



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 (RI) 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

Harvester Nutrition Guide DN18		Typical nutrition values per average portion							
Dish Name	Dish Description	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Signature Breakfast	Two pork sausages, two rashers of grilled back bacon, two hash browns, tomato, flat mushroom and Heinz® baked beans. Also refer to choice of fried, scrambled or poached free-range eggs for additional nutrition information.	4523	1077	81	26	51	6	35	7
Signature Breakfast - Kids option	two outdoor reared pork chipolata sausages, tomato, hash brown. Also refer to choice of poached or scrambled free-range egg for additional nutrition information.	1261	300	18	6	21	3	11	1
The Boho Breakfast	Two hash browns, two vegan sausages, tomato, flat mushroom, spinach, Heinz® baked beans. Also refer to choice of fried, scrambled or poached free-range eggs for additional nutrition information.	2201	524	24	7	42	7	28	3
The Boho Breakfast - Kids Option	A toasted muffin topped with scrambled free range eggs, a grilled tomato, a vegan sausage, a hash brown and Heinz® baked beans	1459	347	11	3	38	5	20	3
The Hipster Breakfast	Two hash browns, two vegan sausages, tomato, flat mushroom, spinach and smashed avocado, Houmous and a toasted breakfast muffin	4089	974	52	7	79	9	37	5
The Hipster Breakfast - Kids Option	A toasted muffin topped with grilled mushroom and spinach with grilled tomato, a vegan sausage, and a hash brown	1169	278	8	2	33	5	15	2

Eggs Benedict	Toasted breakfast muffin, two poached free-range eggs and grilled back bacon topped with hollandaise sauce	2805	668	40	13	38	10	39	5
Buttermilk Pancakes	With fresh banana, strawberries and blueberries, drizzled with maple-flavour syrup	2617	623	6	1	130	92	10	2
Steak Hash	8oz rump steak with a potato, onion & spinach hash, two fried free-range eggs and help yourself to our sauce bar for a Harvester twist.	3712	884	43	17	55	3	67	2
Chicken, Bacon & Waffles	Buttermilk-fried chicken, two Belgian waffles and grilled back bacon with maple-flavour syrup	5257	1252	67	36	133	87	23	5
Eggs Mediterranean	Smashed avocado and tomato Salsa, topped with two poached free-range eggs and crumbled feta on a toasted breakfast muffin	3184	758	38	12	65	9	37	4
Spicy Sweetcorn Fritters	Two corn, smoked cheddar and chilli fritters topped with smashed avocado and fried eggs	2575	613	42	6	30	20	28	2

Tapas-style starters		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Buttermilk-fried chicken	Strips of chicken breast in a buttermilk and rosemary batter	2144	511	27	5	41	14	27	2
Garlic Bread (without cheese)		1390	331	16	7	39	3	8	1
Cheesy garlic bread	Topped with mozzarella and Cheddar cheese	2919	695	44	25	41	3	34	3
Calamari Strips	Tender breaded calamari, with a garlic mayo dip	1353	322	27	4	10	1	10	1
Oven-baked mushrooms	In a creamy garlic & Cheddar sauce, with garlic bread for dipping	1646	392	29	17	14	2	17	1
King Prawns	In a garlic & chilli butter, with a slice of garlic bread	1504	358	26	15	12	1	18	2
Breaded Mushrooms	With a garlic mayo dip	1646	392	29	17	14	2	17	1
Sticky chicken Wings	Glazed in our BBQ sauce. Get ready to lick your fingers!	1286	306	15	4	15	13	27	2
BBQ Pulled pork quesadilla	with a sour cream dip	2657	633	35	18	50	20	28	2
Halloumi Fries	spiked maple sauce	1865	444	24	13	37	13	21	3
Crackerjack Prawns	spiked maple sauce	1746	416	18	4	52	16	11	3
Peri peri Chicken	basted with a peri peri dip and wedge of lime	1361	324	19	3	13	8	25	2
Potato Skins (Without bacon)	Loaded with cheese	1065	254	6	4	31	2	8	0
Potato skins Loaded with mozzarella, Cheddar cheese and bacon	Loaded with cheese and bacon	1353	322	11	6	31	2	15	2
Smoked Apple Wood Mac and Cheese Bites	Five served with dukes smokey tomato ketchup / burger sauce and chives	1798	428	30	4	30	11	9	1
Nachos	crushed avocado, sour cream, cheese, sliced jalapeno and tomato salsa	2430	579	33	10	55	4	13	2
Vegan Nachos	topped with houmous, tomato salsa, smashed avocado and jalepeno chilli	2192	522	28	3	56	3	8	2
Add BBQ pulled pork to Nachos		1764	420	17	6	45	43	22	2

Sharers		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Land and Sea Sharer		5215	1242	69	16	69	26	74	6
Sharing starters - Baked Camembert	Whole baked Camembert with red onion chutney, veg sticks and garlic bread	5053	1203	75	51	69	26	60	4
Sharing Starters - Nachos	With melted mozzarella, Cheddar cheese, smashed avocado, salsa, sour cream and jalapenos	8337	1985	117	40	175	13	49	7
Add pulled pork	Add pulled pork	2012	479	21	7	45	43	27	2
Vegan Sharing Nachos	Vegan Sharing Nachos	7371	1755	98	12	180	11	27	7

Mains		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Lunch									
Buttermilk-Fried Chicken Wrap	Three chicken tenders filled with smashed avocado, Tomato salsa, baby gem lettuce, apple and fennel slaw and buttermilk-fried chicken. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	2596	618	31	7	56	6	27	2
Halloumi Wrap	Filled with smashed avocado, Tomato salsa, baby gem lettuce, apple and fennel slaw and buttermilk-fried chicken. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	2281	543	32	15	38	7	26	3
Grilled Cajun chicken breast Wrap	Filled with smashed avocado, Tomato salsa, baby gem lettuce, apple and fennel slaw and buttermilk-fried chicken. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	2015	480	15	3	40	6	46	5
Grilled Chicken Breast Wrap	Filled with smashed avocado, Tomato salsa, baby gem lettuce, apple and fennel slaw and buttermilk-fried chicken. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	1910	455	14	3	37	5	46	1
Feel Good Bowl	Roasted vegetables and grains tossed in crisp leaf with chargrilled tenderstem broccoli with a pineapple and lemongrass dressing	1294	308	14	1	31	12	12	1

add two Lemon and Herb Tofu, Pepper and Red Onion Peri Peri Skewers		995	237	15	1	12	7	11	1
add three Lemon and Herb Tofu, Pepper and Red Onion Peri Peri Skewers		1491	355	23	2	18	11	17	1
add 4oz Rump Steak		796	189	11	5	1	0	22	0
add 8oz Rump		1381	329	15	6	0	0	48	0
add 1/2 Chicken		371	88	1	0	1	0	19	0
add chicken		743	177	2	0	1	0	39	0
add 1/2 Cajun Chicken		426	101	1	0	2	0	20	2
add Cajun Chicken		848	202	3	1	5	1	39	5
add Halloumi 2 pieces		1113	265	20	12	2	2	19	2
add large Halloumi 3 pieces		1672	398	30	18	3	3	29	3
Add Salmon		1588	378	24	4	2	0	40	0
Steak Hash (Breakfast recipe allowance in this)	8oz rump steak with a potato, onion & spinach hash, two fried free-range eggs and help yourself to our sauce bar for a Harvester twist.	3712	884	43	17	55	3	67	2
Fish Finger Bun	Hand-battered cod goujons, tartare sauce, baby gem lettuce, and slaw. Also refer to fries or swap/upgrade choice for additional nutrition information.	3423	815	46	8	69	9	28	2
Pulled Chipotle beef chilli	Pulled and minced beef chilli, in a rich tomato, cocoa and chipotle chilli sauce, with sweet potato and black eyed beans. Served with golden rice, a dollop of sour cream	1378	328	15	4	27	10	18	2
Chicken, Bacon & Waffles	Buttermilk-fried chicken, two Belgian waffles and grilled back bacon with maple-flavour syrup	5884	1401	70	28	152	78	39	5

Steak Bun	Sliced rump steak, with pan-fried onions & sliced mushrooms, and apple and fennel slaw. Also refer to choice of carb or side for additional nutrition information.	2561	610	23	8	44	8	55	1
A dozen Wholetail British Whitby Scampi	With tartare sauce. Also refer to choice of carb or side and garden peas or mushy peas for additional nutrition information.	2969	707	41	9	60	5	24	4
Fish Pie - Steamed salmon & white fish in a creamy leek sauce topped with a smoked applewood cheddar mash	served with glazed chantenay carrots, green beans and peas.	1836	437	25	11	27	6	25	2
Lemon and Herb Peri Peri Skewers	Marinated Tofu, onion and red pepper skewers marinated in a peri peri style sauce with lemon, coriander and oregano with roasted onion and red pepper.	2178	519	32	4	34	19	20	2
BBQ Pulled Pork Quesadilla spiked with jalapenos	with apple and fennel slaw	2386	568	28	12	52	21	27	2
Camembert Cheese and Cherry Tomato Puff Pastry Tart	Served with apple and fennel coleslaw	2701	643	47	22	42	8	12	2
Simply Grilled Chicken	Served with buttered peas	1675	399	12	6	21	5	49	1
Buttermilk Pancakes and Bacon	3 Pancakes and 3 rashers grilled back bacon drizzled and with a pot of maple flavoured syrup	3160	752	19	7	115	77	30	6

Steaks & Grills	All of our beef is sourced from grass fed pastures, that is 30 day aged that derives from heritage Hereford and black angus breeds.	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
10oz SIRLOIN	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	2837	675	42	19	14	3	62	1
8oz FILLET	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	1849	440	18	8	12	3	55	1
8oz RUMP	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	2234	532	32	14	12	3	48	1
16oz RIB-EYE	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	3448	821	38	20	12	3	105	2
30oz bulls Head Steak (For Two To Share)	A 30oz 28-day-aged melt-in-the-mouth split rib-eye steak on the bone. With double portions of parsley butter, roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	6959	1657	80	40	23	6	205	4

Mixed Grill	A quarter portion of our rotisserie chicken, 4oz rump steak*, half a gammon steak, a pork sausage, a fried free-range egg and black pudding. Served with roasted flat mushroom, tomato and onion rings. Also refer to choice of steak & carb or side for additional nutrition information.	3778	900	54	15	27	6	76	6
Ultimate Mixed Grill - Also refer to choice of steak & carb or side for additional nutrition information.	A quarter portion of our rotisserie chicken, 8oz rump steak, a half rack of our BBQ glazed ribs, 7oz gammon steak, two pork sausages, two fried free-range eggs and two black pudding slices. Served with roasted flat mushroom, tomato and onion rings.	7495	1785	107	32	58	22	147	11
7oz Gammon	Served with roasted flat mushroom, tomato and onion rings. Also refer to choice of fresh grilled pineapple or fried free-range egg, and carb or side for additional nutrition information.	1548	369	18	6	12	3	39	4
7oz Gammon Choice - Fried Free-Range Egg		357	85	6	2	0	0	8	0
7oz Gammon Choice - Fresh Grilled Pineapple		113	27	0	0	6	6	0	0
7oz Gammon Choice - Fried free-range Egg & Fresh Grilled Pineapple		475	113	6	2	6	6	8	0
Double up your gammon steak	Two 7oz Gammon steaks Served with roasted flat mushroom, tomato and onion rings. Also refer to choice of fresh grilled pineapple or fried free-range egg, and carb or side for additional nutrition information.	2663	634	32	12	12	3	75	8

Vegetarian & vegan		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Herb-Battered Halloumi & Chips	With tartare sauce. Also refer to choice of carb or side and garden or mushy peas for additional nutrition information.	4617	1099	76	29	73	3	29	7
Aubergine & Red Lentil Tagine	Giant couscous cooked with apricots, raisins, coriander & red pepper. Topped with a Moroccan-inspired spiced stew, with flatbread and Houmous	4523	1077	48	7	130	29	26	5
Jamaican Vegetable Katsu Curry - Vegan	A Caribbean style Katsu Curry, Crispy aubergine, sweet potato and Cauliflower, Served with a black turtle bean and jerk spiced curried sauce with golden rice, crisp leaf and flat bread with lime.	3343	796	41	17	86	13	15	4
Butternut Squash, Spinach & Cheese Roulade	Served with creamy mashed potato, served with our new vegetable medley with green beans, peas and chantenany carrots and gravy.	1701	405	21	13	35	12	14	2
Spinach and Artichoke Pasta in a creamy tomato and ricotta sauce	Artichoke hearts and spinach stuffed pasta shells in a light tomato, basil and ricotta cheese sauce topped with a sprinkle of feta, served with leaves and garlic bread.	3492	831	50	18	68	15	24	5

Burgers		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
The Big One	Two flame grilled beef patties topped with two rashers of bacon and two slices of cheese, served with a half rack of our ribs glazed in bbq sauce, served in a brioche style bun, and with gem lettuce tomato with fries and apple and fennel slaw	6349	1512	91	37	59	20	114	8
The Cowboy Burger	Southern-fried chicken breast fillets with melted Monterey Jack cheese, grilled back bacon and BBQ sauce. Served in a toasted brioche bun with baby gem lettuce, tomato and a pickled chilli with apple and fennel slaw. Also refer to choice of carb or side for additional nutrition information.	3846	916	42	15	79	20	54	6
The Angry Bird burger	Chicken breast basted in our peri-peri sauce, with peri-peri mayo, smashed avocado and melted Monterey Jack cheese. Served in a toasted brioche bun with baby gem lettuce, tomato and a pickled chilli with apple and fennel slaw. Also refer to choice of carb or side for additional nutrition information.	3935	937	55	12	55	13	54	4
The BBQ King burger	6oz beef burger topped with BBQ pulled pork and melted Monterey Jack cheese. Served in a toasted brioche bun with baby gem lettuce, tomato and a pickled chilli, with apple and fennel slaw. Also refer to choice of carb or side for additional nutrition information.	4308	1026	58	23	69	31	56	5

The Boho Burger	Spiced chipotle bean burger, halloumi, flat mushroom, Houmous and burger sauce. Served in a toasted brioche bun with baby gem lettuce, tomato and a pickled chilli, with slaw. Also refer to choice of carb or side for additional nutrition information.	4074	970	44	11	99	15	37	5
The Classic burger	6oz beef burger topped with melted Monterey Jack cheese, grilled back bacon and burger sauce. Served in a toasted brioche bun with baby gem lettuce, tomato and a pickled chilli, with slaw. Also refer to choice of carb or side for additional nutrition information.	3457	823	49	20	46	9	47	5
The Frenchie burger	6oz beef burger topped with melted Camembert and red onion chutney. Served in a toasted brioche bun with baby gem lettuce, tomato and a pickled chilli with apple and fennel slaw. Also refer to choice of carb or side for additional nutrition information.	3733	889	48	21	67	26	45	4
Add an extra beef burger		1381	329	24	10	1	1	28	1
Add an extra Southern-Fried Chicken Breast		1648	392	19	5	22	0	32	1
Add an extra Bean Burger		1399	333	6	1	49	5	15	1
Add an extra Chicken Breast		822	196	4	1	0	0	40	1

Ribs slow-cooked		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Rack of ribs - Large	Our famous pork ribs, slow cooked for 3 hours, brushed with our BBQ sauce. Served with apple and fennel slaw and half a fresh corn on the cob. Also refer to choice of carb or side for additional nutrition information.	4394	1046	49	17	50	38	98	3
Standard Rack Of Ribs	Our famous pork ribs, slow cooked for 3 hours, brushed with our BBQ sauce. Served with apple and fennel slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	3418	814	40	14	35	25	77	2
Jerk Ribs	A full rack of pork ribs slow cooked for 3 hours, marinated in jerk spices and then brushed with a spiced rum BBQ glaze. Served with apple and fennel slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	3046	725	33	11	40	30	63	2
Kilo Ribs	That's right, you read it correctly, an actual kilo of Cornish kiln-smoked ribs, slow cooked for 6 hours and then glazed in our bourbon sauce. Served with apple and fennel slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	2341	557	17	6	80	61	17	2

Chicken & Combos		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Half Rotisserie Chicken	Keep it simple with a delicious half! Served with our speciality gravy and buttered corn. Also refer to choice of carb or side for additional nutrition information.	2005	477	17	5	14	3	65	1
The '83 Combo - our signature combo named after the year the first Harvester opened.	Half a rotisserie chicken and a juicy half rack of ribs glazed in our BBQ sauce. Served with our speciality gravy and buttered corn. Also refer to choice of carb or side for additional nutrition information.	3430	817	33	10	31	17	98	3
The Original Combo	A quarter portion of our rotisserie chicken and half a rack of ribs glazed in our BBQ sauce. Served with our speciality gravy and buttered corn. Also refer to choice of carb or side for additional nutrition information.	2670	636	26	9	30	17	68	2
The Triple Combo	A quarter portion of our rotisserie chicken, a southern-fried chicken breast and a grilled Cajun chicken breast. Served with our speciality gravy and buttered corn. Also refer to choice of carb or side for additional nutrition information.	5639	1343	58	15	103	23	98	6
BBQ Chicken Stack	Grilled chicken breast with Monterey Jack cheese, our BBQ sauce, grilled back bacon and buttermilk-fried chicken, with apple and fennel slaw and half a fresh corn on the cob. Also refer to choice of carb or side for additional nutrition information.	3857	918	44	15	52	26	77	4

Bird, surf & turf	A grilled Cajun chicken breast, 8oz rump steak, crackerjack prawns, with buttered corn and apple and fennel slaw. Also refer to choice of carb or side for additional nutrition information.	3633	865	41	16	27	7	92	7
Half Rotisserie Chicken Chasseur	Half roasted chicken, served with vegetable medley, and with a white wine, mushroom and tarrogon sauce. Also refer to choice of carb or side for additional nutrition information.	1517	361	11	2	16	8	48	2
Trade down breast version - Chicken Chasseur	Grilled chicken, served vegetable medley, and with a white wine, mushroom and tarrogon sauce. Also refer to choice of carb or side for additional nutrition information.	1235	294	5	1	15	8	46	2
Fish									
A dozen Wholetail British Whitby Scampi	With tartare sauce. Also refer to choice of carb or side and garden peas or mushy peas for additional nutrition information.	2717	647	40	8	53	2	19	4
Cod & Chips	Hand-battered cod fillet with tartare sauce. Also refer to choice of carb or side and garden peas or mushy peas for additional nutrition information.	2669	635	47	8	20	2	33	1
With garden peas	Also refer to main dish choice for additional nutrition information.	554	132	9	5	7	2	5	0
With Mushy Peas	Also refer to main dish choice for additional nutrition information.	307	73	0	0	12	1	5	1
Sweet and Sticky Salmon Salsa - No Carb in recipe	With our spiked maple glaze, golden rice, grilled pineapple, buttered corn, apple and fennel slaw, sour cream, lime	2896	690	38	10	37	23	46	6

Grilled fillets of Sea Bass with a Lobster and Prosecco Sauce	with a garlic and smoked paprika prawn skewer, lobster and prosecco sauce, and chantenay carrots, green beans and peas and lemon. Also refer to choice of carb or side and garden peas or mushy peas for additional nutrition information.	1950	464	22	8	19	8	49	2
Global grill									
Bourbon Glazed Pork Belly	Melt-in-the-mouth smoked pork belly with a Bourbon glaze, served with our hash potatoes, and smoked applewood mac and cheese, finished with pineapple and mango salsa.		1762	109	45	114	32	77	4
Caribbean Salsa Chicken	Grilled cajun chicken breast topped with lime, mango and pineapple salsa, golden rice served with grilled pineapple, corn and a caribbean style curry sauce. Also refer to choice of carb or side for additional nutrition information.	2334	556	24	9	34	20	47	7.621940154
The Big Shorty	Short rib of beef, slow cooked for 8 hours then glazed in our bourbon sauce. A melt-in-the mouth taste sensation that you won't want to miss. Served with apple and fennel slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	4700	1119	78	34	31	21	71	1.920836957
Spit Chicken Peri Peri	Half spit chicken basted with our medium peri peri sauce, kickin pea smash, lemon and a dip pot a peri peri sauce. Also refer to choice of carb or side for additional nutrition information.	2272	541	24	4	25	13	52	2

Swap, Upgrade & Sides		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Home-baked Jacket Potato		1147	273	0	0	59	3	6	0
Home-baked Jacket Potato with sour cream		1491	355	8	5	60	4	7	0
Mash		785	187	5	1	29	3	4	1
Sage & Onion Seasoned Fries		1678	400	18	6	55	1	5	2
Buttered Corn		899	214	7	2	26	19	6	0
apple and fennel slaw		1163	277	21	2	18	12	2	1
Mac 'N' Cheese		1159	276	10	7	33	7	13	2
Fries		1674	399	18	6	54	1	5	1
Triple-cooked chunky chips		1831	436	19	4	49	0	17	0
Onion rings		1309	312	15	3	39	5	5	1
Garlic bread		693	165	8	3	20	1	4	1
Cheesy Garlic bread		1487	354	23	13	20	1	17	1
Golden Rice & Beans		962	229	5	1	42	2	4	1
Sweet Potato fries		2112	503	30	5	55	15	3	1
Chargrilled Tenderstem Broccoli		130	31	1	0	1	1	4	0
Buttered chantenay carrots, peas and beans		395	94	2	1	15	9	4	0
Kickin Pea Smash		504	120	3	1	15	7	8	1
Add Beans		269	64	0	0	9	2	4	0
Add Cheese		273	65	5	3	0	0	4	0

Desserts		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chocolate Fudge Cake	With Belgian chocolate sauce, dairy ice cream, salted caramel crunch pearls and chocolate fudge pieces.	4188	997	48	11	129	102	12	1
Cherry Pie	Dark sweet cherry pie, dusted with demerara sugar, served hot. Also refer to your choice of real dairy ice cream, custard or fluffy cream for additional nutrition information.	2381	567	21	8	90	40	5	1
Coconut & Black Cherry Rice Pudding	Slowly cooked in coconut milk, served topped with a black cherry compote	1629.6	388	24.6	13.3	37.5	31.3	3.8	0.26
Treacle Sponge	A fluffy sponge with lots of sticky treacle. Also refer to your choice of real dairy ice cream, custard or fluffy cream for additional nutrition information.	1991	474	15	1	81	67	3	1
The 'Mini-Dessert' Combo	Love desserts but can never pick just one? Well here's the dessert for you, with 3 mini helpings of delicious classics. A Victoria sponge slice, a millionaire's caramel bar and a slice of lemon drizzle cake, with real dairy ice cream and a raspberry & white chocolate shard.	3148	750	38	9	93	67	9	1
Caramel biscuit cheesecake	Baked New York style cheesecake with a buttery biscuit base, served with toffee fudge sauce, chocolate fudge pieces and fluffy cream	3354	798.6164	50.82752	26.9642	77.44836	45.77396	7.21196	0.54124
Belgian Chocolate Brownie	The perfect brownie, with a raspberry & white chocolate shard and real dairy ice cream.	3068	731	34	18	96	68	10	0

Mini Desserts		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Caramel biscuit cheesecake	Baked New York style cheesecake with a buttery biscuit base, served with toffee fudge sauce	1402	334	20	9	36	20	3	0
Belgian Chocolate Brownie	The perfect brownie, miniaturised with chocolate drizzle.	1203	286	13	6	39	26	3	0
Freak Shakes									
Strawberry Fun Fair	Strawberry milkshake topped with a strawberry filled doughnut, candy floss	3202	762	39	17	87	60	16	1
Cookie Monster Freakshake	We ♥ cookies. Dive right in to this indulgence of epic proportions. Real dairy vanilla ice cream, milk, Belgian chocolate sauce, fluffy cream, topped with crumbled Oreo® biscuit pieces, chocolate brownie pieces, marshmallows and a whole Oreo® cookie.	4480	1067	49	28	135	95	20	1
Salted Caramel Waffle	Salted Caramel milkshake, candy floss, salted caramel crunch and fudge pieces	3165	753	32	21	101	91	15	1

Sundae parlour		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Rocky horror sundae	Warm chocolate fudge brownie topped with chocolate fudge pieces and a cherry. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	3012	717	38	22	80	62	12	1
Sundae best* V	Real dairy ice cream and a sugar cone wafer. Also refer to your choice of raspberry, strawberry, Belgian chocolate or toffee fudge sauce for additional nutrition information.	1169	278	10	7	40	28	7	0
Black Forest Sundae	Black cherry compote, cubes of chocolate brownie and Belgian chocolate sauce. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	3245	773	33	20	107	78	11	0
Millionaires Sundae	Crushed shortbread, toffee fudge sauce, chocolate fudge pieces and Munchies®. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	4503	1072	44	29	156	113	12	1
Strawberry Cheesecake Sundae	A twist on the famous icecream, layers of real dairy icecream with baked vanilla cheesecake chunks and strawberries in sauce, topped with whipped cream and a sugar cone wafer.	2609	621	29	18	77	58	12	0
Baileys Salted Caramel Profiteroles Sundae	real dairy icecream, layered with chocolate coated salted caramel profiteroles, topped with salted caramel crunch, cream, mint and a sugar cone wafer.	3290	783	44	15	86	67	11	1
Salted Caramel Profiteroles Sundae	real dairy icecream, layered with chocolate coated salted caramel profiteroles, topped with salted caramel crunch, cream, mint and a sugar cone wafer.	3290	783	44	15	86	67	11	1

Add - Real Dairy Ice Cream		473	113	5	3	15	12	3	0
Sauce - Belgian Chocolate Sauce		244	58	0	0	13	11	0	0
Sauce - Toffee fudge Sauce		269	64	1	1	13	10	0	0
Sauce - Raspberry Sauce		239	57	0	0	14	11	0	1
Sauce - Strawberry Sauce		239	57	0	0	14	10	0	1
Choice - Custard		378	90	2	1	15	11	3	0
Choice - Fluffy cream		433	103	10	7	3	3	1	0

Kids Menu		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Smaller Bites - GRILLED CHICKEN STRIPS	Simple is sometimes best! Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	386	92	1	0	1	1	20	1
Smaller Bites - FISH FINGERS	Three breaded cod fish fingers. Our fish is carefully filleted but please look out for bones just in case. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	697	166	7	1	14	2	11	0
Smaller Bites - MINI SAUSAGE & YORKIE BOAT	Two outdoor-reared pork chipolata sausages, mini Yorkshire pudding & gravy. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1232	293	18	6	21	1	10	1
Smaller Bites - VEGGIE SAUSAGE & YORKIE BOAT	Two veggie sausages, mini Yorkshire pudding & gravy. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1203	286	9	3	26	2	21	2
Smaller Bites - SCRAMBLED EGG	Scrambled free-range egg on wholemeal toast. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1113	265	9	2	29	3	15	3
Smaller Bites - SIMPLY PASTA	Pasta shapes served with a yummy tomato sauce. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	995	237	10	1	30	8	5	1
Bigger Appetites - MINI SAUSAGE & YORKIE BOAT	Three outdoor-reared pork chipolata sausages, mini Yorkshire pudding & gravy. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1582	377	25	9	23	1	14	2

Bigger Appetites - VEGGIE SAUSAGE & YORKIE BOAT	Three veggie sausages, mini Yorkshire pudding & gravy. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1539	366	12	4	30	3	30	3
Bigger Appetites - FISH FINGERS	Four breaded cod fish fingers. Our fish is carefully filleted but please look out for bones just in case. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	924	220	10	1	18	2	15	0
Bigger appetites - MINI BEEF BURGER	Beef burger in a bun with lettuce and tomato, with burger sauce on the side. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1534	365	27	9	14	4	17	2
Bigger appetites - MINI CHICKEN BURGER	half a chicken breast in a bun with lettuce and tomato, with burger sauce on the side. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1031	246	11	1	13	4	23	1
Bigger appetites - BUTTERMILK-FRIED CHICKEN	Strips of chicken breast in a buttermilk batter. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1429	340	20	4	21	1	20	1
Macaroni Cheese	1 of your 5 a day	1323	315	16	6	29	5	11	1
Bigger Appetites - GRILLED CHICKEN BREAST	Simple is sometimes best! Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	411	98	2	0	0	0	20	0
Side choice - FRIES		906	216	10	2	28	0	3	1
Side choice - CHIPS		902	215	10	2	28	0	2	0
Side choice - golden GOLDEN VEGETABLE RICE		798	190	9	3	24	4	3	1
Side choice - JACKET POTATO		1147	273	0	0	59	3	6	0
Side choice - MASH		349	83	2	0	13	1	2	0

Side choice - SWEET POTATO FRIES		1126	268	16	3	29	8	2	1
Veg Choice - HEINZ BAKED BEANS	(Reduced salt and sugar)	215	51	0	0	7	1	4	0
Veg choice - HALF CORN ON THE COB		245	58	2	0	6	2	3	0
Veg choice - FRESH VEGETABLE STICKS	(batons of peppers, cucumber and carrots)	185	44	0	0	8	7	1	0
Veg choice - GARDEN PEAS		252	60	1	0	7	2	5	0
Veg choice - Chantenay Carrots, peas and beans		294	70	0	0	11	7	2	0
Veg choice - GRILLED TENDERSTEM BROCCOLI		97	23	1	0	1	1	3	0
Harvester Recommends - 4oz RUMP STEAK	Grilled 28-day-aged British or Irish rump steak. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	796	189	11	5	1	0	22	0
Harvester Recommends - COD FILLET	Hand-battered cod with fresh lemon Our fish is carefully filleted but please look out for bones just in case. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1812	431	24	5	22	3	33	0
Harvester Recommends - BUILD YOUR OWN CHICKEN WRAP	Make the best wraps ever! Soft flour tortillas, tomato salsa, sour cream and grated cheese on the side. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1809	431	19	9	34	5	31	1
Harvester Recommends - GRILLED SALMON	Tasty grilled salmon with fresh lemon. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	805	192	12	2	0	0	20	0
Harvester Recommends - BBQ CHICKEN	Grilled chicken breast glazed in our BBQ sauce and topped with melted cheese. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1330	317	10	4	14	13	44	2

Harvester Recommends - HALF RACK OF RIBS	Our slow-cooked ribs brushed with BBQ sauce, with fresh grilled pineapple. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1460	348	16	6	19	16	33	1
Harvester recommends - Half Rack of Ribs (Home-smoked)	Our slow-cooked ribs brushed with BBQ sauce, with fresh grilled pineapple. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1463	348	16	6	18	16	33	1
Harvester Recommends - ROTISSERIE CHICKEN	Quarter of our famous Red Tractor Assured rotisserie chicken with our own-blend rub. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1058	252	12	3	1	1	35	1
Harvester Recommends - AUBERGINE & RED LENTIL TAGINE	A Moroccan-style stew. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1273	303	15	2	31	14	8	3
Desserts - TUTTI FRUTTI SALAD	A salad of melon, orange, mango, pineapple and apple, served with a strawberry yoghurt dip.	449	107	1	0	21	17	3	0
Desserts - FRUITYPOT JELLY	Bite-size peach pieces in peach flavour jelly - 1 of your 5 a day!	418	100	0	0	24	22	0	0
Desserts - CHOCOLATE VOLCANO CAKE	Melt-in-the-middle chocolate pudding. Also refer to your choice of real dairy ice cream or fluffy cream for additional nutrition information.	890	212	11	3	27	19	1	0
Desserts - BUILD YOUR OWN ULTIMATE COOKIE	Chocolate chip cookie cup, vanilla mousse and marshmallows. Just waiting for you to decorate with strawberries, blueberries, banana and chocolate sauce	2218	528	23	12	73	53	5	0
Desserts - STRAWBERRY PICNIC PUDDING	Strawberry & cream sponge cake sandwich, with fresh strawberry & banana skewers and strawberry yoghurt	1411	336	10	6	54	40	5	0

Desserts - PIP ORGANIC FRUIT LOLLY	Organic tropical fruit ice lolly made with apple, banana, pineapple and mango	84	20	0	0	5	5	0	0
Sundaes - BUILD YOUR OWN SUNDAE	Real dairy ice cream sundae with a crispy cone and a Cadbury® flake. Just add your own chocolate fudge pieces, chocolate sauce, Oreo® biscuit crumb and mini marshmallows	1903	453	15	9	72	53	7	0
Sundaes - ROCKY HORROR SUNDAE	Real dairy ice cream with warm chocolate fudge brownie, fluffy cream, a Cadbury® flake and a crispy cone	1987	473	24	14	54	41	8	0
Sundaes - SUNDAE BEST	Real dairy ice cream, a Cadbury® flake, and a crispy cone. Also refer to your choice of Belgian chocolate or toffee fudge sauce for additional nutrition information.	1097	261	10	6	37	27	6	0
Sauce choice - Belgian Chocolate Sauce		244	58	0	0	13	11	0	0
Sauce choice - Raspberry Sauce		239	57	0	0	14	11	0	1
Sauce choice - Toffee fudge Sauce		269	64	1	1	13	10	0	0
Sauce choice - Strawberry Sauce		239	57	0	0	14	10	0	1