Nutritional Information: Core Menu 2020

FBEngine

CATEGORY: SMALL PLATES

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CHICKEN LIVER PATE SMALL PLATE - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain
BUFFALO WINGS - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain			Does contain			Does contain		Does contain					
BANG BANG CAULIFLOWER SMALL PLATE - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain										Does contain	Does contain	
LIME & TARRAGON CHICKEN SKEWERS - 2020	51.16kcal	212.02kJ	3.86g	2.55g	1.93g	1.70g	0.00g	2.24g	0.06g							Does contain							
HALLOUMI FRIES SMALL PLATE - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
CHICKEN FINGERS SMALL PLATE - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain		Does contain					
HUMMUS WITH CHARGRILLED PITTA 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain		
KOREAN CHICKEN WINGS SMALL PLATE - 2021	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain										Does contain	Does contain	
SALT AND PEPPER PANKO SQUID - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain	Does contain	Does contain			Does contain						
JERK CHICKEN SKEWERS - SMALL PLATE - 2020	647.09kcal	2706.58kJ	27.88g	11.03g	41.04g	31.48g	3.01g	59.96g	2.18g		Does contain					Does contain						Does contain	

CATEGORY: GOOD TO SHARE

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
NACHOS TO SHARE - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							

CATEGORY: MAINS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MOULES MARINIERE	355.20kcal	1486.15kJ	17.78g	3.12g	44.28g	0.00g	0.00g	4.49g	1.23g					Does contain		Does contain	Does contain						Does contain
HONEY GLAZED GAMMON, EGG & CHUNKY CHIPS	470.40kcal	1968.14kJ	35.62g	10.37g	1.99g	0.96g	0.00g	32.66g	1.24g				Does contain					Does contain						
PENNE ARRABBIATA WITH ROASTED MED VEG	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain												Does contain
CHICKEN ESCALOPE WITH FRIES, MIXED LEAF SALAD & PECORINO	355.20kcal	1486.15kJ	17.78g	3.12g	44.28g	0.00g	0.00g	4.49g	1.23g		Does contain		Does contain			Does contain							
MALAYSIAN VEGETABLE CURRY WITH BURNT ONION RICE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain									Does contain			
PORK & LEEK SAUSAGES WITH MASHED POTATO & BEER BRAISED ONIONS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain							Does contain
CRAFT BEER BATTERED FISH & CHIPS WITH MUSHY PEAS - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain									Does contain
FULL RACK OF BABY BACK RIBS IN STICKY BBQ SAUCE	204.88kcal	874.43kJ	0.06g	0.00g	53.87g	53.55g	0.10g	0.46g	1.16g	Does contain	Does contain					Does contain		Does contain					Does contain
AGED SIRLOIN WITH PEPPERCORN SAUCE & CHUNKY CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain						Does contain							Does contain

CATEGORY: SALAD

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CHICKEN CAESAR SALAD - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain		Does contain							
GOATS CHEESE SALAD WITH HAZELNUT PRALINE - 2020	50.04kcal	207.08kJ	4.62g	0.33g	1.17g	1.03g	0.50g	1.03g	0.00g							Does contain		Does contain	Does contain				

CATEGORY: BURGERS AND BUNS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
HOUSE BURGER - 2020	355.20kcal	1486.15kJ	17.78g	3.12g	44.28g	0.00g	0.00g	4.49g	1.23g	Does contain	Does contain		Does contain	Does contain		Does contain		Does contain					Does contain
BUFFALO CHICKEN BURGER - 2020	355.20kcal	1486.15kJ	17.78g	3.12g	44.28g	0.00g	0.00g	4.49g	1.23g		Does contain		Does contain			Does contain		Does contain					
JERK CHICKEN BURGER -2020	360.08kcal	1507.23kJ	17.82g	3.12g	45.25g	0.86g	0.42g	4.74g	1.68g		Does contain		Does contain					Does contain				Does contain	
CHARGRILLED CHICKEN BURGER -2020	358.85kcal	1502.04kJ	17.81g	3.12g	44.96g	0.62g	0.39g	4.72g	1.68g		Does contain		Does contain					Does contain					
FALAFEL & SPINACH BURGER - 2020	427.45kcal	1784.44kJ	25.29g	3.69g	45.20g	0.86g	0.39g	4.83g	1.71g		Does contain							Does contain					

CATEGORY: LUNCH AND BRUNCH

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
EGGS BENEDICT -2020	228.80kcal	957.30kJ	15.15g	4.98g	1.14g	0.59g	0.00g	20.02g	1.19g		Does contain		Does contain			Does contain		Does contain				Does contain	Does contain
EGGS ROYALE - 2020	884.97kcal	3684.31kJ	68.77g	34.59g	27.39g	3.04g	1.55g	40.14g	4.24g		Does contain		Does contain	Does contain		Does contain						Does contain	Does contain
NUTELLA & HAZELNUT PANCAKES 2020	707.04kcal	2954.44kJ	36.89g	5.63g	86.52g	55.42g	1.30g	8.90g	1.26g		Does contain		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	Does contain
FISH FINGER CIABATTA - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain		Does contain							
BACON & BRIE CIABATTA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MED VEG & HUMMUS WRAP - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain		
SMASHED AVOCADO ON A MUFFIN WITH CHILLI & POACHED EGGS	228.80kcal	957.30kJ	15.15g	4.98g	1.14g	0.59g	0.00g	20.02g	1.19g		Does contain		Does contain									Does contain	Does contain
PANCAKES WITH BACON & MAPLE SYRUP 2020	545.50kcal	2280.23kJ	18.20g	4.74g	73.47g	27.46g	0.00g	22.05g	3.90g		Does contain		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	Does contain
PANCAKES WITH BERRIES AND GREEK YOGURT 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain		Does contain	Does contain		Does contain	Does contain	Does contain

CATEGORY: DESSERTS

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
STICKY TOFFEE PUDDING - 2020	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
WHITE CHOCOLATE CHEESE CAKE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain						Does contain	
VEGAN CHOCOLATE BROWNIE WITH CHOCOLATE ICE CREAM	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	
ICE CREAM - CARTE DOR TRIPLE CHOCOLATE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain			Does contain	Does contain		Does contain	
ICE CREAM - CARTE DOR VANILLA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
ICE CREAM - CARTE DOR STRAWBERRY	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
ICE CREAM - YARDE'S CHOCOLATE ICE CREAM (VE)	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g										Does contain	Does contain			
ICE CREAM - JUDE'S ICE CREAM (VE)	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g													Does contain	
SORBET - CARTE DOR - RASPBERRY (VE)	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							

SORBET - BEECHDEAN - MANGO (VE)	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														

CATEGORY: KIDS MENU

NUTRITIONAL DATA										ALLERGENS													
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
KIDS - SAUSAGE & MASH	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain							Does contain
KIDS - BUTTERED PENNE & MED VEG	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
KIDS HUMMUS & CRUDITéS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain											Does contain		
KIDS FISH FINGERS WITH CHIPS & MUSHY PEAS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain									