

# Suburban Nutrition Guide DN16

## 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 Octoberr 2016.

<b>Reference Intakes (RIs) of an average adult:</b>	
<b>Nutrient</b>	<b>Reference Intake</b>
Energy (kj/ kcal)	8400kJ/ 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

<b>Suburban Pubs DN16</b>								
	<b>Typical nutrition values per average portion</b>							
	<b>Energy (KJ)</b>	<b>Energy (KCal)</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Carbohydrate (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Salt (g)</b>
<b>Sharers</b>								
Nachos - House Fried Corn Chips loaded with American Style cheese sauce, Salsa, Guacamole, Sour Cream and Jalapenos.	5,901	1,405	72.8	22.6	151.6	30.5	28.1	10.00
Add Load with Burnt end and minced beef Chilli	2,302	548	31.2	15.9	28.8	5.4	33.3	3.67
Add Load With BBQ Pulled Pork	1,760	419	21.0	7.0	30.2	25.2	27.2	1.14
Crispy Potato skins (with soured cream)	2,515	599	25.3	9.7	80.8	3.5	11.9	0.20
with cheese and Bacon	1,639	390	29.6	17.3	1.8	0.0	30.0	3.99
with Burnt end and minced beef Chilli with melted cheddar	2,302	548	31.2	15.9	28.8	5.4	33.3	3.67
with Pulled Pork and Melted cheddar cheese	3,343	796	41.7	20.2	61.7	50.4	43.4	3.15
Vegetarian Platter - House Fried Corn nachos, Vegetable Samosas, Chargrilled garlic bread, Beer battered mushrooms, Battered Onion Rings, Celery Sticks, Blue Cheese, BBQ and sweet chilli dips.	7,044	1,677	83.0	22.8	200.1	45.1	29.0	8.37
Sharing Platter - House Fried Corn nachos, Southern fried chicken strips, Beer battered mushrooms, Battered Onion Rings, Chargrilled garlic bread, with Blue cheese, BBQ & Sweet Chilli dips	8,652	2,060	101.8	34.1	206.7	57.6	72.5	9.48
Glazed chicken Wings 20 - Served with Blue cheese dip, choose your glaze from BBQ, Tennessee Whiskey made with Jack Daniels, Peri-Peri or Naga Ghost Chilli.	4,034	960	68.1	14.6	9.4	7.0	77.4	2.33
<b>Starters</b>								
Nachos For One	3,503	834	40.3	11.1	95.9	17.7	17.2	6.01
Southern fried chicken pieces	1,472	351	22.1	6.3	18.4	2.8	19.7	2.38
Crispy Potato skins (with soured cream)	1,262	300	12.7	4.8	40.5	1.9	6.0	0.10
with cheese and Bacon	820	195	14.8	8.7	0.9	0.0	15.0	1.99
Crispy Potato skins with Burnt end and minced beef Chilli with melted cheddar	1,151	274	15.6	8.0	14.4	2.7	16.7	1.84
Crispy Potato skins with Pulled Pork and Melted cheddar cheese	1,672	398	20.8	10.1	30.8	25.2	21.7	1.58
Beer Battered Salt and Pepper Mushrooms	1,770	421	25.5	6.8	41.0	1.2	6.9	1.37
Add Sour Cream	244	58	5.6	3.5	1.1	1.1	0.8	0.03

BBQ Sauce	542	129	0.3	0.1	30.2	25.2	1.2	0.90
Spicy coated Crackerjack Prawns (U500)	1,374	327	18.8	3.1	31.9	8.3	7.7	2.20
Glazed chicken Wings 10	2,029	483	34.2	7.3	4.9	3.6	38.9	1.17
Tomato & Basil Soup (U500)	1,130	269	7.5	3.7	41.2	7.9	7.8	2.51
Pub Favourites								
7oz Danish Gammon Steak	3,829	912	45.8	13.1	71.0	8.0	52.2	5.10
Cod & Chips	4,203	1,001	49.1	12.0	95.2	4.3	42.5	3.30
Scampi & Chips	3,910	931	44.9	10.2	105.2	3.1	25.0	4.18
Battered Halloumi & Chips	4,128	983	55.5	24.2	79.9	2.8	38.9	4.95
Fish & Chips	4,147	987	54.2	12.3	83.5	2.7	40.4	1.13
Sizzling "Superfood Salad" Fresh Baby Spinach and Gem leaves mixed with Tomatoes, Cucumber, and Red pepper, topped with a mix of Bulgur wheat, chickpeas, grilled courgette and sultanas and a hint of mint served with our house reduced calorie dressing	957	228	5.7	0.7	32.4	19.2	8.8	1.40
Add Grilled Halloumi	1,730	412	32.5	18.8	2.3	0.0	27.5	3.44
Add Grilled Salmon	1,593	379	24.1	4.2	1.8	0.1	40.3	0.42
Add Chicken and Bacon	1,131	269	7.8	3.2	0.3	0.0	49.8	1.91
British Minced Beef Ale and Onion Pie	3,056	728	40.5	17.3	66.5	10.5	20.1	2.62
Chicken Tikka Masala	2,629	626	12.2	3.2	92.3	24.2	34.2	4.55
Sweet Potato, Lentil and Spinach Dhansak	2,717	647	23.1	4.1	94.3	25.5	12.7	2.89
Smoked Haddock and Spring onion Fish cakes	1,985	473	19.7	5.4	56.1	13.7	16.7	1.58
Curry Bolt On	1,076	256	4.7	0.7	47.6	15.7	5.2	1.60
Why not swap your chips for Sweet Potato fries 99p	2,112	503	30.2	4.9	54.7	14.8	3.1	1.38
Beef & Red wine lasagne	2,075	494	22.2	9.3	49.5	8.0	21.2	3.06
Mac & Cheese	3,641	867	42.3	23.6	82.9	12.0	36.8	4.11
British Sausages and mash	5,224	1,244	89.0	32.6	73.1	10.6	32.1	5.00

<b>Vegetarian sausages and mash</b>	3,142	748	32.2	14.3	72.9	12.5	33.8	3.95
<b>Steak Cheddar and Doom Bar ale Pie</b>	4,675	1,113	62.4	25.8	96.3	11.0	38.3	3.47
<b>Quorn Lasagne</b>	1,075	256	5.4	2.5	35.9	11.6	13.3	2.21
<b>Italian Style Chicken</b>	4,562	1,086	57.6	17.1	93.5	9.7	47.3	3.59
<b>Simply chicken (U500)</b>	1,928	459	3.8	1.2	48.9	5.1	51.3	0.49
<b>Lemon Peri-Peri Chicken &amp; Pepper Skewers</b>	4,921	1,172	48.0	8.8	103.1	26.8	80.6	7.65
<b>Roast 1/2 Chicken</b>	5,191	1,236	62.1	14.3	79.8	5.6	88.7	3.68
<b>Stilton and Mushroom Chicken</b>	2,630	626	21.6	10.1	47.4	4.7	55.6	2.48
<b>Lunch Deal</b>								
<b>Small Scampi</b>	3,314	789	37.6	8.5	91.8	2.8	19.2	3.04
<b>Simply chicken</b>	1,928	459	3.8	1.2	48.9	5.1	51.3	0.49
<b>Small Sausage and Mash</b>	3,739	890	51.3	18.6	74.6	7.1	27.5	4.58
<b>Small Vegetarian Sausage and Mash</b>	2,705	644	26.2	11.4	68.8	11.6	26.2	3.27
<b>4oz Gammon</b>	2,900	690	31.0	8.3	71.8	8.4	29.5	3.68
<b>Sandwiches and Wraps</b>								
<b>Sweet Chilli Southern Fried Chicken</b>								
<i>On wholemeal</i>	3,706	882	31.0	6.6	108.3	32.4	38.5	4.23
<i>On white</i>	3,844	915	30.9	6.5	121.1	33.4	36.4	4.23
<i>On a wrap</i>	3,261	776	27.8	6.5	97.0	30.2	32.9	3.31
<b>Hand-Battered Fish Goujons</b>								
<i>On wholemeal</i>	3,119	743	27.1	6.6	87.4	5.7	33.2	1.62
<i>On white</i>	3,257	776	26.9	6.5	100.2	6.8	31.1	1.62
<i>On a wrap</i>	2,674	637	23.9	6.5	76.1	3.5	27.6	0.70
<b>Bacon, Lettuce &amp; Tomato</b>								
<i>On wholemeal</i>	2,032	484	21.3	5.8	48.0	5.0	23.8	3.75
<i>On white</i>	2,477	590	24.5	5.9	59.3	7.2	29.4	4.67
<i>On a wrap</i>	2,615	623	24.4	5.9	72.1	8.3	27.3	4.67

<b>Grilled Halloumi Red Pepper and Salsa</b>								
<i>On wholemeal</i>	3,112	741	40.4	21.8	54.8	9.7	37.1	4.35
<i>On white</i>	3,498	833	41.9	23.8	66.2	11.9	42.7	5.19
<i>On a wrap</i>	3,679	876	42.8	21.7	79.2	13.1	40.6	5.25
<b>Italian Chicken with Cheddar and Tomato sauce</b>								
<i>On wholemeal</i>	2,794	665	27.1	12.9	66.7	6.5	34.5	2.52
<i>On white</i>	2,408	573	25.6	10.9	55.3	4.3	28.8	1.68
<i>On a wrap</i>	2,975	708	28.1	10.8	79.8	7.7	32.4	2.58
<b>BBQ chicken, Cheese and Bacon</b>								
<i>On wholemeal</i>	3,285	782	38.4	18.9	25.6	24.3	35.1	3.67
<i>On white</i>	3,087	735	22.9	12.0	79.9	28.9	48.2	4.08
<i>On a wrap</i>	2,701	643	38.4	18.9	25.6	24.3	35.1	3.67
<b>Jackets</b>								
<b>Cheddar Cheese</b>	2,335	556	27.1	17.0	50.6	8.8	22.3	1.53
<b>Cheddar Cheese &amp; Coleslaw</b>	2,591	617	32.6	17.4	52.9	10.3	22.7	1.84
<b>Cheddar Cheese &amp; Heinz Baked beans</b>	2,625	625	27.3	17.0	60.9	11.2	26.9	1.95
<b>Burnt end and minced beef chilli with soured cream</b>	2,167	516	17.7	8.7	64.3	12.7	17.1	1.71
<b>BBQ chicken, Cheese and Bacon</b>	3,071	731	23.4	13.1	80.5	34.1	44.5	3.53
<b>The Ultimates</b>								
<b>Mega Mixed Grill</b>	6,252	1,489	95.7	33.5	52.9	6.3	102.4	11.58
<b>Gammon-tastic</b>	5,709	1,359	93.5	33.7	36.8	16.3	90.8	15.42
<b>All American Platter</b>	7,422	1,767	84.4	19.4	160.9	35.6	88.9	4.77
<b>Chicken Tastic</b>	8,052	1,917	72.9	16.8	171.1	42.7	137.3	7.61
<b>Maple Jerk Chicken</b>	6,153	1,465	61.7	10.0	128.3	75.2	94.1	4.45
<b>Ultimate Surf &amp; Turf</b>	4,472	1,065	58.4	19.1	66.4	5.6	65.7	4.76
<b>Ultimate All Day Breakfast</b>	7,512	1,789	117.3	40.9	118.8	8.7	60.4	8.56

Ultimate All Day Breakfast (vegetarian)	5,359	1,276	62.8	23.0	113.9	9.9	56.7	7.14
Ultimate catch	6,762	1,610	88.3	18.3	145.8	9.5	56.5	7.11
Sizzling Porker	9,504	2,263	123.5	38.8	173.3	68.9	112.5	10.59
Sizzling Skillets								
5oz Rump	3,199	762	35.3	9.1	72.3	1.7	37.6	1.06
10oz Rump	4,057	966	44.6	13.0	72.3	1.7	67.6	1.33
8oz Sirloin	4,089	974	51.8	17.0	72.3	1.7	53.7	1.08
10oz Rib Eye	4,084	972	43.5	14.5	72.3	1.7	70.2	1.59
20oz Rump	6,112	1,455	66.3	20.8	82.8	1.7	129.6	1.90
Classic Mixed Grill	6,357	1,514	89.7	29.1	82.4	4.6	92.9	5.34
Surf & Turf	3,976	947	46.1	9.6	116.0	6.8	19.3	3.26
Spiced Blackened Salmon	3,168	754	30.5	4.7	69.2	5.7	49.5	2.64
BBQ Hunters Chicken	4,195	999	40.1	11.1	102.8	29.9	58.8	4.11
Marmalade Glazed Spatchcock Gammon	5,636	1,342	73.2	20.4	100.8	27.6	69.0	7.34
Sizzling Fajitas - Chicken	4,582	1,091	63.6	32.6	76.5	10.2	49.1	7.26
Sizzling Fajitas - Grilled Rump steak	3,857	918	37.8	15.7	79.7	14.4	64.2	5.33
Sizzling Fajitas - Grilled Halloumi	4,034	961	48.2	20.8	79.7	14.4	51.2	4.52
Sizzling halloumi Skillet	4,435	1,056	62.6	24.8	84.3	9.8	36.0	4.77
Rack Of BBQ Glazed Ribs	5,303	1,263	58.9	16.0	120.9	41.5	62.0	3.71
Chicken and Ribs Combo	4,460	1,062	44.7	11.3	91.6	18.0	75.8	2.97
Mexican Meltdown.	3,735	889	34.2	13.3	80.1	17.4	62.0	4.90
Steak & Chicken Combo	3,987	949	38.2	10.1	72.1	1.6	78.6	1.52
Steak Upgrade 8 oz Sirloin	1,758	419	25.9	11.8	0.0	0.0	46.4	0.31
Steak Upgrade 10 oz Rump	1,987	473	27.9	11.7	0.0	0.0	55.4	0.44
Steak Upgrade 10oz Ribeye	1,749	417	17.6	9.3	0.0	0.0	62.8	0.81
Load Up With Extras - Make Your Skillet Even Mightier								

Half a rack of BBQ glazed ribs	1,213	289	12.5	4.5	16.6	12.7	27.4	0.99
Grilled chicken Breast	832	198	3.2	1.1	0.0	0.0	42.3	0.48
BBQ-glazed chicken wings and three onion rings	1,025	244	10.2	2.5	26.9	14.4	11.0	0.84
Black and Blue	361	86	6.6	3.4	2.5	1.0	3.8	0.81
The Boston	1,723	410	20.4	10.9	33.1	27.1	24.4	4.43
The New Yorker	1,735	413	22.4	13.4	32.0	5.4	20.3	2.02
The Texan	2,251	536	31.8	13.7	27.1	22.6	35.1	3.50
Top with a sauce for only 99p Choose from:								
Peppercorn	273	65	4.9	2.9	3.9	1.5	1.1	0.76
Tennessee whisky made with Jack Daniels	781	186	0.0	0.0	45.9	43.4	0.6	0.97
Peri-Peri	239	57	3.7	0.3	5.2	3.3	0.8	3.21
BBQ	722	172	0.4	0.1	40.5	33.8	1.6	1.20
Naga Ghost Chilli	454	108	9.1	1.4	5.0	2.9	1.6	1.29
The Burger Shack								
Classic Burgers								
6oz Beef Burger	4,712	1,122	54.7	17.3	117.5	19.9	39.0	3.51
Chicken Burger	4,162	991	34.4	8.0	116.4	19.3	52.9	2.70
Stacked Burgers.								
Halloumi Burger	5,380	1,281	67.3	26.5	127.2	25.2	39.7	6.19
Old Faithfull	5,896	1,404	76.5	27.5	118.0	20.4	60.3	5.11
The "Backyard BBQ"	6,789	1,616	80.9	28.5	159.2	46.6	62.7	5.35
BBQ Chicken	5,657	1,347	49.1	14.5	158.3	46.0	67.0	5.55
Southern fried chicken fillet	5,430	1,293	59.3	17.1	137.0	20.3	51.9	4.36
The Fully Nacho'd	6,014	1,432	76.7	24.6	139.3	30.1	44.5	6.25
Super Stacked								
The Sky Scraper	8,200	1,952	113.6	39.7	139.6	29.4	93.3	9.27

<b>The Triple House</b>	5,107	1,216	57.7	18.5	77.6	26.7	96.0	5.71
<b>The Three little pigs</b>	5,567	1,325	74.7	28.0	93.4	45.9	70.1	7.51
<b>Mixed Grill Burger</b>	5,372	1,279	70.0	25.6	63.0	20.8	98.7	5.76
<b>Burger Add On's</b>								
<b>Grilled bacon</b>	299	71	4.6	2.1	0.3	0.0	7.5	1.43
<b>Streaky Bacon</b>	319	76	5.4	1.8	0.2	0.2	6.6	0.50
<b>BBQ pulled pork</b>	1,151	274	10.6	3.5	30.2	25.2	14.2	1.02
<b>Salsa, guacamole, sour cream and jalapeños</b>	483	115	8.9	4.2	6.6	3.1	1.7	1.52
<b>Fried free range egg</b>	491	117	9.0	2.6	0.0	0.0	8.8	0.26
<b>Aged Cheese sauce</b>	676	161	12.6	3.0	9.0	7.2	3.0	1.77
<b>Monterey Jack Cheese</b>	273	65	5.4	3.4	0.0	0.0	4.0	0.30
<b>Southern fried chicken Fillet</b>	1,648	392	19.1	4.5	22.3	0.5	32.5	1.43
<b>6oz beef burger</b>	1,381	329	23.6	10.4	1.1	0.6	28.5	1.28
<b>Chicken breast</b>	832	198	3.2	1.1	0.0	0.0	42.3	0.48
<b>Extra Grilled halloumi red pepper and Guacamole</b>	2,003	477	36.2	19.6	8.3	4.3	28.8	3.71
<b>Decadently Indulgent Desserts</b>								
<b>Key Lime Pie</b>	2,842	677	43.2	24.6	68.4	51.0	2.8	0.29
<b>Sticky Toffee Pudding</b>	3,146	749	33.6	9.0	100.5	44.3	10.9	0.86
<b>Syrup Sponge</b>	2,871	684	22.3	4.6	111.6	90.6	8.7	0.98
<b>Belgian Chocolate Brownie</b>	2,779	662	28.3	14.1	91.8	76.0	6.9	0.58
<b>Vanilla flavour Ice Cream</b>	980	233	7.3	3.7	39.1	34.7	2.5	0.25
<b>Chocolate Meringue Pie.</b>	2,470	588	28.6	16.4	75.6	61.5	6.3	0.19
<b>New York style Baked cheesecake</b>	3,344	796	43.9	27.7	91.7	66.9	7.5	0.56
<b>Salted Caramel Profiteroles</b>	3,582	853	50.4	11.7	92.0	82.4	7.5	0.79



<b>Caramel Apple Crumble</b>	1,508	359	9.9	5.0	64.2	39.7	3.3	0.39
<b>West Country Chocolate Fudge Cake</b>	5,196	1,237	57.0	20.1	159.8	132.5	17.0	1.65
<b>With Cream</b>	496	118	11.2	8.0	3.2	3.2	1.0	0.03
<b>With Ice Cream</b>	284	68	3.2	1.6	8.6	8.6	1.0	0.11
<b>With Custard</b>	756	180	4.0	2.0	30.0	22.0	6.0	0.25
<b>Sundaes</b>								
<b>Kit Kat Sundae</b>	2,769	659	29.8	17.7	90.1	79.2	6.5	0.45
<b>Millionaire Shortbread Sundae</b>	3,453	822	42.6	25.8	101.4	80.2	7.9	0.70
<b>Rocky Road sundae</b>	3,716	885	44.8	26.1	109.0	87.0	9.8	0.82

Baileys Sundae	4,855	1,156	56.4	31.9	144.5	111.9	10.6	1.12
Honeycomb Explosion Sundae	2,630	626	24.5	14.6	97.1	88.8	4.2	0.95
Sides & Load Ups								
Sweet Potato Fries	2,112	503	30.2	4.9	54.7	14.8	3.1	1.38
Chips	1,936	461	22.5	5.2	60.2	0.7	4.5	1.59
Fajita spiced Chips	2,007	478	22.8	5.3	62.9	2.0	4.9	2.76
Curly fries	1,937	461	23.2	2.2	55.6	2.6	4.6	1.83
Spicy Rice and Beans	1,092	260	6.0	0.6	43.8	4.8	5.8	1.43
Basmati Rice	911	217	2.3	0.3	43.4	0.3	5.6	0.29
Cheesy chips	2,978	709	42.9	18.4	61.4	0.7	19.5	1.88
Cheesy Bacon Chips	3,277	780	47.5	20.4	61.7	0.7	27.0	3.31
Garlic bread	1,042	248	11.6	5.1	29.3	1.9	5.6	0.93
Cheesy garlic bread	1,562	372	21.8	11.7	29.9	1.9	13.1	1.49
Wholemeal Bread and Butter	1,596	380	9.0	4.9	56.7	4.9	14.1	1.27
White Bread and Butter	1,743	415	8.9	4.9	70.1	6.1	11.8	1.27
Dressed side salad	193	46	1.0	0.1	6.7	6.0	1.7	0.26
Onion rings	1,015	242	11.7	2.6	29.8	3.7	4.0	0.60
Children's Menu								
Veggie Dippers	688	164	13.1	1.1	7.6	2.9	2.6	0.33
Garlic bread	693	165	7.7	3.4	19.5	1.2	3.7	0.62
Tomato and basil soup	1,000	238	7.0	3.7	35.9	4.4	6.9	1.64
Spaghetti Bolognese with Minced Turkey	446	106	3.1	1.4	12.7	6.0	7.5	0.44
Quorn Lasagne	945	225	6.5	3.1	25.5	8.7	13.2	0.64
Kids Pizza	1,037	247	4.7	2.5	41.7	16.9	8.1	1.20
Half rack of Bbq Ribs	1,213	289	12.5	4.5	16.6	12.7	27.4	0.99
Plain chicken breast	416	99	1.6	0.6	0.0	0.0	21.2	0.24
Chicken Nuggets	731	174	5.2	2.0	12.6	0.7	19.0	0.78
Fish Goujons	705	168	8.6	1.8	13.4	0.1	9.2	0.57
Pork sausages	768	183	10.9	3.8	13.3	8.2	7.7	1.55
2oz Beef Burger	624	148	8.0	2.8	7.1	0.3	12.4	0.37
BBQ chicken	935	223	7.9	4.0	12.5	12.0	25.6	1.64

<b>Build Your Own Chicken Wrap</b>	2,199	524	16.3	7.3	58.0	15.4	35.0	1.70
<b>Sunday roast chicken</b>	1,829	436	10.5	2.3	54.1	12.5	29.8	1.61
<b>Kids Tilda tomato and cheese rice</b>	806	192	5.0	2.5	29.1	2.5	6.9	0.06
<b>Grilled corn on the cob</b>	613	146	7.4	3.9	15.6	1.7	3.3	0.13
<b>Cheesy Jacket Boat</b>	941	224	9.6	5.9	21.6	1.4	10.6	0.58
<b>Kids Side salad</b>	126	30	0.5	0.0	4.7	1.5	1.4	0.01
<b>Kids Chips (unseasoned)</b>	968	230	11.3	2.6	30.1	0.3	2.2	0.00
<b>Kids Jacket Boat</b>	441	105	0.0	0.0	21.3	1.4	2.8	0.01
<b>Kids mash</b>	626	149	5.6	2.8	20.0	1.1	3.1	0.62
<b>Kids Glass Milk</b>	512	122	4.3	2.5	12.5	12.5	8.5	0.38
<b>Kids desserts</b>								
<b>Vanilla flavour ice cream</b>	741	176	6.9	3.2	26.2	24.4	2.1	0.23

Buzzzzz the ice cream bee	1,766	420	16.1	6.5	64.9	56.7	3.9	0.30
Kit Kat Sundae	2,728	650	32.8	19.0	80.5	73.7	7.5	0.64
Custard Face	1,256	299	9.5	5.1	46.0	36.6	7.4	0.29
Build your own ice-cream sundae	1,614	384	13.7	7.0	60.6	57.3	4.7	0.28
5-A-Day Lolly	181	43	0.2	0.1	9.3	9.3	0.6	0.02
Fruitypot Jelly	420	100	0.1	0.0	24.0	21.2	0.4	0.15
Chocolate chip cookie	1,004	239	11.7	6.1	30.8	18.2	2.3	0.34
<b>Breakfasts</b>								
Small Breakfast	2,455	585	39.4	13.5	29.2	5.0	26.8	3.20
Sizzling Breakfast	5,409	1,288	85.3	31.1	68.1	9.8	58.6	5.81
Small Vegetarian Breakfast	1,865	444	21.7	6.7	38.0	4.4	21.4	1.56
Sizzling Vegetarian Breakfast	2,184	520	36.3	15.5	11.6	3.8	34.0	3.40
Ultimate Breakfast	13,068	3,112	194.2	78.0	200.0	16.5	136.5	15.27
Kids Breakfast	2,002	477	28.2	9.1	32.1	6.0	21.8	1.59
American Style Steak and eggs	3,458	823	46.7	14.2	49.9	0.3	51.5	0.82
Upgrade to an 10 oz Rump	1,722	410	18.7	7.7	0.0	0.0	60.3	0.56
Upgrade to a 10oz Rib eye	1,749	416	17.6	9.3	0.0	0.0	62.8	0.81
<b>Loaded Omelette</b>								
Sliced Flat Mushroom	1,702	405	29.7	3.6	6.5	3.9	26.6	1.77
British Pork Sausages	3,707	883	74.0	19.8	16.1	6.5	37.1	3.51
Grilled Back Bacon	2,224	529	38.2	7.5	6.6	3.6	39.4	4.62
<b>Breakfast Baps</b>								
Grilled Back Bacon and a fried Free Range Egg	1,981	472	22.5	8.0	38.5	4.0	28.4	3.93
Grilled British Pork Sausages and fried free range Egg	3,469	826	58.3	20.3	48.0	6.9	26.1	2.83
Veggie Sausages and Fried Free range Egg	2,261	538	25.4	9.7	46.2	5.7	28.5	2.42
The Works - A toasted Brioche bun with grilled British Pork Sausages, Grilled Back Bacon and a fried free range egg	4,066	968	67.5	24.4	48.6	6.9	41.1	5.69
<b>Breakfast add on's /Choices</b>								
British pork sausage	1,043	248	22.5	8.2	5.0	1.4	6.4	0.88
Grilled Back Bacon	166	40	2.1	0.8	0.0	0.0	5.1	0.96
Vegetarian Sausage	483	115	6.9	3.4	4.0	0.5	8.3	1.14

