

**CAVEMAN  
TRAINING**

**GROUP FITNESS**

**NUTRITION SURVIVAL GUIDE TO**

# **HUNGRY HORSE**

**CALORIES AND MACRONUTRIENTS**

**WWW.CAVEMANTRAINING.CO.UK**

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## STARTERS & SHARERS

|                                 | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Ultimate BIG Combo              | 2519            | 70          | 224                     | -                 | 38         | 108           | 9        |
| Chicken Sharer                  | 1854            | 86          | 143                     | -                 | 29         | 69            | 7        |
| 20 Onion Ring Horseshoe Stacker | 1783            | 22          | 177                     | -                 | 44         | 103           | 5.2      |
| Muchos Nachos Grande Chilli     | 1252            | 30          | 132                     | -                 | 24         | 63            | 3.4      |
| Breaded Jumbo Prawns            | 1105            | 8           | 66                      | -                 | 18         | 80            | 3.7      |
| Muchos Nachos Grande            | 1054            | 18          | 116                     | -                 | 16         | 55            | 2.7      |
| Chicken Wings                   | 925             | 62          | 14                      | -                 | 13         | 60            | 2.9      |
| Garlic Breaded Mushrooms        | 686             | 7           | 55                      | -                 | 10         | 46            | 3.4      |
| Mini Camembert                  | 650             | 30          | 55                      | -                 | 22         | 34            | 1.4      |
| Chicken Fingers                 | 607             | 31          | 40                      | -                 | 0          | 32            | 1.2      |
| Cheesy Garlic Ciabatta          | 521             | 22          | 42                      | -                 | 4          | 29            | 2.2      |
| Bacon Popcorn                   | 486             | 15          | 19                      | -                 | 16         | 25            | 5.8      |
| Garlic Ciabatta                 | 358             | 9           | 42                      | -                 | 4          | 16            | 1.4      |
| Roasted Tomato & Thyme Soup     | 280             | 7           | 42                      | -                 | 9          | 9             | 2        |
| Texan BBQ Sauce                 | 90              | 1           | 17                      | -                 | 15         | 0             | 0.5      |
| Sweet Chilli Sauce              | 82              | 1           | 21                      | -                 | 16         | 0             | 0.5      |
| Hot Hot Hot Sauce               | 73              | 1           | 4                       | -                 | 2          | 5             | 0.7      |
| New Piri Piri Hot Sauce         | 24              | 1           | 3                       | -                 | 2          | 1             | 1.5      |

## BIG PLATE SPECIALS

|                                 |      |     |     |   |    |     |      |
|---------------------------------|------|-----|-----|---|----|-----|------|
| BPS Topped Chicken & Waffles    | 2781 | 70  | 221 | - | 74 | 178 | 7    |
| BPS Big Chicken Korma Banquet   | 2654 | 70  | 250 | - | 58 | 149 | 8.1  |
| BPS Chicken Tikka Masala        | 2587 | 67  | 252 | - | 61 | 141 | 8.1  |
| BPS Topped Halloumi & Waffles   | 2402 | 65  | 186 | - | 75 | 153 | 8.9  |
| BPS Chick Pea and Sweet Potato  | 2354 | 44  | 265 | - | 50 | 119 | 9.3  |
| BPS Porky Platter               | 2240 | 109 | 104 | - | 24 | 149 | 14.2 |
| BPS Steak on a Pie              | 2177 | 72  | 172 | - | 30 | 125 | 6.4  |
| BPS Full Monty Mixed Grill      | 2155 | 113 | 109 | - | 18 | 134 | 7.8  |
| BPS Jumbo Crispy Chicken        | 1933 | 62  | 146 | - | 15 | 120 | 3.4  |
| BPS Jumbo Cod & Chunky Chips    | 1902 | 73  | 104 | - | 9  | 132 | 1.7  |
| BPS Jumbo Scampi                | 1839 | 30  | 144 | - | 10 | 123 | 4    |
| BPS Chicken New Yorker          | 1805 | 115 | 140 | - | 48 | 53  | 6.6  |
| BPS Gigantic Gammon             | 1788 | 70  | 97  | - | 18 | 122 | 9.3  |
| BPS Trio of Chicken             | 1717 | 84  | 106 | - | 27 | 107 | 4.5  |
| BPS 8oz Smothered Steak Sizzler | 1645 | 48  | 96  | - | 16 | 108 | 3.6  |
| BPS 9oz Sirloin Steak           | 1642 | 55  | 93  | - | 13 | 109 | 2.3  |
| BPS All Day Breakfast           | 1417 | 51  | 109 | - | 8  | 84  | 8.1  |
| BPS 12oz Rump                   | 1247 | 62  | 93  | - | 13 | 90  | 1.9  |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BURGERS

|                                      | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Smokin' Jack Burger                  | 3580            | 159         | 123                     | -                 | 29         | 241           | 14.6     |
| BPS Quadzilla Burger                 | 3273            | 123         | 179                     | -                 | 20         | 168           | 11       |
| Double Daddy Burger                  | 2974            | 97          | 170                     | -                 | 24         | 178           | 10.3     |
| Double Bacon & Cheese Beef Burger    | 2043            | 67          | 106                     | -                 | 11         | 120           | 5.3      |
| Double Cheese Beef Burger            | 1977            | 63          | 106                     | -                 | 11         | 114           | 4.6      |
| Route 66                             | 1954            | 54          | 153                     | -                 | 18         | 93            | 5.9      |
| Double Classic Beef Burger           | 1937            | 61          | 106                     | -                 | 10         | 110           | 4.2      |
| Double Falafel Burger                | 1591            | 35          | 182                     | -                 | 32         | 22            | 4.1      |
| Bacon & Cheese Beef Burger           | 1470            | 42          | 102                     | -                 | 11         | 69            | 4.2      |
| Double Southern Fried Chicken Burger | 1445            | 55          | 138                     | -                 | 12         | 43            | 4.8      |
| Cheese Beef Burger                   | 1404            | 39          | 102                     | -                 | 11         | 63            | 3.5      |
| Falafel Burger                       | 1389            | 24          | 152                     | -                 | 32         | 19            | 3.7      |
| Classic Beef Burger                  | 1365            | 36          | 102                     | -                 | 10         | 59            | 3.1      |
| Southern Fried Chicken Burger        | 1118            | 33          | 118                     | -                 | 11         | 26            | 3.4      |

## LIGHT BITES

|                                 |     |    |    |   |    |    |     |
|---------------------------------|-----|----|----|---|----|----|-----|
| Halloumi                        | 800 | 58 | 7  | - | 7  | 60 | 6.5 |
| Chicken Club                    | 606 | 52 | 11 | - | 6  | 39 | 3.5 |
| Cheesy Melt                     | 454 | 27 | 22 | - | 18 | 29 | 1.8 |
| Southern Fried Chicken & Mayo   | 363 | 30 | 20 | - | 2  | 22 | 1.6 |
| Omega 3 Fish finger Baguette    | 361 | 14 | 26 | - | 3  | 22 | 1.2 |
| Jacket Potato                   | 337 | 6  | 64 | - | 4  | 7  | 0.3 |
| Baguette                        | 330 | 11 | 67 | - | 4  | 1  | 1.1 |
| Vegan Falafel Burger            | 253 | 11 | 33 | - | 3  | 7  | 0.6 |
| Tortilla                        | 227 | 6  | 36 | - | 2  | 6  | 0.7 |
| Roast Chicken Fillets           | 204 | 40 | 3  | - | 1  | 4  | 0.8 |
| Chilli Con Carne                | 198 | 12 | 16 | - | 8  | 8  | 0.7 |
| Beef Rump Steak 5oz             | 181 | 19 | 0  | - | 0  | 6  | 0.2 |
| Mozzarella/White Cheddar Grated | 164 | 13 | 1  | - | 0  | 13 | 0.8 |
| Pink Star Coleslaw              | 75  | 1  | 6  | - | 5  | 5  | 0.4 |
| Baked Beans                     | 63  | 3  | 10 | - | 4  | 0  | 0.5 |
| Classic Salad Bowl              | 34  | 2  | 5  | - | 3  | 1  | 0.1 |

## PUB FAVOURITES

|                                   |      |    |     |   |    |     |     |
|-----------------------------------|------|----|-----|---|----|-----|-----|
| Veggie Fish & Chips               | 1687 | 75 | 68  | - | 23 | 122 | 9.8 |
| Hand-Battered Fish & Chunky Chips | 1553 | 53 | 84  | - | 8  | 107 | 1.5 |
| Roast Beef Yorkie Burrito         | 1550 | 64 | 137 | - | 17 | 84  | 2.7 |
| Mini Mixed Grill                  | 1428 | 87 | 69  | - | 14 | 88  | 5.7 |
| 8oz Rump Steak                    | 1223 | 44 | 69  | - | 11 | 77  | 2   |
| Chicken New Yorker                | 1210 | 64 | 107 | - | 26 | 27  | 3.7 |
| Breaded Wholetail Scampi †        | 1156 | 19 | 86  | - | 6  | 80  | 2.3 |
| 5oz Rump Steak                    | 1115 | 33 | 69  | - | 11 | 73  | 1.9 |
| British Beef & Ale Pie            | 1094 | 31 | 106 | - | 13 | 63  | 4.1 |
| 5oz Grilled Gammon                | 995  | 33 | 57  | - | 13 | 70  | 3.1 |
| Chicken Tikka Masala              | 815  | 41 | 101 | - | 40 | 26  | 3.7 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

|                                 | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Full English Breakfast          | 802             | 35          | 58                      | -                 | 5          | 47            | 5.5      |
| Pork Sausages & Mash            | 775             | 35          | 90                      | -                 | 29         | 31            | 5.6      |
| Macaroni Cheese v               | 755             | 33          | 87                      | -                 | 7          | 32            | 4.9      |
| Chickpea and Sweet Potato Curry | 696             | 18          | 114                     | -                 | 39         | 18            | 3.9      |
| Oven Baked Beef Lasagne         | 687             | 30          | 49                      | -                 | 9          | 29            | 4.5      |
| Quorn Sausages & Mash           | 648             | 29          | 92                      | -                 | 30         | 17            | 4.4      |

## DIRTY FRIES SIDES

|                                 |     |    |    |   |   |    |     |
|---------------------------------|-----|----|----|---|---|----|-----|
| Mac and Bacon topper            | 910 | 23 | 94 | - | 4 | 20 | 4.1 |
| Popcorn Bacon                   | 868 | 18 | 65 | - | 3 | 22 | 4.2 |
| Mac Cheese topper               | 778 | 16 | 94 | - | 4 | 8  | 2.8 |
| Pizza topper                    | 691 | 15 | 65 | - | 5 | 10 | 1.9 |
| Trade up - Mac and Bacon topper | 364 | 17 | 32 | - | 2 | 20 | 3.1 |
| Trade up - Popcorn Bacon        | 322 | 12 | 4  | - | 1 | 22 | 3.2 |
| Trade up - Mac Cheese topper    | 232 | 10 | 32 | - | 2 | 8  | 1.8 |
| Trade up - Pizza topper         | 145 | 9  | 4  | - | 3 | 10 | 0.9 |

## ADD-ONS

|                               |     |    |    |   |    |    |     |
|-------------------------------|-----|----|----|---|----|----|-----|
| Beef Burger                   | 573 | 25 | 4  | - | 0  | 51 | 1.1 |
| Bhajis                        | 541 | 10 | 39 | - | 14 | 37 | 1.6 |
| Roast Potatoes                | 362 | 2  | 59 | - | 2  | 0  | 3.6 |
| Chicken Skewer Southern Fried | 294 | 27 | 19 | - | 0  | 16 | 1.5 |
| Chicken Burger                | 266 | 17 | 16 | - | 1  | 0  | 0.7 |
| Falafel Burger                | 253 | 11 | 33 | - | 3  | 7  | 0.6 |
| Mash                          | 249 | 6  | 42 | - | 6  | 6  | 1.4 |
| Sausage                       | 229 | 15 | 9  | - | 0  | 15 | 1.9 |
| Chicken Breast                | 204 | 40 | 3  | - | 1  | 4  | 0.8 |
| 1/2 Baguette and Butter       | 194 | 6  | 34 | - | 2  | 4  | 0.6 |
| Poppadom & Chutney            | 190 | 6  | 42 | - | 28 | 0  | 2.6 |
| Chicken Skewer Plain          | 189 | 32 | 6  | - | 3  | 4  | 1.9 |
| Naan                          | 172 | 5  | 31 | - | 2  | 3  | 0.6 |
| Oozy Boozy Cheese Sauce       | 166 | 7  | 4  | - | 1  | 13 | 0.7 |
| Grated Cheese                 | 164 | 13 | 1  | - | 0  | 13 | 0.8 |
| Pulled Pork                   | 133 | 8  | 8  | - | 7  | 7  | 0.5 |
| Mushy Peas                    | 120 | 8  | 20 | - | 6  | 0  | 0.6 |
| Fried Egg                     | 118 | 6  | 0  | - | 0  | 9  | 0.3 |
| Yorkshire Pudding             | 100 | 4  | 14 | - | 1  | 3  | 0.3 |
| Quorn Sausage                 | 76  | 6  | 5  | - | 1  | 3  | 0.5 |
| Streaky Bacon                 | 66  | 3  | 0  | - | 0  | 6  | 0.7 |
| Beans                         | 63  | 3  | 10 | - | 4  | 0  | 0.5 |
| Peas                          | 60  | 6  | 9  | - | 5  | 1  | 0   |
| Mushrooms                     | 41  | 2  | 0  | - | 0  | 5  | 0   |
| Butter                        | 29  | 0  | 0  | - | 0  | 3  | 0.1 |
| Gravy                         | 26  | 0  | 6  | - | 0  | 0  | 1.5 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

|                     | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Tomato              | 0               | 0           | 0                       | -                 | 0          | 0             | 0        |
| Bubblegum Ice Cream | 133             | 2           | 15                      | -                 | 14         | 7             | 0.2      |
| Chocolate Ice Cream | 112             | 2           | 14                      | -                 | 14         | 5             | 0.1      |
| Vanilla Ice Cream   | 110             | 2           | 14                      | -                 | 14         | 5             | 0.1      |
| Custard             | 89              | 3           | 16                      | -                 | 12         | 1             | 0.2      |

## EXTRAS

|                            |     |    |    |   |    |    |     |
|----------------------------|-----|----|----|---|----|----|-----|
| Smothered Chips Cheese     | 798 | 17 | 43 | - | 2  | 62 | 0.8 |
| Chips                      | 634 | 4  | 42 | - | 2  | 49 | 0   |
| Lunch Chips                | 634 | 4  | 42 | - | 2  | 49 | 0   |
| Fries                      | 546 | 6  | 62 | - | 2  | 0  | 1.1 |
| 5 Onion Rings              | 392 | 5  | 28 | - | 10 | 27 | 1.1 |
| White Bread & Butter       | 299 | 9  | 48 | - | 4  | 8  | 1.3 |
| Macaroni Cheese            | 281 | 14 | 32 | - | 2  | 12 | 2   |
| Brown Bread and Butter     | 272 | 10 | 42 | - | 4  | 8  | 1.2 |
| Steak Topper 2 Fried Eggs  | 235 | 13 | 0  | - | 0  | 19 | 0.5 |
| BBQ and Ale Sauce          | 213 | 1  | 51 | - | 49 | 0  | 1.5 |
| Lemon and Garlic Sauce     | 193 | 1  | 27 | - | 15 | 9  | 0   |
| Steak Topper New Yorker    | 193 | 9  | 9  | - | 8  | 13 | 1.3 |
| Steak Topper Surf          | 172 | 6  | 16 | - | 1  | 9  | 0.9 |
| The Hot Topper             | 147 | 3  | 15 | - | 6  | 7  | 4.8 |
| Corn on the Cob            | 141 | 4  | 18 | - | 2  | 5  | 0.1 |
| Crispy Battered Jalapeno's | 92  | 2  | 8  | - | 2  | 6  | 1.3 |
| Coleslaw                   | 75  | 1  | 6  | - | 5  | 5  | 0.4 |
| Steak Sauce Peppercorn     | 52  | 1  | 6  | - | 2  | 3  | 1   |
| Parmigiana Sauce           | 35  | 1  | 4  | - | 3  | 1  | 0.5 |
| Dressed Side Salad         | 17  | 1  | 2  | - | 1  | 1  | 0.1 |

## SUNDAY ROASTS

|                                    |      |     |     |   |    |    |     |
|------------------------------------|------|-----|-----|---|----|----|-----|
| BPS Sunday Vegetarian              | 1834 | 57  | 244 | - | 40 | 73 | 4.7 |
| BPS Sunday Roast Beef              | 1661 | 110 | 193 | - | 32 | 55 | 3.9 |
| BPS Sunday Roasted Chicken Fillets | 1566 | 101 | 208 | - | 32 | 41 | 5.4 |
| Sunday Roast Beef                  | 983  | 67  | 108 | - | 19 | 35 | 3.6 |
| Sunday Vegetarian                  | 961  | 32  | 129 | - | 22 | 37 | 3   |
| Sunday Roast Chicken Fillets       | 905  | 65  | 116 | - | 18 | 22 | 3.9 |

## DESSERTS

|                                |      |    |     |   |     |    |     |
|--------------------------------|------|----|-----|---|-----|----|-----|
| The Ultimate BIG Candymania    | 2203 | 28 | 248 | - | 221 | 95 | 1.7 |
| Freakshake Cake                | 1063 | 7  | 110 | - | 83  | 33 | 0.4 |
| Jam Roly Poly                  | 1045 | 15 | 137 | - | 66  | 48 | 1.6 |
| Candymania Sundae              | 1044 | 12 | 114 | - | 100 | 42 | 0.7 |
| Warm Chocolate Fudge Cake      | 918  | 14 | 115 | - | 100 | 43 | 1.2 |
| Millionaires Cheesecake        | 698  | 6  | 81  | - | 58  | 38 | 0.6 |
| Syrup Sponge Pudding           | 665  | 10 | 113 | - | 85  | 19 | 1.1 |
| Apple Crumble                  | 653  | 9  | 119 | - | 77  | 14 | 0.7 |
| Chocolate & black cherry torte | 505  | 2  | 59  | - | 42  | 26 | 0.1 |