

# CAVEMAN TRAINING

GROUP FITNESS

NUTRITION SURVIVAL GUIDE TO

# SIZZLING PUBS & GRILL

CALORIES AND MACRONUTRIENTS

[WWW.CAVEMANTRAINING.CO.UK](http://WWW.CAVEMANTRAINING.CO.UK)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## STARTERS

|                                            | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Corn Nachos for One                        | 834             | 17          | 96                      | -                 | 18         | 40            | 6        |
| Grilled Lamb Kofta Kebabs                  | 617             | 29          | 54                      | -                 | 6          | 31            | 1.8      |
| Mushrooms, Stilton & Bacon on Garlic Bread | 494             | 21          | 20                      | -                 | 2          | 36            | 2        |
| Beer-Battered Mushrooms & sauce            | 421             | 7           | 41                      | -                 | 1          | 25            | 1.4      |
| BBQ Chicken Wings                          | 412             | 32          | 4                       | -                 | 3          | 30            | 1        |
| Southern-Fried Chicken                     | 351             | 20          | 18                      | -                 | 3          | 22            | 2.4      |
| Grilled Prawn Skewer                       | 310             | 17          | 48                      | -                 | 36         | 5             | 2.1      |
| Crispy Potato Skins                        | 300             | 6           | 40                      | -                 | 2          | 13            | 0.1      |
| Tomato and Herb Soup                       | 269             | 8           | 41                      | -                 | 8          | 8             | 2.5      |

## TOPPINGS & SAUCES

|                                            |     |    |    |   |    |    |     |
|--------------------------------------------|-----|----|----|---|----|----|-----|
| Cheddar Cheese Large (Nachos)              | 497 | 30 | 2  | - | 0  | 41 | 2.2 |
| BBQ Pulled Pork Large (Nachos)             | 419 | 27 | 30 | - | 25 | 21 | 1.1 |
| Cheese & BBQ Pulled Pork                   | 398 | 22 | 31 | - | 25 | 21 | 1.6 |
| American Cheese sauce Large (Nachos)       | 323 | 6  | 18 | - | 14 | 25 | 3.5 |
| Chilli Large (Nachos)                      | 284 | 18 | 28 | - | 15 | 10 | 3   |
| Cheese & Beef Chilli                       | 266 | 16 | 15 | - | 8  | 15 | 2.1 |
| Cheddar Cheese Small (Nachos)              | 248 | 15 | 1  | - | 0  | 20 | 1.1 |
| Cheese & Bacon                             | 195 | 15 | 1  | - | 0  | 15 | 2   |
| Sauce - Sticky Bourbon made with JD Whisky | 139 | 0  | 34 | - | 32 | 0  | 0.7 |
| Sauce - BBQ Dip                            | 129 | 1  | 30 | - | 25 | 0  | 0.9 |
| Cheese                                     | 124 | 8  | 1  | - | 0  | 10 | 0.6 |
| Sauce - Cooling minted sour cream          | 62  | 1  | 2  | - | 2  | 6  | 0.1 |
| Sauce - Peri Peri                          | 42  | 1  | 4  | - | 3  | 3  | 2.4 |
| Sauce - Hot Peri-Peri                      | 21  | 0  | 2  | - | 1  | 1  | 1.2 |

## SHARERS

|                             |      |    |     |   |    |    |     |
|-----------------------------|------|----|-----|---|----|----|-----|
| 1/2 House Sharer            | 1030 | 36 | 104 | - | 29 | 51 | 4.8 |
| 1/2 House-Fried Corn Nachos | 703  | 14 | 76  | - | 16 | 37 | 5   |
| 1/3 House Sharer            | 687  | 24 | 69  | - | 19 | 34 | 3.2 |
| 1/3 House-Fried Corn Nachos | 468  | 9  | 51  | - | 10 | 24 | 3.3 |

## SALADS

|                                           |     |    |    |   |    |    |     |
|-------------------------------------------|-----|----|----|---|----|----|-----|
| Bourbon Glazed Crispy Duck Salad          | 554 | 39 | 31 | - | 29 | 29 | 2.3 |
| Smoked Haddock and Spring Onion Fishcakes | 473 | 17 | 56 | - | 13 | 19 | 1.6 |
| Superfood Salad                           | 173 | 7  | 25 | - | 17 | 4  | 1   |
| ADD Grilled Halloumi                      | 398 | 29 | 3  | - | 3  | 30 | 3.3 |
| ADD Chicken and Bacon                     | 269 | 50 | 0  | - | 0  | 8  | 1.9 |
| ADD Chilli Maple Glazed Prawn Skewer      | 148 | 15 | 19 | - | 18 | 1  | 1.4 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## SANDWICHES

|                                                 | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-------------------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Sweet Chilli Southern Fried Chicken (white)     | 915             | 36          | 121                     | -                 | 33         | 31            | 4.2      |
| Sweet Chilli Southern Fried Chicken (wholemeal) | 882             | 39          | 108                     | -                 | 32         | 31            | 4.2      |
| Hand-Battered Fish Goujons (baguette)           | 881             | 42          | 99                      | -                 | 3          | 34            | 1.9      |
| Grilled Halloumi Red Pepper & Salsa (wrap)      | 876             | 41          | 79                      | -                 | 13         | 43            | 5.3      |
| Sweet Chilli Southern Fried Chicken (baguette)  | 869             | 37          | 115                     | -                 | 29         | 28            | 4.4      |
| Grilled Halloumi Red Pepper & Salsa (baguette)  | 836             | 43          | 76                      | -                 | 14         | 39            | 5.3      |
| Grilled Halloumi Red Pepper & Salsa (white)     | 833             | 43          | 66                      | -                 | 12         | 42            | 5.2      |
| Sweet Chilli Southern Fried Chicken (wrap)      | 776             | 33          | 97                      | -                 | 30         | 28            | 3.3      |
| Hand-Battered Fish Goujons (white)              | 776             | 31          | 100                     | -                 | 7          | 27            | 1.6      |
| Hand-Battered Fish Goujons (wholemeal)          | 743             | 33          | 87                      | -                 | 6          | 27            | 1.6      |
| Grilled Halloumi Red Pepper & Salsa (wholemeal) | 741             | 37          | 55                      | -                 | 10         | 40            | 4.3      |
| Hand-Battered Fish Goujons (wrap)               | 637             | 28          | 76                      | -                 | 4          | 24            | 0.7      |

## JACKETS

|                                      |     |    |    |   |    |    |     |
|--------------------------------------|-----|----|----|---|----|----|-----|
| Cheddar Cheese and Heinz Baked Beans | 619 | 27 | 60 | - | 10 | 27 | 1.9 |
| Cheddar Cheese                       | 552 | 22 | 50 | - | 8  | 27 | 1.5 |
| Beef Chilli with Sour Cream          | 503 | 17 | 64 | - | 17 | 17 | 1.9 |
| Tuna Mayo                            | 471 | 29 | 51 | - | 9  | 15 | 1.5 |

## SUPER SUBS

|                            |     |    |    |   |    |    |     |
|----------------------------|-----|----|----|---|----|----|-----|
| BBQ Chicken and Bacon Melt | 823 | 69 | 95 | - | 30 | 18 | 4.3 |
| Tuna Mayo Melt             | 791 | 64 | 68 | - | 6  | 28 | 4.2 |
| Add Fries                  | 461 | 4  | 60 | - | 1  | 23 | 0.8 |

## ALL TIME CLASSICS

|                                            |      |    |     |   |    |    |     |
|--------------------------------------------|------|----|-----|---|----|----|-----|
| Pulled Ham, Chicken and Cheddar Cheese Pie | 1077 | 24 | 101 | - | 8  | 64 | 1.9 |
| Cod & Chips                                | 1001 | 42 | 95  | - | 4  | 49 | 3.3 |
| Scampi & Chips                             | 931  | 25 | 105 | - | 3  | 45 | 4.2 |
| Rack of BBQ Glazed Ribs Sticky Pork Ribs   | 887  | 58 | 69  | - | 43 | 42 | 3.4 |
| Cheddar Mac & Cheese                       | 809  | 31 | 75  | - | 6  | 41 | 4.3 |
| Stilton and Mushroom Chicken.              | 709  | 59 | 49  | - | 5  | 29 | 3.1 |
| Beef Chili, plain rice & nachos            | 639  | 26 | 87  | - | 16 | 19 | 3.6 |
| Italian Style Chicken                      | 620  | 43 | 33  | - | 8  | 35 | 2.8 |
| Lemon Peri-Peri Chicken & Pepper Skewers   | 607  | 47 | 49  | - | 24 | 24 | 6   |
| Sweet Potato Fries                         | 503  | 3  | 55  | - | 15 | 30 | 1.4 |
| Add grilled chicken breast                 | 185  | 40 | 2   | - | 1  | 2  | 1   |
| Add bacon                                  | 143  | 5  | 0   | - | 0  | 14 | 0.5 |

## MAINS

|                                    |      |    |     |   |    |    |     |
|------------------------------------|------|----|-----|---|----|----|-----|
| British Pork Sausages and Mash     | 1244 | 32 | 73  | - | 11 | 89 | 5   |
| Half a Roast Chicken               | 1236 | 89 | 81  | - | 6  | 62 | 3.7 |
| Ploughmans Pork Pie                | 1164 | 29 | 148 | - | 35 | 49 | 5.4 |
| Fish & Chips                       | 987  | 40 | 83  | - | 3  | 54 | 1.1 |
| Ploughmans Cropwell Bishop Stilton | 959  | 36 | 99  | - | 30 | 45 | 5.7 |

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) |
|----------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Chicken Jambalaya                      | 690             | 55          | 50                      | -                 | 18         | 28            | 3.3      |
| Chicken Tikka Masala                   | 626             | 34          | 92                      | -                 | 24         | 12            | 4.6      |
| Beef & Red Wine Lasagne                | 489             | 21          | 49                      | -                 | 7          | 22            | 3.3      |
| 7oz Gammon Steak                       | 451             | 48          | 11                      | -                 | 7          | 23            | 4.3      |
| Minced Beef, Ale, and Vegetable Pie    | 379             | 10          | 35                      | -                 | 6          | 21            | 1.9      |
| Naan Bread, Veg Samosa, Bhaji & Pakora | 256             | 5           | 48                      | -                 | 16         | 5             | 1.6      |

## VEGETARIAN

|                                          |      |    |     |   |    |    |     |
|------------------------------------------|------|----|-----|---|----|----|-----|
| Jerk Bean Burger                         | 1144 | 24 | 180 | - | 30 | 34 | 4   |
| Battered Halloumi & Chips                | 983  | 39 | 80  | - | 3  | 56 | 4.9 |
| Roast Vegetables Tart                    | 768  | 19 | 87  | - | 18 | 36 | 3.5 |
| Vegetarian Sausage & Mash                | 748  | 34 | 73  | - | 13 | 32 | 4   |
| Jerk Bean Burger (no Bun Vegan)          | 678  | 18 | 124 | - | 37 | 10 | 2.7 |
| Sweet Potato, Lentil and Spinach Dhansak | 647  | 13 | 94  | - | 26 | 23 | 2.9 |
| Grilled Vegetable Jambalaya              | 492  | 13 | 50  | - | 18 | 24 | 2.8 |

## FROM THE GRILL

|                                         |      |     |     |   |    |    |      |
|-----------------------------------------|------|-----|-----|---|----|----|------|
| Buttermilk & Herb Boneless Half chicken | 2116 | 91  | 211 | - | 88 | 99 | 7.7  |
| Chick -Tastic                           | 1917 | 137 | 171 | - | 43 | 73 | 7.6  |
| All American Platter                    | 1881 | 89  | 168 | - | 47 | 93 | 5.2  |
| Seasoned Pork Chops                     | 1614 | 83  | 134 | - | 58 | 82 | 5.5  |
| Mega Mixed Grill                        | 1489 | 102 | 53  | - | 6  | 96 | 11.6 |
| Bourbon Glazed Crispy Duck              | 1464 | 85  | 124 | - | 61 | 68 | 4.5  |
| Gammon-Tastic                           | 1359 | 91  | 37  | - | 16 | 93 | 15.4 |
| Marmalade Gammon Hock                   | 1342 | 69  | 101 | - | 28 | 73 | 7.3  |
| Vegetarian All Day Breakfast            | 1239 | 54  | 113 | - | 10 | 60 | 5.1  |
| Fajitas - Grilled Chicken Fillet        | 1091 | 49  | 76  | - | 10 | 64 | 7.3  |
| Fajitas - Grilled Halloumi              | 1091 | 50  | 80  | - | 15 | 62 | 7    |
| Chicken and Ribs Combo                  | 1062 | 76  | 92  | - | 18 | 45 | 3    |
| BBQ Hunters Chicken                     | 999  | 59  | 103 | - | 30 | 40 | 4.1  |
| Sizzling Lamb Kebab Skillet             | 993  | 44  | 78  | - | 14 | 54 | 4.3  |
| Grilled Rump Steak                      | 930  | 49  | 78  | - | 12 | 46 | 4    |
| Mexican Meltdown                        | 889  | 62  | 80  | - | 17 | 34 | 4.9  |
| Surf & Turf                             | 744  | 24  | 87  | - | 4  | 33 | 2    |

## STEAK SKILLETTS

|                               |      |     |     |   |   |    |     |
|-------------------------------|------|-----|-----|---|---|----|-----|
| Classic Mixed Grill           | 1514 | 93  | 82  | - | 5 | 90 | 5.3 |
| Rump Steak Platter 2x9oz Rump | 1485 | 109 | 87  | - | 2 | 79 | 1.6 |
| 9oz Rump                      | 982  | 57  | 74  | - | 2 | 51 | 1.2 |
| 8oz Sirloin                   | 974  | 54  | 72  | - | 2 | 52 | 1.1 |
| Steak and Chicken Combo       | 949  | 79  | 72  | - | 2 | 38 | 1.5 |
| Surf & Turf                   | 947  | 19  | 116 | - | 7 | 46 | 3.3 |
| 9oz Rib-eye                   | 931  | 64  | 72  | - | 2 | 42 | 1.5 |
| 5 oz Rump                     | 762  | 38  | 72  | - | 2 | 35 | 1.1 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## LOADED STEAKS

|                                         | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| The New Yorker                          | 1833            | 78          | 141                     | -                 | 7          | 105           | 4.4      |
| The Black and Blue                      | 1338            | 64          | 103                     | -                 | 5          | 73            | 2.9      |
| Upgrade to a Rib eye steak              | 375             | 57          | 0                       | -                 | 0          | 16            | 0.7      |
| Toppings - The Texan                    | 536             | 35          | 27                      | -                 | 23         | 32            | 3.5      |
| Toppings - The Boston                   | 410             | 24          | 33                      | -                 | 27         | 20            | 4.4      |
| Half rack of BBQ pork ribs              | 289             | 27          | 17                      | -                 | 13         | 13            | 1        |
| BBQ chicken wings and onion rings       | 244             | 11          | 27                      | -                 | 14         | 10            | 0.8      |
| Bourbon made with Jack Daniels® whiskey | 186             | 1           | 46                      | -                 | 43         | 0             | 1        |
| BBQ                                     | 172             | 2           | 41                      | -                 | 34         | 0             | 1.2      |
| Creamy Diane Sauce                      | 78              | 2           | 4                       | -                 | 2          | 6             | 1        |
| Three Peppercorn                        | 65              | 1           | 4                       | -                 | 2          | 5             | 0.8      |
| Peri-Peri                               | 57              | 1           | 5                       | -                 | 3          | 4             | 3.2      |

## BURGERS

|                               |      |    |     |   |    |     |     |
|-------------------------------|------|----|-----|---|----|-----|-----|
| The Skyscraper                | 1952 | 93 | 140 | - | 29 | 114 | 9.3 |
| Backyard BBQ                  | 1616 | 63 | 159 | - | 47 | 81  | 5.3 |
| Old Faithful                  | 1404 | 60 | 118 | - | 20 | 77  | 5.1 |
| BBQ Chicken                   | 1347 | 67 | 158 | - | 46 | 49  | 5.6 |
| Black & Blue Burger           | 1295 | 50 | 118 | - | 20 | 69  | 4.3 |
| Southern Fried Chicken        | 1293 | 52 | 137 | - | 20 | 59  | 4.4 |
| Mixed Grill Burger            | 1279 | 99 | 63  | - | 21 | 70  | 5.8 |
| The Triple House              | 1216 | 96 | 78  | - | 27 | 58  | 5.7 |
| Jerk Bean Burger              | 1144 | 24 | 180 | - | 30 | 34  | 4   |
| Beef Burger                   | 1122 | 39 | 118 | - | 20 | 55  | 3.5 |
| Grilled Chicken Fillet Burger | 991  | 53 | 116 | - | 19 | 34  | 2.7 |

## MAKE IT YOURS

|                               |     |    |    |   |    |    |     |
|-------------------------------|-----|----|----|---|----|----|-----|
| Southern Fried Chicken Fillet | 392 | 32 | 22 | - | 0  | 19 | 1.4 |
| 6oz Beef Burger               | 329 | 28 | 1  | - | 1  | 24 | 1.3 |
| BBQ Pulled Pork               | 274 | 14 | 30 | - | 25 | 11 | 1   |
| Chicken Fillet                | 198 | 42 | 0  | - | 0  | 3  | 0.5 |
| Cropwell Bishop Stilton       | 164 | 10 | 0  | - | 0  | 14 | 0.8 |
| American Cheese Sauce         | 161 | 3  | 9  | - | 7  | 13 | 1.8 |
| Fried Free Range Egg          | 117 | 9  | 0  | - | 0  | 9  | 0.3 |
| Streaky bacon                 | 76  | 7  | 0  | - | 0  | 5  | 0.5 |
| Back Bacon                    | 71  | 8  | 0  | - | 0  | 5  | 1.4 |
| Monterey Jack Cheese          | 65  | 4  | 0  | - | 0  | 5  | 0.3 |

## SIDES

|                      |     |    |    |   |    |    |     |
|----------------------|-----|----|----|---|----|----|-----|
| Cheesy bacon chips   | 780 | 27 | 62 | - | 1  | 48 | 3.3 |
| Cheesy Chips         | 709 | 19 | 61 | - | 1  | 43 | 1.9 |
| Sweet Potato Fries   | 503 | 3  | 55 | - | 15 | 30 | 1.4 |
| House Seasoned Chips | 466 | 5  | 61 | - | 1  | 23 | 1.4 |
| Unseasoned Chips     | 461 | 4  | 60 | - | 1  | 23 | 0.8 |

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) |
|--------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Bread and Butter (White) | 415             | 12          | 70                      | -                 | 6          | 9             | 1.3      |
| Bread and Butter (Brown) | 380             | 14          | 57                      | -                 | 5          | 9             | 1.3      |
| Cheesy Garlic Bread      | 372             | 13          | 30                      | -                 | 2          | 22            | 1.5      |
| Mac & Cheese             | 322             | 14          | 28                      | -                 | 2          | 17            | 1.8      |
| Mash                     | 299             | 6           | 40                      | -                 | 2          | 11            | 1.2      |
| Jacket Potato            | 261             | 6           | 43                      | -                 | 3          | 6             | 0.2      |
| Garlic Bread             | 248             | 6           | 29                      | -                 | 2          | 12            | 0.9      |
| Onion Rings              | 242             | 4           | 30                      | -                 | 4          | 12            | 0.6      |
| Grilled Corn Cobbettes   | 232             | 6           | 26                      | -                 | 19         | 9             | 0.1      |
| Basmati rice             | 217             | 6           | 43                      | -                 | 0          | 2             | 0.3      |
| Buttered baby potatoes   | 205             | 3           | 32                      | -                 | 3          | 6             | 0.2      |
| Coleslaw                 | 123             | 1           | 5                       | -                 | 3          | 11            | 0.6      |
| Dressed side salad       | 42              | 2           | 6                       | -                 | 6          | 1             | 0.3      |

## DESSERTS

|                                 |      |    |     |   |     |    |     |
|---------------------------------|------|----|-----|---|-----|----|-----|
| Chocolate Fudge Cake            | 1237 | 17 | 160 | - | 133 | 57 | 1.6 |
| A Trio of Desserts              | 975  | 9  | 103 | - | 88  | 58 | 0.8 |
| Salted Caramel Profiteroles     | 853  | 7  | 92  | - | 82  | 50 | 0.8 |
| Cookie Dough Cream Pie          | 825  | 7  | 97  | - | 79  | 45 | 0   |
| Sticky Toffee Pudding           | 749  | 11 | 100 | - | 44  | 34 | 0.9 |
| Strawboffee Pie                 | 692  | 7  | 87  | - | 66  | 33 | 0.5 |
| Treacle Sponge                  | 684  | 9  | 112 | - | 91  | 22 | 1   |
| New York Style Baked Cheesecake | 665  | 7  | 85  | - | 62  | 33 | 0.5 |
| Belgian Chocolate Brownie       | 662  | 7  | 92  | - | 76  | 28 | 0.6 |
| Caramel Apple Crumble           | 359  | 3  | 64  | - | 40  | 10 | 0.4 |
| Lemon Possett                   | 254  | 1  | 26  | - | 19  | 16 | 0.1 |
| Vanilla Ice-Cream               | 233  | 2  | 39  | - | 35  | 7  | 0.2 |
| With Custard                    | 180  | 6  | 30  | - | 22  | 4  | 0.3 |
| With Cream                      | 118  | 1  | 3   | - | 3   | 11 | 0   |
| With Ice cream                  | 68   | 1  | 9   | - | 9   | 3  | 0.1 |

## SUNDAES

|                               |     |    |     |   |     |    |     |
|-------------------------------|-----|----|-----|---|-----|----|-----|
| Nestle Mint Aero Sundae       | 939 | 10 | 124 | - | 110 | 44 | 0.5 |
| Rocky Road Sundae             | 885 | 10 | 109 | - | 87  | 45 | 0.8 |
| Strawberries and Cream Sundae | 767 | 13 | 95  | - | 91  | 37 | 0.5 |
| Cadbury Lovers Sundae         | 733 | 9  | 94  | - | 87  | 35 | 0.3 |
| Honeycomb Explosion Sundae    | 626 | 4  | 97  | - | 89  | 25 | 1   |

## BREAKFAST

|                                           |      |     |     |   |    |     |      |
|-------------------------------------------|------|-----|-----|---|----|-----|------|
| The Ultimate Breakfast                    | 3112 | 137 | 200 | - | 16 | 194 | 15.3 |
| Sizzling Breakfast                        | 1288 | 59  | 68  | - | 10 | 85  | 5.8  |
| Bap - The Works                           | 968  | 41  | 49  | - | 7  | 68  | 5.7  |
| Loaded Omelette & Pork Sausages           | 883  | 37  | 16  | - | 6  | 74  | 3.5  |
| Bap - Grilled Pork Sausages and fried egg | 826  | 26  | 48  | - | 7  | 58  | 2.8  |
| American Style Steak and Eggs             | 823  | 52  | 50  | - | 0  | 47  | 0.8  |
| Small Breakfast                           | 585  | 27  | 29  | - | 5  | 39  | 3.2  |

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) |
|------------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Loaded Omelette & Grilled Back Bacon     | 529             | 39          | 7                       | -                 | 4          | 38            | 4.6      |
| Sizzling Vegetarian Breakfast            | 520             | 34          | 12                      | -                 | 4          | 36            | 3.4      |
| Bap - Grilled Back Bacon and a fried Egg | 472             | 28          | 39                      | -                 | 4          | 23            | 3.9      |
| Small Vegetarian Breakfast               | 444             | 21          | 38                      | -                 | 4          | 22            | 1.6      |
| Loaded Omelette & Mushroom               | 405             | 27          | 7                       | -                 | 4          | 30            | 1.8      |

## BREAKFAST EXTRAS

|                         |     |   |    |   |    |    |     |
|-------------------------|-----|---|----|---|----|----|-----|
| British pork sausage    | 248 | 6 | 5  | - | 1  | 22 | 0.9 |
| Brown Toast and Butter  | 226 | 6 | 34 | - | 3  | 7  | 0.7 |
| White Toast and Butter  | 215 | 7 | 28 | - | 2  | 7  | 0.7 |
| Choice Honey            | 141 | 0 | 35 | - | 0  | 0  | 0   |
| Veggie Sausage          | 115 | 8 | 4  | - | 1  | 7  | 1.1 |
| Golden Hash brown       | 96  | 1 | 12 | - | 0  | 5  | 0.3 |
| Choice Blackcurrant Jam | 96  | 0 | 23 | - | 21 | 0  | 0   |
| Choice Marmalade        | 96  | 0 | 24 | - | 21 | 0  | 0   |
| Choice Strawberry Jam   | 96  | 0 | 24 | - | 21 | 0  | 0   |
| Choice Raspberry Jam    | 95  | 0 | 23 | - | 21 | 0  | 0   |
| Free range Fried Egg    | 92  | 7 | 0  | - | 0  | 7  | 0.2 |
| Grilled Flat Mushroom   | 75  | 1 | 10 | - | 0  | 3  | 0   |
| Heinz Baked Beans       | 73  | 5 | 11 | - | 3  | 0  | 0.4 |
| Grilled Back Bacon      | 40  | 5 | 0  | - | 0  | 2  | 1   |
| Grilled Half Tomato     | 15  | 1 | 3  | - | 2  | 0  | 0   |