

## Chef and Brewer - Kids Menu October 2016 Nutritional Data

		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
<b>Starters</b>	Garlic Bread	208	9.5	4.0	25.7	4.4	4.4	1.8	0.8
	Crunchy Veg Sticks	124	7.0	0.8	10.5	7.3	3.5	4.4	0.4
	Chicken Lollipops	72	0.9	0.3	0.8	0.8	15.1	0.5	0.6
<b>Mains</b>	Build Your Own Wrap	866	36.4	13.6	87.8	9.0	46.3	11.0	3.4
	Chef's Chicken	442	12.8	5.7	50.5	6.4	32.1	7.7	2.2
	Cheeseburger	631	25.3	11.6	70.1	6.5	30.9	9.0	2.0
	Fish & Chips	455	17.1	4.5	56.0	3.7	20.9	7.8	1.1
	Fish Fingers	380	9.9	1.8	57.0	5.0	16.3	7.7	1.0
	Mac 'n Cheese	584	21.8	14.1	67.8	6.1	26.1	7.6	4.1
	Mini Fish Pie	554	17.7	7.9	69.6	6.4	29.1	9.4	2.1
	Pip's Pasta	1069	16.3	9.1	13.2	8.5	15.3	4.0	1.6
	Bangers 'N Mash	497	19.4	6.2	55.3	4.5	26.4	7.6	2.4

All nutritional values shown are for the complete dish as listed on the menu, figures are typical for each dish and may vary slightly, as a result of manufacturing tolerances and cooking assembly.

		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Desserts	Classic Chocolate Ice Cream	146	7.0	4.2	18.8	16.9	2.3	0.6	0.1
	Classic Strawberry Ice Cream	136	6.7	4.1	16.0	15.8	1.9	0.2	0.1
	Classic Clotted Cream Vanilla Ice Cream	158	10.9	6.5	12.5	12.4	2.5	0.1	0.1
	Raspberry Sorbet	88	0.1	0.1	21.5	19.5	0.1	0.2	0.1
	Mango Sorbet	72	0.4	0.2	16.6	9.1	0.2	0.3	0.1
	Cookie Dough Ice Cream	163	9.1	5.4	17.7	16.0	2.7	0.4	0.3
	Mint Choc Chip Ice Cream	146	8.8	5.2	14.3	14.1	2.7	0.4	0.2
	Eton Mess Ice Cream	148	7.6	4.7	17.6	17.0	2.3	0.2	0.1
	Double Chocolate Flowerpot	210	12.5	4.5	22.4	17.9	1.7	0.2	0.2
	Fresh Fruit Kebabs	301	0.5	0.3	45.0	65.0	1.3	2.6	0.0
	Strawberry Sundae	618	43.4	26.4	50.2	45.8	6.0	1.4	0.4
Sunday Lunch	Roast Beef	556	29.6	12.3	40.8	7.2	34.0	9.4	1.5
	Roast Pork	696	44.1	17.1	44.1	7.5	33.6	9.7	1.7
	Roast Turkey	514	21.9	8.9	44.1	7.5	37.7	9.7	1.7
	Roast Nut Wellington	697	35.8	18.7	81.3	11.0	16.8	13.1	4.0

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