

Chef and Brewer - Lunch Menu October 2016 Nutritional Data

		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
Mains	Sausage & Mash	668	30.9	12.5	64.2	14.4	33.9	7.3	0.0
	Hand Battered Fish & Chips	942	48.5	9.1	87.0	5.4	38.8	12.2	0.0
	6oz Beefburger	946	44.3	13.2	93.1	7.5	40.2	9.3	0.0
	Lemon & Chilli Pappardelle Pasta	670	31.0	15.5	75.6	7.5	20.4	4.7	0.0
	Chicken Breast Burger	1065	36.6	9.8	121.6	26.3	58.3	9.8	4.4
	Wholetail Scampi	772	34.1	3.5	90.1	6.7	23.6	13.4	0.0
	Chicken and Sage & Onion Stuffing Pie	863	43.8	18.8	93.6	14.7	26.7	14.8	4.0
	Gammon Steak	1073	41.7	10.4	104.7	43.1	64.4	15.5	6.7
	Chicken & Chorizo Skewers	579	27.2	6.0	52.6	25.0	33.4	8.7	2.4
Sandwiches	Cheddar & Ale Chutney	1035	48.3	25.1	111.4	18.2	36.1	9.7	4.3
	Chicken & Bacon Mayo	902	35.2	12.1	100.6	6.9	43.8	8.6	4.6
	Barbecue Pulled Pork	1029	43.1	16.0	120.7	27.5	37.7	8.8	3.7
	Louisiana Burrito	1467	61.3	24.6	183.7	20.5	38.0	15.4	5.0
	Pulled Pork Burrito	1549	78.1	28.9	154.2	22.2	51.6	12.7	5.1
	Gourmet Seafood	1152	60.1	6.8	105.2	16.9	43.7	8.7	4.9
	Gourmet Chicken	1313	40.6	5.9	161.3	19.8	73.6	16.8	7.1

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.

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Jacket Potatoes	Cheese & Beans	667	23.7	14.5	94.1	10.9	22.4	13.8	1.5
	Prawns & Marie Rose Sauce	609	24.7	12.6	84.5	7.6	17.0	10.3	1.3
	Chicken & Bacon Mayo	710	28.1	10.7	83.4	6.2	36.2	10.2	2.7
Puddings	Bramley Apple Pie	551	26.3	12.3	72.4	40.9	5.3	2.3	0.5
	Chocolate Fudge Cake	742	43.0	18.3	79.9	63.1	9.5	3.5	1.0
	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
Extras	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

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