yes									Yes									No	Yes
8oz Frozen Rump Steak (10002053)																									No	No
Coleslaw Mix (10001143, 10001144)																									Yes	Yes
Flatbread Hand Pressed (54502)	Yes						Yes																		No	Yes
Fresh Herbs Flat Parsley (54241)																									Yes	Yes
Horseradish (51731)						Yes	Yes						Yes												No	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes												No	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes												No	Yes
Rocket Leaf (54258)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Spicy Chip Seasoning (52603)																									Yes	Yes
Table Salt (48046, 54744)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Ingredient Name/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?	
OPEN CHICKEN SANDWICH WITH FRIES	Yes	Yes				Yes							Yes												No	No	
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Mayonnaise Light (54568, 52925)						Yes							Yes													No	Yes
Stealth Fries (52190)																										Yes	Yes
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Spicy Chip Seasoning (52603)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No
OPEN PULLED BEEF SANDWICH WITH CHIPS	Yes	Yes					Yes						Yes													No	No
Beef Barbacoa (10001905)													Yes													No	No
Avocado Halves (10000498)																										Yes	Yes
Chillies Red (54235)																										Yes	Yes
Ciabatta Loaf (10000902)	Yes	Yes																								Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Limes (54604, 54603)																										No	Yes
Onions Red (54223)																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient Name/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?	
VAL GAMMON STEAK WITH CHIPS						Yes																			No	No	
5oz Boomerang Gammon Steak (10000617)																										No	No
5oz Boomerang Gammon Steak (10000617)																										No	No
Peas Grade A (53692)																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Sliced Pineapple In Juice (51019)																										Yes	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
CLASSIC BURGER WITH FRIES	Yes					Yes					Yes	Yes														No	No
4oz Steak Burger (53533)																										No	No
Lettuce Cos (54222)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Sesame Seeded Burger Bun (53767)	Yes					Yes					Yes															No	Yes
Spicy Chip Seasoning (52603)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Vegan Burger Sauce (10002205)												Yes														Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD EXTRA BURGER BACON & CHEESE							Yes																			No	No
4oz Steak Burger (53533)																										No	No
Smoked Dry Cured Streaky Bacon (54125)																										No	No
Cheese Slices (51545)							Yes																			No	Yes
CHICKEN & AVOCADO SALAD						Yes	Yes							Yes		Yes										No	No
Avocado Halves (10000498)																										Yes	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes							Yes												No	Yes
Cracked Black Peppercorns (51753)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
Onions Red (54223)																										Yes	Yes
Tender Stem Broccoli (10000524)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Raw Chicken Fillet (10001118)																										No	No

Ingredient Name/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?	
CHICKEN MAKHANI CURRY	Yes				Yes	Yes																			No	No	
Fresh Herbs Coriander (54239)																										Yes	Yes
Greek Yoghurt 150G (53510)						Yes																				No	Yes
Mango Chutney (10000690)																										No	Yes
Pappodums (51643)																										No	Yes
Plain Naan (54029)	Yes				Yes	Yes																				No	Yes
Chicken Makhani (50375)						Yes																				No	No
Long Grain Rice (10002397)																										Yes	Yes
CHILLI NON CARNE	Yes		Yes		Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)			Yes		Yes							Yes														Yes	Yes
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Long Grain Rice (10002397)																										Yes	Yes
CHILLI CON CARNE	Yes		Yes			Yes																				No	No
8 Inch Tortilla (54030)	Yes																									Yes	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Reduced Fat Sour Cream (51047)						Yes																				No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beef Chilli (10001309)			Yes																							No	No
Long Grain Rice (10002397)																										Yes	Yes

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UPGRADES																										

SWEET POTATO FRIES																										Yes	Yes
Sweet Potato Fries (10001032)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

ONION RINGS	Yes																									No	No
Beer Battered Onion Rings (10001075)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

COLESLAW					Yes							Yes														No	Yes
Coleslaw Mix (10001143, 10001144)																										Yes	Yes
Mayonnaise Light (54568, 52925)					Yes							Yes														No	Yes

DESSERTS

CARAMEL APPLE CRUMBLE	Yes					Yes	Yes									Yes										No	Yes
Caramel Apple Crumble (10001696)	Yes					Yes	Yes								Yes											No	Yes
Custard - Ready To Serve (53399)							Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

ICE CREAM	Yes				Yes		Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Chocstix (54617)						Yes	Yes																			No	Yes
Pompadour Fan Wafer (42756)	Yes					Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	Yes

WARM CHOCOLATE BROWNIE	Yes					Yes	Yes																			No	Yes
Chocolate Brownie (10001825)	Yes					Yes	Yes																			No	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																			No	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)
BEEFEATER GRILL MENU								
STARTERS & SHARERS								
PREMIUM SHARING PLATTER	5732	1369	64.1	14.1	119.8	43.9	73.6	5.8
GARLIC FLATBREAD	4853	1159	55.2	15.5	134.6	6.9	26.9	2.3
SOUP OF THE DAY	1149	274	6.8	2.3	43.2	1.3	7.2	1.4
LOADED POTATO DIPPERS WITH CHEESE	1998	477	28.6	12.9	35.0	2.7	20.2	1.1
ADD BACON	207	49	3.0	1.2	0.1	0.1	5.4	0.8
SALT & PEPPER CALAMARI	2238	535	39.5	3.2	28.4	1.8	15.8	4.7
BUTTERMILK CHICKEN GOUJONS	1715	410	20.0	2.3	34.2	9.6	22.6	1.7
CRISPY CHICKEN WINGS PLAIN	1373	328	18.8	4.4	2.7	0.1	37.1	1.4
WITH PIRI PIRI	72	17	0.6	0.1	2.0	0.5	0.3	1.8
WITH BBQ DIP	151	36	0.0	0.0	8.8	7.5	0.2	0.3
ADD 3 CHICKEN WINGS	824	197	11.3	2.6	1.6	0.1	22.2	0.8
CLASSIC PRAWN COCKTAIL	1737	415	20.3	6.4	36.9	10.2	19.9	2.0
CAULIFLOWER POPCORN	1210	289	12.3	1.4	39.2	11.4	4.4	1.3
CRISPY FLAT CAP MUSHROOMS	1783	426	25.3	3.8	43.6	10.0	7.7	1.8
SURF & TURF SKEWERS	1313	314	12.3	3.7	32.9	5.8	16.8	1.7
TRASH CAN NACHOS	5191	1240	70.5	20.6	115.3	19.3	32.2	4.1
ADD SPICED PULLED BEEF	484	116	3.3	1.0	2.4	1.7	18.2	0.5
ADD LENTIL & SOYA SLOPPY JOE	448	107	1.6	0.2	15.0	7.9	6.0	0.8
FLAVOURSOME GRILLS								
SURF & TURF COMBO WITH CHIPS	4597	1098	60.9	12.1	62.5	3.8	72.1	3.8
MIXED GRILL	5503	1314	61.9	15.2	62.2	5.7	123.7	7.7
MIXED GRILL WITH 8OZ RUMP	6138	1466	68.4	18.2	62.3	5.9	148.4	8.1
MIXED GRILL WITH 8OZ SIRLOIN	6176	1475	70.1	19.2	62.3	5.8	143.9	7.8
BRITISH LAMB CHOPS	3678	878	51.6	19.0	53.6	6.9	46.2	2.2
STICKY BOURBON BBQ RIBS WITH FRIES	5562	1328	67.8	17.5	105.0	44.6	70.6	6.0
BBQ CHICKEN & RIBS WITH FRIES	4363	1042	45.9	10.2	81.4	28.8	71.8	5.2
ADD HALF RACK OF RIBS	1711	409	21.4	7.8	21.7	18.8	31.7	1.8
TRIO OF FISH	2370	566	38.2	13.1	3.5	2.5	51.7	1.1
BEST EVER MIXED GRILL WITH CHIPS	6610	1579	86.5	28.0	84.4	16.2	113.3	6.3
BEST EVER MIXED GRILL WITH SIRLOIN STEAK	7264	1735	93.9	31.4	84.5	16.3	135.7	6.5
TUNA STEAK & CHIPS	2651	633	23.9	2.4	58.3	12.0	42.5	3.9
ADD SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
SUCCULENT STEAKS								
ADD CHIPS	1438	343	15.2	1.3	44.5	0.7	4.8	0.6
8OZ RUMP WITH SALAD	1633	390	16.7	6.3	8.4	6.2	53.1	1.4
8OZ SIRLOIN WITH SALAD	1811	432	21.3	7.5	10.5	7.7	48.7	1.3
8OZ FILLET WITH SALAD	1909	456	23.0	8.7	10.9	8.0	49.9	1.1
10OZ RIB EYE WITH SALAD	2585	617	33.6	13.6	12.7	9.9	64.9	1.2
12OZ FILLET WITH CHIPS	4859	1161	57.9	19.9	69.9	9.5	84.7	3.0
16OZ T BONE WITH CHIPS	6559	1567	99.8	37.7	69.4	9.1	91.4	3.4
STEAK SAUCES & TOPPERS								
GARLIC KING PRAWNS	610	146	10.7	4.6	0.8	0.6	11.4	0.7
MUSHROOM, WHITE WINE & TRUFFLE SAUCE	422	101	9.0	1.8	2.8	0.5	1.8	0.8
CREAMY PEPPERCORN SAUCE	123	29	0.7	0.4	4.1	2.2	1.5	0.7
BEER & BEEF DRIPPING SAUCE	239	57	3.2	1.6	5.6	1.3	1.4	0.6
BEARNAISE SAUCE	632	151	14.8	9.2	3.1	0.7	0.9	0.6
JUICY BURGERS WITH TRIPLE COOKED CHIPS								
DOUBLE BACON & CHEESE BEEF STEAK BURGER	5944	1420	83.9	27.6	94.4	16.8	67.2	4.7
SLOPPY JOE BURGER	4511	1077	54.7	9.5	104.0	17.6	36.2	2.9
CHICKEN BACON & AVOCADO BURGER	4405	1052	48.5	7.5	94.7	15.7	53.0	4.4
TRUFFLE STEAK BURGER	5499	1313	67.8	20.2	116.2	23.9	53.6	3.8
ADD SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
HOUSE FAVOURITES								
LUXURY BEEF & PANCETTA LASAGNE	4093	978	50.8	21.5	76.6	18.0	52.1	3.5
BEEF & DOOM BAR PIE	4977	1189	64.5	33.3	110.5	9.8	35.3	4.5
CHARGRILLED GAMMON STEAK WITH CHIPS	4181	999	57.0	5.6	62.1	15.0	57.1	6.9
BEER-BATTERED HADDOCK & CHIPS	4028	962	47.9	5.2	84.4	6.0	46.3	2.8
SMOTHERED CHICKEN MELT WITH CHIPS	3454	825	38.2	8.7	63.1	15.8	53.6	4.3
MOZZARELLA FILLED CHICKEN WRAPPED IN	4410	1053	56.8	14.8	54.6	8.5	77.3	2.9
TASTY ALTERNATIVES								
CHILLI NON CARNE	2335	558	9.3	1.7	94.4	17.2	18.9	1.9
SIGNATURE SALAD WITH GRILLED CHICKEN	2267	542	29.4	6.9	20.4	7.2	46.3	2.3
SIGNATURE SALAD WITH GRILLED TUNA	2584	617	37.3	9.7	22.2	8.5	46.0	3.3
SPINACH & RICOTTA CANNELLONI ONLY	3806	909	53.0	25.9	78.7	16.1	27.6	2.4
ADD CHIPS	1444	345	15.2	1.3	44.7	0.9	4.9	0.7
ADD SALAD	3456	825	11.8	2.6	141.4	134.4	23.1	0.2
SIDES								
TRIPLE-COOKED CHIPS	1438	343	15.2	1.3	44.5	0.7	4.8	0.6
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
SKINNY FRIES	1377	329	13.2	1.0	46.2	0.1	4.7	1.5
HALLOUMI FRIES	1495	357	23.7	7.9	22.1	1.6	12.6	2.0
SEASIDE POTATOES	1814	433	32.3	2.4	31.1	1.3	3.7	0.9
MIXED SIDE SALAD	287	69	3.1	0.3	7.7	6.6	1.9	0.2
CRISPY BEER -BATTERED ONION RINGS	1172	280	15.0	1.2	31.3	4.2	3.8	0.7
ROCKET & PARMESAN SALAD	608	145	12.6	3.3	3.3	2.3	4.3	0.3
CHUNKY SLAW	720	172	13.1	1.0	10.1	7.4	2.0	1.1
GRILLED TENDERSTEM BROCCOLI	813	194	16.9	9.3	5.1	2.1	4.0	0.7
MAC & CHEESE	1276	305	14.9	10.6	26.9	0.9	14.1	1.6

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
DELICIOUS DESSERTS								
BRAMLEY APPLE & BLACKBERRY CRUMBLE WITH STICKY TOFFEE PUDDING WITH CUSTARD	3155	609	15.8	6.7	105.3	70.0	8.2	0.2
MERINGUE KISSES	2487	594	42.3	28.3	48.0	46.0	4.1	0.6
CHOCOLATE & HAZELNUT DOME	2201	526	37.9	21.7	38.9	29.5	6.1	0.3
CHOCOLATE TORTE	1953	466	26.7	19.1	51.1	31.0	4.3	0.5
TRIPLE CHOCOLATE BROWNIE	2704	646	24.1	14.0	94.7	73.1	9.1	0.3
STRAWBERRIES & ICE CREAM	590	141	5.6	3.5	18.4	17.6	3.9	0.1
BLACK FOREST SUNDAE	2473	591	23.7	14.6	82.2	71.2	9.9	0.3
CHURROS CHOCOLATE SUNDAE	3001	717	29.9	10.4	98.0	50.6	12.3	0.4
MELTING CHOCOLATE BOMB	3187	761	27.6	13.9	115.6	76.6	9.8	0.3
MINI PUDDS								
CHOCOLATE TORTE	904	216	13.3	9.6	21.3	13.6	2.1	0.2
LEMON DRIZZLE CAKE	558	133	5.5	0.6	19.0	11.4	1.8	0.3
MERINGUE KISS	860	206	15.0	10.1	15.8	15.2	1.4	0.2
DAYTIME VALUE								
8OZ RUMP WITH CHIPS	2911	695	28.7	7.2	51.2	4.5	57.2	1.5
8OZ SIRLOIN WITH CHIPS	2949	704	30.4	8.2	51.2	4.4	52.8	1.2
BEER BATTERED FISH & CHIPS	3727	890	47.8	4.0	70.8	7.6	39.9	2.2
UPGRADE TO HADDOCK	3869	924	47.8	5.2	77.9	7.4	44.0	1.9
STEAK SANDWICH WITH CHIPS	4935	1179	48.8	8.9	116.3	26.1	65.5	3.9
OPEN CHICKEN SANDWICH WITH CHIPS	3577	854	30.5	4.0	89.3	5.6	51.3	3.9
OPEN PULLED BEEF SANDWICH WITH CHIPS	4593	1097	61.0	10.4	95.3	7.3	35.6	2.5
VAL GAMMON STEAK WITH CHIPS	2924	698	31.4	5.8	51.2	4.5	48.8	4.4
Add an extra gammon steak	831	199	7.3	2.7	0.1	0.2	32.9	3.7
CLASSIC BURGER WITH CHIPS	3641	870	42.8	10.1	87.4	11.5	30.2	2.1
ADD BACON & CHEESE	480	115	9.0	5.0	0.1	0.0	8.3	0.8
CHICKEN & AVOCADO SALAD	1946	465	26.7	4.9	14.0	7.8	38.5	1.8
CHICKEN MAKHANI CURRY	4143	990	30.6	12.1	114.4	23.5	58.2	5.4
CHILLI NON CARNE	2335	558	9.3	1.7	94.4	17.2	18.9	1.9
CHILLI CON CARNE	2901	693	18.8	6.6	83.6	9.0	40.5	1.3
UPGRADES								
SWEET POTATO FRIES	1216	290	15.0	1.5	35.7	12.7	1.1	0.7
ONION RINGS	586	140	7.5	0.6	15.7	2.1	1.9	0.3
COLESLAW	449	107	7.9	0.6	6.7	5.1	1.4	0.7
DESSERTS								
CARAMEL APPLE CRUMBLE WITH CUSTARD	1905	455	16.9	7.4	68.4	38.7	6.1	0.3
ICE CREAM	911	218	7.0	4.3	33.1	23.9	5.0	0.1
WARM CHOCOLATE BROWNIE	2608	623	25.6	5.0	88.0	70.2	8.1	0.3

Beefeater Kids Menu Allergy April 2021

Ingredient Name/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?
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STARTERS

BAKED GARLIC & PARSLEY FLATBREAD	Yes					Yes																			No	Yes	
Dough Discs (53320)	Yes																									Yes	Yes
Garlic & Parsley Butter Blend (48641)						Yes																				No	Yes
Plain Flour (52330)	Yes																									Yes	Yes

VEGGIE STICKS						Yes																				No	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, 10000329)																										Yes	Yes

TORTILLA CHIPS	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 (10002276)																										Yes	Yes

1 CHOOSE YOUR MAIN

OVEN BAKED FISH BITES AND CHIPS	Yes					Yes																				No	No
Stealth Fries (52190)																										Yes	Yes
Pollock Nuggets 25g (10001991)	Yes					Yes																				No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

MAC 'N' CHEESE	Yes					Yes						Yes														No	Yes
Mac & Cheese Kids (10001962)	Yes					Yes						Yes														No	Yes

Beefeater Kids Menu Allergy April 2021

Ingredient Name/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?
TEN VEG TOMATO PASTA	Yes											Yes													Yes	Yes
Tomato Pasta Kids (10001986)	Yes											Yes													Yes	Yes
SAUSAGE AND MASH	Yes						Yes																		No	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Vegan Gravy (10001769)																									Yes	Yes
Kids Sausage (52927)	Yes																								No	No
Mash Potato (51094)							Yes																		No	Yes
VEGGIE SAUSAGE AND MASH	Yes					Yes	Yes																		No	Yes
Semi Skimmed Milk (10001941)							Yes																		No	Yes
Vegan Gravy (10001769)																									Yes	Yes
Mash Potato (51094)							Yes																		No	Yes
Quorn Cumberland Sausage (52581)	Yes					Yes	Yes																		No	Yes
VEGGIE BURGER AND CHIPS	Yes					Yes	Yes																		No	Yes
Vegan Beet Burger Kids (10001967)						Yes	Yes																		Yes	Yes
Burger Buns Kids (54107)	Yes						Yes																		No	Yes
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEEF BURGER AND CHIPS	Yes					Yes																			No	No
4oz Steak Burger (53533)																									No	No
Burger Buns Kids (54107)	Yes						Yes																		No	Yes
Lettuce Cos (54222)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes

Beefeater Kids Menu Allergy April 2021

Ingredient Name/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?	
STEAK AND CHIPS																									No	No	
8oz Frozen Rump Steak (10002053)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
SPAGHETTI BOLOGNESE	Yes																									No	No
Childrens Spaghetti Bolognaise	Yes																									No	No
MARGHERITA PIZZA	Yes					Yes					Yes															No	Yes
Tomato Sauce Childrens Menu (10001965)											Yes															Yes	Yes
Dough Discs (53320)	Yes																									Yes	Yes
Plain Flour (52330)	Yes																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
BUILD YOUR OWN WRAPS	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, 10000329)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)						Yes																				No	Yes
ADD VEG CHILLI		Yes			Yes							Yes														Yes	Yes
Sloppy Joes Vegan (10001740)		Yes			Yes							Yes														Yes	Yes
ADD CHICKEN																										No	No
Raw Chicken Fillet (10001118)																										No	No
OVEN BAKED POPPIN' CHICKEN AND CHIPS	Yes					Yes																				No	No
Mini Chicken Chunks (52926)	Yes					Yes																				No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Beefeater Kids Menu Allergy April 2021

Ingredient Name/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?
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2 CHOOSE YOUR 2 SIDES

GARDEN PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes

BAKED BEANS																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes

MINI CORN ON THE COB																										Yes	Yes
Corn On Cob Bites (53717)																										Yes	Yes

VEGGIE STICKS																										Yes	Yes
Pepper Red Cat II (54226, 10000329)																										Yes	Yes
Cucumber Cat II (54220)																										Yes	Yes

MIXED VEGETABLES																										Yes	Yes
Diced Mixed Vegetables (10001966)																										Yes	Yes

3 SWAP YOUR SPUDS

MINI JACKET POTATO																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes

MASHED POTATO																										No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Mash Potato (51094)							Yes																			No	Yes

CHIPS																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Beefeater Kids Menu Allergy April 2021

Ingredient Name/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?	
PUDS																											
VANILLA ICE CREAM	Yes				Yes	Yes																				No	Yes
Chocstix (54617)					Yes	Yes																				No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes																				No	Yes
Reduced Sugar Ice Cream Kids (10002011)						Yes																				No	Yes
FRESH FRUIT SALAD																										Yes	Yes
Bananas (10002199)																										Yes	Yes
Strawberries (54259)																										Yes	Yes
STRAWBERRY FROZEN YOGHURT	Yes				Yes	Yes																				No	Yes
Frozen Strawberry Yogurt (54577)						Yes																				No	Yes
Pompadour Fan Wafer (42756)	Yes				Yes	Yes																				No	Yes
ETON MESS SUNDAE						Yes	Yes																			No	Yes
Dairy Aerosal Cream (52672)						Yes																				No	Yes
Frozen Strawberry Yogurt (new)						Yes																				No	Yes
Meringue Nests (54613)						Yes																				No	Yes
Strawberries (54259)																										Yes	Yes
PANCAKES	Yes					Yes	Yes																			No	Yes
Bananas (10002199)																										Yes	Yes
Chocolate Sauce (10002185)																										Yes	Yes
Dairy Aerosal Cream (52672)						Yes																				No	Yes
Reduced Sugar Pancake (10000656)	Yes					Yes	Yes																			No	Yes
CHOCOLATE BROWNIE	Yes					Yes	Yes																			No	Yes
Value Brownie (10001825)	Yes					Yes	Yes																			No	Yes
Reduced Sugar Ice Cream Kids (10002011)						Yes																				No	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)
BEEFEATER KIDS MENU								
STARTERS								
BAKED GARLIC & PARSLEY FLATBREAD	761	182	4.8	1.4	33.3	2.3	6.2	0.7
VEGGIE STICKS	105	25	0.1	0.0	2.9	2.8	1.6	0.0
TORTILLA CHIPS	741	177	8.5	1.5	28.9	3.5	5.4	0.5
CHOOSE YOUR MAIN								
FISH BITES & CHIPS	2192	524	19.3	1.5	45.7	1.7	18.9	1.5
MAC 'N' CHEESE	1100	263	7.3	4.0	38.8	3.5	10.4	0.7
TEN VEG TOMATO PASTA	1079	258	3.8	0.5	40.8	6.8	7.5	0.6
SAUSAGE & MASH	2088	499	19.8	7.5	23.9	4.4	16.3	1.6
VEGGIE SAUSAGE & MASH	1234	295	11.4	3.0	28.5	2.4	15.6	1.9
VEGGIE BURGER & CHIPS	2109	504	16.2	2.3	58.2	5.4	17.5	1.7
BEEF BURGER & CHIPS	2088	499	23.6	8.3	44.7	1.5	26.2	1.1
STEAK & CHIPS	1213	290	12.1	3.4	19.9	0.2	26.4	1.0
SPAGHETTI BOLOGNESE	1485	355	5.8	2.2	52.0	7.3	21.5	0.3
MARGHERITA PIZZA	1807	432	12.7	5.3	69.3	5.9	20.1	2.0
BUILD YOUR OWN WRAPS WITH VEG CHILLI	1423	340	8.3	3.6	44.2	13.3	15.8	1.6
BUILD YOUR OWN WRAPS WITH CHICKEN	1297	310	7.9	3.6	29.3	5.6	26.2	1.3
POPPIN' CHICKEN & CHIPS	1163	278	12.8	1.6	29.0	0.1	12.4	1.0
CHOOSE YOUR SIDES								
GARDEN PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
MINI CORN ON THE COB	326	78	0.9	0.2	6.2	3.9	1.2	0.0
VEGGIE STICKS	67	16	0.1	0.0	1.9	1.8	0.4	0.0
MIXED VEGETABLES	159	38	0.6	0.1	6.4	2.1	1.8	0.0
BAKED BEANS	172	41	0.1	0.0	6.7	2.7	2.5	0.3
SWAP YOUR SPUDS								
MINI JACKET POTATO	649	155	0.3	0.2	32.6	3.7	4.1	0.1
MASHED POTATO	548	131	3.8	2.3	15.7	1.0	2.3	0.5
CHIPS	569	136	5.7	0.5	19.9	0.1	2.0	0.6
PUDS								
VANILLA ICE CREAM	490	117	6.1	3.7	22.6	16.6	5.4	0.2
FRESH FRUIT SALAD	335	80	0.2	0.1	16.7	15.3	1.1	0.0
STRAWBERRY FROZEN YOGHURT	519	124	4.4	2.8	18.5	10.2	2.8	0.1
ETON MESS SUNDAE	519	124	6.9	4.7	13.3	10.7	2.3	0.1
PANCAKES	766	183	6.0	2.4	39.5	18.3	3.9	0.3
CHOCOLATE BROWNIE	1218	291	13.8	3.1	35.1	32.5	5.0	0.2