



THE

HARVESTER

NUTRITION GUIDE



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 September 2017.

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

BREAKFAST	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Belgian Waffles Two Belgian waffles topped with grilled back bacon, a fried free-range egg and maple-flavour syrup.	4,661	1,110	58	27	112	58	34	5.0
Chicken, Bacon & Waffles Buttermilk-fried chicken, waffles and grilled back bacon with maple-flavour syrup.	5,884	1,401	70	28	152	78	39	5.1
Eggs Benedict Toasted breakfast muffin, two poached free-range eggs and grilled back bacon topped with hollandaise sauce.	3,008	716	46	19	37	7	38	4.8
Eggs California (v) Smashed avocado and tomato salsa topped with two poached free-range eggs on a toasted breakfast muffin.	1,911	455	22	5	37	5	24	1.8
Eggs Royale Toasted breakfast muffin, two poached free-range eggs and smoked salmon topped with hollandaise sauce.	2,940	700	47	17	37	7	33	3.4
Harvester Recommends Breakfast Two pork sausages, two rashers of grilled back bacon, two fried free-range eggs, two hash browns, tomato, flat mushroom and baked beans.	4,523	1,077	81	26	51	6	35	7.4
The Boho Breakfast (v) Two hash browns, 2 vegan sausages, grilled tomato, flat mushroom, spinach, baked beans and your choice of free range eggs.	2,201	524	24	7	42	7	28	2.5
Steak & Eggs 5oz rib-eye steak, fries, tomato and two fried free-range eggs.	4,084	972	61	22	57	2	51	1.5
Breakfast Bun Toasted brioche bun with sausage, bacon and fried free-range egg with hash browns and Dukes Smokey Ketchup on the side.	4,043	963	56	24	80	16	33	5.6
Veggie Breakfast Bun (v) Toasted brioche bun with vegan sausage and fried free-range egg with hash browns and Dukes Smokey Ketchup on the side.	4,121	981	49	21	86	17	44	4.7
The Hipster Breakfast (ve) Two Hash browns, two vegan sausages, grilled tomato, flat mushroom, spinach, baked beans, avocado and a roasted red pepper dip.	4,486	1,068	70	12	60	8	38	3.9
Eggs Deep South Toasted breakfast muffin, two poached free-range eggs and bbq pulled pork topped with hollandaise sauce.	3,646	868	50	19	64	33	40	3.0

TAPAS-STYLE STARTERS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Buttermilk-fried chicken Strips of chicken breast in a buttermilk and rosemary batter	2,144	511	27	5	41	14	27	2.3
Crispy vegetable bites (v) Asian-style fried dumplings with Spiked Maple sauce	1,008	240	5	1	44	17	3	1.3
Cheesy garlic bread (v) Topped with mozzarella and Cheddar cheese	2,919	695	44	25	41	3	34	3.0
Falafel (v) Chickpea falafel with a roasted red pepper dip	1,162	277	6	1	41	3	10	2.6
Calarmari strips Tender breaded calamari, with lemon & garlic dip	974	232	16	4	11	1	10	1.4
Halloumi & pineapple skewers (v) With fresh peppers and Spiked Maple sauce	1,482	353	22	13	18	17	20	2.4
Jalapeño cream cheese poppers** (v) Breaded jalapeños filled with cream cheese, with a sour cream dip	1,911	455	28	13	40	5	9	2.8
King prawns In garlic butter, with a slice of garlic bread	1,043	248	15	9	11	1	16	1.4
Spicy corn & mozzarella bites (v) With Dukes Smokey Ketchup	1,721	410	23	2	41	17	9	1.1
Nachos (v) With melted mozzarella, Cheddar cheese, guacamole, salsa, sour cream and jalapeños	2,499	595	34	11	55	3	14	2.0
Italian-style meatballs Pork meatballs in a spicy tomato sauce	985	235	11	4	12	6	21	1.4
Portobello mushrooms (v) In a salt & pepper beer batter, with a blue cheese dip	2,383	567	41	8	43	2	7	1.9
Potato skins Loaded with cheese and bacon	1,632	389	20	8	34	1	17	1.7
Spicy crackerjack prawns With pineapple & habanero ketchup	1,733	413	18	4	49	11	13	2.8
Sticky chicken wings Glazed in our BBQ sauce. Get ready to lick your fingers!	1,117	266	13	3	15	13	23	0.8

LUNCH Available until 5pm	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Wraps Filled with smashed avocado, salsa, baby gem lettuce and your choice of filling, served with either fries, spicy rice, jacket potato or steamed vegetables. Also refer to the filling choice for additional nutrition information.	1,348	321	15	3	37	4	7	0.8
Add - Buttermilk-fried Chicken Also refer to the wrap recipe for additional nutrition information.	1,905	454	27	5	27	1	26	1.8
Add - Falafel and houmous Also refer to the wrap recipe for additional nutrition information.	1,548	369	19	2	35	2	11	2.3
Add - Grilled Cajun Chicken Breast Also refer to the wrap recipe for additional nutrition information.	864	206	3	1	8	4	36	1.0
Add - Grilled Chicken breast Also refer to the wrap recipe for additional nutrition information.	870	207	4	1	0	0	42	1.1
Feel Good Bowl Quinoa, pink onions, cherry tomatoes, cucumber, pomegranates and carrot all tossed in a mix of watercress, baby spinach and pea shoots. With a roasted red pepper dip	830	198	5	1	23	11	11	1.7
Feel good bowl add rib-eye steak Also refer to the Feel Good Bowl recipe for additional nutrition information.	878	209	9	5	0	0	32	0.4
Feel good bowl add grilled chicken breast Also refer to the Feel Good Bowl recipe for additional nutrition information.	822	196	4	1	0	0	40	1.0
Feel good bowl add cajun chicken Also refer to the Feel Good Bowl recipe for additional nutrition information.	865	206	3	1	8	4	36	1.0
Feel good bowl add salmon Also refer to the Feel Good Bowl recipe for additional nutrition information.	1,588	378	24	4	0	0	40	0.4
Feel good bowl add Halloumi Also refer to the Feel Good Bowl recipe for additional nutrition information.	1,670	398	30	18	3	3	29	3.3
Pulled beef chilli Pulled beef brisket & minced beef chilli, with sweet potato & kidney beans, served with golden rice & beans, sour cream and spring onion.	2,442	582	21	6	70	13	23	2.7

GRILL	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Our steaks only come from British or Irish farms and are matured for 28 days and come with fries, beef tomato, flat mushroom and onion rings.								
10oz Sirloin	4,514	1,075	60	26	68	3	67	2.2
8oz Fillet	3,526	839	36	14	66	3	61	2.2
8oz Rump	3,911	931	50	20	67	3	54	2.1
12oz Rump	4,707	1,121	61	25	68	3	76	2.3
Mixed grill A quarter portion of our rotisserie chicken, a 4oz rump steak*, half a gammon steak, a pork sausage, a fried free-range egg and black pudding. Served with fries, beef tomato, flat mushroom and onion rings	5,454	1,299	72	21	81	6	82	7.1
Ultimate mixed grill A quarter portion of our rotisserie chicken, a 4oz rump steak*, a half rack of our BBQ glazed ribs, a 7oz gammon steak, two pork sausages, two fried free-range eggs and two black pudding slices. Served with fries, beef tomato, flat mushroom and onion rings	9,967	2,373	136	43	113	22	174	13.0
7oz gammon steak With beef tomato, flat mushroom, fries and onion rings and your choice of fresh grilled pineapple	3,224	768	36	13	66	3	45	5.8
Add Pineapple	113	27	0	0	6	6	0	0.0
Add Fried Egg	491	117	9	3	0	0	9	0.3
Add 1/4 Rotisserie Chicken	1,058	252	12	3	1	1	35	0.9
Add an extra beef burger	1,381	329	24	10	1	1	28	1.3
Add an extra Chipotle Burger	1,399	333	6	1	49	5	15	1.3
Add an extra Chicken Breast	822	196	4	1	0	0	40	1.0
Add Half Rack of Ribs - with our BBQ sauce	1,350	321	15	6	13	10	33	1.2
Add King Prawns - in garlic butter	694	165	12	7	1	0	14	1.1
Add Mac 'n' cheese	1,159	276	10	7	33	7	13	2.2
Add Scampi	1,050	250	12	4	26	1	9	1.7
Blue Cheese & Mushroom†	417	99	8	5	4	2	2	1.2
Peppercorn Sauce	319	76	5	3	5	2	2	0.7
Beef Dripping & Thyme	517	123	10	5	7	4	1	2.0
Whisky & Mushroom sauce	361	86	7	4	5	2	2	0.8

VEGETARIAN & VEGAN	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Stuffed red pepper (ve) Stuffed with sweet potato, black bean & quinoa chilli, with golden rice & beans and sweet potato fries	3,885	925	20	3	157	49	18	3.2
Jambalaya (v) Creole-style rice with black turtle beans, peppers, okra & baby sweetcorn. With spicy corn & mozzarella bites and buttered corn	3,887	926	51	9	86	33	22	4.3
Aubergine & red lentil tagine (ve) Giant couscous cooked with apricots, raisins, coriander & red pepper. Topped with a Moroccan-inspired spiced stew, with flat bread and houmous	4,242	1,010	42	7	129	29	24	4.5
Herb-battered halloumi & chips (v) With fries, tartare sauce and your choice of garden or mushy peas	4,617	1,099	76	29	73	3	29	6.7
Penne arrabiata (ve) Spicy penne arrabiata with black olives and grilled kapia pepper	2,176	518	13	2	82	18	16	3.0

BURGERS & BUNS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
The ultimate burger A beef burger and a grilled chicken breast with melted Monterey Jack cheese, burger sauce, and a half rack of ribs on the side	7,246	1,725	87	32	113	20	121	7.9
Southern-fried chicken bun Two southern-fried chicken breasts with melted Monterey Jack cheese, grilled back bacon and our BBQ sauce	5,751	1,369	67	23	131	20	60	6.5
Peri-Peri Chicken Burger Grilled chicken breast with our peri-peri mayo, smashed avocado and melted Monterey Jack cheese	5,885	1,401	77	19	112	14	61	6.7
Ancho chilli rib-eye steak bun Ancho chilli rib-eye steak bun	4,196	999	39	13	113	18	46	5.4
BBQ pulled pork beef burger With pulled pork in our BBQ sauce, melted Monterey Jack cheese and burger sauce	6,078	1,447	78	29	123	31	62	6.6
Chipotle bean burger (v) A delicious chipotle bean burger topped with halloumi, sliced mushroom, burger sauce and roasted red pepper sauce	5,113	1,217	48	16	149	14	40	6.4
Cheese & bacon beef burger With melted Monterey Jack cheese, grilled back bacon and burger sauce	5,541	1,319	76	29	101	10	56	7.1

RIBS AND SLOW COOKED	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
All of our ribs come with slaw, fries, green leaf and buttered corn.								
Full rack of ribs Our famous slow-cooked pork ribs, brushed with our BBQ sauce	5,761	1,372	69	24	104	41	79	4.3
Cornish-kiln-smoked St Louis ribs An impressive cut of ribs, smoked in Cornwall for Harvester, and brushed generously with our BBQ sauce for the perfect stickiness	7,164	1,706	100	37	114	50	87	5.4
Jerk spiced ribs A full rack of ribs marinated in jerk spices and then brushed with a spiced rum BBQ glaze*. It's our new favourite!	5,045	1,201	59	20	110	43	52	3.6
Kilo ribs That's right, you read correctly, an actual kilo of pork ribs slow-cooked for 6 hours! Glazed in our Bourbon sauce*. Can you take on the challenge?	8,413	2,003	111	39	155	80	92	5.9

FISH	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Crispy Wholetail Scampi With fries, tartare sauce and garden peas.	4,290	1,021	49	14	115	5	29	5.1
Spicy sea bass & king prawns Ancho-chilli-seasoned sea bass, topped with garlic king prawns, with sweet potato fries, buttered corn and grilled kapia pepper	4,644	1,106	60	16	81	32	61	4.6
Fish & chips Battered cod fillet with fries, tartare sauce and garden or mushy peas	4,343	1,034	65	14	74	2	39	2.4
With garden peas	554	132	9	5	7	2	5	0.2
With Mushy Peas	306.6	73	0.3	0.1	11.5	1.3	4.5	0.5
Simply grilled salmon A grilled salmon fillet with a jacket potato, steamed vegetables and hollandaise sauce	3,833	913	48	15	68	10	47	1.2

CHICKEN & COMBOS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Half rotisserie Keep it simple with a delicious half!	5,013	1,194	57	14	92	15	77	4.4
The '83 combo Our signature combo, named after the year the first ever Harvester opened. Half a rotisserie chicken and a juicy half rack of ribs glazed in our BBQ sauce	6,436	1,532	72	20	109	30	110	5.8
The original combo A quarter portion of our rotisserie chicken and half rack of ribs glazed in our BBQ sauce	5,687	1,354	63	17	108	29	85	5.2
The triple combo A quarter portion of our rotisserie chicken, a southern-fried chicken breast and a grilled Cajun chicken breast"	5,639	1,343	58	15	103	23	98	6.3
BBQ Chicken Stack Grilled chicken breast with Monterey Jack cheese, our BBQ sauce, grilled back bacon and buttermilk-fried chicken, with buttered corn, slaw and fries	6,050	1,440	67	22	118	37	88	7.1
Simply grilled chicken A grilled chicken breast served with jacket potato, steamed vegetables and our speciality gravy	2,269	540	6	1	66	7	51	1.9
Spicy chicken breast & king prawns Ancho-chilli-seasoned chicken breast, topped with garlic king prawns, with sweet potato fries, buttered corn and grilled kapia pepper	4,315	1,027	51	14	79	32	58	5.2
Bird, surf & turf A grilled Cajun chicken breast, ancho-chilli-seasoned 5oz rib-eye steak, crackerjack prawns, fries, kapia pepper and Dukes Smokey Ketchup	4,267	1,016	33	12	95	21	81	6.3
Caribbean-style chicken Grilled Cajun chicken breast, golden rice & beans, grilled kapia pepper and a Caribbean-style sauce	2,667	635	21	8	64	17	44	3.5

SWAP & UPGRADE	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Add Bacon	287	68	4	2	0	0	7	1.4
Jacket potato (ve)	1,147	273	0	0	59	3	6	0.0
Jacket potato with Sour Cream (v)	1,491	355	8	5	60	4	7	0.1
Mash (v)	785	187	5	1	29	3	4	1.0
Sage & Onion Fries (ve)	1,678	400	18	6	55	1	5	1.9
Golden Rice & Beans (ve)	964	230	5	0	42	2	4	0.8
Steamed Vegetables (ve)	248	59	1	0	7	4	3	0.0
Sweet Potato fries (ve)	2,112	503	30	5	55	15	3	1.4

SIDES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Buttered Corn (v)	899	214	7	2	26	19	6	0.1
Coleslaw	1,243	296	26	2	12	7	2	1.8
Fries (ve)	1,674	399	18	6	54	1	5	1.3
Garlic Mushrooms	790	188	19	2	1	0	3	0.1
Onion rings (v)	1,309	312	15	3	39	5	5	0.8
Garlic Bread (v)	693	165	8	3	20	1	4	0.6

DESSERTS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Chocolate Fudge Cake (v) With Belgian chocolate sauce, real dairy ice cream, salted caramel crunch pearls and chocolate fudge pieces	5,113	1,217	56	20	158	129	17	1.6
Tropical cheesecake (v) Baked vanilla cheesecake with a mango & passion fruit compote, with real dairy ice cream and a white chocolate & raspberry shard	2,892	689	37	22	80	67	10	0.6
Cherry pie[†] (v) Dark sweet cherry pie, dusted with demerara sugar	5,103	1,215	55	20	158	130	17	1.6
Banoffee pie (v) With salted caramel sauce and fudge pieces, served with your choice of real dairy ice cream or fluffy cream.	2,868	683	44	26	66	52	5	0.6
Chocolate & caramel pretzel tart (v) With toffee sauce, cream and salted caramel crunch pearls	2,532	603	38	23	59	43	6	0.8
Coconut & black cherry rice pudding (ve) Slowly cooked in coconut milk, served with black cherry compote	1,701	405	25	13	41	34	4	0.3
Sticky toffee pudding (v) With your choice of real dairy ice cream or custard	2,066	492	16	10	84	70	3	0.2
Add Ice Cream Choice	478	114	5	3	14	14	3	0.1
Add Custard Choice	378	90	2	1	15	11	3	0.1

SUNDAE PARLOUR	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Baileys Mississippi Mud Pie (v) Layers of Belgian chocolate coffee mousse, a generous dash of Baileys®, chocolate sauce and Oreo® biscuit crumb Over 18s only. ID may be requested.	3,951	941	52	32	100	83	12	0.7
St Clements (v) Orange pieces in a citrus compote with crushed meringue	2,297	547	21	14	81	70	10	0.5
Black forest (v) Black cherry compote, cubes of chocolate brownie and Belgian chocolate sauce	2,902	691	32	16	88	66	12	0.6
Mango & passionfruit blizzard (v) Mango & passionfruit compote and crushed meringue	2,680	638	20	14	104	90	10	0.5
Millionaires (v) Crushed shortbread, toffee sauce, chocolate fudge pieces and Munchies®	4,507	1,073	45	29	155	118	13	0.6
Rocky horror (v) Warm chocolate fudge brownie topped with chocolate fudge pieces and a cherry	2,986	711	38	22	78	66	12	0.6
Toffee apple (v) Bramley apple compote, toffee sauce, custard mousse and crumble pieces	3,127	745	38	24	91	76	10	0.4
Sundae best* (v) Real dairy ice cream drizzled with your choice of raspberry, strawberry, Belgian chocolate or toffee sauce	1,168	278	10	7	39	33	7	0.2
Add M&M's	602	143	6	4	21	21	1	0.0
Add Mini Rolo	620	148	7	4	20	19	2	0.1
Add Munchies	609	145	7	4	19	17	2	0.1
Add Oreo biscuit crumb	563	134	6	3	18	11	2	0.3
Add Skittles	504	120	1	1	27	27	0	0.0
Sauce - Belgian Chocolate Sauce	244	58	0	0	13	11	0	0.0
Sauce - Toffee Sauce	256	61	1	1	13	11	0	0.1
Sauce - Raspberry Sauce	239	57	0	0	14	11	0	0.5
Sauce - Strawberry Sauce	239	57	0	0	14	10	0	0.5

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BREAKFAST	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Kids' Cooked Breakfast two outdoor reared chipolata sausages, tomato, hash brown, your choice of poached or scrambled free range egg	1,234	294	18	7	20	3	11	1.0
Kids' Cooked Breakfast (Vegetarian) Mushroom, hash brown, tomato, baked beans, 2 Linda Mc Cartney sausages, and your choice of poached or scrambled free range egg	1,441	343	15	4	25	5	23	2.1
Kids' Cooked Breakfast (Vegan) Spinach, Mushroom, Hash Brown, Tomato, Baked Beans, 2 Sausages	1,478	352	15	4	26	5	24	2.1

SMALLER APPETITES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Chicken strips Strips of grilled chicken breast	386	92	1	0	1	1	20	0.5
Fish Fingers Breaded cod fillet.	697	166	7	1	14	2	11	0.3
Mini sausage & yorkie boat Two outdoor-reared chipolata sausages, mini Yorkshire pudding & gravy. Also available with vegetarian sausage (V)	1,232	293	18	6	21	1	10	1.3
Veggie sausage & yorkie boat (v) Two linda mc cartney veggie sausages, mini Yorkshire pudding & gravy. Also available with vegetarian sausage (V)	1,203	286	9	3	26	2	21	2.3
Scrambled egg (v) Free-range scrambled egg on wholemeal toast.	1,289	307	13	3	28	3	19	1.3
Simply pasta (ve) Pasta shapes served with a yummy tomato sauce	1,016	242	10	1	32	9	6	0.5

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BIGGER APPETITES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Mini sausage & yorkie boat Three outdoor-reared chipolata sausages, mini Yorkshire pudding & gravy Also available with vegetarian sausage (V)	1,582	377	25	9	23	1	14	1.5
Veggie sausage & yorkie boat (v) Three linda mc cartney veggie sausages, mini Yorkshire pudding & gravy Also available with vegetarian sausage (V)	1,539	366	12	4	30	3	30	3.1
Fish fingers Four breaded cod fish fingers Our fish is carefully filleted but look our for bones just in case	924	220	10	1	18	2	15	0.4
BBQ Chicken Grilled chicken breast glazed in our BBQ sauce and topped with melted cheese.	1,285	306	8	4	16	14	44	1.7
Mini beef burger A beef burger in a bun with lettuce and tomato, with burger sauce on the side	1,534	365	27	9	14	4	17	1.6
Mini burger Chicken Half a chicken breast in a bun with lettuce and tomato, with burger sauce on the side	1,031	246	11	1	13	4	23	1.2
Buttermilk-Fried Chicken Strips of chicken breast in a buttermilk batter	1,429	340	20	4	21	1	20	1.4
Cheesy risotto (v) With butternut squash	1,890	450	13.5	5.5	69.75	6	10.75	0.875
Cow boy pie Chicken and sweetcorn in a BBQ sauce topped with sweet potato mash	1,082	258	9	1	27	8	16	0.7
Grilled 1/2 chicken breast Simple is sometimes best!	411	98	2	0	0	0	20	0.5

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HARVESTER RECOMENDS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
4oz Rump Steak grilled 28-day-aged rump steak.	796	189	11	5	1	0	22	0.2
Bigger appetites - Battered Cod fillet With fresh lemon.	1,812	431	24	5	22	3	33	0.4
Build Your Own Chicken Wrap Make the best wraps ever! Soft flour tortillas, tomato salsa, sour cream and grated cheese on the side.	2,558	609	23	11	64	6	36	1.5
Build your own Falafel Wrap Make the best wraps ever! Soft flour tortilla, tomato salsa, sour cream and grated cheese on the side.	2,575	613	23	11	78	6	20	1.9
Grilled Chicken Breast Simple is sometimes best!	777	185	2	1	2	1	40	1.0
Grilled Salmon Tasty grilled salmon with fresh lemon.	805	192	12	2	0	0	20	0.2
Half Rack of Ribs Our slow-cooked ribs brushed with BBQ sauce, with fresh grilled pineapple.	1,460	348	16	6	19	16	33	1.2
Rotisserie Chicken Quarter of our famous rotisserie chicken with our own blend rub.	1,058	252	12	3	1	1	35	0.9
Aubergine & Red Lentil Tagine A Moroccan-style stew.	1,273	303	15	2	31	14	8	3.0

KIDS MENU

DESSERTS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Build your own cookie dough brownie Cookie with a brownie centre, topped with chocolate sauce, then add your own touch with marshmallows, strawberries, toffee sauce and Cadbury® chocolate buttons to create your own chocolate cookie pizza	3,000	714	36	18	89	63	8	0.4
Tutti frutti salad (v) A salad of melon, orange, mango, pineapple and apple, served with a strawberry yoghurt dip. 2 of your 5 a day!	452	108	1	0	21	17	3	0.1
Fruitpot jelly (ve) Bite-size mandarin pieces in orange flavour jelly	420	100	0	0	24	21	0	0.2
Build your own sundae Real dairy ice cream sundae with a crispy cone and Cadbury® flake. Just add your own chocolate fudge pieces, chocolate sauce, Oreo® biscuit crumb and mini marshmallows. Build a masterpiece!	1,949	464	13	8	81	68	7	0.4
Sundae best (v) With your choice of raspberry, strawberry, Belgian chocolate or toffee sauce, with a crispy cone	1,096	261	10	6	36	30	6	0.2
Rocky horror sundae (v) Real dairy ice cream with warm chocolate fudge brownie, fluffy cream, a Cadbury® flake and a crispy cone	1,987	473	25	14	54	45	9	0.4
Chocolate fudge brownie (v) served with real dairy ice cream	1,762	420	22	11	47	41	7	0.5

KIDS MENU

KIDS CHOICE	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Side choice - Cheese & Tomato Rice	806	192	5	3	29	3	7	0.1
Side choice - Fries	906	216	10	2	28	0	3	0.7
Side choice - Jacket Potato	1,029	245	1	0	52	2	6	0.1
Side choice - Mash	349	83	2	0	13	1	2	0.4
Side choice - Sweet Potato fries	1,126	268	16	3	29	8	2	0.7
Veg Choice - Baked Beans (Reduced salt and sugar)	218	52	0	0	8	2	4	0.3
Veg choice - Corn cobette	399	95	2	0	16	2	3	0.0
Veg choice - Fresh vegetable sticks (batons of peppers, cucumber and carrots)	185	44	0	0	8	7	1	0.0
Veg choice - Garden peas	109	26	0	0	4	1	1	0.0
Veg choice - Steamed vegetables	248	59	1	0	7	4	3	0.0

EARLY BIRD MENU

	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Beef Burger served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli, with fries & coleslaw on the side.	4,528	1,078	57	19	100	10	40	5.1
Grilled Chicken Breast Burger served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli, with fries & coleslaw on the side.	3,969	945	37	10	99	9	51	4.9
Chipotle Bean Burger	4,546	1,082	39	9	148	14	27	5.2
7oz gammon Served with a beef tomato, garden peas and fries and your choice of either fresh grilled pineapple or a fried free-range egg.	3,088	735	32	12	63	4	46	5.6
Add Pineapple	113	27	0	0	6	6	0	0.0
Add Fried Egg	491	117	9	3	0	0	9	0.3
Half Rack of Ribs Glazed in our BBQ sauce, with fries and fresh grilled pineapple.	3,137	747	33	12	73	17	38	2.5
Grilled Cajun chicken A grilled Cajun chicken breast, jacket potato, buttered corn and sour cream.	2,873	684	14	6	85	21	46	1.1
Grilled chicken breast served with jacket potato, buttered corn, sour cream and lime	2,269	540	6	1	66	7	51	1.9
1/4 rotisserie chicken With fries and lemon & garlic dip.	3,040	724	37	10	58	2	42	2.7
Pulled pork bun BBQ pulled pork and melted Monterey Jack cheese served in a toasted brioche bun with fries and slaw.	4,335	1,032	46	16	122	32	32	4.0
Penne arrabiata (ve) Spicy penne arrabiata with black olives and grilled kapia pepper.	2,176	518	13	2	82	18	16	3.0
Breaded plaice Served with fries, lemon, tartare sauce and garden peas.	4,102	977	44	13	104	4	39	3.6