

Chef and Brewer - NGCI Adults & Kids 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	489	27.7	14.3	46.9	8.6	9.1	9.2	2.2
	Bubble & Squeak	374	27.4	13.2	15.8	3.3	14.9	2.0	2.2
Mains	9oz Black Angus Rump Steak	772	36.8	11.3	56.6	3.9	51.7	7.0	1.6
	8oz Black Angus Sirloin Steak	792	40.0	13.1	56.6	3.9	49.5	7.0	1.6
	10oz Black Angus Ribeye Steak	927	56.6	20.7	56.6	3.9	46.3	7.0	1.6
	Black Angus Fillet Steak	627	25.1	6.6	56.6	3.9	42.0	7.0	1.5
	Gammon Steak	1073	41.7	10.4	104.7	43.1	64.4	15.5	6.7
	Gourmet Burger	1238	65.9	21.2	96.1	6.9	58.3	15.7	5.3
	Gourmet Chicken Burger	855	29.3	7.6	87.8	3.5	53.9	13.3	3.7
	Sea Bass & Seared Scallops	669	31.1	10.2	45.6	4.7	49.2	4.5	1.9
	Seafood Grill	1280	77.3	19.9	74.5	16.6	71.2	10.6	4.1
	Vegetarian Fish & Chips	1174	73.0	22.7	84.7	8.8	42.0	10.8	6.0
	Confit Belly Pork	1139	67.9	25.1	82.1	9.3	52.6	14.2	3.3
	Slow Cooked Lamb Shoulder	843	48.0	30.9	52.3	12.5	51.6	13.4	4.0
	Fish Pie	663	30.1	17.8	48.5	10.4	49.7	14.2	4.6
	Cod & Chips	1218	63.1	12.9	108.2	15.4	54.4	13.1	3.8
	Beetroot Risotto	627	24.8	8.3	79.6	28.6	21.7	11.8	3.1
Cambrian Lamb Rump	1092	56.6	27.3	83.7	38.7	63.8	14.2	2.6	
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
	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

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)
Dessert	Crumble of the Day	631	26.5	12.8	95.0	38.6	4.9	2.8	0.1
Sunday Best	Slow Cooked Rib of Beef	2266	152.8	57.0	82.4	9.4	142.8	16.0	6.4
	Slow Cooked Lamb Shoulder	1430	87.8	48.4	82.2	9.2	80.7	13.6	3.7
	Slow Cooked Pork Belly	1139	67.9	25.1	82.1	9.3	52.6	14.2	3.3
Traditional Roasts	Roast Topside of Beef	1052	53.1	19.7	81.9	8.9	64.9	13.2	2.2
	Roast Turkey with Stuffing	936	37.2	12.8	81.9	8.9	71.4	13.2	2.2
	Roast Pork Loin with Stuffing	1307	81.9	29.3	81.9	8.9	63.8	13.2	2.3
	Trio of Roasts	1052	53.7	19.3	81.9	8.9	63.3	13.2	2.2
Kids Mains	Cheeseburger	686	25.2	11.1	81.0	5.1	31.2	14.5	2.1
	Fish & Chips	455	17.1	4.5	56.0	3.7	20.9	7.8	1.1
Kids Traditional Roasts	Roast Topside of Beef	564	28.7	11.2	44.1	7.6	34.0	9.9	1.9
	Roast Turkey with Stuffing	505	20.7	7.7	44.1	7.6	37.2	9.9	1.9
	Roast Pork Loin with Stuffing	687	42.9	15.9	44.1	7.6	33.0	9.9	2.0

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