Chef and Brewer - Core Menu October 2016 Nutritional Data (Inc Grazing Plates)

		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Starters	Soup of the Day	482	27.5	14.5	47.0	9.8	10.4	4.2	2.2
	Farmhouse Pate	423	17.3	8.0	51.7	13.7	14.6	3.7	2.4
	Stilton & Peppercorn Mushrooms	402	30.5	10.4	22.0	3.0	10.6	3.2	1.5
	Scallops & Pulled Pork	297	13.2	3.6	23.1	20.5	22.3	1.4	0.9
	Atlantic Prawn Cocktail	419	18.3	8.3	42.6	5.1	20.6	3.7	2.4
	Bubble & Squeak	351	27.0	13.2	11.8	3.0	14.6	1.4	2.1
	Box Baked French Camembert	1268	61.8	41.8	112.1	19.6	65.4	8.2	6.5
Grazing Plates	Cheese Fondue	406	17.0	7.6	42.9	3.2	20.0	3.0	2.2
	Cod Fish Cakes	261	14.4	5.6	21.7	3.4	10.8	1.4	1.2
	Chicken & Chorizo Skewers	550	42.8	6.8	12.4	5.7	27.8	2.1	2.3
	Hummus	251	18.5	2.5	11.7	5.9	7.4	5.0	0.7
	Goats Cheese Roulade	262	13.8	7.8	22.6	12.5	9.5	5.4	1.5
	Ham Hock & Pea Terrine	183	7.0	2.1	16.3	5.1	13.8	1.7	2.6
	Devilled Whitebait	438	32.8	5.2	20.5	3.6	14.8	2.2	2.3
	Maple Bacon Bites	411	30.8	8.8	18.2	13.7	12.6	0.2	3.1

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		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Pub Classics	Hand Battered Cod & Chips	1218	63.1	12.9	108.2	15.4	54.4	13.1	3.8
	Vegetarian Fish & Chips	1113	72.9	22.7	71.3	9.1	40.9	11.1	5.7
	Chicken Tikka Makhani Tiffin	1485	64.6	24.6	161.3	31.5	57.6	23.7	5.8
	Roasted Veg Jalfrezi Tiffin	1159	35.1	9.8	172.3	33.1	33.5	19.6	5.3
	Slow Cooked Pork Belly	927	44.5	19.0	84.4	40.9	45.6	14.3	3.7
	Brewers Chicken Breast	867	29.3	8.8	91.4	37.8	57.3	7.3	5.6
	Lasagne	835	49.1	18.5	65.2	10.4	30.0	6.5	2.1
	Slow Cooked Lamb Shoulder	843	48.0	30.9	52.3	12.5	51.6	13.4	4.0
	Creamy Fish Pie	663	30.1	17.8	48.5	10.4	49.7	14.2	4.6
	Gammon Steak	1073	41.7	10.4	104.7	43.1	64.4	15.5	6.7
	Caramelised Bacon Belly	1236	80.8	23.9	80.3	22.6	45.5	6.4	7.4
Inspired Dishes	Sea Bass & Seared Scallops	669	31.1	10.2	45.6	4.7	49.2	4.5	1.9
	Trio Of Chicken	1368	82.6	31.8	83.0	19.9	76.2	13.9	6.0
	Seafood Grill	1280	77.3	19.9	74.5	16.6	71.2	10.6	4.1
	Cambrian Lamb Rump	1092	56.6	27.3	83.7	38.7	63.8	14.2	2.6
	Rib of Beef & Pulled Pork	1858	109.5	36.8	114.3	78.0	101.2	9.8	5.9
	Beetroot Risotto	627	24.8	8.3	79.6	28.6	21.7	11.8	3.1
	Superfood Salad Bowl	542	22.4	2.2	77.9	37.4	12.9	12.5	1.6
Burgers	6oz Gourmet Steak Burger	1360	72.2	23.3	110.3	11.4	62.4	12.0	5.5
	Gourmet Chicken Burger	1065	36.6	9.8	121.6	26.3	58.3	9.8	4.4
	Spiced Mexican Melt Burger	1133	43.5	7.5	156.5	31.1	24.9	9.8	3.9
	Chef's Speciality Breed Burger	1124	49.0	16.6	111.4	35.0	54.6	11.2	3.1
	Buttermilk Chicken Burger	1621	99.2	14.2	131.8	12.0	46.6	11.3	5.6
	Hog Roast Burger	1692	74.2	21.4	143.9	43.2	74.3	15.6	7.6

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Pies	Steak & Ale	1149	64.9	26.9	112.1	11.8	32.4	15.5	4.7
	Chicken & Pancetta	1121	58.2	28.4	113.1	18.8	34.6	17.5	3.9
	Lamb Shank Shepherds Pie	835	37.8	18.2	60.2	20.1	63.3	15.5	5.5
From the Grill	8oz Black Angus Sirloin	971	49.8	16.7	69.1	5.9	59.0	8.3	2.0
	9oz Black Angus Rump	892	42.9	13.3	69.1	5.9	54.8	8.3	2.0
	10oz Black Angus Rib Eye	1047	62.6	22.7	69.1	5.9	49.5	8.3	1.9
	7oz Black Angus Fillet	761	32.5	11.1	69.3	12.1	46.2	10.3	2.4
	Mixed Grill	1492	72.2	21.9	85.7	6.9	120.1	10.9	10.2
Steak Toppers	Peppercorn & Buttermilk Sauce	78	7.0	4.5	2.2	1.4	1.4	0.7	0.6
	Smoked Hollandaise Sauce	170	17.3	10.2	2.4	2.4	1.1	0.1	0.4
	Red Wine, Onion & Chorizo Sauce	79	5.2	2.9	2.8	2.6	4.4	1.6	0.6
	Smoked Black Garlic Butter	148	16.0	10.3	0.6	0.3	0.3	0.2	0.1
	Basil, Tomato & Parmesan Butter	110	10.9	7.2	0.9	1.3	1.7	0.3	0.3

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		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Desserts	Salted Caramel Sundae	951	66.1	38.4	78.7	66.8	9.8	2.1	0.8
	Irish Coffee Sundae	906	60.9	36.2	75.4	61.5	8.8	1.5	0.7
	Classic Chocolate Ice Cream	146	7.0	4.2	18.8	16.9	2.3	0.6	0.0
	Classic Strawberry Ice Cream	136	6.7	4.1	16.0	15.8	1.9	0.2	0.0
	Classic Clotted Cream Vanilla Ice Cream	158	10.9	6.5	12.5	12.4	2.5	0.1	0.0
	Raspberry Sorbet	88	0.1	0.1	21.5	19.5	0.1	0.2	0.0
	Mango Sorbet	72	0.4	0.2	16.6	9.1	0.2	0.3	0.0
	Cookie Dough Ice Cream	163	9.1	5.4	17.7	16.0	2.7	0.4	0.0
	Mint Choc Chip Ice Cream	146	8.8	5.2	14.3	14.1	2.7	0.4	0.0
	Eton Mess Ice Cream	148	7.6	4.7	17.6	17.0	2.3	0.2	0.1
	Ultimate Sticky Toffee Pudding	989	54.9	25.6	116.3	59.8	9.2	2.4	0.6
	Kentish Bramley Apple Pie	551	26.3	12.3	72.4	40.9	5.3	2.3	0.5
	Millionaire's Cheesecake	820	48.9	25.9	86.0	60.6	6.7	5.4	0.6
	Chocolate & Coconut Torte	533	29.9	18.3	52.4	27.7	5.4	8.9	0.1
	Indulgent Chocolate Fudge Cake	742	43.0	18.3	79.9	63.1	9.5	3.5	1.0
	Crumble of the Day	631	26.5	12.8	95.0	38.6	4.9	2.8	0.1
	Rhubarb Pudding	622	34.2	16.1	71.5	51.4	7.1	2.3	0.6
	Eccles Shortbread Slice	631	29.1	15.5	89.0	65.9	5.3	2.1	0.3
	Cheeseboard	877	60.7	37.2	49.3	23.8	33.2	2.7	3.5

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Sides	Chips	380	15.1	1.4	52.5	1.0	6.0	5.6	0.0
	Triple Cooked Chips	534	27.2	6.7	64.6	1.1	4.7	7.0	0.0
	Sweet Potato Fries	299	14.1	1.6	38.5	15.4	2.0	5.0	0.0
	Onion Rings	270	13.6	4.4	28.2	4.5	7.1	3.0	0.0
	Mashed Potato	250	8.2	4.7	39.1	3.0	5.3	6.4	0.0
	Roast New Potatoes	139	0.6	0.2	32.9	2.0	2.8	2.7	0.0
	Dressed Seasonal Salad	65	4.2	2.5	5.5	5.2	1.4	2.2	0.1
	Seasonal Vegetables	85	5.3	2.9	6.1	5.5	3.6	6.5	0.0
	Garlic Ciabatta	278	13.2	6.0	32.9	2.7	5.8	2.2	0.7
	Garlic Ciabatta with Cheese	448	27	15	33	3	16	2	1
	Kale Coleslaw	381	37.9	2.6	6.8	4.9	1.9	2.2	0.9
	Halloumi	586	50.1	20.5	4.1	4.1	29.1	0.0	0.0
	Rump Steak	355	27.7	7.2	0.2	0.0	26.1	0.1	0.0
	Salmon Fillet	533	39.2	6.4	0.2	0.0	44.8	0.1	0.0
	Chicken Breast	201	2.4	0.8	0.2	0.2	44.9	0.5	0.0
	Wild Patagonian King Prawns	164	14.8	3.3	0.5	0.1	7.1	0.1	1.6
Sunday Best	Slow Cooked Rib of Beef	2331	159.9	60.7	74.0	8.8	152.9	14.9	7.5
	Slow Cooked Lamb Shoulder	1495	94.9	52.0	73.8	8.6	90.7	12.5	4.8
	Slow Cooked Pork Belly	1270	75.9	29.2	86.2	9.8	64.5	14.3	4.8
Traditional Roasts	Roast Topside of Beef	967	51.1	20.2	69.0	7.9	62.3	12.0	1.9
	Roast Turkey with Stuffing	916	36.2	13.8	81.6	9.0	70.5	13.2	2.3
	Roast Pork Loin with Stuffing	1288	80.9	30.3	81.6	9.0	63.0	13.2	2.4
	Trio of Roasts	1032	52.7	20.3	81.6	9.0	62.4	13.2	2.3
	Roast Nut Wellington	875	41.2	21.0	112.3	11.8	20.3	15.7	4.9

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Sunday Sides	Cauliflower Cheese	250	16.9	7.3	8.7	4.2	15.7	3.5	0.0
	Seasonal Vegetables	76	2.4	0.6	9.6	4.0	2.6	3.2	0.7
	Pig in Blanket	151	9.1	3.2	4.5	0.4	12.7	0.1	0.0
	Braised Red Cabbage	148	1.6	0.9	31.5	30.1	0.8	2.5	0.6

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