

Chef and Brewer Core Main Menu Nutritional Information 2018



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Starters	Oak-Smoked Chicken Liver Pate	2264	27%	544	27%	32.0	46%	18.9	94%	49.2	19%	11.9	13%	13.4	27%	1.19	20%
Chef and Brewer - AW18 Core Menu	Starters	Homemade Smoked Mackerel Pate †	2246	27%	538	27%	30.4	43%	12.7	64%	39.6	15%	2.8	3%	23.2	46%	1.45	24%
Chef and Brewer - AW18 Core Menu	Starters	Stilton & Peppercorn Mushrooms (v)	1961	23%	471	24%	30.2	43%	8.5	43%	37.1	14%	5.4	6%	12.2	24%	1.98	33%
Chef and Brewer - AW18 Core Menu	Starters	Homemade Chicken Goujons	2068	25%	496	25%	23.9	34%	5.6	28%	20.9	8%	9.7	11%	35.5	71%	2.91	49%
Chef and Brewer - AW18 Core Menu	Starters	Atlantic Prawn Cocktail †	2872	34%	688	34%	25.1	36%	9.1	45%	76.8	30%	4.6	5%	34.1	68%	3.57	60%
Chef and Brewer - AW18 Core Menu	Starters	Chef's Soup of The Day - Lentil, Spinach or Mushroom (v) Please select your bread choice listed below	179	2%	43	2%	2.5	4%	2.5	13%	2.5	1%	0.0	0%	2.5	5%	1.25	21%
Chef and Brewer - AW18 Core Menu	Starters	White Bloomer & Butter	1017	12%	244	12%	7.6	11%	4.3	21%	36.5	14%	0.4	0%	6.5	13%	0.71	12%
Chef and Brewer - AW18 Core Menu	Starters	Malted Bloomer & Butter	1031	12%	247	12%	7.1	10%	4.1	21%	36.4	14%	0.9	1%	8.2	16%	0.72	12%
Chef and Brewer - AW18 Core Menu	Starters	Chef's Soup of The Day - Tomato (v) Please select your bread choice listed below	242	3%	58	3%	1.8	3%	0.3	1%	8.5	3%	7.3	8%	1.3	3%	1.25	21%
Chef and Brewer - AW18 Core Menu	Starters	White Bloomer & Butter	1017	12%	244	12%	7.6	11%	4.3	21%	36.5	14%	0.4	0%	6.5	13%	0.71	12%
Chef and Brewer - AW18 Core Menu	Starters	Malted Bloomer & Butter	1031	12%	247	12%	7.1	10%	4.1	21%	36.4	14%	0.9	1%	8.2	16%	0.72	12%
Chef and Brewer - AW18 Core Menu	Starters	Courgette & Harissa Flavoured Rice Skewers (ve)	1137	14%	272	14%	14.4	21%	1.3	6%	26.6	10%	6.0	7%	7.6	15%	0.65	11%
Chef and Brewer - AW18 Core Menu	Starters	Garlic Ciabatta (v)	1347	16%	322	16%	15.3	22%	7.1	35%	38.1	15%	2.6	3%	6.7	13%	0.83	14%
Chef and Brewer - AW18 Core Menu	Starters	Garlic Ciabatta with Cheddar (v)	2000	24%	478	24%	28.1	40%	15.1	75%	38.1	15%	2.6	3%	16.7	33%	1.51	25%
Chef and Brewer - AW18 Core Menu	Starters	Seared Scallops †	2022	24%	481	24%	34.6	49%	7.5	38%	9.3	4%	1.2	1%	14.0	28%	1.70	28%
Chef and Brewer - AW18 Core Menu	Starters	Panko-Coated Calamari †	1503	18%	359	18%	24.6	35%	4.1	21%	27.8	11%	0.6	1%	11.5	23%	2.94	49%
Chef and Brewer - AW18 Core Menu	Starters	Cheddar & Yorkshire Ale Fondue (v) - Suitable for 2 or more people	3947	47%	943	47%	35.7	51%	18.6	93%	113.4	44%	22.7	25%	37.1	74%	4.97	83%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Starters	Fisherman's Catch † - Suitable for 2 or more people	7690	92%	1847	92%	136.5	195%	17.3	87%	79.8	31%	8.1	9%	66.4	133%	4.99	83%
Chef and Brewer - AW18 Core Menu	Starters	Butcher's Block - Suitable for 2 or more people	7829	93%	1874	94%	119.6	171%	52.3	261%	126.2	49%	19.2	21%	64.6	129%	6.38	106%
Chef and Brewer - AW18 Core Menu	Mains	Classic Hunter's Chicken	5620	67%	1343	67%	69.1	99%	10.7	53%	112.0	43%	34.6	38%	60.5	121%	4.47	75%
Chef and Brewer - AW18 Core Menu	Mains	Gammon Steak - Please select your side choice listed below	4123	49%	985	49%	49.4	71%	5.9	29%	110.6	43%	43.6	48%	27.0	54%	4.94	82%
Chef and Brewer - AW18 Core Menu	Mains	Egg & Pineapple	823	10%	198	10%	9.2	13%	2.0	10%	21.3	8%	21.3	24%	7.6	15%	0.25	4%
Chef and Brewer - AW18 Core Menu	Mains	Free Range Fried Egg	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.6	25%	0.51	8%
Chef and Brewer - AW18 Core Menu	Mains	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Grilled Pineapple	669	8%	160	8%	0.0	0%	0.0	0%	42.5	16%	42.5	47%	2.5	5%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Red Wine & Beef Lasagne - Please select your side choice listed below	3655	44%	874	44%	36.4	52%	16.5	83%	51.8	20%	13.4	15%	38.3	77%	4.76	79%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Garlic Ciabatta	1347	16%	322	16%	15.3	22%	7.1	35%	38.1	15%	2.6	3%	6.7	13%	0.83	14%
Chef and Brewer - AW18 Core Menu	Mains	Cod & Chips † - Please select your side choice listed below	6264	75%	1499	75%	91.1	130%	30.1	151%	107.8	41%	8.9	10%	57.6	115%	2.21	37%
Chef and Brewer - AW18 Core Menu	Mains	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Hand-Battered Halloumi & Chips (v) Please select your side choice listed below	6464	77%	1549	77%	106.6	152%	51.0	255%	74.6	29%	10.2	11%	37.6	75%	9.31	155%
Chef and Brewer - AW18 Core Menu	Mains	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Slow Cooked Game Pie - Please select your side choice listed below	4002	48%	958	57%	57.2	22%	21.6	76%	75.9	29%	29.1	27%	2.9	6%	4.53	76%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Steak & Red Wine Pie - Please select your side choice listed below	4902	58%	1172	59%	75.3	108%	25.7	128%	86.6	33%	8.9	10%	31.4	63%	2.78	46%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Chicken & Mushroom Pie - Please select your side choice listed below	4517	54%	1080	54%	67.1	96%	24.3	122%	83.8	32%	12.3	14%	34.4	69%	2.84	47%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Gourmet Beef Burger	6561	78%	1569	78%	92.0	131%	26.5	133%	118.7	46%	20.1	22%	60.0	120%	6.59	110%
Chef and Brewer - AW18 Core Menu	Mains	Chef's Signature Barbecue Beef Burger	6051	72%	1446	72%	77.1	110%	22.4	112%	129.5	50%	27.4	30%	53.2	106%	5.90	98%
Chef and Brewer - AW18 Core Menu	Mains	Sticky Chilli Chicken Burger	6436	77%	1540	77%	75.3	108%	15.4	77%	137.7	53%	28.8	32%	60.8	122%	5.38	90%
Chef and Brewer - AW18 Core Menu	Mains	Ultimate Vegan Burger (ve)	4587	55%	1093	55%	46.8	67%	15.2	76%	123.9	48%	20.0	22%	38.8	78%	4.49	75%
Chef and Brewer - AW18 Core Menu	Mains	Hand-Battered Fish and Seafood Platter †	7828	93%	1867	93%	95.7	137%	26.9	134%	122.3	47%	4.7	5%	61.4	123%	6.97	116%
Chef and Brewer - AW18 Core Menu	Mains	Slow-Cooked Rib of Beef	5694	68%	1362	68%	90.0	129%	41.3	207%	59.0	23%	19.2	21%	70.9	142%	5.70	95%
Chef and Brewer - AW18 Core Menu	Mains	Signature Mixed Grill - Please select your side choice listed below	4699	56%	1123	56%	62.2	89%	17.1	86%	38.7	15%	12.8	14%	86.1	172%	7.02	117%
Chef and Brewer - AW18 Core Menu	Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Side Salad	148	2%	35	2%	0.8	1%	0.0	0%	4.8	2%	4.4	5%	1.6	3%	0.38	6%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Mains	Rump 9oz - Please select your side choice listed below	2682	32%	641	32%	34.2	49%	6.9	35%	17.8	7%	8.6	10%	39.6	79%	2.18	36%
Chef and Brewer - AW18 Core Menu	Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Side Salad	148	2%	35	2%	0.8	1%	0.0	0%	4.8	2%	4.4	5%	1.6	3%	0.38	6%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Sirloin 8oz - Please select your side choice listed below	2766	33%	664	33%	44.0	63%	11.5	57%	17.8	7%	8.6	10%	40.2	80%	2.07	35%
Chef and Brewer - AW18 Core Menu	Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Side Salad	148	2%	35	2%	0.8	1%	0.0	0%	4.8	2%	4.4	5%	1.6	3%	0.38	6%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Fillet 7oz - Please select your side and sauce choice listed below	2408	29%	578	29%	35.5	51%	8.7	43%	17.8	7%	8.6	10%	42.9	86%	2.05	34%
Chef and Brewer - AW18 Core Menu	Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Side Salad	148	2%	35	2%	0.8	1%	0.0	0%	4.8	2%	4.4	5%	1.6	3%	0.38	6%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Bernaise Sauce	769	9%	184	9%	18.1	26%	10.8	54%	4.0	2%	1.1	1%	0.0	0%	0.53	9%
Chef and Brewer - AW18 Core Menu	Mains	Caramelised Onion Chorizo Gravy	94	1%	23	1%	0.9	1%	0.6	3%	3.5	1%	0.3	0%	4.5	9%	0.72	12%
Chef and Brewer - AW18 Core Menu	Mains	Peppercorn Sauce	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%
Chef and Brewer - AW18 Core Menu	Mains	Chefs Seasonal Garden Bowl - Please select your topping choice listed below	1999	24%	478	24%	24.3	35%	2.3	12%	47.2	18%	25.2	28%	8.1	16%	0.27	5%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Mains	Chicken Breast	1513	18%	362	18%	21.0	30%	2.9	14%	0.9	0%	0.0	0%	41.6	83%	1.25	21%
Chef and Brewer - AW18 Core Menu	Mains	Salmon	2029	24%	485	24%	39.8	57%	5.7	28%	0.1	0%	0.0	0%	31.0	62%	0.18	3%
Chef and Brewer - AW18 Core Menu	Mains	Marinated Halloumi	2427	29%	580	29%	50.0	71%	19.5	98%	3.3	1%	3.3	4%	29.1	58%	3.25	54%
Chef and Brewer - AW18 Core Menu	Mains	Seabass Fillet	651	8%	112	6%	2.4	3%	0.4	2%	0.0	0%	0.0	0%	33.7	67%	0.75	12%
Chef and Brewer - AW18 Core Menu	Mains	Courgette Rolls	461	5%	102	5%	4.3	6%	0.5	2%	22.7	9%	5.8	6%	5.0	10%	0.65	11%
Chef and Brewer - AW18 Core Menu	Mains	Rump Steak	762	9%	181	9%	6.0	9%	2.6	13%	0.0	0%	0.0	0%	19.3	39%	0.19	3%
Chef and Brewer - AW18 Core Menu	Mains	Stuffed Chicken Breast	2955	35%	706	35%	32.3	46%	5.4	27%	41.1	16%	12.8	14%	54.8	110%	3.06	51%
Chef and Brewer - AW18 Core Menu	Mains	Sea Bass and Seared Scallops †	2878	34%	686	34%	33.2	47%	9.5	48%	32.2	12%	4.6	5%	51.2	102%	2.82	47%
Chef and Brewer - AW18 Core Menu	Mains	Gourmet Chicken Burger	5706	68%	1363	68%	77.0	110%	17.2	86%	114.5	44%	19.6	22%	48.8	98%	3.94	66%
Chef and Brewer - AW18 Core Menu	Mains	Slow-Cooked Lamb Shoulder	4099	49%	981	49%	48.6	69%	24.8	124%	51.0	20%	17.9	20%	79.0	158%	3.62	60%
Chef and Brewer - AW18 Core Menu	Mains	Chef's Seafood Grill †	6342	76%	1513	76%	95.2	136%	17.9	89%	81.3	31%	11.3	13%	78.7	157%	3.16	53%
Chef and Brewer - AW18 Core Menu	Mains	Slow-cooked Pork Belly - Please select your side choice listed below	6577	78%	1571	79%	109.6	157%	35.0	175%	34.0	13%	28.5	32%	107.6	215%	3.07	51%
Chef and Brewer - AW18 Core Menu	Mains	Mashed Potato	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Mains	Chef's Signature Hunter's Chicken	6197	74%	1481	74%	76.7	110%	13.2	66%	119.7	46%	35.8	40%	70.4	141%	6.79	113%
Chef and Brewer - AW18 Core Menu	Mains	Chicken, Bacon & Avocado Salad	2300	27%	549	27%	38.9	56%	10.1	51%	26.0	10%	6.5	7%	37.8	76%	2.99	50%
Chef and Brewer - AW18 Core Menu	Sides	Creamy Peppercorn	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%
Chef and Brewer - AW18 Core Menu	Sides	Free-Range Bearnaise	769	9%	184	9%	18.1	26%	10.8	54%	4.0	2%	1.1	1%	0.0	0%	0.53	9%
Chef and Brewer - AW18 Core Menu	Sides	Red Wine, Onion & Chorizo	94	1%	23	1%	0.9	1%	0.6	3%	3.5	1%	0.3	0%	4.5	9%	0.72	12%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Sides	Creamy Mac 'n' Cheese	1052	13%	251	13%	9.6	14%	5.0	25%	32.5	13%	2.1	2%	11.2	22%	1.87	31%
Chef and Brewer - AW18 Core Menu	Sides	Surf n Turf †	1489	18%	356	18%	22.7	32%	3.8	19%	17.5	7%	0.0	0%	23.4	47%	3.01	50%
Chef and Brewer - AW18 Core Menu	Sides	Topper - Beef Rump	762	9%	181	9%	6.0	9%	2.6	13%	0.0	0%	0.0	0%	19.3	39%	0.19	3%
Chef and Brewer - AW18 Core Menu	Sides	Topper - Courgette Rolls	461	5%	102	5%	4.3	6%	0.5	2%	22.7	9%	5.8	6%	5.0	10%	0.65	11%
Chef and Brewer - AW18 Core Menu	Sides	Topper - Grilled Halloumi	2427	29%	580	29%	50.0	71%	19.5	98%	3.3	1%	3.3	4%	29.1	58%	3.25	54%
Chef and Brewer - AW18 Core Menu	Sides	Topper - Salmon	2029	24%	485	24%	39.8	57%	5.7	28%	0.1	0%	0.0	0%	31.0	62%	0.18	3%
Chef and Brewer - AW18 Core Menu	Sides	Topper - Seabass	918	11%	219	11%	8.7	12%	2.0	10%	1.7	1%	0.3	0%	33.7	67%	0.42	7%
Chef and Brewer - AW18 Core Menu	Sides	Topper - Chicken Breasts	1513	18%	362	18%	21.0	30%	2.9	14%	0.9	0%	0.0	0%	41.6	83%	1.25	21%
Chef and Brewer - AW18 Core Menu	Sides	Stilton & Peppercorn Sauteed Mushrooms	990	12%	239	12%	20.5	29%	6.6	33%	5.6	2%	1.6	2%	7.2	14%	1.25	21%
Chef and Brewer - AW18 Core Menu	Sides	Skin-on Fries (v)	2438	29%	582	29%	33.6	48%	6.4	32%	65.6	25%	1.6	2%	3.2	6%	0.32	5%
Chef and Brewer - AW18 Core Menu	Sides	Sweet Potato Fries (v)	1374	16%	328	16%	16.8	24%	1.2	6%	43.2	17%	1.2	1%	1.2	2%	0.12	2%
Chef and Brewer - AW18 Core Menu	Sides	Triple-cooked Chips (v)	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW18 Core Menu	Sides	Onion Rings (v)	2926	35%	702	35%	48.3	69%	4.3	22%	50.6	19%	17.6	20%	7.8	16%	2.03	34%
Chef and Brewer - AW18 Core Menu	Sides	Roasted Baby Potatoes (v)	557	7%	133	7%	7.0	10%	1.0	5%	14.0	5%	1.0	1%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Dressed Seasonal Salad (v)	148	2%	35	2%	0.8	1%	0.0	0%	4.8	2%	4.4	5%	1.6	3%	0.38	6%
Chef and Brewer - AW18 Core Menu	Sides	Garlic Ciabatta with Cheddar (v)	2000	24%	478	24%	28.1	40%	15.1	75%	38.1	15%	2.6	3%	16.7	33%	1.51	25%
Chef and Brewer - AW18 Core Menu	Sides	Garlic Ciabatta (v)	1347	16%	322	16%	15.3	22%	7.1	35%	38.1	15%	2.6	3%	6.7	13%	0.83	14%
Chef and Brewer - AW18 Core Menu	Sides	Roasted Root Vegetables (v)	1311	16%	313	16%	23.1	33%	2.2	11%	17.2	7%	13.2	15%	3.1	6%	0.33	6%
Chef and Brewer - AW18 Core Menu	Sides	House Slaw (v)	291	3%	70	3%	1.5	2%	0.0	0%	12.0	5%	7.5	8%	1.5	3%	0.90	15%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Sides	Braised Red Cabbage (v)	502	6%	120	6%	1.6	2%	0.0	0%	22.4	9%	19.2	21%	1.6	3%	0.80	13%
Chef and Brewer - AW18 Core Menu	Sides	Half Portion Skin on Fries (v)	1219	15%	291	15%	16.8	24%	3.2	16%	32.8	13%	0.8	1%	1.6	3%	0.16	3%
Chef and Brewer - AW18 Core Menu	Sides	Half Portion Sweet Potato Fries (v)	687	8%	164	8%	8.4	12%	0.6	3%	21.6	8%	0.6	1%	0.6	1%	0.06	1%
Chef and Brewer - AW18 Core Menu	Sides	Extra Egg	489	6%	118	6%	9.2	13%	2.0	10%	0.0	0%	0.0	0%	6.3	13%	0.25	4%
Chef and Brewer - AW18 Core Menu	Sides	Extra Salmon	2029	24%	485	24%	39.8	57%	5.7	29%	0.1	0%	0.0	0%	31.0	62%	0.18	3%
Chef and Brewer - AW18 Core Menu	Sides	Extra Cheese	685	8%	164	8%	13.4	19%	8.4	42%	0.0	0%	0.0	0%	10.5	21%	0.71	12%
Chef and Brewer - AW18 Core Menu	Sides	Extra Burger	1494	18%	357	18%	23.3	33%	10.0	50%	3.9	2%	0.5	1%	32.1	64%	1.46	24%
Chef and Brewer - AW18 Core Menu	Sides	Extra Scallops	1081	13%	258	13%	15.4	22%	1.2	6%	0.1	0%	0.0	0%	6.3	13%	0.67	11%
Chef and Brewer - AW18 Core Menu	Sides	Extra Halloumi	2427	29%	580	29%	50.0	71%	19.5	98%	3.3	1%	3.3	4%	29.1	58%	3.25	54%
Chef and Brewer - AW18 Core Menu	Sides	Extra Pineapple	276	3%	66	3%	0.0	0%	0.0	0%	17.5	7%	17.5	19%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Extra Back Bacon	222	3%	53	3%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	4.7	9%	0.73	12%
Chef and Brewer - AW18 Core Menu	Sides	Extra Mushrooms	258	3%	63	3%	6.4	9%	0.8	4%	0.0	0%	0.0	0%	1.2	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Extra Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Sides	Extra Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Extra Cheese Slice	253	3%	60	3%	4.9	7%	3.0	15%	0.0	0%	0.0	0%	5.1	10%	0.64	11%
Chef and Brewer - AW18 Core Menu	Sides	EXtra Fried Onions	125	1%	30	1%	3.0	4%	0.3	2%	0.0	0%	0.0	0%	0.3	1%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Extra Premium Mash	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Sides	Extra Jacket & Butter	1241	15%	299	15%	12.0	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Extra Red Wine Sauce	176	2%	42	2%	0.0	0%	0.0	0%	6.6	3%	4.2	5%	0.6	1%	0.36	6%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Sides	Extra Yorkshire Pudding	1159	14%	277	14%	20.8	30%	1.7	8%	19.0	7%	1.1	1%	4.5	9%	0.56	9%
Chef and Brewer - AW18 Core Menu	Sides	Extra Ice Cream 1 Scoop Please select your flavour choice listed below																
Chef and Brewer - AW18 Core Menu	Sides	Prosecco Sorbet	319	4%	76	4%	0.1	0%	0.1	1%	18.6	7%	17.2	19%	0.1	0%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Ice Cream - Vegan	492	6%	118	6%	5.9	8%	5.0	25%	10.4	4%	9.8	11%	0.5	1%	0.02	0%
Chef and Brewer - AW18 Core Menu	Sides	Raspberry Sorbet	369	4%	88	4%	0.2	0%	0.2	1%	21.4	8%	19.5	22%	0.1	0%	0.09	2%
Chef and Brewer - AW18 Core Menu	Sides	Mango Sorbet	308	4%	74	4%	0.2	0%	0.1	1%	17.6	7%	15.8	18%	0.1	0%	0.05	1%
Chef and Brewer - AW18 Core Menu	Sides	Ice Cream - Mint Choc Chip	621	7%	148	7%	7.8	11%	4.8	24%	17.1	7%	14.8	16%	2.1	4%	0.14	2%
Chef and Brewer - AW18 Core Menu	Sides	Ice Cream - Chocolate Classic	612	7%	146	7%	7.0	10%	4.2	21%	18.1	7%	16.9	19%	2.3	5%	0.06	1%
Chef and Brewer - AW18 Core Menu	Sides	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Sides	Ice Cream - Strawberry Classic	574	7%	137	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Sides	Extra Custard	372	4%	89	4%	1.0	1%	1.0	5%	16.0	6%	12.0	13%	3.0	6%	0.20	3%
Chef and Brewer - AW18 Core Menu	Sides	Extra Bread & Butter 2 Slices Please select your bread choice listed below																
Chef and Brewer - AW18 Core Menu	Sides	Malted Bread & Butter	2062	25%	495	25%	14.2	20%	8.2	41%	72.8	28%	1.7	2%	16.3	33%	1.44	24%
Chef and Brewer - AW18 Core Menu	Sides	White Bread & Butter	2035	24%	488	24%	15.2	22%	8.6	43%	72.9	28%	0.8	1%	12.9	26%	1.42	24%
Chef and Brewer - AW18 Core Menu	Sides	Extra Rindless Smoked Streaky Bacon	275	3%	66	3%	5.8	8%	2.2	11%	0.0	0%	0.0	0%	3.3	7%	0.65	11%
Chef and Brewer - AW18 Core Menu	Sides	Buttered Spinach with Toasted Almonds (n)(v)	703	8%	169	8%	12.9	18%	4.1	20%	4.2	2%	3.5	4%	6.8	14%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sides	Buttered Seasonal Vegetables (v)	654	8%	156	8%	10.7	15%	1.2	6%	8.8	3%	7.5	8%	4.5	9%	0.15	3%
Chef and Brewer - AW18 Core Menu	Desserts	Beechdean Ice Cream and Sorbet (v) Please select your ice cream flavour choice listed below																
Chef and Brewer - AW18 Core Menu	Desserts	Prosecco Sorbet	319	4%	76	4%	0.1	0%	0.1	1%	18.6	7%	17.2	19%	0.1	0%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Vegan	492	6%	118	6%	5.9	8%	5.0	25%	10.4	4%	9.8	11%	0.5	1%	0.02	0%
Chef and Brewer - AW18 Core Menu	Desserts	Raspberry Sorbet	369	4%	88	4%	0.2	0%	0.2	1%	21.4	8%	19.5	22%	0.1	0%	0.09	2%
Chef and Brewer - AW18 Core Menu	Desserts	Mango Sorbet	308	4%	74	4%	0.2	0%	0.1	1%	17.6	7%	15.8	18%	0.1	0%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Mint Choc Chip	621	7%	148	7%	7.8	11%	4.8	24%	17.1	7%	14.8	16%	2.1	4%	0.14	2%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Chocolate Classic	612	7%	146	7%	7.0	10%	4.2	21%	18.1	7%	16.9	19%	2.3	5%	0.06	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Strawberry Classic	574	7%	137	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Kentish Bramley Apple & Blackberry Crumble Pie (v) Please select your side choice listed below	2720	32%	650	33%	27.6	39%	10.3	51%	95.4	37%	42.8	48%	2.9	6%	0.42	7%
Chef and Brewer - AW18 Core Menu	Desserts	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Desserts	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Desserts	Chocolate Fudge Cake (v) Please select your side choice listed below	2353	28%	562	28%	26.9	38%	9.0	45%	71.4	27%	57.0	63%	6.9	14%	1.05	18%
Chef and Brewer - AW18 Core Menu	Desserts	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Desserts	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Desserts	Salted Caramel Sundae (v)	3979	47%	951	48%	64.3	92%	36.5	182%	84.1	32%	69.2	77%	8.6	17%	0.71	12%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Desserts	Millionaire's Cheesecake (v) Please select your side choice listed below	2344	28%	560	28%	31.3	45%	20.2	101%	62.9	24%	41.5	46%	5.3	11%	0.62	10%
Chef and Brewer - AW18 Core Menu	Desserts	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Desserts	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Desserts	Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach (v) Please select your side choice listed below	1966	23%	470	23%	11.8	17%	4.6	23%	89.3	34%	56.4	63%	2.7	5%	0.06	1%
Chef and Brewer - AW18 Core Menu	Desserts	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Desserts	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Desserts	Lyn's Rum Bread & Butter Pudding (v) Please select your side choice listed below	3064	36%	732	37%	37.9	54%	22.8	114%	70.7	27%	45.4	50%	8.8	18%	0.61	10%
Chef and Brewer - AW18 Core Menu	Desserts	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Desserts	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Desserts	Cheese Board (v)	3393	40%	812	41%	55.4	79%	33.8	169%	46.2	18%	19.8	22%	31.0	62%	2.70	45%
Chef and Brewer - AW18 Core Menu	Desserts	Mini Pudding & Hot Drink (v) Please select your pudding choice listed below																
Chef and Brewer - AW18 Core Menu	Desserts	Clementine Tart	859	10%	205	10%	13.5	19%	7.2	36%	19.3	7%	12.2	14%	2.3	5%	0.16	3%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Desserts	Vegan Coconut & Raspberry Slice	680	8%	162	8%	9.4	13%	5.5	27%	17.1	7%	11.5	13%	1.5	3%	0.07	1%
Chef and Brewer - AW18 Core Menu	Desserts	Millionaires Cheesecake	975	12%	233	12%	13.1	19%	8.5	43%	25.6	10%	16.0	18%	2.4	5%	0.20	3%
Chef and Brewer - AW18 Core Menu	Desserts	Clementine Tart (v)	2373	28%	567	28%	30.2	43%	16.5	83%	70.0	27%	49.3	55%	5.3	11%	0.47	8%
Chef and Brewer - AW18 Core Menu	Desserts	Sloe Gin & Winter Berry Eton Mess (v)	2703	32%	646	32%	50.1	72%	30.9	155%	42.0	16%	37.9	42%	3.1	6%	0.08	1%
Chef and Brewer - AW18 Core Menu	Desserts	Sticky Toffee Pudding (v) Please select your side choice listed below	3377	40%	807	40%	40.1	57%	17.2	86%	105.7	41%	50.6	56%	7.0	14%	0.49	8%
Chef and Brewer - AW18 Core Menu	Desserts	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Desserts	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Desserts	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Desserts	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Chef's Soup of The Day - Tomato (v) Please select your bread choice listed below	179	2%	43	2%	2.5	4%	2.5	13%	2.5	1%	0.0	0%	2.5	5%	1.25	21%
Chef and Brewer - AW18 Core Menu	Lunch Menu	White Bloomer & Butter	1017	12%	244	12%	7.6	11%	4.3	21%	36.5	14%	0.4	0%	6.5	13%	0.71	12%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Malted Bloomer & Butter	1031	12%	247	12%	7.1	10%	4.1	21%	36.4	14%	0.9	1%	8.2	16%	0.72	12%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Stilton & Peppercorn Mushrooms (v)	1961	23%	471	24%	30.2	43%	8.5	43%	37.1	14%	5.4	6%	12.2	24%	1.98	33%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Oak-Smoked Chicken Liver Pate	2264	27%	544	27%	32.0	46%	18.9	94%	49.2	19%	11.9	13%	13.4	27%	1.19	20%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Homemade Smoked Mackerel Pate †	2246	27%	538	27%	30.4	43%	12.7	64%	39.6	15%	2.8	3%	23.2	46%	1.45	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Devilled Whitebait †	3213	38%	775	39%	71.7	102%	0.9	5%	8.1	3%	1.0	1%	17.9	36%	1.15	19%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Fish & Chips † Please select your side choice listed below	5268	63%	1260	63%	75.8	108%	22.3	111%	96.2	37%	5.3	6%	38.8	78%	1.83	31%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Mac 'n' Cheese (v)	3488	42%	834	42%	34.8	50%	17.0	85%	104.4	40%	7.6	8%	29.3	59%	4.70	78%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Wholetail Scampi † Please select your side choice listed below	4324	51%	1033	52%	59.5	85%	4.7	24%	105.2	40%	6.4	7%	16.5	33%	2.69	45%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Chicken Breast Burger	5103	61%	1219	61%	66.6	95%	13.8	69%	107.3	41%	14.7	16%	43.0	86%	2.64	44%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Classic Beef Burger	5173	62%	1236	62%	65.7	94%	17.1	86%	114.7	44%	17.5	19%	41.4	83%	4.10	68%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Sea Bass Florentine †	3498	42%	836	42%	55.6	79%	15.0	75%	33.4	13%	5.4	6%	45.5	91%	1.41	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Gammon & Egg, Please select your side choice listed below	3426	41%	818	41%	49.3	70%	5.9	29%	69.6	27%	4.4	5%	26.8	54%	3.55	59%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Egg & Pineapple	823	10%	198	10%	9.2	13%	2.0	10%	21.3	8%	21.3	24%	7.6	15%	0.25	4%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Free Range Fried Egg	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.6	25%	0.51	8%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Grilled Pineapple	669	8%	160	8%	0.0	0%	0.0	0%	42.5	16%	42.5	47%	2.5	5%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Sausage & Mash	3707	44%	887	44%	57.0	81%	27.7	138%	66.1	25%	19.5	22%	25.8	52%	3.88	65%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Ploughman's	4121	49%	985	49%	60.2	86%	33.2	166%	74.4	29%	23.3	26%	35.1	70%	3.36	56%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Rarebit Toastie (v) Please select your side and bread choice listed below	1218	14%	291	15%	19.4	28%	7.5	38%	20.3	8%	12.7	14%	9.1	18%	1.36	23%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Side Salad	74	1%	18	1%	0.4	1%	0.0	0%	2.4	1%	2.2	2%	0.8	2%	0.19	3%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Malted Bloomer	1633	19%	390	20%	2.7	4%	1.0	5%	72.6	28%	1.6	2%	16.2	32%	1.44	24%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Lunch Menu	White Bloomer	1607	19%	384	19%	3.7	5%	1.3	6%	72.8	28%	0.6	1%	12.8	26%	1.41	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Hand-Battered Cod Goujons † Please select your side and bread choice listed below	2298	27%	550	28%	39.0	56%	4.0	20%	31.8	12%	4.1	5%	19.9	40%	2.10	35%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Side Salad	74	1%	18	1%	0.4	1%	0.0	0%	2.4	1%	2.2	2%	0.8	2%	0.19	3%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Malted Bloomer	1633	19%	390	20%	2.7	4%	1.0	5%	72.6	28%	1.6	2%	16.2	32%	1.44	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	White Bloomer	1607	19%	384	19%	3.7	5%	1.3	6%	72.8	28%	0.6	1%	12.8	26%	1.41	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Chicken & Bacon Please select your side and bread choice listed below	1762	21%	421	21%	31.5	45%	4.8	24%	5.4	2%	3.3	4%	27.9	56%	2.37	40%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Side Salad	74	1%	18	1%	0.4	1%	0.0	0%	2.4	1%	2.2	2%	0.8	2%	0.19	3%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Malted Bloomer	1633	19%	390	20%	2.7	4%	1.0	5%	72.6	28%	1.6	2%	16.2	32%	1.44	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	White Bloomer	1607	19%	384	19%	3.7	5%	1.3	6%	72.8	28%	0.6	1%	12.8	26%	1.41	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Gourmet Steak, Please select your side choice listed below	3520	42%	841	42%	37.5	54%	11.8	59%	80.0	31%	16.9	19%	28.9	58%	1.80	30%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Side Salad	74	1%	18	1%	0.4	1%	0.0	0%	2.4	1%	2.2	2%	0.8	2%	0.19	3%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Gourmet Chicken	4782	57%	1143	57%	49.4	71%	14.7	73%	105.8	41%	9.5	11%	65.7	131%	3.55	59%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Mature Cheddar & Beans (v)	2077	25%	498	25%	21.9	31%	13.3	67%	54.4	21%	7.4	8%	16.6	33%	1.24	21%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Chicken & Bacon Mayonnaise	3217	38%	771	39%	46.7	67%	12.3	62%	50.9	20%	7.5	8%	33.4	67%	2.77	46%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Prawns In Marie Rose Sauce †	1934	23%	464	23%	23.1	33%	8.1	41%	46.0	18%	4.8	5%	15.3	31%	1.50	25%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Indulgent Chocolate Fudge Cake (v) Please select your side choice listed below	2353	28%	562	28%	26.9	38%	9.0	45%	71.4	27%	57.0	63%	6.9	14%	1.05	18%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Beechdean Farmhouse Ice Cream, Please select your ice cream flavour choice listed below																
Chef and Brewer - AW18 Core Menu	Lunch Menu	Prosecco Sorbet	319	4%	76	4%	0.1	0%	0.1	1%	18.6	7%	17.2	19%	0.1	0%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Vegan	492	6%	118	6%	5.9	8%	5.0	25%	10.4	4%	9.8	11%	0.5	1%	0.02	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Raspberry Sorbet	369	4%	88	4%	0.2	0%	0.2	1%	21.4	8%	19.5	22%	0.1	0%	0.09	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Mango Sorbet	308	4%	74	4%	0.2	0%	0.1	1%	17.6	7%	15.8	18%	0.1	0%	0.05	1%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Mint Choc Chip	621	7%	148	7%	7.8	11%	4.8	24%	17.1	7%	14.8	16%	2.1	4%	0.14	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Chocolate Classic	612	7%	146	7%	7.0	10%	4.2	21%	18.1	7%	16.9	19%	2.3	5%	0.06	1%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Strawberry	574	7%	137	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach (v) Please select your side choice listed below	1966	23%	470	23%	11.8	17%	4.6	23%	89.3	34%	56.4	63%	2.7	5%	0.06	1%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Whipped Double Cream	931	11%	223	11%	24.0	34%	15.0	75%	1.5	1%	1.5	2%	1.0	2%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Double Cream	1021	12%	248	12%	27.0	39%	16.5	83%	1.0	0%	1.0	1%	1.0	2%	0.05	1%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Lunch Menu	Ice Cream - Clotted Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.6	14%	2.0	4%	0.13	2%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Custard	425	5%	101	5%	1.1	2%	1.1	6%	18.2	7%	13.7	15%	3.4	7%	0.23	4%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Beechdean Mango Sorbet (ve)	923	11%	221	11%	0.6	1%	0.4	2%	52.7	20%	47.3	53%	0.4	1%	0.15	3%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Bread & Butter, Please select your bread choice listed below																
Chef and Brewer - AW18 Core Menu	Lunch Menu	Malted Bread & Butter	2062	25%	495	25%	14.2	20%	8.2	41%	72.8	28%	1.7	2%	16.3	33%	1.44	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	White Bread & Butter	2035	24%	488	24%	15.2	22%	8.6	43%	72.9	28%	0.8	1%	12.9	26%	1.42	24%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Rindless Smoked Streaky Bacon	275	3%	66	3%	5.8	8%	2.2	11%	0.0	0%	0.0	0%	3.3	7%	0.65	11%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Cheese Slice	253	3%	60	3%	4.9	7%	3.0	15%	0.0	0%	0.0	0%	5.1	10%	0.64	11%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Chicken, Bacon & Avocado Salad	2300	27%	549	27%	38.9	56%	10.1	51%	26.0	10%	6.5	7%	37.8	76%	2.99	50%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Lunch - Chef's Soup of The Day - Lentil, Spinach or Mushroom (v) Please select your bread choice listed below	179	2%	43	2%	2.5	4%	2.5	13%	2.5	1%	0.0	0%	2.5	5%	1.25	21%
Chef and Brewer - AW18 Core Menu	Lunch Menu	White Bloomer & Butter	1017	12%	244	12%	7.6	11%	4.3	21%	36.5	14%	0.4	0%	6.5	13%	0.71	12%
Chef and Brewer - AW18 Core Menu	Lunch Menu	Malted Bloomer & Butter	1031	12%	247	12%	7.1	10%	4.1	21%	36.4	14%	0.9	1%	8.2	16%	0.72	12%
Chef and Brewer - AW18 Core Menu	Evening Menu	Evening - Devilled Whitebait †	3213	38%	775	39%	71.7	102%	0.9	5%	8.1	3%	1.0	1%	17.9	36%	1.15	19%
Chef and Brewer - AW18 Core Menu	Evening Menu	Evening - Gammon Steak, Please select your side choice listed below	3426	41%	818	41%	49.3	70%	5.9	29%	69.6	27%	4.4	5%	26.8	54%	3.55	59%
Chef and Brewer - AW18 Core Menu	Evening Menu	Egg & Pineapple	823	10%	198	10%	9.2	13%	2.0	10%	21.3	8%	21.3	24%	7.6	15%	0.25	4%
Chef and Brewer - AW18 Core Menu	Evening Menu	Free Range Fried Egg	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.6	25%	0.51	8%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Evening Menu	Mushy Peas	402	5%	96	5%	0.0	0%	0.0	0%	16.0	6%	5.0	6%	6.0	12%	0.50	8%
Chef and Brewer - AW18 Core Menu	Evening Menu	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Evening Menu	Grilled Pineapple	669	8%	160	8%	0.0	0%	0.0	0%	42.5	16%	42.5	47%	2.5	5%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Roast Topside of Beef, Please select your side choice listed below	3833	46%	916	46%	59.0	84%	11.3	57%	46.7	18%	11.0	12%	48.1	96%	3.09	52%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Rosemary Roasted Goosefat Potatoes	1017	12%	242	12%	9.0	13%	3.0	15%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Roast Pork Loin, Please select your side choice listed below	5903	70%	1411	71%	108.9	156%	26.8	134%	48.0	18%	12.9	14%	58.1	116%	2.23	37%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Rosemary Roasted Goosefat Potatoes	1017	12%	242	12%	9.0	13%	3.0	15%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Roast Turkey Breast, Please select your side choice listed below	4859	58%	1161	58%	68.3	98%	17.4	87%	51.0	20%	12.1	13%	85.0	170%	4.76	79%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Rosemary Roasted Goosefat Potatoes	1017	12%	242	12%	9.0	13%	3.0	15%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Trio of Roasts, Please select your meat and side choice listed below	2790	33%	667	33%	48.5	69%	5.3	26%	44.4	17%	9.5	11%	11.8	24%	2.08	35%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Roast Turkey	606	7%	145	7%	6.3	9%	2.3	11%	0.6	0%	0.6	1%	21.7	43%	0.51	9%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Topside of Beef	460	5%	110	5%	6.8	10%	2.3	11%	0.0	0%	0.0	0%	12.0	24%	0.23	4%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Roast Pork, Crackling and Apple	1243	15%	297	15%	23.3	33%	8.3	41%	3.5	1%	3.4	4%	17.8	36%	0.05	1%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Roast Pork	720	9%	172	9%	14.0	20%	5.0	25%	0.0	0%	0.0	0%	11.5	23%	0.05	1%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Rosemary Roasted Goosefat Potatoes	1017	12%	242	12%	9.0	13%	3.0	15%	39.0	15%	1.5	2%	6.0	12%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Roast Nut Wellington (v) Please select your side choice listed below	4015	48%	960	48%	66.3	95%	13.3	66%	68.9	27%	13.9	15%	20.7	41%	2.37	40%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Roasted Potatoes Vegetarian (v)	945	11%	224	11%	7.5	11%	0.0	0%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Slow-Cooked Beef Rib, Please select your side choice listed below	4935	59%	1179	59%	83.1	119%	26.5	133%	47.7	18%	9.8	11%	58.9	118%	3.48	58%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Rosemary Roasted Goosefat Potatoes	1017	12%	242	12%	9.0	13%	3.0	15%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Croxton Manor Cauliflower Cheese (v)	1180	14%	282	14%	17.9	26%	8.8	44%	13.6	5%	6.1	7%	16.4	33%	1.50	25%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Seasonal Vegetables (v)	654	8%	156	8%	10.7	15%	1.2	6%	8.8	3%	7.5	8%	4.5	9%	0.15	3%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Pig-in-Blanket	838	10%	200	10%	16.2	23%	6.4	32%	5.0	2%	0.9	1%	8.6	17%	1.15	19%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Yorkshire Pudding (v)	1159	14%	277	14%	20.8	30%	1.7	8%	19.0	7%	1.1	1%	4.5	9%	0.56	9%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Buttered Mash (v)	1210	14%	290	15%	13.4	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.16	19%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Extra Gravy	122	1%	29	1%	1.0	1%	1.0	5%	4.0	2%	0.0	0%	1.0	2%	0.40	7%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Slow-Cooked Lamb Shoulder, Please select your side choice listed below	4508	54%	1077	54%	64.0	91%	18.3	92%	44.4	17%	9.5	11%	80.4	161%	4.03	67%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Buttered Minted New Potatoes	700	8%	168	8%	4.1	6%	2.6	13%	28.0	11%	1.9	2%	2.0	4%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Rosemary Roasted Goosefat Potatoes	1017	12%	242	12%	9.0	13%	3.0	15%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Roasted Root Vegetable (v)	1311	16%	313	16%	23.1	33%	2.2	11%	17.2	7%	13.2	15%	3.1	6%	0.33	6%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Childrens Topside of Beef	3939	47%	941	47%	68.4	98%	14.0	70%	46.5	18%	5.9	7%	35.8	72%	1.52	25%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Childrens Turkey Breast	4073	48%	973	49%	65.0	93%	12.9	64%	54.0	21%	7.7	9%	45.5	91%	2.26	38%
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Childrens Pork Loin	4725	56%	1129	56%	84.2	120%	21.2	106%	52.7	20%	6.4	7%	41.7	83%	1.62	27%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Chef and Brewer - AW18 Core Menu	Sunday Menu	Sunday - Childrens Roast Nut Wellington (v)	4002	48%	956	48%	66.2	95%	16.5	83%	71.5	28%	10.3	11%	20.6	41%	1.37	23%
Chef and Brewer - AW18 Core Menu	Desserts	Rich Chocolate & Raspberry Torte (ve)	1914	23%	457	23%	24.8	35%	16.0	80%	48.1	18%	35.9	40%	3.6	7%	0.15	3%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Dish of Olives (ve)	941	11%	225	11%	24.0	34%	3.0	15%	3.0	1%	0.0	0%	1.5	3%	5.25	88%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Bread & Dipping Oil with Balsamic Glaze (ve)	2813	33%	672	34%	33.2	47%	3.2	16%	76.5	29%	4.6	5%	14.5	29%	1.43	24%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Triple-cooked Chips with Ketchup (v)	2331	28%	557	28%	26.4	38%	2.2	11%	75.4	29%	11.6	13%	4.7	9%	0.76	13%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Sweet Potato Fries (v)	1723	21%	411	21%	24.9	36%	1.8	9%	45.6	18%	2.4	3%	1.5	3%	0.66	11%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Skin-on Fries with Ketchup (v)	2568	31%	613	31%	33.6	48%	6.4	32%	72.8	28%	8.8	10%	3.5	7%	0.86	14%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Onion Rings with Barbecue Dip (v)	3152	38%	756	38%	48.3	69%	4.3	22%	60.8	23%	26.6	30%	8.4	17%	2.30	38%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Devilled Whitebait †	3213	38%	775	39%	71.7	102%	0.9	5%	8.1	3%	1.0	1%	17.9	36%	1.15	19%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Pork Sausages with Barbecue Sauce	2408	29%	576	29%	42.8	61%	16.8	84%	25.3	10%	11.6	13%	19.4	39%	2.62	44%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Cod Goujons with Tartare Sauce †	2244	27%	537	27%	38.6	55%	4.0	20%	30.2	12%	3.0	3%	19.3	39%	1.98	33%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Homemade Chicken Goujons with Garlic & Rosemary Mayo	1645	20%	394	20%	24.9	36%	6.3	32%	8.7	3%	0.6	1%	25.9	52%	1.64	27%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Deep Fried Halloumi Sticks with Garlic & Rosemary Mayo (v)	4069	48%	977	49%	75.1	107%	50.0	250%	7.0	3%	5.5	6%	33.1	66%	8.67	145%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Ploughman's	4121	49%	985	49%	60.2	86%	33.2	166%	74.4	29%	23.3	26%	35.1	70%	3.36	56%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Cheddar & Yorkshire Ale Fondue (v), suitable for 2 or more people	4017	48%	960	48%	35.7	51%	18.6	93%	117.4	45%	26.3	29%	37.2	74%	4.98	83%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Butcher's Block, suitable for 2 or more people	8169	97%	1956	98%	126.9	181%	56.5	282%	126.6	49%	19.6	22%	68.1	136%	6.62	110%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Fisherman's Catch †, suitable for 2 or more people	7299	87%	1752	88%	127.8	183%	11.8	59%	80.0	31%	8.2	9%	62.5	125%	4.89	82%
Chef and Brewer - AW18 Core Menu	Bar Menu	Bar Menu - Cheese Board (v)	3463	41%	829	41%	55.4	79%	33.8	169%	50.2	19%	23.4	26%	31.1	62%	2.71	45%