



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 (RI) 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 2018.

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 LN18 Nutrition Guide	Dish Description	Typical nutrition values per average portion							
		Energy (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	3.9
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	8.7
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
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
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	2.1
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	0.8
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	1.1
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	4.4
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	3.2
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	0.8
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	4.7
Porridge	Made with jumbo oats, served with honey and fruit compote.	1,278	304	5	2	55	35	8	0.2

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
Choice - Ciabatta		1,617	385	25	15	34	1	6	1.1
Choice - White Bloomer Bread		1,491	355	3	1	69	3	13	1.0
Choice - Wholemeal Bloomer Bread		1,373	327	3	1	57	3	15	1.0

Starters and Sharers									
Salmon, Spring Onion & Kale Fish Cake	Served with tartare sauce and fresh lemon.	1,172	279	15	3	25	4	10	1.7
Lamb Kofta	Served with sour cream and mint dressing.	1,617	385	23	12	28	18	15	1.7
Parsley Breaded Mushrooms	Served with sour cream & chive dip.	1,323	315	17	5	32	2	9	1.4
Chicken and Pork Pâté	Served with toasted ciabatta and Ember Inns Pale Ale chutney.	1,529	364	20	11	34	11	11	1.3
Crispy Calamari	Dusted with chorizo & red pepper flavour seasoning, served with sour cream & chive dip.	1,750	417	19	17	3	28	9	1.9
Garlic Cheddar Mushrooms	Served in a rich creamy sauce served on toasted ciabatta.	1,908	454	29	15	29	2	18	2.0
Prawn Cocktail	Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread and butter.	1,579	376	17	6	35	8	18	2.4
Soup of the Day - British Pea and Watercress Soup	Ask the team for today's flavour, served with ciabatta.	1,368	326	11	6	42	7	11	1.9
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	2.1
Soup of the Day - Butternut Squash Soup	Ask the team for today's flavour, served with ciabatta.	1,244	296	11	8	41	9	7	1.6
Cured Meat platter	Dried cured pork, sliced pancetta and Italian salami served with marinated olives and warm ciabatta bread.	4,301	1,024	65	24	70	3	36	9.5
Baked Camembert	Topped with red onion chutney and served with toasted ciabatta.	3,357	799	31	19	90	18	37	2.8
Smoky Chicken Wings - Small - Piri Piri Glaze		2,399	571	37	9	7	5	54	3.1
Smoky Chicken Wings - Small - Smoky Chipotle & Honey Glaze		2,647	630	35	9	25	23	53	1.7
Smoky Chicken Wings - Small - Red Pepper & Chorizo Flavour Seasoning		4,571	1,088	69	18	10	6	108	3.8
Smoky Chicken Wings - Large - Piri Piri Glaze		4,797	1,142	73	18	14	10	107	6.2
Smoky Chicken Wings - Large - Chipotle & Honey Glaze		5,293	1,260	70	18	50	47	107	3.5
Smoky Chicken Wings - Large - Red Pepper & Chorizo Flavour Seasoning		2,290	545	34	9	5	3	54	1.9
Bread, Oil & Olives	Warm ciabatta bread, extra virgin olive oil and Aspall™ balsamic with olives and sea salt.	5,069	1,207	76	11	106	6	21	9.1
Flatbread Pizza - Sliced Tomato, Mozzarella and Fresh Basil	Stonebaked and finished with fresh rocket leaves.	2,567	611	21	12	74	6	32	1.0
Flatbread Pizza - Chargrilled Chicken, Bacon, Red Onion Chutney and Mozzarella	Stonebaked and finished with fresh rocket leaves.	3,595	856	31	16	87	15	58	2.5
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 - Smoky 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

Pasta, Fish and Salads									
Salmon Niçoise Salad	Chargrilled salmon, boiled egg, baby potatoes, green beans, tomatoes and marinated olives in a honey & mustard dressing.	3,155	751	49	8	25	8	53	2.8
Grilled Fillet of Salmon	Served with citrus coriander butter, crushed baby potatoes and green beans.	3,407	811	53	15	37	5	45	1.0
Bacon & Mushroom Carbonara	Penne pasta topped with Italian-style hard cheese and rocket leaves.	4,108	978	43	20	100	2	45	4.6
Slow-Roasted Tomato Penne Pasta	With courgette and red pepper. Topped with Italian-style hard cheese and rocket leaves.	2,461	586	10	3	100	10	21	1.6
Chargrilled Asparagus and Pea Risotto	Topped with Italian-style hard cheese and rocket leaves.	3,536	842	29	15	111	7	30	4.3
Grilled Fillets of Sea Bass	Served with glazed baby potatoes, green beans and a Beurre Blanc sauce.	2,887	687	39	14	39	6	46	1.2
Superfood Salad	Salad leaves tossed with soya beans, bulgur wheat, chick peas, sultanas, fresh carrot spirals and balsamic dressing (Please also refer to "add chargrilled chicken breast" for additional nutrition information.	1,688	402	24	4	34	16	9	0.4
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.	2,398	571	32	4	18	9	51	2.9
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	3.9
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	6.2
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	4.0
Add Avocado		265	63	5	1	3	0	1	0.0
Add Bacon		575	137	9	4	1	0	14	2.8
Add Chargrilled Chicken Breast		822	196	4	1	0	0	40	1.0
Add Garlic Ciabatta Bread		995	237	8	5	34	1	6	1.0
Add Halloumi		1,670	398	30	18	3	3	29	3.3
Add Salmon		1,588	378	24	4	2	0	40	0.4

Pub Favourites										
Fish & Chips	Hand battered cod with our own Ember Inns Pale Ale, served with seasoned chips, mushy 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.	4,350	1,036	54	13	93	7	41	3.4	
Posh Fish & Chips	Hand battered sea bass fillet in Ember Inns Pale Ale, served with seasoned chips, mushy 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.	2,714	646	37	8	37	6	39	1.3	
Chicken, and Portobello Mushroom Pie	Creamy tarragon sauce, puff pastry lid served with mashed potatoes and steamed vegetables	3,476	828	37	17	71	16	47	4.2	
10z Gammon Steak	Served with seasoned chips, garden peas, tomato and your choice of two fried eggs or 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.	1,962	467	23	8	6	3	57	5.7	
Beef and Red Wine Lasagne	Served with garlic ciabatta and a dressed salad.	2,566	611	29	13	54	17	31	4.0	
Steak & Ember Inns Pale Ale Pie	Slow cooked steak in Ember Inns Pale Ale gravy, served with mashed potatoes and steamed vegetables.	5,730	1,364	74	31	110	14	59	4.3	
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.	3,193	760	27	7	66	36	60	4.3	
Sausage & Mash	Three British pork sausages topped with onion rings and rich gravy.	3,322	791	41	18	69	14	34	7.1	
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	1,128	70	28	89	7	33	6.2	
Slow Cooked Pork Belly & Chorizo	Served with creamy mashed potatoes, steamed vegetables and a smoky jus.	4,728	1,126	72	28	49	19	65	5.7	
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	4.3	
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	6.5	

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	3.4
Chicken Tikka Achari	Tikka spiced chicken in a tomato, chilli and chickpea sauce served with coconut and coriander rice and a crisp poppadum.	3,283	782	30	8	85	21	37	4.2
Scampi & Chips	Whitby™ 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	3.8
Fish Pie	Salmon, smoked Haddock and yellowfin sole in a creamy sauce topped with cheesy mash and served with steamed vegetables.	3,031	722	39	20	44	11	44	4.2
Puy Lentil & Sweet Potato Cottage Pie	Served with steamed vegetables.	1,859	443	16	2	56	15	17	3.1

Chargrill									
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.	2,611	622	35	13	21	5	53	0.6
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.	2,448	583	32	11	23	5	51	0.7
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	1.1
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	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, sweet potato fries, dressed salad, mash, jacket or baby potatoes for additional nutrition information.	7,458	1,776	99	31	112	12	107	5.6
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	2.4
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	2.3
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	2.2
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	2.7

Burgers									
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	2.7
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	1.5
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	7.5
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	3.4
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	4.5
Wagyu Burger	Coarse-ground Wagyu beef burger topped with tomato salsa and cheese. 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.	3,139	747	41	16	54	16	40	3.3
Wild Boar & Chorizo Burger	With cheese and red onion chutney. 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.	4,082	972	59	22	64	25	46	4.1
Add Topping - BBQ Sauce, 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 - Cheese and Bacon		560	133	10	5	0	0	11	1.7

Lunch Bites - Sandwiches & Jackets									
Chicken Club Sandwich	Also refer to the "Sides, Add Ons & 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	4.3
Prawns in Marie Rose Sauce Sandwich	Also refer to the "Sides, Add Ons & 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	1.7
Posh Fish Finger Sandwich	Also refer to the "Sides, Add Ons & 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	1.4
Yorkshire Ham, Cheese & Ember Inns Pale Ale Chutney Sandwich	Also refer to the "Sides, Add Ons & Choice items" section 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	1.6
Yorkshire Ham, Lettuce, Tomato & Mayonnaise Sandwich	Also refer to the "Sides, Add Ons & Choice items" section 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	1.2
Tuna Mayonnaise & Cucumber Sandwich	Also refer to the "Sides, Add Ons & Choice items" section 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	1.5
Cheese and Red Onion Chutney Sandwich	Also refer to the "Sides, Add Ons & Choice items" section for your choice of white, wholemeal bread, ciabatta bread, crisps and upgrade of chips for additional nutrition information.	1,714	408	30	17	15	11	20	1.6
Jacket - Tuna Mayonnaise & Cucumber		2,423	577	27	9	48	7	29	1.8
Jacket - Cheddar and Baked Beans		2,600	619	29	16	60	8	23	1.8
Jacket - Cheddar and House Slaw		2,621	624	37	16	50	8	18	1.9
Jacket - Smoky BBQ Pulled Pork & Cheddar Cheese		3,360	800	43	21	62	19	36	1.9
Jacket - Prawns In Marie Rose Sauce		2,083	496	23	9	51	10	15	2.1
Jacket - With Butter		1,646	392	18	8	46	6	6	0.6

Desserts									
The Chocolate Bomb!	Filled with vanilla pod ice cream and topped with hot butterscotch sauce, raspberry compote and whipped cream.	3,561	848	33	21	129	111	6	0.8
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	0.7
Glazed Lemon Tart	Served with whipped cream and raspberry compote.	1,394	332	20	12	34	28	3	0.2
Treacle Sponge Pudding	With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to "Sides, Add Ons & Choice items" section for your choice of whipped cream, custard or ice cream for additional nutrition information).	1,982	472	15	1	80	66	3	1.4
Salted Caramel Profiteroles	Served with vanilla pod ice cream and Belgian chocolate sauce.	2,751	655	37	4	72	64	7	0.7
Baked Vanilla Cheesecake	Served with raspberry compote & whipped cream.	3,226	768	46	28	80	58	8	0.6
Raspberry Eton Mess Sundae	Crushed meringue, vanilla pod ice cream, raspberry compote and whipped cream.	2,591	617	37	23	63	58	6	0.3
Brampley Apple Pie	With your choice of either whipped cream, vanilla pod ice cream or custard (Please refer to "Sides, Add Ons & Choice items" section for your choice of whipped cream, custard or ice cream for additional nutrition information).	1,966	468	19	6	69	20	3	0.3
Chocolate Tart	Served with coconut milk sorbet	2,453	584	31	21	67	48	6	0.1
Belgian Chocolate Brownie	Served warm with vanilla pod ice cream and Belgian chocolate sauce.	3,259	776	33	17	108	91	8	0.5
Vanilla Ice Cream		970	231	12	8	27	26	4	0.1
Coconut Milk Sorbet		1,856	442	28	26	42	40	4	0.3
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	0.3
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	0.2
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	0.1

Children (7 years and under)									
Starters - Veggie Sticks	Cucumber sticks with houmous dip.	659	157	13	1	6	2	3	0.3
Starters - Heinz™ Tomato Soup		437	104	3	0	17	10	2	1.2
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.	988	235	14	7	8	2	17	0.7
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	0.8
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	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 information.	690	164	9	4	11	3	9	2.0
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	0.7
Choice First Side - Mashed Potato		395	94	4	3	12	2	2	0.5
Choice First Side - Baby potatoes		323	77	0	0	16	1	2	0.0
First Choice Side - Rice		1,033	246	3	0	49	0	6	0.3
Choice First Side - Chips		774	184	9	2	24	0	2	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
Choice Second Side - Baked Beans		223	53	0	0	8	2	4	0.3
Mains - Chicken Curry	Mild chicken breast and vegetable curry served with rice.	2,239	533	14	6	75	16	25	1.2
Mains - Tomato Pasta		1,016	242	10	1	32	9	6	0.5
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	0.1
Puddings - Mandarin Jelly Pot	Mandarin segments in orange jelly.	420	100	0	0	24	21	0	0.2
Pip Organic Tropical Fruit Ice Lolly™	A tropical fruit ice lolly	84	20	0	0	5	5	0	0.0

Children (Under 12 years)									
Starters - Three Hickory Chicken Wings	Coated in a delicious hickory flavoured sauce and served with BBQ dip.	960	229	10	3	17	14	17	0.8
Starters - Garlic Ciabatta Bread	With sour cream dip.	739	176	10	6	18	1	4	0.5
Starters - Heinz™ Tomato Soup		437	104	3	0	17	10	2	1.2
Mains - Steak & Chips	Small rump steak with tomato, chips and garden peas.	1,730	412	21	7	30	2	27	0.5
Mains - Double Stack Cheese Burger	Two chargrilled beef burgers with melted 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 mashed potato, garden peas and gravy.	1,841	438	23	10	34	8	23	4.0
Mains - Tomato Pasta	Served with garlic ciabatta.	1,512	360	14	4	49	9	9	0.9
Mains - Chargrilled BBQ Chicken	BBQ glazed chicken breast with a salad bowl and chips	1,762	420	12	3	38	11	40	0.8
Mains - Battered Cod Goujons	With chips and garden peas.	2,124	506	24	5	53	2	19	1.8
Puddings - Mini Berry Mess	Meringue pieces, whipped cream and seasonal berries in sauce.	1,307	311	23	15	23	21	2	0.2
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
Pip Organic Tropical Fruit Ice Lolly™	A tropical fruit ice lolly.	84	20	0	0	5	5	0	0.0

Sunday										
Starters - Parsley Breaded Mushrooms	Served with sour cream & chive dip.	1,321	315	17	5	32	2	9	1.4	
Soup of the Day - British Pea and Watercress Soup	Ask the team for today's flavour, served with ciabatta.	1,368	326	11	6	42	7	11	1.9	
Starters - Soup of the Day - Tomato and Basil Soup	Served with ciabatta bread.	1,153	275	10	5	41	4	6	2.1	
Starters - Soup of the Day - Butternut Squash Soup	Served with ciabatta bread.	1,244	296	11	8	41	9	7	1.6	
Starters - Prawn Cocktail	Served in a Marie Rose sauce on a bed of crisp leaves with wholemeal bread & butter.	1,579	376	17	6	35	8	18	2.4	
Mains - Roast Loin of Pork	Seasoned with red onion and sage served with sage and onion stuffing balls.	5,127	1,221	57	12	93	17	80	2.2	
Mains - Half Roast Chicken	British farm assured, served with sage and onion stuffing balls.	4,214	1,003	47	8	94	17	48	2.8	
Mains - Puy Lentil & Sweet Potato Cottage Pie		4,806	1,144	49	6	140	28	30	5.1	
Mains - Roast Vegetable Tart		5,146	1,225	57	5	149	48	23	2.0	
Mains - Roast Sirloin of Beef	Freshly carved succulent roast sirloin of beef, 28 day aged for flavour and tenderness.	5,182	1,234	64	13	92	17	67	3.3	
Mains - Trio of Roasts	Enjoy our Sunday selection including freshly carved roast sirloin of beef, half roast chicken, roast loin of pork and sage & onion stuffing balls.	5,587	1,330	62	13	94	17	94	3.4	
Mains - Slow Cooked Short Beef Rib	Rib of beef in Bordelaise sauce served on mashed potato with chargrilled tenderstem broccoli.	4,517	1,075	68	31	37	12	77	3.3	
Mains - Grilled Fillets of Sea Bass	Served with glazed baby potatoes, green beans and a Beurre Blanc sauce.	2,887	687	39	14	39	6	46	1.2	
Mains - Slow Cooked Pork Belly & Chorizo	Served on mashed potatoes, seasonal vegetables and a smoky jus.	4,728	1,126	72	28	49	19	65	5.7	
Desserts - Salted Caramel Profiteroles	Served with vanilla pod ice cream and Belgian chocolate sauce.	2,751	655	37	4	72	64	7	0.7	
Desserts - Treacle Sponge	Served with a choice of either whipped cream, vanilla pod ice cream or custard. (Please refer to "Sides, Add Ons & Choice items" section for your choice of whipped cream, custard or ice cream for additional nutrition information).	1,982	472	15	1	80	66	3	1.4	
Desserts - Vanilla Ice Cream		970	231	12	8	27	26	4	0.1	
Desserts - Coconut Milk Sorbet		1,856	442	28	26	42	40	4	0.3	
Desserts - Glazed Lemon Tart	Served with whipped cream and raspberry compote.	1,394	332	20	12	34	28	3	0.2	

Sides, Extras & Choice Items									
Extra - Garlic Prawns		878	209	16	10	1	0	15	1.6
Extra - Wagyu Burger & Onion Rings		2,051	488	34	12	16	2	32	1.7
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		1,302	310	23	14	10	4	16	1.7
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 Gravy		151	36	1	0	6	2	1	1.4
Choice - With Two Eggs		1,037	247	21	4	0	0	13	0.4
Choice - With Whipped Cream		932	222	23	15	2	2	1	0.1
Sides - Roast Potatoes		1,667	397	23	4	44	3	5	0.0
Sides - Seasonal Vegetables		368	88	4	0	7	3	4	0.0
Sides - Sweet Potato Fries		2,346	559	34	5	61	16	3	1.5
Sides - Baby Glazed Potatoes		886	211	7	1	32	3	4	0.1
Sides - Battered Onion Rings		1,309	312	15	3	39	5	5	0.8
Sides - Béarnaise 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		466	111	9	1	6	6	1	0.5
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