

Chef & Brewer - Main, Evening, Lunch, Bar and Sunday Menu Nutritional Information Autumn Winter 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 - AW19 Core Menu	Starters	Evening - Roasted Red Pepper & Sweet Potato Kofta Skewers (ve)	2160	26%	516	26%	34.3	49%	2.5	12%	41.9	16%	10.2	11%	6.8	14%	1.26	21%
Chef and Brewer - AW19 Core Menu	Starters	Evening - Devilled Whitebait	2937	35%	709	35%	61.5	88%	0.3	2%	14.7	6%	2.8	3%	14.1	28%	1.24	21%
Chef and Brewer - AW19 Core Menu	Starters	Evening - Stilton & Peppercorn Mushrooms (v)	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 - AW19 Core Menu	Starters	Evening - Panko-Coated Calamari	1503	18%	359	18%	24.6	35%	4.1	21%	27.8	11%	0.6	1%	8.7	17%	2.94	49%
Chef and Brewer - AW19 Core Menu	Starters	Evening - Oak-Smoked Chicken Liver Pate	2209	26%	530	26%	31.7	45%	18.8	94%	46.8	18%	12.4	14%	12.6	25%	1.31	22%
Chef and Brewer - AW19 Core Menu	Starters	Lunch - Roasted Red Pepper & Sweet Potato Kofta Skewers (Ve)	2160	26%	516	26%	34.3	49%	2.5	12%	41.9	16%	10.2	11%	6.8	14%	1.26	21%
Chef and Brewer - AW19 Core Menu	Starters	Lunch - Chef's Soup of The Day - Tomato (v)	1208	14%	289	14%	9.0	13%	4.5	22%	42.6	16%	7.8	9%	7.0	14%	2.07	35%
Chef and Brewer - AW19 Core Menu	Starters	Lunch - Chef's Soup of The Day - Mixed Case (v)	1616	19%	386	19%	8.5	12%	4.5	22%	46.8	18%	5.6	6%	6.7	13%	2.39	40%
Chef and Brewer - AW19 Core Menu	Starters	Lunch - Devilled Whitebait	2937	35%	709	35%	61.5	88%	0.3	2%	14.7	6%	2.8	3%	14.1	28%	1.24	21%
Chef and Brewer - AW19 Core Menu	Starters	Lunch - Stilton & Peppercorn Mushrooms (v)	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 - AW19 Core Menu	Starters	Lunch - Oak-Smoked Chicken Liver Pate	2209	26%	530	26%	31.7	45%	18.8	94%	46.8	18%	12.4	14%	12.6	25%	1.31	22%
Chef and Brewer - AW19 Core Menu	Starters	Panko-Coated Calamari	1503	18%	359	18%	24.6	35%	4.1	21%	27.8	11%	0.6	1%	8.7	17%	2.94	49%
Chef and Brewer - AW19 Core Menu	Starters	Oak-Smoked Chicken Liver Pate	2209	26%	530	26%	31.7	45%	18.8	94%	46.8	18%	12.4	14%	12.6	25%	1.31	22%
Chef and Brewer - AW19 Core Menu	Starters	Hand-Battered Chicken Goujons	1977	24%	474	24%	23.3	33%	5.4	27%	19.8	8%	9.2	10%	21.1	42%	2.70	45%
Chef and Brewer - AW19 Core Menu	Starters	Atlantic Prawn Cocktail	1658	20%	396	20%	16.5	24%	4.8	24%	37.2	14%	2.8	3%	22.5	45%	2.37	40%

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 - AW19 Core Menu	Starters	Stilton & Peppercorn Mushrooms (v)	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 - AW19 Core Menu	Starters	Chef's Soup of The Day - Tomato (v)	1208	14%	289	14%	9.0	13%	4.5	22%	42.6	16%	7.8	9%	7.0	14%	2.07	35%
Chef and Brewer - AW19 Core Menu	Starters	Chef's Soup of The Day - Mixed Case (v)	1616	19%	386	19%	8.5	12%	4.5	22%	46.8	18%	5.6	6%	6.7	13%	2.39	40%
Chef and Brewer - AW19 Core Menu	Starters	Seared Scallops	1432	17%	340	17%	19.5	28%	6.5	32%	9.1	4%	1.2	1%	17.7	35%	2.38	40%
Chef and Brewer - AW19 Core Menu	Starters	Roasted Red Pepper & Sweet Potato Kofta Skewers (Ve)	2160	26%	516	26%	34.3	49%	2.5	12%	41.9	16%	10.2	11%	6.8	14%	1.26	21%
Chef and Brewer - AW19 Core Menu	Pub Classics	Hand-Battered Atlantic 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%	59.4	119%	2.65	44%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Pub Classics	Beef, Pancetta & Red Wine Lasagne - Please select your side choice listed below	3697	44%	884	44%	37.3	53%	16.6	83%	51.6	20%	13.2	15%	38.3	77%	4.69	78%
Chef and Brewer - AW19 Core Menu	Pub Classics	Garlic Ciabatta	1496	18%	358	18%	16.2	23%	6.0	30%	41.8	16%	4.0	4%	9.4	19%	1.44	24%
Chef and Brewer - AW19 Core Menu	Pub Classics	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 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%	107.7	215%	3.09	52%
Chef and Brewer - AW19 Core Menu	Pub Classics	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Pub Classics	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Pub Classics	Chicken in a Basket with a Garlic Kiev Sauce	6135	73%	1468	73%	94.4	135%	26.0	130%	84.2	32%	6.2	7%	34.8	70%	4.34	72%

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 - AW19 Core Menu	Pub Classics	Classic Hunter's Chicken	5705	68%	1364	68%	75.6	108%	12.3	62%	114.3	44%	34.3	38%	47.1	94%	4.52	75%
Chef and Brewer - AW19 Core Menu	Pub Classics	Hand-Battered Halloumi (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 - AW19 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 - AW19 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 - AW19 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%	4.94	82%
Chef and Brewer - AW19 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 - AW19 Core Menu	Pub Classics	Free Range Fried Egg	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.7	25%	0.50	8%
Chef and Brewer - AW19 Core Menu	Pub Classics	Egg & Pineapple	1158	14%	278	14%	9.2	13%	2.0	10%	42.5	16%	42.5	47%	8.8	18%	0.25	4%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Pub Classics	Wholetail Whitby Scampi - Please select your side choice listed below	5826	69%	1392	70%	67.0	96%	9.1	46%	163.7	63%	9.3	10%	26.7	53%	4.63	77%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Mains	Evening - Prime Gourmet Beef Burger	6668	79%	1594	80%	98.4	141%	31.3	157%	116.9	45%	17.7	20%	53.5	107%	4.99	83%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Gourmet Chicken Burger	5444	65%	1301	65%	71.8	103%	15.9	80%	118.8	46%	18.1	20%	39.1	78%	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 - AW19 Core Menu	Mains	Evening - Chef's Vegan Burger (ve)	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 - AW19 Core Menu	Mains	Evening - Chicken, Bacon & Avocado Salad	3304	39%	790	39%	56.1	80%	10.3	51%	27.2	10%	6.5	7%	40.2	80%	3.47	58%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Beef, Pancetta & Red Wine Lasagne - Please select your side choice listed below	3697	44%	884	44%	37.3	53%	16.6	83%	51.6	20%	13.2	15%	38.3	77%	4.69	78%
Chef and Brewer - AW19 Core Menu	Mains	Garlic Ciabatta	1496	18%	358	18%	16.2	23%	6.0	30%	41.8	16%	4.0	4%	9.4	19%	1.44	24%
Chef and Brewer - AW19 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Hand-Battered Halloumi (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 - AW19 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW19 Core 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 - AW19 Core Menu	Mains	Evening - Classic Hunter's Chicken	5601	67%	1339	67%	73.8	105%	11.6	58%	114.3	44%	34.3	38%	44.9	90%	4.18	70%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Hand-Battered Atlantic 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%	59.4	119%	2.65	44%
Chef and Brewer - AW19 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core Menu	Mains	Free Range Fried Egg	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.7	25%	0.50	8%
Chef and Brewer - AW19 Core Menu	Mains	Egg & Pineapple	1158	14%	278	14%	9.2	13%	2.0	10%	42.5	16%	42.5	47%	8.8	18%	0.25	4%
Chef and Brewer - AW19 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW19 Core 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 - AW19 Core 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 - AW19 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Mains	Side Salad	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	Mains	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Mains	Jacket Potato & Butter	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.27	5%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Sirloin 8oz - Please select your side choice listed below	2329	28%	557	28%	35.9	51%	10.4	52%	17.1	7%	7.9	9%	38.4	77%	2.08	35%
Chef and Brewer - AW19 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Mains	Side Salad	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	Mains	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Mains	Jacket Potato & Butter	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.27	5%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Sea Bass and Seared Scallops	2987	36%	711	36%	21.0	30%	5.2	26%	63.5	24%	2.8	3%	55.5	111%	2.22	37%

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 - AW19 Core Menu	Mains	Evening - Steak & Red Wine Pie - Please select your side choice listed below	5016	60%	1198	60%	75.9	108%	25.4	127%	90.5	35%	11.7	13%	34.3	69%	2.84	47%
Chef and Brewer - AW19 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Mains	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chicken & Mushroom Pie - Please select your side choice listed below	4567	54%	1091	55%	65.9	94%	23.3	117%	85.6	33%	15.0	17%	36.6	73%	2.83	47%
Chef and Brewer - AW19 Core Menu	Mains	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Mains	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Mains	Lunch - Hand-Battered 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%	41.6	83%	2.19	37%
Chef and Brewer - AW19 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW19 Core 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 - AW19 Core Menu	Mains	Lunch - Chicken Breast Burger	5074	60%	1212	61%	64.8	93%	11.6	58%	118.0	45%	17.3	19%	33.7	67%	3.37	56%
Chef and Brewer - AW19 Core Menu	Mains	Lunch - Prime Beef Burger	5556	66%	1327	66%	76.3	109%	22.8	114%	116.9	45%	17.6	20%	38.8	78%	3.71	62%
Chef and Brewer - AW19 Core Menu	Mains	Lunch - Plant-Based Burger (ve)	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 - AW19 Core Menu	Mains	Lunch - Wholetail Whitby Scampi - Please select your side choice listed below	4047	48%	967	48%	49.3	70%	4.1	21%	111.8	43%	8.2	9%	15.5	31%	2.78	46%
Chef and Brewer - AW19 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%

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 - AW19 Core 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 - AW19 Core Menu	Mains	Lunch - Mac 'n' Cheese (v)	3678	44%	879	44%	36.6	52%	16.0	80%	107.9	41%	8.8	10%	31.9	64%	5.23	87%
Chef and Brewer - AW19 Core Menu	Mains	Lunch - Sea Bass Florentine	3185	38%	760	38%	45.0	64%	15.6	78%	38.3	15%	5.4	6%	47.2	94%	2.14	36%
Chef and Brewer - AW19 Core Menu	Mains	Lunch - Gammon Steak - Please select your side choice listed below	3426	41%	818	41%	49.3	70%	5.9	29%	69.6	27%	4.4	5%	26.8	54%	3.55	59%
Chef and Brewer - AW19 Core 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 - AW19 Core Menu	Mains	Free Range Fried Egg	977	12%	235	12%	18.5	26%	3.9	20%	0.0	0%	0.0	0%	12.7	25%	0.50	8%
Chef and Brewer - AW19 Core Menu	Mains	Egg & Pineapple	1158	14%	278	14%	9.2	13%	2.0	10%	42.5	16%	42.5	47%	8.8	18%	0.25	4%
Chef and Brewer - AW19 Core Menu	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Chef and Brewer - AW19 Core 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 - AW19 Core Menu	Mains	Lunch - Chicken, Bacon & Avocado Salad	3304	39%	790	39%	56.1	80%	10.3	51%	27.2	10%	6.5	7%	40.2	80%	3.47	58%
Chef and Brewer - AW19 Core Menu	Mains	Lunch - Chef's Plant Based Vegetarian Burger (v)	4891	58%	1169	58%	56.8	81%	11.7	59%	119.1	46%	18.1	20%	38.0	76%	3.19	53%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl	1438	17%	344	17%	10.3	15%	0.6	3%	49.2	19%	19.0	21%	6.9	14%	0.59	10%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl - Rump Steak	2433	29%	581	29%	20.1	29%	3.6	18%	51.2	20%	19.9	22%	28.5	57%	2.13	36%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl - Skewers	2927	35%	700	35%	28.6	41%	1.9	9%	87.7	34%	26.9	30%	13.5	27%	1.45	24%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl - Seabass	2665	32%	636	32%	27.7	40%	2.1	10%	49.3	19%	19.0	21%	40.4	81%	1.83	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 - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl - Salmon	3421	41%	818	41%	48.3	69%	5.7	28%	49.3	19%	19.0	21%	39.3	79%	1.55	26%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl - Halloumi	3865	46%	924	46%	60.3	86%	20.1	101%	52.5	20%	22.2	25%	36.0	72%	3.84	64%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Seasonal Garden Bowl - Chicken Breast	2654	32%	634	32%	28.9	41%	2.4	12%	52.8	20%	19.6	22%	33.2	66%	1.97	33%
Chef and Brewer - AW19 Core Menu	Mains	Evening - Chef's Veggie Burger (v)	6104	73%	1459	73%	81.8	117%	21.5	107%	120.8	46%	19.7	22%	52.6	105%	4.81	80%
Chef and Brewer - AW19 Core Menu	Burgers	Prime Gourmet Beef Burger	6668	79%	1594	80%	98.4	141%	31.3	157%	116.9	45%	17.7	20%	53.5	107%	4.99	83%
Chef and Brewer - AW19 Core Menu	Burgers	Chef's Signature Barbecue Beef Burger	6532	78%	1561	78%	88.8	127%	28.2	141%	127.9	49%	25.0	28%	56.3	113%	5.32	89%
Chef and Brewer - AW19 Core Menu	Burgers	Sticky Cajun Chicken Burger	6209	74%	1485	74%	71.0	101%	15.1	75%	138.0	53%	27.0	30%	42.4	85%	4.85	81%
Chef and Brewer - AW19 Core Menu	Burgers	Gourmet Chicken Burger	5444	65%	1301	65%	71.8	103%	15.9	80%	118.8	46%	18.1	20%	39.1	78%	3.75	63%
Chef and Brewer - AW19 Core Menu	Burgers	Chef's Veggie Burger (v)	6104	73%	1459	73%	81.8	117%	21.5	107%	120.8	46%	19.7	22%	52.6	105%	4.81	80%
Chef and Brewer - AW19 Core Menu	From the Grill	Chef's Signature Mixed Grill - Please select your side choice listed below	4918	59%	1176	59%	69.1	99%	17.4	87%	40.1	15%	13.1	15%	80.5	161%	7.57	126%
Chef and Brewer - AW19 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%	0.22	4%
Chef and Brewer - AW19 Core Menu	From the Grill	Side Salad	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	From the Grill	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	From the Grill	Jacket Potato & Butter	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.27	5%
Chef and Brewer - AW19 Core Menu	From the Grill	28-Day-Aged Prime Sirloin 8oz - Please select your side choice listed below	2329	28%	557	28%	35.9	51%	10.4	52%	17.1	7%	7.9	9%	38.4	77%	2.08	35%

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 - AW19 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%	0.22	4%
Chef and Brewer - AW19 Core Menu	From the Grill	Side Salad	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	From the Grill	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	From the Grill	Jacket Potato & Butter	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.27	5%
Chef and Brewer - AW19 Core Menu	From the Grill	28-Day Ages 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 - AW19 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%	0.22	4%
Chef and Brewer - AW19 Core Menu	From the Grill	Side Salad	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	From the Grill	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	From the Grill	Jacket Potato & Butter	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.27	5%
Chef and Brewer - AW19 Core Menu	From the Grill	14-Day-Ages Fillet 7oz - Please select your side and sauce choice 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 - AW19 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%	0.22	4%
Chef and Brewer - AW19 Core Menu	From the Grill	Side Salad	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	From the Grill	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	From the Grill	Jacket Potato & Butter	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.27	5%
Chef and Brewer - AW19 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 - AW19 Core Menu	From the Grill	Creamy Garlic Mushroom Sauce	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Chef and Brewer - AW19 Core Menu	From the Grill	Gravy (Beef Dripping)	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.82	14%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Steak & Red Wine Pie - Please select your side choice listed below	5016	60%	1198	60%	75.9	108%	25.4	127%	90.5	35%	11.7	13%	34.3	69%	2.84	47%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Chicken & Woodland Mushroom Pie - Please select your side choice listed below	4567	54%	1091	55%	65.9	94%	23.3	117%	85.6	33%	15.0	17%	36.6	73%	2.83	47%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Slow-Cooked Lamb Pie - Please select your side choice listed below	2427	29%	579	29%	34.8	50%	7.0	35%	26.9	10%	15.3	17%	39.4	79%	2.24	37%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Chips	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Mashed Potato Premium	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Gourmet Pies	Goats Cheese & Roasted Pumpkin Tart (v)	3042	36%	727	36%	42.1	60%	15.5	77%	66.5	26%	27.7	31%	15.7	31%	1.91	32%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl (v)	1438	17%	344	17%	10.3	15%	0.6	3%	49.2	19%	19.0	21%	6.9	14%	0.59	10%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chicken, Bacon & Avocado Salad	3029	36%	724	36%	50	72%	8	40%	27	10%	7	7%	37	74%	3	47%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Signature Hunter's Chicken	6040	72%	1444	72%	79.3	113%	12.7	64%	120.6	46%	34.1	38%	54.4	109%	6.75	113%

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 - AW19 Core Menu	Chef's Recommendations	Signature Fish and Chips	8577	102%	2053	103%	110.4	158%	40.6	203%	174.9	67%	12.6	14%	70.5	141%	4.50	75%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Chef's Recommendations	Slow-Cooked Lamb Shoulder	4101	49%	979	49%	54.7	78%	24.0	120%	49.3	19%	13.9	15%	66.0	132%	2.09	35%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Sea Bass and Seared Scallops	2987	36%	711	36%	21.0	30%	5.2	26%	63.5	24%	2.8	3%	55.5	111%	2.22	37%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Pan-Fried Hake with Mussel Chowder	3194	38%	763	38%	48.9	70%	8.4	42%	32.5	12%	6.9	8%	46.3	93%	4.10	68%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl - Rump Steak	2433	29%	581	29%	20.1	29%	3.6	18%	51.2	20%	19.9	22%	28.5	57%	2.13	36%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl - Roasted Red Pepper & Sweet Potato Kofta Skewers	2927	35%	700	35%	28.6	41%	1.9	9%	87.7	34%	26.9	30%	13.5	27%	1.45	24%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl - Seabass	2665	32%	636	32%	27.7	40%	2.1	10%	49.3	19%	19.0	21%	40.4	81%	1.83	31%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl - Scottish Salmon	3421	41%	818	41%	48.3	69%	5.7	28%	49.3	19%	19.0	21%	39.3	79%	1.55	26%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl - Grilled Halloumi	3865	46%	924	46%	60.3	86%	20.1	101%	52.5	20%	22.2	25%	36.0	72%	3.84	64%
Chef and Brewer - AW19 Core Menu	Chef's Recommendations	Chef's Seasonal Garden Bowl - Chicken Breast	2654	32%	634	32%	28.9	41%	2.4	12%	52.8	20%	19.6	22%	33.2	66%	1.97	33%
Chef and Brewer - AW19 Core Menu	Childrens Roasts	Sunday - Childrens Topside of Beef	3773	45%	900	45%	59.8	85%	9.0	45%	59.5	23%	12.6	14%	32.4	65%	2.39	40%
Chef and Brewer - AW19 Core Menu	Childrens Roasts	Sunday - Childrens Turkey Breast	3770	45%	899	45%	57.2	82%	8.2	41%	60.4	23%	13.4	15%	38.4	77%	2.56	43%
Chef and Brewer - AW19 Core Menu	Childrens Roasts	Sunday - Childrens Gammon	3669	44%	875	44%	58.2	83%	10.2	51%	61.2	24%	14.3	16%	26.4	53%	3.33	56%

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 - AW19 Core Menu	Childrens Roasts	Sunday - Childrens Mushroom, Stilton & Spinach Wellington (v)	5554	66%	1326	66%	82.6	118%	26.8	134%	115.3	44%	16.1	18%	28.3	57%	4.02	67%
Chef and Brewer - AW19 Core Menu	Desserts	Eton Mess Sundae (v)	2201	26%	526	26%	29.4	42%	17.6	88%	59.7	23%	52.6	58%	6.2	12%	0.28	5%
Chef and Brewer - AW19 Core Menu	Desserts	Choux Bun with Prosecco Strawberries	2789	33%	667	33%	47.6	68%	30.0	150%	51.8	20%	37.7	42%	8.1	16%	0.34	6%
Chef and Brewer - AW19 Core Menu	Desserts	Bakewell Tart (v) - Please select your side choice listed below	2379	28%	569	28%	34.0	49%	10.9	55%	58.6	23%	36.7	41%	7.2	14%	0.08	1%
Chef and Brewer - AW19 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 - AW19 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 - AW19 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 - AW19 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 - AW19 Core Menu	Desserts	Rich Chocolate & Raspberry Torte (Ve)	1969	23%	471	24%	25.4	36%	16.4	82%	53.1	20%	36.5	41%	3.8	8%	0.16	3%
Chef and Brewer - AW19 Core Menu	Desserts	Indulgent Chocolate Fudge Cake (v) - 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 - AW19 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 - AW19 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 - AW19 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 - AW19 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%

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 - AW19 Core Menu	Desserts	Kentish Bramley Apple & Blackberry Crumble Pie (v) - Please select your side choice listed below	2729	32%	652	33%	27.6	39%	10.3	51%	95.9	37%	43.3	48%	2.9	6%	0.42	7%
Chef and Brewer - AW19 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 - AW19 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 - AW19 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 - AW19 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 - AW19 Core Menu	Desserts	Salted Caramel Sundae (v)	3611	43%	863	43%	53.3	76%	31.0	155%	84.3	32%	68.7	76%	10.9	22%	0.86	14%
Chef and Brewer - AW19 Core Menu	Desserts	Sticky Toffee Pudding (v) - 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 - AW19 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 - AW19 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 - AW19 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 - AW19 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 - AW19 Core Menu	Desserts	Millionaire's Cheesecake (v) - Please select your side choice listed below	2580	31%	617	31%	34.9	50%	22.4	112%	68.6	26%	47.3	53%	5.4	11%	0.82	14%
Chef and Brewer - AW19 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 - AW19 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 - AW19 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%

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 - AW19 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 - AW19 Core Menu	Desserts	Beechdean Ice Cream and Sorbet (v) - Please select your flavour choice listed below																
Chef and Brewer - AW19 Core Menu	Desserts	Ice Cream - Strawberry Classic	577	7%	138	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.12	2%
Chef and Brewer - AW19 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 - AW19 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%	0.13	2%
Chef and Brewer - AW19 Core Menu	Desserts	Ice Cream - Eton Mess	597	7%	143	7%	6.8	10%	4.1	21%	18.6	7%	15.7	17%	1.8	4%	0.10	2%
Chef and Brewer - AW19 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 - AW19 Core Menu	Desserts	Mango Sorbet	431	5%	103	5%	0.2	0%	0.2	1%	24.6	9%	21.6	24%	0.2	0%	0.09	2%
Chef and Brewer - AW19 Core Menu	Desserts	Raspberry Sorbet	366	4%	88	4%	0.2	0%	0.2	1%	21.2	8%	19.0	21%	0.1	0%	0.07	1%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Desserts	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.01	0%
Chef and Brewer - AW19 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 - AW19 Core Menu	Desserts	Cheese Board (v)	3400	40%	812	41%	55.3	79%	33.4	167%	46.6	18%	20.1	22%	31.4	63%	3.06	51%
Chef and Brewer - AW19 Core Menu	Desserts	Mini Pudding & Hot Drink (v) - Please select from 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 - AW19 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 - AW19 Core Menu	Desserts	Vegan Coconut & Raspberry Slice	717	9%	171	9%	9.9	14%	5.8	29%	18.1	7%	12.1	13%	1.6	3%	0.07	1%
Chef and Brewer - AW19 Core Menu	Desserts	Bakewell Tart	1041	12%	249	12%	15.5	22%	4.6	23%	24.1	9%	15.4	17%	3.3	7%	0.00	0%
Chef and Brewer - AW19 Core Menu	Desserts	Vanilla Creme Brulee (v)	2127	25%	508	25%	34.2	49%	19.3	97%	44.8	17%	37.1	41%	7.9	16%	0.12	2%
Chef and Brewer - AW19 Core Menu	Jackets	Lunch - Mature Cheddar & Beans (v)	1964	23%	469	23%	17.0	24%	9.8	49%	57.5	22%	8.2	9%	16.9	34%	1.56	26%
Chef and Brewer - AW19 Core Menu	Jackets	Lunch - Chicken & Bacon Mayonnaise	2794	33%	668	33%	39.8	57%	8.2	41%	48.8	19%	5.7	6%	25.1	50%	2.89	48%
Chef and Brewer - AW19 Core Menu	Jackets	Lunch - Prawns In Marie Rose Sauce	1801	21%	431	22%	18.9	27%	4.6	23%	45.8	18%	4.6	5%	16.7	33%	1.42	24%
Chef and Brewer - AW19 Core Menu	Nibbles	Bar Menu - Dish of Olives (ve)	471	6%	113	6%	12.0	17%	1.5	8%	0.0	0%	0.0	0%	1.5	3%	3.75	63%
Chef and Brewer - AW19 Core Menu	Nibbles	Bar Menu - Bread Basket with truffle oil and balsamic vinegar (V)	1585	19%	379	19%	10.4	15%	3.3	17%	56.9	22%	6.9	8%	12.7	25%	1.22	20%
Chef and Brewer - AW19 Core Menu	Pots & Dips	Bar Menu - Triple-cooked Chips with Ketchup (v)	2331	28%	557	28%	26.4	38%	2.2	11%	75.4	29%	11.6	13%	4.7	9%	0.76	13%
Chef and Brewer - AW19 Core Menu	Pots & Dips	Bar Menu - Skin-on Fries with Ketchup (v)	2568	31%	613	31%	33.6	48%	6.4	32%	72.8	28%	8.8	10%	3.5	7%	0.86	14%
Chef and Brewer - AW19 Core Menu	Pots & Dips	Bar Menu - Sweet Potato Fries with Mayonnaise (v)	1723	21%	411	21%	24.3	35%	1.8	9%	46.8	18%	3.6	4%	1.2	2%	0.63	11%
Chef and Brewer - AW19 Core Menu	Pots & Dips	Bar Menu - Onion Rings with Barbecue Dip (v)	3152	38%	756	38%	48.3	69%	4.3	22%	60.8	23%	26.6	30%	8.4	17%	2.30	38%
Chef and Brewer - AW19 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%	14.1	28%	1.24	21%
Chef and Brewer - AW19 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%

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 - AW19 Core Menu	Pots & Dips	Bar Menu - Fish Goujons with Tartare Sauce	2360	28%	566	28%	34.3	49%	4.1	21%	43.2	17%	5.2	6%	16.3	33%	2.42	40%
Chef and Brewer - AW19 Core Menu	Pots & Dips	Bar Menu - Homemade Chicken Goujons with Garlic & Rosemary Mayo	1558	19%	373	19%	23.7	34%	6.1	30%	8.3	3%	0.6	1%	15.4	31%	1.54	26%
Chef and Brewer - AW19 Core Menu	Pots & Dips	Bar Menu - Deep Fried Halloumi Sticks with Garlic & Rosemary Mayo (v)	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 - AW19 Core Menu	Puddings	Evening - Millionaire's Cheesecake (v) - Please select your side choice listed below	2328	28%	556	28%	31.3	45%	20.2	101%	61.8	24%	40.5	45%	5.2	10%	0.63	11%
Chef and Brewer - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core Menu	Puddings	Evening - Choux Bun with Prosecco Strawberries	2789	33%	667	33%	47.6	68%	30.0	150%	51.8	20%	37.7	42%	8.1	16%	0.34	6%
Chef and Brewer - AW19 Core Menu	Puddings	Evening -Indulgent Chocolate Fudge Cake (v) - 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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%

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 - AW19 Core Menu	Puddings	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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core Menu	Puddings	Evening - Rich Chocolate & Raspberry Torte (ve)	1969	23%	471	24%	25.4	36%	16.4	82%	53.1	20%	36.5	41%	3.8	8%	0.16	3%
Chef and Brewer - AW19 Core Menu	Puddings	Lunch - Chocolate Fudge Cake (v) - Please select your side choice listed below	2353	28%	562	28%	26.9	38%	9.0	45%	71.4	27%	57.0	63%	6.9	14%	1.05	18%
Chef and Brewer - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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%

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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core 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 - AW19 Core Menu	Puddings	Lunch - Beechdean Ice Cream, please select your flavour choice listed below																
Chef and Brewer - AW19 Core Menu	Puddings	Ice Cream - Strawberry Classic	577	7%	138	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.12	2%
Chef and Brewer - AW19 Core 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 - AW19 Core 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%	0.13	2%
Chef and Brewer - AW19 Core Menu	Puddings	Ice Cream - Eton Mess	597	7%	143	7%	6.8	10%	4.1	21%	18.6	7%	15.7	17%	1.8	4%	0.10	2%
Chef and Brewer - AW19 Core 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 - AW19 Core Menu	Puddings	Mango Sorbet	431	5%	103	5%	0.2	0%	0.2	1%	24.6	9%	21.6	24%	0.2	0%	0.09	2%
Chef and Brewer - AW19 Core Menu	Puddings	Raspberry Sorbet	366	4%	88	4%	0.2	0%	0.2	1%	21.2	8%	19.0	21%	0.1	0%	0.07	1%
Chef and Brewer - AW19 Core 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 - AW19 Core 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 - AW19 Core Menu	Puddings	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.01	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 - AW19 Core 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 - AW19 Core Menu	Puddings	Lunch - Beechdean Mango Sorbet (Ve)	1292	15%	309	15%	0.6	1%	0.6	3%	73.9	28%	64.9	72%	0.6	1%	0.29	5%
Chef and Brewer - AW19 Core Menu	Puddings	Evening - Eton Mess White Chocolate Sundae	2176	26%	520	26%	29.4	42%	17.6	88%	58.5	23%	51.4	57%	6.0	12%	0.28	5%
Chef and Brewer - AW19 Core Menu	Puddings	Evening - Home-Baked Crumble of the Day - Plum, Gooseberry, Apple & Pear, Apple & Sultana, Apple & Blackberry and Raspberry and Peach (ve)	2438	29%	583	29%	17.2	25%	9.4	47%	102.9	40%	65.5	73%	3.3	7%	0.08	1%
Chef and Brewer - AW19 Core Menu	Roasts	Sunday - Roast Topside of Beef - Please select your side choice listed below	4059	48%	969	48%	62.0	89%	12.0	60%	48.0	18%	13.7	15%	53.8	108%	3.65	61%
Chef and Brewer - AW19 Core Menu	Roasts	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 - AW19 Core Menu	Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 Core Menu	Roasts	Sunday - Honey Glazed Gammon - Please select your side choice listed below	5571	66%	1331	67%	98.6	141%	22.5	113%	56.6	22%	21.9	24%	49.0	98%	6.04	101%
Chef and Brewer - AW19 Core Menu	Roasts	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 - AW19 Core Menu	Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 Core Menu	Roasts	Sunday - Roast Turkey Breast - Please select your side choice listed below	5085	61%	1215	61%	71.4	102%	18.0	90%	52.4	20%	14.7	16%	90.7	181%	5.15	86%
Chef and Brewer - AW19 Core Menu	Roasts	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 - AW19 Core Menu	Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	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 - AW19 Core Menu	Roasts	Sunday - Trio of Roasts - Please select your meat and side choice listed below	3015	36%	720	36%	51.5	74%	5.9	30%	45.7	18%	12.2	14%	17.6	35%	2.96	49%
Chef and Brewer - AW19 Core Menu	Roasts	Roast Gammon, Crackling and Apple Sauce	1021	12%	244	12%	17.6	25%	6.2	31%	8.5	3%	7.3	8%	11.5	23%	0.91	15%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Roasts	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 - AW19 Core Menu	Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 Core Menu	Roasts	Sunday - Mushroom, Stilton & Spinach Wellington (v) - Please select your side choice listed below	5472	65%	1307	65%	86.0	123%	26.0	130%	102.1	39%	15.8	18%	26.2	52%	4.74	79%
Chef and Brewer - AW19 Core Menu	Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 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 - AW19 Core Menu	Sandwiches	Lunch - Chicken & Chorizo Toastie - Please select your side choice listed below	3928	47%	939	47%	51.2	73%	16.4	82%	78.2	30%	3.0	3%	37.9	76%	4.43	74%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Gourmet Steak Sub - Please select your side choice listed below	2938	35%	701	35%	27.0	39%	8.1	40%	62.9	24%	15.8	18%	33.4	67%	3.09	52%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	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 - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Chicken & Bacon Mayonnaise - Please select your side choice listed below	2843	34%	679	34%	36.4	52%	5.4	27%	51.9	20%	4.9	5%	30.8	62%	3.58	60%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Hand-Battered Fish Goujons - Please select your side choice listed below	3877	46%	928	46%	37.6	54%	5.2	26%	111.5	43%	6.5	7%	27.7	55%	3.79	63%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Rarebit Toastie (v) - Please select your side choice listed below	2678	32%	640	32%	22.2	32%	8.6	43%	87.0	33%	13.1	15%	20.0	40%	2.80	47%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Ham & Cheese Toastie - Please select your side choice listed below	3814	45%	912	46%	43.2	62%	18.6	93%	88.3	34%	14.3	16%	38.1	76%	5.05	84%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Turkey, Sausage Stuffing and Cranberry Sandwich - Please select your side choice listed below	3467	41%	829	41%	24.4	35%	7.5	38%	93.8	36%	14.0	16%	54.0	108%	3.85	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 - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sandwiches	Lunch - Roast Beef & Horseradish Sandwich - Please select your side choice listed below	2694	32%	644	32%	24.3	35%	9.0	45%	69.7	27%	2.0	2%	32.7	65%	2.23	37%
Chef and Brewer - AW19 Core Menu	Sandwiches	Chips	1101	13%	263	13%	13.2	19%	1.1	6%	34.1	13%	2.2	2%	2.2	4%	0.11	2%
Chef and Brewer - AW19 Core Menu	Sandwiches	Side Salad	126	2%	30	2%	2.0	3%	0.2	1%	2.1	1%	1.8	2%	0.6	1%	0.08	1%
Chef and Brewer - AW19 Core Menu	Sharers	Sharing Board	5989	71%	1433	72%	87.4	125%	32.2	161%	102.6	39%	37.6	42%	50.3	101%	4.98	83%
Chef and Brewer - AW19 Core Menu	Sharers	Rosemary & Garlic Camembert (v)	4864	58%	1162	58%	65.4	93%	43.4	217%	77.5	30%	25.0	28%	63.1	126%	5.55	93%
Chef and Brewer - AW19 Core Menu	Sharing Boards	Bar Menu - Sharing Board for Two	6080	72%	1455	73%	90.0	129%	33.8	169%	102.5	39%	37.5	42%	50.1	100%	4.97	83%
Chef and Brewer - AW19 Core Menu	Sharing Boards	Bar Menu - Cheese Board (v)	4167	50%	995	50%	68.4	98%	43.4	217%	51.0	20%	24.2	27%	43.4	87%	4.13	69%
Chef and Brewer - AW19 Core Menu	Sharing Boards	Camembert sharer (v)	4864	58%	1162	58%	65.4	93%	43.4	217%	77.5	30%	25.0	28%	63.1	126%	5.55	93%
Chef and Brewer - AW19 Core Menu	Sides	Lunch - Bread & Butter (v)	1932	23%	462	23%	14.5	21%	8.4	42%	68.1	26%	1.1	1%	11.3	23%	1.65	28%
Chef and Brewer - AW19 Core Menu	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 - AW19 Core Menu	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 - AW19 Core Menu	Sides	Lunch - Cheese Slice (v)	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 - AW19 Core Menu	Sides	Lunch - Baked Beans (v)	360	4%	86	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%

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 - AW19 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 - AW19 Core Menu	Sides	Lunch - Rindless Smoked Streaky Bacon & Cheese	623	7%	149	7%	12.8	18%	6.5	33%	0.0	0%	0.0	0%	8.4	17%	1.03	17%
Chef and Brewer - AW19 Core Menu	Sides	Cheese & Truffle Fries (v)	3233	38%	772	39%	49.6	71%	11.6	58%	70.6	27%	5.1	6%	9.3	19%	1.34	22%
Chef and Brewer - AW19 Core Menu	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 - AW19 Core Menu	Sides	Cheese & Mustard Mash with Smoked Bacon	1873	22%	447	22%	26.5	38%	16.6	83%	36.4	14%	6.5	7%	14.7	29%	2.60	43%
Chef and Brewer - AW19 Core Menu	Sides	Skin-on Fries (v)	2438	29%	582	29%	33.6	48%	6.4	32%	65.6	25%	1.6	2%	3.2	6%	0.32	5%
Chef and Brewer - AW19 Core Menu	Sides	Triple-Cooked Chips (v)	2202	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	4.4	9%	0.22	4%
Chef and Brewer - AW19 Core Menu	Sides	Sweet Potato Fries (v)	1374	16%	328	16%	16.8	24%	1.2	6%	43.2	17%	1.2	1%	1.2	2%	0.12	2%
Chef and Brewer - AW19 Core Menu	Sides	Onion Rings (v)	2926	35%	702	35%	48.3	69%	4.3	22%	50.6	19%	17.6	20%	7.8	16%	2.03	34%
Chef and Brewer - AW19 Core Menu	Sides	Crushed Parsley Baby Potatoes (Ve)	1499	18%	358	18%	17.8	25%	1.2	6%	40.9	16%	2.5	3%	4.9	10%	0.40	7%
Chef and Brewer - AW19 Core Menu	Sides	Dressed Seasonal Salad (v)	252	3%	60	3%	3.9	6%	0.3	2%	4.2	2%	3.7	4%	1.3	3%	0.15	3%
Chef and Brewer - AW19 Core Menu	Sides	Glazed Seasonal Vegetables (v)	743	9%	177	9%	10.5	15%	1.2	6%	13.5	5%	10.3	11%	6.7	13%	0.15	3%
Chef and Brewer - AW19 Core Menu	Sides	Garlic Ciabatta with Cheddar (v)	2822	34%	674	34%	41.8	60%	22.0	110%	42.6	16%	4.0	4%	30.2	60%	2.96	49%
Chef and Brewer - AW19 Core Menu	Sides	Garlic Ciabatta (v)	1496	18%	358	18%	16.2	23%	6.0	30%	41.8	16%	4.0	4%	9.4	19%	1.44	24%
Chef and Brewer - AW19 Core Menu	Sides	House Slaw (v)	683	8%	163	8%	12.0	17%	1.5	8%	12.0	5%	6.0	7%	1.5	3%	0.75	13%

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 - AW19 Core Menu	Sides	Buttered Cabbage with Smoked Bacon	854	10%	204	10%	18.2	26%	9.5	47%	4.1	2%	4.1	5%	5.5	11%	0.95	16%
Chef and Brewer - AW19 Core Menu	Sides	Bread & Butter (v)	1932	23%	462	23%	14.5	21%	8.4	42%	68.1	26%	1.1	1%	11.3	23%	1.65	28%
Chef and Brewer - AW19 Core Menu	Signature Sauces	Creamy Peppercorn Sauce	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%
Chef and Brewer - AW19 Core Menu	Signature Sauces	Garlic & Mushroom Sauce	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Chef and Brewer - AW19 Core Menu	Signature Sauces	Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Chef and Brewer - AW19 Core Menu	Signature Roasts	Sunday - Slow-Cooked Rib of Beef - Please select your side choice listed below	6544	78%	1563	78%	99.8	143%	30.7	153%	49.8	19%	14.0	16%	113.2	226%	7.14	119%
Chef and Brewer - AW19 Core Menu	Signature Roasts	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 - AW19 Core Menu	Signature Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 Core Menu	Signature Roasts	Sunday - Slow-Cooked Pork Belly - Please select your side choice listed below	8269	98%	1976	99%	145.0	207%	37.4	187%	53.2	20%	18.5	21%	115.0	230%	4.71	79%
Chef and Brewer - AW19 Core Menu	Signature Roasts	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 - AW19 Core Menu	Signature Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 Core Menu	Signature Roasts	Sunday - Slow-Cooked Lamb Shoulder - Please select your side choice listed below	4784	57%	1143	57%	74.6	107%	23.9	120%	45.6	18%	12.2	14%	71.9	144%	3.49	58%
Chef and Brewer - AW19 Core Menu	Signature Roasts	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 - AW19 Core Menu	Signature Roasts	Buttered Minted New Potatoes	795	9%	190	9%	4.1	6%	2.6	13%	31.7	12%	1.9	2%	3.8	8%	0.09	2%
Chef and Brewer - AW19 Core Menu	Steak Sides	Creamy Mac 'n' Cheese (v)	1052	13%	251	13%	9.6	14%	5.0	25%	32.5	13%	2.1	2%	11.2	22%	1.87	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 - AW19 Core Menu	Steak Sides	Stilton & Peppercorn Sauteed Mushrooms (v)	1119	13%	270	14%	23.7	34%	7.0	35%	5.6	2%	1.6	2%	7.8	16%	1.25	21%
Chef and Brewer - AW19 Core Menu	Steak Sides	Surf n Turf	1321	16%	316	16%	20.9	30%	3.2	16%	19.0	7%	0.5	1%	14.2	28%	3.84	64%
Chef and Brewer - AW19 Core Menu	Sunday Sides	Sunday - Stuffed Yorkshire Pudding	1771	21%	423	21%	27.4	39%	3.8	19%	23.7	9%	2.9	3%	16.5	33%	1.81	30%
Chef and Brewer - AW19 Core Menu	Sunday Sides	Sunday - Topped Roast Potatoes	1607	19%	383	19%	15.6	22%	5.1	26%	43.6	17%	3.3	4%	18.1	36%	1.33	22%
Chef and Brewer - AW19 Core Menu	Sunday Sides	Sunday - Pigs-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 - AW19 Core Menu	Sunday Sides	Sunday - Yorkshire Pudding (v)	1181	14%	282	14%	20.8	30%	1.7	8%	19.0	7%	1.1	1%	4.5	9%	0.48	8%
Chef and Brewer - AW19 Core Menu	Sunday Sides	Sunday - Buttered Mash (v)	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Sunday Sides	Sunday - Croxton Manor & Yorkshire Ale Cauliflower Cheese (v)	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 - AW19 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 - AW19 Core Menu	Sunday Sides	Sunday - Extra Stuffing	477	6%	114	6%	5.2	7%	2.0	10%	11.6	4%	0.8	1%	4.8	10%	1.24	21%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Burger	1677	20%	401	20%	33.3	48%	15.0	75%	0.1	0%	0.0	0%	25.4	51%	0.90	15%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Salmon	1983	24%	474	24%	38.0	54%	5.1	25%	0.1	0%	0.0	0%	32.4	65%	0.96	16%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Cheese (v)	696	8%	166	8%	13.4	19%	8.4	42%	0.4	0%	0.0	0%	10.9	22%	0.80	13%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Scallops	757	9%	181	9%	15.7	22%	1.1	6%	0.8	0%	0.3	0%	8.7	17%	1.21	20%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Custard (v)	372	4%	89	4%	1.0	1%	1.0	5%	16.0	6%	12.0	13%	3.0	6%	0.20	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 - AW19 Core Menu	Toppers & Extras	Extra Pineapple (v)	335	4%	80	4%	0.0	0%	0.0	0%	21.3	8%	21.3	24%	1.3	3%	0.00	0%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Back Bacon	326	4%	78	4%	5.6	8%	2.2	11%	0.0	0%	0.0	0%	6.8	14%	1.08	18%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Sour Dough (v)	966	11%	231	12%	7.3	10%	4.2	21%	34.1	13%	0.6	1%	5.7	11%	0.82	14%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Mushrooms (v)	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 - AW19 Core Menu	Toppers & Extras	Extra 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 - AW19 Core Menu	Toppers & Extras	Extra Fried Onions (v)	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 - AW19 Core Menu	Toppers & Extras	Extra 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 - AW19 Core Menu	Toppers & Extras	Extra Black Pudding	12	0%	3	0%	0.2	0%	0.1	0%	0.2	0%	0.0	0%	8.0	16%	0.02	0%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Premium Mash (v)	1213	14%	290	14%	13.2	19%	10.0	50%	35.6	14%	6.1	7%	5.8	12%	1.45	24%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Jacket & Butter (v)	1245	15%	298	15%	11.8	17%	7.3	37%	41.1	16%	1.6	2%	4.9	10%	0.28	5%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Yorkshire Pudding (v)	1181	14%	282	14%	20.8	30%	1.7	8%	19.0	7%	1.1	1%	4.5	9%	0.48	8%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Extra Ice Cream 1 Scoop (v) - Please select your flavour choice listed below																
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Ice Cream - Strawberry Classic	577	7%	138	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.12	2%
Chef and Brewer - AW19 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 - AW19 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%	0.13	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 - AW19 Core Menu	Toppers & Extras	Ice Cream - Eton Mess	597	7%	143	7%	6.8	10%	4.1	21%	18.6	7%	15.7	17%	1.8	4%	0.10	2%
Chef and Brewer - AW19 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 - AW19 Core Menu	Toppers & Extras	Mango Sorbet	431	5%	103	5%	0.2	0%	0.2	1%	24.6	9%	21.6	24%	0.2	0%	0.09	2%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Raspberry Sorbet	366	4%	88	4%	0.2	0%	0.2	1%	21.2	8%	19.0	21%	0.1	0%	0.07	1%
Chef and Brewer - AW19 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%
Chef and Brewer - AW19 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 - AW19 Core Menu	Toppers & Extras	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.01	0%
Chef and Brewer - AW19 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 - AW19 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 - AW19 Core Menu	Toppers & Extras	Topper - Salmon	1983	24%	474	24%	38.0	54%	5.1	25%	0.1	0%	0.0	0%	32.4	65%	0.96	16%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Topper - Seabass	967	12%	231	12%	10.0	14%	2.7	14%	1.7	1%	0.0	0%	33.5	67%	0.42	7%
Chef and Brewer - AW19 Core Menu	Toppers & Extras	Topper - Beef Rump	762	9%	181	9%	6.0	9%	2.6	13%	0.0	0%	0.0	0%	19.3	39%	0.19	3%
Chef and Brewer - AW19 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 - AW19 Core Menu	Toppers & Extras	Topper - Chicken Breast	1216	14%	291	15%	18.6	27%	1.8	9%	3.6	1%	0.6	1%	26.3	53%	1.38	23%
Chef and Brewer - AW19 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%