

## Important Information

The nutritional information for our menu is provided as a guide. It is calculated using average values and is based on a typical serving size unless stated otherwise.

Reference Intakes, previously called Guideline Daily Amounts (GDAs), can be used as a guideline to help you see how a particular food from our menu contributes to your daily diet.
They are based on official reccomendations for an average adult, doing an average amount of physical activity and are a guide not a target.

All of our menu claims are approved by our Company Nutritionist .

This guide was last updated October 2018.

| Reference Intakes (RIs) of an average adult: |  |
| :---: | :---: |
| Nutrient | Reference Intake |
| Energy (kj/ kcal) | $8400 \mathrm{~kJ} / 2000 \mathrm{kcal}$ |
| Fat (g) | 70 g |
| Saturates (g) | 20 g |
| Carbohydrates (g) | 260 g |
| Sugars (g) | 90 g |
| Protein (g) | 50 g |
| Salt (g) | 6 g |


|  |  |  |  | Typical nutr | tion value | per average porti |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Ember Nutrition Guide DN18 |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| Brunch |  |  |  |  |  |  |  |  |  |
| Classic Breakfast - A rasher of grilled back bacon, a British farm assured pork sausage, a fried egg, mushroom, tomato, baked beans and a slice of white or wholemeal bloomer toast | Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information. | 2,942 | 700 | 57 | 24 | 16 | 5 | 29 | 4 |
| Full English Breakfast - Two rashers of grilled back bacon, two British farm assured pork sausages, two fried eggs, mushroom, a hash brown, tomato, baked beans and white or wholemeal bloomer toast. | Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information. | 5,043 | 1,201 | 89 | 36 | 37 | 8 | 63 | 9 |
| Eggs Benedict | Toasted English muffin topped with Yorkshire ham, two poached eggs and Tarragon hollandaise sauce. | 3,070 | 731 | 53 | 25 | 34 | 5 | 30 | 3 |
| Eggs California | Toasted English muffin topped sliced avocado , two poached eggs and Tarragon hollandaise sauce. | 2,982 | 710 | 52 | 24 | 36 | 5 | 24 | 2 |
| Boost Breakfast | Grilled flat mushroom, poached egg, grilled tomato and avocado. Served on wholemeal toast with Houmous. | 2,033 | 484 | 28 | 4 | 35 | 4 | 19 | 1 |
| Vegetarian Breakfast | Two veggie sausages, two fried eggs, hash brown, mushroom, tomato, baked beans and white or wholemeal bloomer toast (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information ). | 2,597 | 618 | 38 | 18 | 40 | 12 | 25 | 2 |


| Steak \& Eggs | Small mature rump steak and two fried eggs served with baby potatoes and red onion. | 2,526 | 601 | 30 | 10 | 37 | 6 | 44 | 1 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Scrambled Eggs on Toast | served on white or wholemeal bloomer toast (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information) | 2,192 | 522 | 45 | 22 | 3 | 3 | 26 | 1 |
| Bacon Sandwich | Grilled back bacon served in white or wholemeal bloomer bread (Please refer to your choice of white, wholemeal bloomer or ciabatta bread for additional nutrition information ). | 1,358 | 323 | 25 | 14 | 2 | 1 | 22 | 4 |
| Sausage Sandwich | Two British farm assured pork sausages served in white or wholemeal bloomer bread (Please refer to your choice of white, wholemeal bloomer or ciabatta bread for additional nutrition information ). | 1,756 | 418 | 30 | 15 | 18 | 6 | 18 | 3 |
| Egg Sandwich | Two fried eggs served in white or wholemeal bloomer bread (Please refer to your choice of white, wholemeal bloomer or ciabatta bread for additional nutrition information ). | 1,210 | 288 | 24 | 11 | 1 | 1 | 17 | 1 |
| Brunch Burger | Chargrilled beef burger, grilled British farm assured pork sausage, grilled back bacon, and a fried egg served with toasted brioche bun. | 3,289 | 783 | 46 | 20 | 47 | 7 | 45 | 5 |
| Porridge | Made with jumbo oats, served with honey and fruit compote. | 1,278 | 304 | 5 | 2 | 55 | 35 | 8 | 0 |
| Buttermilk Pancakes | With fruit compote and freshly whipped cream. | 2,397 | 571 | 22 | 11 | 83 | 1 | 10 | 1 |
| Buttermilk Pancakes (with bacon) | With grilled back bacon and maple flavour syrup. | 2,297 | 547 | 15 | 5 | 80 | 33 | 23 | 4 |
| Extra - Bacon |  | 161 | 38 | 2 | 1 | 0 | 0 | 5 | 1 |
| Sides - Hash Brown |  | 651 | 155 | 7 | 3 | 19 | 2 | 2 | 0 |
| Choice - Ciabatta |  | 1,617 | 385 | 25 | 15 | 34 | 1 | 6 | 1 |



| Starters \& Sharers |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | $\begin{array}{\|c\|} \hline \text { Saturated } \\ \text { Fat }(\mathrm{g}) \\ \hline \end{array}$ | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Lightly breaded King Prawns | Served with fresh lemon and a sweet chilli dip |  |  |  |  |  |  |  |  |
|  |  | 760 | 181 | 1 | 1 | 36 | 18 | 7 | 2 |
| Lamb Kofta | Served with sour cream and mint dressing. | 823 | 196 | 12 | 6 | 14 | 9 | 8 | 1 |
| Parsley Breaded Mushrooms | Served with sour cream dip. | 1,336 | 318 | 17 | 5 | 32 | 2 | 9 | 1 |
| Duck \& Cherry Pate* | Topped with a cherry glaze, served with toasted ciabatta bread \& Ember Inns Pale Ale chutney |  |  |  |  |  |  |  |  |
|  |  | 1,604 | 382 | 22 | 11 | 36 | 14 | 12 | 2 |
| Salt and Pepper Calamari | served with fresh lemon and a lemon mayonaise dip. |  |  |  |  |  |  |  |  |
|  |  | 1,042 | 248 | 9 | 1 | 29 | 3 | 13 | 4 |
| Garlic Cheddar Mushrooms | Served in a rich creamy sauce served on toasted ciabatta. | 1,908 | 454 | 29 | 15 | 29 | 2 | 18 | 2 |
| Prawn Cocktail | Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter. | 1,571 | 374 | 17 | 6 | 35 | 9 | 19 | 2 |
| Soup of the Day - Spiced Carrot and Pumpkin Soup | Ask the team for today's flavour, served with ciabatta. | 1,151 | 274 | 14 | 8 | 30 | 8 | 6 | 2 |
| Soup of the Day - Tomato and Basil Soup | Ask the team for today's flavour, served with ciabatta. | 1,153 | 275 | 10 | 5 | 41 | 4 | 6 | 2 |
| Soup of the Day - Cauliflower, leek and Thyme Soup | Ask the team for today's flavour, served with ciabatta. | 1,151 | 274 | 12 | 7 | 33 | 4 | 7 | 2 |
|  |  |  |  |  |  |  |  |  |  |


| Sharers |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Baked Camembert | Topped with red onion chutney and served with toasted ciabatta. | 3,357 | 799 | 31 | 19 | 90 | 18 | 37 | 3 |
| Smoky Chicken Wings - Small - Piri Piri Glaze |  | 2,399 | 571 | 37 | 9 | 7 | 5 | 54 | 3 |
| Smoky Chicken Wings - Small - Smoky Chipotle \& Honey Glaze |  | 2,647 | 630 | 35 | 9 | 25 | 23 | 53 | 2 |
| Smoky Chicken Wings - Large - Piri Piri Glaze |  | 4,797 | 1,142 | 73 | 18 | 14 | 10 | 107 | 6 |
| Smoky Chicken Wings - Large Chipotle \& Honey Glaze |  | 5,293 | 1,260 | 70 | 18 | 50 | 47 | 107 | 3 |
| Bread, Oil \& Olives | Warm ciabatta bread, extra virgin olive oil and Aspall ${ }^{\text {TM }}$ balsamic with Marinated olives | 5,069 | 1,207 | 76 | 11 | 106 | 6 | 21 | 9 |
| Home Fried Nachos | Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeño peppers. | 3,579 | 852 | 46 | 26 | 75 | 10 | 34 | 4 |
| Home Fried Nachos - Smoky BBQ Pulled Pork | Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeño peppers | 4,721 | 1,124 | 61 | 30 | 92 | 24 | 53 | 4 |
|  |  |  |  |  |  |  |  |  |  |


| Pasta, Fish and Salads |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Grilled Fillet of Salmon | Served with citrus coriander butter, crushed baby potatoes and green beans. | 3,464 | 825 | 56 | 19 | 39 | 4 | 41 | 1 |
| Bacon \& Mushroom Carbonara | Penne pasta topped with Italian-style hard cheese and Baby leaves. | 3,771 | 898 | 35 | 19 | 101 | 2 | 43 | 5 |
| Slow-Roasted Tomato Penne Pasta | With courgette and red pepper. Topped with Italian-style hard cheese and baby leaves. | 2,457 | 585 | 10 | 3 | 100 | 10 | 21 | 2 |
| Grilled Fillets of Sea Bass | Served with glazed baby potatoes, green beans and a Beurrre Blanc sauce. | 3,042 | 724 | 43 | 18 | 41 | 5 | 44 | 1 |
| Roast Butternut squash and Sweet Potato Salad | tossed with whole grains dressed with apple balsamic dressing and served on a bed of fresh leaves | 1,743 | 415 | 27 | 3 | 28 | 9 | 13 | 1 |
| Chicken, Bacon \& Avocado Salad | Salad leaves with soya beans, green lentils and mixed seeds. Topped with chargrilled chicken, crispy bacon, sliced avocado and honey \& mustard dressing. | 2,569 | 612 | 35 | 6 | 18 | 9 | 56 | 3 |
| Sweet Chilli Noodles - Chargrilled Chicken Breast | Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion. | 2,886 | 687 | 17 | 3 | 85 | 44 | 48 | 4 |
| Sweet Chilli Noodles - with Chargrilled Halloumi | Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion. | 3,734 | 889 | 43 | 20 | 88 | 47 | 37 | 6 |
| Sweet Chilli Noodles - Garlic Prawns | Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion. | 2,770 | 660 | 29 | 11 | 75 | 35 | 24 | 4 |
| Add Avocado |  | 265 | 63 | 5 | 1 | 3 | 0 | 1 | 0 |
| Add Bacon |  | 575 | 137 | 9 | 4 | 1 | 0 | 14 | 3 |
| Add Chargrilled Chicken Breast |  | 822 | 196 | 4 | 1 | 0 | 0 | 40 | 1 |


| Add Garlic Ciabatta Bread | 995 | 237 | 8 | 5 | 34 | 1 | 6 | 1 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Add Halloumi | 1,670 | 398 | 30 | 18 | 3 | 3 | 29 | 3 |
| Add Salmon | 1,588 | 378 | 24 | 4 | 2 | 0 | 40 | 0 |
|  |  |  |  |  |  |  |  |  |


| Pub Favourites |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fish \& Chips | Hand battered cod with our own Ember Inns Pale Ale, served with seasoned chips, mushy peas, fresh lemon and cunky tartare sauce. Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 4,350 | 1,036 | 54 | 13 | 93 | 7 | 41 | 3 |
| Posh Fish \& Chips | Hand battered sea bass fillet in Ember Inns Pale Ale, served with seasoned chips, mushy peas, fresh lemon and chunky tartare sauce. Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,714 | 646 | 37 | 8 | 37 | 6 | 39 | 1 |
| Chicken, Ham Hock \& Smoked Cheddar Pie | Creamy smoked cheese sauce \& puff pastry served with mashed potatoes \& steamed vegetables | 3,624 | 863 | 41 | 19 | 66 | 14 | 51 | 4 |
| Gammon Steak | Served with seasoned chips, garden peas, tomato and your choice of two fried eggs of chargrilled pineapple. Also refer to the "Sides, Extra \& Choice items" section for your choice of fried eggs or pineapple and choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,451 | 584 | 35 | 6 | 9 | 3 | 58 | 1 |
| Beef and Red Wine Lasagne | Served with garlic ciabatta and a dressed salad. | 2,482 | 591 | 27 | 13 | 54 | 17 | 31 | 4 |


| Steak \& Ember Inns Pale Ale Pie | Slow cooked steak in Ember Inns Pale Ale gravy, served with mashed potatoes and steamed vegetables. | 5,725 | 1,363 | 73 | 31 | 111 | 14 | 59 | 4 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Hunters Chicken - Chargrilled chicken breast topped with bacon, melted cheese and BBQ sauce. | Served with seasoned chips, mushrooms, garden peas, tomato and onion rings. Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 3,172 | 755 | 27 | 8 | 67 | 37 | 59 | 4 |
| Toad in the Hole | Three British awardwing pork sausages on creamy mash potato served in a giant Yorkshire pudding with a rich onion gravy and steamed vegetables. | 4,582 | 1,091 | 50 | 19 | 108 | 22 | 46 | 8 |
| Halloumi \& Chips - Hand battered in Ember Inns Pale Ale, served with seasoned chips, mushy peas and tartare sauce. | Also refer to the "Sides, Extra \& Choice items" section choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 4,739 | 1128 | 70 | 28 | 89 | 7 | 33 | 6 |
| Slow Cooked Belly Pork | Served creamy mash, fresh broccoli and a rich apple brandy sauce with baked apple | 3,922 | 934 | 51 | 21 | 54 | 26 | 61 | 3 |
| Half Roast Chicken - Garlic \& Parsley Butter - British chicken served with seasoned chips, a dressed salad and house slaw. | Also refer to the "Sides, Extra \& Choice items" section choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. |  |  |  |  |  |  |  |  |
|  |  | 5,046 | 1,202 | 86 | 37 | 70 | 6 | 37 | 4 |


| Half Roast Chicken - Piri Piri Glaze British chicken served with seasoned chips, a dressed salad and house slaw. | Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 3,593 | 856 | 46 | 9 | 73 | 10 | 36 | 6 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Half Roast Chicken - Chipotle \& Honey Glaze - British chicken served with seasoned chips, a dressed salad and house slaw. | Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 3,929 | 936 | 43 | 9 | 101 | 38 | 36 | 3 |
| Chicken Tikka Achari | Tikka spiced chicken in a tomato, chilli and chickpea sauce served with coconut and coriander rice and a crisp poppadum's. | 3,253 | 775 | 30 | 8 | 84 | 20 | 37 | 4 |
| Scampi \& Chips | Whitby ${ }^{\text {TM }}$ wholetail scampi served with seasoned chips, garden peas and tartare sauce. Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 4,059 | 966 | 49 | 11 | 106 | 4 | 22 | 4 |
| Slow Cooked Short Rib Beef | Slow cooked for over 10 hours, served on creamy mash potatoes, with fresh broccoli and a rich mushroom chasseur sauce | 2,615 | 623 | 30 | 13 | 32 | 8 | 50 | 3 |
| Salmon and Prawn fish pie | Flakes of salmon, king prawns and smoked Haddock in a creamy white wine and leek sauce, topped with cheesy mash, served with steamed vegetables | 2,838 | 676 | 35 | 19 | 45 | 13 | 39 | 4 |
| Lentil \& Spinach pie | Topped with kale mash, served with steamed green vegetables | 2,023 | 482 | 19 | 3 | 54 | 9 | 17 | 3 |
|  |  |  |  |  |  |  |  |  |  |


| Vegetarian and Vegan |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Starters |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Roast Butternut squash and Sweet Potato Salad (starter) | tossed with whole grains dressed with apple balsamic dressing and served on a bed of fresh leaves |  |  |  |  |  |  |  |  |
|  |  | 861 | 205 | 13 | 2 | 14 | 4 | 6 | 1 |
| Garlic Cheddar Mushrooms (V) | Served in a rich creamy sauce served on toasted ciabatta. | 1,908 | 454 | 29 | 15 | 29 | 2 | 18 | 2 |
| Soup of the Day - Tomato and Basil Soup (V) | Ask the team for today's flavour, served with ciabatta. | 1,153 | 275 | 10 | 5 | 41 | 4 | 6 | 2 |
| Parsley Breaded Mushrooms (V) | Served with sour cream dip. | 823 | 196 | 12 | 6 | 14 | 9 | 8 | 1 |
| Home Fried Nachos (V) to share | Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeño peppers. | 3,579 | 852 | 46 | 26 | 75 | 10 | 34 | 4 |
| Baked Camembert (V) to share | Topped with red onion chutney and served with toasted ciabatta. | 3,357 | 799 | 31 | 19 | 90 | 18 | 37 | 3 |
| Mains |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| Lentil \& Spinach pie (VE) | Topped with kale mash, served with steamed green vegetables | 2,023 | 482 | 19 | 3 | 54 | 9 | 17 | 3 |
| Roast Butternut squash and Sweet Potato Salad (VE) | tossed with whole grains dressed with apple balsamic dressing and served on a bed of fresh leaves | 1,743 | 415 | 27 | 3 | 28 | 9 | 13 | 1 |
| Sweet Chilli Noodles - with Chargrilled Halloumi (V) | Sesame dressed egg noodles with shredded crispy vegetables, coriander and spring onion. | 3,734 | 889 | 43 | 20 | 88 | 47 | 37 | 6 |
| Slow-Roasted Tomato Penne Pasta (V) | With courgette and red pepper. Topped with Italian-style hard cheese and baby leaves. | 2,457 | 585 | 10 | 3 | 100 | 10 | 21 | 2 |


| VegetarianToad in the Hole (V) | Three vegetarian sausages on creamy mash potato served in a giant Yorkshire pudding with a rich onion gravy and steamed vegetables. | 4,007 | 954 | 41 | 16 | 96 | 18 | 42 | 5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Spicy Aubergine and Chickpea Burger $(\mathrm{V})$ | Served with Houmous and guacamole. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,814 | 670 | 32 | 5 | 78 | 16 | 14 | 3 |
| Curried Roast Cauliflower Shank (VE) | Served in a mild cambodian curry sauce with basmatti rice and sweet chili salad | 2,646 | 630 | 24 | 13 | 81 | 22 | 20 | 3 |
| Desserts |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| Brambly Apple Pie (VE) | With your choice of either Vegan Custard or Coconut Milk Icecream | 2,356 | 561 | 28 | 18 | 70 | 42 | 5 | 0 |
| Caramel Iced Parfait (VE) | Rich Bishoff Caramel Parfait served with crushed red Fruits | 1,604 | 382 | 27 | 18 | 34 | 27 | 1 | 0 |
| Baked Alaska (V) | Raspberry and sponge base topped with ice cream, covered in glazed meringue and served with raspberry compote. | 2,617 | 623 | 24 | 13 | 92 | 78 | 9 | 1 |
| Glazed Lemon Tart (V) | Served with whipped cream and raspberry compote. | 1,394 | 332 | 20 | 12 | 34 | 28 | 3 | 0 |
| Coconut Milk Sorbet (VE) |  | 1,856 | 442 | 28 | 26 | 42 | 40 | 4 | 0 |
|  |  |  |  |  |  |  |  |  |  |


| Chargrill |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 8oz Sirloin Steak | A prime cut of tender beef, chargrilled just how you like it. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,716 | 647 | 38 | 15 | 23 | 5 | 52 | 1 |
| 8oz Rump Steak | Tender rump steak. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,553 | 608 | 35 | 13 | 21 | 5 | 51 | 1 |
| 10oz Ribeye Steak | Tender, juicy and intensely flavoured. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,602 | 620 | 27 | 11 | 21 | 5 | 70 | 1 |
| Mixed Grill -Small rump steak, chargrilled chicken breast, gammon steak, two British pork sausages and two fried eggs. | Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 7,069 | 1,683 | 84 | 27 | 99 | 10 | 131 | 8 |
| Mixed Grill - Upgrade your rump steak to 8oz | Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 7,458 | 1,776 | 99 | 31 | 112 | 12 | 107 | 6 |


| Slow Cooked Full Rack of Pork Ribs | Finished on the chargrill with a chipotle \& honey glaze, served with seasoned chips, dressed salad \& house slaw. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 4,073 | 970 | 60 | 20 | 42 | 38 | 65 | 2 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chicken and Ribs | chargrilled breast of chicken and $1 / 2$ rack of pork ribs with a chipotle \& honey glaze, served with seasoned chips, dressed salad \& house slaw. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. |  |  |  |  |  |  |  |  |
|  |  | 3,549 | 845 | 39 | 11 | 50 | 46 | 73 | 3 |
| Surf \& Turf | Grilled tender rump steak topped with garlic prawns. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information | 3,327 | 792 | 48 | 21 | 24 | 5 | 67 | 2 |
| Surf \& Turf - Up Grade to 8oz Sirloin | Chargrilled steak topped with garlic prawns. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 3,490 | 831 | 51 | 23 | 22 | 5 | 68 | 2 |


| Surf \& Turf - Up Grade to 10oz Rib Eye | Chargrilled steak topped with garlic prawns. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 3,482 | 829 | 43 | 21 | 22 | 5 | 85 | 3 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |


| Burgers |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Classic Beef Burger | Choose from either a beef or a chargrilled chicken breast. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,628 | 626 | 31 | 12 | 51 | 14 | 34 | 3 |
| Classic Chicken | Choose from either a beef or a chargrilled chicken breast. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 1,992 | 474 | 10 | 3 | 51 | 14 | 43 | 2 |
| Cheese and bacon burger (Beef) | Chargrilled beef burger topped with grilled back bacon and monetary jack cheese | 3,108 | 740 | 38 | 15 | 54 | 15 | 47 | 5 |
| Ultimate Burger | Two beef burgers with crispy bacon, cheese, a fried egg and onion rings. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 5,672 | 1,350 | 80 | 33 | 67 | 17 | 90 | 7 |
| Spicy Aubergine and Chickpea Burger | Served with Houmous and guacamole. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,814 | 670 | 32 | 5 | 78 | 16 | 14 | 3 |


| Buttermilk Chicken Burger | Two chicken breasts marinated in buttermilk and cooked in a light crumb. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 4,198 | 1,000 | 49 | 12 | 91 | 17 | 47 | 4 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 7 oz Aberdeen Angus Beef burger |  <br> Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional allergen and dietary information. | 3,396 | 809 | 47 | 19 | 52 | 15 | 46 | 3 |
| Add Topping - BBQ Sauce, Bacon and Cheese |  | 850 | 202 | 10 | 5 | 16 | 14 | 12 | 2 |
| Add Topping - BBQ slow pulled pork |  | 802 | 191 | 10 | 3 | 11 | 10 | 13 | 0 |
| Add Topping - Camembert and Red Onion Chutney |  | 2,587 | 616 | 44 | 29 | 16 | 10 | 36 | 2 |
| Add Topping - Cheese and Bacon |  | 560 | 133 | 10 | 5 | 0 | 0 | 11 | 2 |
|  |  |  |  |  |  |  |  |  |  |


| Lunch Bites - Sandwiches \& Jackets |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | $\begin{array}{\|c\|} \hline \text { Saturated } \\ \text { Fat }(\mathrm{g}) \\ \hline \end{array}$ | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chicken Club Sandwich | Also refer to the "Sides, Add Owns \& Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information. | 1,884 | 449 | 23 | 6 | 5 | 3 | 55 | 4 |
| Prawns in Marie Rose Sauce Sandwich | Also refer to the "Sides, Add Owns \& Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information. | 622 | 148 | 9 | 1 | 7 | 6 | 9 | 2 |
| Posh Fish Finger Sandwich | Also refer to the "Sides, Add Owns \& Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information. | 2,489 | 593 | 41 | 7 | 26 | 4 | 29 | 1 |
| Yorkshire Ham, Cheese \& Ember Inns Pale Ale Chutney Sandwich | Also refer to the Add Ons for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information. | 1,588 | 378 | 28 | 15 | 11 | 9 | 20 | 2 |
| Yorkshire Ham, Lettuce, Tomato \& Mayonnaise Sandwich | Also refer to the Add Ons for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information. | 1,012 | 241 | 21 | 6 | 5 | 4 | 7 | 1 |
| Tuna Mayonnaise \& Cucumber Sandwich | Also refer to the Add Ons for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information. | 974 | 232 | 13 | 1 | 4 | 3 | 24 | 1 |



| Desserts |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Baked Alaska | Raspberry and sponge base topped with ice cream, covered in glazed meringue and served with raspberry compote. | 2,617 | 623 | 24 | 13 | 92 | 78 | 9 | 1 |
| Glazed Lemon Tart | Served with whipped cream and raspberry compote. | 1,394 | 332 | 20 | 12 | 34 | 28 | 3 | 0 |
| Treacle Sponge Pudding | With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information). | 1,982 | 472 | 15 | 1 | 80 | 66 | 3 | 1 |
| Salted Caramel Profiteroles | Served with vanilla pod ice cream and Belgian chocolate sauce. | 2,751 | 655 | 37 | 4 | 72 | 64 | 7 | 1 |
| Baked Vanilla Cheesecake | Served with raspberry compote \& whipped cream. | 3,226 | 768 | 46 | 28 | 80 | 58 | 8 | 1 |
| Raspberry Eton Mess Sundae | Crushed meringue, vanilla pod ice cream, raspberry compote and whipped cream. | 2,591 | 617 | 37 | 23 | 63 | 58 | 6 | 0 |
| Brambly Apple Pie | With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information). | 1,420 | 338 | 14 | 5 | 49 | 22 | 3 | 0 |
| Caramel Iced Parfait | Rich Bishoff Caramel Parfait served with crushed red Fruits | 1,604 | 382 | 27 | 18 | 34 | 27 | 1 | 0 |
| Belgian Chocolate Brownie | Served warm with vanilla pod ice cream and Belgian chocolate sauce. | 3,259 | 776 | 33 | 17 | 108 | 91 | 8 | 1 |
| Vanilla Ice Cream |  | 970 | 231 | 12 | 8 | 27 | 26 | 4 | 0 |


| Coconut Milk Icecream (VE) | Non dairy icecream alternative | 1,856 | 442 | 28 | 26 | 42 | 40 | 4 | 0 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mini Belgian Chocolate Brownie | Served with a coffee or tea (please refer to our hot drinks section for additional nutrition information ). | 1,814 | 432 | 19 | 10 | 59 | 51 | 5 | 0 |
| Mini Raspberry Eton Mess Sundae | Served with a coffee or tea (please refer to our hot drinks section for additional nutrition information ). | 1,419 | 338 | 22 | 14 | 32 | 30 | 3 | 0 |
| Mini Lemon Tart | Served with a coffee or tea (Please refer to our hot drinks section for additional nutrition information ). | 785 | 187 | 12 | 7 | 18 | 15 | 2 | 0 |
| Crème Brulee | Served with Shortbread biscuit | 2,087 | 497 | 30 | 19 | 49 | 37 | 7 | 0 |
|  |  |  |  |  |  |  |  |  |  |


| Fixed Price Starters |  | Energy <br> (kJ) | $\begin{aligned} & \text { Energy } \\ & \text { (KCal) } \end{aligned}$ | Fat (g) | $\begin{array}{\|c\|} \hline \text { Saturated } \\ \text { Fat }(\mathrm{g}) \\ \hline \end{array}$ | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Parsley Breaded Mushrooms | Served with sour cream dip. | 1,323 | 315 | 17 | 5 | 32 | 2 | 9 | 1 |
| Starters - Home Fried Nachos | Topped with melted cheese, guacamole, sour cream, spicy peppers and jalapeño peppers. | 1,790 | 426 | 23 | 13 | 38 | 5 | 17 | 2 |
| Soup of the Day - Spiced Carrot and Pumpkin Soup | Ask the team for today's flavour, served with ciabatta. | 1,151 | 274 | 14 | 8 | 30 | 8 | 6 | 2 |
| Soup of the Day - Tomato and Basil Soup | Ask the team for today's flavour, served with ciabatta. | 1,153 | 275 | 10 | 5 | 41 | 4 | 6 | 2 |
| Soup of the Day - Cauliflower, leek and Thyme Soup | Ask the team for today's flavour, served with ciabatta. | 1,151 | 274 | 12 | 7 | 33 | 4 | 7 | 2 |
| Prawn Cocktail | Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter. | 1,571 | 374 | 17 | 6 | 35 | 9 | 19 | 2 |
|  |  |  |  |  |  |  |  |  |  |


| Mains Daytime |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chargrilled Chicken Breast - With seasoned chips, garden peas and your choice of sauce, smoky BBQ, chipotle \& honey or gravy. | Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket, baby potatoes or sauce for additional nutrition information. | 1,112 | 265 | 7 | 2 | 5 | 2 | 43 | 1 |
| Slow-Roasted Tomato Penne Pasta | With courgette and red pepper. Topped with Italian-style hard cheese and baby leaves. | 2457 | 585 | 9.7 | 2.5 | 100 | 9.9 | 20.9 | 1.63 |
| Minced Beef and Ale Pie | Served with seasoned chips, garden peas and a jug of gravy. Also refer to the "Sides, Extra \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 1,655 | 394 | 23 | 8 | 36 | 6 | 11 | 2 |
| Yorkshire Ham \& Chips | Served with two fried eggs, seasoned chips and garden peas. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 1,634 | 389 | 28 | 9 | 6 | 2 | 28 | 2 |
| Sausage \& Mash | Two pork sausages served on mashed potato and gravy. | 2,205 | 525 | 27 | 13 | 46 | 10 | 23 | 5 |
|  |  |  |  |  |  |  |  |  |  |


| Mains Evening |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Gammon Steak | Served with seasoned chips, garden peas, tomato and your choice of two fried eggs of chargrilled pineapple. Also refer to the "Sides, Extra \& Choice items" section for your choice of fried eggs or pineapple and choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,451 | 584 | 35 | 6 | 9 | 3 | 58 | 1 |
| Beef and Red Wine Lasagne | Served with garlic ciabatta and a dressed salad. | 2,482 | 591 | 27 | 13 | 54 | 17 | 31 | 4 |
| Classic Beef Burger - Served in a toasted brioche bun with crisp lettuce, red onion, tomato, mayonnaise, house slaw. | Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,628 | 626 | 31 | 12 | 51 | 14 | 34 | 3 |
| Sweet Chilli \& Chicken Noodles | Dressed sesame egg noodles with shredded crispy vegetables, coriander and spring onion. | 2,886 | 687 | 17 | 3 | 85 | 44 | 48 | 4 |
| Lentil \& Spinach Pie | Topped with kale mash, served with steamed green vegetables | 2,023 | 482 | 19 | 3 | 54 | 9 | 17 | 3 |
| 8oz Rump Steak | Tender rump steak. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 2,553 | 608 | 35 | 13 | 21 | 5 | 51 | 1 |
| Slow Cooked Belly Pork | Served creamy mash, fresh broccoli and a rich apple brandy sauce with baked apple | 3,922 | 934 | 51 | 21 | 54 | 26 | 61 | 3 |


| Fish and Chips | Served with seasoned chips, mushy peas,Fresh lemon and chunky tartare sauce. Also refer to the "Sides, Extras \& Choice items" section for your choice / upgrade of chips, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information. | 3,493 | 832 | 50 | 11 | 41 | 5 | 52 | 1 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |


| Desserts |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | $\begin{array}{\|c\|} \hline \text { Saturated } \\ \text { Fat }(\mathrm{g}) \\ \hline \end{array}$ | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Desserts - Belgian Chocolate Brownie | Served warm with vanilla pod ice cream and Belgian chocolate sauce | 3,800 | 905 | 40 | 22 | 122 | 105 | 10 | 1 |
| Desserts - Vanilla Ice Cream |  | 1,936 | 461 | 24 | 15 | 53 | 53 | 8 | 0 |
| Desserts - Coconut Milk Icecream |  | 1,856 | 442 | 28 | 26 | 42 | 40 | 4 | 0 |
| Desserts - Treacle Sponge | With your choice of either whipped cream, vanilla pod ice cream or custard. (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information ). | 1,982 | 472 | 15 | 1 | 80 | 66 | 3 | 1 |
| Desserts - Bramley Apple Pie | With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information ). | 1,420 | 338 | 14 | 5 | 49 | 22 | 3 | 0 |
|  |  |  |  |  |  |  |  |  |  |


| Children's Menu |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Starters - Veggie Sticks | Cucumber sticks with Houmous dip. | 659 | 157 | 13 | 1 | 6 | 2 | 3 | 0 |
| Starters - Heinz ${ }^{\text {TM }}$ Tomato Soup |  | 437 | 104 | 3 | 0 | 17 | 10 | 2 | 1 |
| Mains - Beef Burger | Chargrilled beef burger with lettuce and tomato. Also refer to the choice of children's first side and second side for additional nutrition information. | 721 | 172 | 10 | 4 | 8 | 2 | 11 | 0 |
| Mains - Mini Battered Cod Goujon | Also refer to the choice of children's first side and second side for additional nutrition information. | 612 | 146 | 7 | 2 | 13 | 0 | 7 | 1 |
| Mains - Chicken Nuggets | Oven baked crispy coated chicken nuggets. Also refer to the choice of children's first side and second side for additional nutrition information. | 776 | 185 | 6 | 2 | 15 | 1 | 18 | 1 |
| Mains - Grilled Pork Sausage | Served with rich gravy. Also refer to the choice of children's first side and second side for additional nutrition information. | 690 | 164 | 9 | 4 | 11 | 3 | 9 | 2 |
| Mains - Cheese \& Tomato Pizza | Also refer to the choice of children's first side and second side for additional nutrition information. | 706 | 168 | 4 | 3 | 24 | 2 | 7 | 1 |
| Mains - Tomato Pasta |  | 995 | 237 | 10 | 1 | 30 | 8 | 5 | 1 |
| Pasta bolognaise | served with a slice of garlic ciabatta bread | 1,277 | 304 | 9 | 3 | 44 | 7 | 11 | 1 |
| Choice First Side - Mashed Potato |  | 395 | 94 | 4 | 3 | 12 | 2 | 2 | 0 |
| Choice First Side - Baby potatoes |  | 323 | 77 | 0 | 0 | 16 | 1 | 2 | 0 |
| First Choice Side - Rice |  | 1,033 | 246 | 3 | 0 | 49 | 0 | 6 | 0 |
| Choice First Side - Chips |  | 774 | 184 | 9 | 2 | 24 | 0 | 2 | 0 |
| Choice Second Side - Garden Peas |  | 126 | 30 | 0 | 0 | 3 | 1 | 2 | 0 |
| Choice Second Side - Salad Bowl |  | 50 | 12 | 0 | 0 | 2 | 2 | 0 | 0 |


| Choice Second Side - Baked Beans |  | 223 | 53 | 0 | 0 | 8 | 2 | 4 | 0 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Puddings - 66 Ice Cream | Vanilla pod ice cream served with an upside down cornet, chocolate flake and Belgian chocolate sauce. | 916 | 218 | 9 | 5 | 31 | 26 | 3 | 0 |
| Puddings - Mandarin Jelly Pot | Mandarin segments in orange jelly. | 420 | 100 | 0 | 0 | 24 | 21 | 0 | 0 |
| Pip Organic Tropical Fruit Ice Lolly ${ }^{\text {™ }}$ | A tropical fruit ice lolly | 84 | 20 | 0 | 0 | 5 | 5 | 0 | 0 |
| Children (Under 12 years) |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| Starters - Three Hickory Chicken Wings | Coated in a delicious hickory flavoured sauce and served with BBQ dip. | 960 | 229 | 10 | 3 | 17 | 14 | 17 | 1 |
| Starters - Garlic Ciabatta Bread | With sour cream dip. | 739 | 176 | 10 | 6 | 18 | 1 | 4 | 1 |
| Starters - Heinz ${ }^{\text {TM }}$ Tomato Soup |  | 437 | 104 | 3 | 0 | 17 | 10 | 2 | 1 |
| Mains - Steak \& Chips | Small rump steak with tomato, chips and garden peas. | 955 | 227 | 12 | 5 | 5 | 2 | 25 | 0 |
| Mains - Double Stack Cheese Burger | Two chargrilled beef burgers with melted cheese, chips and house slaw. | 1,770 | 421 | 29 | 13 | 12 | 4 | 28 | 2 |
| Mains - Sausage and Mash | Two grilled pork sausages served with mashed potato, garden peas and gravy. | 1,445 | 344 | 19 | 8 | 22 | 6 | 21 | 4 |
| Mains - Tomato Pasta | Served with garlic ciabatta. | 1,512 | 360 | 14 | 4 | 49 | 9 | 9 | 1 |
| Mains - Chargrilled BBQ Chicken | BBQ glazed chicken breast with a salad bowl and chips | 1,762 | 420 | 12 | 3 | 38 | 11 | 40 | 1 |
| Mains - Battered Cod Goujons | With chips and garden peas. | 2,124 | 506 | 24 | 5 | 53 | 2 | 19 | 2 |
| Puddings - Mini Berry Mess | Meringue pieces, whipped cream and seasonal berries in sauce. | 1,307 | 311 | 23 | 15 | 23 | 21 | 2 | 0 |
| Puddings - Chocolate Brownie Sundae | Cubes of chocolate brownie with vanilla ice cream, chocolate sauce topped with whipped cream \& chocolate shavings. | 2,671 | 636 | 36 | 21 | 70 | 60 | 6 | 0 |


| Pip Organic Tropical Fruit Ice Lolly ${ }^{\text {™ }}$ | A tropical fruit ice lolly. | 84 | 20 | 0 | 0 | 5 | 5 | 0 | 0 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sunday |  | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| Parsley Breaded Mushrooms | Served with sour cream dip. | 823 | 196 | 12 | 6 | 14 | 9 | 8 | 1 |
| Soup of the Day - Spiced Carrot and Pumpkin Soup | Ask the team for today's flavour, served with ciabatta. | 1,151 | 274 | 14 | 8 | 30 | 8 | 6 | 2 |
| Soup of the Day - Tomato and Basil Soup | Ask the team for today's flavour, served with ciabatta. | 1,153 | 275 | 10 | 5 | 41 | 4 | 6 | 2 |
| Soup of the Day - Cauliflower, leek and Thyme Soup | Ask the team for today's flavour, served with ciabatta. | 1,151 | 274 | 12 | 7 | 33 | 4 | 7 | 2 |
| Prawn Cocktail | Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter. | 1,571 | 374 | 17 | 6 | 35 | 9 | 19 | 2 |
|  |  |  |  |  |  |  |  |  |  |


| Sunday Mains |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Roast Loin of Pork | Seasoned with red onion and sage served with sage \& onion stuffing balls | 5,242 | 1,248 | 78 | 23 | 80 | 19 | 50 | 6 |
| Half Roast Chicken | British farm assured, served with sage and onion stuffing balls. | 4,035 | 961 | 52 | 13 | 76 | 17 | 42 | 3 |
| Lentil \& Spinach Pie | Sunday Serve | 4,803 | 1144 | 58 | 12 | 121 | 23 | 25 | 5 |
| Root Vegetable Nut Roast | Sunday Serve | 4,885 | 1,163 | 65 | 16 | 115 | 34 | 21 | 4 |
| Roast Sirloin of Beef | Freshly carved succulent roast sirloin of beef, | 5,780 | 1,376 | 95 | 32 | 74 | 17 | 51 | 7 |
| Trio of Roasts | Can't decide which roast to have? Why not enjoy our Sunday selection including freshly carved roast sirloin of beef, Turkey, Loin of Pork \& sage and onion stuffing balls making the perfect accompaniment | 5,996 | 1,428 | 91 | 29 | 78 | 18 | 69 | 6 |
| Roast Breast of Turkey | Served with a roast pig in blanket and sage \& onion stuffing ball | 4,121 | 981 | 51 | 13 | 75 | 17 | 49 | 3 |
| Slow Cooked Short Rib Beef | Slow cooked for over 10 hours, Sunday Serve | 2,615 | 623 | 30 | 13 | 32 | 8 | 50 | 3 |
| Slow Cooked Belly Pork | Served with Sunday Serve | 5,182 | 1,234 | 62 | 24 | 99 | 30 | 65 | 2 |
| Grilled Seabass Fillets | Served with Beurre Blanc Sauce, glazed baby potatoes and steamed green beans | 3,042 | 724 | 43 | 18 | 41 | 5 | 44 | 1 |
|  |  |  |  |  |  |  |  |  |  |


| Sunday Desserts |  | Energy (kJ) | Energy (KCal) | Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Desserts - Salted Caramel Profiteroles | Served with vanilla pod ice cream and Belgian chocolate sauce. | 2,751 | 655 | 37 | 4 | 72 | 64 | 7 | 1 |
| Desserts - Treacle Sponge | Served with a choice of either whipped cream, vanilla pod ice cream or custard. (Please refer to Add Ons for your choice of whipped cream, custard or ice cream for additional nutrition information ). | 1,982 | 472 | 15 | 1 | 80 | 66 | 3 | 1 |
| Desserts - Vanilla Ice Cream |  | 970 | 231 | 12 | 8 | 27 | 26 | 4 | 0 |
| Desserts - Coconut Milk Sorbet |  | 1,856 | 442 | 28 | 26 | 42 | 40 | 4 | 0 |
| Desserts - Glazed Lemon Tart | Servea witn wnippea cream ana | 1,394 | 332 | 20 | 12 | 34 | 28 | 3 | 0 |
|  |  |  |  |  |  |  |  |  |  |


| Sides, Extras \& Choice Items | Energy <br> (kJ) | Energy (KCal) | Fat (g) | Saturated <br> Fat (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Extra - Garlic Prawns | 878 | 209 | 16 | 10 | 1 | 0 | 15 | 2 |
| Choice - Crisps | 1,210 | 288 | 19 | 2 | 26 | 0 | 2 | 1 |
| Choice - Egg \& Pineapple | 525 | 125 | 6 | 2 | 10 | 10 | 7 | 0 |
| Choice - Smoked Chipotle \& Honey Sauce | 815 | 194 | 2 | 0 | 44 | 42 | 0 | 2 |
| Choice - BBQ Sauce | 966 | 230 | 1 | 0 | 54 | 45 | 2 | 1.6 |
| Choice - Bloomer Brown Bread | 1,373 | 327 | 3 | 1 | 57 | 3 | 15 | 1.0 |
| Choice - Bloomer White Bread | 1,491 | 355 | 3 | 1 | 69 | 3 | 13 | 1.0 |
| Choice - Cauliflower Cheese | 1,302 | 310 | 23 | 14 | 10 | 4 | 16 | 2 |
| Choice - Ciabatton | 1,617 | 385 | 25 | 15 | 34 | 1 | 6 | 1 |
| Choice - Custard | 378 | 90 | 2 | 1 | 15 | 11 | 3 | 0 |
| Choice - Ice cream | 483 | 115 | 6 | 4 | 13 | 13 | 2 | 0 |
| Choice - Jacket Potato | 1,336 | 318 | 12 | 8 | 43 | 3 | 6 | 0 |
| Choice - Pineapple | 378 | 90 | 0 |  | 20 | 20 | 1 | 0 |
| Choice - With Gravy | 151 | 36 | 1 | 0 | 6 | 2 | 1 | 1 |
| Choice - With Two Eggs | 1,037 | 247 | 21 | 4 | 0 | 0 | 13 | 0 |
| Choice - With Whipped Cream | 932 | 222 | 23 | 15 | 2 | 2 | 1 | 0 |
| Sides - Roast Potatoes | 1,667 | 397 | 23 | 4 | 44 | 3 | 5 | 0 |
| Sides - Seasonal Vegetables | 368 | 88 | 4 | 0 | 7 | 3 | 4 | 0 |
| Sides - Sweet Potato Fries | 2,346 | 559 | 34 | 5 | 61 | 16 | 3 | 2 |
| Sides - Baby Glazed Potatoes | 886 | 211 | 7 | 1 | 32 | 3 | 4 | 0 |
| Sides - Battered Onion Rings | 1,309 | 312 | 15 | 3 | 39 | 5 | 5 | 1 |
| Sides - Béarnaise Sauce | 882 | 210 | 21 | 11 | 3 | 2 | 1 | 1 |
| Sides - Chips | 1,936 | 461 | 23 | 5 | 60 | 1 | 4 | 1 |
| Sides - Garlic Bread Ciabatta | 995 | 237 | 8 | 5 | 34 | 1 | 6 | 1 |


| Sides - Lattice Fries | 3,017 | 718 | 75 | 4 | 67 | 0 | 4 | 2 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sides - Mash | 794 | 189 | 8 | 5 | 24 | 4 | 4 | 1 |
| Sides - Mixed Salad | 466 | 111 | 9 | 1 | 6 | 6 | 1 | 0 |
| Sides - Peppercorn Sauce | 195 | 47 | 3 | 2 | 4 | 2 | 1 | 1.1 |
| Sunday Roast Extra Gravy | 151 | 36 | 1 | 0 | 6 | 2 | 1 | 1.4 |
| Sides - Green Beans | 168 | 40 | 3 | 0 | 2 | 1 | 1 | 0.0 |

