

Chef and Brewer Main, Evening, Lunch, Sunday and Bar Menu Nutritional Information Spring Summer 2019



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 - SS19 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 - SS19 Core Menu | Starters | Oak-Smoked Chicken Liver Pate | 2207 | 26% | 530 | 27% | 31.8 | 45% | 18.8 | 94% | 46.8 | 18% | 12.4 | 14% | 12.6 | 25% | 1.17 | 20% |
| Chef and Brewer - SS19 Core Menu | Starters | Chef's Soup of The Day - Tomato | 1206 | 14% | 289 | 14% | 9.1 | 13% | 4.5 | 22% | 42.6 | 16% | 7.8 | 9% | 7.0 | 14% | 1.93 | 32% |
| Chef and Brewer - SS19 Core Menu | Starters | Chef's Soup of The Day - Lentil, Spinach or Mushroom | 1143 | 14% | 274 | 14% | 9.9 | 14% | 6.7 | 34% | 36.6 | 14% | 0.6 | 1% | 8.2 | 16% | 0.68 | 11% |
| Chef and Brewer - SS19 Core Menu | Starters | Homemade Chicken Goujons | 2052 | 24% | 492 | 25% | 23.7 | 34% | 5.6 | 28% | 20.6 | 8% | 9.4 | 10% | 30.3 | 61% | 2.92 | 49% |
| Chef and Brewer - SS19 Core Menu | Starters | Atlantic Prawn Cocktail | 1602 | 19% | 384 | 19% | 15.6 | 22% | 4.8 | 24% | 37.2 | 14% | 2.8 | 3% | 20.5 | 41% | 2.43 | 41% |
| Chef and Brewer - SS19 Core Menu | Starters | Seared Scallops | 2021 | 24% | 481 | 24% | 34.6 | 49% | 7.5 | 38% | 9.3 | 4% | 1.2 | 1% | 25.6 | 51% | 2.19 | 37% |
| Chef and Brewer - SS19 Core Menu | Starters | Roasted Red Pepper & Sweet Potato Kofta Skewers | 1690 | 20% | 404 | 20% | 20.6 | 29% | 1.5 | 8% | 42.5 | 16% | 9.3 | 10% | 8.6 | 17% | 1.23 | 21% |
| Chef and Brewer - SS19 Core Menu | Starters | Garlic Ciabatta | 748 | 9% | 179 | 9% | 8.1 | 12% | 3.0 | 15% | 20.9 | 8% | 2.0 | 2% | 4.7 | 9% | 0.72 | 12% |
| Chef and Brewer - SS19 Core Menu | Starters | Garlic Ciabatta with Cheddar | 1401 | 17% | 335 | 17% | 20.9 | 30% | 11.0 | 55% | 20.9 | 8% | 2.0 | 2% | 14.7 | 29% | 1.40 | 23% |
| Chef and Brewer - SS19 Core Menu | Sharers | Mezze Board for Two - Suitable for 2 or more people | 4718 | 56% | 1128 | 56% | 57.4 | 82% | 6.9 | 35% | 120.9 | 47% | 30.4 | 34% | 25.2 | 50% | 4.80 | 80% |
| Chef and Brewer - SS19 Core Menu | Sharers | Sharing Board for Two - Suitable for 2 or more people | 6136 | 73% | 1470 | 73% | 90.8 | 130% | 34.0 | 170% | 102.8 | 40% | 37.5 | 42% | 54.7 | 109% | 4.90 | 82% |

| 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 - SS19 Core Menu | Burgers | Prime Gourmet Beef Burger | 5185 | 62% | 1240 | 62% | 71.6 | 102% | 19.7 | 99% | 108.9 | 42% | 18.0 | 20% | 30.6 | 61% | 4.91 | 82% |
| Chef and Brewer - SS19 Core Menu | Burgers | Chef's Signature Barbecue Beef Burger | 4774 | 57% | 1141 | 57% | 56.2 | 80% | 14.3 | 72% | 119.9 | 46% | 25.3 | 28% | 30.1 | 60% | 4.58 | 76% |
| Chef and Brewer - SS19 Core Menu | Burgers | Sticky Chilli Chicken Burger | 6317 | 75% | 1511 | 76% | 74.7 | 107% | 15.8 | 79% | 130.4 | 50% | 25.9 | 29% | 54.9 | 110% | 5.06 | 84% |
| Chef and Brewer - SS19 Core Menu | Burgers | Gourmet Chicken Burger | 5633 | 67% | 1346 | 67% | 77.7 | 111% | 18.0 | 90% | 110.3 | 42% | 17.1 | 19% | 46.0 | 92% | 4.41 | 74% |
| Chef and Brewer - SS19 Core Menu | Burgers | Chef's Vegan Burger | 4293 | 51% | 1022 | 51% | 40.8 | 58% | 14.7 | 74% | 120.9 | 46% | 19.0 | 21% | 38.3 | 77% | 4.34 | 72% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Chef's Signature Hunter's Chicken | 6062 | 72% | 1449 | 72% | 75.4 | 108% | 12.4 | 62% | 122.0 | 47% | 35.1 | 39% | 63.3 | 127% | 7.22 | 120% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | 12-Hour Slow-Cooked Lamb Shoulder | 4211 | 50% | 1006 | 50% | 52.9 | 76% | 25.4 | 127% | 50.2 | 19% | 13.7 | 15% | 79.2 | 158% | 2.75 | 46% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Sea Bass and Seared Scallops | 3325 | 40% | 792 | 40% | 30.0 | 43% | 6.4 | 32% | 63.5 | 24% | 2.8 | 3% | 60.4 | 121% | 2.35 | 39% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Signature Fish and Chips, Please select your side choice listed below | 8575 | 102% | 2053 | 103% | 110.5 | 158% | 40.6 | 203% | 174.9 | 67% | 12.6 | 14% | 67.5 | 135% | 4.36 | 73% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | 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 - SS19 Core Menu | Chef's Recommendations | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Chicken, Bacon & Avocado Salad | 2683 | 32% | 641 | 32% | 35.4 | 51% | 8.9 | 44% | 29.5 | 11% | 7.6 | 8% | 48.8 | 98% | 3.74 | 62% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Chef's Seasonal Garden Bowl, Please select your topper choice listed below | 1401 | 17% | 335 | 17% | 16.5 | 24% | 1.5 | 8% | 34.3 | 13% | 8.8 | 10% | 6.2 | 12% | 0.94 | 16% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Rump Steak 5oz | 762 | 9% | 181 | 9% | 6.0 | 9% | 2.6 | 13% | 0.0 | 0% | 0.0 | 0% | 19.3 | 39% | 0.19 | 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 - SS19 Core Menu | Chef's Recommendations | Sweet Potato Kofta Skewers | 1113 | 13% | 266 | 13% | 8.3 | 12% | 0.6 | 3% | 38.5 | 15% | 8.0 | 9% | 6.6 | 13% | 0.86 | 14% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Seabass Fillet | 651 | 8% | 155 | 8% | 2.4 | 3% | 0.4 | 2% | 0.0 | 0% | 0.0 | 0% | 33.7 | 67% | 0.74 | 12% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | 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 - SS19 Core Menu | Chef's Recommendations | Salmon Fillet | 2029 | 24% | 485 | 24% | 39.8 | 57% | 5.7 | 28% | 0.1 | 0% | 0.0 | 0% | 31.0 | 62% | 0.66 | 11% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Chicken Breast | 1421 | 17% | 340 | 17% | 19.8 | 28% | 2.1 | 10% | 4.7 | 2% | 0.8 | 1% | 35.0 | 70% | 1.68 | 28% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Grilled Hake with Chorizo and King Prawns | 2987 | 36% | 714 | 36% | 35.5 | 51% | 9.5 | 48% | 42.4 | 16% | 18.3 | 20% | 53.5 | 107% | 4.85 | 81% |
| Chef and Brewer - SS19 Core Menu | Chef's Recommendations | Chef's Seasonal Garden Bowl | 2166 | 26% | 518 | 26% | 8.3 | 12% | 0.6 | 3% | 89.4 | 34% | 30.1 | 33% | 12.5 | 25% | 0.90 | 15% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Chef's Signature Mixed Grill, Please select your side choice listed below | 4652 | 55% | 1112 | 56% | 61.6 | 88% | 16.7 | 84% | 40.6 | 16% | 13.2 | 15% | 82.8 | 166% | 6.99 | 117% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Side Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Jacket Potato & Butter | 1241 | 15% | 298 | 15% | 11.9 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Sirloin 8oz, Please select your side choice listed below | 2413 | 29% | 579 | 29% | 35.8 | 51% | 10.4 | 52% | 17.1 | 7% | 7.9 | 9% | 38.4 | 77% | 2.07 | 35% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 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 - SS19 Core Menu | From the Grill | Side Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Jacket Potato & Butter | 1241 | 15% | 298 | 15% | 11.9 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Bistro Rump 8oz, Please select your side choice listed below | 2309 | 27% | 553 | 28% | 37.1 | 53% | 10.7 | 54% | 17.1 | 7% | 7.9 | 9% | 33.8 | 68% | 2.04 | 34% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Side Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Jacket Potato & Butter | 1241 | 15% | 298 | 15% | 11.9 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Fillet 7oz, Please select your side choice and sauce listed below | 2055 | 24% | 492 | 25% | 27.2 | 39% | 7.6 | 38% | 17.1 | 7% | 7.9 | 9% | 41.1 | 82% | 2.05 | 34% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Side Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Jacket Potato & Butter | 1241 | 15% | 298 | 15% | 11.9 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Peppercorn Sauce | 217 | 3% | 52 | 3% | 2.5 | 4% | 1.5 | 8% | 5.6 | 2% | 1.6 | 2% | 1.2 | 2% | 0.94 | 16% |

| 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 - SS19 Core Menu | From the Grill | Creamy Garlic Mushroom Sauce | 624 | 7% | 149 | 7% | 13.0 | 19% | 4.4 | 22% | 4.7 | 2% | 1.6 | 2% | 2.1 | 4% | 0.59 | 10% |
| Chef and Brewer - SS19 Core Menu | From the Grill | Gravy (Beef Dripping) | 624 | 7% | 149 | 7% | 14.0 | 20% | 8.0 | 40% | 5.3 | 2% | 2.0 | 2% | 0.5 | 1% | 0.64 | 11% |
| Chef and Brewer - SS19 Core Menu | Gourmet Pies | Steak & Red Wine Pie, Please select your side choice listed below | 4978 | 59% | 1189 | 59% | 74.8 | 107% | 25.7 | 128% | 91.0 | 35% | 11.1 | 12% | 33.6 | 67% | 2.77 | 46% |
| Chef and Brewer - SS19 Core Menu | Gourmet Pies | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Gourmet Pies | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | Gourmet Pies | Chicken & Mushroom Pie, Please select your side choice listed below | 4594 | 55% | 1097 | 55% | 66.6 | 95% | 24.3 | 122% | 88.3 | 34% | 14.5 | 16% | 36.6 | 73% | 2.83 | 47% |
| Chef and Brewer - SS19 Core Menu | Gourmet Pies | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Gourmet Pies | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Cod & Chips, Please select your side choice listed below | 6798 | 81% | 1628 | 81% | 92.8 | 133% | 35.6 | 178% | 123.1 | 47% | 11.5 | 13% | 55.9 | 112% | 2.65 | 44% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | 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 - SS19 Core Menu | Pub Classics | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Classic Hunter's Chicken | 5623 | 67% | 1344 | 67% | 69.9 | 100% | 11.2 | 56% | 115.8 | 45% | 35.3 | 39% | 53.8 | 108% | 4.65 | 78% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Red Wine & Beef Lasagne, Please select your side choice listed below | 3655 | 44% | 874 | 44% | 36.2 | 52% | 16.5 | 83% | 51.8 | 20% | 13.4 | 15% | 38.3 | 77% | 4.76 | 79% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Garlic Ciabatta | 748 | 9% | 179 | 9% | 8.1 | 12% | 3.0 | 15% | 20.9 | 8% | 2.0 | 2% | 4.7 | 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 - SS19 Core Menu | Pub Classics | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | 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% | 5.43 | 91% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Grilled Pineapple | 668 | 8% | 160 | 8% | 0.0 | 0% | 0.0 | 0% | 42.5 | 16% | 42.5 | 47% | 2.5 | 5% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Fried Egg | 977 | 12% | 235 | 12% | 18.5 | 26% | 3.9 | 20% | 0.0 | 0% | 0.0 | 0% | 12.6 | 25% | 0.50 | 8% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Egg & Pineapple | 756 | 9% | 182 | 9% | 9.2 | 13% | 2.0 | 10% | 17.0 | 7% | 17.0 | 19% | 7.3 | 15% | 0.25 | 4% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | 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 - SS19 Core Menu | Pub Classics | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Hand-Battered Halloumi and Chips (v), Please select your side choice listed below | 6976 | 83% | 1672 | 84% | 110.6 | 158% | 60.5 | 302% | 82.2 | 32% | 13.0 | 14% | 37.5 | 75% | 11.22 | 187% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | 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 - SS19 Core Menu | Pub Classics | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | IPA Chicken in a Basket | 4401 | 52% | 1052 | 53% | 53.5 | 76% | 11.1 | 55% | 89.9 | 35% | 6.2 | 7% | 49.6 | 99% | 2.99 | 50% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | 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% | 3.09 | 52% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Pub Classics | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |

| 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 - SS19 Core Menu | Sides | Skin-on Fries | 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 - SS19 Core Menu | Sides | Triple-cooked 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 - SS19 Core Menu | Sides | Sweet Potato Fries | 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 - SS19 Core Menu | Sides | Onion Rings | 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 - SS19 Core Menu | Sides | Buttered Baby Potatoes | 788 | 9% | 189 | 9% | 4.1 | 6% | 2.6 | 13% | 31.5 | 12% | 1.9 | 2% | 3.7 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Sides | Dressed Seasonal Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.38 | 6% |
| Chef and Brewer - SS19 Core Menu | Sides | Buttered Seasonal Vegetables | 733 | 9% | 175 | 9% | 10.2 | 15% | 1.2 | 6% | 13.3 | 5% | 9.7 | 11% | 6.7 | 13% | 0.15 | 3% |
| Chef and Brewer - SS19 Core Menu | Sides | Garlic Ciabatta with Cheddar | 1401 | 17% | 335 | 17% | 20.9 | 30% | 11.0 | 55% | 20.9 | 8% | 2.0 | 2% | 14.7 | 29% | 1.40 | 23% |
| Chef and Brewer - SS19 Core Menu | Sides | Garlic Ciabatta | 748 | 9% | 179 | 9% | 8.1 | 12% | 3.0 | 15% | 20.9 | 8% | 2.0 | 2% | 4.7 | 9% | 0.72 | 12% |
| Chef and Brewer - SS19 Core Menu | Sides | Couscous & Rocket Salad with a Cucumber Dressing | 1642 | 20% | 393 | 20% | 15.8 | 23% | 1.3 | 7% | 50.9 | 20% | 9.9 | 11% | 9.1 | 18% | 1.31 | 22% |
| Chef and Brewer - SS19 Core Menu | Sides | House Slaw | 291 | 3% | 70 | 3% | 1.5 | 2% | 0.0 | 0% | 12.0 | 5% | 7.5 | 8% | 1.5 | 3% | 0.90 | 15% |
| Chef and Brewer - SS19 Core Menu | Sides | Glazed Tenderstem Broccoli | 538 | 6% | 129 | 6% | 9.2 | 13% | 1.2 | 6% | 7.0 | 3% | 2.0 | 2% | 3.0 | 6% | 0.16 | 3% |
| Chef and Brewer - SS19 Core Menu | Sides | Lunch - Bread & Butter | 1714 | 20% | 410 | 21% | 8.9 | 13% | 4.8 | 24% | 68.1 | 26% | 1.0 | 1% | 11.3 | 23% | 1.37 | 23% |
| Chef and Brewer - SS19 Core Menu | Sides | 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% |

| 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 - SS19 Core Menu | Sides | 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 - SS19 Core Menu | Sides | Lunch - Cheese Slice | 348 | 4% | 83 | 4% | 7.0 | 10% | 4.3 | 22% | 0.0 | 0% | 0.0 | 0% | 5.1 | 10% | 0.38 | 6% |
| Chef and Brewer - SS19 Core Menu | Sides | 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 - SS19 Core Menu | Sides | Pesto Crushed Baby Potatoes | 1104 | 13% | 264 | 13% | 6.6 | 9% | 0.6 | 3% | 42.2 | 16% | 3.4 | 4% | 5.0 | 10% | 0.36 | 6% |
| Chef and Brewer - SS19 Core Menu | Sides | Heritage Tomato Gratin | 586 | 7% | 140 | 7% | 6.9 | 10% | 4.2 | 21% | 9.6 | 4% | 8.7 | 10% | 8.4 | 17% | 0.80 | 13% |
| Chef and Brewer - SS19 Core Menu | Signature Sauces | 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 - SS19 Core Menu | Signature Sauces | Garlic & Mushroom Sauce | 624 | 7% | 149 | 7% | 13.0 | 19% | 4.4 | 22% | 4.7 | 2% | 1.6 | 2% | 2.1 | 4% | 0.59 | 10% |
| Chef and Brewer - SS19 Core Menu | Signature Sauces | Merlot & Beef Dripping Gravy | 624 | 7% | 149 | 7% | 14.0 | 20% | 8.0 | 40% | 5.3 | 2% | 2.0 | 2% | 0.5 | 1% | 0.65 | 11% |
| Chef and Brewer - SS19 Core Menu | Steak 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 - SS19 Core Menu | Steak 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 - SS19 Core Menu | Steak Sides | Surf n Turf | 1321 | 16% | 316 | 16% | 20.9 | 30% | 3.2 | 16% | 19.0 | 7% | 0.5 | 1% | 16.1 | 32% | 3.84 | 64% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Topper - Salmon Fillet | 2029 | 24% | 485 | 24% | 39.8 | 57% | 5.7 | 28% | 0.1 | 0% | 0.0 | 0% | 31.0 | 62% | 0.67 | 11% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Topper - Seabass Fillet | 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 - SS19 Core Menu | Toppers & Extras | Topper - Rump Steak | 762 | 9% | 181 | 9% | 6.0 | 9% | 2.6 | 13% | 0.0 | 0% | 0.0 | 0% | 19.3 | 39% | 0.19 | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Topper - Chicken Breast | 1421 | 17% | 340 | 17% | 19.8 | 28% | 2.1 | 10% | 4.7 | 2% | 0.8 | 1% | 35.0 | 70% | 1.68 | 28% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Topper - Roasted Red Pepper & Sweet Potato Kofta Skewers | 1113 | 13% | 266 | 13% | 8.3 | 12% | 0.6 | 3% | 38.5 | 15% | 8.0 | 9% | 6.6 | 13% | 0.86 | 14% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Extra Burger | 142 | 2% | 34 | 2% | 1.4 | 2% | 1.4 | 7% | 1.4 | 1% | 1.4 | 2% | 1.4 | 3% | 0.35 | 6% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Extra Salmon | 2029 | 24% | 485 | 24% | 39.8 | 57% | 5.7 | 29% | 0.1 | 0% | 0.0 | 0% | 31.0 | 62% | 0.67 | 11% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Extra Scallops | 885 | 11% | 212 | 11% | 15.6 | 22% | 1.3 | 6% | 3.4 | 1% | 0.0 | 0% | 14.0 | 28% | 1.61 | 27% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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% |

| 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 - SS19 Core Menu | Toppers & Extras | Extra Cheese Slice | 348 | 4% | 83 | 4% | 7.0 | 10% | 4.3 | 22% | 0.0 | 0% | 0.0 | 0% | 5.1 | 10% | 0.38 | 6% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Extra Fried Onions | 125 | 1% | 30 | 1% | 3.0 | 4% | 0.3 | 2% | 0.0 | 0% | 0.0 | 0% | 0.3 | 1% | 0.30 | 5% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Extra Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.27 | 21% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Extra Jacket Potato & Butter | 1241 | 15% | 299 | 15% | 12.0 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Extra Ice Cream 1 Scoop - Please select your flavour choice listed below | | | | | | | | | | | | | | | | |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Ice Cream - Strawberry Classic | 574 | 7% | 137 | 7% | 6.7 | 10% | 4.1 | 20% | 17.3 | 7% | 15.0 | 17% | 1.9 | 4% | 0.12 | 2% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Mango Sorbet | 308 | 4% | 74 | 4% | 0.2 | 0% | 0.1 | 1% | 17.6 | 7% | 15.8 | 18% | 0.1 | 0% | 0.04 | 1% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Lemon Curd Sorbet | 395 | 5% | 95 | 5% | 0.5 | 1% | 0.4 | 2% | 22.4 | 9% | 19.3 | 21% | 0.0 | 0% | 0.08 | 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 - SS19 Core Menu | Toppers & Extras | Yoghurt Strawberry Frozen | 370 | 4% | 88 | 4% | 1.3 | 2% | 0.8 | 4% | 17.3 | 7% | 15.2 | 17% | 1.7 | 3% | 0.05 | 1% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Ice Cream - Vegan | 492 | 6% | 118 | 6% | 5.9 | 8% | 5.0 | 25% | 10.4 | 4% | 9.8 | 11% | 0.5 | 1% | 0.01 | 0% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | 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 - SS19 Core Menu | Toppers & Extras | Extra Sour Dough | 964 | 11% | 231 | 12% | 7.3 | 10% | 4.2 | 21% | 34.1 | 13% | 0.6 | 1% | 5.7 | 11% | 0.68 | 11% |
| Chef and Brewer - SS19 Core Menu | Toppers & Extras | Extra 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 - SS19 Core Menu | Toppers & Extras | Extra Beef Ends | 532 | 6% | 127 | 6% | 4.5 | 6% | 1.0 | 5% | 7.9 | 3% | 5.8 | 6% | 11.6 | 23% | 0.90 | 15% |
| Chef and Brewer - SS19 Core Menu | Desserts | Kentish Bramley Apple & Blackberry Crumble Pie, Please select your side choice listed below | 2729 | 32% | 652 | 33% | 27.6 | 39% | 10.3 | 51% | 95.9 | 37% | 43.3 | 48% | 3.0 | 6% | 0.42 | 7% |
| Chef and Brewer - SS19 Core Menu | Desserts | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Desserts | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Desserts | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Salted Caramel Sundae | 3979 | 47% | 951 | 48% | 64.3 | 92% | 36.5 | 182% | 84.1 | 32% | 69.2 | 77% | 8.6 | 17% | 0.71 | 12% |
| Chef and Brewer - SS19 Core Menu | Desserts | Sticky Toffee Pudding, Please select your side choice listed below | 3375 | 40% | 807 | 40% | 40.1 | 57% | 17.2 | 86% | 105.6 | 41% | 50.6 | 56% | 7.0 | 14% | 0.49 | 8% |
| Chef and Brewer - SS19 Core Menu | Desserts | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 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 - SS19 Core Menu | Desserts | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Desserts | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Chocolate Fudge Cake, Please select your side choice listed below | 2336 | 28% | 558 | 28% | 26.9 | 38% | 9.0 | 45% | 70.4 | 27% | 56.0 | 62% | 6.9 | 14% | 1.05 | 18% |
| Chef and Brewer - SS19 Core Menu | Desserts | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Desserts | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Desserts | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Millionaire's Cheesecake, Please select your side choice listed below | 2325 | 28% | 556 | 28% | 31.3 | 45% | 20.2 | 101% | 61.8 | 24% | 40.5 | 45% | 5.2 | 10% | 0.62 | 10% |
| Chef and Brewer - SS19 Core Menu | Desserts | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Desserts | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Desserts | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Clementine Tart | 2400 | 29% | 573 | 29% | 30.2 | 43% | 16.5 | 83% | 70.0 | 27% | 49.3 | 55% | 5.3 | 11% | 0.47 | 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 - SS19 Core Menu | Desserts | Beechdean Ice Cream and Sorbet, Please select your flavour choice listed below | | | | | | | | | | | | | | | | | |
| Chef and Brewer - SS19 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% | 0.12 | 2% | |
| Chef and Brewer - SS19 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 - SS19 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 - SS19 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 - SS19 Core Menu | Desserts | Mango Sorbet | 308 | 4% | 74 | 4% | 0.2 | 0% | 0.1 | 1% | 17.6 | 7% | 15.8 | 18% | 0.1 | 0% | 0.04 | 1% | |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Lemon Curd Sorbet | 395 | 5% | 95 | 5% | 0.5 | 1% | 0.4 | 2% | 22.4 | 9% | 19.3 | 21% | 0.0 | 0% | 0.08 | 1% | |
| Chef and Brewer - SS19 Core Menu | Desserts | Yoghurt Strawberry Frozen | 370 | 4% | 88 | 4% | 1.3 | 2% | 0.8 | 4% | 17.3 | 7% | 15.2 | 17% | 1.7 | 3% | 0.05 | 1% | |
| Chef and Brewer - SS19 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% | 0.01 | 0% | |
| Chef and Brewer - SS19 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% | |
| Chef and Brewer - SS19 Core Menu | Desserts | Cheese Board | 3386 | 40% | 811 | 41% | 55.4 | 79% | 33.4 | 167% | 46.2 | 18% | 20.1 | 22% | 31.0 | 62% | 2.70 | 45% | |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Mini Pudding & Hot Drink (v) - Please select your dessert of choice listed below | | | | | | | | | | | | | | | | | |

| 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 - SS19 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 - SS19 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 - SS19 Core Menu | Desserts | Clementine Tart | 872 | 10% | 209 | 10% | 13.5 | 19% | 7.2 | 36% | 19.3 | 7% | 12.2 | 14% | 2.3 | 5% | 0.16 | 3% |
| Chef and Brewer - SS19 Core Menu | Desserts | Choux Bun with Prosecco Strawberries | 2901 | 35% | 693 | 35% | 49.5 | 71% | 31.2 | 156% | 53.7 | 21% | 39.0 | 43% | 8.6 | 17% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | Desserts | Lyn's Rum Bread & Butter Pudding (v), Please select your side choice listed below | 3150 | 37% | 753 | 38% | 37.7 | 54% | 25.5 | 128% | 74.8 | 29% | 46.4 | 52% | 9.1 | 18% | 0.97 | 16% |
| Chef and Brewer - SS19 Core Menu | Desserts | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Desserts | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Desserts | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 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 - SS19 Core Menu | Desserts | Rhubarb Crumble Sundae | 3433 | 41% | 820 | 41% | 48.5 | 69% | 25.5 | 127% | 88.2 | 34% | 60.2 | 67% | 10.2 | 20% | 0.32 | 5% |
| Chef and Brewer - SS19 Core Menu | Roasts | Sunday - Roast Topside of Beef, please select your potato choice listed below | 3909 | 47% | 934 | 47% | 58.5 | 84% | 11.3 | 57% | 51.2 | 20% | 13.3 | 15% | 50.3 | 101% | 3.25 | 54% |
| Chef and Brewer - SS19 Core Menu | Roasts | Rosemary Roasted 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 - SS19 Core Menu | Roasts | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Roasts | Sunday - Honey Glazed Gammon, please select your potato choice listed below | 6077 | 72% | 1452 | 73% | 108.7 | 155% | 25.3 | 126% | 59.8 | 23% | 21.5 | 24% | 53.9 | 108% | 7.00 | 117% |

| 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 - SS19 Core Menu | Roasts | Rosemary Roasted 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 - SS19 Core Menu | Roasts | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Roasts | Sunday - Roast Turkey Breast, please select your potato choice listed below | 4935 | 59% | 1179 | 59% | 67.8 | 97% | 17.4 | 87% | 55.5 | 21% | 14.3 | 16% | 87.2 | 174% | 4.76 | 79% |
| Chef and Brewer - SS19 Core Menu | Roasts | Rosemary Roasted 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 - SS19 Core Menu | Roasts | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Roasts | Sunday - Trio of Roasts, please select your potato and meat choice listed below | 2866 | 34% | 684 | 34% | 48.0 | 69% | 5.3 | 26% | 48.9 | 19% | 11.8 | 13% | 14.0 | 28% | 2.56 | 43% |
| Chef and Brewer - SS19 Core Menu | Roasts | Roast Gammon, Crackling and Apple Sauce | 1214 | 14% | 290 | 15% | 21.6 | 31% | 7.2 | 36% | 8.5 | 3% | 7.3 | 8% | 14.0 | 28% | 1.31 | 22% |
| Chef and Brewer - SS19 Core Menu | Roasts | Topside of Beef | 459 | 5% | 109 | 5% | 6.8 | 10% | 2.3 | 11% | 0.0 | 0% | 0.0 | 0% | 12.0 | 24% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Roasts | Roast Turkey | 605 | 7% | 145 | 7% | 6.3 | 9% | 2.3 | 11% | 0.6 | 0% | 0.6 | 1% | 21.7 | 43% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Roasts | Rosemary Roasted 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 - SS19 Core Menu | Roasts | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Roasts | Sunday - Mushroom, Stilton & Spinach Wellington (v), please select your potato choice listed below | 5028 | 60% | 1201 | 60% | 80.4 | 115% | 21.0 | 105% | 93.7 | 36% | 18.3 | 20% | 25.5 | 51% | 4.28 | 71% |
| Chef and Brewer - SS19 Core Menu | Roasts | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 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 - SS19 Core Menu | Roasts | 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 - SS19 Core Menu | Sunday Best | Sunday - 8-Hour Slow-Cooked Rib of Beef, please select your potato choice listed below | 5011 | 60% | 1197 | 60% | 82.6 | 118% | 26.5 | 133% | 52.1 | 20% | 12.0 | 13% | 61.1 | 122% | 3.48 | 58% |
| Chef and Brewer - SS19 Core Menu | Sunday Best | Rosemary Roasted 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 - SS19 Core Menu | Sunday Best | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Sunday Best | Sunday - 12-Hour Slow-Cooked Lamb Shoulder, please select your potato choice listed below | 4350 | 52% | 1039 | 52% | 57.4 | 82% | 17.8 | 89% | 48.8 | 19% | 11.8 | 13% | 82.0 | 164% | 4.03 | 67% |
| Chef and Brewer - SS19 Core Menu | Sunday Best | Rosemary Roasted Potatoes Goosefat | 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 - SS19 Core Menu | Sunday Best | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Sunday Best | Sunday - Slow-Cooked Pork Belly, please select your potato choice listed below | 8120 | 97% | 1940 | 97% | 141.5 | 202% | 36.8 | 184% | 56.4 | 22% | 18.1 | 20% | 111.5 | 223% | 4.31 | 72% |
| Chef and Brewer - SS19 Core Menu | Sunday Best | Rosemary Roasted 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 - SS19 Core Menu | Sunday Best | Buttered Minted New Potatoes | 793 | 9% | 190 | 10% | 4.1 | 6% | 2.6 | 13% | 31.7 | 12% | 1.9 | 2% | 3.9 | 8% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Childrens Roasts | Sunday - Childrens Topside of Beef | 3309 | 39% | 790 | 39% | 54.8 | 78% | 9.1 | 45% | 48.7 | 19% | 6.7 | 7% | 27.9 | 56% | 1.81 | 30% |
| Chef and Brewer - SS19 Core Menu | Childrens Roasts | Sunday - Childrens Turkey Breast | 3445 | 41% | 822 | 41% | 52.7 | 75% | 8.4 | 42% | 55.8 | 21% | 8.0 | 9% | 34.7 | 69% | 2.46 | 41% |
| Chef and Brewer - SS19 Core Menu | Childrens Roasts | Sunday - Childrens Gammon | 3672 | 44% | 876 | 44% | 60.5 | 86% | 12.1 | 61% | 56.6 | 22% | 8.9 | 10% | 27.1 | 54% | 3.92 | 65% |

| 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 - SS19 Core Menu | Childrens Roasts | Sunday - Childrens Mushroom, Stilton & Spinach Wellington | 4567 | 54% | 1090 | 55% | 70.6 | 101% | 19.5 | 98% | 94.0 | 36% | 13.3 | 15% | 23.3 | 47% | 3.00 | 50% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - Croxton Manor Cauliflower Cheese | 1185 | 14% | 283 | 14% | 17.9 | 26% | 9.7 | 49% | 11.3 | 4% | 6.8 | 8% | 19.4 | 39% | 1.25 | 21% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - Buttered Mash | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.27 | 21% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - Seasonal Vegetables | 733 | 9% | 175 | 9% | 10.2 | 15% | 1.2 | 6% | 13.3 | 5% | 9.7 | 11% | 6.7 | 13% | 0.15 | 3% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - Pig-in-Blankets | 1676 | 20% | 401 | 20% | 32.3 | 46% | 12.7 | 64% | 10.0 | 4% | 1.7 | 2% | 17.2 | 34% | 2.30 | 38% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - 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 - SS19 Core Menu | Sunday Sides | Sunday - Beef-Topped Roast Potatoes | 2012 | 24% | 479 | 24% | 27.5 | 39% | 12.0 | 60% | 44.8 | 17% | 3.5 | 4% | 17.5 | 35% | 1.15 | 19% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - Extra Gravy | 119 | 1% | 29 | 1% | 1.0 | 1% | 1.0 | 5% | 4.0 | 2% | 0.0 | 0% | 1.0 | 2% | 0.40 | 7% |
| Chef and Brewer - SS19 Core Menu | Sunday Sides | Sunday - Extra Roast 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 - SS19 Core Menu | Sunday Sides | Sunday - Beef-Stuffed Yorkshire Pudding | 2154 | 26% | 515 | 26% | 39.4 | 56% | 10.6 | 53% | 24.8 | 10% | 3.2 | 4% | 16.0 | 32% | 1.71 | 29% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Starters | Lunch - Chef's Soup of The Day - Lentil, Spinach or Mushroom | 1143 | 14% | 274 | 14% | 9.9 | 14% | 6.7 | 34% | 36.6 | 14% | 0.6 | 1% | 8.2 | 16% | 0.68 | 11% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Starters | Lunch - Chef's Soup of The Day - Tomato | 1206 | 14% | 289 | 14% | 9.1 | 13% | 4.5 | 22% | 42.6 | 16% | 7.8 | 9% | 7.0 | 14% | 1.93 | 32% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Starters | Lunch - Devilled Whitebait | 2937 | 35% | 709 | 35% | 61.5 | 88% | 0.3 | 2% | 14.7 | 6% | 2.8 | 3% | 17.9 | 36% | 1.24 | 21% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Starters | Lunch - Oak-Smoked Chicken Liver Pate | 2207 | 26% | 530 | 27% | 31.8 | 45% | 18.8 | 94% | 46.8 | 18% | 12.4 | 14% | 12.6 | 25% | 1.17 | 20% |

| 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 - SS19 Core Menu | Lunch Menu Starters | Lunch - Stilton & Peppercorn Mushrooms | 2235 | 27% | 537 | 27% | 34.0 | 49% | 10.0 | 50% | 40.9 | 16% | 2.2 | 2% | 14.8 | 30% | 2.23 | 37% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Starters | Lunch - Roasted Red Pepper & Sweet Potato Kofa Skewers | 1502 | 18% | 359 | 18% | 15.6 | 22% | 1.2 | 6% | 42.5 | 16% | 9.3 | 10% | 8.6 | 17% | 1.23 | 21% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Starters | Lunch - Chicken & Avocado, Please select your side choice listed below | 2595 | 31% | 620 | 31% | 20.4 | 29% | 3.7 | 19% | 57.0 | 22% | 7.5 | 8% | 47.2 | 94% | 2.76 | 46% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Chips | 1101 | 13% | 263 | 13% | 13.2 | 19% | 1.1 | 6% | 34.1 | 13% | 2.2 | 2% | 2.2 | 4% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Side Salad | 73 | 1% | 17 | 1% | 0.3 | 0% | 0.0 | 0% | 2.4 | 1% | 2.2 | 2% | 0.8 | 2% | 0.19 | 3% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Lunch - Gourmet Steak, Please select your side choice listed below | 2013 | 24% | 481 | 24% | 31.9 | 46% | 7.6 | 38% | 14.6 | 6% | 12.7 | 14% | 20.3 | 41% | 1.04 | 17% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Chips | 1101 | 13% | 263 | 13% | 13.2 | 19% | 1.1 | 6% | 34.1 | 13% | 2.2 | 2% | 2.2 | 4% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Side Salad | 73 | 1% | 17 | 1% | 0.3 | 0% | 0.0 | 0% | 2.4 | 1% | 2.2 | 2% | 0.8 | 2% | 0.19 | 3% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Lunch - Hand-Battered Cod Goujons | 3877 | 46% | 928 | 46% | 37.6 | 54% | 5.2 | 26% | 111.5 | 43% | 6.5 | 7% | 31.3 | 63% | 3.79 | 63% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Chips | 1101 | 13% | 263 | 13% | 13.2 | 19% | 1.1 | 6% | 34.1 | 13% | 2.2 | 2% | 2.2 | 4% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Side Salad | 73 | 1% | 17 | 1% | 0.3 | 0% | 0.0 | 0% | 2.4 | 1% | 2.2 | 2% | 0.8 | 2% | 0.19 | 3% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Lunch - Rarebit Toastie, Please select your side choice listed below | 2695 | 32% | 644 | 32% | 22.4 | 32% | 8.6 | 43% | 87.7 | 34% | 13.7 | 15% | 20.1 | 40% | 2.92 | 49% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Chips | 1101 | 13% | 263 | 13% | 13.2 | 19% | 1.1 | 6% | 34.1 | 13% | 2.2 | 2% | 2.2 | 4% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Side Salad | 73 | 1% | 17 | 1% | 0.3 | 0% | 0.0 | 0% | 2.4 | 1% | 2.2 | 2% | 0.8 | 2% | 0.19 | 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 - SS19 Core Menu | Lunch Menu Sandwiches | Lunch - Chicken & Bacon Mayonnaise, Please select your side choice listed below | 3180 | 38% | 760 | 38% | 33.7 | 48% | 5.5 | 28% | 74.0 | 28% | 3.8 | 4% | 35.6 | 71% | 4.05 | 68% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Chips | 1101 | 13% | 263 | 13% | 13.2 | 19% | 1.1 | 6% | 34.1 | 13% | 2.2 | 2% | 2.2 | 4% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Sandwiches | Side Salad | 73 | 1% | 17 | 1% | 0.3 | 0% | 0.0 | 0% | 2.4 | 1% | 2.2 | 2% | 0.8 | 2% | 0.19 | 3% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Jackets | Lunch - Mature Cheddar & Beans | 1863 | 22% | 446 | 22% | 16.0 | 23% | 9.7 | 48% | 54.4 | 21% | 7.3 | 8% | 16.6 | 33% | 1.24 | 21% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Jackets | Lunch - Chicken & Bacon Mayonnaise | 2955 | 35% | 707 | 35% | 40.1 | 57% | 8.3 | 41% | 52.7 | 20% | 7.8 | 9% | 30.0 | 60% | 3.19 | 53% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Jackets | Lunch - Prawns In Marie Rose Sauce | 1719 | 20% | 412 | 21% | 17.2 | 25% | 4.5 | 22% | 46.0 | 18% | 4.7 | 5% | 15.3 | 31% | 1.50 | 25% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Fish & Chips, Please select your side choice listed below | 5573 | 66% | 1333 | 67% | 74.0 | 106% | 26.0 | 130% | 108.8 | 42% | 7.1 | 8% | 38.8 | 78% | 2.19 | 37% |
| Chef and Brewer - SS19 Core Menu | Lunch 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 - SS19 Core Menu | Lunch Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Chicken Breast Burger | 5031 | 60% | 1202 | 60% | 65.7 | 94% | 13.3 | 67% | 107.1 | 41% | 14.7 | 16% | 40.7 | 81% | 3.69 | 62% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Hand-Pressed Beef Burger | 3798 | 45% | 907 | 45% | 43.7 | 62% | 9.0 | 45% | 108.9 | 42% | 17.9 | 20% | 12.6 | 25% | 2.97 | 50% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Wholetail Scampi, Please select your side choice listed below | 4047 | 48% | 967 | 48% | 49.3 | 70% | 4.1 | 21% | 111.8 | 43% | 8.2 | 9% | 16.5 | 33% | 2.78 | 46% |
| Chef and Brewer - SS19 Core Menu | Lunch 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 - SS19 Core Menu | Lunch Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 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 - SS19 Core Menu | Lunch Menu Mains | Lunch - Mac 'n' Cheese | 2888 | 34% | 690 | 35% | 27.4 | 39% | 12.9 | 65% | 87.2 | 34% | 6.9 | 8% | 27.2 | 54% | 4.59 | 77% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Sea Bass Florentine | 3228 | 38% | 772 | 39% | 46.4 | 66% | 15.7 | 78% | 38.3 | 15% | 5.4 | 6% | 47.3 | 95% | 1.90 | 32% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Gammon and 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% | 4.04 | 67% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Grilled Pineapple | 668 | 8% | 160 | 8% | 0.0 | 0% | 0.0 | 0% | 42.5 | 16% | 42.5 | 47% | 2.5 | 5% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Fried Egg | 977 | 12% | 235 | 12% | 18.5 | 26% | 3.9 | 20% | 0.0 | 0% | 0.0 | 0% | 12.6 | 25% | 0.50 | 8% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Egg & Pineapple | 756 | 9% | 182 | 9% | 9.2 | 13% | 2.0 | 10% | 17.0 | 7% | 17.0 | 19% | 7.3 | 15% | 0.25 | 4% |
| Chef and Brewer - SS19 Core Menu | Lunch 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 - SS19 Core Menu | Lunch Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Chicken, Bacon & Avocado Salad | 2683 | 32% | 641 | 32% | 35.4 | 51% | 8.9 | 44% | 29.5 | 11% | 7.6 | 8% | 48.8 | 98% | 3.74 | 62% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Ploughman's | 3693 | 44% | 883 | 44% | 56.7 | 81% | 27.4 | 137% | 53.5 | 21% | 29.9 | 33% | 38.5 | 77% | 4.20 | 70% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Mains | Lunch - Chef's Vegan Burger | 4293 | 51% | 1022 | 51% | 40.8 | 58% | 14.7 | 74% | 120.9 | 46% | 19.0 | 21% | 38.3 | 77% | 4.34 | 72% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | Lunch - Chocolate Fudge Cake , 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 - SS19 Core Menu | Lunch Menu Puddings | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | Ice Cream - Clotted Cream Cornish Co | 665 | 8% | 159 | 8% | 10.2 | 15% | 6.2 | 31% | 14.8 | 6% | 12.6 | 14% | 2.0 | 4% | 0.13 | 2% |

| 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 - SS19 Core Menu | Lunch Menu Puddings | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | Lunch - Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach, 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 - SS19 Core Menu | Lunch Menu Puddings | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Lunch Menu Puddings | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | Lunch - Beechdean Ice Cream, please select your flavour choice listed below | | | | | | | | | | | | | | | | |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | Ice Cream - Strawberry Classic | 574 | 7% | 137 | 7% | 6.7 | 10% | 4.1 | 20% | 17.3 | 7% | 15.0 | 17% | 1.9 | 4% | 0.12 | 2% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | Mango Sorbet | 308 | 4% | 74 | 4% | 0.2 | 0% | 0.1 | 1% | 17.6 | 7% | 15.8 | 18% | 0.1 | 0% | 0.04 | 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 - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | Lemon Curd Sorbet | 395 | 5% | 95 | 5% | 0.5 | 1% | 0.4 | 2% | 22.4 | 9% | 19.3 | 21% | 0.0 | 0% | 0.08 | 1% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | Yoghurt Strawberry Frozen | 370 | 4% | 88 | 4% | 1.3 | 2% | 0.8 | 4% | 17.3 | 7% | 15.2 | 17% | 1.7 | 3% | 0.05 | 1% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | Ice Cream - Vegan | 492 | 6% | 118 | 6% | 5.9 | 8% | 5.0 | 25% | 10.4 | 4% | 9.8 | 11% | 0.5 | 1% | 0.01 | 0% |
| Chef and Brewer - SS19 Core Menu | Lunch Menu Puddings | 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 - SS19 Core Menu | Lunch Menu Puddings | Lunch - Beechdean Mango Sorbet | 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 - SS19 Core Menu | Evening Menu Starters | Evening - Devilled Whitebait | 2937 | 35% | 709 | 35% | 61.5 | 88% | 0.3 | 2% | 14.7 | 6% | 2.8 | 3% | 17.9 | 36% | 1.24 | 21% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Starters | Stilton & Peppercom Mushrooms | 2235 | 27% | 537 | 27% | 34.0 | 49% | 10.0 | 50% | 40.9 | 16% | 2.2 | 2% | 14.8 | 30% | 2.23 | 37% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Starters | Evening - Roasted Red Pepper & Sweet Potato Kofa Skewers | 1502 | 18% | 359 | 18% | 15.6 | 22% | 1.2 | 6% | 42.5 | 16% | 9.3 | 10% | 8.6 | 17% | 1.23 | 21% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Starters | Evening - Stilton & Peppercom Mushrooms | 2235 | 27% | 537 | 27% | 34.0 | 49% | 10.0 | 50% | 40.9 | 16% | 2.2 | 2% | 14.8 | 30% | 2.23 | 37% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Starters | Evening - 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 - SS19 Core Menu | Evening Menu Starters | Evening - Oak-Smoked Chicken Liver Pate | 2207 | 26% | 530 | 27% | 31.8 | 45% | 18.8 | 94% | 46.8 | 18% | 12.4 | 14% | 12.6 | 25% | 1.17 | 20% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | 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% | 4.04 | 67% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Grilled Pineapple | 668 | 8% | 160 | 8% | 0.0 | 0% | 0.0 | 0% | 42.5 | 16% | 42.5 | 47% | 2.5 | 5% | 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 - SS19 Core Menu | Evening Menu Mains | Fried Egg | 977 | 12% | 235 | 12% | 18.5 | 26% | 3.9 | 20% | 0.0 | 0% | 0.0 | 0% | 12.6 | 25% | 0.50 | 8% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Egg & Pineapple | 756 | 9% | 182 | 9% | 9.2 | 13% | 2.0 | 10% | 17.0 | 7% | 17.0 | 19% | 7.3 | 15% | 0.25 | 4% |
| Chef and Brewer - SS19 Core Menu | Evening 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 - SS19 Core Menu | Evening Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Prime Gourmet Beef Burger | 5185 | 62% | 1240 | 62% | 71.6 | 102% | 19.7 | 99% | 108.9 | 42% | 18.0 | 20% | 30.6 | 61% | 4.91 | 82% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Gourmet Chicken Burger | 5633 | 67% | 1346 | 67% | 77.7 | 111% | 18.0 | 90% | 110.3 | 42% | 17.1 | 19% | 46.0 | 92% | 4.41 | 74% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Chef's Vegan Burger | 4293 | 51% | 1022 | 51% | 40.8 | 58% | 14.7 | 74% | 120.9 | 46% | 19.0 | 21% | 38.3 | 77% | 4.34 | 72% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Chicken, Bacon & Avocado Salad | 2683 | 32% | 641 | 32% | 35.4 | 51% | 8.9 | 44% | 29.5 | 11% | 7.6 | 8% | 48.8 | 98% | 3.74 | 62% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Red Wine & Beef Lasagne, Please select your side choice listed below | 3655 | 44% | 874 | 44% | 36.2 | 52% | 16.5 | 83% | 51.8 | 20% | 13.4 | 15% | 38.3 | 77% | 4.76 | 79% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Garlic Ciabatta | 748 | 9% | 179 | 9% | 8.1 | 12% | 3.0 | 15% | 20.9 | 8% | 2.0 | 2% | 4.7 | 9% | 0.72 | 12% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Hand-Battered Halloumi and Chips, Please select your side choice listed below | 6976 | 83% | 1672 | 84% | 110.6 | 158% | 60.5 | 302% | 82.2 | 32% | 13.0 | 14% | 37.5 | 75% | 11.22 | 187% |
| Chef and Brewer - SS19 Core Menu | Evening 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 - SS19 Core Menu | Evening Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 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 - SS19 Core Menu | Evening Menu Mains | Evening - Chef's Seasonal Garden Bowl, Please select your topper choice listed below | 1401 | 17% | 335 | 17% | 16.5 | 24% | 1.5 | 8% | 34.3 | 13% | 8.8 | 10% | 6.2 | 12% | 0.94 | 16% |
| Chef and Brewer - SS19 Core Menu | Evening 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 - SS19 Core Menu | Evening Menu Mains | Sweet Potato Kofta Skewers | 1113 | 13% | 266 | 13% | 8.3 | 12% | 0.6 | 3% | 38.5 | 15% | 8.0 | 9% | 6.6 | 13% | 0.86 | 14% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Seabass Fillet | 651 | 8% | 155 | 8% | 2.4 | 3% | 0.4 | 2% | 0.0 | 0% | 0.0 | 0% | 33.7 | 67% | 0.74 | 12% |
| Chef and Brewer - SS19 Core Menu | Evening 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 - SS19 Core Menu | Evening Menu Mains | Salmon Fillet | 2029 | 24% | 485 | 24% | 39.8 | 57% | 5.7 | 28% | 0.1 | 0% | 0.0 | 0% | 31.0 | 62% | 0.66 | 11% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Chicken Breast | 1421 | 17% | 340 | 17% | 19.8 | 28% | 2.1 | 10% | 4.7 | 2% | 0.8 | 1% | 35.0 | 70% | 1.68 | 28% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Cod & Chips, Please select your side choice listed below | 6798 | 81% | 1628 | 81% | 92.8 | 133% | 35.6 | 178% | 123.1 | 47% | 11.5 | 13% | 55.9 | 112% | 2.65 | 44% |
| Chef and Brewer - SS19 Core Menu | Evening 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 - SS19 Core Menu | Evening Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Classic Hunter's Chicken | 5623 | 67% | 1344 | 67% | 69.9 | 100% | 11.2 | 56% | 115.8 | 45% | 35.3 | 39% | 53.8 | 108% | 4.65 | 78% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Sirloin 8oz, Please select your side choice listed below | 2413 | 29% | 579 | 29% | 35.8 | 51% | 10.4 | 52% | 17.1 | 7% | 7.9 | 9% | 38.4 | 77% | 2.07 | 35% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Side Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.37 | 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 - SS19 Core Menu | Evening Menu Mains | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Jacket Potato & Butter | 1241 | 15% | 298 | 15% | 11.9 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Bistro Rump 8oz, Please select your side choice listed below | 2309 | 27% | 553 | 28% | 37.1 | 53% | 10.7 | 54% | 17.1 | 7% | 7.9 | 9% | 33.8 | 68% | 2.04 | 34% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Side Salad | 146 | 2% | 35 | 2% | 0.6 | 1% | 0.0 | 0% | 4.8 | 2% | 4.4 | 5% | 1.6 | 3% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Jacket Potato & Butter | 1241 | 15% | 298 | 15% | 11.9 | 17% | 7.3 | 37% | 41.1 | 16% | 1.6 | 2% | 4.9 | 10% | 0.02 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Sea Bass and Seared Scallops | 3325 | 40% | 792 | 40% | 30.0 | 43% | 6.4 | 32% | 63.5 | 24% | 2.8 | 3% | 60.4 | 121% | 2.35 | 39% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Steak & Red Wine Pie, Please select your side choice listed below | 4978 | 59% | 1189 | 59% | 74.8 | 107% | 25.7 | 128% | 91.0 | 35% | 11.1 | 12% | 33.6 | 67% | 2.77 | 46% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Chicken & Mushroom Pie, Please select your side choice listed below | 4594 | 55% | 1097 | 55% | 66.6 | 95% | 24.3 | 122% | 88.3 | 34% | 14.5 | 16% | 36.6 | 73% | 2.83 | 47% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Chips | 2202 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 4.4 | 9% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Mashed Potato | 1210 | 14% | 290 | 15% | 13.4 | 19% | 10.0 | 50% | 35.6 | 14% | 6.1 | 7% | 5.8 | 12% | 1.26 | 21% |

| 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 - SS19 Core Menu | Evening Menu Mains | Evening - Chef's Seasonal Garden Bowl | 2166 | 26% | 518 | 26% | 8.3 | 12% | 0.6 | 3% | 89.4 | 34% | 30.1 | 33% | 12.5 | 25% | 0.90 | 15% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Mains | Evening - Signature Fish and Chips, Please select your side choice listed below | 8575 | 102% | 2053 | 103% | 110.5 | 158% | 40.6 | 203% | 174.9 | 67% | 12.6 | 14% | 67.5 | 135% | 4.36 | 73% |
| Chef and Brewer - SS19 Core Menu | Evening 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 - SS19 Core Menu | Evening Menu Mains | Mushy Peas | 401 | 5% | 96 | 5% | 0.0 | 0% | 0.0 | 0% | 16.0 | 6% | 5.0 | 6% | 6.0 | 12% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Evening - Choux Bun with Prosecco Strawberries | 2901 | 35% | 693 | 35% | 49.5 | 71% | 31.2 | 156% | 53.7 | 21% | 39.0 | 43% | 8.6 | 17% | 0.37 | 6% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Evening - Chocolate Fudge Cake, Please select your side choice listed below | 2336 | 28% | 558 | 28% | 26.9 | 38% | 9.0 | 45% | 70.4 | 27% | 56.0 | 62% | 6.9 | 14% | 1.05 | 18% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Evening Menu Puddings | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | 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 - SS19 Core Menu | Evening Menu Puddings | Evening - Millionaire's Cheesecake, Please select your side choice listed below | 2325 | 28% | 556 | 28% | 31.3 | 45% | 20.2 | 101% | 61.8 | 24% | 40.5 | 45% | 5.2 | 10% | 0.62 | 10% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Ice Cream - Clotted Cream Cornish Co | 665 | 8% | 159 | 8% | 10.2 | 15% | 6.2 | 31% | 14.8 | 6% | 12.6 | 14% | 2.0 | 4% | 0.13 | 2% |

| 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 - SS19 Core Menu | Evening Menu Puddings | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | 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 - SS19 Core Menu | Evening Menu Puddings | Evening - Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach, 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 - SS19 Core Menu | Evening Menu Puddings | Custard | 424 | 5% | 101 | 5% | 1.1 | 2% | 1.1 | 6% | 18.2 | 7% | 13.7 | 15% | 3.4 | 7% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Ice Cream - Clotted Cream Cornish Co | 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 - SS19 Core Menu | Evening Menu Puddings | Double Cream | 1021 | 12% | 248 | 12% | 27.0 | 39% | 16.5 | 83% | 1.0 | 0% | 1.0 | 1% | 1.0 | 2% | 0.00 | 0% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | 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 - SS19 Core Menu | Evening Menu Puddings | Evening - Rhubarb Crumble Sundae | 3433 | 41% | 820 | 41% | 48.5 | 69% | 25.5 | 127% | 88.2 | 34% | 60.2 | 67% | 10.2 | 20% | 0.32 | 5% |
| Chef and Brewer - SS19 Core Menu | Evening Menu Puddings | Evening - Rich Chocolate & Raspberry Torte | 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 - SS19 Core Menu | Sharing Boards | Bar Menu - Cheese Board | 3455 | 41% | 827 | 41% | 55.4 | 79% | 33.4 | 167% | 50.2 | 19% | 23.8 | 26% | 31.1 | 62% | 2.71 | 45% |
| Chef and Brewer - SS19 Core Menu | Sharing Boards | Bar Menu - Sharing Board for Two | 6136 | 73% | 1470 | 73% | 90.8 | 130% | 34.0 | 170% | 102.8 | 40% | 37.5 | 42% | 54.7 | 109% | 4.90 | 82% |
| Chef and Brewer - SS19 Core Menu | Sharing Boards | Bar Menu - Mezze Board for Two | 4205 | 50% | 1005 | 50% | 44.4 | 63% | 6.0 | 30% | 119.5 | 46% | 29.4 | 33% | 25.2 | 50% | 4.60 | 77% |
| Chef and Brewer - SS19 Core Menu | Nibbles | Bar Menu - Dish of Olives | 471 | 6% | 113 | 6% | 12.0 | 17% | 1.5 | 8% | 0.0 | 0% | 0.0 | 0% | 1.5 | 3% | 3.75 | 63% |

| 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 - SS19 Core Menu | Nibbles | Bar Menu - Bread & Dipping Oil with Balsamic Glaze | 2747 | 33% | 657 | 33% | 33.2 | 47% | 3.2 | 16% | 74.7 | 29% | 6.3 | 7% | 11.3 | 23% | 1.37 | 23% |
| Chef and Brewer - SS19 Core Menu | Pots & Dips | Bar Menu - Triple-cooked Chips with Ketchup | 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 - SS19 Core Menu | Pots & Dips | Bar Menu - Skin-on Fries with Ketchup | 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 - SS19 Core Menu | Pots & Dips | Bar Menu - Onion Rings with Barbecue Dip | 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 - SS19 Core Menu | Pots & Dips | Bar Menu - Lamb Kofta Skewers with a Cucumber & Mint Dressing | 1996 | 24% | 477 | 24% | 40.4 | 58% | 14.6 | 73% | 7.4 | 3% | 5.3 | 6% | 20.7 | 41% | 1.87 | 31% |
| Chef and Brewer - SS19 Core Menu | Pots & Dips | Bar Menu - Cod Goujons with Tartare Sauce | 2360 | 28% | 566 | 28% | 34.3 | 49% | 4.1 | 21% | 43.2 | 17% | 5.2 | 6% | 19.9 | 40% | 2.42 | 40% |
| Chef and Brewer - SS19 Core Menu | Pots & Dips | 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% | 22.3 | 45% | 1.64 | 27% |
| Chef and Brewer - SS19 Core Menu | Pots & Dips | Bar Menu - Deep Fried Halloumi Sticks with Garlic & Rosemary Mayo | 4858 | 58% | 1167 | 58% | 89.3 | 128% | 60.1 | 300% | 8.0 | 3% | 6.5 | 7% | 33.1 | 66% | 10.49 | 175% |
| Chef and Brewer - SS19 Core Menu | Pots & Dips | Bar Menu - Sweet Potato Fries with Mayonnaise | 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 - SS19 Core Menu | Pots & Dips | Bar Menu - Whitebait with Tartare Sauce | 2937 | 35% | 709 | 35% | 61.5 | 88% | 0.3 | 2% | 14.7 | 6% | 2.8 | 3% | 17.9 | 36% | 1.24 | 21% |
| Chef and Brewer - SS19 Core Menu | Pots & Dips | Bar Menu - Ploughman's | 3693 | 44% | 883 | 44% | 56.7 | 81% | 27.4 | 137% | 53.5 | 21% | 29.9 | 33% | 38.5 | 77% | 4.20 | 70% |