



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

Harvester Nutrition Guide DN17		Typical nutrition values per average portion							
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

1. Tapas-Style Starters									
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
2. Mains									
Lunch									
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									
10oz Sirloin	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.	4,514	1,075	60	26	68	3	67	2.2
8oz Fillet	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.	3,526	839	36	14	66	3	61	2.2
8oz Rump	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.	3,911	931	50	20	67	3	54	2.1
12oz Rump	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.	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	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		1,058	252	12	3	1	1	35	0.9
Add an extra beef		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		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		361	86	7	4	5	2	2	0.8

Vegetarian and Vegan									
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									
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	5oz rib-eye steak seasoned with ancho chilli, with pan-fried onions, sliced mushrooms and Dukes Smokey Ketchup	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

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

Chicken									
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 a 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

Fish									
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	Also refer to main dish choice for additional allergen information.	554	132	9	5	7	2	5	0.2
With Mushy Peas	Also refer to main dish choice for additional allergen information.	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

3. Swap, Upgrade &									
Add Bacon		287	68	4	2	0	0	7	1.4
Jacket potato		1,147	273	0	0	59	3	6	0.0
Jacket potato with Sour Cream		1,491	355	8	5	60	4	7	0.1
Mash		785	187	5	1	29	3	4	1.0
Sage & Onion Fries ve		1,678	400	18	6	55	1	5	1.9
Side - Buttered Corn		899	214	7	2	26	19	6	0.1
Side - Coleslaw		1,243	296	26	2	12	7	2	1.8
Side - Fries		1,674	399	18	6	54	1	5	1.3
Side - Garlic Mushrooms		790	188	19	2	1	0	3	0.1
Side - Onion rings		1,309	312	15	3	39	5	5	0.8
Side Garlic Bread		693	165	8	3	20	1	4	0.6
Golden Rice & Beans ve		964	230	5	0	42	2	4	0.8
Steamed Vegetables		248	59	1	0	7	4	3	0.0
Sweet Potato fries		2,112	503	30	5	55	15	3	1.4

Desserts									
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

Sundaes									
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 Add Choice Sauces	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 ons									
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

Kids Breakfast									
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
9. Kids' Menu									
Smaller appetites									
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

Bigger Appetites									
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 out for bones just in case	924	220	10	1	18	2	15	0.4
Bigger appetites - 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	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
Bigger appetites - 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	1890	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	Simple is sometimes best!	411	98	2	0	0	0	20	0.5

Harvester Recommends									
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 Desserts									
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 Choice									
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		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	(Reduced salt and sugar)	218	52	0	0	8	2	4	0.3
Veg choice - Corn		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									
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