

Chef and Brewer No Gluten Containing Main, Evening, Lunch & Sunday 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 No Gluten Containing Menus	Starters	Chef's Soup of The Day - Lentil, Spinach or Mushroom (v)	632	8%	151	8%	6.1	9%	3.3	17%	16.1	6%	1.3	1%	5.3	11%	0.58	10%
Chef and Brewer - SS19 No Gluten Containing Menus	Starters	Atlantic Prawn Cocktail	1394	17%	334	17%	19.4	28%	4.8	24%	17.7	7%	4.2	5%	17.8	36%	2.40	40%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Starters	Chef's Soup of The Day - Tomato (v)	878	10%	211	11%	10.3	15%	4.2	21%	22.2	9%	8.6	10%	4.1	8%	1.83	31%
Chef and Brewer - SS19 No Gluten Containing Menus	Burgers	Prime Gourmet Beef Burger - Please select your side choice listed below	2995	36%	717	36%	44.6	64%	13.4	67%	41.3	16%	14.8	16%	24.5	49%	4.62	77%
Chef and Brewer - SS19 No Gluten Containing Menus	Burgers	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 No Gluten Containing Menus	Burgers	Mashed Potato Premium	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 No Gluten Containing Menus	Burgers	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Burgers	Gourmet Chicken Burger - Please select your side choice listed below	3443	41%	823	41%	50.7	72%	11.7	58%	42.7	16%	14.0	16%	40.0	80%	4.12	69%
Chef and Brewer - SS19 No Gluten Containing Menus	Burgers	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 No Gluten Containing Menus	Burgers	Mashed Potato Premium	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 No Gluten Containing Menus	Burgers	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Burgers	Chef's Vegetarian Burger (v) - Please select your side choice listed below	2801	33%	669	33%	36.3	52%	9.7	48%	45.4	17%	12.6	14%	29.5	59%	3.47	58%
Chef and Brewer - SS19 No Gluten Containing Menus	Burgers	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 No Gluten Containing Menus	Burgers	Mashed Potato Premium	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 No Gluten Containing Menus	Burgers	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Chef's Recommendations	Chef's Seasonal Garden Bowl - Please select your topping 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 No Gluten Containing Menus	Chef's Recommendations	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Chef's Recommendations	Sea Bass and Seared Scallops &c	2979	35%	709	35%	20.8	30%	5.2	26%	63.5	24%	2.8	3%	60.4	121%	2.29	38%

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 No Gluten Containing Menus	Chef's Recommendations	Chicken, Bacon & Avocado Salad	2130	25%	509	25%	29.8	43%	8.3	41%	13.8	5%	6.9	8%	45.2	90%	3.38	56%
Chef and Brewer - SS19 No Gluten Containing Menus	Chef's Recommendations	Grilled Hake with Chorizo and King Prawns	2987	36%	714	36%	35.5	51%	11.9	60%	42.4	16%	18.3	20%	53.5	107%	4.85	81%
Chef and Brewer - SS19 No Gluten Containing Menus	Childrens Roasts	Sunday - Childrens Topside of Beef	3226	38%	770	38%	39.4	56%	8.7	43%	37.1	14%	6.9	8%	32.5	65%	1.92	32%
Chef and Brewer - SS19 No Gluten Containing Menus	Childrens Roasts	Sunday - Childrens Turkey Breast	3221	38%	769	38%	35.6	51%	7.4	37%	38.4	15%	8.2	9%	41.4	83%	2.18	36%
Chef and Brewer - SS19 No Gluten Containing Menus	Childrens Roasts	Sunday - Childrens Gammon	3702	44%	884	44%	50.9	73%	13.2	66%	39.6	15%	9.5	11%	30.0	60%	4.47	75%
Chef and Brewer - SS19 No Gluten Containing Menus	From the Grill	Sirloin 8oz - Please select your side choice listed below	1939	23%	466	23%	30.1	43%	10.2	51%	4.5	2%	3.5	4%	37.6	75%	1.57	26%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	From the Grill	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	From the Grill	Bistro Rump 8oz - Please select your side choice listed below	1836	22%	440	22%	31	45%	10	52%	4	2%	3	4%	33	66%	2	26%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	From the Grill	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	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 No Gluten Containing Menus	From the Grill	Fillet 7oz - Please select your side choice listed below	2206	26%	528	26%	35.6	51%	15.3	77%	9.7	4%	5.5	6%	40.9	82%	2.19	37%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	From the Grill	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Pub Classics	Classic Hunter's Chicken - Please select your side choice listed below	2689	32%	643	32%	31.4	45%	7.9	40%	35.0	13%	26.5	29%	47.5	95%	3.92	65%
Chef and Brewer - SS19 No Gluten Containing Menus	Pub Classics	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 No Gluten Containing Menus	Pub Classics	Mashed Potato Premium	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 No Gluten Containing Menus	Pub Classics	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Pub Classics	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 No Gluten Containing Menus	Pub Classics	Mashed Potato Premium	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 No Gluten Containing Menus	Pub Classics	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Pub Classics	Gammon Steak - Please select your side and gammon topping choice listed below	1224	15%	293	15%	22.9	33%	3.7	18%	1.4	1%	0.0	0%	22.4	45%	3.82	64%

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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Pub Classics	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 No Gluten Containing Menus	Pub Classics	Mashed Potato Premium	1210	14%	290	15%	13	19%	10	50%	36	14%	6	7%	6	12%	1	21%
Chef and Brewer - SS19 No Gluten Containing Menus	Pub Classics	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Pub Classics	Steak & Ale Pie	4818	57%	1152	58%	63.0	90%	36.3	182%	114.8	44%	18.7	21%	28.5	57%	4.05	68%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Desserts	Beechdean Ice Cream and Sorbet (v) - Please select your flavour choice listed below																
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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%

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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Desserts	Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach (v) - Please select your side choice listed below	1966	23%	470	23%	11.8	17%	4.6	23%	89.3	34%	56.4	63%	2.7	5%	0.06	1%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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%

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 No Gluten Containing Menus	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 No Gluten Containing Menus	Roasts	Sunday - Roast Topside of Beef - Please select your side choice listed below	4773	57%	1140	57%	41.1	59%	9.4	47%	37.5	14%	12.9	14%	48.1	96%	2.31	39%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Roasts	Buttered Minted New Potatoes	793	9%	190	10%	4	6%	3	13%	32	12%	2	2%	4	8%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Roasts	Sunday - Honey Glazed Gammon - Please select your side choice listed below	6679	80%	1596	80%	86.3	123%	21.8	109%	45.7	18%	20.7	23%	48.3	97%	5.54	92%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Roasts	Sunday - Roast Turkey Breast - Please select your side choice listed below	4960	59%	1185	59%	34.3	49%	9.1	46%	36.8	14%	13.1	15%	76.4	153%	2.66	44%
Chef and Brewer - SS19 No Gluten Containing Menus	Roasts	C&B - 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 No Gluten Containing Menus	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 No Gluten Containing Menus	Roasts	Sunday - Trio of Roasts - Please select your side and meat choice listed below	3729	44%	891	45%	30.6	44%	3.4	17%	35.2	14%	11.4	13%	11.8	24%	1.62	27%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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%

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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Sides	No-Gluten Seeded Bread & Butter (v)	636	8%	153	8%	8.5	12%	4.0	20%	13.6	5%	1.3	1%	2.8	6%	0.58	10%
Chef and Brewer - SS19 No Gluten Containing Menus	Sides	New Baby Potatoes (v)	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 No Gluten Containing Menus	Sides	Dressed Seasonal Salad (v)	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 No Gluten Containing Menus	Sides	Buttered Seasonal Vegetables (v)	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 No Gluten Containing Menus	Sides	Glazed Tenderstem Broccoli (v)	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 No Gluten Containing Menus	Sides	House Slaw (v)	291	3%	70	3%	1.5	2%	0.0	0%	12.0	5%	7.5	8%	1.5	3%	0.90	15%
Chef and Brewer - SS19 No Gluten Containing Menus	Sides	Lunch - Garden Peas (v)	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 No Gluten Containing Menus	Sides	Lunch - Mushy Peas (v)	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 No Gluten Containing Menus	Sides	Lunch - Swap Carb Choice for Soup	178	2%	43	2%	2.5	4%	2.5	13%	2.5	1%	0.0	0%	2.5	5%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Sides	Lunch - Dressed Seasonal Salad (v)	146	2%	35	2%	0.6	1%	0.0	0%	4.8	2%	4.4	5%	1.6	3%	0.38	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 No Gluten Containing Menus	Sides	Lunch - House Slaw (v)	291	3%	70	3%	1.5	2%	0.0	0%	12.0	5%	7.5	8%	1.5	3%	0.90	15%
Chef and Brewer - SS19 No Gluten Containing Menus	Sides	Lunch - Buttered Seasonal Vegetables (v)	733	9%	175	9%	10	15%	1	6%	13	5%	10	11%	7	13%	0.2	3%
Chef and Brewer - SS19 No Gluten Containing Menus	Sides	Extra NGC Gravy	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Sunday Best	Sunday - 8-Hour Slow-Cooked Rib of Beef - Please select your side choice listed below	5874	70%	1403	70%	65.3	93%	24.6	123%	38.5	15%	11.6	13%	58.9	118%	2.54	42%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Sunday Best	Sunday - 12-Hour Slow-Cooked Lamb Shoulder - Please select your side choice listed below	5214	62%	1245	62%	40.1	57%	15.9	80%	35.1	14%	11.4	13%	79.8	160%	3.08	51%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Sunday Best	Sunday - Slow-Cooked Pork Belly - Please select your side choice listed below	8983	107%	2146	107%	124.1	177%	34.9	174%	42.7	16%	17.7	20%	109.3	219%	3.37	56%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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%

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 No Gluten Containing Menus	Sunday Sides	Sunday - Buttered Mash (v)	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 No Gluten Containing Menus	Sunday Sides	Sunday - Buttered Seasonal Vegetables (v)	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 No Gluten Containing Menus	Sunday Sides	Sunday - No-Gluten Containing Yorkshire Pudding (v)	769	9%	184	9%	1.7	2%	0.3	2%	5.5	2%	0.2	0%	1.5	3%	0.07	1%
Chef and Brewer - SS19 No Gluten Containing Menus	Sunday Sides	Sunday - No-Gluten Containing Gravy	114	1%	27	1%	0.4	1%	0.1	0%	5.4	2%	1.1	1%	0.4	1%	0.77	13%
Chef and Brewer - SS19 No Gluten Containing Menus	Sunday Sides	Sunday - Glazed Tenderstem Broccoli (v)	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 No Gluten Containing Menus	Evening Menu Starters	Evening - Chef's Soup of The Day - Tomato (v)	878	10%	211	11%	10.3	15%	4.2	21%	22.2	9%	8.6	10%	4.1	8%	1.83	31%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Starters	Evening - Chef's Soup of The Day - Lentil, Spinach or Mushroom (v)	815	10%	196	10%	11.0	16%	6.5	32%	16.2	6%	1.3	1%	5.4	11%	0.58	10%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Chef's Seasonal Garden Bowl - Please select your topping 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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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%

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 No Gluten Containing Menus	Evening Menu Mains	Evening - Sea Bass and Seared Scallops	2979	35%	709	35%	20.8	30%	5.2	26%	63.5	24%	2.8	3%	60.4	121%	2.29	38%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Chicken, Bacon & Avocado Salad	2130	25%	509	25%	29.8	43%	8.3	41%	13.8	5%	6.9	8%	45.2	90%	3.38	56%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Bistro Rump 8oz - Please select your side choice listed below	1584	19%	379	19%	25.2	36%	9.7	48%	4.5	2%	3.5	4%	31.9	64%	1.53	26%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Sirloin 8oz - Please select your side choice listed below	1939	23%	466	23%	30.1	43%	10.2	51%	4.5	2%	3.5	4%	37.6	75%	1.57	26%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Side Salad	146	2%	35	2%	1	1%	0	0%	5	2%	4	5%	2	3%	0.4	6%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Steak & Ale Pie	4818	57%	1152	58%	63.0	90%	36.3	182%	114.8	44%	18.7	21%	28.5	57%	4.05	68%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Gammon Steak - Please select your side and gammon topping choice listed below	1224	15%	293	15%	22.9	33%	3.7	18%	1.4	1%	0.0	0%	22.4	45%	3.82	64%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Evening - Classic Hunter's Chicken - Please select your side choice listed below	2689	32%	643	32%	31.4	45%	7.9	40%	35.0	13%	26.5	29%	47.5	95%	3.92	65%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Prime Gourmet Beef Burger - Please select your side choice listed below	2995	36%	717	36%	44.6	64%	13.4	67%	41.3	16%	14.8	16%	24.5	49%	4.62	77%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Gourmet Chicken Burger - Please select your side choice listed below	3443	41%	823	41%	50.7	72%	11.7	58%	42.7	16%	14.0	16%	40.0	80%	4.12	69%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Mains	Evening - Chef's Vegetarian Burger (v) - Please select your side choice listed below	2801	33%	669	33%	36.3	52%	9.7	48%	45.4	17%	12.6	14%	29.5	59%	3.47	58%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Evening Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	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%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening Menu Desserts	Evening - Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach (v) - Please select your side choice listed below	1966	23%	470	23%	11.8	17%	4.6	23%	89.3	34%	56.4	63%	2.7	5%	0.06	1%
Chef and Brewer - SS19 No Gluten Containing Menus	Evening 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 No Gluten Containing Menus	Evening 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 No Gluten Containing Menus	Evening 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 No Gluten Containing Menus	Evening 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 No Gluten Containing Menus	Lunch Menu Starters	Lunch - Chef's Soup of The Day - Lentil, Spinach or Mushroom (v)	815	10%	196	10%	11.0	16%	6.5	32%	16.2	6%	1.3	1%	5.4	11%	0.58	10%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Starters	Lunch - Chef's Soup of The Day - Tomato (v)	878	10%	211	11%	10.3	15%	4.2	21%	22.2	9%	8.6	10%	4.1	8%	1.83	31%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Jackets	Lunch - Mature Cheddar & Beans	1906	23%	456	23%	16.0	23%	9.7	48%	56.1	22%	8.0	9%	17.1	34%	1.32	22%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Jackets	Lunch - Chicken & Bacon Mayonnaise	3169	38%	759	38%	45.9	66%	11.9	60%	52.8	20%	7.9	9%	30.1	60%	3.19	53%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Jackets	Lunch - Prawns In Marie Rose Sauce	1934	23%	464	23%	22.9	33%	8.1	41%	46.0	18%	4.8	5%	15.3	31%	1.50	25%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Mains	Lunch - Chicken Breast Burger - Please select your side choice listed below	2841	34%	679	34%	38.7	55%	6.9	35%	39.5	15%	11.6	13%	34.6	69%	3.40	57%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch 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 No Gluten Containing Menus	Lunch Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	Lunch Menu Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Mains	Lunch - Classic Beef Burger - Please select your side choice listed below	1608	19%	384	19%	16.7	24%	2.6	13%	41.3	16%	14.8	16%	6.5	13%	2.69	45%

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 No Gluten Containing Menus	Lunch 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 No Gluten Containing Menus	Lunch Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	Lunch Menu Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Mains	Lunch - Gammon and Egg - Please select your side and gammon topping choice listed below	1224	15%	293	15%	22.9	33%	3.7	18%	1.4	1%	0.0	0%	22.4	45%	3.82	64%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Mains	Grilled Pineapple	334	4%	80	4%	0.0	0%	0.0	0%	21.3	8%	21.3	24%	1.3	3%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	Lunch Menu Mains	Egg & Pineapple	823	10%	198	10%	9.2	13%	2.0	10%	21.3	8%	21.3	24%	7.6	15%	0.25	4%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch 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 No Gluten Containing Menus	Lunch Menu Mains	Mashed Potato Premium	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 No Gluten Containing Menus	Lunch Menu Mains	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Lunch Menu Mains	Lunch - Sea Bass Florentine	3224	38%	771	39%	46.4	66%	15.7	78%	38.1	15%	5.4	6%	47.3	95%	1.88	31%

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 No Gluten Containing Menus	Lunch Menu Sandwiches	Lunch - Gourmet Steak - Please select your side choice listed below	2857	34%	683	34%	37.4	53%	8.2	41%	41.7	16%	15.2	17%	25.8	52%	2.20	37%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Sandwiches	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 No Gluten Containing Menus	Lunch Menu Sandwiches	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Sandwiches	Lunch - Chicken & Bacon Mayonnaise - Please select your side choice listed below	2524	30%	603	30%	36.0	51%	5.0	25%	33.1	13%	5.3	6%	29.9	60%	3.83	64%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Sandwiches	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 No Gluten Containing Menus	Lunch Menu Sandwiches	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Sandwiches	Lunch - Chicken & Avocado - Please select your side choice listed below	2174	26%	520	26%	19.5	28%	3.3	16%	37.7	14%	7.8	9%	42.0	84%	2.86	48%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Sandwiches	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 No Gluten Containing Menus	Lunch Menu Sandwiches	Jacket Potato & Butter	1241	15%	298	15%	11.9	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Puddings	Lunch - Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach (v) - Please select your side choice listed below	1966	23%	470	23%	11.8	17%	4.6	23%	89.3	34%	56.4	63%	2.7	5%	0.06	1%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	Lunch Menu Puddings	Double Cream	1163	14%	283	14%	30.8	44%	18.8	94%	1.1	0%	1.1	1%	1.1	2%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Puddings	Whipped Double Cream	1061	13%	254	13%	27.4	39%	17.1	86%	1.7	1%	1.7	2%	1.1	2%	0.00	0%
Chef and Brewer - SS19 No Gluten Containing Menus	Lunch Menu Puddings	Lunch - Beechdean Ice Cream and Sorbet (v) - Please select your flavour choice listed below																
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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%
Chef and Brewer - SS19 No Gluten Containing Menus	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 No Gluten Containing Menus	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 No Gluten Containing Menus	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%