

COOKHOUSE♦PUB

Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans

Starters

LOADED NACHOS - **V**

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1965 kJ / 471 kcal	27.0 g	5.8 g	46.6 g	5.5 g	8.4 g	1.84 g

LOADED NACHOS VEGAN - **VE V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2199 kJ / 527 kcal	31.0 g	18.6 g	55.7 g	2.1 g	4.3 g	2.70 g

LOADED POTATO DIPPERS

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1746 kJ / 419 kcal	24.4 g	9.5 g	34.7 g	2.3 g	14.9 g	1.14 g

PRAWN COCKTAIL WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Crustaceans, Egg, Milk, Mustard

May Contain: Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1516 kJ / 364 kcal	21.7 g	6.4 g	25.1 g	9.2 g	14.0 g	1.78 g

TOMATO SOUP WITH NON GLUTEN CONTAINING INGREDIENT BREAD - **V**

Contains: Egg

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1219 kJ / 291 kcal	12.8 g	3.5 g	35.5 g	14.5 g	4.8 g	1.51 g

VEGAN TOMATO SOUP - **VE V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 199 kcal	10.8 g	3.3 g	20.4 g	14.1 g	3.6 g	1.11 g

Mains

8OZ RUMP STEAK WITH PEAS AND TOMATO

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1581 kJ / 376 kcal	13.7 g	6.2 g	11.4 g	5.2 g	53.8 g	1.23 g

Add Skin-on Chips 175g - **VE V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad - **VE V**

Contains: Mustard, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

8OZ SIRLOIN STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1577 kJ / 376 kcal	13.3 g	5.8 g	11.4 g	5.6 g	54.1 g	1.21 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Mixed Side Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

BIG STACK BURGER WITHOUT BUN*Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3271 kJ / 787 kcal	59.7 g	23.8 g	12.4 g	9.6 g	49.8 g	4.34 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Non Gluten Containing Ingredient Burger Bun - V*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.66 g

Add Mixed Side Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

CHEESE & BACON BURGER WITHOUT BUN*Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2131 kJ / 513 kcal	38.4 g	13.5 g	9.2 g	7.0 g	31.8 g	3.09 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Non Gluten Containing Ingredient Burger Bun - V*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.66 g

Add Mixed Side Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

CHICKEN TIKKA CURRY WITH RICE*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2240 kJ / 534 kcal	20.4 g	5.1 g	54.6 g	7.6 g	29.8 g	2.29 g

FRESH MIXED SALAD - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	388 kJ / 93 kcal	1.9 g	0.4 g	12.8 g	10.8 g	4.0 g	0.24 g

Add French Dressing - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	272 kJ / 66 kcal	5.4 g	0.5 g	4.1 g	3.2 g	0.1 g	0.41 g

Add Marie Rose Dressing - V*Contains: Egg, Mustard**May Contain: Sulphite*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	405 kJ / 98 kcal	8.0 g	0.6 g	6.1 g	5.6 g	0.3 g	0.40 g

GAMMON STEAK WITH PEAS AND TOMATO*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1600 kJ / 384 kcal	23.9 g	1.9 g	7.9 g	5.0 g	32.6 g	4.37 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add 1 Fried Egg - V*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	897 kJ / 216 kcal	17.0 g	3.6 g	0.1 g	0.1 g	15.9 g	0.38 g

Add Pineapple - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	185 kJ / 44 kcal	0.0 g	0.0 g	10.5 g	10.5 g	0.3 g	0.01 g

Add 1 Fried Egg & 1 Pineapple - V*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	541 kJ / 130 kcal	8.5 g	1.8 g	5.3 g	5.3 g	8.1 g	0.20 g

SMOTHERED CHICKEN*Contains: Egg, Milk, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1933 kJ / 461 kcal	20.5 g	7.9 g	20.9 g	14.4 g	46.8 g	3.15 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

SPICY GRILLED CHICKEN BURGER WITHOUT BUN*Contains: Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1529 kJ / 365 kcal	19.6 g	1.3 g	12.1 g	9.3 g	34.2 g	1.93 g

Add Skin-on Chips 175g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Add Non Gluten Containing Ingredient Burger Bun - V*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.66 g

Add Mixed Side Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

Sides

CHIPOTLE BEEF CHILLI TOPPED CHIPS SHARER (per portion)*Contains: Celery, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

CHIPOTLE BEEF CHILLI TOPPED CHIPS SINGLE*Contains: Celery, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1678 kJ / 400 kcal	20.2 g	3.8 g	42.5 g	3.5 g	9.5 g	2.12 g

COLESLAW - V*Contains: Egg, Mustard**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	639 kJ / 154 kcal	11.7 g	0.9 g	9.0 g	6.4 g	1.5 g	0.80 g

MIXED SIDE SALAD - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18 g

SKIN-ON CHIPS - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1163 kJ / 277 kcal	12.2 g	0.9 g	36.1 g	0.7 g	3.9 g	1.47 g

Desserts

FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	448 kJ / 106 kcal	0.2 g	0.0 g	22.8 g	22.8 g	1.4 g	0.01 g

ICE CREAM SUNDAE WITH CADBURY DAIRY MILK CARAMEL NIBBLES - **V**

Contains: Milk, Soya

May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2136 kJ / 509 kcal	22.0 g	14.1 g	68.4 g	62.4 g	8.3 g	0.38 g

MIXED BERRIES CHEESECAKE WITH VANILLA DAIRY ICE CREAM - **V**

Contains: Egg, Milk

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2554 kJ / 611 kcal	34.7 g	12.2 g	65.0 g	42.7 g	8.6 g	0.34 g

Sunday Roast

SUNDAY ROAST BEEF

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4261 kJ / 1021 kcal	58.1 g	11.2 g	77.6 g	15.8 g	41.4 g	2.54 g

SUNDAY ROAST GAMMON

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3986 kJ / 955 kcal	51.5 g	8.2 g	78.8 g	15.8 g	38.4 g	4.56 g

SUNDAY ROAST TURKEY

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3674 kJ / 878 kcal	39.9 g	3.5 g	78.2 g	15.8 g	45.9 g	3.45 g

TRIO OF ROAST

Contains: Cereals containing Gluten (Wheat)

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3974 kJ / 951 kcal	49.8 g	7.7 g	78.2 g	15.8 g	41.9 g	3.63 g

Sunday Roast Condiments

Add Horseradish 30g - **V**

Contains: Egg, Milk, Mustard, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	250 kJ / 60 kcal	4.5 g	0.3 g	3.8 g	3.7 g	1.0 g	1.35 g

Add Apple Sauce 30g - **VE** **V**

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	113 kJ / 27 kcal	0.0 g	0.0 g	6.4 g	5.3 g	0.1 g	0.00 g

Add Cranberry Sauce 30g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	225 kJ / 53 kcal	0.0 g	0.0 g	12.9 g	12.6 g	0.0 g	0.07 g

Kids Sunday Roast

KIDS SUNDAY ROAST BEEF*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2105 kJ / 504 kcal	28.7 g	6.6 g	32.2 g	7.5 g	26.1 g	0.95 g

KIDS SUNDAY ROAST GAMMON*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1922 kJ / 460 kcal	24.3 g	4.6 g	33.0 g	7.5 g	24.1 g	2.30 g

KIDS SUNDAY ROAST TURKEY*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1714 kJ / 409 kcal	16.5 g	1.5 g	32.7 g	7.5 g	29.1 g	1.56 g

Kids Starters

KIDS TORTILLA CHIPS WITH DIP - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	689 kJ / 164 kcal	6.5 g	1.0 g	21.6 g	3.2 g	3.7 g	0.25 g

KIDS VEGAN TORTILLA CHIPS WITH TOMATO - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	630 kJ / 150 kcal	6.4 g	0.9 g	20.0 g	1.5 g	2.1 g	0.21 g

KIDS VEGGIE STICKS WITH DIP - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	118 kJ / 28 kcal	0.3 g	0.1 g	4.2 g	4.0 g	2.0 g	0.06 g

Kids Mains - Smaller Appetites

KIDS GRILLED CHICKEN BREAST*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	328 kJ / 77 kcal	1.2 g	0.3 g	0.1 g	0.2 g	16.4 g	0.55 g

Kids Sides

Add Skin-on Chips 100g - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mashed Potato - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Mini Jacket Potatoes - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 50 kcal	0.1 g	0.1 g	10.5 g	1.2 g	1.3 g	0.00 g

Add Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Baked Beans - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Kids Mains - Larger Appetites

KIDS BEEF BURGER WITH BUN*Contains: Egg, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1631 kJ / 390 kcal	19.0 g	7.4 g	27.4 g	4.7 g	23.6 g	0.87 g

KIDS GRILLED CHICKEN BREAST BURGER WITH BUN*Contains: Egg**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1071 kJ / 254 kcal	5.0 g	0.8 g	27.4 g	4.9 g	20.9 g	1.22 g

Kids Sides**Add Skin-on Chips 100g - VE V***Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84 g

Add Mashed Potato - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	460 kJ / 110 kcal	3.8 g	2.3 g	15.7 g	1.0 g	2.3 g	0.53 g

Add Mini Jacket Potatoes - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	209 kJ / 50 kcal	0.1 g	0.1 g	10.5 g	1.2 g	1.3 g	0.00 g

Add Salad - VE V*Contains: Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	97 kJ / 23 kcal	1.2 g	0.1 g	2.2 g	2.1 g	0.6 g	0.07 g

Add Mini Corn on the Cobs - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.01 g

Add Baked Beans - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Kids Desserts

BERRY BLAST SUNDAE - V*Contains: Milk**May Contain: Milk, Soya, Tree Nuts (Hazelnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	521 kJ / 125 kcal	6.9 g	4.7 g	13.0 g	10.3 g	2.3 g	0.07 g

KIDS FRUIT SALAD - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	211 kJ / 50 kcal	0.1 g	0.0 g	10.8 g	10.8 g	0.6 g	0.00 g

KIDS ICE CREAM - V*Contains: Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	610 kJ / 146 kcal	6.5 g	4.2 g	17.8 g	13.0 g	3.8 g	0.11 g

PIP ORGANIC BERRY ICE LOLLY - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	66 kJ / 16 kcal	0.0 g	0.0 g	3.9 g	3.7 g	0.0 g	0.00 g

PIP ORGANIC RAINBOW ICE LOLLY - VE V*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	76 kJ / 18 kcal	0.0 g	0.0 g	4.5 g	4.2 g	0.0 g	0.00 g

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 63 kcal	4.0 g	1.3 g	0.2 g	0.1 g	6.5 g	0.91 g

Add 4oz Burger*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	888 kJ / 214 kcal	15.3 g	6.9 g	0.1 g	0.1 g	19.0 g	1.21 g

Add Chipotle Beef Chili*Contains: Celery, Milk, Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	523 kJ / 125 kcal	6.0 g	2.8 g	8.1 g	2.9 g	8.3 g	0.69 g

Add Double Smothered Chicken*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1369 kJ / 325 kcal	11.4 g	6.2 g	15.7 g	10.3 g	39.4 g	1.91 g

Add Grilled Chicken Breast*Contains: No major allergens**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	657 kJ / 155 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.7 g	2.11 g

Add a Cheese Slice - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	345 kJ / 83 kcal	7.0 g	4.3 g	0.0 g	0.0 g	5.1 g	0.38 g