Nutritional Information: Red Lion Aut 21

FBEngine

CATEGORY: NIBBLES

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
	NUTRITIONAL DATA									ALLERGENS													
BREAD AND OIL NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain		Does contain
HALLOUMI NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
H&M SAUSAGES NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g									Does contain					
OLIVIES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g										Does contain	Does contain			
GARLIC MUSHROOMS NIBBLES SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							Does contain
HOUMOUS AND PITTA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain								Does contain		Does contain		
CHORIZO NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain
WHITEBAIT NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain									

CATEGORY: SHARERS

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
	NUTRITIONAL DATA									ALLERGENS													
CAMEMBERT SHARER	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
NACHOS GRANDE DD	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
NACHOS GRANDE CHICKEN DD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain

CATEGORY: STARTERS

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
	NUTRITIONAL DATA									ALLERGENS													
HAM HOCK RL AW21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain							Does contain					Does contain
FRITTERS RL AW 21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain							Does contain					Does contain
SOUP OF DAY SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain										Does contain		
RL SCOTCH EGG AW21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain										Does contain
SCALLOPS RL AW "!	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: STEAKS

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
	NUTRITIONAL DATA									ALLERGENS													
FILLET STEAK 8OZ	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
SIRLOIN STEAK 8OZ	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
RUMP STEAK 10OZ SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g									Does contain					Does contain
ADD PRAWNS AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			Does contain		Does contain		Does contain							
PEPPERCORN SAUCE AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
BLUE CHEESE SAUCE AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
GARLIC ROASTED MUSHROOMS STEAK EXTRA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							Does contain
GAMMON & CHIPS AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain					Does contain					Does contain

CATEGORY: BURGERS

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
	NUTRITIONAL DATA									ALLERGENS													
NEW ORLEANS CHICKEN BURGER SS21	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
LOADED STEAK BURGER SS21	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
LOADED CHICKEN BURGER SS21	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
MOVING MOUNTAIN BURGER SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain								May contain	May contain	Does contain	Does contain	Does contain
TOPPING CHEDDAR CHEESE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
TOPPING BACON CD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
BURGER TOPPING EGG	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain										
STEAK BURGER SS21	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: MAINS

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
	NUTRITIONAL DATA									ALLERGENS													
ROAST PORK BELLY RL AW 21	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
WILD MUSHROOM LINGUINE SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
BATTERED HADDOCK & CHIPS & CURRY SAUCE SS21	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	
BUTCHERS CHOICE SAUSAGE & MASH SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain
CHICKEN SUPREME RL AW 21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain							Does contain
RL COD LION AW 21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
SEA TROUT	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g					Does contain		Does contain							
TAGINE RL AW 21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain							Does contain					

CATEGORY: SALADS

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
	NUTRITIONAL DATA									ALLERGENS													
ULTIMATE CHICKEN CAESAR SALAD SS21	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	
ULTIMATE HALLOUMI CAESAR SALAD SS21	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: ON THE SIDE

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
	NUTRITIONAL DATA									ALLERGENS													
B SIDE GARLIC BREAD & CHEESE	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		

SIDE COLESLAW	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain											Does contain
B SIDE BISTRO CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g															
MENU A SIDE SKIN ON FRIES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g															
SIDE BEER BATTERED ONION RINGS	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 SALAD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g															Does contain

CATEGORY: SANDWICH

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 C FISH FINGER 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		Does contain
VEGETABLE CUBAN S/W SS20	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 B CHICKEN & BACON SANDWICH	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
THE CHEESESTEAK SS20	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
B ADD BOWL OF CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														

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
STICKY TOFFEE PUDDING SS21	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 BROWNIE GF SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain						Does contain	
RL CHEESE CAKE AW 21	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	
SUMMER APPLE & BERRY CRUMBLE SS20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
CREME BRULEE RL AW 21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
B DESSERT JUDE'S ICE CREAM 3 SCOOP	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain			May contain	May contain		Does contain	

CATEGORY: SUNDAY

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 ROAST POTATOES AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
SUNDAY STRIPLOIN ROAST SS21	376.00kcal	1582.00kJ	13.00g	5.80g	0.00g	0.00g	0.00g	64.80g	0.28g	Does contain	Does contain		Does contain			Does contain							Does contain
SUNDAY TRIO ROAST SS21	188.00kcal	791.00kJ	6.50g	2.90g	0.00g	0.00g	0.00g	32.40g	0.14g	Does contain	Does contain		Does contain			Does contain							Does contain
SUNDAY LAMB ROAST SS21	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
SUNDAY PORK LOIN ROAST SS21	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
SUNDAY LEMON & THYME CHICKEN ROAST SS20	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
B FARMYARD ROAST PORK LOIN, SIRLOIN OF BEEF, LAMB & CHICKEN	188.00kcal	791.00kJ	6.50g	2.90g	0.00g	0.00g	0.00g	32.40g	0.14g	Does contain	Does contain		Does contain			Does contain		Does contain					Does contain
VEGAN NUTROAST	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 PIGS IN BLANKETS 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 YORKSHIRE PUDDING SIDE 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 CAULIFLOWER CHEESE AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MENU A STUFFING SIDE 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
BRAISED RED CABBAGE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														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 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							
MENU C KIDS HEINZ TOMATO SOUP	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							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					
B KIDS CHICKEN GOUJONS & PEAS	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 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							Does contain
MENU A BURGER KIDS SS21	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 ROAST BEEF AW18	225.60kcal	949.20kJ	7.80g	3.48g	0.00g	0.00g	0.00g	38.88g	0.17g	Does contain	Does contain		Does contain			Does contain							Does contain
MENU A KIDS ROAST PORK 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 KIDS ROAST CHICKEN 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 KIDS CHICKEN & MUSHROOM PASTA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
KIDS HOUMOUS SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g										Does contain		Does contain		Does contain