

## Chef & Brewer - Burns Night 2017 Nutritional Data

		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
<b>Starters</b>	Cullen Skink Soup	180	8.5	5.6	18.6	2.4	6.3	2.2	2.0
	Duck Pate	568	30.1	11.0	57.3	18.4	17.4	3.0	2.4
	Smoked Salmon	314	16.7	7.1	20.6	2.7	21.5	1.2	2.8
<b>Haggis</b>	Haggis	473	27.2	12.0	42.5	8.2	13.5	6.6	3.3
<b>Mains</b>	Ham Hock	782	34.8	15.3	50.4	30.9	68.0	6.9	5.6
	Venison Medallions	318	4.1	2.2	37.1	16.7	34.1	6.2	1.5
	Chicken & Champ Msh	444	11.7	5.8	31.8	9.5	51.2	7.5	3.2
<b>Desserts</b>	Hot Salted Caramel Crumble	549	25.7	15.6	75.1	52.6	3.6	1.9	2.3
	Spotted Dick	490	15.5	8.1	79.8	43.7	5.9	4.3	0.3
	Raspberry Cranachan	370	19.0	9.9	44.0	23.6	4.5	4.3	0.0

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.