



## Toby Carvery Nutrition Guide

### 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 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

		Typical nutrition values per average portion								Typical nutrition values per 100g							
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DN18 Nutrition Guide		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>Breakfast</b>																	
Back Bacon		161	38	2	1	0	0	5	1	554	132	7	3	0	0	17	3
Baked Beans		383	91	1	0	13	7	5	1	382	91	1	0	13	7	5	0
Breakfast Yorkshire Puddings	With roasted onion and bacon bits	785	187	14	1	12	1	3	0	1,710	407	30	2	27	3	7	1
Breakfast Sausages		1,075	256	23	8	7	2	6	1	1,707	407	36	13	10	3	10	1
Free Range Fried Eggs		491	117	9	3	0	0	9	0	756	180	14	4	0	0	14	0
Free Range Scrambled Eggs		500	119	9	2	2	2	9	1	500	119	9	2	2	2	9	1
Freshly Roasted Button Mushrooms		390	93	9	2	0	0	2	1	390	93	9	2	0	0	2	1
Porridge		1,021	243	4	1	43	18	8	0	1,592	379	6	2	67	28	13	0
Add Apple Compote		139	33	0	0	8	6	0	0	279	67	0	0	15	12	0	0
Diced Potatoes		383	91	0	0	20	1	2	0	383	91	0	0	20	1	2	0
Handmade Potato, Bacon, Cheese & Onion Hash		416	99	2	1	17	1	3	0	416	99	2	1	17	1	3	0
Handmade Potato, Cheese & Onion Hash		408	97	1	1	18	1	3	0	408	97	1	1	18	1	3	0
Plum Tomatoes		34	8	0	0	1	1	0	0	84	20	0	0	3	3	1	0
Vegetarian breakfast		941	224	7	1	18	2	21	2	542	129	4	1	10	1	12	1
Brown Toast (2 slices)		1,323	315	3	1	54	5	13	1	1,033	246	3	1	42	4	11	1
White Toast (2 slices)		1,462	348	3	1	67	6	11	1	1,142	272	2	1	52	5	9	1
Butter Portion (7g)		217	52	6	4	0	0	0	0	3,100	738	81	52	1	1	1	2
Sunflower spread Portion (8g)		206	49	6	2	0	0	0	0	2,575	613	70	19	0	0	0	2
Hartleys Raspberry Jam Portion		59	14	0	0	4	3	0	0	995	237	0	0	58	52	1	0
Hartleys Blacurrant Jam Portion		59	14	0	0	4	3	0	0	1,012	241	1	0	58	53	0	0
Hartleys Apricot Jam Portion		59	14	0	0	4	3	0	0	1,000	238	0	0	59	52	0	0

Hartleys Strawberry Jam Portion		59	14	0	0	4	3	0	0	1,000	238	0	0	59	52	0	0
Crumpets		353	84	0	0	17	1	2	0	846	201	1	0	42	1	6	1

Toby Tasters & Starters	Toby Tasters & Starters	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Chicken Wings	Coated in BBQ sauce	1,031	246	12	3	14	14	19	1	491	117	6	2	7	7	9	0
Crispy Tomato bites	Stuffed with mozzarella (v)	757	180	8	4	20	3	7	1	814	194	9	4	21	3	7	1
Nachos Samosas	Filled with mature cheddar and mozzarella cheeses and jalapeno peppers served with chunky salsa & guacamole (v)	1,762	420	25	7	36	3	13	1	1,055	251	15	4	22	2	8	1
Triple Smoked Bacon Belly Bites	Glazed with Maple Syrup.	2,490	593	58	21	2	2	15	4	1,915	456	45	16	1	1	12	3
Mini Pigs in Blankets		2,230	531	48	18	6	0	18	2	1,517	361	33	12	4	0	12	2
Creamy Mushrooms	Whole button mushrooms with lashings of Cheddar cheese sauce.	2,230	531	48	18	6	0	18	2	1,517	361	33	12	4	0	12	2
Toby's King Prawn Cocktail	Juicy king prawns, crisp cos lettuce, diced mango and seafood sauce served with sour dough	1,554	370	20	5	31	13	16	2	569	136	7	2	11	5	6	1
Ciabatta Garlic Bread	Without cheese	1,527	364	16	4	45	1	9	1	1,187	283	13	3	35	1	7	1
Ciabatta Garlic Bread	with cheese	2,224	530	30	13	46	1	19	2	1,319	314	18	8	27	1	11	1
Add Ciabatta Bread and Butter		1,966	468	16	8	66	3	13	1	1,824	434	15	8	61	3	12	1
Toby's Soup of the Day	Ask your server for today's choice, served with home-baked bread and butter. Vegetarian options available	1,105	263	10	6	33	5	8	3	330	79	3	2	10	1	2	1
Sharing Camembert	Topped with cranberry sauce, fresh Rosemary and served with ciabatta.	4,889	1,164	63	45	84	18	63	4	1,298	309	17	12	22	5	17	1
Nachos in a Yorkie	Nachos topped with melted cheese, pulled pork, guacamole, tomato salsa, green chillies served in our famous giant Yorkshire pudding	6,044	1,439	85	23	120	6	44	4	1,485	354	21	6	29	1	11	1
Sticky Pickle Sausage Roll	Freshly baked to order.	2,752	655	45	19	41	3	22	2	1,310	312	21	9	19	2	10	1

Our Famous Four Roast Carvery	Our Famous Four Roast Carvery	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
King Size - Gammon		1,771	422	18	6	2	0	66	6	832	198	8	3	1	0	31	3
King Size - Turkey		1,413	337	7	2	2	0	68	0	664	158	3	1	1	0	32	0
King Size - Beef		2,559	609	36	19	2	0	68	0	1,201	286	17	9	1	0	32	0
King Size - Pork		2,371	564	26	8	2	0	83	0	1,113	265	12	4	1	0	39	0
Roast Turkey	Succulent British Farm Assured	1,062	253	5	2	2	0	51	0	664	158	3	1	1	0	32	0
Roast Beef	British or Irish with a beef dripping glaze	1,922	458	27	14	2	0	51	0	1,201	286	17	9	1	0	32	0
Roast Gammon	with a pomegranate glaze	1,331	317	13	5	2	0	49	5	832	198	8	3	1	0	31	3
Roast Pork	with an apple & sage glaze	1,781	424	20	6	2	0	62	0	1,113	265	12	4	1	0	39	0
Roasted leg of Lamb		1,371	326	18	8	0	0	41	0	591	141	8	3	0	0	18	0
Broccoli (40g)		82	20	1	0	1	1	2	0	205	49	2	0	2	1	4	0
Butternut Squash (40g)		201	48	2	1	5	1	1	0	503	120	6	3	13	2	2	0
Carrots(40g)		102	24	0	0	5	3	0	0	256	61	1	0	12	7	1	0
Cauliflower Cheese (40g)		97	23	1	0	2	1	1	0	244	58	2	1	6	2	3	0
Green Beans (40g)		71	17	1	0	3	1	1	0	176	42	1	0	7	2	2	0
Jersey Royals (40g)		140	33	0	0	6	0	1	0	350	83	1	0	16	1	2	0
Leeks (40g)		33	8	0	0	1	1	0	0	82	19	0	0	2	2	1	0
Parsnips with chilli maple glaze (40g)		561	134	9	2	13	3	1	0	1,403	334	22	5	31	8	2	0
Mash Potatoes (40g)		179	43	1	0	7	0	1	0	448	107	3	1	17	1	2	0
Honey-roasted Parsnips (40g)		561	134	9	2	13	3	1	0	1,403	334	22	5	31	8	2	0

Peas (40g)		141	34	1	0	3	1	2	0	352	84	2	1	8	2	6	0
Pork Crackling		2,814	670	71	26	0	0	7	1	2,786	663	71	26	0	0	7	1
Red Cabbage (40g)		49	12	0	0	2	1	1	0	122	29	1	0	4	3	1	0
Roast Potatoes (40g)		1,084	258	4	1	49	2	6	2	722	172	3	1	33	1	4	1
Roasted Courgettes With Lemon & Thyme (40g)		71	17	1	0	1	1	1	0	178	42	3	1	2	2	2	0
Romano Beans (40g)		113	27	1	0	3	1	1	0	283	67	3	1	7	2	2	0
Sage & Onion Stuffing		336	80	0	0	16	2	2	1	855	204	2	0	38	3	6	2
Seasonal Cabbage (40g)		88	21	0	0	1	1	0	0	88	21	0	0	2	2	1	0
Sprouts (40g)		108	26	1	0	2	1	1	0	271	64	3	1	4	3	3	0
Swede (40g)		84	20	0	0	4	3	0	0	210	50	1	0	10	7	1	0
Sweetcorn (40g)		256	61	2	0	10	1	2	0	639	152	4	1	25	3	5	0
Sweet potato (40g)		244	58	2	0	8	4	1	0	609	145	6	1	19	11	3	0
Yorkshire Pudding		683	163	13	1	9	0	3	0	2,628	626	51	4	33	2	8	2
Bake - Potato & Leek		201	48	2	1	5	1	1	0	503	120	6	3	13	2	2	0
Bake - Potato & Parsnip		243	58	3	1	6	1	1	0	609	145	8	3	15	4	2	0
Bake - Potato & Squash		207	49	2	0	6	1	1	0	518	123	6	0	15	2	2	0
Creamed Spinach with Davidstow cheddar sauce		63	15	1	0	1	0	1	0	158	38	2	0	3	1	2	1
Mac & Cheese		228	54	2	1	8	1	2	0	571	136	4	2	20	1	4	1
Maple & Thyme flavour Carrots		63	15	0	0	3	3	0	0	157	37	0	0	7	6	1	0
Maple flavour Sprouts with Bacon		121	29	1	0	3	1	2	0	302	72	2	1	8	4	4	0
Mixed Greens - Leek, Cabbage & Peas		117	28	2	0	2	1	1	0	293	70	4	1	4	3	3	0
Plain Roast Potatoes		1,084	258	4	1	49	2	6	2	722	172	3	1	33	1	4	1

Potato & vegetable dauphinoise																		
	203	48	2	1	6	1	1	0	509	121	6	3	14	2	2	0		
Roast Veg & onion gravy	504	120	0	0	32	8	0	5	1,443	344	3	0	75	16	4	13		
Tomato Crumble (40g)	199	47	3	1	3	2	1	0	497	118	8	2	8	4	3	0		
Leek Crumble (40g)	173	41	2	1	3	1	1	0	432	103	6	1	7	3	4	0		

Tasty Alternatives & Yorkie Wraps	Tasty Alternatives & Yorkie Wraps	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Salmon En Papillote	With red and green peppers, red onion, courgette, dill, butter and lemon. Help yourself to the seasonal vegetables on our Carvery deck.	1,546	368	25	7	6	4	28	1	524	125	9	2	2	1	10	1
Caesar Salad	A combination of crisp cos lettuce, freshly prepared ciabatta croutons, shaved Gran Moravia, drizzled with a ceasar dressing.	1,415	337	34	4	4	2	4	1	817	195	19	2	2	1	2	1
Super green Salad	A mixture of tenderstem broccoli, broad beans, peas, cos lettuce, pickled fennel, Gran Morvia and mint drizzled with a reduced calorie French dressing	609	145	4	3	15	9	9	1	211	50	1	1	5	3	3	0
Toby's Super Salad Topping - Salmon En Papillote	Also refer to the Toby's Super salad - Just salad recipe for additional nutrition information.	2,209	526	30	10	26	18	33	2	319	76	4	1	4	3	5	0
Toby's Super Salad Topping - Allotment pie	Also refer to the Toby's Super salad - Just salad recipe for additional nutrition information.	1,911	455	19	6	54	23	10	2	314	75	3	1	9	4	2	0
Butternut Squash and Lentil Yorkie Wrap	A tomato and herb based stew with red lentil, cannellini beans and beluga lentils, finished off with butternut squash and sweet potato.	3,297	785	24	2	118	12	19	5	654	156	5	0	24	2	4	1
Coronation Squash Yorkie Wrap Special	Our new signature Yorkie Wraps...all wrapped in a giant Yorkshire pudding with baby spinach, stuffing and potato. Served with roast potatoes and gravy.	3,759	895	37	7	119	20	17	5	746	178	7	1	24	4	3	1
Toby's Ploughmans	Freshly carved Gammon & Mature cheddar, served with Toby super salad, chutney & home-baked bread	3,339	795	34	18	72	28	48	5	539	128	5	3	12	5	8	1



Vegetarian & Vegan dishes	Vegetarian & Vegan dishes	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Broccoli & Brie Parcel	Sliced mushrooms and broccoli florets finished in a creamy sauce with melted brie, fully encased in puff pastry.	2,066	492	29	14	44	3	11	1	1,105	263	16	7	23	1	6	1
Grilled Aubergine Stack	Grilled aubergine and Mediterranean style vegetables combined in a tomato and oregano sauce topped with a vegan white sauce and breadcrumbs.	632	151	4	0	24	10	5	2	177	42	1	0	7	3	1	0
Roast mushroom & ale pie	Vegan Roasted mushroom and Ale pie with parsley shortcrust pastry and puff pastry lid	3,193	760	47	16	70	6	13	2	870	207	13	4	19	2	4	0
Root vegetable roast	Shredded carrots and parsnips, a mix of mushrooms, swede, apricots topped with an oat and cranberry crumb	1,457	347	19	6	39	16	6	1	672	160	9	3	18	7	3	1

Freshly Made Sandwiches	Freshly Made Sandwiches	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
GLT	Roast Gammon, lettuce, tomato sandwich. In your choice of bread , served with gravy, roast potatoes or salad.	2,172	517	15	4	61	5	33	4	585	139	4	1	16	1	9	1
Roast British Turkey club Sandwich	Roast British Turkey, tomatoes, shredded lettuce, bacon, sage & onion stuffing. In your choice of bread , served with gravy, roast potatoes or salad.	2,851	679	11	2	82	15	61	2	502	120	2	0	14	3	11	0
Roast Beef, Mushroom & Red Onion Chutney Sandwich	Roast beef with mushrooms, onion chutney & dijon mustard. Served with a Yorkshire pudding and gravy	2,394	570	22	9	58	2	33	2	919	219	8	3	22	1	13	1
Roast Pork, Stuffing and Apple Sauce Sandwich	Roast Pork, Stuffing and Apple Sauce	3,507	835	26	7	78	10	72	2	766	182	6	1	17	2	16	0
Full Feast (with a slice of all four meats) Sandwich	A slice of all our meat with sage & onion stuffing & horseradish. In your choice of bread , served with gravy, roast potatoes or salad.	2,173	517	16	5	58	2	34	2	838	199	6	2	22	1	13	1
Cheese & Onion Sandwich	Mature cheddar with red onion chutney & scucumber. In your choice of bread , served with gravy, roast potatoes or salad.	1,348	321	18	11	26	13	14	3	864	206	11	7	17	9	9	2
Prawn Sandwich	King Prawns, seafood sauce & shredded lettuce. In your choice of bread , served with gravy, roast potatoes or salad	1,550	369	25	2	21	10	14	4	829	197	13	1	11	5	8	2
Bread Choice - Brown Bread	Also refer to sandwich choice for additional nutrition information	1,701	405	13	4	54	5	13	1	1,149	274	9	3	37	3	9	1
Bread Choice - Floured Bap	Also refer to sandwich choice for additional nutrition information	1,436	342	16	4	42	5	7	1	1,368	326	15	3	40	5	7	1
Bread Choice - Sourdough	Also refer to sandwich choice for additional nutrition information	1,092	260	12	4	32	0	6	1	1,376	328	14	5	40	0	7	1
Bread Choice - White Bread	Also refer to sandwich choice for additional nutrition information	1,840	438	13.1	4.4	67.1	5.8	11.3	1.21	1,243	296	9	3	45	4	8	1
Bread Choice - Ciabatta	Also refer to sandwich choice for additional nutrition information	1,306	311	11	3	44	1	8	1	834	199	7	2	28	1	5	1

pudding menu	pudding menu	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Cookie & chocolate Freakshake	Real dairy vanilla ice cream, milk, Belgian chocolate sauce , fresh whipped cream, topped with brownie pieces and a whole freshly baked cookie	4,035	961	55	28	124	94	20	1	736	175	10	5	23	17	4	0
Unicorn Freakshake	Grape& raspberry flavoured ice cream, blackcurrant jelly pieces, milk, fresh cream, topped with toasted Marshmallow, skittles and raspberry meringue	5,376	1,280	58	34	165	156	24	1	836	199	9	5	26	24	4	0
Yorkie Pud Freakshake	Real dairy vanilla ice cream, milk, hazelnut and peanut sauce, fresh cream, topped with a sweet yorkshire pudding filled with nutella ™	4,083	972	61	25	85	76	19	1	852	203	13	5	18	16	4	0
Chocolate Fudge Cake	Goey, delicious hot or cold. Also refer to choice of dairy ice cream, freshly whipped cream or custard for additional nutrition information.	2,810	669	26	6	100	84	7	1	1,555	370	14	3	55	47	4	0
Homebaked Treacle Sponge	Moist steamed vanilla sponge topped with Golden Syrup. Can be served with custard, dairy ice cream or freshly whipped cream.	2,180	519	20	2	79	58	4	0	1,904	453	18	2	69	50	4	0
Toby Bramley Apple & Cinnamon Crumble	Topped with a Demerara crumble. Also refer to choice of dairy ice cream, freshly whipped cream or custard for additional nutrition information.	1,714	408	15	4	65	35	2	0	707	168	6	2	27	14	1	0
Pasion Fruit Tart	Creamy passion fruit tart, raspberries in sauce & freshly whipped cream	2,634	627	37	21	66	47	7	0	1,365	325	19	11	34	24	4	0
Belgian Chocolate and Raspberry Fondant (ve)	Moist chocolate cake with a melted heart of raspberry filling served with a scoop of coconut sorbet	2,447	583	26	18	80	55	6	0	967	230	10	7	32	22	2	0
Homebaked Strawberry Sponge	Moist steamed vanilla sponge topped with Strawberry Jam & Served with Custard	2,746	654	23	4	102	70	9	1	991	236	8	1	37	25	3	0

Millionaire Brownie (v)	Belgain Chocolate brownie topped with dulce de leche & demerara crumb served with belgian chocolate sauce and vanilla ice cream	4,108	978	41	23	134	103	15	1	1,293	308	13	7	42	32	5	0
Raspberry Artic Roll (v)	Coated in raspberry crunch served with raspberries in sauce & freshly whipped cream	1,383	329	9	5	55	42	5	0	728	173	5	3	29	22	3	0
American style baked Cheesecake	Served with orange curd mousse & Belgian chocolate sauce.	4,039	962	63	38	90	72	9	0	1,543	367	24	14	34	28	3	0
Hazelnut Sundae (n)	Creamy dairy ice cream, mixed with hazelnut and peanut sauce, demerara crumb, brownie pieces	3,247	773	35	12	102	80	12	1	1,046	249	11	4	32	25	4	0
Cookie Dough Sundae sharer	Chocolate chip cookie dough pieces muddled in with our luscious creamy dairy ice cream drizzled with Devon cream toffee sauce and	3,093	736	25	14	115	97	11	1	912	217	7	4	34	29	3	0
Cookie Dough Sundae	Chocolate chip cookie dough pieces muddled in with our luscious creamy dairy ice cream drizzled with Devon cream toffee sauce and Belgian chocolate sauce topped with a crisp wafer.	2,103	501	17	10	78	66	9	0	884	210	7	4	33	28	4	0
Mango Berry Melba Sundae	Mango pieces, berries in sauce, creamy dairy ice cream, topped with demerara crumb, freshly whipped cream and a crisp wafer	2,202	524	26	14	65	51	8	0	724	172	8	5	21	17	3	0
Sicilian Lemon Sundae (v)	Lemon & white chocolate cookie dough pieces muddled in with our luscious dairy ice cream drizzled with Sicilian lemon sauce topped with a crisp wafer.	1,838	438	14	8	70	59	8	0	772	184	6	3	29	25	3	0
Dairy Ice Cream	Creamy dairy ice cream topped with a flake. Also refer to choice of strawberry, Belgian	964	229	11	7	28	28	6	0	723	172	8	5	21	21	4	0
Sauce choice - Strawberry Sauce	Also refer to dairy ice cream recipe for additional nutrition information	359	85	4	2	11	7	1	0	1,793	427	21	8	53	33	6	0
Sauce choice - Devon cream toffee sauce	Also refer to dairy ice cream recipe for additional nutrition information	269	64	1	1	13	12	0	0	1,352	322	6	3	67	61	0	0
Sauce choice - Belgian Chocolate Sauce	Also refer to dairy ice cream recipe for additional nutrition information	244	58	0	0	13	11	0	0	1,226	292	2	1	67	57	1	0
Sauce Choice - Scilian Lemon Sauce		232	55	0	0	13	11	0	0	1,159	276	2	1	64	57	1	0

Sundae Topping - Marshmallows		210	50	0	0	12	11	1	0	1,394	332	0	0	79	71	4	0
Extra Flake		185	44	3	2	5	5	1	0	2,255	537	31	19	56	56	8	0
With Cream		622	148	16	10	1	1	1	0	1,553	370	39	24	3	3	2	0
With Custard		378	90	2	1	15	11	3	0	378	90	2	1	15	11	3	0
With Ice Cream		530	126	6	4	16	16	4	0	623	148	6	4	18	18	4	0
Sundae topping - Home-baked chocolate chip cookie		1,075	256	13	7	33	19	2	0	1,919	457	23	12	59	35	4	1
Sundae Topping - Oreo Crumb		374	89	4	2	12	8	1	0	1,869	445	20	10	60	38	5	1
Mini pudding - Chocolate Brownie Pieces		1,088	259	21	10	13	5	3	0	1,321	314	26	11	16	6	4	0
Mini pudding - Mini Bramley Apple & cinnamon crumble		1,172	279	10	3	45	25	1	0	715	170	6	2	27	15	1	0
Strawberries & Ice Cream		744	177	6	4	26	26	5	0	301	72	2	1	10	10	2	0
Strawberries & Cream		840	200	16	10	11	11	2	0	415	99	8	5	6	6	1	0
Blueberry Cheesecake	New York style cheesecake served with strawberry & passion fruit sauce and freshly whipped cream.	3,115	742	55	34	54	38	9	1	1,353	322	24	15	23	16	4	1
Munchies Sundae	Milk chocolate, soft caramel and biscuit Munchies muddled in with our luscious creamy dairy ice cream, Belgian chocolate and Devon cream toffee sauce, topped with a crisp wafer.	2,382	567	21	13	84	77	9	0	961	229	9	5	34	31	4	0
Munchies Sundae Sharing	Milk chocolate, soft caramel and biscuit Munchies muddled in with our luscious creamy dairy ice cream, Belgian chocolate and Devon cream toffee sauce, topped with a crisp wafer.	4,208	1,002	37	22	151	137	15	1	1,031	246	9	5	37	34	4	0
Toby Apple, Plum & Damson Crumble	topped with a Demerara crumble. Also refer to choice of dairy ice cream, freshly whipped cream or custard for additional nutrition information.	1,907	454	15	4	77	48	2	0	785	187	6	2	32	20	1	0

Children's menu	Children's menu	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Heinz Tomato Soup	Reduced salt. Served with wholemeal bread.	974	232	7	1	33	12	7	1	395	94	3	0	13	5	3	0
Veggie Sticks & Cheesy BBQ Dip	Fresh carrots, peppers and cucumber. Served with a delicious dip.	431	103	2	1	19	15	1	0	265	63	1	0	11	9	1	0
Mini King Prawn Cocktail	Served with wholemeal bread.	1,221	291	11	1	31	6	15	2	646	154	6	1	16	3	8	1
Sausages & Giant Yorkshire Pud	Two sausages with a Yorkshire pudding. Help yourself to as many veggies and potatoes as you like.	1,152	274	19	6	18	1	7	2	1,456	347	21	6	24	2	11	2
Quorn Sausages and Giant Yorkshire Pud	Two quorn sausages with a Yorkshire pudding. Help yourself to as many veggies and potatoes as you like.	1,226	292	14	1	24	2	15	2	1,014	241	12	1	20	1	13	1
Mac & Cheese		840	200	5	3	33	5	6	1	556	132	3	2	22	3	4	1
100% chicken breast nuggets	served with a choice of garlic bread, crudités, baked or mixed salad	798	190	5	2	21	8	16	1	615	146	4	1	16	6	12	1
Spaghetti Bolognese	Spaghetti with beef bolognese sauce served with veg sticks.	979	233	7	2	27	4	14	1	391	93	3	1	11	2	6	0
BBQ Chicken Mickey Sandwich	Chicken nuggets in a Mickey shaped bread bun with BBQ sauce	1,549	369	5	2	60	16	19	2	427	102	2	1	13	8	7	1
Choice Baked Beans		319	76	0	0	13	5	4	1	321	76	0	0	13	5	4	1
Choice Veg Sticks		130	31	0	0	5	5	1	0	110	26	0	0	4	4	1	0
Choice Garlic Bread		764	182	8	2	22	1	4	1	1,187	283	13	3	35	1	7	1
Choice Corn on the Cob		244	58	2	0	6	2	3	0	174	42	1	0	5	1	2	

The Carvery - Midweek	Choose from a selection of roasted meats: roast gammon, roast turkey, roast beef and roast pork. Also refer to your choice of veggies, potatoes & gravy for additional nutrition information.																	
Gammon		665	158	7	2	0	0	25	2	832	198	8	3	0	0	31	3	
Turkey		531	126	3	1	0	0	26	0	664	158	3	1	0	0	32	0	
Beef		961	229	14	7	1	0	26	0	1,201	286	17	9	1	0	32	0	
Pork		890	212	10	3	0	0	31	0	1,113	265	12	4	0	0	39	0	

Children's Pudding Menu		Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Dairy Ice Cream	Swirls of dairy ice cream and a cadbury flake. Also refer to your choice of sauce for additional nutrition information.	808	192	9	6	23	23	5	0	746	178	8	5	21	21	5	0
Sauce choice - Strawberry Sauce	Also refer to dairy ice cream recipe for additional nutrition information	359	85	4	2	11	7	1	0	1,793	427	21	8	53	33	6	0
Sauce choice - Devon cream toffee sauce	Also refer to dairy ice cream recipe for additional nutrition information	269	64	1	1	13	12	0	0	1,352	322	6	3	67	61	0	0
Sauce choice - Belgian Chocolate Sauce	Also refer to dairy ice cream recipe for additional nutrition information	244	58	0	0	13	11	0	0	1,226	292	2	1	67	57	1	0
Sauce Choice - Scilian Lemon Sauce		232	55	0	0	13	11	0	0	1,159	276	2	1	64	57	1	0
Extra Flake		185	44	3	2	5	5	1	0	2,255	537	31	19	56	56	8	0
Sundae Topping - Marshmallows		210	50	0	0	12	11	1	0	1,394	332	0	0	79	71	4	0
Sundae Topping - Oreo Crumb		374	89	4	2	12	8	1	0	1,869	445	20	10	60	38	5	1
Sundae topping - Home-baked chocolate chip cookie		1,075	256	13	7	33	19	2	0	1,919	457	23	12	59	35	4	1
Make Your Own Sundae	dairy ice cream, honeycomb pieces, oreo chocolate crumbs, Marshmallows and a crisp wafer.	1,294	308	9	6	50	43	5	0	931	222	7	4	36	31	4	0
Chocolate Heaven Sundae	Chocolate Brownie pieces, Skittles & Belgian chocolate sauce muddled in dairy ice cream topped with a cadbury chocolate flake	1,569	374	17	8	47	38	7	0	923	220	10	5	28	22	4	0
BEAR Fruit	1 of 5 a day	235	56	0	0	13	8	0	0	1,176	280	0	0	63	38	2	0
Mini Fruit Crumble & Custard (Apple With Cinnamon)	Our apple with cinnamon, served with custard.	1,319	314	9	3	52	32	4	0	527	126	4	1	21	13	0	0
Mini Fruit Crumble & Custard (Toffee apple & banana)	Served with custard	1,680	400	12	5	70	51	4	0	669	159	5	2	28	20	1	0



Pip Organic lolly	A tropical fruit frozen ice lolly.	84	20	0	0	5	5	0	0	210	50	0	0	13	12	0	0
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