



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 April 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)
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	80.5	25.6	50.7	6.1	35.3	7.40
Harvester Recommends Breakfast Vegetarian Option	2,550	607	26.5	9.8	69.5	14.4	19.3	3.15
Eggs California (v) Smashed avocado and tomato salsa topped with two poached free-range eggs on a toasted breakfast muffin.	1,911	455	22.0	4.8	37.2	5.3	23.9	1.76
Chicken & Waffles Buttermilk-fried chicken, waffles and grilled back bacon with maple-flavour syrup. Try it, it's amazing!	5,884	1,401	70.2	28.1	151.9	77.7	38.7	5.07
Steak & Eggs 5oz rib-eye steak, fries, tomato and two fried free-range eggs.	4,084	972	60.7	21.9	56.7	1.7	50.7	1.49
Eggs Benedict Toasted breakfast muffin, two poached free-range eggs and grilled back bacon topped with hollandaise sauce.	3,008	716	46.1	18.9	37.3	6.8	37.8	4.75
Eggs Royale Toasted breakfast muffin, two poached free-range eggs and smoked salmon topped with hollandaise sauce	2,940	700	46.6	17.1	36.8	6.9	32.5	3.39
Beligan Waffles Two Belgian waffles topped with grilled back bacon, a fried free-range egg and maple-flavour syrup.	4,661	1,110	58.0	26.7	112.2	57.6	33.6	5.01

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. Choose your filling...	1,348	321	14.5	3.2	37.3	4.2	7.2	0.78
Grilled Chicken Breast	140	207	4.3	1.0	0.0	0.0	42.1	1.05
Grilled Cajun Chicken Breast	864	206	3.4	1.0	7.7	4.3	35.7	1.02
Buttermilk-Fried Chicken	1,905	454	26.5	5.1	27.4	1.2	26.4	1.84
Falafel (v)	811	193	3.5	0.4	30.5	1.4	7.4	1.75

TAPAS-STYLE STARTERS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Portobello Mushrooms (v) In a salt & pepper beer batter, with a blue cheese dip.	2,383	567	40.8	8.0	42.6	2.1	7.3	1.89
Cajun-Fried Green Beans (v) Cajun-battered fried green beans with a sour cream dip. So good we guarantee you'll want more!	1,768	421	22.0	7.4	47.6	6.5	6.3	1.46
Falafel & Houmous (v) Chickpea falafel with houmous dip.	1,382	329	11.4	1.2	41.3	1.8	11.6	2.55
Buttermilk-Fried Chicken Strips of chicken breast in a buttermilk and rosemary batter.	2,144	511	26.6	5.1	41.1	14.1	26.9	2.28
King Prawns In garlic butter, with a slice of garlic bread.	1,043	248	15.5	8.5	11.0	0.8	15.9	1.40
Pork Meatballs In a spicy tomato sauce.	985	235	11.0	3.7	12.0	6.0	21.3	1.45
Mac & Cheddar Cheese Bites (v) With tomato salsa.	1,629	388	20.3	9.0	40.3	4.5	11.0	2.04
Jalapeño Cream Cheese Poppers (v) Breaded jalapeños filled with cream cheese, with a sour cream dip.	1,911	455	28.2	12.7	40.3	4.6	8.5	2.78
Sticky Chicken Wings Get ready to lick your fingers!"	882	210	12.5	3.0	1.7	0.2	22.6	0.32
Choose from BBQ or Peri Peri glaze.								
Wing Sauce BBQ	235	56	0.1	0.0	13.5	12.9	0.4	0.44
Wing Sauce Peri Peri	659	157	13.7	1.4	7.1	4.3	1.8	0.55
Spicy Crackerjack Prawns With pineapple & habanero ketchup.	1,733	413	18.5	4.2	48.6	10.9	12.8	2.83
Halloumi Skewers (v) With our Spiked Maple sauce and fresh grilled pineapple.	1,598	380	22.3	12.6	24.1	20.7	20.0	2.52
4 Slices of Garlic Bread	1,390	331	15.5	6.9	39.0	2.5	7.5	1.24
Cheesy Garlic Bread (v) Topped with mozzarella and Cheddar cheese.	2,919	695	43.5	24.9	41.0	2.5	33.5	2.99
Nachos (v) With melted mozzarella, Cheddar cheese, guacamole, salsa, sour cream and jalapenos.	2,499	595	33.9	11.2	55.4	3.4	14.2	2.03
Potato Skins Loaded with cheese and bacon	1,632	389	20.4	8.2	34.2	0.6	16.9	1.71
Potato Skins Loaded with cheese	1,166	278	11.6	4.7	33.7	0.6	9.5	0.41
Grilled Chorizo With ancho-chilli-seasoned Padron peppers.	1,205	287	22.1	7.2	8.6	3.9	12.8	1.95

RIBS AND SLOW COOKED	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Cornish-Kiln-Smoked St Louis Ribs An impressive cut of ribs, brushed with our BBQ sauce, with fresh grilled pineapple, buttered corn and fries.	7,157	1,704	94.4	36.7	126.0	63.0	85.6	5.35
Full Rack of Ribs Our famous slow-cooked pork ribs, brushed with our BBQ sauce, with fresh grilled pineapple, buttered corn and fries.	5,994	1,427	64.2	23.0	130.3	66.8	77.9	4.69
Spiked Maple-Glazed Pork Belly Melt-in-the-mouth smoked pork belly with sweet potato fries, kapia pepper and pineapple & habanero ketchup.	6,876	1,637	103.2	36.7	108.3	54.9	61.3	1.91
Bourbon-Glazed Short Rib of Beef Tender beef rib on the bone, with mac 'n' cheese and ancho-chilli-seasoned potato skins.	4,669	1,112	53.8	25.7	107.7	32.5	47.4	4.33

BURGERS & BUNS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Our burgers are served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli, with fries & coleslaw on the side.								
Beetroot & Halloumi Burger (v) A delicious beetroot burger topped with fried halloumi and sliced mushrooms.	4,714	1,122	55.3	21.2	113.9	16.7	36.9	7.36
Cheese & Bacon Beef Burger With melted Monterey Jack cheese and grilled back bacon.	5,266	1,254	69.5	27.5	100.2	9.3	55.4	7.15
Peri-Peri Chicken Burger Grilled chicken breast with our Peri-Peri mayo, smashed avocado and melted Monterey Jack cheese.	6,076	1,447	79.7	19.5	113.7	14.6	63.6	7.10
BBQ Pulled Pork Beef Burger With pulled pork in BBQ sauce and melted Monterey Jack cheese.	5,861	1,395	73.4	28.3	122.5	30.8	59.3	6.61
The Ultimate Burger A beef burger and a grilled chicken breast with melted Monterey Jack cheese and a half rack of ribs on the side.	7,198	1,714	84.8	32.1	112.6	19.6	123.2	8.01
Our brioche buns are served with watercress, coleslaw and fries.								
Rib-Eye Steak Bun 5oz rib-eye steak with pan fried onions, mushrooms, and mustard mayo.	4,836	1,151	62.4	15.1	99.6	9.7	45.1	4.01
Choice Beef Burger	1,381	329	23.6	10.4	1.1	0.6	28.5	1.28
Choice Chicken Burger	140	207	4.3	1.0	0.0	0.0	42.1	1.05
Choice Beetroot Burger	344	82	0.2	0.0	12.5	5.7	4.8	1.20

CHICKEN & COMBOS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Rotisserie Chicken All our rotisserie chicken and combo dishes are served with our speciality gravy, buttered corn, coleslaw and sage & onion seasoned fries. Let us know if you'd like plain fries or to swap to another side.								
Half Rotisserie	5,013	1,194	56.6	13.9	91.6	15.0	77.1	4.44
Whole Rotisserie	10,039	2,390	113.2	27.7	183.5	29.9	154.1	8.87
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	63.4	17.3	107.5	29.0	85.2	5.15
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	58.3	15.1	103.2	22.7	97.8	6.26
The Harvester 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	72.1	19.5	108.7	29.6	109.9	5.77
BBQ Chicken Stack Grilled chicken breast with Monterey Jack cheese, our BBQ sauce, grilled back bacon and buttermilk-fried chicken, with buttered corn, coleslaw and fries.	6,050	1,440	67.3	21.7	117.8	37.3	87.6	7.05
Cajun Chicken Penne Arrabiata Grilled Cajun chicken and a spicy penne arrabiata, with black olives, kapia pepper, watercress and garlic bread.	3,910	931	24.1	6.2	117.2	28.7	55.3	4.91
Spicy Chicken & Chorizo Stack Grilled Cajun chicken breast topped with grilled chorizo, tomato salsa and Padrón peppers, with spicy rice, buttered corn and a sour cream dip.	3,667	873	36.2	11.8	75.7	27.2	54.5	3.68
Simply Grilled Chicken A grilled chicken breast served with jacket potato, steamed vegetables and our speciality chicken gravy.	2,269	540	5.7	1.2	65.7	7.1	51.4	1.91
Spicy Chicken Breast & King Prawns Ancho-chilli-seasoned chicken breast topped with garlic king prawns, with sweet potato fries, watercress, buttered corn and kapia pepper.	4,641	1,105	59.2	20.8	78.8	27.9	58.7	5.42

FISH	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
From classic to a little bit different, you're sure to be hooked. Our fish is carefully filleted, but look out for bones just in case.								
Simply Grilled Salmon A grilled salmon fillet served with jacket potato, steamed vegetables and Bearnaise sauce.	3,760	895	46.7	15.5	65.1	8.3	49.9	1.02
Fish & Chips Tempura-battered cod fillet with fries, tartare sauce and garden or mushy peas.	5,766	1,373	76.0	17.9	127.6	3.8	44.9	8.46
With Peas	307	73	0.3	0.1	11.5	1.3	4.5	0.50
With Mushy Peas	554	132	8.7	5.2	6.9	2.1	4.6	0.18
Crispy Wholetail Scampi With fries, tartare sauce and garden peas.	4,290	1,021	48.8	14.3	114.6	5.3	29.1	5.07
Spicy Seabass & Chorizo Stack Grilled seabass seasoned with ancho-chilli and topped with grilled chorizo, tomato salsa and Padrón peppers, with spicy rice, buttered corn, and a sour cream dip.	4,015	956	47.2	14.6	69.8	23.1	61.9	3.03

VEGETARIAN & VEGAN	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Created with a lot of love, our vegetarian and vegan dishes are sure to delight everyone.								
Sweet Potato Jambalaya (v) Creole-style rice with black turtle beans, peppers, okra & baby sweetcorn topped with sweet potato & corn fritters and Cajun-fried green beans.	3,087	735	33.9	4.0	87.2	19.4	14.6	4.84
Aubergine & Red Lentil Tagine (v) Giant couscous cooked with apricots, raisins, coriander, & red pepper. Topped with a Moroccan-inspired spiced stew, with flat bread and avocado dip.	4,242	1,010	41.5	6.7	128.8	28.6	24.3	4.54
Herb Battered Halloumi & Chips (v) With fries, tartare sauce and your choice of garden or mushy peas.	4,265	1,015	66.9	28.1	73.9	3.1	29.4	6.42
Penne Arrabiata (ve) Spiced penne arrabiata with black olives, grilled kappia pepper and watercress ,	2,348	559	12.9	1.8	90.1	23.2	15.9	3.27
Stuffed Red Pepper (ve) Stuffed with sweet potato, black bean & quinoa chilli, with spicy tomato & black bean rice and sweet potato fries.	4,355	1,037	40.1	5.9	143.3	46.1	18.4	4.05

STEAKS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Our steaks are matured for 28 days and come with fries, beef tomato, watercress, a garlic glazed flat mushroom and onion rings.								
8oz Rump	4,311	1,026	58.3	22.7	72.5	4.0	53.8	2.33
10oz Sirloin	4,914	1,170	68.3	28.1	73.1	4.0	67.4	2.36
8oz Fillet	3,926	935	43.9	16.8	70.8	4.0	60.8	2.37
12oz Rump	5,106	1,216	69.5	27.4	73.4	4.0	76.0	2.50
Half Rack of Ribs with our BBQ sauce	1,350	321	15.4	5.6	12.6	10.4	32.8	1.18
Scampi	1,050	250	12.2	3.7	25.6	0.7	9.4	1.66
King Prawns in garlic butter	694	165	11.6	6.8	1.2	0.2	14.0	1.09
Sauces								
Peppercorn Sauce	319	76	5.3	3.0	5.1	1.9	1.5	0.66
Bearnaise Sauce	882	210	21.3	11.1	3.3	1.7	1.1	0.56
Whisky & Mushroom Sauce	361	86	6.6	3.9	4.6	2.3	1.9	0.84
Smoked Bacon, Red Wine & Mushroom Sauce	205	49	0.6	0.2	8.4	5.7	2.3	1.20
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, watercress, a garlic-glazed flat mushroom and onion rings.	5,712	1,360	76.2	23.0	85.8	6.4	82.4	7.22
Upgrade to 5oz ribeye	439	104	4.4	2.3	0.0	0.0	15.8	0.20
7oz Gammon Steak								
Served with a beef tomato, garden peas, fries and your choice of fresh grilled pineapple or a fried free-range egg.	3,247	773	36.5	12.5	62.7	4.0	46.0	5.44
Gammon - 1 Egg	491	117	9.0	2.6	0.0	0.0	8.8	0.26
Gammon - Pineapple	113	27	0.1	0.0	5.9	5.9	0.2	0.00
Gammon - Pineapple & Egg	605	144	9.1	2.6	5.9	5.9	9.0	0.26

SWAP & UPGRADE	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Steamed Vegetables (ve)	248	59	0.9	0.2	6.9	3.9	3.4	0.03
Jacket Potato (ve)	1,147	273	0.3	0.0	58.8	2.7	5.7	0.02
Spicy Rice (ve)	970	231	5.6	0.5	39.1	2.9	4.8	1.05
Sage & Onion Seasoned Fries (v)	1,678	400	17.7	6.3	54.6	0.8	5.4	1.85
Mash (v)	785	187	5.0	0.5	28.8	2.5	4.1	1.01
Jacket Potato with sour cream (v)	1,491	355	8.3	5.0	60.3	4.2	6.9	0.06
Sweet Potato Fries (ve)	2,112	503	30.2	4.9	54.7	14.8	3.1	1.38

SIDES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Fries (ve)	1,674	399	17.7	6.3	54.4	0.7	5.4	1.29
Sweet Potato Fries (ve)	2,112	503	30.2	4.9	54.7	14.8	3.1	1.38
Buttered Corn (v)	899	214	7.0	2.3	26.4	19.2	5.7	0.09
Mac 'n' Cheese (v)	1,541	367	17.8	11.4	36.0	2.6	15.2	2.01

SUNDAE PARLOUR	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
All made with real dairy ice cream and topped with fluffy cream* and a sugar cone wafer.								
Add on Skittles	504	120	1.3	0.5	27.2	26.9	0.0	0.00
Add on Oreo Crumb	563	134	6.0	2.9	18.0	11.4	1.5	0.27
Add on Munchies	611	146	6.7	3.8	19.4	16.9	1.6	0.09
Strawberry Eton Mess (v) Strawberries in sauce with crushed meringue.	2,909	693	20.4	13.5	115.6	97.4	9.4	1.01
Baileys Mississippi Mud Pie (v) Layers of Belgian chocolate coffee mousse, a generous dash of Baileys, chocolate sauce and Oreo® biscuit crumb.	4,005	953	51.5	32.1	103.0	85.9	12.3	0.68
Without Baileys	3,661	872	48.3	30.1	96.8	80.9	11.5	0.63
Sundae Best (v) Real dairy ice cream drizzled with your choice of raspberry, strawberry, Belgian chocolate or butterscotch sauce.	1,220	290	10.4	6.5	41.9	36.2	7.2	0.25
Belgian Chocolate Sauce	244	58	0.4	0.2	13.4	11.4	0.2	0.00
Raspberry Sauce	239	57	0.0	0.0	14.2	10.6	0.0	0.50
Strawberry Sauce	239	57	0.0	0.0	14.2	9.6	0.0	0.50
Butterscotch Sauce	256	61	0.8	0.6	13.2	11.0	0.2	0.14
Knickerbocker Glory (v) Our take on the all-time favourite. Layers of fruit salad, strawberry sauce and crushed meringue.	2,500	595	20.3	13.5	92.1	80.7	9.2	0.89
Rocky Horror (v) Warm chocolate fudge brownie topped with chocolate fudge pieces and a cherry.	3,064	729	38.4	22.2	81.7	70.0	12.4	0.66
Mango and Passion Fruit Blizzard (v) Mango & passionfruit compote with crushed meringue.	2,733	651	20.5	13.5	106.8	93.3	9.5	0.50
Blueberry Waffle (v) Blueberry compote and pieces of Belgian waffle.	3,720	886	40.4	23.6	115.3	80.8	13.7	2.46
Millionaire's (v) Crushed shortbread, butterscotch sauce, chocolate fudge pieces and Munchies.	4,051	964	35.5	23.8	149.8	117.0	11.3	1.24

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, honeycomb and chocolate fudge pieces.	5,127	1,221	55.5	20.3	159.1	130.5	17.4	1.62
Cherry Pie (v) Dark sweet cherry pie, dusted with demerera sugar, served hot with your choice of real dairy ice cream or custard.	2,385	568	20.5	7.9	89.8	40.1	4.8	0.53
Salted Caramel & Chocolate Bar (v) Chocolate biscuit crumb layered with chocolate truffle, rich salted caramel and smooth chocolate mousse, with butterscotch sauce and fluffy cream. It's so good!	2,037	485	27.3	14.1	55.8	42.1	3.4	0.41
Sticky Toffee Pudding (v) With your choice of real dairy ice cream or custard.	2,066	492	16.0	9.8	83.7	69.8	2.6	0.19
Key Lime Pie (V) With raspberries in sauce and fluffy cream.	2,831	674	44.8	25.8	64.1	46.0	2.9	0.29
Baked Vanilla & Lemon Cheesecake (v) With blueberry compote and real dairy ice cream. Don't miss out on this one!	2,871	684	32.9	20.2	86.2	74.2	9.2	1.87
Coconut & Raspberry Rice Pudding (ve) Slowly cooked in coconut milk, served with raspberries in sauce.	1,701	405	24.6	13.3	41.4	34.1	3.8	0.27
Add Your Choice of Custard	378	90	2.0	1.0	15.0	11.0	3.0	0.13
Add Your Choice of Ice Cream	499	119	4.9	3.1	15.7	15.7	3.1	0.11

KIDS MENU

SMALLER BITES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Are recommended for under fives.								
Chicken Strips Strips of grilled chicken breast.	386	92	1.0	0.3	1.0	0.5	19.9	0.50
Fish Fingers Breaded cod fillet	697	166	7.1	0.9	13.8	1.9	11.1	0.28
Mini Sausage Whirl A mini sausage whirl with reduced salt gravy. Also available with soya and leek sausages (v)	779	185	14.2	5.2	6.5	1.0	7.6	1.34
Vegetarian Sausage (V) Soya and leek sausage with reduced salt gravy.	676	161	7.5	4.3	16.7	4.6	5.8	1.38
Simply Pasta (v) Pasta shapes served with a yummy tomato sauce.	1,008	240	9.5	1.3	31.5	8.5	5.8	0.46
Omelette (v) With grated Cheddar cheese.	890	212	16.4	5.5	1.9	0.7	14.2	1.05
Omelette (v) without grated cheddar cheese	584	139	10.8	1.9	1.5	0.7	9.0	0.70

KIDS MENU

BIGGER BITES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Macaroni Cheese & Veg (v) Macaroni pasta served in a cheese sauce with broccoli, peas and sweetcorn.	924	220	7.3	3.5	27.3	3.0	9.8	0.71
Fish Fingers Breaded cod fillet.	924	220	9.5	1.2	18.2	2.4	14.8	0.37
Buttermilk-Fried Chicken Strips of chicken breast in a buttermilk batter.	1,429	340	19.9	3.8	20.5	0.9	19.8	1.38
Omelette (v) Filled with (or without) grated cheddar cheese and fresh tomato.	916	218	16.5	5.5	2.8	1.6	14.4	1.06
Omelette (v) Without grated cheddar cheese and fresh tomato.	609	145	10.9	1.9	2.4	1.6	9.2	0.71
Build Your Own Chicken Burger Served in a toasted brioche bun with lettuce and tomato. Choose a topping from grated cheese, tomato salsa, diced pineapple or guacamole.	1,336	318	5.8	1.7	40.3	5.9	25.1	1.31
Build Your Own Beef Burger Served in a toasted brioche bun with lettuce and tomato. Choose a topping from: Grated cheese, tomato salsa, diced pineapple or guacamole.	1,572	374	14.5	5.5	39.8	5.5	20.6	1.54
Topper Salsa	122	29	1.8	0.2	2.6	1.6	0.5	0.35
Topper Guacamole	281	67	5.7	1.3	3.1	0.6	0.8	0.45
Topper Diced Pineapple	109	26	0.0	0.0	6.1	6.1	0.2	0.00
Topper Cheese	764	182	14.0	9.0	1.0	0.0	13.0	0.88
BBQ Chicken Grilled chicken breast glazed in our BBQ sauce and topped with melted cheese.	1,285	306	7.5	3.9	15.5	14.0	44.2	1.72
Battered Cod Fillet With fresh lemon.	1,812	431	23.7	5.2	21.5	3.0	32.9	0.41

KIDS MENU

HARVESTER RECOMENDS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Rotisserie Chicken Quarter our famous rotisserie chicken with our own blend rub.	1,058	252	12.3	3.1	1.4	0.9	35.1	0.88
Mini Sausage Whirls Served with a jug of reduced-salt gravy Also available with soya and leek sausages (v)	1,575	375	29.9	11.4	12.0	0.7	14.2	2.03
Vegetarian Sausage (V) Chargrilled and brushed with BBQ sauce. Served with a grilled Braeburn apple.	1,176	280	13.5	7.5	26.8	9.1	11.4	1.91
Half Rack of Ribs Our slow-cooked ribs brushed with BBQ sauce, with fresh grilled pineapple.	1,460	348	15.5	5.6	18.5	16.3	33.0	1.18
4oz Rump Steak Chargrilled 28-day-aged rump steak.	796	189	11.2	4.7	0.9	0.0	22.2	0.18
Build Your Own Wrap - Chicken Make the best wraps ever! Soft flour tortillas, tomato salsa, sour cream and grated cheese on the side. Grilled chicken breast	2,558	609	22.5	10.8	63.7	6.1	35.8	1.53
Build Your Own Wrap - Falafel Make the best wraps ever! Soft flour tortillas, tomato salsa, sour cream and grated cheese on the side with Falafel	2,575	613	23.2	10.8	78.0	6.3	19.6	1.91
Grilled Chicken Breast Simple is sometimes best!	777	185	2.0	0.5	2.0	1.1	39.8	0.99
Grilled Salmon Tasty grilled salmon with fresh lemon. Our fish are carefully filleted, but look out for bones just in case.	805	192	12.1	2.1	0.2	0.2	20.3	0.21
Aubergine & Red Tagine (ve) A Moroccan-style stew.	1,273	303	14.8	1.9	31.1	13.8	8.1	2.98

KIDS MENU

PICK EITHER 2 VEG CHOICES OR 1 SIDE 1 VEG	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
SIDES								
Sweet Potato Fries (ve)	1,126	268	16.1	2.6	29.2	7.9	1.7	0.74
Jacket Potato (ve)	1,029	245	0.6	0.0	51.6	1.8	6.3	0.05
Cheese & Tomato Rice (v)	806	192	5.0	2.5	29.1	2.5	6.9	0.06
Mash (v)	349	83	2.2	0.2	12.8	1.1	1.8	0.44
Fries (ve)	906	216	10.4	2.5	28.1	0.2	2.5	0.73
VEG								
Garden Peas (ve)	109	26	0.1	0.0	4.4	1.3	1.1	0.00
Baked Beans (ve)	218	52	0.2	0.1	7.6	1.5	3.7	0.32
Side of Veg (V)	248	59	0.9	0.2	6.9	3.9	3.4	0.03
Fresh Vegetable Sticks (ve) (batons of peppers, cucumber and carrots)	185	44	0.4	0.1	7.8	6.7	1.1	0.04
Corn Cobette (ve)	399	95	1.7	0.2	15.5	1.7	3.2	0.00

KIDS MENU

DESSERTS	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Build Your Own Chocolate Cookie Pizza Cookie topped with chocolate sauce, then add your own touch with marshmallows, strawberries, butterscotch sauce and Cadbury chocolate buttons to create your own chocolate cookie pizza.	3,028	721	32.1	14.9	99.3	67.0	7.3	1.06
Yummy Lolly (ve) Frozen iced strawberry & banana lolly. Made with 100% real fruit.	139	33	0.2	0.1	7.5	7.1	0.3	0.01
Banana Custard Face (v) Fresh banana topped with custard and chocolate sauce. Served with Cadbury chocolate buttons.	1,852	441	9.2	5.1	80.3	68.6	7.6	0.23
Fruitypot Jelly (ve) Bite-size mandarin pieces in orange flavour jelly	420	100	0.1	0.0	24.0	21.2	0.4	0.15
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	0.8	0.4	20.7	16.5	3.3	0.13
Strawberry Yoghurt (v) Served with fresh strawberries.	416	99	1.1	0.7	17.3	8.9	4.6	0.20

SUNDAES	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
Rocky Horror Sundae (v) Real dairy ice cream with warm chocolate fudge brownie, fluffy cream, a Cadbury flake and a crispy cone.	2,026	482	24.7	14.5	55.8	47.3	8.8	0.41
Sundae Best (v) Real dairy ice cream drizzled with your choice of raspberry, strawberry, Belgian chocolate or butterscotch sauce, with a crispy cone.	1,136	270	10.5	6.5	38.1	32.4	6.2	0.21
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, honeycomb sprinkle and mini marshmallows. Build a masterpiece! Includes unlimited helpings from our famous salad bar	1,989	474	13.0	8.2	82.4	70.5	7.1	0.45

EARLY BIRD MENU

	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein	Salt (g)
7oz Gammon Steak Served with a beef tomato, garden peas and fries, and your choice of either fresh grilled pineapple or a fried free-range egg.	3,247	773	36.5	12.5	62.7	4.0	46.0	5.44
Classic Burger Our burgers are served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli, with fries & coleslaw on the side.								
Choose your burger:								
FGD2 Beef Burger	4,433	1,055	54.1	18.8	100.0	9.3	40.1	5.18
Grilled Chicken Breast	3,922	934	34.9	9.4	98.8	8.7	53.8	4.94
Beetroot Burger (v)	3,396	809	30.7	8.4	111.3	14.4	16.4	5.09
Half Rack of Ribs Glazed in our BBQ sauce and finished on the grill. Served with fries and fresh grilled pineapple.	3,137	747	33.3	11.9	73.0	17.0	38.5	2.48
Sausage & Mash Juicy pork sausages with mashed potato and our speciality gravy. Vegetarian version is available (v)	4,137	985	73.4	25.2	54.2	8.0	23.5	3.89
Veg Sausage and Mash	2,446	582	23.0	10.2	66.5	17.3	22.1	4.11
Simply Grilled Chicken A grilled chicken breast served with jacket potato, steamed vegetables and our speciality gravy.	2,269	540	5.7	1.2	65.7	7.1	51.4	1.91
Crispy Wholetail Scampi With fries, tartare sauce and garden peas.	4,290	1,021	48.8	14.3	114.6	5.3	29.1	5.07
Fish Finger Bun Four salmon fish fingers in a toasted brioche, with baby lettuce and tartare sauce, fries and tartare sauce.	4,408	1,050	47.3	9.8	122.5	6.9	31.8	3.61
Greek Style Pasta (v) Penne pasta coated in a sweet chunky pepper, aubergine and olive sauce, garnished with crumbled feta and Watercress.	1,546	368	14.7	7.6	39.6	11.1	16.7	2.52

