Nutritional Information: Menu A Aw19

CATEGORY: NIBBLES & SHARING

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A GARLIC & ROSEMARY CAMEMBERT AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain			Does contain	Does contain			Does contain
MENU A HOGS BOARD SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
GARDEN MEZZE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain			Does contain	Does contain	Does contain	Does contain	Does contain
MENU A BREAD & OIL AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain
MENU A OLIVES & FETA SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
MENU A GARLIC & CHEESE FLATBREAD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain							
MENU A FENNEL & SAGE SCRATCHING SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														Does contain

CATEGORY: STARTERS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A CALABRIAN PRAWNS SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain				Does contain							
PUMPKIN HOUMOUS AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain								Does contain		Does contain		
FIG, EDAMAME & GOATS CHEESE HONEYCOMB SALAD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain						Does contain	Does contain
MENU A/C NDUJA SCOTCH EGG SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain					Does contain					
FALAFELS & TAHINI AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain					Does contain		
CALAMARI & SALAD AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain		Does contain	Does contain						Does contain
DUCK RILLETTES AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
INDIAN FISH KOFTAS AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain									
MENU A/C KATSU CHICKEN WINGS AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain					Does contain				Does contain	Does contain

CATEGORY: MAINS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
GLAMORGAN SAUSAGE & MASHED POTATO AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain		Does contain					Does contain
MEATLESS BURGER AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain				Does contain	Does contain	Does contain	Does contain
MENU A CELERIAC AND CASHEW CURRY SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain			Does contain	Does contain		Does contain	
LINGUINE ARRABITA AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
BEETROOT & FIG CAESAR SALAD AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain						Does contain	
MUSHROOM LINGUINE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain		Does contain					Does contain
MENU A PORK BELLY & MASH AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain		Does contain					Does contain
MENU A DUCK BREAST AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
SAUSAGE & MASHED POTATO AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain							Does contain
BEEF STROGANOFF AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain		Does contain					Does contain
HERB CRUSTED LAMB RUMP AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
MENU A STEAK & ALE PIE & MASH AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
SEABASS & CAPONATA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain				Does contain					Does contain	Does contain	Does contain	Does contain	Does contain
MENU A PICANTE CHICKEN AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain							Does contain					
MENU A BATTERED FISH & CHIPS AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain		Does contain		Does contain					

CATEGORY: GRILLS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A FILLET STEAK 7OZ	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain							Does contain					
MENU A SIRLOIN STEAK 8OZ SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
MENU A RIBEYE STEAK AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain							Does contain					
MENU A GAMMON & CHIPS AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain					Does contain					
MENU A ADD NDUJA PRAWNS SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			Does contain											
MENU A GRILL HERB & GARLIC BUTTER	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain							
MENU A PEPPERCORN SAUCE SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain							Does contain
MENU A BLUE CHEESE SAUCE SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
BEARNAISE SAUCE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain							
ADD SAMPHIRE & PANCETTA AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														

CATEGORY: BURGERS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A BEEF BURGER & APPLEWOOD AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain					Does contain		Does contain
MENU A BUTTERMILK CHICKEN BURGER AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain		Does contain			Does contain		Does contain

CATEGORY: SANDWICHES

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A BUTTERMILK CLUB S/W	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain		Does contain				Does contain	
PORK DUO S/W AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain		Does contain					Does contain
MENU A FISH FINGER S/W AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain	Does contain		Does contain		Does contain					
MENU A CROQUE MONSIEUR S/W AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain		Does contain					
MENU A ADD HEN EGG S/W AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain										

MENU A GLAMORGAN S/W AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain		Does contain					
FALAFEL S/W AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	
SEARED STEAK S/W AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain		Does contain					Does contain

CATEGORY: DESSERTS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A LEMON TART SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	
MENU A BROWNIE GF SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	
MENU A APPLE TARTELETTE AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	
MENU A STICKY TOFFEE PUDDING AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	
MENU A CHERRY PIE CRUMBLE SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MENU ALL LATTE 8OZ & MINI DESSERT	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain			Does contain	Does contain		Does contain	
MENU A CHEESE BOARD AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain		Does contain	Does contain	Does contain			
MENU A CHEESE PLATE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain		Does contain	Does contain	Does contain			

CATEGORY: KIDS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A KIDS CHICKEN S/W SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain		Does contain					Does contain
MENU A KIDS CAESAR SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain						Does contain	
MENU A KIDS BATTERED FISH N CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain		Does contain		Does contain					
MAC N BRIE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MENU A KIDS SAUSAGE & MASH	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain							Does contain
MENU A BURGER KIDS CHEESE SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain					Does contain	Does contain	Does contain
MENU A KIDS CHOCOLATE BROWNIE SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	
MENU A KIDS CHURROS SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain								Does contain			Does contain	
MENU A ICE CREAM KIDS TWO SCOOP AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							

CATEGORY: SIDES

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A SIDE OF GASTRO CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
MENU A TRUFFLE & PARMESAN FRIES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain							
OL SALT & VINEGAR ONION RINGS AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain										
CAPONATA VD19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain									Does contain	Does contain	Does contain	Does contain	Does contain
PUMPKIN, TOMATO & PEPPER GRATIN AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain												
MENU A HALLOUMI & POLENTA FRIES AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							
MAC N BRIE SIDE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MENU A CHILLI SALT FRIES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
MENU A ADD CHICKEN & PANCETTA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														