

Hungry Horse Main Menu Nutritional Information - Autumn Winter 2021



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Starters	Garlic Ciabatta (v)	1496	18%	358	18%	16.2	23%	6.0	30%	41.8	16%	4.0	4%	9.4	19%	1.44	24%
Hungry Horse - Autumn Winter 2021 Main Menu	Starters	Cheesy Garlic Ciabatta (v)	2180	26%	521	26%	28.7	41%	14.0	70%	42.3	16%	4.0	4%	22.4	45%	2.24	37%
Hungry Horse - Autumn Winter 2021 Main Menu	Starters	10 Garlic Breaded Mushrooms (v)	2826	34%	676	34%	46.1	66%	3.4	17%	53.1	20%	7.2	8%	8.7	17%	3.01	50%
Hungry Horse - Autumn Winter 2021 Main Menu	Starters	9 Halloumi Fingers (v)	3397	40%	815	41%	67.5	96%	32.7	163%	6.3	2%	4.3	5%	32.8	66%	6.25	104%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	Cheesy Chip Butty (v)	5310	63%	1269	63%	51.1	73%	12.2	61%	168.7	65%	6.6	7%	32.4	65%	3.49	58%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	Southern Fried Chicken Goujons - Please select your bread choice listed below	1554	18%	371	19%	21.9	31%	5.4	27%	19.3	7%	2.0	2%	21.3	43%	1.89	32%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	White Baguette	1289	15%	308	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	Chicken Club - Please select your bread choice listed below	1902	23%	454	23%	28.9	41%	8.2	41%	10.3	4%	4.9	5%	37.5	75%	2.94	49%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	White Baguette	1289	15%	308	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	4 Omega-3 Fish Fingers - Please select your bread choice listed below	1572	19%	375	19%	22.0	31%	4.7	23%	26.0	10%	2.9	3%	17.0	34%	1.55	26%
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	White Baguette	1289	15%	308	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Snacks	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2021 Main Menu	Sharers	20 Onion Ring Horseshoe Stacker (v) - Suitable for 2 or more people	5958	71%	1424	71%	79.8	114%	22.1	111%	147.7	57%	34.5	38%	17.6	35%	4.98	83%
Hungry Horse - Autumn Winter 2021 Main Menu	Sharers	Ultimate Big Combo - Suitable for 2 or more people	10838	129%	2591	130%	137.5	196%	22.2	111%	232.6	89%	34.4	38%	78.5	157%	7.61	127%
Hungry Horse - Autumn Winter 2021 Main Menu	Sharers	Muchos Nachos Grande (v) - Suitable for 2 or more people	5647	67%	1349	67%	76.6	109%	20.1	101%	144.3	56%	17.7	20%	26.5	53%	5.60	93%
Hungry Horse - Autumn Winter 2021 Main Menu	Sharers	Loaded Cheesy Vimto Loaf (v) - Suitable for 2 or more people	9643	115%	2305	115%	95.8	137%	48.5	243%	269.4	104%	41.1	46%	83.7	167%	10.57	176%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Cauliflower Bites (Ve) - Please select your sauce choice listed below	920	11%	220	11%	2.2	3%	0.0	0%	41.8	16%	4.4	5%	6.6	13%	1.76	29%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Char Sul Sauce	680	8%	163	8%	10.0	14%	0.5	3%	17.5	7%	15.0	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Chipalo Sauce	172	2%	41	2%	2.0	3%	0.0	0%	5.0	2%	4.5	5%	0.0	0%	3.50	58%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.50	42%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Fajita Seasoning	109	1%	26	1%	0.4	1%	0.1	1%	3.6	1%	1.5	2%	1.0	2%	2.20	37%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Hot Hot Hot sauce	286	3%	68	3%	5.1	7%	0.7	4%	3.5	1%	1.8	2%	1.0	2%	0.27	5%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Garlic & Parmesan sauce	832	10%	199	10%	18.5	26%	6.8	34%	3.5	1%	1.6	2%	4.4	9%	1.09	18%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	10 Chicken Wings - Please select your side choice listed below	3193	38%	766	38%	49.2	70%	13.9	70%	0.0	0%	0.0	0%	72.1	144%	0.60	10%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Char Sui Sauce	680	8%	163	8%	10.0	14%	0.5	3%	17.5	7%	15.0	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Chipalo Sauce	172	2%	41	2%	2.0	3%	0.0	0%	5.0	2%	4.5	5%	0.0	0%	3.50	58%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.50	42%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Fajita Seasoning	109	1%	26	1%	0.4	1%	0.1	1%	3.6	1%	1.5	2%	1.0	2%	2.20	37%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Hot Hot Hot sauce	286	3%	68	3%	5.1	7%	0.7	4%	3.5	1%	1.8	2%	1.0	2%	0.27	5%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Garlic & Parmesan sauce	832	10%	199	10%	18.5	26%	6.8	34%	3.5	1%	1.6	2%	4.4	9%	1.09	18%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	10 Battered Chicken Strips - Please select your sauce choice listed below	2540	30%	607	30%	32.0	46%	5.3	27%	40.0	15%	0.0	0%	31.4	63%	1.18	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Char Sui Sauce	680	8%	163	8%	10.0	14%	0.5	3%	17.5	7%	15.0	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Chipalo Sauce	172	2%	41	2%	2.0	3%	0.0	0%	5.0	2%	4.5	5%	0.0	0%	3.50	58%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.50	42%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Fajita Seasoning	109	1%	26	1%	0.4	1%	0.1	1%	3.6	1%	1.5	2%	1.0	2%	2.20	37%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Hot Hot Hot sauce	286	3%	68	3%	5.1	7%	0.7	4%	3.5	1%	1.8	2%	1.0	2%	0.27	5%
Hungry Horse - Autumn Winter 2021 Main Menu	Wings n' Things	Garlic & Parmesan sauce	832	10%	199	10%	18.5	26%	6.8	34%	3.5	1%	1.6	2%	4.4	9%	1.09	18%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - 15oz* Grilled Gammon	8299	99%	1984	99%	86.6	124%	15.9	79%	143.7	55%	35.5	39%	150.7	301%	11.86	198%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - Jumbo Scampi - Please select your side choice listed below	6086	72%	1454	73%	78.0	111%	6.2	31%	156.9	60%	10.7	12%	26.9	54%	3.71	62%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Baked Beans	305	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Mushy Peas	470	6%	113	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Salad Garnish	27	0%	6	0%	0.3	0%	0.1	0%	0.6	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - The Breakfast Belter	12860	153%	3074	154%	183.3	262%	61.8	309%	198.6	76%	15.4	17%	145.5	291%	16.56	276%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - Chicken New Yorker	7221	86%	1725	86%	82.8	118%	17.4	87%	146.4	56%	44.5	49%	90.3	181%	5.19	87%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - Jumbo Cod & Chips - Please select your side choice listed below	7313	87%	1750	88%	101.2	145%	33.2	166%	139.9	54%	12.9	14%	77.6	155%	2.03	34%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Baked Beans	305	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Mushy Peas	470	6%	113	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Salad Garnish	27	0%	6	0%	0.3	0%	0.1	0%	0.6	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - Chicken Tikka Masala	10637	127%	2544	127%	137.1	196%	21.9	110%	265.3	102%	61.7	69%	58.4	117%	8.55	143%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	BPS - Chicken Kebab - Please select your chicken choice listed below	5432	65%	1297	65%	61.0	87%	5.3	26%	167.0	64%	15.8	18%	18.7	37%	4.91	82%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Roast chicken fillet	527	6%	126	6%	0.5	1%	0.0	0%	3.2	1%	0.6	1%	27.1	54%	0.60	10%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Favourites	Battered Chicken Fingers	2032	24%	485	24%	25.6	37%	4.2	21%	32.0	12%	0.0	0%	25.1	50%	0.88	15%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Steak	BPS - 8oz Smothered Steak Sizzler	6086	72%	1454	73%	79.2	113%	18.6	93%	128.5	49%	18.2	20%	52.6	105%	3.77	63%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Steak	BPS - 12oz Rump Steak	6328	75%	1509	75%	71.6	102%	11.7	59%	123.5	48%	14.7	16%	60.2	120%	2.66	44%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Steak	BPS - Naked 12oz Rump Steak	2124	25%	505	25%	18.3	26%	6.5	33%	6.5	3%	4.0	4%	48.3	97%	1.99	33%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Steak	BPS - The Great American Sizzler	7265	86%	1735	87%	80.0	114%	28.2	141%	164.6	63%	41.5	46%	75.5	151%	10.02	167%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - MIX IT UP - Please select your sides and sauce choice listed below	187	2%	45	2%	0.0	0%	0.0	0%	8.4	3%	7.0	8%	1.4	3%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Caribbean Dressing	1255	15%	300	15%	25.0	36%	2.0	10%	18.0	7%	17.0	19%	0.0	0%	1.00	17%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Char Sui Sauce	1359	16%	325	16%	20.0	29%	1.0	5%	35.0	13%	30.0	33%	1.0	2%	1.00	17%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Chipalo Sauce	343	4%	82	4%	4.0	6%	0.0	0%	10.0	4%	9.0	10%	0.0	0%	7.00	117%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Peri Peri Hot Sauce	217	3%	52	3%	2.0	3%	0.0	0%	7.0	3%	2.0	2%	1.0	2%	5.00	83%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Hot Hot Hot sauce	286	3%	68	3%	5.1	7%	0.7	4%	3.5	1%	1.8	2%	1.0	2%	0.27	5%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Garlic Parmesan sauce	832	10%	199	10%	18.5	26%	6.8	34%	3.5	1%	1.6	2%	4.4	9%	1.09	18%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Salmon fillet	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.18	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Rump Steak	1190	14%	284	14%	16.5	24%	7.0	35%	0.0	0%	0.0	0%	33.8	68%	0.22	4%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Chicken Breast Skewer	1382	16%	330	17%	7.3	10%	1.4	7%	10.4	4%	5.9	7%	56.0	112%	3.28	55%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Gammon Steak	3155	38%	754	38%	23.0	33%	8.5	43%	5.1	2%	4.7	5%	130.4	261%	10.47	175%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Chicken-less Goujons Ve	1368	16%	327	16%	10.7	15%	4.7	23%	38.6	15%	5.0	6%	15.5	31%	1.17	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Flattened Half Roast Chicken	1272	15%	304	15%	15.0	21%	4.2	21%	0.4	0%	0.4	0%	41.8	84%	1.16	19%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Battered Chicken Fingers	2764	33%	660	33%	0.0	0%	5.7	29%	43.5	17%	0.0	0%	34.2	68%	1.20	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Battered Halloumi	3182	38%	764	38%	57.4	82%	40.5	202%	4.2	2%	4.2	5%	41.1	82%	7.33	122%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Southern Fried Chicken Skewer	3533	42%	844	42%	44.6	64%	7.3	37%	55.6	21%	0.0	0%	45.3	91%	4.22	70%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Both Chicken Skewers	2458	29%	587	29%	25.9	37%	4.4	22%	33.0	13%	2.9	3%	50.7	101%	3.75	63%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Tortilla Wrap	1378	16%	329	16%	8.6	12%	3.6	18%	52.5	20%	2.9	3%	8.2	16%	0.72	12%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Jacket Potato	812	10%	194	10%	1.0	1%	0.2	1%	39.0	15%	4.0	4%	4.2	8%	0.02	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Dirty Rice	690	8%	165	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Mini Corn on the cob	376	4%	90	4%	2.2	3%	0.3	2%	10.8	4%	2.8	3%	4.1	8%	0.01	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Onion Rings	1001	12%	239	12%	14.0	20%	3.1	16%	24.2	9%	2.2	2%	2.9	6%	0.72	12%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Sweet Potato Fries	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	1.5	3%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Fries	2667	32%	637	32%	36.8	53%	3.5	18%	71.8	28%	1.8	2%	8.8	18%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Chips	3003	36%	717	36%	36.0	51%	3.0	15%	93.0	36%	6.0	7%	6.0	12%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Coleslaw	397	5%	95	5%	7.0	10%	1.0	5%	7.0	3%	5.0	6%	1.0	2%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Classic Salad	150	2%	36	2%	0.9	1%	0.2	1%	4.6	2%	3.1	3%	1.6	3%	0.20	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - Full Monty Mixed Grill	8391	100%	2006	100%	98.4	141%	19.9	99%	153.5	59%	36.6	41%	120.1	240%	7.94	132%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - Burger Sizzler Combo	9350	111%	2236	112%	119.7	171%	33.9	170%	155.1	60%	36.2	40%	122.9	246%	4.83	81%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - Crispy Chicken Sandwich	10487	125%	2506	125%	145.5	208%	29.2	146%	218.8	84%	16.5	18%	66.6	133%	7.12	119%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - Crown of Burgers	10683	127%	2553	128%	158.2	226%	52.2	261%	201.0	77%	31.7	35%	80.5	161%	7.95	133%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - Tikka Tower (v)	9445	112%	2257	113%	108.5	155%	10.6	53%	282.2	109%	48.8	54%	40.4	81%	7.64	127%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - Authentic Chicken and Waffles	6695	80%	1600	80%	82.8	118%	37.4	187%	147.7	57%	43.3	48%	57.5	115%	12.12	202%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	BPS - MIX IT UP Vegan (Ve) - Please select your sides and sauce choice listed below	1556	19%	372	19%	10.7	15%	4.7	23%	47.0	18%	12.0	13%	16.9	34%	1.18	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Caribbean Dressing	1255	15%	300	15%	25.0	36%	2.0	10%	18.0	7%	17.0	19%	0.0	0%	1.00	17%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Char Sul Sauce	1359	16%	325	16%	20.0	29%	1.0	5%	35.0	13%	30.0	33%	1.0	2%	1.00	17%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Chipalo Sauce	343	4%	82	4%	4.0	6%	0.0	0%	10.0	4%	9.0	10%	0.0	0%	7.00	117%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Peri Peri Hot Sauce	217	3%	52	3%	2.0	3%	0.0	0%	7.0	3%	2.0	2%	1.0	2%	5.00	83%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Jacket Potato	812	10%	194	10%	1.0	1%	0.2	1%	39.0	15%	4.0	4%	4.2	8%	0.02	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Dirty Rice	690	8%	165	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Mini Corn on the cob	376	4%	90	4%	2.2	3%	0.3	2%	10.8	4%	2.8	3%	4.1	8%	0.01	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Big Plate Super Specials	Classic Salad	150	2%	36	2%	0.9	1%	0.2	1%	4.6	2%	3.1	3%	1.6	3%	0.20	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Grills	4oz Rump Steak	4240	50%	1013	51%	54.6	78%	7.7	38%	98.9	38%	13.0	14%	28.7	57%	2.06	34%
Hungry Horse - Autumn Winter 2021 Main Menu	Grills	Naked 4oz 28-day Matured Rump Steak	887	11%	212	11%	12.0	17%	3.9	19%	6.5	3%	4.0	4%	18.7	37%	1.64	27%
Hungry Horse - Autumn Winter 2021 Main Menu	Grills	Mini Mixed Grill	6303	75%	1507	75%	69.6	99%	13.3	66%	114.7	44%	32.8	36%	99.6	199%	5.87	98%
Hungry Horse - Autumn Winter 2021 Main Menu	Grills	8oz 28-day Matured Rump Steak	4838	58%	1156	58%	62.9	90%	11.2	56%	98.9	38%	13.0	14%	45.7	91%	2.17	36%
Hungry Horse - Autumn Winter 2021 Main Menu	Grills	Naked 8oz 28-day Matured Rump Steak	1484	18%	355	18%	20.3	29%	7.4	37%	6.5	3%	4.0	4%	35.7	71%	1.75	29%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Cheeseburger	5676	68%	1356	68%	68.0	97%	14.5	73%	146.7	56%	24.7	27%	40.0	80%	3.51	59%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Bacon Cheeseburger	5951	71%	1422	71%	73.8	105%	16.7	84%	146.7	56%	24.7	27%	43.3	87%	4.16	69%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Southern Fried Chicken Burger	6253	74%	1494	75%	73.1	104%	10.2	51%	167.8	65%	24.1	27%	42.4	85%	4.47	75%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Quadzilla Burger	10532	125%	2516	126%	107.3	153%	39.2	196%	201.2	77%	30.4	34%	112.8	226%	8.56	143%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Chipuffalo Soldier	6766	81%	1617	81%	80.4	115%	14.9	75%	176.1	68%	29.7	33%	49.6	99%	7.32	122%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	The Green One (Ve)	4422	53%	1057	53%	52.4	75%	8.4	42%	101.4	39%	24.8	28%	38.9	78%	4.57	76%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Crispy Chicken Ranch Burger	9436	112%	2254	113%	112.1	160%	22.5	113%	206.5	79%	27.9	31%	72.6	145%	7.55	126%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	The Sunday Best Burger	8110	97%	1936	97%	96.9	138%	25.1	125%	155.1	60%	19.6	22%	74.2	148%	6.21	104%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	The Berry Cheesy Vimto One	8720	104%	2084	104%	117.4	168%	43.4	217%	165.3	64%	40.1	45%	88.9	178%	8.03	134%
Hungry Horse - Autumn Winter 2021 Main Menu	Burgers	Smokin' Jack Burger	7048	84%	1684	84%	91.7	131%	20.4	102%	163.5	63%	39.4	44%	47.9	96%	4.73	79%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Classic Salad - Please select your topper choice listed below	190	2%	45	2%	0.5	1%	0.1	1%	6.7	3%	5.2	6%	2.0	4%	0.08	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Salmon Fillet	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.18	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Rump Steak	592	7%	142	7%	8.2	12%	3.5	18%	0.0	0%	0.0	0%	16.8	34%	0.11	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Roast Chicken Fillet	527	6%	126	6%	0.5	1%	0.0	0%	3.2	1%	0.6	1%	27.1	54%	0.60	10%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Halloumi	837	10%	200	10%	15.0	21%	9.1	45%	1.6	1%	1.6	2%	14.4	29%	1.63	27%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Battered Halloumi & Chips (v) - Please select your side choice listed below	5584	66%	1338	67%	86.2	123%	42.9	214%	78.6	30%	9.0	10%	45.9	92%	7.57	126%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Baked Beans	305	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mushy Peas	470	6%	113	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Salad Garnish	27	0%	6	0%	0.3	0%	0.1	0%	0.6	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Chicken Tikka Masala	3526	42%	843	42%	36.2	52%	13.7	69%	93.8	36%	38.5	43%	35.4	71%	4.58	76%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mushroom & Ale Pie (ve)	5678	68%	1357	68%	87.6	125%	29.9	150%	115.6	44%	11.7	13%	20.7	41%	2.70	45%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Classic Breaded Wholetail Scampi - Please select your side choice listed below	4587	55%	1096	55%	59.3	85%	4.7	24%	118.6	46%	8.9	10%	18.9	38%	2.51	42%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Baked Beans	305	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mushy Peas	470	6%	113	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Salad Garnish	27	0%	6	0%	0.3	0%	0.1	0%	0.6	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Classic Chicken New Yorker	5220	62%	1247	62%	62.8	90%	10.5	53%	114.7	44%	24.6	27%	52.2	104%	2.76	46%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Full English Breakfast	3262	39%	779	39%	43.5	62%	15.0	75%	60.7	23%	8.0	9%	28.8	58%	4.62	77%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Steak & Ruddles Ale Pie - Please select your side choice listed below	4538	54%	1085	54%	57.4	82%	23.2	116%	102.1	39%	13.1	15%	33.6	67%	3.59	60%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mash potato	1369	16%	328	16%	11.2	16%	5.6	28%	47.6	18%	2.8	3%	5.6	11%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Chips	2402	29%	574	29%	28.8	41%	2.4	12%	74.4	29%	4.8	5%	4.8	10%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mac & Cheese (v)	3264	39%	780	39%	27.6	39%	12.6	63%	105.1	40%	7.0	8%	30.5	61%	4.98	83%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	5oz* Grilled Gammon	4845	58%	1158	58%	53.6	77%	7.3	36%	103.5	40%	29.5	33%	60.4	121%	4.25	71%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Classic Beef Lasagne	2869	34%	686	34%	28.7	41%	13.0	65%	49.1	19%	8.9	10%	29.7	59%	4.47	75%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	No-chicken Katsu (Ve)	4310	51%	1030	52%	55.5	79%	11.1	55%	111.2	43%	8.7	10%	19.7	39%	5.41	90%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mexican Spiced Enchiladas (ve)	2583	31%	617	31%	21.5	31%	6.2	31%	83.0	32%	11.0	12%	14.7	29%	2.83	47%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Hand-Battered Cod & Chips - Please select your side choice listed below	6242	74%	1494	75%	87.1	124%	29.1	145%	116.3	45%	11.2	12%	63.4	127%	1.76	29%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Baked Beans	305	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Mushy Peas	470	6%	113	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Salad Garnish	27	0%	6	0%	0.3	0%	0.1	0%	0.6	0%	0.3	0%	0.2	0%	0.06	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Beef Lasagne & Salad	2217	26%	530	26%	21.1	30%	10.1	50%	31.6	12%	9.5	11%	26.3	53%	3.83	64%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Chicken New Yorker & Salad	1602	19%	383	19%	12.2	17%	5.6	28%	25.0	10%	18.7	21%	38.3	77%	2.22	37%
Hungry Horse - Autumn Winter 2021 Main Menu	Classics	Breaded Wholetail Scampi & Salad	1960	23%	469	23%	24.0	34%	2.0	10%	44.3	17%	4.7	5%	15.3	31%	2.47	41%
Hungry Horse - Autumn Winter 2021 Main Menu	Dirty Fries	Dirty Fries - Piri Piri & Fajita Mayo (v)	3325	40%	794	40%	48.8	70%	4.5	23%	82.0	32%	5.5	6%	10.4	21%	5.55	93%
Hungry Horse - Autumn Winter 2021 Main Menu	Dirty Fries	Dirty Fries - Stilton & Chipuffalo (v)	3182	38%	760	38%	45.8	65%	8.1	41%	76.8	30%	6.3	7%	13.6	27%	4.25	71%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Dirty Fries	Dirty Fries - Beef Dripping Gravy with Gravy Mayo	3625	43%	866	43%	57.9	83%	6.9	34%	76.9	30%	4.1	5%	10.6	21%	1.75	29%
Hungry Horse - Autumn Winter 2021 Main Menu	Dirty Fries	Dirty Fries - Garlic and Cheese Sauce (v)	3505	42%	837	42%	55.3	79%	10.3	52%	75.4	29%	3.5	4%	13.3	27%	1.45	24%
Hungry Horse - Autumn Winter 2021 Main Menu	Kids Sunday Roasts	Kids Sunday Roast Beef	2436	29%	581	29%	19.7	28%	5.0	25%	58.4	22%	9.2	10%	40.6	81%	1.18	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Kids Sunday Roasts	Kids Sunday Roasted Chicken Breast	2262	27%	539	27%	15.1	22%	3.0	15%	70.1	27%	9.9	11%	27.4	55%	1.56	26%
Hungry Horse - Autumn Winter 2021 Main Menu	Kids Sunday Roasts	Kids Sunday Red Cabbage, Apple & Brie Roulade (v)	3142	37%	750	37%	34.9	50%	14.9	74%	82.4	32%	14.5	16%	22.2	44%	1.18	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Sunday Roasts	Sunday Hand-carved Roast Beef	4630	55%	1104	55%	44.1	63%	9.0	45%	107.9	41%	20.1	22%	64.7	129%	2.40	40%
Hungry Horse - Autumn Winter 2021 Main Menu	Sunday Roasts	Sunday Roast Chicken Fillets	3978	47%	948	47%	28.5	41%	5.3	26%	117.1	45%	18.6	21%	50.0	100%	2.29	38%
Hungry Horse - Autumn Winter 2021 Main Menu	Sunday Roasts	Sunday Red Cabbage, Apple & Brie Roulade (v)	4594	55%	1096	55%	48.0	69%	17.2	86%	127.9	49%	22.8	25%	31.3	63%	1.61	27%
Hungry Horse - Autumn Winter 2021 Main Menu	BPS Sunday Roasts	BPS Sunday Hand-carved Roast Beef	7295	87%	1741	87%	59.0	84%	12.3	61%	189.1	73%	26.7	30%	108.4	217%	3.88	65%
Hungry Horse - Autumn Winter 2021 Main Menu	BPS Sunday Roasts	BPS Sunday Roasted Chicken Fillets	6253	74%	1492	75%	38.0	54%	6.2	31%	199.9	77%	25.5	28%	79.3	159%	3.69	62%
Hungry Horse - Autumn Winter 2021 Main Menu	BPS Sunday Roasts	BPS Sunday Red Cabbage, Apple & Brie Roulade (v)	7972	95%	1902	95%	78.1	112%	30.4	152%	233.1	90%	34.7	39%	56.6	113%	3.19	53%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Dressed Side Salad (ve)	131	2%	31	2%	0.7	1%	0.1	1%	4.6	2%	3.3	4%	1.1	2%	0.13	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Baked Jacket Potato (ve)	812	10%	194	10%	1.0	1%	0.2	1%	39.0	15%	4.0	4%	4.2	8%	0.03	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Sweet Potato Fries (v)	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	1.5	3%	0.15	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Coleslaw (v)	298	4%	71	4%	5.3	8%	0.8	4%	5.3	2%	3.8	4%	0.8	2%	0.23	4%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Corn on the Cob (v)	514	6%	123	6%	5.8	8%	0.8	4%	10.8	4%	2.8	3%	4.1	8%	0.04	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Brown Bread and Butter (v)	1409	17%	337	17%	8.3	12%	4.9	24%	51.9	20%	1.1	1%	11.6	23%	1.20	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	White Bread and Butter (v)	1564	19%	374	19%	9.5	14%	5.2	26%	59.4	23%	0.5	1%	11.0	22%	1.33	22%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Fries (v)	2667	32%	637	32%	36.8	53%	3.5	18%	71.8	28%	1.8	2%	8.8	18%	0.35	6%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Chips (v)	2402	29%	574	29%	28.8	41%	2.4	12%	74.4	29%	4.8	5%	4.8	10%	0.24	4%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Mac 'n' Cheese (v)	1176	14%	281	14%	11.8	17%	6.4	32%	32.2	12%	2.0	2%	13.9	28%	2.01	34%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	5 Onion Rings (v)	1251	15%	299	15%	17.5	25%	3.9	20%	30.3	12%	2.8	3%	3.7	7%	0.95	16%
Hungry Horse - Autumn Winter 2021 Main Menu	Sides	Cheesy Chips (v)	3086	37%	737	37%	41.3	59%	10.4	52%	74.9	29%	4.8	5%	17.8	36%	1.04	17%
Hungry Horse - Autumn Winter 2021 Main Menu	Steak Sauces	Peppercorn	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%
Hungry Horse - Autumn Winter 2021 Main Menu	Steak Sauces	Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Hungry Horse - Autumn Winter 2021 Main Menu	Steak Sauces	Jalapeno Ranch	1472	18%	352	18%	36.0	51%	3.0	15%	4.5	2%	1.5	2%	2.3	5%	1.05	18%
Hungry Horse - Autumn Winter 2021 Main Menu	Steak Sauces	Vimto Onion BBQ Chutney	543	6%	130	6%	0.0	0%	0.0	0%	26.3	10%	22.5	25%	1.5	3%	0.68	11%
Hungry Horse - Autumn Winter 2021 Main Menu	Puddings	The Ultimate Big Candymania	7841	93%	1874	94%	82.5	118%	47.9	239%	246.8	95%	208.8	232%	31.5	63%	1.89	32%
Hungry Horse - Autumn Winter 2021 Main Menu	Puddings	Chocolate Fudge Cake (v)	3785	45%	905	45%	41.6	59%	15.8	79%	114.9	44%	96.9	108%	14.3	29%	1.17	20%
Hungry Horse - Autumn Winter 2021 Main Menu	Puddings	Millionaire's Cheesecake (v)	2482	30%	593	30%	30.0	43%	19.0	95%	71.3	27%	49.6	55%	7.7	15%	0.51	9%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Puddings	Sticky Toffee & Bourbon Pudding (v)	2346	28%	561	28%	21.3	30%	8.6	43%	83.4	32%	17.8	20%	7.9	16%	0.61	10%
Hungry Horse - Autumn Winter 2021 Main Menu	Puddings	Apple Crumble (v)	2250	27%	538	27%	15.1	22%	7.5	38%	88.8	34%	46.2	51%	9.2	18%	0.20	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Puddings	Apple Crumble (ve)	2069	25%	494	25%	16.1	23%	9.3	46%	78.3	30%	38.8	43%	5.2	10%	0.06	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Southern Fried Chicken Burger	1509	18%	360	18%	19.0	27%	3.1	16%	23.8	9%	0.0	0%	23.5	47%	1.81	30%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra 12oz* Rump	1829	22%	435	22%	14.5	21%	6.1	31%	0.0	0%	0.0	0%	46.4	93%	0.47	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Chicken Breast	527	6%	126	6%	0.5	1%	0.0	0%	3.2	1%	0.6	1%	27.1	54%	0.60	10%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Chicken Skewer Plain	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.65	28%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Chicken Skewer Southern Fried	1766	21%	422	21%	22.3	32%	3.7	18%	27.8	11%	0.0	0%	22.7	45%	2.12	35%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Sausage	931	11%	223	11%	15.6	22%	6.0	30%	8.0	3%	2.7	3%	12.0	24%	1.03	17%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Streaky Bacon	275	3%	66	3%	5.8	8%	2.2	11%	0.0	0%	0.0	0%	3.3	7%	0.65	11%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Parmigiana Sauce	144	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Piri Piri	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Sour Cream	431	5%	103	5%	10.0	14%	6.5	33%	2.0	1%	2.0	2%	1.5	3%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Plain BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Bhajis	2255	27%	541	27%	37.2	53%	3.3	17%	39.0	15%	13.6	15%	9.0	18%	1.57	26%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Butter	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Fried Egg	489	6%	118	6%	9.2	13%	2.0	10%	0.0	0%	0.0	0%	6.3	13%	0.25	4%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Grated Cheese	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Gravy	6	0%	2	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.10	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Halloumi	3347	40%	800	40%	60.0	86%	36.3	181%	6.5	3%	6.5	7%	57.5	115%	6.50	108%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Mash	1371	16%	328	16%	11.2	16%	5.6	28%	47.6	18%	2.8	3%	5.6	11%	1.40	23%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Mushrooms	224	3%	54	3%	4.5	6%	0.5	3%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Mushy Peas	471	6%	113	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.63	11%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Naan	1592	19%	380	19%	10.2	15%	0.7	4%	60.8	23%	2.9	3%	10.0	20%	1.10	18%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Peas	573	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Poppadom & Chutney	794	9%	190	9%	0.2	0%	0.1	0%	41.7	16%	28.3	31%	5.5	11%	2.60	43%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Tomato	33	0%	8	0%	0.1	0%	0.0	0%	1.2	0%	1.2	1%	0.3	1%	0.01	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Custard	435	5%	104	5%	3.0	4%	2.0	10%	16.0	6%	11.0	12%	3.0	6%	0.10	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Bubblegum Ice Cream	502	6%	120	6%	6.4	9%	4.0	20%	13.7	5%	11.6	13%	1.7	3%	0.12	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Chocolate Ice Cream	416	5%	99	5%	3.6	5%	1.9	9%	13.6	5%	13.4	15%	2.6	5%	0.09	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.2	5%	12.2	14%	2.7	5%	0.11	2%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Extra Toast (v) - Please select your bread choice listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	Malted Bloomer Sliced	583	7%	139	7%	1.0	1%	0.3	2%	25.9	10%	0.6	1%	5.8	12%	0.52	9%
Hungry Horse - Autumn Winter 2021 Main Menu	Extras	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.58	10%
Hungry Horse - Autumn Winter 2021 Main Menu	Upsells	Trade Up Dirty Fries - Piri Piri & Fajita Mayo (v)	658	8%	157	8%	12.0	17%	1.0	5%	10.2	4%	3.7	4%	1.6	3%	5.20	87%
Hungry Horse - Autumn Winter 2021 Main Menu	Upsells	Trade Up Dirty Fries - Stilton & Chipalo	515	6%	123	6%	9.0	13%	4.6	23%	5.0	2%	4.5	5%	4.8	10%	3.90	65%
Hungry Horse - Autumn Winter 2021 Main Menu	Upsells	Trade Up Dirty Fries - Beef Dripping Gravy & Gravy mayo	958	11%	229	11%	21.1	30%	3.4	17%	5.1	2%	2.3	3%	1.8	4%	1.40	23%
Hungry Horse - Autumn Winter 2021 Main Menu	Upsells	Trade Up Dirty Fries - Garlic & Cheese Sauce (v)	838	10%	200	10%	18.6	27%	6.8	34%	3.7	1%	1.7	2%	4.5	9%	1.10	18%