



### 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 March 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 LN18 Nutrition Guide	Dish Description	Typical nutrition values per average portion							
		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Breakfast									
Harvester Recommends 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.	4,523	1,077	81	26	51	6	35	7.4
Harvester Recommends 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.	1,261	300	18	6	21	3	11	1.3
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.	2,201	524	24	7	42	7	28	2.5
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	1,459	347	11	3	38	5	20	3.2
The Hipster Breakfast	Two hash browns, two vegan sausages, tomato, flat mushroom, spinach and smashed avocado, Houmous and a toasted breakfast muffin	4,089	974	52	7	79	9	37	4.5
The Hipster Breakfast - Kids Option	A toasted muffin topped with grilled mushroom and spinach with grilled tomato, a vegan sausage, and a hash brown	1,169	278	8	2	33	5	15	1.7
Steak Hash	8oz rump steak with a potato, onion & spinach hash, two fried free-range eggs and Dukes Smokey Ketchup	4,019	957	45	17	70	13	68	2.0
Gammon Hash	7oz gammon steak with a potato, onion & spinach hash, two fried free-range eggs and Dukes Smokey Ketchup	3,543	844	36	13	68	13	59	5.7
Breakfast Bun	Toasted brioche bun with a pork sausage, grilled back bacon and fried free-range egg with two hash browns and Dukes Smokey Ketchup on the side	4,043	963	56	24	80	16	32	5.6

Bacon Breakfast Bun	Toasted brioche bun with bacon and fried free-range egg with hash browns and Dukes Smokey Ketchup on the side.	4,088	973	53	22	78	14	45	8.3
Sausage Breakfast Bun	Toasted brioche bun with sausage and fried free-range egg with hash browns and Dukes Smokey Ketchup on the side.	5,186	1,235	76	28	97	17	38	7.5
Veggie Breakfast Bun	Toasted brioche bun with vegan sausages, flat mushroom and fried free-range egg with two hash browns and Dukes Smokey Ketchup on the side.	4,182	996	49	18	88	16	44	5.2
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, two Belgian 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	2,805	668	40	13	38	10	39	4.9
Eggs Mediterranean	Smashed avocado and SunBlush® tomatoes, topped with two poached free-range eggs and crumbled feta on a toasted breakfast muffin	3,647	868	43	12	75	12	39	4.7
Smoked Salmon & Scrambled Eggs	On a toasted breakfast muffin	1,621	386	18	4	32	4	24	4.7
Eggs Deep South	Toasted breakfast muffin, with two poached free-range eggs and BBQ pulled pork topped with hollandaise sauce	3,436	818	43	13	65	36	41	3.1
Buttermilk Pancakes	With fresh banana, strawberries and blueberries, drizzled with maple-flavour syrup	2,617	623	6	1	130	92	10	1.7

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
Garlic Bread (without cheese)		1,390	331	16	7	39	3	8	1.2
Cheesy garlic bread	Topped with mozzarella and Cheddar cheese	2,919	695	44	25	41	3	34	3.0
Calamari Strips	Tender breaded calamari, with a garlic mayo dip	1,353	322	27	4	10	1	10	1.3
Oven-baked garlic mushrooms	In a creamy garlic & Cheddar sauce, with garlic bread for dipping	1,646	392	29	17	14	2	17	1.5
Jalapeño cream cheese poppers **	Breaded jalapenos filled with cream cheese, with a sour cream dip	1,911	455	28	13	40	5	9	2.8
King Prawns	In a garlic & chilli butter, with a slice of garlic bread	1,504	358	26	15	12	1	18	1.8
Spicy corn & mozzarella bites	With Dukes Smokey Ketchup	1,721	410	23	2	41	17	9	1.1
Nachos	With melted mozzarella, Cheddar cheese, guacamole, salsa, sour cream and jalapenos	2,499	595	34	11	55	3	14	2.0
Italian-style Meatballs	Pork meatballs in a spicy tomato sauce	987	235	11	4	12	6	21	1.5
Breaded Mushrooms	With a garlic mayo dip	2,105	501	32	3	42	3	11	2.0
Potato Skins (Without bacon)	Loaded with cheese	1,394	332	6	4	56	1	10	0.4
Potato skins Loaded with mozzarella, Cheddar cheese and bacon	Loaded with cheese and bacon	1,632	389	20	8	34	1	17	1.7
Crackerjack Prawns	With pineapple & habanero dip	1,548	369	16	4	44	10	11	2.5
Sticky chicken Wings	Glazed in our BBQ sauce. Get ready to lick your fingers!	1,286	306	15	4	15	13	27	1.6
BBQ Pulled pork quesadilla	with a sour cream dip	2,657	633	35	18	50	20	28	2.1
Grilled Lamb Koftas	With Houmous, pomegranate and coriander	1,474	351	27	9	11	2	16	1.2
Grilled Chicken Skewers	Sweet chilli marinated chicken with pineapple & habanero ketchup	701	167	2	1	12	10	24	0.7
Sharing starters - Baked Camembert	Whole baked Camembert with red onion chutney, celery, grapes and garlic bread	4,849	1,155	74	51	62	21	58	4.2

Sharing starters - Sticky chicken Wings	Half a kilo of our sticky chicken wings, half glazed in our BBQ sauce and half glazed in our peri-peri sauce	6,383	1,520	104	17	43	32	101	7.1
Sharing Starters - Nachos	With melted mozzarella, Cheddar cheese, guacamole, salsa, sour cream and jalapenos	8,278	1,971	115	40	176	11	48	7.2
Add BBQ pulled pork to Nachos		1,764	420	17	6	45	43	22	1.6

Mains									
Lunch									
Buttermilk-Fried Chicken Wrap	Filled with smashed avocado, salsa, baby gem lettuce, slaw and buttermilk-fried chicken. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	3,505	835	46	9	67	7	34	3.0
Halloumi Wrap	Filled with smashed avocado, salsa, baby gem lettuce, slaw and halloumi. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	3,459	824	54	19	54	6	26	4.9
Grilled Cajun chicken breast Wrap	Filled with smashed avocado, salsa, baby gem lettuce, slaw and gtilled cajun-chicken breast. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	2,527	602	25	5	43	6	48	6.5
Grilled Chicken Breast Wrap	Filled with smashed avocado, salsa, baby gem lettuce, slaw and grilled chicken breast. Also refer to choice of fries, golden rice & beans or home-baked jacket potato for additional nutrition information.	2,422	577	24	5	40	6	47	2.1
Feel Good Bowl	Roasted butternut squash, brown rice, quinoa, chargrilled Tenderstem broccoli, grapes, tumbled with fresh leaves and a pineapple & ginger dressing.	1,458	347	5	1	61	29	12	0.3
Feel Good Bowl - 8oz Rump	Roasted butternut squash, brown rice, quinoa, chargrilled Tenderstem broccoli, grapes, tumbled with fresh leaves and a pineapple & ginger dressing with 8oz rump.	2,335	556	14	6	61	29	43	0.7
Feel Good Bowl - Grilled chicken breast	Roasted butternut squash, brown rice, quinoa, chargrilled Tenderstem broccoli, grapes, tumbled with fresh leaves and a pineapple & ginger dressing with grilled chicken breast.	2,280	543	9	2	61	29	52	1.3
Feel Good Bowl - Grilled Cajun chicken breast	Roasted butternut squash, brown rice, quinoa, chargrilled Tenderstem broccoli, grapes, tumbled with fresh leaves and a pineapple & ginger dressing with grilled cajun chicken breast.	2,385	568	10	2	64	30	52	5.7

Coconut chicken curry	Delicious tender pieces of chicken with coconut milk, peppers, spinach and a touch of lemon, with golden rice & beans, roasted butternut squash, coriander and pomegranate. 700 calories or less	2,810	669	26	9	73	21	33	4.2
Chicken, Bacon & Waffles	Buttermilk-fried chicken, two Belgian waffles and grilled back bacon with maple-flavour syrup	5,257	1,252	67	36	133	87	23	4.7
Steak Hash	8oz rump steak with a potato, onion & spinach hash, two fried free-range eggs and Dukes Smokey Ketchup	4,019	957	45	17	70	13	68	2.0
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.	3,169	755	47	7	61	7	22	4.1
Steak Bun	Sliced rump steak, with pan-fried onions & sliced mushrooms, Dukes Smokey Ketchup, and slaw. Also refer to choice of carb or side for additional nutrition information.	3,183	758	34	12	59	17	53	1.9

Steaks & Grills									
10oz SIRLOIN	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	2,837	675	42	19	14	3	62	0.7
8oz FILLET	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	1,849	440	18	8	12	3	55	0.7
8oz RUMP	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	2,234	532	32	14	12	3	48	0.6
16oz RIB-EYE	served with roasted flat mushroom, tomato and onion rings. Also refer to choice of carb or side for additional nutrition information.	3,448	821	38	20	12	3	105	1.6
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.	3,778	900	54	15	27	6	76	5.5
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.	7,495	1,785	107	32	58	22	147	11.3
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.	1,548	369	18	6	12	3	39	4.3
7oz Gammon Choice - Fried Free-Range Egg		357	85	6	2	0	0	8	0.3
7oz Gammon Choice - Fresh Grilled Pineapple		113	27	0	0	6	6	0	0.0
7oz Gammon Choice - Fried free-range Egg & Fresh Grilled Pineapple		475	113	6	2	6	6	8	0.3



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.	2,663	634	32	12	12	3	75	8.4
Add 1/4 Rotisserie Chicken		1,058	252	12	3	1	1	35	0.9
Add Half Rack of Ribs	with our BBQ sauce	1,350	321	15	6	13	10	33	1.2
Add King Prawn Skewer		722	172	12	7	1	0	16	1.2
Add Mac 'N' Cheese		1,159	276	10	7	33	7	13	2.2
Add Scampi	Scampi	1,050	250	12	4	26	1	9	1.7
Steak Sauce - Blue Cheese & Mushroom		416	99	9	5	4	2	2	1.2
Steak Sauce - Peppercorn		319	76	5	3	5	2	2	0.7
Steak Sauce - Beef Dripping & Thyme		517	123	10	5	7	4	1	2.0
Steak Sauce - Whisky & Mushroom		361	86	7	4	5	2	2	0.8
Caribbean-style Curry Sauce		693	165	12	6	10	6	2	0.9
Steak Sauce - Chasseur		128	30	1	0	4	2	2	1.2
Vegetarian & vegan									
Stuffed Red Pepper	Stuffed with sweet potato, black bean & quinoa chilli, with golden rice & beans. Also refer to choice of carb or side for additional nutrition information.	2,260	538	9	1	92	31	16	2.8
Sweet Potato Jambalaya	Creole-style rice with black turtle beans, peppers, okra & baby sweetcorn. With spicy corn & mozzarella bites and buttered corn	3,626	863	51	9	74	21	21	4.2
Aubergine & Red Lentil Tagine	Giant couscous cooked with apricots, raisins, coriander & red pepper. Topped with a Moroccan-inspired spiced stew, with flatbread and Houmous	4,523	1,077	48	7	130	29	26	5.0

Herb-Battered Halloumi & Chips	With tartare sauce. Also refer to choice of carb or side and garden or mushy peas for additional nutrition information.	4,617	1,099	76	29	73	3	29	6.7
Butternut Squash, Spinach & Emmental roulade	Served with roasted butternut squash, chargrilled Tenderstem broccoli and gravy. Also refer to choice of carb or side for additional nutrition information.	1,452	346	19	12	28	8	13	2.4

Burgers									
Add an extra beef burger		1,381	329	24	10	1	1	28	1.3
Add an extra Southern-Fried Chicken Breast		1,648	392	19	5	22	0	32	1.4
Add an extra Bean 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
The Ultimate Burger	6oz beef burger, a grilled chicken breast topped with melted Monterey Jack cheese and burger sauce with half a rack of slow-cooked ribs on the side. 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.	5,573	1,327	69	26	58	19	115	6.4
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 slaw. Also refer to choice of carb or side for additional nutrition information.	3,951	941	45	15	79	20	54	5.9
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 slaw. Also refer to choice of carb or side for additional nutrition information.	4,212	1,003	59	13	57	13	56	5.2
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 slaw. Also refer to choice of carb or side for additional nutrition information.	4,405	1,049	60	23	68	31	56	5.1

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.	4,171	993	46	11	98	15	37	5.4
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.	3,689	878	54	21	46	9	50	5.6
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 slaw. Also refer to choice of carb or side for additional nutrition information.	3,838	914	51	22	67	26	45	4.3
Ribs slow-cooked									
Large Rack Of Ribs	Our famous pork ribs, slow cooked for 3 hours, brushed with our BBQ sauce. Served with slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	4,714	1,122	54	18	55	43	101	4.2
Standard Rack Of Ribs	Our famous pork ribs, slow cooked for 3 hours, brushed with our BBQ sauce. Served with slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	3,594	856	42	14	39	29	76	3.1
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 slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	5,045	1,201	59	20	110	43	52	3.6

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 slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	6,610	1,574	71	25	95	68	135	5.3
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 slaw and buttered corn. Also refer to choice of carb or side for additional nutrition information.	4,722	1,124	79	33	31	21	71	2.0

Chicken & Combos									
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.	2,005	477	17	5	14	3	65	1.3
The '83 Combo - Celebrate 35 years of Harvester with 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.	3,430	817	33	10	31	17	98	2.6
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.	2,670	636	26	9	30	17	68	2.4
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.	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 and slaw. Also refer to choice of carb or side for additional nutrition information.	3,937	937	48	15	48	24	78	5.5
Simply Grilled Chicken	A grilled chicken breast, roasted butternut squash and chargrilled Tenderstem broccoli, with our speciality gravy. Also refer to choice of carb or side for additional nutrition information.	1,137	271	5	1	12	5	43	1.8
Spicy Chicken Breast & King Prawns	Ancho-chilli-seasoned chicken breast, topped with a garlic & chilli king prawn skewer, with buttered corn and slaw. Also refer to choice of carb or side for additional nutrition information.	2,227	530	25	10	12	4	60	5.0

Bird, surf & turf	A grilled Cajun chicken breast, 8oz rump steak, crackerjack prawns, with buttered corn and slaw. Also refer to choice of carb or side for additional nutrition information.	4,267	1,016	33	12	95	21	81	6.3
Caribbean-style chicken	Grilled Cajun chicken breast, slaw, buttered corn and a coconut & mango Caribbean-style sauce. Also refer to choice of carb or side for additional nutrition information.	2,227	530	26	9	23	10	47	7.4

Fish									
Wholetail British Scampi	With tartare sauce. Also refer to choice of carb or side and garden peas or mushy peas for additional nutrition information.	2,717	647	40	8	53	2	19	3.8
Spicy Sea Bass & King Prawns	Ancho-chilli-seasoned sea bass, topped with a garlic & chilli king prawn skewer, with buttered corn and slaw. Also refer to choice of carb or side for additional nutrition information.	2,360	562	32	12	14	4	54	4.2
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.	2,669	635	47	8	20	2	33	1.1
With garden peas	Also refer to main dish choice for additional nutrition information.	554	132	9	5	7	2	5	0.2
With Mushy Peas	Also refer to main dish choice for additional nutrition information.	307	73	0	0	12	1	5	0.5
Simply Grilled Salmon	A grilled salmon fillet, roasted butternut squash and chargrilled Tenderstem broccoli with a hollandaise sauce. Also refer to choice of carb or side for additional nutrition information.	2,626	625	43	10	16	10	45	1.3
Global grill									
Swap, Upgrade & Sides									
Home-baked Jacket Potato		1,147	273	0	0	59	3	6	0.0
Home-baked 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 Seasoned Fries		1,678	400	18	6	55	1	5	1.9
Buttered Corn		899	214	7	2	26	19	6	0.1
Side - Coleslaw		1,243	296	26	2	12	7	2	1.8
Mac 'N' Cheese		1,159	276	10	7	33	7	13	2.2



Fries		1,674	399	18	6	54	1	5	1.3
Onion rings		1,309	312	15	3	39	5	5	0.8
Garlic bread		693	165	8	3	20	1	4	0.6
Cheesy Garlic bread		1,457	347	22	12	21	1	17	1.5
Golden Rice & Beans		962	229	5	1	42	2	4	0.8
Sweet Potato fries		2,112	503	30	5	55	15	3	1.4
Roasted Butternut Squash		311	74	0	0	14	8	2	0.0
Chargrilled Tenderstem Broccoli		130	31	1	0	1	1	4	0.0
Butternut Squash & Tenderstem Broccoli		256	61	1	0	7	5	4	0.0
Add Beans		269	64	0	0	9	2	4	0.4
Add Cheese		273	65	5	3	0	0	4	0.3
Add Gravy		122	29	0	0	6	1	1	0.8
Desserts									
Chocolate Fudge Cake	With Belgian chocolate sauce, dairy ice cream, salted caramel crunch pearls and chocolate fudge pieces.	4,181	996	48	11	128	104	12	1.2
Caramel biscuit cheesecake	Baked New York style cheesecake with a buttery biscuit base, served with toffee fudge sauce, chocolate fudge pieces and fluffy cream	3,679	876	52	27	101	70	2	0.7
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.	2,381	567	21	8	90	40	5	0.5
Lemon Meringue Pie	With raspberries in sauce and a white chocolate and raspberry shard. Also refer to your choice of real dairy ice cream, custard or fluffy cream for additional nutrition information.	2,233	532	19	9	81	65	8	0.4
Belgian Chocolate Brownie	The perfect brownie, with a raspberry & white chocolate shard and real dairy ice cream.	3,412	812	36	22	106	84	13	0.5
Coconut & Raspberry Rice Pudding	Slowly cooked in coconut milk, served with raspberries in sauce	1,642	391	25	13	38	32	4	0.3

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.	1,991	474	15	1	81	67	3	1.4
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.	3,139	747	38	9	92	69	10	1.0

Sundae parlour									
Sweet Shop freakshake	Have you got a sweet tooth? This is the freakshake for you! Bubble-gum flavour ice cream, milk, fluffy cream, topped with candy floss clouds, lollipops and a sprinkle of Skittles©.	4,277	1,018	55	29	114	108	18	1.0
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.	4,925	1,173	51	31	153	124	22	1.2
Espress Yourself Freakshake	The perfect coffee lovers treat! Double espresso with ice-cream, caramel-flavour syrup and milk topped with fluffy cream, caramel waffle biscuit, candy floss and toffee fudge sauce.	3,656	871	37	24	111	94	19	0.9
BAILEYS® Banoffee Profiterole Sundae	Fresh banana, toffee fudge sauce, drizzled with a generous dash of Baileys® and topped with banoffee profiteroles and chocolate fudge pieces. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	3,476	828	35	23	109	92	12	0.4
Banoffee Profiteroles Sundae (Without Baileys)	fresh banana, Toffee fudge sauce, banoffee profiteroles and chocolate fudge pieces. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	3,198	761	33	22	105	89	12	0.4
Strawberry Eton Mess Sundae	Strawberries in sauce and crushed meringue. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	2,863	682	20	13	113	94	10	1.0
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	3,400	810	35	22	110	89	13	0.4

Peach Melba Sundae	Peach slices, raspberries in sauce and crushed meringue. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	2,535	604	20	13	95	85	10	0.5
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	4,483	1,067	44	29	154	117	13	0.6
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	2,992	712	38	22	78	66	12	0.7
Toffee Apple Sundae	Bramley apple compote, toffee fudge sauce, custard mousse and crumble pieces. Made with real dairy ice cream and topped with fluffy cream and a sugar cone wafer	3,102	739	38	24	89	72	10	0.4
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.	1,149	274	10	6	38	32	7	0.2
Add - Real Dairy Ice Cream		463	110	5	3	14	14	3	0.1
Sauce - Belgian Chocolate Sauce		244	58	0	0	13	11	0	0.0
Sauce - Toffee fudge Sauce		269	64	1	1	13	10	0	0.0
Sauce - Raspberry Sauce		239	57	0	0	14	11	0	0.5
Sauce - Strawberry Sauce		239	57	0	0	14	10	0	0.5
Choice - Custard		378	90	2	1	15	11	3	0.1
Choice - Fluffy cream		433	103	10	7	3	3	1	0.0

Kids Menu									
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	0.5
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	0.3
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.	1,232	293	18	6	21	1	10	1.3
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.	1,203	286	9	3	26	2	21	2.3
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.	1,113	265	9	2	29	3	15	3.1
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	0.8
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.	1,582	377	25	9	23	1	14	1.5
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.	1,539	366	12	4	30	3	30	3.1
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	0.4

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.	1,534	365	27	9	14	4	17	1.6
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.	1,031	246	11	1	13	4	23	1.2
Bigger appetites - PORK MEATBALLS	In a tomato sauce. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	983	234	11	4	12	6	21	1.5
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.	1,429	340	20	4	21	1	20	1.4
Bigger appetites - CHEESY RISOTTO	With butternut squash. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1,886	449	14	6	70	6	11	0.9
Bigger Appetites - COWBOY PIE	Chicken and sweetcorn in a BBQ sauce topped with sweet potato mash. Also refer to choice of 2 veg or 1 side & 1 veg for additional nutrition information.	1,082	258	9	1	27	8	16	0.7
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	0.5
Side choice - FRIES		906	216	10	2	28	0	3	0.7
Side choice - SUNSHINE VEGETABLE RICE		584	139	3	1	23	2	3	0.4
Side choice - JACKET POTATO		1,147	273	0	0	59	3	6	0.0
Side choice - MASH		349	83	2	0	13	1	2	0.5
Side choice - SWEET POTATO FRIES		1,126	268	16	3	29	8	2	0.7
Veg Choice - HEINZ BAKED BEANS	(Reduced salt and sugar)	215	51	0	0	7	1	4	0.3

Veg choice - HALF CORN ON THE COB		245	58	2	0	6	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		252	60	1	0	7	2	5	0.0
Veg choice - ROASTED BUTTERNUT SQUASH		311	74	0	0	14	8	2	0.0
Veg choice - GRILLED TENDERSTEM BROCCOLI		97	23	1	0	1	1	3	0.0
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	0.2
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.	1,812	431	24	5	22	3	33	0.4
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.	1,809	431	19	9	34	5	31	1.2
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	0.2
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.	1,330	317	10	4	14	13	44	1.7
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.	1,460	348	16	6	19	16	33	1.2

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.	1,058	252	12	3	1	1	35	0.9
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.	1,273	303	15	2	31	14	8	3.0
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	0.1
Desserts - FRUITYPOT JELLY	Bite-size mandarin pieces in orange flavour jelly	420	100	0	0	24	21	0	0.2
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	0.3
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	2,176	518	23	12	72	51	5	0.3
Desserts - STRAWBERRY PICNIC PUDDING	Strawberry & cream sponge cake sandwich, with fresh strawberry & banana skewers and strawberry yoghurt	1,411	336	10	6	54	40	5	0.4
Desserts - PIP ORGANIC FRUIT LOLLY	Organic tropical fruit ice lolly made with apple, banana, pineapple and mango	84	20	0	0	5	5	0	0.0
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	1,868	445	16	9	68	56	8	0.4
Sundaes - ROCKY HORROR SUNDAE	Real dairy ice cream with warm chocolate fudge brownie, fluffy cream, a Cadbury® flake and a crispy cone	1,973	470	25	14	53	44	9	0.4



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.	1,082	258	10	6	35	29	6	0.2
Sauce choice - Belgian Chocolate Sauce		244	58	0	0	13	11	0	0.0
Sauce choice - Raspberry Sauce		239	57	0	0	14	11	0	0.5
Sauce choice - Toffee fudge Sauce		269	64	1	1	13	10	0	0.0
Sauce choice - Strawberry Sauce		239	57	0	0	14	10	0	0.5

Early bird menu									
Meatball bun	Brioche bun filled with Italian-style meatballs in a tomato sauce, and monterey jack cheese. Also refer to choice of carb or side for additional nutrition information.	2,713	646	32	12	52	12	36	3.2
Beef Burger	served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli, with coleslaw on the side. Also refer to choice of carb or side for additional nutrition information.	2,855	680	39	13	46	9	35	3.6
Grilled Chicken Breast Burger	served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli, with coleslaw on the side. Also refer to choice of carb or side for additional nutrition information.	2,296	547	20	3	45	9	46	3.4
Chipotle Bean Burger	Served in a brioche bun with baby gem lettuce, beef tomato, burger sauce and a pickled chilli and slaw on the side. Also refer to choice of carb or side for additional nutrition information.	2,869	683	22	3	93	13	22	3.7
7oz gammon	Served with a beef tomato and garden peas. Also refer to choice of carb or side and fresh grilled pineapple or a fried free-range egg for additional nutrition information.	1,410	336	15	6	9	4	40	4.1
Half rack of ribs	Glazed in our BBQ sauce with fresh grilled pineapple. Also refer to choice of carb or side for additional nutrition information.	1,463	348	16	6	18	16	33	1.2
Grilled Cajun chicken	A grilled Cajun chicken breast with buttered corn and sour cream. Also refer to choice of carb or side for additional nutrition information.	1,546	368	15	7	11	3	44	6.2
Grilled chicken breast	served with buttered corn, sour cream and lime. Also refer to choice of carb or side for additional nutrition information.	1,420	338	14	6	7	2	44	1.1
1/4 rotisserie chicken	With lemon & garlic dip. Also refer to choice of carb or side for additional nutrition information.	1,735	413	30	3	4	2	32	0.7

Pulled pork bun	BBQ pulled pork and melted Monterey Jack cheese served in a toasted brioche bun with slaw. Also refer to choice of carb or side for additional nutrition information.	2,659	633	28	10	67	31	27	2.5
Penne arrabiata	Spicy penne arrabiata with black olives and grilled pepper.	2,337	557	13	2	88	24	17	3.0
Breaded plaice	Served with lemon, tartare sauce and garden peas. Also refer to choice of carb or side for additional nutrition information.	2,428	578	26	6	49	3	33	2.1