



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 recommendations 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 September 2017.

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

		Typical nutrition values per average portion							
Ember Nutrition Guide		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Dish	Dish Description								
Brunch									
Bacon Sandwich	Grilled back bacon served in thick cut white or wholemeal bloomer bread (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information).	1,358	323	25	14	2	1	22	4.4
Sausage Sandwich	Two British, Farm Assured pork sausages served in thick cut white or wholemeal bloomer bread (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition information).	1,756	418	30	15	18	6	18	3.2
Egg Sandwich	Two fried eggs served in thick cut white or wholemeal bloomer bread (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition).	1,210	288	24	11	1	1	17	0.8
Buttermilk Pancakes	With fruit compote and freshly whipped cream	2,397	571	22	11	83	41	10	1.2
Buttermilk Pancakes (with bacon)	With grilled back bacon and maple flavour syrup	2,297	547	15	5	80	43	23	4.1
Porridge	Made with jumbo oats, served with honey and fruit compote	1,278	304	5	2	55	35	8	0.2
Classic Breakfast	A rasher of back bacon, a British Farm Assured pork sausage, a fried egg, flat mushroom, grilled half 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).	2,942	700	57	24	16	5	29	3.9
Ember Full English	Two rashers of grilled back bacon, two British Farm Assured pork sausages, two fried eggs, flat mushroom, a hash brown, a grilled half tomato, baked beans and two slices of white or wholemeal bloomer toast	5,043	1,201	89	36	37	8	63	8.7
Vegetarian Breakfast	Two veggie sausages, two fried eggs, a hash brown, a flat mushroom, grilled half a tomato, baked beans and two slices of white or wholemeal bloomer toast (Please refer to your choice of white or wholemeal bloomer bread for additional nutrition).	2,597	618	38	18	40	12	25	2.1
Eggs Benedict	Toasted English muffin topped with Yorkshire ham, two poached eggs and hollandaise sauce	3,599	857	62	27	37	7	36	3.3
Eggs Florentine	Toasted English muffin topped with wilted spinach, two poached eggs and hollandaise sauce	2,957	704	50	23	38	8	25	2.3
Ember 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	1.1
Scrambled Eggs on Toast	Served on thick cut 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	1.1
Steak & Eggs	Mature rump steak and two fried eggs served with baby potatoes and red onion	2,526	601	30	10	37	6	44	0.8
Sides - Hash Brown		810	193	10	2	24	1	2	0.5
Brunch burger	Char grilled beef burger, grilled pork sausage, grilled back bacon, and a free range fried egg served with toasted brioche bun	3,289	783	46	20	47	7	45	4.7

Add White Bloomer		1,491	355	3	1	69	3	13	1.0
Add wholemeal Bloomer		1,373	327	3	1	57	3	15	1.0
Starters									
Bread, Oil & Olives	Warm ciabatta bread, extra virgin olive oil and Aspalls apple balsamic with mixed marinated olives and Maldon sea salt	3,415	813	51	8	71	4	14	11.9
Crispy Calamari	Dusted with chorizo and red pepper seasoning, served with chive cream dip	1,750	417	19	17	3	28	9	1.9
reworked prawn	Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter (Please refer to sides, extras and choices for choice of bread)	1,579	376	17	6	35	8	18	2.4
Parsley breaded mushrooms	Served with sour cream & chive dip	1,321	315	17	5	32	2	9	1.4
Chicken and pork pate	Smooth pâté served with with toasted ciabatta bread and Ember Inns Pale Ale chutney	1,529	364	20	11	34	11	11	1.3
Garlic Cheddar mushrooms	in a rich cream sauce served on Toasted Ciabatta bread	1,908	454	29	15	29	2	18	2.0
Soup of the Day - Winter Vegetable and Rosemary Soup	Simply served with ciabatta bread and butter	1,436	342	11	7	45	6	11	1.8
Soup of the Day - Tomato and Basil Soup	Simply served with ciabatta bread and butter	1,153	275	10	5	41	4	6	2.1
Soup of the Day - Butternut Squash Soup	Simply served with ciabatta bread and butter	1,244	296	11	8	41	9	7	1.6
Sharers									
Baked Camembert	Topped with red onion chutney and served with warmed ciabatta and crisp celery for dipping	10,597	2,523	178	115	71	19	150	10.3
Hickory Chicken Wings	- Small (Half Kilo) - Chipotle & Honey glaze	2,647	630	35	9	25	23	53	1.7
Hickory Chicken Wings	- Large (1 Kilo) - Chipotle & Honey glaze	5,293	1,260	70	18	50	47	107	3.5
Hickory Chicken Wings	- Small (Half Kilo) - Piri Piri glaze	2,399	571	37	9	7	5	54	3.1
Hickory Chicken Wings	- Large (1 Kilo) - Piri Piri glaze	4,797	1,142	73	18	14	10	107	6.2
Hickory Chicken Wings	- Large (1 Kilo) - Red Pepper & Chorizo flavour seasoning	2,290	545	34	9	5	3	54	1.9
Hickory Chicken Wings	Small (Half Kilo) - Red Pepper & Chorizo flavour seasoning	4,571	1,088	69	18	10	6	108	3.8
Home Fried Nachos	Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeño peppers	3,633	865	48	26	67	4	36	5.1
Home Fried Nachos - Smokey BBQ Pulled Pork	Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeño peppers	4,775	1,137	63	31	83	18	55	5.7
Flatbread Pizzas									
Sliced tomato, mozzarella and fresh basil		2,567	611	21	12	74	6	32	1.0
Grilled chicken, bacon, caramelised red onion chutney and mozzarella		3,595	856	31	16	87	15	58	2.5
Pasta, Noodles and Salad									
Add Bacon		575	137	9	4	1	0	14	2.8
Add Garlic Ciabatta Bread		995	237	8	5	34	1	6	1.0

Add Honey and Mustard Dressing		760	181	18	1	3	3	0	0.9
Add slices of chargrilled chicken breast		744	177	3	1	1	0	37	0.1
Bacon & Mushroom Carbonara	Topped with shavings of Italian style hard cheese and rocket leaves	4,108	978	43	20	100	2	45	4.6
Chicken, Bacon & Avocado Salad	Our great combination - naked house salad base topped with succulent chargrilled chicken, crispy bacon and sliced avocado	2,398	571	32	4	18	9	51	2.9
Ember Winter Salad	Tossed seasonal salad with dried cranberries and soya beans , with warm bulgur wheat, peppers, chick peas and sultanas, topped with char grilled tender stem broccoli	1,877	447	23	2	39	16	16	1.0
Our Naked House Salad	Tossed with seasoned green lentils, soya beans, sweetcorn and mixed seeds - take it with or without sweet honey & mustard dressing. Refer to choice of honey & mustard dressing or upgrade of chargrilled chicken or spring onion fishcake for additional nutrition .	605	144	3	0	17	6	9	0.2
Roasted Yellow Pepper & Plum Tomato Pasta	Topped with shavings of Italian style hard cheese and rocket leaves	3,284	782	30	14	99	9	26	1.8
Sweet Chilli Noodles - with Halloumi	Dressed egg noodles with shredded crispy vegetables, coriander and spring onion topped with Halloumi	4,051	965	39	20	111	46	41	5.8
Sweet Chilli Noodles - Chargrilled Chicken	Dressed egg noodles with shredded crispy vegetables, coriander and spring onion	2,857	680	11	2	91	28	54	1.9
Sweet Chilli Noodles - Chargrilled King Prawns	Dressed egg noodles with shredded crispy vegetables, coriander and spring onion	2,990	712	11	2	108	44	43	4.3
Pub Favourites									
Beef and Red Wine Lasagne		2,725	649	30	12	63	12	30	3.6
Chicken, and Portabella mushroom pie (NG)	Flavoured with tarragon and oven baked with a puff pastry lid, served with creamy mashed potatoes and seasonal vegetables	3,462	824	37	17	71	17	46	4.2
Puy lentil cottage pie	Topped with sweet potato and carrot mash and served with seasonal vegetables	1,854	441	16	1	56	16	16	3.1
Chicken Tikka Makhani	Tandoori spiced chicken pieces cooked in a rich lentil, cashew nut and spinach sauce served with cumin infused tadka rice and a crisp poppadum	3,203	763	30	11	80	23	39	4.6
Cod & Chips - Hand battered with our own Ember Inns Pale Ale beer.	Served with seasoned chips, mushy peas and a sea herb tartare sauce. Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,350	1,036	54	13	93	7	41	3.4
Ember sausage and mash (NG)	Served with creamy mash, rich gravy and crisp onion rings	3,322	791	41	18	69	14	34	7.1
Grilled Gammon Steak - Served with seasoned chips, garden peas, half a grilled tomato.	Also refer to the "Sides, Extra & Choice items" section for your choice of fried eggs or pineapple and choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,646	1,106	65	15	67	3	61	6.5
Add two fried eggs		784	187	14	4	0	0	14	0.4

Add chargrilled wedge of pineapple		378	90	0		20	20	1	0.0
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 for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	5,134	1,222	88	37	70	6	37	4.4
Half Roast Chicken - Korean BBQ	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, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,155	989	44	9	113	45	37	3.7
Half Roast Chicken - Piri Piri	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, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	3,681	877	48	9	74	10	37	6.6
Halloumi & Chips	Hand battered and served with seasoned chips , mushy peas and a sea herb tartare sauce. Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,739	1,128	70	28	89	7	33	6.2
Market's Ember Chargrilled chicken breast topped with bacon and melted Monterey Jack cheese. Served with a smokey BBQ sauce, seasoned chips, a grilled flat mushroom, garden peas, half a grilled tomato and	Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,765	1,134	45	15	121	37	61	4.1
Scampi & Chips	Breadcrumbs whole tail scampi served with seasoned chips, garden peas and sea herb tartare sauce. Also refer to the "Sides, Extra & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,068	969	50	14	106	4	23	3.7
Slow Cooked Pork Belly & Chorizo (NG)	Served with creamy mashed potatoes, seasonal vegetables and a smokey jus	4,709	1,121	72	28	50	20	64	5.7
Slow cooked Beef Rib	Slow cooked rib of beef in Bordelaise sauce served on mash potatoe with char grilled tender stem broccoli	4,517	1,075	68	31	37	12	77	3.3
Steak & Ember Inns Pale Ale Pie (NG)	Slow cooked British steak in Ember Inns Pale Ale gravy, served with creamy mashed potatoes and seasonal vegetables	4,995	1,189	68	22	111	14	28	4.3
Proud to Serve									
Slow cooked Beef Rib	Slow cooked rib of beef in Bordelaise sauce served on mash potatoe with char grilled tender stem broccoli	4,517	1,075	68	31	37	12	77	3.3
Grilled Fillet of Lemon Sole	Served on the bone with Glazed baby potatoes, chargilled sprouting broccoli, topped with King prawns	2,696	642	27	12	37	5	22	1.7

Grilled Fillets of sea Bass	Served butterflied, with buttered baby potatoes, green beans and a Beurre Blanc sauce on the side	3,044	725	41	15	41	8	7	0.9
Ember Fish Pie	Salmon , smoked Haddock and white fish Topped with cheese and spring onion mash,served seasonal vegetables	3,219	766	41	22	50	13	44	4.4
Chargrill									
Surf and Turf	Grilled rump steak topped with Garlic king prawns	3,327	792	48	21	24	5	67	2.3
Up Grade to 8oz Sirloin	Up Grade to 8oz Sirloin	3,490	831	51	23	22	5	68	2.2
Up Grade to 10oz Rib eye	Up Grade to 10oz Rib eye	3,482	829	43	21	22	5	85	2.7
10oz Ribeye Steak	Tender, juicy and intensely flavoured. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,530	1,079	49	17	81	5	74	1.9
8oz Rump Steak	Tender rump steak. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,165	992	46	14	81	5	60	1.6
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, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,538	1,081	57	20	81	5	58	1.4
Mixed Grill - Tender rump steak, chargrilled chicken breast, gammon steak, two British farm-assured pork sausages, and two fried eggs.	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	7,069	1,683	84	27	99	10	131	7.7
Mixed Grill - Upgrade your rump steak to 8oz	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	7,458	1,776	99	31	112	12	107	5.6
Slow Smoked Cornish Kiln Smoked Pork Ribs		5,720	1,362	75	21	114	45	59	3.4
Burgers									
Add Topping - BBQ bacon and cheese		850	202	10	5	16	14	12	2.2
Add Topping - BBQ slow pulled pork		802	191	10	3	11	10	13	0.5
Add Topping - Camembert and red onion chutney		2,587	616	44	29	16	10	36	2.4
Add Topping - Monterey Jack and bacon		560	133	10	5	0	0	11	1.7
Char Grilled Wagyu Burger - coarse-groundWagyu beef burger topped with tomato salsa and Monterey Jack cheese served	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	3,139	747	41	16	54	16	40	3.3

Beetroot & Quinoa Burger	Served with houmous and fresh coriander. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	2,769	659	25	3	90	21	15	3.1
Classic Beef Burger	Coarse-ground beef burger. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	2,628	626	31	12	51	14	34	2.7
Classic Chicken	A chargrilled chicken breast. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	1,992	474	10	3	51	14	43	1.5
Southern Fried Chicken Burger - Two chicken breast fillets in a spicy coating with Monterey Jack cheese and spicy Jalapeño peppers	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	3,462	824	38	13	74	15	46	4.1
Ultimate Burger - Two classic coarse-ground beef burgers with crispy bacon, Monterey Jack cheese, a fried egg and battered onion rings	Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	5,672	1,350	80	33	67	17	90	7.5
Wild Boar & Chorizo Burger	With Monterey Jack cheese and caramelised red onion chutney. Also refer to the "Sides, Extras & Choice items" section for your choice / upgrade of chips, lattice fries, dressed salad, mash, jacket or baby potatoes for additional nutrition .	4,082	972	59	22	64	25	46	4.1
Sandwiches & Jackets									
Cheese and Chutney Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	1,728	411	30	18	14	11	20	1.7
Grilled Chicken, Bacon, Lettuce & Tomato Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	1,752	417	21	1	6	3	51	3.2
Jacket - Cheddar and House Slaw		2,632	627	37	17	50	8	18	2.0
Jacket - Tuna Mayonnaise & Cucumber		2,512	598	30	9	49	7	30	1.9
Jacket - BBQ Pulled Pork & Cheddar Cheese		3,372	803	44	21	62	19	36	1.9
Jacket - Cheddar and Baked Beans		2,624	625	29	16	60	9	23	1.8
Jacket - In Prawn Marie Rose Sauce		2,083	496	24	9	51	10	15	2.1
Jacket - With Butter		1,651	393	18	8	46	6	6	0.6

King Prawns in Marie Rose Sauce Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	623	148	9	1	7	5	10	1.3
Posh Fish Finger Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	3,113	741	52	10	27	4	39	1.4
Tuna Mayonnaise & Cucumber Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	976	232	13	1	4	3	23	1.4
Yorkshire Ham, Cheese & Ember Inns Pale Ale Chutney	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	1,644	391	28	15	11	10	22	1.9
Yorkshire Ham, Lettuce, Tomato & Mayonnaise Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread or white ciabatta bread and crisps for additional nutrition .	1,058	252	21	5	6	5	9	1.4
Desserts									
Belgian Chocolate Brownie	Served warm with vanilla pod ice cream and Belgian chocolate sauce	3,251	774	33	17	108	91	8	0.5
Deep Filled Brampley Apple Pie	With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to sides, extra and choice section for your choice of whipped cream, custard or ice cream for additional nutrition).	1,966	468	19	6	69	20	3	0.3
Apple and Rhubarb Crumble	With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to sides, extra and choice section for your choice of whipped cream, custard or ice cream for additional nutrition).	2,110	502	18	5	81	46	2	0.1
Raspberry Eaton Mess Sundaes	Crushed meringue, vanilla pod ice cream, Raspberries and fresh cream	2,591	617	37	23	63	58	6	0.3
Glazed Lemon Tart- served with fresh cream and raspberries		1,394	332	20	12	34	28	3	0.2
Mini Belgian Chocolate Brownie		1,814	432	19	10	59	51	5	0.3
Mini Raspberry Eton Mess Sundaes	Served with a coffee or tea (please refer to our hot drinks section)	1,419	338	22	14	32	30	3	0.2
Mini Lemon Tart	Served with a coffee or tea (Please refer to our hot drinks section for additional nutrition).	785	187	12	7	18	15	2	0.1
Chocolate tart served with coconut ice cream (VE)		2,453	584	31	21	67	48	6	0.1
Salted Caramel Profiteroles	Served with vanilla pod ice cream and Belgian chocolate sauce	2,751	655	37	4	72	64	7	0.7
Sticky Toffee Pudding	An indulgent pudding made with dates and muscovado sugar served with your choice of classic custard or vanilla pod ice-cream (Please refer to sides, extra and choice section for your choice of custard or ice cream for additional nutrition).	2,058	490	16	10	83	69	3	0.2

Trio of Desserts - Chocolate Brownie		4,457	1,061	67	28	103	89	10	0.8
Mini Raspberry Eton Mess Sundae		1,419	338	22	14	32	30	3	0.2
Vanilla Ice Cream		970	231	12	8	27	26	4	0.1
Baked Vanilla Cheese cake		3,226	768	46	28	80	58	8	0.6
Ember Melting chocolate bomb	Filled with vanilla pod ice cream and topped with hot butterscotch sauce	3,561	848	33	21	129	111	6	0.8
Sides, Extras & Choice Items									
Choice - Crisps		1,210	288	19	2	26	0	2	0.8
Choice - Egg & Pineapple		525	125	6	2	10	10	7	0.2
Choice - Smoked Chipotle & Honey Sauce		815	194	2	0	44	42	0	1.5
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		1,636	390	28	16	12	7	21	1.4
Choice - Ciabattan		1,617	385	25	15	34	1	6	1.1
Choice - Custard		378	90	2	1	15	11	3	0.1
Choice - Ice cream		483	115	6	4	13	13	2	0.1
Choice - Jacket Potato		1,336	318	12	8	43	3	6	0.3
Choice - Pineapple		378	90	0		20	20	1	0.0
Choice - With Whipped Cream		932	222	23	15	2	2	1	0.1
Sides - Seasonal Vegetables		297	71	2	1	7	4	4	0.1
Sides - Baby Buttered Potatoes		762	181	3	2	32	3	5	0.2
Sides - Battered Onion Rings		1,309	312	15	3	39	5	5	0.8
Sides - Bearnaise Sauce		882	210	21	11	3	2	1	0.6
Sides - Bordelaise Sauce		239	57	1	1	9	6	2	1.2
Sides - Chips		1,936	461	23	5	60	1	4	0.8
Sides - Garlic Bread Ciabatta		995	237	8	5	34	1	6	1.0
Sides - Lattice Fries		3,017	718	75	4	67	0	4	1.7
Sides - Mash		794	189	8	5	24	4	4	1.0
Sides - Mixed Salad		622	148	13	1	6	6	2	0.7
Sides - Three Peppercorn Sauce		273	65	5	3	4	2	1	0.8
Sunday Menu									
Sunday Starters									
Soup of the Day - Winter Vegetable and Rosmaryr Soup	Simply served with ciabatta bread and butter	1,436	342	11	7	45	6	11	1.8
Soup of the Day - Tomato and Basil Soup	Simply served with ciabatta bread and butter	1,168	278	10	5	40	4	6	2.1

Soup of the Day - Butternut Squash Soup	Simply served with ciabatta bread and butter	1,244	296	11	8	41	9	7	1.6
Prawn Cocktail	Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter (Please refer to sides, extras and choices for choice of bread)	1,579	376	17	6	35	8	18	2.4
Parsley breaded mushrooms	Served with sour cream & chive dip	1,323	315	17	5	32	2	9	1.4
Sunday Mains									
Half Roast Chicken	British, Farm Assured , served with sage and onion stuffing balls	4,908	1,169	56	14	112	17	49	3.5
Roast Loin of Pork	seasoned with red onion and sage served with sage and onion stuffing balls	4,973	1,184	52	14	122	20	49	6.5
Roast Sirloin of Beef	Freshly carved succulent roast sirloin of beef, 28 day aged for taste and quality	5,679	1,352	74	31	111	17	54	3.0
Roast vegetable Tar Tatin	served with rich veg gravy	5,877	1,399	67	11	168	48	24	2.2
Puy lentil cottage pie	Topped with sweet potato and carrot mash	5,630	1,340	59	12	159	29	31	5.3
Slow Cooked Pork Belly & Chorizo	Served with creamy mashed potatoes, seasonal vegetables and a smokey jus	4,709	1,121	72	28	50	20	64	5.7
Slow cooked Beef Rib	Slow cooked rib of beef in Bordelaise sauce served on mash potaote with char grilled tender stem broccoli	4,517	1,075	68	31	37	12	77	3.3
Grilled Fillets of sea Bass	Served butterflied, with buttered baby potatoes, green beans and a Beurre Blanc sauce on the side	3,044	725	41	15	41	8	7	0.9
Sunday Pudding									
Treackle sponge pudding	served with a choice of Dairy ice cream, custard or fresh cream	2,033	484	16	2	81	66	3	0.7
Belgian Chocolate Brownie	Served warm with vanilla pod ice cream and Belgian chocolate sauce	3,259	776	33	17	108	91	8	0.5
Mini Lemon Tart	Served with a coffee or tea (Please refer to our hot drinks section for additional nutrition).	785	187	12	7	18	15	2	0.1
Vanilla Ice Cream		970	231	12	8	27	26	4	0.1
Children Menu									
Choice First Side - Baby potatoes		323	77	0	0	16	1	2	0.0
Choice First Side - Chips		774	184	9	2	24	0	2	0.3
Choice First Side - Mash		395	94	4	3	12	2	2	0.5
Choice Second Side - Baked Beans		223	53	0	0	8	2	4	0.3
Choice Second Side - Garden Peas		126	30	0	0	3	1	2	0.0
Choice Second Side - Salad Bowl		50	12	0	0	2	2	0	0.0
First Choice Side - Rice		1,033	246	3	0	49	0	6	0.3
Mains - Mini Battered Cod Goujon	Also refer to the choice of children's first side and second side for additional nutrition .	612	146	7	2	13	0	7	0.8
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 and dietary information.	988	235	14	7	8	2	17	0.7

Mains - Cheeky Cheese & Tomato Pizza	Also refer to the choice of children's first side and second side for additional nutrition .	706	168	4	3	24	2	7	0.7
Mains - Chicken Curry	Mild chicken breast and vegetable curry served with rice.	2,239	533	14	6	75	16	25	1.2
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 .	776	185	6	2	15	1	18	0.8
Mains - Grilled Pork Sausage	Served with rich gravy. Also refer to the choice of children's first side and second side for additional nutrition .	690	164	9	4	11	3	9	2.0
Mains - Tomato Pasta		1,016	242	10	1	32	9	6	0.5
Puddings - 66 Ice Cream	Vanilla ice cream served with an upside down cornet, chocolate flake and Belgian chocolate sauce	916	218	9	5	31	26	3	0.1
Pip Organic Tropical fruit Loly	100% Orgnic No added sugar.	84	20	0	0	5	5	0	0.0
Puddings - Mandarin Jelly Pot	Mandarin segments in orange jelly	420	100	0	0	24	21	0	0.2
Starters - Tomato Soup		437	104	3	0	17	10	2	1.2
Starters - Veggie Sticks	With houmous	655	156	13	1	6	2	3	0.4
Young Adults									
Mains - Battered Cod Goujons	With chips and garden peas	2,124	506	24	5	53	2	19	1.8
Mains - Chargrilled BBQ Chicken	BBQ glazed breast of chicken with a salad bowl and chips	1,762	420	12	3	38	11	40	0.8
Mains - Double Stack Cheese Burger	Two chargrilled beef burger with melted Monterey Jack cheese, chips and house slaw	3,087	735	48	19	35	4	39	2.3
Mains - Sausage and Mash	Two Grilled pork sausages served with mash potato, garden peas and gravy	1,841	438	23	10	34	8	23	4.0
Mains - Steak & Chips	Rump steak with half a grilled tomato, garden peas and chips	1,730	412	21	7	30	2	27	0.5
Mains - Tomato Pasta	Served with garlic Ciabatta.	1,512	360	14	4	49	9	9	0.9
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	0.4
Puddings - Claudi and Fin Frozen Yoghurt Lolly	A strawberry greek style frozen yoghurt lolly	210	50	2	2	7	6	1	0.0
Puddings - Mini Berry Mess	Meringue pieces, whipped cream and seasonal berries in sauce	1,307	311	23	15	23	21	2	0.2
Starters - Garlic Ciabatta bread	with sour cream dip	739	176	10	6	18	1	4	0.5
Starters - Three Hickory Chicken Wings	with BBQ dipping sauce	960	229	10	3	17	14	17	0.8
Starters - Tomato Soup		437	104	3	0	17	10	2	1.2
Sunday - Chicken Breast	Grilled chicken breast with roast potatoes, seasonal vegetables, a Yorkshire pudding and gravy	2,848	678	27	7	60	10	47	2.2
Sunday - Roast Beef	Freshly carved roast beef with roast potatoes, seasonal vegetables, a Yorkshire pudding and gravy	3,299	786	48	16	58	10	27	2.2
Sunday - Roast Pork	Freshly carved roast pork filled with sage & onion stuffing with roast potatoes, seasonal vegetables, a Yorkshire pudding and gravy	2,650	631	27	7	65	12	27	4.3