

# BEEFEATER BAR MENU

The Food Standards Agency Guidelines for daily intake for the various components that go to make up the nutrition data are given below. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish.

Nutrient	Units	Men	Women	Children
Energy (kCal)	kcal	2500	2000	1800
Protein	g	55	45	24
Carbohydrate	g	300	230	220
Sugar	g	120	90	85
Fat	g	95	70	70
Saturated fat	g	30	20	20
Salt	g	6	6	4

At present the FSA is primarily targeting reduction of saturated fat and salt intake.

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and are in the same order as they are on the menu and where choices are available they are given at the start of each section. Figures quoted are typical for the dish and may vary slightly from day to day.

## SANDWICHES & JACKETS

### BAGUETTES

Baguettes and hot filled sandwiches are available in white and malted bread. The nutrition of both is similar and values given are the average of the two.

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Chicken and Caesar Dressing	652	49.0	56.5	5.6	21.6	6.7	3.3
Pork, Leek & Bacon Sausages with Spiced Onion Marmalade	759	31.3	66.7	10.9	36.9	12.7	2.7
Chicken Mayonnaise Salad	642	48.9	57.6	6.4	20.1	4.9	3.4
Prawns in Marie Rose Sauce	483	16.8	55.4	5.5	17.7	4.6	2.6
Grated Cheddar Cheese & Spiced Onion Marmalade	863	39.0	62.0	10.2	47.5	25.6	3.8

Add soup, salad or chips to your baguette, add the following to get the total value for your dish.

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Soup of the Day	93	1.8	3.8	1.0	13.0	3.0	1.3
Chips	525	7.3	66.6	1.8	25.5	8.1	0.0
Mixed Salad	55	1.0	5.0	2.6	3.4	1.3	0.1

## HOT SPECIALITY SANDWICHES

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Steak Club Sandwich</b>	713	41.0	71.4	18.6	26.1	7.0	2.7
<b>Classic Club Sandwich</b>	947	73.0	56.3	7.4	47.9	16.7	6.9
Speciality sandwiches are served with either chips or nachos. Add the nutrition values for your choice to that of your sandwich to get the total for your meal.							
<b>Chips</b>	525	7.3	66.6	1.8	25.5	8.1	0.0
<b>Nachos</b>	257	3.4	34.0	0.8	12.0	1.2	0.5

## JACKET POTATOES

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Cheddar Cheese and Baked Beans</b>	608	23.1	53.1	10.7	33.9	21.3	2.5
<b>Chilli and Cheese</b>	656	26.8	56.4	13.0	36.1	20.4	2.2
<b>Cheddar Cheese, Baked Beans and Bacon</b>	690	31.3	53.3	10.9	39.3	23.5	4.1
<b>Quorn Chilli and Cheese</b>	608	20.3	67.9	15.3	28.9	16.1	2.6

## TO SHARE

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Beefeater Grill Combo</b>	1354	93.9	106.4	33.7	60.9	16.7	6.3
<b>Potato Shells</b>	1072	43.3	64.2	16.4	69.9	37.5	3.5
<b>Nachos with Salsa and Sour Cream &amp; Chive Dip</b>	1242	43.6	82.8	3.7	82.1	36.2	4.4
<b>Nachos with Blue Cheese and Jalapeno Sauce</b>	1154	39.1	86.6	9.2	72.1	31.4	4.0

## PASTA, SALADS AND VEGETARIAN

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Mediterranean Pasta	583	18.3	72.7	13.5	25.7	4.5	1.9
Mediterranean Pasta with Chicken Breast	758	56.3	73.7	14.5	27.8	5.1	3.3
Mediterranean Pasta with Salmon Fillet	959	57.4	73.5	14.3	49.6	9.2	2.2
Mediterranean Pasta with Prawn Skewers	650	24.1	82.0	13.8	26.4	4.7	2.2
Creamy Pesto Pasta	614	12.5	63.6	5.1	34.2	13.1	1.6
Creamy Pesto Pasta with Chicken Breast	789	50.5	64.6	6.2	36.3	13.7	3.0
Creamy Pesto Pasta with Salmon Fillet	990	51.6	64.4	6.0	58.1	17.8	1.9
Creamy Pesto Pasta with Prawn Skewers	680	18.3	72.9	5.4	34.9	13.3	1.9
Mediterranean Tomato Risotto	958	19.9	129.7	14.7	27.9	11.6	3.1
Mediterranean Tomato Risotto with Chicken Breast	1132	57.9	130.7	15.7	30.0	12.2	4.4
Mediterranean Tomato Risotto with Salmon Fillet	1333	59.0	130.5	15.5	51.8	16.4	3.4
Mediterranean Tomato Risotto with Prawn Skewers	1024	25.7	139.0	15.0	28.6	11.9	3.3
Paprika Chicken Salad	315	41.1	20.8	13.7	7.5	2.7	2.2
Caesar Salad	492	17.1	22.9	3.2	36.7	15.5	3.0
Caesar Salad with Chicken Breast	667	55.1	23.9	4.2	38.8	16.1	4.4
Caesar Salad with Salmon Fillet	868	56.2	23.7	4.0	60.6	20.3	3.4
Caesar Salad with Prawn Skewers	559	23.0	32.2	3.5	37.4	15.8	3.3
Caesar Salad with Bacon and Stilton	936	49.6	23.4	3.7	71.3	35.5	7.6
Quesadilla Wrap	727	20.8	68.5	13.2	41.0	20.9	4.3

## TEMPTING EXTRAS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Cheddar Cheese Garlic Bread (2 slices)	400	12.4	30.5	1.5	25.5	12.3	1.5
Cheddar Cheese Garlic Bread (4 slices)	800	24.8	60.9	2.9	51.0	24.6	2.9
Battered Onion Rings	653	10.0	76.5	5.5	34.1	8.6	2.7
Coleslaw	257	2.3	16.1	10.4	20.9	1.7	1.4

## MAINS

At Beefeater we believe in giving our guests a choice of what to accompany their meal with. You should add the nutrition values of your chosen dish and accompaniment together to get the total for your meal. Exceptions to this are where the accompaniment is an integral part of the dish (e.g. Sausages and Mash) you can choose your accompaniment from one of the following. Here, the values quoted are for the total meal.

## ACCOMPANIMENTS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Chips</b>	525	7.3	66.6	1.8	25.5	8.1	0.0
<b>Go Large Chips</b>	701	9.7	88.8	2.4	34.0	10.8	0.0
<b>Jacket Potato and Butter</b>	307	3.6	37.6	5.2	16.0	10.4	0.4
<b>Buttered New Potatoes</b>	222	2.9	45.0	4.3	3.4	2.0	0.2
<b>Dauphinoise Potatoes</b>	543	12.0	61.9	2.6	27.0	16.6	1.8
<b>Basmati Rice</b>	179	3.5	39.2	0.3	0.7	0.2	0.8
<b>Side Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1

## CHARGRILLS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Plain 6oz Burger</b>	624	41.6	48.9	7.5	29.0	10.5	2.0
<b>6oz Burger with Cheese and Bacon</b>	816	56.9	49.6	7.7	43.3	18.1	4.1
<b>6oz Burger with a Flat Mushroom and Black &amp; Blue Sauce</b>	848	50.7	57.6	8.5	45.4	16.2	2.9
<b>6oz Burger with Jalapenos and Cajun Spiced Onions &amp; Peppers</b>	702	43.1	55.9	11.6	33.9	11.1	3.5
<b>6oz Burger with Battered Onion Rings &amp; BBQ Sauce</b>	812	44.2	73.8	13.5	37.6	12.6	3.2
<b>Plain 9oz Burger</b>	745	55.1	49.5	8.1	36.2	13.7	2.0
<b>9oz Burger with Cheese and Bacon</b>	936	70.4	50.2	8.3	50.4	21.3	4.1
<b>9oz Burger with a Flat Mushroom and Black &amp; Blue Sauce</b>	968	64.2	58.2	9.1	52.6	19.4	3.0
<b>9oz Burger with Jalapenos and Cajun Spiced Onions &amp; Peppers</b>	823	56.7	56.5	12.2	41.0	14.3	3.5
<b>9oz Burger with Battered Onion Rings &amp; BBQ Sauce</b>	932	57.7	74.4	14.1	44.7	15.9	3.2
<b>Smoked Paprika Chicken Burger with Sour Cream &amp; Chive</b>	505	49.3	50.3	9.9	11.7	5.1	2.8
<b>Smoked Paprika Chicken Burger with Mayonnaise</b>	522	48.8	51.0	9.6	13.5	3.2	3.2
<b>Smoked Paprika Chicken</b>	423	42.3	18.8	12.5	20.2	3.4	3.0
<b>Plain Chicken</b>	401	40.5	16.8	10.5	19.4	3.0	2.4
<b>Chicken Breast Burger with Cheese and Bacon</b>	545	53.8	46.6	6.0	16.0	7.9	2.7
<b>Gammon Steak (single) and Pineapple</b>	675	34.3	72.0	11.7	29.3	9.4	5.9
<b>Gammon Steak (single) and Egg</b>	731	68.6	143.9	23.5	58.6	18.9	11.9
<b>Gammon Steak (double) and Pineapple</b>	797	60.9	72.3	11.9	32.6	10.3	11.7
<b>Gammon Steak (double) and Egg</b>	853	95.2	144.3	23.6	61.9	19.7	17.6

<b>7oz Rump Steak</b>	258	40.4	1.4	1.0	9.9	5.4	1.7
Our rump steak is accompanied by mixed salad, battered onion rings or tomato & mushroom, add the nutrition of your choice to that of the steak:							
<b>Mixed Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1
<b>Half a Grilled Tomato and a Flat Mushroom</b>	68	1.9	3.0	2.5	5.3	0.5	0.0
<b>Battered Onion Rings</b>	220	3.4	25.5	1.9	11.5	2.9	0.9
<b>Coleslaw</b>	115	1.1	7.2	4.7	9.3	0.8	0.6
<b>Salmon Fillet</b>	468	42.8	12.6	6.6	27.5	5.1	1.0

## CLASSIC FAVOURITES

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Hand-battered Fish and Chips</b>	1235	48.1	83.8	4.7	78.5	14.3	1.2
<b>Chilli con Carne with Rice</b>	666	21.9	91.8	7.4	22.4	5.6	2.9
<b>Quorn Chilli with Rice</b>	626	16.4	103.0	11.1	16.6	1.5	3.1
<b>Sausages and Mash</b>	Not yet available.						
<b>Beef, Mushroom and Ale Pie</b>	985	34.6	95.5	8.9	51.9	19.4	4.7
<b>Breaded Scampi and Chips</b>	1131	26.9	104.7	5.5	67.2	13.1	3.2
<b>Beef Lasagne with Garlic Bread</b>	879	36.2	78.0	18.0	47.1	24.0	4.9
<b>Beef Lasagne with Chips</b>	1120	38.8	114.6	18.3	56.5	25.6	4.0
<b>Mediterranean Vegetable Lasagne with Garlic Bread</b>	780	20.3	39.6	6.7	35.9	13.4	2.8
<b>Mediterranean Vegetable Lasagne with Chips</b>	1021	22.8	76.2	7.1	45.3	15.0	1.9

## TEMPTING DESSERTS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Chocolate Fudge Brownie Sundae (single)	672	10.4	79.6	67.6	34.7	17.1	0.8
Chocolate Fudge Brownie Sundae (sharing)	1343	20.7	159.1	135.1	69.5	34.2	1.6
Banoffee Pie	677	5.5	92.7	60.5	31.9	19.7	0.1
Profiteroles (single) with Ice Cream	575	8.5	46.3	35.6	35.3	18.1	0.5
Profiteroles (single) with Cream	666	7.8	38.2	27.4	49.3	26.3	0.5
Profiteroles (single) with Crème Fraiche	580	7.9	38.1	27.4	39.7	20.1	0.5
Profiteroles (sharing) with Ice Cream	1146	17.0	91.7	70.1	70.6	36.2	1.0
Profiteroles (sharing) with Cream	1327	15.7	75.5	53.9	98.5	52.6	1.0
Profiteroles (sharing) with Crème Fraiche	1155	15.9	75.3	53.7	79.4	40.2	0.9
Chocolate Fudge Sensation Cake with Ice Cream	880	10.2	109.1	91.4	44.8	18.4	1.8
Chocolate Fudge Sensation Cake with Cream	971	9.5	101.0	83.2	58.8	26.6	1.8
Chocolate Fudge Sensation Cake with Crème Fraiche	885	9.7	100.9	83.2	49.3	20.4	1.8
Vanilla Cheesecake	482	5.9	46.2	34.6	30.3	17.1	0.8
Treacle Sponge Pudding with Custard	645	8.9	96.6	70.8	24.8	9.7	1.0
Treacle Sponge Pudding with Ice Cream	722	10.6	106.3	80.5	28.3	12.7	1.1
Treacle Sponge Pudding with Cream	713	7.1	82.6	61.0	39.4	19.3	1.0
Treacle Sponge Pudding with Crème Fraiche	627	7.2	82.5	60.9	29.9	13.1	0.9
Caramel Apple Crumble Pie with Custard	624	7.8	94.0	64.4	24.0	11.6	0.3
Caramel Apple Crumble Pie with Ice Cream	602	6.7	88.2	62.7	24.7	13.0	0.2
Caramel Apple Crumble Pie with Cream	692	6.0	80.0	54.6	38.6	21.2	0.2
Caramel Apple Crumble Pie with Crème Fraiche	606	6.1	80.0	54.5	29.1	15.0	0.2
Warm Chocolate Fudge Brownie	604	9.1	73.6	64.7	30.4	10.1	1.2

## CONDIMENTS

Values are for 100g of the condiment.

Condiment	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.1
Cracked Black Pepper	230	11.0	39.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	192	8.4	20.0	11.7	8.2	0.5	8.0
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.1	2.8
French Mustard	118	3.9	15.5	7.2	3.5	0.1	3.6
Tomato Ketchup	102	0.9	23.9	23.5	0.1	0.1	3.0
Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Bramley Apple Sauce	130	0.1	32.0	28.0	0.1	0.1	0.1

<b>Cranberry Sauce</b>	168	0.2	44.0	44.0	0.1	0.1	0.1
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# BEEFEATER RESTAURANT MENU

The Food Standards Agency Guidelines for daily intake for the various components that go to make up the nutrition data are given below. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish.

Nutrient	Units	Men	Women	Children
<b>Energy (kCal)</b>	kcal	2500	2000	1800
<b>Protein</b>	g	55	45	24
<b>Carbohydrate</b>	g	300	230	220
<b>Sugar</b>	g	120	90	85
<b>Fat</b>	g	95	70	70
<b>Saturated fat</b>	g	30	20	20
<b>Salt</b>	g	6	6	4

At present the FSA is primarily targeting reduction of saturated fat and salt intake.

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and the order on the menu and where choices are available they are given at the start of each section. Figures are typical for the dish and may vary slightly from day to day.

## STARTERS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Dipping Bread Trio (to share)</b>	1112	19.7	79.8	4.2	80.2	24.0	2.8
<b>Koftas</b>	279	20.2	11.0	7.2	16.8	2.2	1.4
<b>Prawn Cocktail</b>	353	15.5	18.7	4.5	24.2	11.6	2.5
<b>Garlic and Herb Breaded Mushrooms</b>	445	6.0	42.1	9.2	28.4	5.1	1.8
<b>Potato Shells with Cheddar Cheese and Onion Marmalade</b>	487	18.2	32.3	15.2	30.8	17.0	0.9
<b>Potato Shells with Cheddar Cheese and Bacon</b>	585	25.1	31.9	1.2	39.2	20.5	2.6
<b>Soup of the Day</b>	323	4.5	21.8	1.5	29.4	13.4	2.1
<b>Paprika Chicken Skewers</b>	164	22.2	13.4	10.5	2.4	0.4	1.4
<b>Whitebait</b>	713	24.5	23.1	3.1	58.0	14.2	2.1
<b>Prawn Trio</b>	331	14.1	35.5	15.1	14.9	4.5	2.5
<b>Beefeater Grill Combo (to share)</b>	1354	93.9	106.4	33.7	60.9	16.7	6.3
<b>Chicken Liver Pate</b>	593	13.0	52.3	19.2	37.2	16.6	1.9
<b>Baked Camembert</b>	577	33.3	36.0	13.9	33.5	22.8	3.1

## MAIN COURSES

At Beefeater we believe in giving our guests a choice of what to accompany their meal with. Whilst chips etc are listed on the menu you can change this by selecting one of the options listed below to accompany your main course. You should add the nutrition of your chosen dish to that of the accompaniment to get the total values for your meal. Exceptions are dishes such as sausages and mash where the mash is integral to the dish. Here the values are for the total dish.

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Chips</b>	525	7.3	66.6	1.8	25.5	8.1	0.0
<b>Go Large Chips</b>	701	9.7	88.8	2.4	34.0	10.8	0.0
<b>Jacket Potato and Butter</b>	307	3.6	37.6	5.2	16.0	10.4	0.4
<b>Buttered New Potatoes</b>	222	2.9	45.0	4.3	3.4	2.0	0.2
<b>Dauphinoise Potatoes</b>	543	12.0	61.9	2.6	27.0	16.6	1.8
<b>Basmati Rice</b>	179	3.5	39.2	0.3	0.7	0.2	0.8
<b>Side Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1

## ULTIMATE CHARGRILLS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
<b>Rack of Ribs</b>	1167	102.0	51.9	24.4	61.6	17.7	5.4
<b>Rack of Ribs with Mojito Sauce</b>	1348	102.1	94.8	65.2	61.6	17.7	5.8
<b>Rack of Ribs with Smoked Caramel and Apple Glaze</b>	1255	102.6	102.2	73.5	61.9	17.8	6.3
<b>Rack of Ribs with Bourbon and Black BBQ Sauce</b>	1244	102.4	69.2	41.1	61.9	17.8	5.8
<b>Ultimate Steak Platter</b>	1344	131.8	37.8	9.7	71.7	30.2	5.3
<b>Giant Chicken Skewer</b>	649	70.4	12.6	8.8	35.5	7.8	3.3
This dish is accompanied by a side salad or battered onion rings and corn on the cob and a sauce. Add the values of the sauce and accompaniment to that of the chicken skewer to get the total for the dish.							
<b>Side Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1
<b>Battered Onion Rings and Corn on the Cob</b>	406	7.0	46.7	7.0	20.8	8.4	1.2
<b>Piri Piri Sauce</b>	76	0.5	6.9	4.3	5.2	1.2	0.5
<b>Blue Cheese and Jalapeño Sauce</b>	93	2.8	1.7	0.4	8.4	4.8	0.2
<b>Ribeye on the Bone</b>	963	80.5	38.0	7.4	53.2	22.5	3.5
We recommend Sweet Potato Chips with this ribeye. If you choose this option add the nutrition below to that of the steak to get the dish total.							
<b>Sweet Potato Chips</b>	630	4.5	68.8	17.0	37.5	9.8	1.0
<b>Sirloin and Giant Prawns</b>	683	73.9	9.3	4.1	39.0	17.5	2.5
<b>Fisherman's Chargrilled Selection</b>	296	42.9	10.2	3.8	12.8	5.8	0.8

## OUR FAMOUS STEAKS AND BURGERS

In addition to the above accompaniments our steaks come with one of the following. Please add the values for your choice to that of your steak.

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Mixed Salad	55	1.0	5.0	2.6	3.3	1.3	0.1
Half a Grilled Tomato and a Flat Mushroom	68	1.9	3.0	2.5	5.3	0.5	0.0
Battered Onion Rings	220	3.4	25.5	1.9	11.5	2.9	0.9
Coleslaw	115	1.1	7.2	4.7	9.3	0.8	0.6

We have found that there is little difference in nutrition values of steaks whether they are cooked rare or well done so only one figure is given.

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
10oz Ribeye Steak	500	61.2	2.7	2.4	27.2	13.0	1.9
8oz Sirloin Steak	371	45.9	0.9	0.5	20.5	9.2	1.7
7oz Fillet Steak	296	40.3	0.8	0.5	14.5	7.0	1.7
7oz Rump Steak	258	40.4	1.4	1.0	9.9	5.4	1.7

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Plain 6oz Burger	624	41.6	48.9	7.5	29.0	10.5	2.0
6oz Burger with Cheese and Bacon	816	56.9	49.6	7.7	43.3	18.1	4.1
6oz Burger with a Flat Mushroom and Black & Blue Sauce	848	50.7	57.6	8.5	45.4	16.2	2.9
6oz Burger with Jalapeños and Cajun Spiced Onions & Peppers	702	43.1	55.9	11.6	33.9	11.1	3.5
6oz Burger with Battered Onion Rings & BBQ Sauce	812	44.2	73.8	13.5	37.6	12.6	3.2
Plain 9oz Burger	745	55.1	49.5	8.1	36.2	13.7	2.0
9oz Burger with Cheese and Bacon	936	70.4	50.2	8.3	50.4	21.3	4.1
9oz Burger with a Flat Mushroom and Black & Blue Sauce	968	64.2	58.2	9.1	52.6	19.4	3.0
9oz Burger with Jalapeños and Cajun Spiced Onions & Peppers	823	56.7	56.5	12.2	41.0	14.3	3.5
9oz Burger with Battered Onion Rings & BBQ Sauce	932	57.7	74.4	14.1	44.7	15.9	3.2

## SAUCES

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Chimi Churi Sauce	344	0.4	1.0	0.6	37.5	5.4	0.5
Peppercorn and Brandy Sauce	95	1.8	5.3	2.0	5.3	3.0	0.7
Bourbon and Black BBQ Sauce	77	0.5	17.2	16.6	0.3	0.1	0.4
Black and Blue Sauce	108	2.7	3.4	0.9	8.8	5.1	0.8
Béarnaise Sauce	222	1.1	3.8	1.6	22.5	12.7	0.8
Piri Piri Sauce	76	0.5	6.9	4.3	5.2	1.2	0.5
Blue Cheese and Jalapeno Sauce	163	4.9	2.9	0.8	14.7	8.3	0.4
Mojito Sauce	182	0.2	42.8	40.7	0.1	0.0	0.4
Smoked Caramel and Apple Glaze	88	0.2	33.0	32.5	0.1	0.0	0.5

## MEAT AND FISH

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Mixed Grill with Mixed Salad	561	77.4	10.1	4.1	24.9	9.6	8.6
Mixed Grill with a Flat Mushroom & Grilled Tomato	574	78.2	8.1	4.0	26.9	8.8	8.5
Tandoori Chicken	1318	94.6	114.2	10.0	52.8	15.1	4.8
Chicken Breast wrapped in Bacon	416	44.0	9.1	9.0	22.5	8.4	3.1
Sausage and Mash	921	39.1	71.7	19.5	53.4	22.9	3.9
Chicken Breast and Maple Pork Ribs	915	91.6	56.7	30.0	35.4	11.7	4.6
Smoked Paprika Chicken	423	42.3	18.8	12.5	20.2	3.4	3.0
Plain Chicken	401	40.5	16.8	10.5	19.4	3.0	2.4
Salmon Fillet	468	42.8	12.6	6.6	27.5	5.1	1.0
Seabass Skewers	335	38.8	13.0	6.0	14.5	3.2	0.9

## PASTAS, SALADS AND VEGETARIAN

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Mediterranean Pasta	583	18.3	72.7	13.5	25.7	4.5	1.9
Mediterranean Pasta with Chicken Breast	758	56.3	73.7	14.5	27.8	5.1	3.3
Mediterranean Pasta with Salmon Fillet	959	57.4	73.5	14.3	49.6	9.2	2.2
Mediterranean Pasta with Prawn Skewers	650	24.1	82.0	13.8	26.4	4.7	2.2
Creamy Pesto Pasta	614	12.5	63.6	5.1	34.2	13.1	1.6
Creamy Pesto Pasta with Chicken Breast	789	50.5	64.6	6.2	36.3	13.7	3.0
Creamy Pesto Pasta with Salmon Fillet	990	51.6	64.4	6.0	58.1	17.8	1.9
Creamy Pesto Pasta with Prawn Skewers	680	18.3	72.9	5.4	34.9	13.3	1.9
Mediterranean Tomato Risotto	958	19.9	129.7	14.7	27.9	11.6	3.1
Mediterranean Tomato Risotto with Chicken Breast	1132	57.9	130.7	15.7	30.0	12.2	4.4
Mediterranean Tomato Risotto with Salmon Fillet	1333	59.0	130.5	15.5	51.8	16.4	3.4
Mediterranean Tomato Risotto with Prawn Skewers	1024	25.7	139.0	15.0	28.6	11.9	3.3
Paprika Chicken Salad	315	41.1	20.8	13.7	7.5	2.7	2.2
Prawn and Lemon Pepper Scallop Salad	362	16.6	28.8	7.8	20.2	8.6	1.1
Caesar Salad	492	17.1	22.9	3.2	36.7	15.5	3.0
Caesar Salad with Chicken Breast	667	55.1	23.9	4.2	38.8	16.1	4.4
Caesar Salad with Salmon Fillet	868	56.2	23.7	4.0	60.6	20.3	3.4
Caesar Salad with Prawn Skewers	559	23.0	32.2	3.5	37.4	15.8	3.3
Caesar Salad with Bacon and Stilton	936	49.6	23.4	3.7	71.3	35.5	7.6
Quesadilla Wrap	727	20.8	68.5	13.2	41.0	20.9	4.3
Sweet Red Pepper and Crème Fraiche Tart	704	14.7	48.0	8.9	50.2	25.9	2.8

## SIDE ORDERS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Battered Onion Rings	653	10.0	76.5	5.5	34.1	8.6	2.7
Flat Mushrooms	346	19.4	15.7	0.3	22.7	1.8	0.3
Beefeater Extra	611	16.1	57.9	3.8	35.1	13.8	2.4
Mixed Salad Bowl	55	1.0	5.0	2.6	3.4	1.3	0.1
Cheddar Cheese Garlic Bread (2 slices)	400	12.4	30.5	1.5	25.5	12.3	1.5
Cheddar Cheese Garlic Bread (4 slices)	800	24.8	60.9	2.9	51.0	24.6	2.9
Corn on the Cob	232	7.2	42.4	10.3	2.9	0.6	0.2
Coleslaw	257	2.3	16.1	10.4	20.9	1.7	1.4
Fresh Vegetables	27	2.0	3.8	3.7	0.5	0.1	0.0
Rustic Bread and Butter	274	4.1	26.9	0.7	16.6	10.4	1.1
Go Large with Chips (extra)	176	2.4	22.3	0.6	8.5	2.7	0.0

## SUNDAY ROAST

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Roast Pork	1029	52.2	73.5	20.0	58.6	12.9	2.6
Roast Beef	916	62.4	61.1	12.8	47.1	9.9	2.3
Half a Roast Chicken	1058	82.6	59.6	11.8	54.4	9.7	3.9
Roast Pork Upgrade	1545	83.3	104.7	24.9	88.3	20.2	3.9
Roast Beef Upgrade	1289	86.8	89.6	17.6	65.0	13.7	3.2

## DESSERTS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Chocolate Fudge Brownie Sundae (single)	672	10.4	79.6	67.6	34.7	17.1	0.8
Chocolate Fudge Brownie Sundae (sharing)	1343	20.7	159.1	135.1	69.5	34.2	1.6
Belgian Chocolate Cheesecake	809	8.7	61.4	47.0	58.6	33.3	0.9
Banoffee Pie	677	5.5	92.7	60.5	31.9	19.7	0.1
Profiteroles (single) with Ice Cream	575	8.5	46.3	35.6	35.3	18.1	0.5
Profiteroles (single) with Cream	666	7.8	38.2	27.4	49.3	26.3	0.5
Profiteroles (single) with Crème Fraiche	580	7.9	38.1	27.4	39.7	20.1	0.5
Profiteroles (sharing) with Ice Cream	1146	17.0	91.7	70.1	70.6	36.2	1.0
Profiteroles (sharing) with Cream	1327	15.7	75.5	53.9	98.5	52.6	1.0
Profiteroles (sharing) with Crème Fraiche	1155	15.9	75.3	53.7	79.4	40.2	0.9
Chocolate Fudge Sensation Cake with Ice Cream	880	10.2	109.1	91.4	44.8	18.4	1.8
Chocolate Fudge Sensation Cake with Cream	971	9.5	101.0	83.2	58.8	26.6	1.8
Chocolate Fudge Sensation Cake with Crème Fraiche	885	9.7	100.9	83.2	49.3	20.4	1.8
Ice Cream Fruit Sundae	289	5.4	32.3	32.3	15.6	11.8	0.2
Vanilla Cheesecake	482	5.9	46.2	34.6	30.3	17.1	0.8
Belgian Waffle with Warm Chocolate Flavour Fudge Sauce	678	8.4	87.1	57.6	33.3	14.0	1.2
Belgian Waffle with Toffee Sauce	619	7.3	87.1	59.2	27.1	14.5	1.0
Cheese Platter	800	27.4	52.2	21.5	54.1	33.3	3.3
Treacle Sponge Pudding with Custard	645	8.9	96.6	70.8	24.8	9.7	1.0
Treacle Sponge Pudding with Ice Cream	722	10.6	106.3	80.5	28.3	12.7	1.1
Treacle Sponge Pudding with Cream	713	7.1	82.6	61.0	39.4	19.3	1.0
Treacle Sponge Pudding with Crème Fraiche	627	7.2	82.5	60.9	29.9	13.1	0.9
Caramel Apple Crumble Pie with Custard	624	7.8	94.0	64.4	24.0	11.6	0.3
Caramel Apple Crumble Pie with Ice Cream	602	6.7	88.2	62.7	24.7	13.0	0.2
Caramel Apple Crumble Pie with Cream	692	6.0	80.0	54.6	38.6	21.2	0.2
Caramel Apple Crumble Pie with Crème Fraiche	606	6.1	80.0	54.5	29.1	15.0	0.2
Warm Chocolate Fudge Brownie	604	9.1	73.6	64.7	30.4	10.1	1.2

## CONDIMENTS

Values are for 100g of the condiment.

Condiment	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.1
Cracked Black Pepper	230	11.0	39.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	192	8.4	20.0	11.7	8.2	0.5	8.0
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.1	2.8
French Mustard	118	3.9	15.5	7.2	3.5	0.1	3.6
Tomato Ketchup	102	0.9	23.9	23.5	0.1	0.1	3.0
Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Mint Sauce	69	1.4	13.4	11.5	1.0	0.1	1.8
Bramley Apple Sauce	130	0.1	32.0	28.0	0.1	0.1	0.1
Cranberry Sauce	168	0.2	44.0	44.0	0.1	0.1	0.1

## BEEFEATER DAYTIME MENU

The Food Standards Agency guidelines for daily intake of the various components that go to make up the nutrition information are given below.

Nutrient	Units	Men	Women	Children
<b>Energy</b>	kCals	2500	2000	1800
<b>Protein</b>	g	55	45	24
<b>Carbohydrates</b>	g	300	230	220
<b>Sugars</b>	g	120	90	85
<b>Fat</b>	g	95	70	70
<b>Saturated Fat</b>	g	30	20	20
<b>Salt</b>	g	6	6	4

At present the FSA are targeting a reduction in salt and saturated fat.

The figures given below give the nutrition values for each dish, as listed on the menu, except when, for example, you have a choice of what to accompany your meal with (eg chips, jacket etc). Here the value given is that for the meal without the accompaniment, here you need to add the values together to get the total for your dish. Values are typical for the dish and may vary slightly from day to day.

### STARTERS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Nachos</b>	560	19.3	43.0	3.9	34.5	14.1	2.3
<b>Soup of the Day</b>	323	4.5	21.8	1.5	29.4	13.4	2.1
<b>Honeydew Melon</b>	56	1.2	13.2	12.1	0.2	0.0	0.0
<b>Garlic and Herb Breaded Mushrooms</b>	445	6.0	42.1	9.2	28.4	5.1	1.8
<b>Garlic Bread</b>	443	7.4	46.8	2.3	25.1	10.1	1.4

# MAINS

At Beefeater we believe in giving our guests a choice of what to accompany their meal with. Whilst chips etc are listed against dishes on the menu you can swap the item listed for one of those below. Add the nutrition value of your choice to you main meal to that of your chosen accompaniment to get the nutrition of your complete meal. Exceptions to this are dishes such as sausages and mash where the mash in integral to the dish. Here, the values quoted are those for the total dish.

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Chips</b>	525	7.3	66.6	1.8	25.5	8.1	0.0
<b>Go Large Chips</b>	701	9.7	88.8	2.4	34.0	10.8	0.0
<b>Jacket Potato and Butter</b>	307	3.6	37.6	5.2	16.0	10.4	0.4
<b>Buttered New Potatoes</b>	222	2.9	45.0	4.3	3.4	2.0	0.2
<b>Dauphinoise Potatoes</b>	543	12.0	61.9	2.6	27.0	16.6	1.8
<b>Basmati Rice</b>	179	3.5	39.2	0.3	0.7	0.2	0.8
<b>Side Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>7oz Rump Steak</b>	258	40.4	1.4	1.0	9.9	5.4	1.7
<b>8oz Sirloin Steak</b>	371	45.9	0.9	0.5	20.5	9.2	1.7

In addition to one of the above accompaniments our steaks are served with your choice of salad, tomato and mushroom, onion rings or coleslaw. Add the nutrition values for this to your meal to get the total.

<b>Mixed Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1
<b>Half a Grilled Tomato and a Flat Mushroom</b>	68	1.9	3.0	2.5	5.3	0.5	0.0
<b>Battered Onion Rings</b>	220	3.4	25.5	1.9	11.5	2.9	0.9
<b>Coleslaw</b>	115	1.1	7.2	4.7	9.3	0.8	0.6
<b>Plain 6oz Burger</b>	624	41.6	48.9	7.5	29.0	10.5	2.0
<b>6oz Burger with Cheese and Bacon</b>	816	56.9	49.6	7.7	43.3	18.1	4.1
<b>6oz Burger with a Flat Mushroom and Black &amp; Blue Sauce</b>	848	50.7	57.6	8.5	45.4	16.2	2.9
<b>6oz Burger with Jalapeños and Cajun Spiced Onions &amp; Peppers</b>	702	43.1	55.9	11.6	33.9	11.1	3.5
<b>6oz Burger with Battered Onion Rings &amp; BBQ Sauce</b>	812	44.2	73.8	13.5	37.6	12.6	3.2
<b>Plain 9oz Burger</b>	745	55.1	49.5	8.1	36.2	13.7	2.0
<b>9oz Burger with Cheese and Bacon</b>	936	70.4	50.2	8.3	50.4	21.3	4.1
<b>9oz Burger with a Flat Mushroom and Black &amp; Blue Sauce</b>	968	64.2	58.2	9.1	52.6	19.4	3.0
<b>9oz Burger with Jalapeños and Cajun Spiced Onions &amp; Peppers</b>	823	56.7	56.5	12.2	41.0	14.3	3.5
<b>9oz Burger with Battered Onion Rings &amp; BBQ Sauce</b>	932	57.7	74.4	14.1	44.7	15.9	3.2

<b>Chicken Breast Burger with Cheese and Bacon</b>	545	53.8	46.6	6.0	16.0	7.9	2.7
<b>Sausages and Mash</b>	Information not yet available.						
<b>Beef, Mushroom and Ale Pie</b>	985	34.6	95.5	8.9	51.9	19.4	4.7
<b>Hand-battered Fish and Chips</b>	1235	48.1	83.8	4.7	78.5	14.3	1.2
<b>Gammon Steak and Pineapple</b>	675	34.3	72.0	11.7	29.3	9.4	5.9
<b>Gammon Steak and Egg</b>	731	68.6	143.9	23.5	58.6	18.9	11.9
<b>Chilli con Carne with Rice</b>	666	21.9	91.8	7.4	22.4	5.6	2.9
<b>Quesadilla Wrap</b>	727	20.8	68.5	13.2	41.0	20.9	4.3
<b>Mediterranean Pasta</b>	583	18.3	72.7	13.5	25.7	4.5	1.9
<b>Mediterranean Pasta with Chicken Breast</b>	758	56.3	73.7	14.5	27.8	5.1	3.3
<b>Mediterranean Pasta with Salmon Fillet</b>	959	57.4	73.5	14.3	49.6	9.2	2.2
<b>Mediterranean Pasta with Prawn Skewers</b>	650	24.1	82.0	13.8	26.4	4.7	2.2
<b>Mediterranean Tomato Risotto</b>	958	19.9	129.7	14.7	27.9	11.6	3.1
<b>Mediterranean Tomato Risotto with Chicken Breast</b>	1132	57.9	130.7	15.7	30.0	12.2	4.4
<b>Mediterranean Tomato Risotto with Salmon Fillet</b>	1333	59.0	130.5	15.5	51.8	16.4	3.4
<b>Mediterranean Tomato Risotto with Prawn Skewers</b>	1024	25.7	139.0	15.0	28.6	11.9	3.3
<b>Chicken and Bacon Salad</b>	304	47.7	6.3	5.6	9.8	3.4	3.1
<b>Half a Roast Chicken</b>	610	70.8	20.4	15.1	27.0	7.9	3.7
<b>Smoked Paprika Chicken</b>	423	42.3	18.8	12.5	20.2	3.4	3.0
<b>Plain Chicken</b>	401	40.5	16.8	10.5	19.4	3.0	2.4

## DESSERTS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Caramel Apple Crumble Pie with Custard</b>	624	7.8	94.0	64.4	24.0	11.6	0.3
<b>Caramel Apple Crumble Pie with Ice Cream</b>	602	6.7	88.2	62.7	24.7	13.0	0.2
<b>Caramel Apple Crumble Pie with Cream</b>	692	6.0	80.0	54.6	38.6	21.2	0.2
<b>Caramel Apple Crumble Pie with Crème Fraiche</b>	606	6.1	80.0	54.5	29.1	15.0	0.2
<b>Ice Cream with Fruit Sauce</b>	272	5.4	42.6	36.9	9.0	7.6	0.2
<b>Ice Cream with Chocolate Flavour Fudge Sauce</b>	324	6.0	44.7	37.5	13.5	9.3	0.2
<b>Profiteroles with Ice Cream</b>	575	8.5	46.3	35.6	35.3	18.1	0.5
<b>Profiteroles with Cream</b>	666	7.8	38.2	27.4	49.3	26.3	0.5
<b>Profiteroles with Crème Fraiche</b>	580	7.9	38.1	27.4	39.7	20.1	0.5
<b>Ice Cream Fruit Sundae</b>	289	5.4	32.3	32.3	15.6	11.8	0.2
<b>Warm Chocolate Fudge Brownie</b>	604	9.1	73.6	64.7	30.4	10.1	1.2

## CONDIMENTS

Values are for 100g of the condiment.

Condiment	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.1
Cracked Black Pepper	230	11.0	39.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	192	8.4	20.0	11.7	8.2	0.5	8.0
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.1	2.8
French Mustard	118	3.9	15.5	7.2	3.5	0.1	3.6
Tomato Ketchup	102	0.9	23.9	23.5	0.1	0.1	3.0
Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Mint Sauce	69	1.4	13.4	11.5	1.0	0.1	1.8
Bramley Apple Sauce	130	0.1	32.0	28.0	0.1	0.1	0.1
Cranberry Sauce	168	0.2	44.0	44.0	0.1	0.1	0.1

## BEEFEATER EVENING MENU

The Food Standards Agency guidelines for daily intake of the various components that go to make up the nutrition information are given below.

Nutrient	Units	Men	Women	Children
<b>Energy</b>	kCals	2500	2000	1800
<b>Protein</b>	g	55	45	24
<b>Carbohydrates</b>	g	300	230	220
<b>Sugars</b>	g	120	90	85
<b>Fat</b>	g	95	70	70
<b>Saturated Fat</b>	g	30	20	20
<b>Salt</b>	g	6	6	4

At present the FSA are targeting a reduction in salt and saturated fat.

The figures given below are that for the dish; except where there is a choice of accompaniment, when the values of the dish and accompaniment should be added to get the value for the total dish. Values are typical for the dish and may vary slightly from day to day.

### STARTERS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Soup of the Day</b>	323	4.5	21.8	1.5	29.4	13.4	2.1
<b>Prawn Cocktail</b>	353	15.5	18.7	4.5	24.2	11.6	2.5
<b>Potato Shells with Cheddar Cheese and Onion Marmalade</b>	487	18.2	32.3	15.2	30.8	17.0	0.9
<b>Potato Shells with Cheddar Cheese and Bacon</b>	585	25.1	31.9	1.2	39.2	20.5	2.6
<b>Garlic and Herb Breaded Mushrooms</b>	445	6.0	42.1	9.2	28.4	5.1	1.8
<b>Honeydew Melon</b>	56	1.2	13.2	12.1	0.2	0.0	0.0

## MAINS

At Beefeater we believe in giving our guests a choice of what to accompany their meal with. Whilst chips etc are listed against dishes on the menu you can swap the item listed for one of those below. Add the nutrition value of your choice of accompaniment to that of your chosen dish to get the nutrition for your complete meal. Exceptions are dishes such as sausages and mash, where the mash is an integral part of the meal. Here, the values quoted are those for the total meal.

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Chips</b>	525	7.3	66.6	1.8	25.5	8.1	0.0
<b>Go Large Chips</b>	701	9.7	88.8	2.4	34.0	10.8	0.0
<b>Jacket Potato and Butter</b>	307	3.6	37.6	5.2	16.0	10.4	0.4
<b>Buttered New Potatoes</b>	222	2.9	45.0	4.3	3.4	2.0	0.2
<b>Dauphinoise Potatoes</b>	543	12.0	61.9	2.6	27.0	16.6	1.8
<b>Basmati Rice</b>	179	3.5	39.2	0.3	0.7	0.2	0.8
<b>Side Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Half a Rack of Ribs</b>	676	51.5	38.2	29.0	35.5	9.3	4.1
<b>Plain 6oz Burger</b>	624	41.6	48.9	7.5	29.0	10.5	2.0
<b>6oz Burger with Cheese and Bacon</b>	816	56.9	49.6	7.7	43.3	18.1	4.1
<b>6oz Burger with a Flat Mushroom and Black &amp; Blue Sauce</b>	848	50.7	57.6	8.5	45.4	16.2	2.9
<b>6oz Burger with Jalapeños and Cajun Spiced Onions &amp; Peppers</b>	702	43.1	55.9	11.6	33.9	11.1	3.5
<b>6oz Burger with Battered Onion Rings &amp; BBQ Sauce</b>	812	44.2	73.8	13.5	37.6	12.6	3.2
<b>Plain 9oz Burger</b>	745	55.1	49.5	8.1	36.2	13.7	2.0
<b>9oz Burger with Cheese and Bacon</b>	936	70.4	50.2	8.3	50.4	21.3	4.1
<b>9oz Burger with a Flat Mushroom and Black &amp; Blue Sauce</b>	968	64.2	58.2	9.1	52.6	19.4	3.0
<b>9oz Burger with Jalapeños and Cajun Spiced Onions &amp; Peppers</b>	823	56.7	56.5	12.2	41.0	14.3	3.5
<b>9oz Burger with Battered Onion Rings &amp; BBQ Sauce</b>	932	57.7	74.4	14.1	44.7	15.9	3.2
<b>Smoked Paprika Chicken Burger with Sour Cream</b>	505	49.3	50.3	9.9	11.7	5.1	2.8
<b>Smoked Paprika Chicken Burger with Mayonnaise</b>	522	48.8	51.0	9.6	13.5	3.2	3.2
<b>Sausages and Mash</b>	Data not yet available.						
<b>7oz Rump Steak</b>	258	40.4	1.4	1.0	9.9	5.4	1.7
<b>8oz Sirloin Steak</b>	371	45.9	0.9	0.5	20.5	9.2	1.7
In addition to one of the above accompaniments our steaks are served with your choice of the following. Add the nutrition values for this to your meal to get the total.							
<b>Mixed Salad</b>	55	1.0	5.0	2.6	3.3	1.3	0.1
<b>Half a Grilled Tomato and a Flat Mushroom</b>	68	1.9	3.0	2.5	5.3	0.5	0.0
<b>Battered Onion Rings</b>	220	3.4	25.5	1.9	11.5	2.9	0.9
<b>Coleslaw</b>	115	1.1	7.2	4.7	9.3	0.8	0.6

Salmon Fillet	468	42.8	12.6	6.6	27.5	5.1	1.0
Chicken and Bacon Salad	304	47.7	6.3	5.6	9.8	3.4	3.1
Quesadilla Wrap	727	20.8	68.5	13.2	41.0	20.9	4.3
Chargrilled Chicken with Italian Tomato Sauce	241	40.0	5.0	5.0	6.8	1.3	1.7
Chargrilled Chicken with Piri Piri Sauce	264	39.6	9.9	7.3	7.4	1.8	1.8
Chargrilled Chicken with Bourbon & Black BBQ Sauce	265	39.6	20.2	19.6	2.5	0.7	1.8
Mediterranean Pasta with Chicken Breast	758	56.3	73.7	14.5	27.8	5.1	3.3
Creamy Pesto Pasta with Chicken Breast	789	50.5	64.6	6.2	36.3	13.7	3.0
Creamy Pesto Pasta with Prawn Skewers	680	18.3	72.9	5.4	34.9	13.3	1.9
Mediterranean Tomato Risotto	958	19.9	129.7	14.7	27.9	11.6	3.1
Mediterranean Tomato Risotto with Chicken Breast	1132	57.9	130.7	15.7	30.0	12.2	4.4
Mediterranean Tomato Risotto with Salmon Fillet	1333	59.0	130.5	15.5	51.8	16.4	3.4
Mediterranean Tomato Risotto with Prawn Skewers	1024	25.7	139.0	15.0	28.6	11.9	3.3

## DESSERTS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
Caramel Apple Crumble Pie with Custard	624	7.8	94.0	64.4	24.0	11.6	0.3
Caramel Apple Crumble Pie with Ice Cream	602	6.7	88.2	62.7	24.7	13.0	0.2
Caramel Apple Crumble Pie with Cream	692	6.0	80.0	54.6	38.6	21.2	0.2
Caramel Apple Crumble Pie with Crème Fraiche	606	6.1	80.0	54.5	29.1	15.0	0.2
Belgian Chocolate Cheesecake	809	8.7	61.4	47.0	58.6	33.3	0.9
Treacle Sponge Pudding with Custard	645	8.9	96.6	70.8	24.8	9.7	1.0
Treacle Sponge Pudding with Ice Cream	722	10.6	106.3	80.5	28.3	12.7	1.1
Treacle Sponge Pudding with Cream	713	7.1	82.6	61.0	39.4	19.3	1.0
Treacle Sponge Pudding with Crème Fraiche	627	7.2	82.5	60.9	29.9	13.1	0.9
Chocolate Fudge Brownie Sundae	672	10.4	79.6	67.6	34.7	17.1	0.8
Profiteroles with Ice Cream	575	8.5	46.3	35.6	35.3	18.1	0.5
Profiteroles with Cream	666	7.8	38.2	27.4	49.3	26.3	0.5
Profiteroles with Crème Fraiche	580	7.9	38.1	27.4	39.7	20.1	0.5
Warm Chocolate Fudge Brownie	604	9.1	73.6	64.7	30.4	10.1	1.2

## CONDIMENTS

Values are for 100g of the condiment.

Condiment	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.1
Cracked Black Pepper	230	11.0	39.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	192	8.4	20.0	11.7	8.2	0.5	8.0
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.1	2.8
French Mustard	118	3.9	15.5	7.2	3.5	0.1	3.6
Tomato Ketchup	102	0.9	23.9	23.5	0.1	0.1	3.0
Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Mint Sauce	69	1.4	13.4	11.5	1.0	0.1	1.8
Bramley Apple Sauce	130	0.1	32.0	28.0	0.1	0.1	0.1
Cranberry Sauce	168	0.2	44.0	44.0	0.1	0.1	0.1

## BEEFEATER CHILDREN'S MENU

The Food Standards Agency guidelines for daily intake of the various components that go to make up the nutrition information are given below.

Nutrient	Units	Men	Women	Children
<b>Energy</b>	kCals	2500	2000	1800
<b>Protein</b>	g	55	45	24
<b>Carbohydrates</b>	g	300	230	220
<b>Sugars</b>	g	120	90	85
<b>Fat</b>	g	95	70	70
<b>Saturated Fat</b>	g	30	20	20
<b>Salt</b>	g	6	6	4

At present the FSA are targeting a reduction in salt and saturated fat.

The figures given below give the nutrition values for each dish, as listed on the menu, except when, for example, you have a choice of what to accompany your meal with (e.g. chips, jacket etc). Figures are typical for the dish and may vary slightly from day to day.

### STARTERS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Garlic Bread</b>	137	2.3	14.5	0.7	7.8	3.1	0.4
<b>Crunchy Vegetable Batons</b>	163	1.1	9.1	5.2	13.9	1.1	0.9
<b>Garlic and Herb Breaded Mushrooms</b>	155	3.0	21.7	5.9	6.3	1.9	1.1
<b>Soup of the Day</b>	161	2.3	10.9	0.8	14.7	6.7	1.1
<b>Prawns with Marie Rose Sauce</b>	90	7.7	2.7	2.1	5.4	0.7	1.1
<b>Prawns with Mayonnaise</b>	92	7.8	2.2	0.9	5.8	0.8	1.2
<b>Melon</b>	56	1.2	13.2	12.1	0.2	0.0	0.0
<b>Corn on the Cob</b>	232	7.2	42.4	10.3	2.9	0.6	0.2

## MAINS

For dishes other than salads, pasta and sausages you have a choice of chips, new potatoes or jacket potato and baked beans or garden peas. Values for the other meals are given without accompaniments so you need to add your choice to that of the meal to get the total nutrition for your meal.

## ACCOMPANIMENTS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Chips</b>	467	6.5	59.1	1.6	22.6	7.2	0.0
<b>New Potatoes</b>	222	2.9	45.0	4.3	3.4	2.0	0.2
<b>Jacket Potatoes</b>	307	3.6	37.6	5.2	16.0	10.4	0.4
<b>Baked Beans</b>	40	2.6	7.2	2.7	0.1	0.0	0.5
<b>Garden Peas</b>	34	3.0	4.5	1.3	0.5	0.3	0.0

## CLASSICS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Mini Fish</b>	238	18.6	5.5	0.1	15.7	1.4	0.3
<b>Sausages, Mash and Yorkie</b>	Not yet available.						
<b>Quorn Sausages, Mash and Yorkie</b>	449	20.0	46.7	7.6	20.3	11.0	3.2

## PASTAS AND SALADS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
<b>Chicken Salad</b>	263	39.0	4.5	2.2	10.0	1.3	1.9
<b>Tomato Pasta Spirals</b>	335	8.1	46.1	5.7	13.2	3.9	1.2
<b>Spaghetti Bolognese</b>	362	21.3	43.0	6.0	11.5	4.6	0.9

## CHARGRILLED FAVOURITES

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
Chargrilled Burger in a Bun	372	25.4	26.5	2.6	18.2	8.1	1.6
Chargrilled Cheeseburger in a Bun	481	32.6	27.0	2.6	27.0	13.5	2.2
Chicken with BBQ Sauce	223	38.2	12.7	10.4	2.2	0.6	2.4
4 oz Rump Steak	128	20.2	0.5	0.5	5.0	2.7	0.2
Mega Mixed Grill	Not yet available.						
Half a Rack of Ribs	524	49.7	24.9	20.6	25.2	7.4	3.3

## SUNDAY ROAST

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
Roast Beef	519	41.2	32.5	5.5	25.0	6.2	1.0
Chicken Breast	476	46.5	32.9	5.9	17.7	2.4	2.1
Roast Pork	585	34.5	35.3	5.4	34.1	8.3	1.4

## DESSERTS

Dish	Energy	Protein	Carbohydrates	Sugars	Fat	Saturated Fat	Salt
	kCal	g	g	g	g	g	g
Mini Fruit Plate	286	3.9	48.9	35.4	9.1	1.2	0.2
Ice Cream Sundae with Raspberry Sauce	234	4.4	34.6	34.6	8.9	7.5	0.2
Ice Cream Sundae with Chocolate Dessert Sauce	252	5.1	30.8	29.7	12.1	8.0	0.2
Profiteroles	453	7.2	42.6	35.9	26.1	13.2	0.4
Organic Yoghurt	94	5.8	14.8	14.1	1.4	0.9	0.1
Banana Split	564	9.0	82.7	62.9	22.5	10.5	0.5
Mini Chocolate Challenge	506	7.3	66.5	57.7	23.5	7.5	0.8