



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 March 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

EMBER NUTRITION GUIDE LN17	Typical nutrition values per average portion							
	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Brunch								
Add White Bloomer to your choice	1,491	355	2.6	1.0	68.5	3.0	12.5	0.98
Add wholemeal Bloomer to your choice	1,373	327	2.9	1.0	57.4	3.4	15.1	0.96
Bacon Sandwich Grilled back bacon served in thick cut white or wholemeal bloomer bread	1,358	323	25.3	13.5	2.3	1.3	22.2	4.41
Sausage Sandwich Two British pork sausages served in thick cut white or wholemeal bloomer bread	1,756	418	30.1	15.1	17.9	5.9	18.4	3.24
Egg Sandwich Two fried eggs served in thick cut white or wholemeal bloomer bread	1,210	288	23.8	10.9	1.4	1.4	16.8	0.78
Buttermilk Pancakes With grilled back bacon and maple flavoured syrup	2,297	547	14.7	4.8	80.3	43.0	22.8	4.09
Buttermilk Pancakes with Fruit compote and frshly whipped cream	2,397	571	21.5	10.7	83.2	40.6	9.5	1.16
Porridge Made with jumbo oats, served with honey and fruit compote	1,278	304	4.8	2.4	55.4	35.1	8.4	0.23
Black Pudding Potato Cakes With crispy bacon, a fried egg, crispy onions and Béarnaise sauce	3,499	833	43.2	18.6	73.7	10.7	34.3	5.55

Eggs at Ember								
Scrambled Eggs on Toast Served on thick cut white or wholemeal bloomer toast	2,192	522	45.3	22.3	2.6	2.6	25.8	1.07
Add White Bloomer	1,491	355	2.6	1.0	68.5	3.0	12.5	0.98
Add Wholemeal Bloomer	1,373	327	2.9	1.0	57.4	3.4	15.1	0.96
Eggs Benedict Toasted English muffin topped with Yorkshire ham, two poached eggs and hollandaise sauce	3,562	848	60.0	25.9	38.0	8.0	38.1	3.45
Eggs Florentine Toasted English muffin topped with wilted spinach, two poached eggs and hollandaise sauce	2,957	704	49.7	22.6	37.7	7.7	25.0	2.26
Ember Boost Breakfast Grilled flat mushroom, poached egg, grilled tomato and avocado. Served on wholemeal toast with houmous	2,033	484	28.4	4.2	35.4	3.5	19.1	1.06
Ember Breakfasts								
Classic Breakfast A rasher of back bacon, a British pork sausage, a fried egg, flat mushroom, grilled half tomato, baked beans and a slice of white or wholemeal bloomer toast	2,942	700	56.9	24.3	16.2	5.2	29.5	3.92

Ember Full English Two rashers of grilled back bacon, two British 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. A perfect start to your day.	5,043	1,201	88.7	35.7	37.1	7.7	62.7	8.68
Vegetarian Brakfast (v) Two veggie sausages, two fried eggs, hash brown, flat mushroom, grilled half a tomato, baked beans and two slices of white or wholemeal bloomer toast	2,597	618	38.4	18.0	39.8	11.9	25.2	2.11
Steak & Eggs Mature rump steak and two fried eggs, served with baby potatoes and red onion	2,526	601	30.1	10.1	36.7	6.0	44.2	0.77
Hash Brown Side Order	810	193	9.8	2.4	24.3	0.6	1.9	0.53

Main Menu								
Starters								
Bread, Oil & Olives (V) Warm ciabatta bread, extra virgin olive oil and Aspalls apple balsamic with mixed marinated olives and Maldon sea salt	3,415	813	51.0	7.7	71.2	3.9	14.3	11.93
Parsley crumbed mushrooms (v) Served with sour cream & chive dip	1,321	315	16.9	4.9	31.9	2.1	8.9	1.41
Pork & Madiera Pâté* Coarse pâté served with with toasted ciabatta bread and Ember Inns Pale Ale chutney	1,667	397	23.5	11.2	33.4	11.2	12.2	1.05
Crispy Calamari Served with sweet chilli & pineapple dip	1,783	425	14.0	13.4	18.2	41.0	7.6	1.61
Smoked Haddock & Spring Onion Fishcake Handmade, served with sea herb tartare sauce	1,349	321	20.9	4.4	25.3	3.7	7.8	1.26
King Prawn Cocktail Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter	1,515	361	16.6	6.1	32.1	7.9	18.3	1.91
Tomato and basil Soup	1,153	275	10.1	5.5	40.5	4.1	5.8	2.05
Carrot & Coriander Soup	1,210	288	13.6	7.4	34.0	11.1	5.6	2.18

Sundried Tomato and lentle	1,130	269	10.1	5.5	35.9	6.8	8.5	2.25
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SHARERS								
Hickory Wings Tossed with your choice of either red pepper and chorizo flavour seasoning or smokey chipotle and honey glaze								
half kilo smoked honey & chipotle	2,647	630	35.1	9.1	25.3	23.3	53.3	1.73
kilo smoked honey & chipotle	5,293	1,260	70.4	18.1	50.3	46.6	106.5	3.47
half kilo red pepper & chorizo seasoning	2,290	545	34.2	9.0	5.0	2.9	54.2	1.88
kilo smoked red pepper & chorizo seasoning	4,571	1,088	68.6	18.1	9.8	5.7	108.3	3.77
Baked Camembert (v) Topped with red onion chutney & served with warmed ciabatta and crisp celery for dipping	10,597	2,523	178.1	114.6	71.0	19.2	149.9	10.32
Home Fried Nachos (v) Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeno peppers	3,633	865	48.4	26.0	67.2	4.0	36.0	5.05
Topped with melted cheese, guacamole, sour cream, spicy salsa and jalapeno peppers + Smokey BBQ Pulled Pork	4,775	1,137	63.1	30.8	83.4	17.5	54.9	5.70

Ember Sharing Platter a combination of our favourite starters .. parsley and black pepper crumbed mushrooms, crispy calamari, and a selection of breads & olives with dips to share	5,459	1,300	80.2	26.9	82.9	39.5	21.4	11.48
Flatbread Pizza Stonebaked, finished with fresh rocket leaves and your choice of toppings:								
(v) Sliced tomato, mozzarella and fresh basil.	2,360	562	22.1	11.6	59.1	9.1	30.0	3.18
Grilled chicken, bacon, caramelised red onion chutney and mozzarella	3,209	764	27.9	14.0	71.3	18.4	55.7	4.66
Chorizo, tomato, mozzarella and red onion chutney	3,079	733	33.4	11.6	70.4	18.3	35.9	3.21
Crispy duck and Hoi Sin sauce, topped with spring onion, cucumber and fresh coriander	3,146	749	26.7	12.6	78.0	24.9	47.3	4.92

Pasta and Salads								
Roasted Yellow Pepper & Plum Tomato Pasta (v)	3,284	782	29.8	13.5	99.3	8.6	26.1	1.77
Bacon & Mushroom Carbonara	4,108	978	42.8	20.4	100.2	2.0	44.8	4.64
add slices of chargrilled chicken breast £2	744	177	3.0	1.0	1.2	0.1	37.2	0.14
Add Avocado	265	63	5.4	1.2	2.7	0.0	0.7	0.00
Add Bacon	575	137	8.8	3.9	0.6	0.0	14.4	2.76
Add fishcake	812	193	9.0	2.6	21.6	1.1	6.7	0.52
Add Garlic Ciabatta bread	995	237	8.2	4.9	33.9	0.8	6.4	0.95
Naked House Salad (v)	606	144	3.2	0.4	16.9	6.0	9.3	0.16
Chicken, Bacon & Avocado Salad Our great combination - naked house salad base topped with succulent chargrilled chicken, crispy bacon and sliced avocado	2,492	593	32.7	5.1	19.1	8.9	54.8	2.61
Sweet Chilli Noodles Chargrilled Chicken Breast with dressed egg noodles with shredded crispy vegetables, coriander and spring onion	2,857	680	11.0	1.9	90.8	28.1	53.6	1.93
(v) Grilled Halloumi With dressed egg noodles with shredded crispy vegetables, coriander and spring onion	4,051	965	38.6	19.6	110.8	46.1	41.5	5.78

Crispy Duck Salad Our naked house salad base topped with crispy duck & Hoi Sin sauce, finished with spring onion and fresh coriander	2,202	524	22.6	3.2	34.0	27.4	44.1	3.42
OUR PUB FAVOURITES								
Beef & red wine Lasagne* Oven-baked and served with ciabatta garlic bread and a dressed salad	2,725	649	29.9	12.3	62.8	11.7	30.0	3.64
Halloumi & Chips* Hand battered and served with mushy peas	4,739	1,128	70.1	27.7	88.8	6.9	33.4	6.20
Steak & Ember Inns Pale Ale Pie* Slow cooked British steak in Ember Inns Pale Ale gravy, served with creamy mashed potatoes and seasonal vegetables	4,917	1,171	66.6	23.2	110.2	11.6	27.9	4.06
Hunter's Chicken 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 battered onion rings	4,765	1,134	44.7	14.5	120.6	36.9	61.2	4.06
Chicken & Leek Pie Baked in the oven with a puff pastry lid, served with creamy mashed potatoes and seasonal vegetables	3,583	853	40.4	21.2	70.1	12.6	46.4	3.27

Grilled Gammon Steak Served with seasoned chips, garden peas, half a grilled tomato and your choice of two fried eggs or a chargrilled wedge of fresh pineapple	4,646	1,106	65.1	15.4	66.6	3.4	61.5	6.51
Add two fried eggs	784	187	14.2	4.1	0.4	0.0	14.0	0.41
Add chargrilled wedge of pineapple	378	90	0.4		19.6	19.6	0.8	0.01
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	30.0	11.0	80.2	22.6	39.0	4.56
Green Lentil Cottage Pie (Ve) Topped with grated potato rosti and served with seasonal vegetables	2,060	491	20.5	2.0	54.3	13.0	16.8	3.36
Chargrilled Asparagus & pea Risotto Served with dressed rocket leaves and Italian style hard cheese shavings	3,658	871	33.7	15.7	109.6	6.8	29.5	4.56
Half Roast Chicken British chicken served with seasoned chips, salad and house slaw - coated with your choice of:								
Parsley and garlic butter	5,134	1,222	88.3	37.3	70.1	6.0	36.7	4.40
Korean Bar-B-Q glaze	4,155	989	43.6	8.6	112.8	44.7	36.6	3.68

<p>Slow Cooked Pork Belly & Chorizo Served with creamy mashed potatoes, seasonal vegetables & a smokey jus</p>	4,893	1,165	76.6	26.9	48.0	17.2	66.3	4.72
<p>Mediterranean Lamb Shank Cooked slowly in a rich Tomato sauce, served with Lemon cous cous & green beans</p>	3,459	824	45.0	16.9	39.7	17.5	60.4	3.11
<p>Boneless Beef Rib Slow cooked for ten hours, served on bubble & squeak mashed potato with Bordelaise red wine sauce and seasonal vegetables</p>	3,910	931	50.7	23.7	51.3	21.6	61.5	4.15

Fish									
Cod & Chips Hand battered with our own Ember Inns Pale Ale beer, served with seasoned chips, mushy peas and a sea herb tartare sauce	4,350	1,036	54.4	13.3	92.9	7.4	41.3	3.38	
White Bloomer Bread	2,402	572	26.6	16.2	68.7	3.2	12.7	1.52	
Wholemeal Bloomer Bread	2,289	545	26.9	16.2	57.6	3.6	15.3	1.50	
Grilled Whole Plaice Served on the bone with buttered baby potatoes, chargrilled asparagus spears, topped with lemon and prawn butter	2,512	598	18.4	9.0	37.3	5.6	67.8	1.13	
Scampi & Chips Bread crumbed whole tail scampi served with seasoned chips, garden peas and sea herb tartare sauce	4,068	969	49.6	13.7	106.1	4.4	22.7	3.75	
Grilled Sea Bream Butterflied, with buttered baby potatoes, green beans and a coriander & lime butter	3,486	830	50.3	27.5	39.9	7.7	49.4	3.07	
Smoked Haddock & Spring onion Fishcakes* Handmade, served with seasoned chips, garden peas and sea herb tartare sauce	4,106	978	49.0	13.4	110.6	5.6	21.9	2.29	

CHAR GRILL								
All our steaks are carefully matured for a minimum of 28 days for depth of flavour. All steak dishes are served with seasoned chips, grilled flat mushroom, half a grilled tomato, garden peas & battered onion rings								
8oz Sirloin Steak A prime cut	4,538	1,081	57.4	19.9	81.3	5.3	57.6	1.42
8oz Rump Steak	4,165	992	46.5	14.3	81.3	5.3	59.6	1.56
Double up to 16oz of rump	1,381	329	15.0	6.2	0.0	0.0	48.3	0.45
10oz Ribeye Steak Tender, juicy and intensely flavoured	4,530	1,079	49.1	17.4	81.3	5.3	74.0	1.93
Surf and Turf	857	204	18.4	12.0	1.2	0.6	8.0	0.79
Mixed Grill - 4 oz Mature rump steak, chargrilled chicken breast, gammon steak, two British farm-assured pork sausages, and two fried eggs	7,069	1,683	83.9	27.5	99.0	9.9	131.2	7.70
Mixed Grill - 8 oz Mature rump steak, chargrilled chicken breast, gammon steak, two British farm-assured pork sausages, and two fried eggs	7,458	1,776	98.5	31.2	112.3	11.6	107.3	5.63

Cornish Kiln Smoked Pork Ribs Finished on the chargrill with a Korean BBQ sauce, served with seasoned chips,dressed salad & house slaw	5,720	1,362	74.6	21.4	113.5	44.6	58.8	3.37
Three Peppercorn	273	65	4.9	2.9	3.9	1.5	1.1	0.76
Classic Béarnaise Sauce	882	210	21.3	11.1	3.3	1.7	1.1	0.56
Borderlaise sauce	239	57	1.3	0.6	9.1	6.0	2.1	1.15
Beer battered onion rings	1,309	312	15.2	3.3	38.5	4.8	5.1	0.78

Great Burgers								
All our burgers are served in a toasted brioche bun with crisp lettuce, red onion, tomato, mayonnaise,seasoned chips and house slaw on the side								
Classic Beef Burger	4,646	1,106	58.8	17.6	104.5	9.1	38.9	3.47
Classic Chicken breast Burger	4,009	955	38.1	8.1	104.6	8.7	47.7	2.33
Pulled pork	802	191	10.2	3.4	11.3	9.5	13.2	0.45
Cheese & Bacon	560	133	9.8	5.4	0.3	0.0	11.2	1.68
BBQ Bacon & Cheese	850	202	10.0	5.4	16.5	13.5	11.8	2.16
Camembert & Chutney	2,587	616	44.3	28.6	16.3	10.1	35.9	2.40
Sliced Avocado	265	63	5.4	1.2	2.7	0.0	0.7	0.00
Beef Brisket Burger								
Chargrilled coarse-ground beef burger topped with grilled mushroom cap, BBQ pulled beef brisket and Monterey Jack cheese	6,339	1,509	81.4	28.1	131.7	31.7	61.1	4.69
Beetroot & Quinoa Burger (v)								
Served with houmous and fresh coriander	4,787	1,140	52.8	8.7	142.8	15.4	19.2	3.92

Ultimate Burger Two classic coarse-ground beef burgers with crispy bacon, Monterey Jack cheese, a fried egg and battered onion rings	7,690	1,831	108.0	38.3	120.6	11.5	94.2	8.28
Southern Fried Chicken Burger Two chicken breast fillets in a spicy coating with Monterey Jack cheese and spicy Jalapeño peppers	5,480	1,305	65.3	18.4	126.8	9.3	51.0	4.96
Wild Boar & Chorizo with Monterey Jack cheese and caramelised red onion chutney	6,092	1,450	86.0	27.8	117.3	19.7	50.0	4.96
GO LARGE ! + Extra burger and battered onion rings	1,872	446	29.3	11.6	15.6	2.4	30.4	1.58
Chicken breast with Battered onion rings	1,333	317	10.1	1.4	17.2	1.4	39.5	0.48
Southern Fried Chicken fillet and battered onion rings	1,413	336	16.7	2.7	27.2	1.6	18.5	1.05
Beetroot burger and battered onion rings	1,489	354	11.7	0.9	50.4	7.8	9.1	1.73

DESSERTS								
Vanilla Pod Panna Cotta								
Served with seasonal berries in sauce and fresh cream	2,247	535	42.1	26.3	32.9	31.4	5.7	0.18
Lemon Meringue Cheesecake								
A combination of two of the nation's favourites served with summer fruits	2,706	644	38.0	24.6	67.4	48.3	7.3	0.61
Sticky Toffee Pudding								
An indulgent pudding made with dates & muscovado sugar served with your choice of classic custard or vanilla pod ice-cream	2,058	490	16.0	9.8	83.2	69.3	2.6	0.19
with vanilla pod ice cream	483	115	6.1	3.8	13.2	13.1	1.9	0.07
with custard	378	90	2	1	15	11	3	0.13
Salted Caramel profiteroles								
Served with vanilla pod ice cream and Belgian chocolate sauce - Treat Yourself !	2,751	655	37.5	4.1	72.1	63.9	6.9	0.69
Eton Mess Sundae								
Crushed meringue, vanilla pod ice cream, summer fruits and fresh cream	2,577	614	37.2	23.1	62.6	57.9	6.4	0.33
Deep Filled Bramley Apple Pie	1,966	468	18.9	6.3	69.3	20.2	2.7	0.27
with whipped cream	932	222	23.3	14.6	1.8	1.8	1.1	0.06
with vanilla pod ice cream	483	115	6.1	3.8	13.2	13.1	1.9	0.07

with custard	378	90	2	1	15	11	3	0.13
Belgian Chocolate Brownie								
Served warm with Belgian chocolate sauce and vanilla pod ice cream	3,251	774	32.9	17.3	107.9	90.7	8.3	0.55
Trio of Desserts All of our favourites - Belgian chocolate brownie, Eton mess sundae and salted caramel profiteroles -too good to miss !	4,457	1,061	66.8	28.2	103.4	89.4	10.1	0.81
Rich Chocolate Tart (Ve)								
Served with summer berries	1,638	390	20.1	10.0	45.8	25.1	4.6	0.06
Treat yourself Mini Puds with a Coffee or Tea								
Mini Brownie	1,814	432	18.7	10.1	59.4	50.7	5.0	0.30
Mini Eton Mess Sundae	1,412	336	21.7	13.6	31.9	29.5	3.3	0.16
Mini peach and raspberry cheese cake	1,683	401	25.0	14.6	38.9	19.4	4.7	0.32

Our sandwiches are served with crisps and a salad garnish on your choice of thickly sliced white or wholemeal bloomer bread or white ciabatta.								
Add to filling choice White Bloomer Bread	1,491	355	2.6	1.0	68.5	3.0	12.5	0.98
Add to filling choice Wholemeal bloomer	1,373	327	2.9	1	57.4	3.4	15.1	0.96
Add to filling choice White Ciabatta	1,617	385	24.7	15.3	33.5	0.9	6.4	1.14
Grilled chicken, bacon, lettuce & tomato	1,752	417	21.1	1.0	6.2	3.4	50.9	3.21
Tuna mayonnaise & cucumber	976	232	13.1	1.0	4.2	2.6	23.3	1.45
Cheddar cheese and chutney	1,728	411	30.1	17.5	14.4	11.3	19.8	1.67
King Prawns in Marie Rose dressing	623	148	9.0	0.7	6.5	5.4	9.6	1.32
Yorkshire Ham, lettuce, tomato & mayonnaise	1,058	252	20.7	5.3	5.9	4.7	9.5	1.40
Yorkshire ham, cheese & Ember Inns Pale Ale Chutney	1,644	391	28.4	14.5	11.1	9.7	22.0	1.87
Posh Fish Finger Sandwich*	3,113	741	52.4	10.3	27.3	4.3	39.3	1.45

Jacket Potatoes								
Tuna mayonnaise & cucumber	2,512	598	29.5	9.0	48.6	7.0	29.6	1.94
Cheddar & baked beans (v)	2,624	625	29.3	15.8	59.6	8.7	23.1	1.81
Cheddar & crunchy House slaw (v)	2,632	627	37.3	16.5	49.7	8.3	17.6	1.97
BBQ pulled pork & Cheddar Cheese	3,372	803	43.7	20.6	61.9	19.0	35.6	1.90
King Prawn in Marie Rose dressing	2,091	498	23.2	8.5	50.8	9.9	16.0	1.70
. . . . Or just simply with butter	1,650	393	18.2	8.0	45.7	5.8	6.4	0.59
Side Orders								
Battered Onion Rings	1,309	312	15.2	3.3	38.5	4.8	5.1	0.78
Garlic Ciabatta Bread	995	237	8.2	4.9	33.9	0.8	6.4	0.95
Cheesy Garlic Ciabatta Bread	1,495	356	17.8	10.8	34.2	0.9	14.2	1.52
Buttered Baby Potatoes	798	190	4.6	2.7	32.3	2.7	3.5	0.15
Seasoned chips	1,936	461	22.5	5.2	60.2	0.7	4.5	0.76
Lattice Fries	3,017	718	75.1	4.2	66.9	0.4	4.5	1.72

Creamy Mashed Potatoes	794	189	7.6	5.4	24.1	3.6	3.9	0.95
Mixed Salad with Honey & Mustard Dressing	624	149	12.5	0.8	6.3	5.7	1.5	0.65
British Seasonal Greens	336	80	3.3	1.8	6.9	4.0	3.5	0.08
Three Peppercorn sauce*	273	65	4.9	2.9	3.9	1.5	1.1	0.76
Béarnaise Sauce*	882	210	21.3	11.1	3.3	1.7	1.1	0.56
Bordelaise Sauce*	239	57	1.3	0.6	9.1	6.0	2.1	1.15
House Slaw	407	97	8.3	0.6	4.0	2.7	0.9	0.72
Cauliflower Cheese	1,646	392	28.6	16.2	11.1	7.0	21.0	1.51

SUNDAY MAINS								
Our roasts are served with crisp homemade roast potatoes, roasted honey glazed parsnips, seasonal vegetables two Yorkshire puddings & plenty of our special recipe gravy								
Roast Loin of Pork Filled with sage & onion stuffing	4,973	1,184	52.4	13.8	122.1	20.1	48.7	6.46
Roasted Vegetable Tart (v) Filled with butternut squash, roasted peppers and pumpkin seeds	5,797	1,380	69.4	20.6	154.9	25.5	25.9	4.78
Prime Roast Sirloin of Beef 28 day aged for taste and quality	5,679	1,352	74.5	31.0	110.9	16.7	54.0	2.98
Half Roast Chicken British, Farm Assured	4,908	1,169	56.2	14.4	112.0	16.9	48.8	3.51

Young Guests								
YOUNG GUESTS - STARTERS								
Veggie Sticks with houmous	655	156	13.1	1.1	6.1	1.5	2.5	0.38
Tomato Soup	437	104	2.7	0.3	16.5	9.9	2.4	1.20
Beef Burger Chargrilled beef burger with lettuce and tomato	988	235	14.4	6.7	8.1	1.7	17.2	0.72
Mini Battered Cod Goujon	612	146	7.2	1.6	12.7	0.3	7.4	0.77
Chicken Nuggets Oven baked crispy coated chicken breast	776	185	5.6	2.3	15.1	0.6	18.5	0.78
Cheeky Cheese and Tomato Pizza (v)	706	168	4.4	2.5	24.3	2.1	6.9	0.74
Grilled Sausage A sausage pin wheel served with rich gravy	693	165	9.4	3.8	10.7	3.2	9.3	2.05
Baby potatoes	323	77	0.3	0.1	16.1	1.3	1.7	0.03
Chips	774	184	9.0	2.1	24.1	0.3	1.8	0.30
mash	395	94	3.8	2.7	12.0	1.8	1.9	0.48
peas	126	30	0.4	0.1	3.4	1.0	2.3	0.00
salad	50	12	0.2	0.0	1.5	1.5	0.4	0.05
baked beans	223	53	0.2	0.0	7.9	1.8	3.6	0.32
Tomato Pasta (v) Includes 2 of your 5 a day.	1,016	242	9.5	1.3	31.5	8.5	5.8	0.46

Chicken Curry Mild chicken breast and vegetable curry served with rice. Includes 2 of your 5 a day.	2,239	533	14.1	6.1	74.9	15.6	25.3	1.15
YOUNG GUESTS - SUNDAY MAINS								
Roast Beef Freshly carved roast beef with roast potatoes, seasonal vegetables, a Yorkshire pudding and gravy	3,299	786	47.8	16.2	58.4	9.6	27.3	2.21
Chicken Breast Grilled chicken breast with roast potatoes, seasonal vegetables, a Yorkshire pudding and gravy	2,848	678	26.9	7.0	59.6	9.7	47.1	2.22
<i>Roast Pork</i> <i>Freshly carved roast pork filled with sage & onion stuffing with roast potatoes, seasonal vegetables, a Yorkshire pudding and gravy</i>	2,650	631	27.3	7.2	65.0	11.6	27.3	4.28
YOUNG GUESTS - DESSERTS								
66 Ice Cream Vanilla ice cream served with an upside down cornet, chocolate flake and Belgian chocolate sauce	916	218	9.2	5.4	30.9	25.9	3.2	0.12
Mandarin Jelly Pot Mandarin segments in orange flavour jelly	420	100	0.1	0.0	24.0	21.2	0.4	0.15
Claudi and Fin Frozen Yoghurt Lolly A strawberry greek style frozen yoghurt lolly	231	55	2.5	1.5	7.0	6.5	1.0	0.05

YOUNG ADULTS								
Starters								
Three Hickory Chicken Wings with BBQ dipping sauce	960	229	10.4	2.7	17.2	14.3	16.5	0.78
Garlic Bread with sour cream dip (V)	739	176	9.6	5.9	18.0	1.1	4.2	0.54
Tomato Soup	437	104	2.7	0.3	16.5	9.9	2.4	1.20
Mains - inspired by main menu favourites								
Steak and Chips								
Rump steak with half a grilled tomato, garden peas and chips	1,625	387	17.0	5.3	28.7	2.5	28.6	0.54
Double Stack Cheese Burger								
Chargrilled beef burger with melted Monterey Jack cheese, peas and chips	3,089	735	47.7	19.0	35.3	3.8	39.2	2.32
Sausage and Mash								
Two Grilled pork sausages served with creamy mash, garden peas and gravy	1,844	439	22.6	10.3	34.3	8.3	22.5	4.01
Tomato Pasta served with garlic bread. Includes 2 of your 5 a day.	1,512	360	13.6	3.7	48.5	8.9	9.0	0.93
Chargrilled BBQ Chicken								
BBQ glazed breast of chicken with a salad bowl and chips	1,762	420	12.2	3.0	37.6	10.9	39.8	0.81
Battered Cod Goujons								
With chips and garden peas	2,124	506	23.9	5.4	53.0	1.9	18.9	1.83

Desserts								
Chocolate Brownie Sundae Cubes of chocolate brownie with vanilla ice cream, chocolate sauce topped with whipped cream & chocolate shavings	2,671	636	36.3	21.3	69.5	59.8	6.2	0.45
Mini Berry Mess Meringue pieces, whipped cream and blackcurrants in sauce	1,298	309	23.4	14.7	22.6	20.5	1.9	0.17
Claudi and Fin Frozen Yoghurt Lolly A strawberry greek style frozen yoghurt lolly	231	55	2.5	1.5	7.0	6.5	1.0	0.05