



Important Information

The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size unless stated otherwise.

Reference Intakes, previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet.

They are based on official recommendations for an average adult, doing an average amount of physical activity and are a guide not a target.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated October 2018.

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

		Typical nutrition values per average portion							
Ember Nutrition Guide DN18		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Brunch									
Classic Breakfast - A rasher of grilled back bacon, a British farm assured pork sausage, a fried egg, mushroom, tomato, baked beans and a slice of white or wholemeal bloomer toast	Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information.	2,942	700	57	24	16	5	29	4
Full English Breakfast - Two rashers of grilled back bacon, two British farm assured pork sausages, two fried eggs, mushroom, a hash brown, tomato, baked beans and white or wholemeal bloomer toast.	Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information.	5,043	1,201	89	36	37	8	63	9
Eggs Benedict	Toasted English muffin topped with Yorkshire ham, two poached eggs and Tarragon hollandaise sauce.	3,070	731	53	25	34	5	30	3
Eggs California	Toasted English muffin topped sliced avocado , two poached eggs and Tarragon hollandaise sauce.	2,982	710	52	24	36	5	24	2
Boost Breakfast	Grilled flat mushroom, poached egg, grilled tomato and avocado. Served on wholemeal toast with Houmous.	2,033	484	28	4	35	4	19	1
Vegetarian Breakfast	Two veggie sausages, two fried eggs, hash brown, mushroom, tomato, baked beans and white or wholemeal bloomer toast (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information).	2,597	618	38	18	40	12	25	2

Steak & Eggs	Small mature rump steak and two fried eggs served with baby potatoes and red onion.	2,526	601	30	10	37	6	44	1
Scrambled Eggs on Toast	Served on white or wholemeal bloomer toast (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information).	2,192	522	45	22	3	3	26	1
Bacon Sandwich	Grilled back bacon served in white or wholemeal bloomer bread (Please refer to your choice of white, wholemeal bloomer or ciabatta bread for additional nutrition information).	1,358	323	25	14	2	1	22	4
Sausage Sandwich	Two British farm assured pork sausages served in white or wholemeal bloomer bread (Please refer to your choice of white, wholemeal bloomer or ciabatta bread for additional nutrition information).	1,756	418	30	15	18	6	18	3
Egg Sandwich	Two fried eggs served in white or wholemeal bloomer bread (Please refer to your choice of white, wholemeal bloomer or ciabatta bread for additional nutrition information).	1,210	288	24	11	1	1	17	1
Brunch Burger	Chargrilled beef burger, grilled British farm assured pork sausage, grilled back bacon, and a fried egg served with toasted brioche bun.	3,289	783	46	20	47	7	45	5
Porridge	Made with jumbo oats, served with honey and fruit compote.	1,278	304	5	2	55	35	8	0
Buttermilk Pancakes	With fruit compote and freshly whipped cream.	2,397	571	22	11	83	41	10	1
Buttermilk Pancakes (with bacon)	With grilled back bacon and maple flavour syrup.	2,297	547	15	5	80	43	23	4
Extra - Bacon		161	38	2	1	0	0	5	1
Sides - Hash Brown		651	155	7	3	19	2	2	0
Choice - Ciabatta		1,617	385	25	15	34	1	6	1

Pasta, Fish and Salads		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Grilled Fillet of Salmon	Served with citrus coriander butter, crushed baby potatoes and green beans.	3,464	825	56	19	39	4	41	1
Bacon & Mushroom Carbonara	Penne pasta topped with Italian-style hard cheese and Baby leaves.	3,771	898	35	19	101	2	43	5
Slow-Roasted Tomato Penne Pasta	With courgette and red pepper. Topped with Italian-style hard cheese and baby leaves.	2,457	585	10	3	100	10	21	2
Grilled Fillets of Sea Bass	Served with glazed baby potatoes, green beans and a Beurre Blanc sauce.	3,042	724	43	18	41	5	44	1
Roast Butternut squash and Sweet Potato Salad	tossed with whole grains dressed with apple balsamic dressing and served on a bed of fresh leaves	1,743	415	27	3	28	9	13	1
Chicken, Bacon & Avocado Salad	Salad leaves with soya beans, green lentils and mixed seeds. Topped with chargrilled chicken, crispy bacon, sliced avocado and honey & mustard dressing.	2,569	612	35	6	18	9	56	3
Sweet Chilli Noodles - Chargrilled Chicken Breast	Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion.	2,886	687	17	3	85	44	48	4
Sweet Chilli Noodles - with Chargrilled Halloumi	Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion.	3,734	889	43	20	88	47	37	6
Sweet Chilli Noodles - Garlic Prawns	Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion.	2,770	660	29	11	75	35	24	4
Add Avocado		265	63	5	1	3	0	1	0
Add Bacon		575	137	9	4	1	0	14	3
Add Chargrilled Chicken Breast		822	196	4	1	0	0	40	1

Pub Favourites		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Fish & Chips	Hand battered cod with our own Ember Inns Pale Ale, served with seasoned chips, mushy peas, fresh lemon and cunky tartare sauce. Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	4,350	1,036	54	13	93	7	41	3
Posh Fish & Chips	Hand battered sea bass fillet in Ember Inns Pale Ale, served with seasoned chips, mushy peas, fresh lemon and chunky tartare sauce. Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,714	646	37	8	37	6	39	1
Chicken, Ham Hock & Smoked Cheddar Pie	Creamy smoked cheese sauce & puff pastry served with mashed potatoes & steamed vegetables	3,624	863	41	19	66	14	51	4
Gammon Steak	Served with seasoned chips, garden peas, tomato and your choice of two fried eggs or chargrilled pineapple. Also refer to the "Sides, Extra & Choice items" section for your choice of fried eggs or pineapple and choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,451	584	35	6	9	3	58	1
Beef and Red Wine Lasagne	Served with garlic ciabatta and a dressed salad.	2,482	591	27	13	54	17	31	4

Steak & Ember Inns Pale Ale Pie	Slow cooked steak in Ember Inns Pale Ale gravy, served with mashed potatoes and steamed vegetables.	5,725	1,363	73	31	111	14	59	4
Hunters Chicken - Chargrilled chicken breast topped with bacon, melted cheese and BBQ sauce.	Served with seasoned chips, mushrooms, garden peas, tomato and onion rings. Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	3,172	755	27	8	67	37	59	4
Toad in the Hole	Three British awardwing pork sausages on creamy mash potato served in a giant Yorkshire pudding with a rich onion gravy and steamed vegetables.	4,582	1,091	50	19	108	22	46	8
Halloumi & Chips - Hand battered in Ember Inns Pale Ale, served with seasoned chips, mushy peas and tartare sauce.	Also refer to the "Sides, Extra & Choice items" section choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	4,739	1,128	70	28	89	7	33	6
Slow Cooked Belly Pork	Served creamy mash, fresh broccoli and a rich apple brandy sauce with baked apple	3,922	934	51	21	54	26	61	3
Half Roast Chicken - Garlic & Parsley Butter - British chicken served with seasoned chips, a dressed salad and house slaw.	Also refer to the "Sides, Extra & Choice items" section choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	5,046	1,202	86	37	70	6	37	4

Vegetarian and Vegan		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Starters									
Roast Butternut squash and Sweet Potato Salad (starter)	tossed with whole grains dressed with apple balsamic dressing and served on a bed of fresh leaves	861	205	13	2	14	4	6	1
Garlic Cheddar Mushrooms (V)	Served in a rich creamy sauce served on toasted ciabatta.	1,908	454	29	15	29	2	18	2
Soup of the Day - Tomato and Basil Soup (V)	Ask the team for today's flavour, served with ciabatta.	1,153	275	10	5	41	4	6	2
Parsley Breaded Mushrooms (V)	Served with sour cream dip.	823	196	12	6	14	9	8	1
Home Fried Nachos (V) to share	Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeño peppers.	3,579	852	46	26	75	10	34	4
Baked Camembert (V) to share	Topped with red onion chutney and served with toasted ciabatta.	3,357	799	31	19	90	18	37	3
Mains		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Lentil & Spinach pie (VE)	Topped with kale mash, served with steamed green vegetables	2,023	482	19	3	54	9	17	3
Roast Butternut squash and Sweet Potato Salad (VE)	tossed with whole grains dressed with apple balsamic dressing and served on a bed of fresh leaves	1,743	415	27	3	28	9	13	1
Sweet Chilli Noodles - with Chargrilled Halloumi (V)	Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion.	3,734	889	43	20	88	47	37	6
Slow-Roasted Tomato Penne Pasta (V)	With courgette and red pepper. Topped with Italian-style hard cheese and baby leaves.	2,457	585	10	3	100	10	21	2

Chargrill		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
8oz Sirloin Steak	A prime cut of tender beef, chargrilled just how you like it. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,716	647	38	15	23	5	52	1
8oz Rump Steak	Tender rump steak. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,553	608	35	13	21	5	51	1
10oz Ribeye Steak	Tender, juicy and intensely flavoured. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,602	620	27	11	21	5	70	1
Mixed Grill -Small rump steak, chargrilled chicken breast, gammon steak, two British pork sausages and two fried eggs.	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	7,069	1,683	84	27	99	10	131	8
Mixed Grill - Upgrade your rump steak to 8oz	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	7,458	1,776	99	31	112	12	107	6

Slow Cooked Full Rack of Pork Ribs	Finished on the chargrill with a chipotle & honey glaze, served with seasoned chips, dressed salad & house slaw. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	4,073	970	60	20	42	38	65	2
Chicken and Ribs	chargrilled breast of chicken and 1/2 rack of pork ribs with a chipotle & honey glaze, served with seasoned chips, dressed salad & house slaw. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	3,549	845	39	11	50	46	73	3
Surf & Turf	Grilled tender rump steak topped with garlic prawns. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information	3,327	792	48	21	24	5	67	2
Surf & Turf - Up Grade to 8oz Sirloin	Chargrilled steak topped with garlic prawns. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	3,490	831	51	23	22	5	68	2

Surf & Turf - Up Grade to 10oz Rib Eye	Chargrilled steak topped with garlic prawns. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	3,482	829	43	21	22	5	85	3

Burgers		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Classic Beef Burger	Choose from either a beef or a chargrilled chicken breast. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,628	626	31	12	51	14	34	3
Classic Chicken	Choose from either a beef or a chargrilled chicken breast. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	1,992	474	10	3	51	14	43	2
Cheese and bacon burger (Beef)	Chargrilled beef burger topped with grilled back bacon and monetary jack cheese	3,108	740	38	15	54	15	47	5
Ultimate Burger	Two beef burgers with crispy bacon, cheese, a fried egg and onion rings. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	5,672	1,350	80	33	67	17	90	7
Spicy Aubergine and Chickpea Burger	Served with Houmous and guacamole. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,814	670	32	5	78	16	14	3

Lunch Bites - Sandwiches & Jackets		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken Club Sandwich	Also refer to the "Sides, Add Owns & Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	1,884	449	23	6	5	3	55	4
Prawns in Marie Rose Sauce Sandwich	Also refer to the "Sides, Add Owns & Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	622	148	9	1	7	6	9	2
Posh Fish Finger Sandwich	Also refer to the "Sides, Add Owns & Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	2,489	593	41	7	26	4	29	1
Yorkshire Ham, Cheese & Ember Inns Pale Ale Chutney Sandwich	Also refer to the Add Ons for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	1,588	378	28	15	11	9	20	2
Yorkshire Ham, Lettuce, Tomato & Mayonnaise Sandwich	Also refer to the Add Ons for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	1,012	241	21	6	5	4	7	1
Tuna Mayonnaise & Cucumber Sandwich	Also refer to the Add Ons for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	974	232	13	1	4	3	24	1

Desserts		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Baked Alaska	Raspberry and sponge base topped with ice cream, covered in glazed meringue and served with raspberry compote.	2,617	623	24	13	92	78	9	1
Glazed Lemon Tart	Served with whipped cream and raspberry compote.	1,394	332	20	12	34	28	3	0
Treacle Sponge Pudding	With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information).	1,982	472	15	1	80	66	3	1
Salted Caramel Profiteroles	Served with vanilla pod ice cream and Belgian chocolate sauce.	2,751	655	37	4	72	64	7	1
Baked Vanilla Cheesecake	Served with raspberry compote & whipped cream.	3,226	768	46	28	80	58	8	1
Raspberry Eton Mess Sundae	Crushed meringue, vanilla pod ice cream, raspberry compote and whipped cream.	2,591	617	37	23	63	58	6	0
Brambly Apple Pie	With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information).	1,420	338	14	5	49	22	3	0
Caramel Iced Parfait	Rich Bishoff Caramel Parfait served with crushed red Fruits	1,604	382	27	18	34	27	1	0
Belgian Chocolate Brownie	Served warm with vanilla pod ice cream and Belgian chocolate sauce.	3,259	776	33	17	108	91	8	1
Vanilla Ice Cream		970	231	12	8	27	26	4	0

Mains Evening		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Gammon Steak	Served with seasoned chips, garden peas, tomato and your choice of two fried eggs or chargrilled pineapple. Also refer to the "Sides, Extra & Choice items" section for your choice of fried eggs or pineapple and choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,451	584	35	6	9	3	58	1
Beef and Red Wine Lasagne	Served with garlic ciabatta and a dressed salad.	2,482	591	27	13	54	17	31	4
Classic Beef Burger - Served in a toasted brioche bun with crisp lettuce, red onion, tomato, mayonnaise, house slaw.	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,628	626	31	12	51	14	34	3
Sweet Chilli & Chicken Noodles	Dressed sesame egg noodles with shredded crispy vegetables, coriander and spring onion.	2,886	687	17	3	85	44	48	4
Lentil & Spinach Pie	Topped with kale mash, served with steamed green vegetables	2,023	482	19	3	54	9	17	3
8oz Rump Steak	Tender rump steak. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	2,553	608	35	13	21	5	51	1
Slow Cooked Belly Pork	Served creamy mash, fresh broccoli and a rich apple brandy sauce with baked apple	3,922	934	51	21	54	26	61	3

Fish and Chips	Served with seasoned chips, mushy peas, Fresh lemon and chunky tartare sauce. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	3,493	832	50	11	41	5	52	1

Children's Menu		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Starters - Veggie Sticks	Cucumber sticks with Houmous dip.	659	157	13	1	6	2	3	0
Starters - Heinz™ Tomato Soup		437	104	3	0	17	10	2	1
Mains - Beef Burger	Chargrilled beef burger with lettuce and tomato. Also refer to the choice of children's first side and second side for additional nutrition information.	721	172	10	4	8	2	11	0
Mains - Mini Battered Cod Goujon	Also refer to the choice of children's first side and second side for additional nutrition information.	612	146	7	2	13	0	7	1
Mains - Chicken Nuggets	Oven baked crispy coated chicken nuggets. Also refer to the choice of children's first side and second side for additional nutrition information.	776	185	6	2	15	1	18	1
Mains - Grilled Pork Sausage	Served with rich gravy. Also refer to the choice of children's first side and second side for additional nutrition information.	690	164	9	4	11	3	9	2
Mains - Cheese & Tomato Pizza	Also refer to the choice of children's first side and second side for additional nutrition information.	706	168	4	3	24	2	7	1
Mains - Tomato Pasta		995	237	10	1	30	8	5	1
Pasta bolognaise	served with a slice of garlic ciabatta bread	1,277	304	9	3	44	7	11	1
Choice First Side - Mashed Potato		395	94	4	3	12	2	2	0
Choice First Side - Baby potatoes		323	77	0	0	16	1	2	0
First Choice Side - Rice		1,033	246	3	0	49	0	6	0
Choice First Side - Chips		774	184	9	2	24	0	2	0
Choice Second Side - Garden Peas		126	30	0	0	3	1	2	0
Choice Second Side - Salad Bowl		50	12	0	0	2	2	0	0

Choice Second Side - Baked Beans		223	53	0	0	8	2	4	0
Puddings - 66 Ice Cream	Vanilla pod ice cream served with an upside down cornet, chocolate flake and Belgian chocolate sauce.	916	218	9	5	31	26	3	0
Puddings - Mandarin Jelly Pot	Mandarin segments in orange jelly.	420	100	0	0	24	21	0	0
Pip Organic Tropical Fruit Ice Lolly™	A tropical fruit ice lolly	84	20	0	0	5	5	0	0
Children (Under 12 years)		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Starters - Three Hickory Chicken Wings	Coated in a delicious hickory flavoured sauce and served with BBQ dip.	960	229	10	3	17	14	17	1
Starters - Garlic Ciabatta Bread	With sour cream dip.	739	176	10	6	18	1	4	1
Starters - Heinz™ Tomato Soup		437	104	3	0	17	10	2	1
Mains - Steak & Chips	Small rump steak with tomato, chips and garden peas.	955	227	12	5	5	2	25	0
Mains - Double Stack Cheese Burger	Two chargrilled beef burgers with melted cheese, chips and house slaw.	1,770	421	29	13	12	4	28	2
Mains - Sausage and Mash	Two grilled pork sausages served with mashed potato, garden peas and gravy.	1,445	344	19	8	22	6	21	4
Mains - Tomato Pasta	Served with garlic ciabatta.	1,512	360	14	4	49	9	9	1
Mains - Chargrilled BBQ Chicken	BBQ glazed chicken breast with a salad bowl and chips	1,762	420	12	3	38	11	40	1
Mains - Battered Cod Goujons	With chips and garden peas.	2,124	506	24	5	53	2	19	2
Puddings - Mini Berry Mess	Meringue pieces, whipped cream and seasonal berries in sauce.	1,307	311	23	15	23	21	2	0
Puddings - Chocolate Brownie Sundae	Cubes of chocolate brownie with vanilla ice cream, chocolate sauce topped with whipped cream & chocolate shavings.	2,671	636	36	21	70	60	6	0

Sides, Extras & Choice Items		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Extra - Garlic Prawns		878	209	16	10	1	0	15	2
Choice - Crisps		1,210	288	19	2	26	0	2	1
Choice - Egg & Pineapple		525	125	6	2	10	10	7	0
Choice - Smoked Chipotle & Honey Sauce		815	194	2	0	44	42	0	2
Choice - BBQ Sauce		966	230	1	0	54	45	2	1.6
Choice - Bloomer Brown Bread		1,373	327	3	1	57	3	15	1.0
Choice - Bloomer White Bread		1,491	355	3	1	69	3	13	1.0
Choice - Cauliflower Cheese		1,302	310	23	14	10	4	16	2
Choice - Ciabattton		1,617	385	25	15	34	1	6	1
Choice - Custard		378	90	2	1	15	11	3	0
Choice - Ice cream		483	115	6	4	13	13	2	0
Choice - Jacket Potato		1,336	318	12	8	43	3	6	0
Choice - Pineapple		378	90	0		20	20	1	0
Choice - With Gravy		151	36	1	0	6	2	1	1
Choice - With Two Eggs		1,037	247	21	4	0	0	13	0
Choice - With Whipped Cream		932	222	23	15	2	2	1	0
Sides - Roast Potatoes		1,667	397	23	4	44	3	5	0
Sides - Seasonal Vegetables		368	88	4	0	7	3	4	0
Sides - Sweet Potato Fries		2,346	559	34	5	61	16	3	2
Sides - Baby Glazed Potatoes		886	211	7	1	32	3	4	0
Sides - Battered Onion Rings		1,309	312	15	3	39	5	5	1
Sides - Béarnaise Sauce		882	210	21	11	3	2	1	1
Sides - Chips		1,936	461	23	5	60	1	4	1
Sides - Garlic Bread Ciabatta		995	237	8	5	34	1	6	1

Sides - Lattice Fries		3,017	718	75	4	67	0	4	2
Sides - Mash		794	189	8	5	24	4	4	1
Sides - Mixed Salad		466	111	9	1	6	6	1	0
Sides - Peppercorn Sauce		195	47	3	2	4	2	1	1.1
Sunday Roast Extra Gravy		151	36	1	0	6	2	1	1.4
Sides - Green Beans		168	40	3	0	2	1	1	0.0