

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

Festive/Boxing Day Starters

CHICKEN LIVER & BRANDY PATE WITH NON GLUTEN CONTAINING INGREDIENT BREAD

Contains: Egg, Milk, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1161 kJ / 278 kcal	13.7 g	6.0 g	28.1 g	11.7 g	7.9 g	1.05 g

FESTIVE NACHOS

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2391 kJ / 571 kcal	27.9 g	5.1 g	58.5 g	16.8 g	19.2 g	2.97 g

FESTIVE NACHOS VEGETARIAN - V

Contains: Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2039 kJ / 487 kcal	24.0 g	3.9 g	58.2 g	16.8 g	7.3 g	1.87 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
	1557 kJ / 374 kcal	21.9 g	6.4 g	25.7 g	9.7 g	15.5 g	1.86 g

TOMATO & BASIL 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 & BASIL 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

Festive/Boxing Day Mains

8OZ RUMP WITH PEPPERCORN SAUCE

Contains: Celery, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 415 kcal	15.1 g	6.9 g	16.4 g	6.8 g	55.3 g	2.07 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 WITH PEPPERCORN SAUCE*Contains: Celery, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1741 kJ / 415 kcal	14.7 g	6.4 g	16.3 g	7.2 g	55.6 g	2.05 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

FESTIVE STACK BURGER WITH NON GLUTEN CONTAINING INGREDIENT BUN*Contains: Celery, Egg, Mustard, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2650 kJ / 633 kcal	28.7 g	9.2 g	47.2 g	18.4 g	42.4 g	3.64 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

FESTIVE TURKEY ROAST*Contains: Cereals containing Gluten (Wheat), Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4457 kJ / 1065 kcal	48.9 g	7.7 g	96.1 g	31.2 g	52.3 g	4.01 g

GARDEN GOURMET SAUSAGE ROAST - VE V*Contains: Cereals containing Gluten (Wheat), Soya**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3465 kJ / 832 kcal	46.7 g	3.5 g	65.1 g	8.1 g	27.5 g	2.71 g

SALMON WITH SEAFOOD & PROSECCO SAUCE*Contains: Crustaceans, Fish, Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3027 kJ / 728 kcal	46.3 g	17.6 g	28.0 g	10.2 g	47.1 g	1.38 g

Festive/Christmas/Boxing Day Sides

CAULIFLOWER CHEESE - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1150 kJ / 277 kcal	20.1 g	13.2 g	14.4 g	5.9 g	8.8 g	1.57 g

GRILLED BRUSSELS SPROUTS GRATIN - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1115 kJ / 268 kcal	15.6 g	9.2 g	17.9 g	9.2 g	11.1 g	1.33 g

LOADED ROAST POTATOES

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2291 kJ / 548 kcal	28.7 g	2.2 g	54.0 g	14.6 g	15.9 g	1.50 g

PIGS IN BLANKETS

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	700 kJ / 168 kcal	11.4 g	3.9 g	5.0 g	1.0 g	10.9 g	1.21 g

ROAST POTATOES per 100g - **VE** **V**

Contains: No major allergens

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	885 kJ / 213 kcal	14.1 g	1.0 g	18.4 g	0.5 g	1.9 g	0.15 g

Festive/Boxing Day Desserts

BANOFFEE CHEESECAKE - **V**

Contains: Egg, Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3278 kJ / 782 kcal	36.7 g	13.4 g	101.3 g	76.2 g	10.3 g	0.53 g

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 AFTER EIGHT MINTS - **V**

Contains: Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2062 kJ / 491 kcal	18.9 g	12.1 g	72.2 g	62.3 g	6.8 g	0.22 g

Festive/Boxing Day Kids Starters

KIDS PIGS IN BLANKETS WITH DIP

Contains: Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	767 kJ / 184 kcal	11.6 g	3.9 g	8.2 g	2.8 g	11.2 g	1.69 g

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

Festive/Boxing Day Kids Mains

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 TURKEY WITH TRIMMINGS*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2217 kJ / 529 kcal	23.3 g	3.1 g	42.6 g	10.6 g	33.4 g	2.06 g

PIGS IN BLANKETS WITH GRAVY*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	594 kJ / 142 kcal	8.7 g	2.7 g	7.8 g	1.4 g	7.7 g	1.16 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

Festive/Boxing Day 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

SANTA'S HAT SUNDAE - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 182 kcal	9.7 g	6.5 g	19.3 g	14.5 g	4.1 g	0.11 g

Christmas Day Starters

CHICKEN LIVER & BRANDY PATE WITH NON GLUTEN CONTAINING INGREDIENT BREAD*Contains: Egg, Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1161 kJ / 278 kcal	13.7 g	6.0 g	28.1 g	11.7 g	7.9 g	1.05 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
	1557 kJ / 374 kcal	21.9 g	6.4 g	25.7 g	9.7 g	15.5 g	1.86 g

TOMATO & BASIL 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 & BASIL 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

Christmas Day Mains

CHRISTMAS DAY BEEF ROAST*Contains: Cereals containing Gluten (Wheat), Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4819 kJ / 1155 kcal	67.1 g	15.3 g	82.6 g	18.6 g	47.9 g	2.70 g

CHRISTMAS DAY FISH MEDLEY

Contains: Crustaceans, Fish, Milk

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3176 kJ / 763 kcal	46.5 g	17.7 g	28.3 g	10.2 g	54.9 g	1.83 g

CHRISTMAS DAY GAMMON ROAST

Contains: Cereals containing Gluten (Wheat), Milk, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4544 kJ / 1089 kcal	60.5 g	12.3 g	83.8 g	18.6 g	44.9 g	5.05 g

CHRISTMAS DAY TRIO ROAST

Contains: Cereals containing Gluten (Wheat), Milk, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4532 kJ / 1085 kcal	58.9 g	11.8 g	83.2 g	18.6 g	48.4 g	3.90 g

CHRISTMAS DAY TURKEY ROAST

Contains: Cereals containing Gluten (Wheat), Milk, Sulphite

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4232 kJ / 1012 kcal	48.9 g	7.7 g	83.2 g	18.6 g	52.3 g	3.94 g

GARDEN GOURMET SAUSAGE ROAST - **VE** **V**

Contains: Cereals containing Gluten (Wheat), Soya

May Contains: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3465 kJ / 832 kcal	46.7 g	3.5 g	65.1 g	8.1 g	27.5 g	2.71 g

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

Christmas Day Desserts

BANOFFEE CHEESECAKE - **V**

Contains: Egg, Milk, Soya

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

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3278 kJ / 782 kcal	36.7 g	13.4 g	101.3 g	76.2 g	10.3 g	0.53 g

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 AFTER EIGHT MINTS - V*Contains: Milk, Soya**May Contain: Milk, Peanut, Soya, Sulphite, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2062 kJ / 491 kcal	18.9 g	12.1 g	72.2 g	62.3 g	6.8 g	0.22 g

Christmas Day Kids Starters

KIDS PIGS IN BLANKETS WITH DIP*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	767 kJ / 184 kcal	11.6 g	3.9 g	8.2 g	2.8 g	11.2 g	1.69 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

Christmas Day Kids Mains

KIDS CHRISTMAS DAY BEEF ROAST*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2608 kJ / 625 kcal	35.5 g	8.2 g	42.2 g	10.6 g	30.4 g	1.23 g

KIDS CHRISTMAS DAY GAMMON ROAST*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2425 kJ / 580 kcal	31.1 g	6.2 g	43.0 g	10.6 g	28.4 g	2.80 g

KIDS CHRISTMAS DAY TURKEY ROAST*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2217 kJ / 529 kcal	23.3 g	3.1 g	42.6 g	10.6 g	33.4 g	2.06 g

Christmas/Boxing Day 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

SANTA'S HAT SUNDAE - V*Contains: Milk**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	759 kJ / 182 kcal	9.7 g	6.5 g	19.3 g	14.5 g	4.1 g	0.11 g

Upgrade

Add an extra slice of beef and pig in blanket*Contains: Milk, Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	798 kJ / 192 kcal	14.4 g	6.6 g	1.7 g	0.4 g	13.9 g	0.57 g

Add an extra slice of gammon and pig in blanket*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	554 kJ / 133 kcal	8.1 g	3.0 g	2.1 g	0.3 g	12.8 g	1.28 g

Add an extra slice of turkey and pig in blanket*Contains: Sulphite**May Contains: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	450 kJ / 107 kcal	4.2 g	1.4 g	1.9 g	0.3 g	15.3 g	0.91 g