

# Proper Locals Core Menu - Autumn Winter 2024 Nutritional Information



### Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for 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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Starters	Haggis Fritters (Belhaven Only)	1443	17%	345	17%	17.6	25%	3.1	16%	33.3	13%	16.6	18%	11.1	22%	1.58	26%
Proper Locals - AW24 Core Menu	Sharers	Cheesy Topped Nachos Sharer	4448	53%	1063	53%	55.6	79%	21.2	106%	106.3	41%	12.7	14%	29.2	58%	4.22	70%
Proper Locals - AW24 Core Menu	Sharers	Ultimate Sharer	7665	91%	1835	92%	106.4	152%	39.6	198%	110.8	43%	27.3	30%	102.2	204%	7.02	117%
Proper Locals - AW24 Core Menu	Wing Feasts	1kg Chicken Wings - Please choose a sauce below	8052	96%	1919	96%	81.5	116%	26.5	132%	29.2	11%	1.1	1%	267.0	534%	11.48	191%
Proper Locals - AW24 Core Menu	Wing Feasts	Texan BBQ Sauce	1205	14%	288	14%	0.0	0%	0.0	0%	54.4	21%	48.0	53%	3.2	6%	1.44	24%
Proper Locals - AW24 Core Menu	Wing Feasts	Peri Peri Hot Sauce	348	4%	83	4%	3.2	5%	0.0	0%	11.2	4%	3.2	4%	1.6	3%	9.44	157%
Proper Locals - AW24 Core Menu	Wing Feasts	Sweet Chilli Sauce	1098	13%	262	13%	0.0	0%	0.0	0%	65.6	25%	49.6	55%	1.6	3%	1.60	27%
Proper Locals - AW24 Core Menu	Pick N Dip	Quick Eat - Crispy Louisiana Style Chicken Strips - Please choose a sauce below	2616	31%	625	31%	33.0	47%	5.4	27%	41.2	16%	0.0	0%	43.3	87%	3.13	52%
Proper Locals - AW24 Core Menu	Pick N Dip	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Proper Locals - AW24 Core Menu	Pick N Dip	Peri Peri Hot Sauce	87	1%	21	1%	0.8	1%	0.0	0%	2.8	1%	0.8	1%	0.4	1%	2.36	39%
Proper Locals - AW24 Core Menu	Pick N Dip	Garlic and Rosemary Mayo	405	5%	97	5%	9.6	14%	2.8	14%	2.8	1%	0.8	1%	0.4	1%	0.00	0%
Proper Locals - AW24 Core Menu	Pick N Dip	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals - AW24 Core Menu	Pick N Dip	Quick Eat - Chicken Wings - Please choose a sauce below	2088	25%	498	25%	21.1	30%	6.9	34%	7.6	3%	0.3	0%	69.2	138%	2.98	50%
Proper Locals - AW24 Core Menu	Pick N Dip	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Proper Locals - AW24 Core Menu	Pick N Dip	Peri Peri Hot Sauce	87	1%	21	1%	0.8	1%	0.0	0%	2.8	1%	0.8	1%	0.4	1%	2.36	39%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Pick N Dip	Garlic and Rosemary Mayo	405	5%	97	5%	9.6	14%	2.8	14%	2.8	1%	0.8	1%	0.4	1%	0.00	0%
Proper Locals - AW24 Core Menu	Pick N Dip	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals - AW24 Core Menu	Pick N Dip	Quick Eat - Mozzarella Sticks - Please choose a sauce below	2304	27%	556	28%	47.2	67%	29.5	147%	0.0	0%	0.0	0%	32.9	66%	2.25	38%
Proper Locals - AW24 Core Menu	Pick N Dip	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Proper Locals - AW24 Core Menu	Pick N Dip	Peri Peri Hot Sauce	87	1%	21	1%	0.8	1%	0.0	0%	2.8	1%	0.8	1%	0.4	1%	2.36	39%
Proper Locals - AW24 Core Menu	Pick N Dip	Garlic and Rosemary Mayo	405	5%	97	5%	9.6	14%	2.8	14%	2.8	1%	0.8	1%	0.4	1%	0.00	0%
Proper Locals - AW24 Core Menu	Pick N Dip	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals - AW24 Core Menu	Hand Held Burgers	Cheese Burger - Handheld	2392	28%	572	29%	29.8	43%	9.9	49%	44.7	17%	7.3	8%	29.2	58%	1.84	31%
Proper Locals - AW24 Core Menu	Hand Held Burgers	Buttermilk Chicken Burger - Handheld	2635	31%	629	31%	30.4	43%	4.3	22%	61.3	24%	6.6	7%	27.5	55%	2.33	39%
Proper Locals - AW24 Core Menu	Hand Held Burgers	Veggie Burger - Handheld	2192	26%	524	26%	24.4	35%	3.3	16%	52.9	20%	7.8	9%	18.4	37%	2.06	34%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	BYO Breakfast Bap - Please choose your filling below	1158	14%	277	14%	9.2	13%	5.2	26%	40.4	16%	5.4	6%	6.9	14%	0.79	13%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Quorn Cumberland Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Sausage	590	7%	141	7%	11.5	16%	4.2	21%	4.1	2%	0.1	0%	5.3	11%	0.56	9%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Grilled Tomato	56	1%	13	1%	0.2	0%	0.1	0%	2.1	1%	2.1	2%	0.5	1%	0.02	0%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Hash Brown	737	9%	177	9%	10.8	15%	1.4	7%	17.8	7%	0.4	0%	3.1	6%	0.87	14%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Mushrooms	900	11%	215	11%	23.5	34%	1.5	8%	0.0	0%	0.0	0%	1.0	2%	0.25	4%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Brown Sauce	197	2%	47	2%	0.0	0%	0.0	0%	11.2	4%	9.2	10%	0.4	1%	0.48	8%
Proper Locals - AW24 Core Menu	BYO Breakfast Bap	Tomato Ketchup	172	2%	41	2%	0.0	0%	0.0	0%	9.6	4%	9.6	11%	0.4	1%	0.72	12%
Proper Locals - AW24 Core Menu	Jacket Potatoes & Rolls	Cheese & Onion Jacket	2944	35%	704	35%	47.2	67%	15.8	79%	44.9	17%	7.8	9%	21.2	42%	1.70	28%
Proper Locals - AW24 Core Menu	Jacket Potatoes & Rolls	Hunters Chicken Jacket	2400	29%	573	29%	18.8	27%	10.6	53%	56.6	22%	16.8	19%	38.1	76%	1.60	27%
Proper Locals - AW24 Core Menu	Jacket Potatoes & Rolls	Cheese & Beans Jacket	2426	29%	580	29%	23.0	33%	14.2	71%	61.1	24%	13.6	15%	25.4	51%	2.22	37%
Proper Locals - AW24 Core Menu	Jacket Potatoes & Rolls	Hunters Roll	2504	30%	598	30%	20.6	29%	11.4	57%	57.9	22%	18.2	20%	40.7	81%	2.21	37%
Proper Locals - AW24 Core Menu	Jacket Potatoes & Rolls	Cheese & Onion Roll	3049	36%	729	36%	49.0	70%	16.5	83%	46.3	18%	9.2	10%	23.9	48%	2.31	39%
Proper Locals - AW24 Core Menu	Jacket Potatoes & Rolls	Cheese & Beans Roll	2530	30%	605	30%	24.8	35%	14.9	75%	62.5	24%	15.0	17%	28.1	56%	2.83	47%
Proper Locals - AW24 Core Menu	Classic Dishes	Steak & Ale Pie Slice - Please choose your side option below	4103	49%	981	49%	50.2	72%	21.0	105%	90.8	35%	8.1	9%	38.6	77%	3.32	55%
Proper Locals - AW24 Core Menu	Classic Dishes	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals - AW24 Core Menu	Classic Dishes	Mash Potato	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%
Proper Locals - AW24 Core Menu	Classic Dishes	Sausage & Mash	3328	40%	796	40%	49.3	70%	20.1	101%	59.9	23%	8.3	9%	25.7	51%	4.59	77%
Proper Locals - AW24 Core Menu	Classic Dishes	Mac 'N' Cheese	3261	39%	779	39%	32.1	46%	14.6	73%	94.8	36%	7.6	8%	30.5	61%	4.57	76%
Proper Locals - AW24 Core Menu	Classic Dishes	Mac 'N' Cheese - Under 600 Kcal	2423	29%	579	29%	22.1	32%	11.4	57%	71.2	27%	8.8	10%	26.7	53%	4.09	68%
Proper Locals - AW24 Core Menu	Classic Dishes	Hunter's Chicken	4533	54%	1081	54%	40.5	58%	11.9	59%	104.0	40%	22.1	25%	67.7	135%	3.05	51%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Classic Dishes	Chicken Katsu	5494	65%	1311	66%	59.8	85%	6.6	33%	145.6	56%	4.1	5%	49.4	99%	6.77	113%
Proper Locals - AW24 Core Menu	Classic Dishes	Quorn Katsu	4434	53%	1060	53%	47.6	68%	4.8	24%	118.9	46%	7.5	8%	32.3	65%	6.29	105%
Proper Locals - AW24 Core Menu	Classic Dishes	Beef Lasagne	3112	37%	744	37%	31.3	45%	13.2	66%	57.6	22%	10.1	11%	30.0	60%	4.34	72%
Proper Locals - AW24 Core Menu	Classic Dishes	Beef Lasagne - Under 600 Kcal	2275	27%	544	27%	21.3	30%	10.1	51%	34.0	13%	11.3	13%	26.2	52%	3.86	64%
Proper Locals - AW24 Core Menu	Classic Dishes	All Day Breakfast - Please choose your bread option below	5549	66%	1325	66%	79.5	114%	23.5	118%	88.3	34%	6.6	7%	58.6	117%	4.81	80%
Proper Locals - AW24 Core Menu	Classic Dishes	Malted Bloomer Bread	583	7%	139	7%	1.0	1%	0.4	2%	26.1	10%	1.0	1%	5.6	11%	0.51	8%
Proper Locals - AW24 Core Menu	Classic Dishes	White Bloomer Bread	678	8%	162	8%	1.5	2%	0.7	3%	31.1	12%	0.2	0%	5.3	11%	0.59	10%
Proper Locals - AW24 Core Menu	Classic Dishes	Whitby Scampi - Please choose your pea option below	3720	44%	886	44%	37.8	54%	7.7	39%	109.0	42%	1.5	2%	23.5	47%	1.27	21%
Proper Locals - AW24 Core Menu	Classic Dishes	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Core Menu	Classic Dishes	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals - AW24 Core Menu	Classic Dishes	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals - AW24 Core Menu	Classic Dishes	Hand-Battered Fish - Please choose your pea option below	4028	48%	963	48%	48.8	70%	10.1	51%	83.0	32%	0.0	0%	43.8	88%	0.98	16%
Proper Locals - AW24 Core Menu	Classic Dishes	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Core Menu	Classic Dishes	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals - AW24 Core Menu	Classic Dishes	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals - AW24 Core Menu	Classic Dishes	Gammon & Eggs	4600	55%	1100	55%	54.1	77%	12.0	60%	76.0	29%	6.8	8%	72.5	145%	6.57	110%
Proper Locals - AW24 Core Menu	Chick n Mix	Chick 'n' Mix - Please choose your chicken & side options below	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Texan BBQ Sauce</b>	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Peri Peri Hot Sauce</b>	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Garlic and Rosemary Mayo</b>	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Sweet Chilli Sauce</b>	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Garden Peas</b>	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Garlic Bread</b>	941	11%	225	11%	10.6	15%	3.2	16%	27.1	10%	1.2	1%	4.6	9%	0.59	10%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Mac &amp; Cheese</b>	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Chips</b>	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Skinny Fries</b>	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Onion Rings</b>	1641	20%	394	20%	29.6	42%	5.0	25%	22.2	9%	2.0	2%	11.3	23%	1.61	27%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Jacket &amp; Butter</b>	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Corn on the Cob</b>	501	6%	120	6%	5.4	8%	2.5	12%	10.8	4%	2.8	3%	4.1	8%	0.09	2%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Side Salad</b>	104	1%	25	1%	0.6	1%	0.1	1%	3.5	1%	2.4	3%	0.7	1%	0.12	2%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Chicken Wings</b>	1789	21%	426	21%	18.1	26%	5.9	29%	6.5	2%	0.2	0%	59.3	119%	2.55	43%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Buttermilk Chicken</b>	1230	15%	294	15%	15.5	22%	2.6	13%	19.4	7%	0.0	0%	20.4	41%	1.47	25%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Southern Fried Chicken Skewer</b>	1554	19%	371	19%	19.6	28%	3.2	16%	24.5	9%	0.0	0%	25.7	51%	1.86	31%
Proper Locals - AW24 Core Menu	Chick n Mix	<b>Louisiana Chicken Strips</b>	1744	21%	417	21%	22.0	31%	3.6	18%	27.5	11%	0.0	0%	28.9	58%	2.09	35%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Steak House	8oz* Sirloin	4299	51%	1025	51%	52.8	75%	11.5	57%	83.4	32%	7.5	8%	50.2	100%	1.10	18%
Proper Locals - AW24 Core Menu	Steak Sauces	BBQ Sauce - Steak Sauce	452	5%	108	5%	0.0	0%	0.0	0%	20.4	8%	18.0	20%	1.2	2%	0.54	9%
Proper Locals - AW24 Core Menu	Steak Sauces	Peppercorn Sauce - Steak Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Proper Locals - AW24 Core Menu	Steak Sauces	Diane Sauce - Steak Sauce	235	3%	56	3%	4.4	6%	2.3	12%	4.4	2%	1.5	2%	2.0	4%	1.31	22%
Proper Locals - AW24 Core Menu	Steak Sides	Steak Sides - Two Free Range Fried Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
Proper Locals - AW24 Core Menu	Steak Sides	Steak Sides - 5 Whitby Scampi	1111	13%	266	13%	14.4	21%	4.3	22%	23.9	9%	0.9	1%	9.7	19%	0.60	10%
Proper Locals - AW24 Core Menu	Steak Sides	Steak Sides - 5 Chicken Wings	1491	18%	355	18%	15.1	22%	4.9	25%	5.4	2%	0.2	0%	49.5	99%	2.13	36%
Proper Locals - AW24 Core Menu	Steak Sides	Steak Sides - Mac Cheese	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Build Your Own Burger - Please choose from the below	3818	45%	912	46%	44.2	63%	9.5	47%	109.3	42%	7.3	8%	15.5	31%	1.70	28%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Quorn Buttermilk Style Burger	787	9%	188	9%	9.6	14%	1.5	8%	11.0	4%	1.2	1%	11.2	22%	1.20	20%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Buttermilk Chicken Burger	1230	15%	294	15%	15.5	22%	2.6	13%	19.4	7%	0.0	0%	20.4	41%	1.47	25%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Smoked Streaky Bacon	225	3%	54	3%	4.7	7%	1.9	9%	0.0	0%	0.0	0%	2.9	6%	0.27	4%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Burger Cheese Slice	165	2%	39	2%	3.1	4%	2.0	10%	0.4	0%	0.4	0%	2.4	5%	0.40	7%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Hash Brown	1473	18%	353	18%	21.6	31%	2.8	14%	35.6	14%	0.8	1%	6.1	12%	1.73	29%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Build Your Own Burger	Mozzarella Sticks	768	9%	185	9%	15.7	22%	9.8	49%	0.0	0%	0.0	0%	11.0	22%	0.75	13%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Louisiana Chicken Strips	872	10%	208	10%	11.0	16%	1.8	9%	13.7	5%	0.0	0%	14.4	29%	1.04	17%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Onion Rings	821	10%	197	10%	14.8	21%	2.5	13%	11.1	4%	1.0	1%	5.6	11%	0.81	13%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Core Menu	Build Your Own Burger	Quorn & BBQ Onion Burger	3695	44%	881	44%	33.4	48%	4.8	24%	117.1	45%	16.8	19%	23.5	47%	3.08	51%
Proper Locals - AW24 Core Menu	Scottish Mains	All Day Breakfast (Belhaven Only) - Please choose your bread option below	5209	62%	1244	62%	70.3	100%	20.3	102%	90.1	35%	6.7	7%	56.9	114%	4.41	74%
Proper Locals - AW24 Core Menu	Scottish Mains	Malted Bloomer Bread	583	7%	139	7%	1.0	1%	0.4	2%	26.1	10%	1.0	1%	5.6	11%	0.51	8%
Proper Locals - AW24 Core Menu	Scottish Mains	White Bloomer Bread	678	8%	162	8%	1.5	2%	0.7	3%	31.1	12%	0.2	0%	5.3	11%	0.59	10%
Proper Locals - AW24 Core Menu	Scottish Mains	Hand Battered Haddock & Chips (Belhaven Only) - Please choose your pea option below	3719	44%	887	44%	39.0	56%	8.1	40%	87.9	34%	0.4	0%	41.8	84%	1.37	23%
Proper Locals - AW24 Core Menu	Scottish Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Core Menu	Scottish Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals - AW24 Core Menu	Scottish Mains	Haggis, Neeps & Tatties (Belhaven Only)	3627	43%	867	43%	50.6	72%	26.3	131%	69.7	27%	14.6	16%	25.5	51%	4.57	76%
Proper Locals - AW24 Core Menu	Scottish Mains	Balmoral Chicken (Belhaven Only)	3445	41%	823	41%	36.0	51%	18.5	93%	60.2	23%	19.3	21%	57.4	115%	4.10	68%
Proper Locals - AW24 Core Menu	Scottish Mains	BYO Scottish Breakfast Bap (Belhaven Only) - Please choose your filling option below	1158	14%	277	14%	9.2	13%	5.2	26%	40.4	16%	5.4	6%	6.9	14%	0.79	13%
Proper Locals - AW24 Core Menu	Scottish Mains	Brown Sauce	197	2%	47	2%	0.0	0%	0.0	0%	11.2	4%	9.2	10%	0.4	1%	0.48	8%
Proper Locals - AW24 Core Menu	Scottish Mains	Tomato Ketchup	172	2%	41	2%	0.0	0%	0.0	0%	9.6	4%	9.6	11%	0.4	1%	0.72	12%
Proper Locals - AW24 Core Menu	Scottish Mains	Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%



Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Scottish Mains	Quorn Cumberland Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Proper Locals - AW24 Core Menu	Scottish Mains	Black Pudding	305	4%	73	4%	1.5	2%	0.5	3%	10.6	4%	0.5	1%	4.3	9%	0.84	14%
Proper Locals - AW24 Core Menu	Scottish Mains	Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals - AW24 Core Menu	Scottish Mains	Lorne Sausage	840	10%	201	10%	13.7	20%	5.2	26%	10.0	4%	0.2	0%	8.9	18%	0.72	12%
Proper Locals - AW24 Core Menu	Scottish Mains	Grilled Tomato	56	1%	13	1%	0.2	0%	0.1	0%	2.1	1%	2.1	2%	0.5	1%	0.02	0%
Proper Locals - AW24 Core Menu	Scottish Mains	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Core Menu	Scottish Mains	Mushrooms	900	11%	215	11%	23.5	34%	1.5	8%	0.0	0%	0.0	0%	1.0	2%	0.25	4%
Proper Locals - AW24 Core Menu	Scottish Mains	Belhaven Steak & Ale Pie (Belhaven Only) - Please choose your side option below	3017	36%	721	36%	42.8	61%	18.1	90%	34.3	13%	10.9	12%	48.7	97%	2.97	50%
Proper Locals - AW24 Core Menu	Scottish Mains	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals - AW24 Core Menu	Scottish Mains	Mash Potato	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%
Proper Locals - AW24 Core Menu	Sunday Specials	Sunday Roast - Hand-Carved Beef	3565	42%	851	43%	32.6	47%	8.2	41%	91.4	35%	9.0	10%	47.5	95%	3.18	53%
Proper Locals - AW24 Core Menu	Sunday Specials	Sunday Roast - Hand-Carved Turkey	4053	48%	967	48%	42.2	60%	12.2	61%	92.5	36%	10.6	12%	55.5	111%	3.92	65%
Proper Locals - AW24 Core Menu	Sunday Specials	Kids Sunday Lunch - Hand-Carved Beef	2263	27%	540	27%	18.6	27%	4.4	22%	63.4	24%	8.5	9%	28.2	56%	2.39	40%
Proper Locals - AW24 Core Menu	Sunday Specials	Kids Sunday Lunch - Hand-Carved Turkey	2277	27%	543	27%	18.3	26%	4.5	23%	63.6	24%	9.3	10%	30.5	61%	2.53	42%
Proper Locals - AW24 Core Menu	Upsell	Extra Pigs in Blankets	1376	16%	329	16%	30.6	44%	11.0	55%	2.6	1%	0.2	0%	10.6	21%	1.42	24%
Proper Locals - AW24 Core Menu	Upsell	Extra Yorkie	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Proper Locals - AW24 Core Menu	Upsells	Upsell - Garlic Bread	941	11%	225	11%	10.6	15%	3.2	16%	27.1	10%	1.2	1%	4.6	9%	0.59	10%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Upsells	Upsell - Garlic Bread with Cheese	1147	14%	274	14%	14.3	20%	5.6	28%	27.3	10%	1.2	1%	8.5	17%	0.83	14%
Proper Locals - AW24 Core Menu	Extras	Extra Gravy	101	1%	24	1%	1.0	1%	0.0	0%	4.0	2%	0.0	0%	0.0	0%	1.20	20%
Proper Locals - AW24 Core Menu	Extras	Extra Roast Potatoes	1017	12%	242	12%	9.0	13%	1.5	8%	39.0	15%	1.5	2%	4.5	9%	0.00	0%
Proper Locals - AW24 Core Menu	Extras	Extra Carrots	264	3%	63	3%	0.0	0%	0.0	0%	12.0	5%	10.5	12%	1.5	3%	0.15	3%
Proper Locals - AW24 Core Menu	Extras	Extra Sour Cream	345	4%	82	4%	8.0	11%	5.2	26%	1.6	1%	1.6	2%	1.2	2%	0.04	1%
Proper Locals - AW24 Core Menu	Extras	Extra Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals - AW24 Core Menu	Extras	Extra Stuffing	222	3%	53	3%	0.8	1%	0.4	2%	10.0	4%	0.4	0%	1.2	2%	0.04	1%
Proper Locals - AW24 Core Menu	Extras	Extra Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Proper Locals - AW24 Core Menu	Extras	Extra Smoked Streaky Bacon	225	3%	54	3%	4.7	7%	1.9	9%	0.0	0%	0.0	0%	2.9	6%	0.27	5%
Proper Locals - AW24 Core Menu	Extras	Extra Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals - AW24 Core Menu	Extras	Extra Grated Cheese	821	10%	196	10%	15.0	21%	9.6	48%	0.6	0%	0.0	0%	15.6	31%	0.96	16%
Proper Locals - AW24 Core Menu	Extras	Extra Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Core Menu	Extras	Extra Scampi	889	11%	213	11%	11.5	16%	3.4	17%	19.1	7%	0.7	1%	7.8	16%	0.48	8%
Proper Locals - AW24 Core Menu	Extras	Extra Yorkshire Pudding	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Proper Locals - AW24 Core Menu	Extras	Extra Mash	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%
Proper Locals - AW24 Core Menu	Extras	Extra Chicken Fillet	351	4%	84	4%	0.3	0%	0.2	1%	2.2	1%	0.4	0%	18.1	36%	0.40	7%
Proper Locals - AW24 Core Menu	Extras	Extra Garden Peas	278	3%	66	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Extras	Extra Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Core Menu	Extras	Extra Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals - AW24 Core Menu	Extras	Extra Ice Cream Scoop - Please choose your flavour below	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Proper Locals - AW24 Core Menu	Extras	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Core Menu	Extras	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals - AW24 Core Menu	Extras	Extra Chicken Strips	1163	14%	278	14%	14.7	21%	2.4	12%	18.3	7%	0.0	0%	19.2	38%	1.39	23%
Proper Locals - AW24 Core Menu	Extras	Extra Sausage	590	7%	141	7%	11.5	16%	4.2	21%	4.1	2%	0.1	0%	5.3	11%	0.56	9%
Proper Locals - AW24 Core Menu	Extras	Extra Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Proper Locals - AW24 Core Menu	Extras	Extra Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Proper Locals - AW24 Core Menu	Extras	Extra Mushrooms	403	5%	96	5%	10.1	14%	0.6	3%	0.0	0%	0.0	0%	1.7	3%	0.10	2%
Proper Locals - AW24 Core Menu	Extras	Extra Buttermilk Chicken Burger	1230	15%	294	15%	15.5	22%	2.6	13%	19.4	7%	0.0	0%	20.4	41%	1.47	25%
Proper Locals - AW24 Core Menu	Extras	Extra Quorn Burger	787	9%	188	9%	9.6	14%	1.5	8%	11.0	4%	1.2	1%	11.2	22%	1.20	20%
Proper Locals - AW24 Core Menu	Sides	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Proper Locals - AW24 Core Menu	Sides	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals - AW24 Core Menu	Sides	Cheesy Chips	2130	25%	506	25%	19.5	28%	4.8	24%	66.3	26%	0.0	0%	13.8	28%	0.68	11%
Proper Locals - AW24 Core Menu	Sides	Onion Rings	2188	26%	525	26%	39.4	56%	6.7	34%	29.6	11%	2.7	3%	15.0	30%	2.15	36%
Proper Locals - AW24 Core Menu	Sides	Bloomer Bread & Butter - Please choose your bread option below	484	6%	116	6%	12.8	18%	8.4	42%	0.0	0%	0.0	0%	0.1	0%	0.32	5%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Sides	Malted Bloomer Bread	1167	14%	279	14%	1.9	3%	0.8	4%	52.1	20%	1.9	2%	11.2	22%	1.02	17%
Proper Locals - AW24 Core Menu	Sides	White Bloomer Bread	1356	16%	324	16%	2.9	4%	1.3	7%	62.1	24%	0.4	0%	10.7	21%	1.17	20%
Proper Locals - AW24 Core Menu	Sides	Garlic Bread	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%
Proper Locals - AW24 Core Menu	Sides	Garlic Bread with Cheese	2293	27%	548	27%	28.6	41%	11.3	56%	54.5	21%	2.4	3%	16.9	34%	1.67	28%
Proper Locals - AW24 Core Menu	Sides	Mac 'N' Cheese	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Proper Locals - AW24 Core Menu	Sides	Dressed Side Salad	104	1%	25	1%	0.6	1%	0.1	1%	3.5	1%	2.4	3%	0.7	1%	0.12	2%
Proper Locals - AW24 Core Menu	Sides	Buttered Corn On The Cob	1003	12%	240	12%	10.7	15%	4.9	25%	21.6	8%	5.7	6%	8.2	16%	0.19	3%
Proper Locals - AW24 Core Menu	Sides	Chip Shop Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals - AW24 Core Menu	Desserts	Jam & Coconut Sponge - Please choose from the below	1701	20%	407	20%	15.5	22%	3.1	16%	61.1	24%	36.3	40%	4.9	10%	0.61	10%
Proper Locals - AW24 Core Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Core Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals - AW24 Core Menu	Desserts	Vegan Jam & Coconut Sponge	2173	26%	519	26%	21.0	30%	7.9	39%	74.6	29%	45.4	50%	5.5	11%	0.63	11%
Proper Locals - AW24 Core Menu	Desserts	Loaded Fudge Brownie	2912	35%	696	35%	32.3	46%	18.7	94%	90.5	35%	66.5	74%	8.2	16%	0.26	4%
Proper Locals - AW24 Core Menu	Desserts	Apple Crumble - Please choose from the below	2802	33%	670	33%	14.0	20%	5.0	25%	123.1	47%	61.2	68%	7.2	14%	0.35	6%
Proper Locals - AW24 Core Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Core Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals - AW24 Core Menu	Desserts	Vegan Apple Crumble	3273	39%	782	39%	19.5	28%	9.8	49%	136.6	53%	70.3	78%	7.8	16%	0.37	6%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Core Menu	Desserts	Ice Cream - Please choose from the below	34	0%	8	0%	0.0	0%	0.0	0%	1.7	1%	0.8	1%	0.2	0%	0.01	0%
Proper Locals - AW24 Core Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Core Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals - AW24 Core Menu	Desserts	Lemon Sorbet	357	4%	85	4%	0.1	0%	0.0	0%	20.8	8%	16.8	19%	0.1	0%	0.00	0%
Proper Locals - AW24 Core Menu	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Proper Locals - AW24 Core Menu	Desserts	Vegan Ice Cream	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%

# Proper Locals No Gluten Containing Ingredients Menu - Autumn Winter 2024



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for 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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 No Gluten Containing Ingredients Menu	To Start	Roasted Tomato Soup	1078	13%	258	13%	13.5	19%	5.0	25%	27.1	10%	8.4	9%	4.1	8%	1.90	32%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	To Start	Cheesy Topped Nachos Sharer	4448	53%	1063	53%	55.6	79%	21.2	106%	106.3	41%	12.7	14%	29.2	58%	4.22	70%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Classic Dishes	Hunter's Chicken	3285	39%	784	39%	26.0	37%	14.6	73%	69.6	27%	25.4	28%	62.1	124%	2.50	42%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Classic Dishes	Gammon & Eggs	3934	47%	943	47%	49.5	71%	16.5	82%	49.1	19%	10.8	12%	70.8	142%	6.55	109%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Classic Dishes	Chicken & Bacon Salad	1136	14%	271	14%	6.4	9%	2.4	12%	11.4	4%	5.6	6%	40.6	81%	1.30	22%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Classic Dishes	House Salad	208	2%	50	2%	1.1	2%	0.2	1%	7.0	3%	4.8	5%	1.5	3%	0.23	4%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Steak House	8oz* Sirloin	3086	37%	738	37%	38.3	55%	14.2	71%	49.1	19%	10.8	12%	44.6	89%	0.55	9%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Jackets	Cheese & Onion Jacket	2929	35%	700	35%	47.2	67%	15.8	79%	44.9	17%	7.8	9%	21.2	42%	1.70	28%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Jackets	Hunters Chicken Jacket	2258	27%	540	27%	18.1	26%	10.4	52%	55.2	21%	15.8	18%	32.9	66%	1.59	27%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Jackets	Cheese & Beans Jacket	2411	29%	576	29%	23.0	33%	14.2	71%	61.1	24%	13.6	15%	25.4	51%	2.22	37%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Sauces	BBQ Sauce - Steak Sauce	452	5%	108	5%	0.0	0%	0.0	0%	20.4	8%	18.0	20%	1.2	2%	0.54	9%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Sauces	Piri Piri Sauce - Steak Sauce	131	2%	31	2%	1.2	2%	0.0	0%	4.2	2%	1.2	1%	0.6	1%	3.54	59%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Sauces	Peppercorn - Steak Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Sides	Buttered Corn On The Cob	1003	12%	240	12%	10.7	15%	4.9	25%	21.6	8%	5.7	6%	8.2	16%	0.19	3%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Sides	NGCI Bread	1432	17%	342	17%	17.2	25%	5.2	26%	37.1	14%	2.3	3%	5.6	11%	1.14	19%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Sides	Dressed Side Salad	104	1%	25	1%	0.6	1%	0.1	1%	3.5	1%	2.4	3%	0.7	1%	0.12	2%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Apple Crumble - Please choose from the below	2802	33%	670	33%	14.0	20%	5.0	25%	123.1	47%	61.2	68%	7.2	14%	0.35	6%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Ice Cream - Please choose from the below flavours		0%		0%		0%		0%		0%		0%		0%		
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Lemon Sorbet	357	4%	85	4%	0.1	0%	0.0	0%	20.8	8%	16.8	19%	0.1	0%	0.00	0%



Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Proper Locals - AW24 No Gluten Containing Ingredients Menu	Desserts	Vegan Ice Cream	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%

# Proper Locals Breakfast Menu - Autumn Winter 2024 Nutritional Information



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for 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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Breakfast Menu	Breakfasts	Our Mega Full English Breakfast	7402	88%	1772	89%	131.8	188%	32.4	162%	75.6	29%	7.7	9%	71.8	144%	8.49	142%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Full English Breakfast	4799	57%	1149	57%	84.1	120%	17.1	86%	53.6	21%	7.1	8%	44.3	89%	5.58	93%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Vegetarian Breakfast	4671	56%	1118	56%	70.8	101%	12.2	61%	68.2	26%	10.0	11%	47.6	95%	5.25	88%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Vegan Breakfast	3614	43%	864	43%	62.1	89%	8.6	43%	35.8	14%	11.1	12%	33.3	67%	3.60	60%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Beans on Toast	1402	17%	335	17%	12.8	18%	8.4	42%	38.3	15%	15.3	17%	10.3	21%	2.36	39%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Vegan Beans on Toast	918	11%	219	11%	0.0	0%	0.0	0%	38.3	15%	15.3	17%	10.2	20%	2.04	34%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Scrambled Eggs on Toast	1936	23%	463	23%	35.3	50%	16.2	81%	4.0	2%	4.0	4%	32.6	65%	1.35	23%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Kids English Breakfast	2694	32%	645	32%	41.4	59%	11.1	55%	35.7	14%	6.7	7%	31.1	62%	3.43	57%
Proper Locals - AW24 Breakfast Menu	Breakfasts	BYO Breakfast Bap - Please choose from the below	1158	14%	277	14%	9.2	13%	5.2	26%	40.4	16%	5.4	6%	6.9	14%	0.79	13%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Quorn Cumberland Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Pre Cooked Sausage	590	7%	141	7%	11.5	16%	4.2	21%	4.1	2%	0.1	0%	5.3	11%	0.56	9%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Tomato	56	1%	13	1%	0.2	0%	0.1	0%	2.1	1%	2.1	2%	0.5	1%	0.02	0%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Hash Brown	737	9%	177	9%	10.8	15%	1.4	7%	17.8	7%	0.4	0%	3.1	6%	0.87	14%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Breakfast Menu	Breakfasts	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Mushrooms	900	11%	215	11%	23.5	34%	1.5	8%	0.0	0%	0.0	0%	1.0	2%	0.25	4%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Brown Sauce	197	2%	47	2%	0.0	0%	0.0	0%	11.2	4%	9.2	10%	0.4	1%	0.48	8%
Proper Locals - AW24 Breakfast Menu	Breakfasts	Tomato Ketchup	172	2%	41	2%	0.0	0%	0.0	0%	9.6	4%	9.6	11%	0.4	1%	0.72	12%
Proper Locals - AW24 Breakfast Menu	Extras	Toast & Preserves - Please choose from the below	484	6%	116	6%	12.8	18%	8.4	42%	0.0	0%	0.0	0%	0.1	0%	0.32	5%
Proper Locals - AW24 Breakfast Menu	Extras	Strawberry Jam	199	2%	48	2%	0.0	0%	0.0	0%	11.8	5%	10.4	12%	0.1	0%	0.02	0%
Proper Locals - AW24 Breakfast Menu	Extras	Marmalade	203	2%	49	2%	0.0	0%	0.0	0%	12.0	5%	10.2	11%	0.0	0%	0.02	0%
Proper Locals - AW24 Breakfast Menu	Extras	Honey	295	4%	71	4%	0.2	0%	0.0	0%	17.2	7%	14.6	16%	0.1	0%	0.00	0%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Toast	484	6%	116	6%	12.8	18%	8.4	42%	0.0	0%	0.0	0%	0.1	0%	0.32	5%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Vegan Toast	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Hash Browns	2210	26%	530	26%	32.4	46%	4.2	21%	53.5	21%	1.2	1%	9.2	18%	2.60	43%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Potato Scone	883	11%	211	11%	0.9	1%	0.2	1%	45.4	17%	1.8	2%	3.8	8%	2.20	37%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Sausage	590	7%	141	7%	11.5	16%	4.2	21%	4.1	2%	0.1	0%	5.3	11%	0.56	9%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Veggie Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals - AW24 Breakfast Menu	Extras	Extra Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Breakfast Menu	Extras	Extra 2x Fried Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Breakfast Menu	Extras	Extra Mushrooms	1529	18%	366	18%	40.0	57%	2.6	13%	0.0	0%	0.0	0%	1.7	3%	0.43	7%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Our Epic Full Scottish Breakfast - Please choose from the below	6880	82%	1646	82%	106.2	152%	30.8	154%	90.0	35%	9.0	10%	78.1	156%	9.25	154%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Malted Bloomer	583	7%	139	7%	1.0	1%	0.4	2%	26.1	10%	1.0	1%	5.6	11%	0.51	8%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	White Bloomer	678	8%	162	8%	1.5	2%	0.7	3%	31.1	12%	0.2	0%	5.3	11%	0.59	10%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Full Scottish Breakfast	4322	51%	1034	52%	66.6	95%	15.9	80%	57.2	22%	7.8	9%	48.1	96%	5.95	99%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Veggie Scottish Breakfast	3639	43%	871	44%	49.6	71%	9.5	47%	55.2	21%	10.0	11%	43.4	87%	4.62	77%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Vegan Scottish Breakfast	4055	48%	969	48%	62.5	89%	8.7	44%	58.5	23%	12.0	13%	35.2	70%	4.70	78%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Kids Scottish Breakfast	2649	32%	634	32%	33.3	48%	10.8	54%	46.5	18%	7.3	8%	33.6	67%	3.83	64%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	BYO Scottish Breakfast Bap - Please choose from the below	1158	14%	277	14%	9.2	13%	5.2	26%	40.4	16%	5.4	6%	6.9	14%	0.79	13%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Brown Sauce	197	2%	47	2%	0.0	0%	0.0	0%	11.2	4%	9.2	10%	0.4	1%	0.48	8%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Tomato Ketchup	172	2%	41	2%	0.0	0%	0.0	0%	9.6	4%	9.6	11%	0.4	1%	0.72	12%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Quorn Cumberland Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Black Pudding	305	4%	73	4%	1.5	2%	0.5	3%	10.6	4%	0.5	1%	4.3	9%	0.84	14%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Lorne Sausage	840	10%	201	10%	13.7	20%	5.2	26%	10.0	4%	0.2	0%	8.9	18%	0.72	12%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Tomato	56	1%	13	1%	0.2	0%	0.1	0%	2.1	1%	2.1	2%	0.5	1%	0.02	0%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Mushrooms	900	11%	215	11%	23.5	34%	1.5	8%	0.0	0%	0.0	0%	1.0	2%	0.25	4%
Proper Locals - AW24 Breakfast Menu	Scottish Breakfasts	Extra Scottish Lorne Sausage	840	10%	201	10%	13.7	20%	5.2	26%	10.0	4%	0.2	0%	8.9	18%	0.72	12%

# Proper Locals Kids Menu - Autumn Winter 2023 Nutritional Information



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for 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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW23 Kids	Mains	5 Chicken Nuggets	1133	N.A.	272	N.A.	16.7	N.A.	4.6	N.A.	19.2	N.A.	0.2	N.A.	11.1	N.A.	0.84	N.A.
Proper Locals - AW23 Kids	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals - AW23 Kids	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Mains	Corn on the Cob	380	N.A.	91	N.A.	2.2	N.A.	0.3	N.A.	10.8	N.A.	2.8	N.A.	4.1	N.A.	0.01	N.A.
Proper Locals - AW23 Kids	Mains	Sunshine Rice	593	N.A.	142	N.A.	1.5	N.A.	0.4	N.A.	27.3	N.A.	2.3	N.A.	3.9	N.A.	0.14	N.A.
Proper Locals - AW23 Kids	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals - AW23 Kids	Mains	Garlic Bread	941	N.A.	225	N.A.	10.6	N.A.	3.2	N.A.	27.1	N.A.	1.2	N.A.	4.6	N.A.	0.59	N.A.
Proper Locals - AW23 Kids	Mains	Mini Jacket Potato	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals - AW23 Kids	Mains	Chips	1032	N.A.	245	N.A.	7.2	N.A.	0.0	N.A.	39.6	N.A.	0.0	N.A.	3.6	N.A.	0.12	N.A.
Proper Locals - AW23 Kids	Mains	Mash	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals - AW23 Kids	Mains	2 Pork Sausages	994	N.A.	238	N.A.	11.7	N.A.	4.0	N.A.	15.0	N.A.	5.4	N.A.	16.8	N.A.	2.34	N.A.
Proper Locals - AW23 Kids	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals - AW23 Kids	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Mains	Corn on the Cob	380	N.A.	91	N.A.	2.2	N.A.	0.3	N.A.	10.8	N.A.	2.8	N.A.	4.1	N.A.	0.01	N.A.
Proper Locals - AW23 Kids	Mains	Sunshine Rice	593	N.A.	142	N.A.	1.5	N.A.	0.4	N.A.	27.3	N.A.	2.3	N.A.	3.9	N.A.	0.14	N.A.



Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW23 Kids	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals - AW23 Kids	Mains	Garlic Bread	941	N.A.	225	N.A.	10.6	N.A.	3.2	N.A.	27.1	N.A.	1.2	N.A.	4.6	N.A.	0.59	N.A.
Proper Locals - AW23 Kids	Mains	Mini Jacket Potato	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals - AW23 Kids	Mains	Chips	1032	N.A.	245	N.A.	7.2	N.A.	0.0	N.A.	39.6	N.A.	0.0	N.A.	3.6	N.A.	0.12	N.A.
Proper Locals - AW23 Kids	Mains	Mash	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals - AW23 Kids	Mains	2 Quorn Sausages	1034	N.A.	247	N.A.	10.9	N.A.	3.7	N.A.	16.5	N.A.	2.0	N.A.	17.9	N.A.	2.73	N.A.
Proper Locals - AW23 Kids	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals - AW23 Kids	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Mains	Corn on the Cob	380	N.A.	91	N.A.	2.2	N.A.	0.3	N.A.	10.8	N.A.	2.8	N.A.	4.1	N.A.	0.01	N.A.
Proper Locals - AW23 Kids	Mains	Sunshine Rice	593	N.A.	142	N.A.	1.5	N.A.	0.4	N.A.	27.3	N.A.	2.3	N.A.	3.9	N.A.	0.14	N.A.
Proper Locals - AW23 Kids	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals - AW23 Kids	Mains	Garlic Bread	941	N.A.	225	N.A.	10.6	N.A.	3.2	N.A.	27.1	N.A.	1.2	N.A.	4.6	N.A.	0.59	N.A.
Proper Locals - AW23 Kids	Mains	Mini Jacket Potato	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals - AW23 Kids	Mains	Chips	1032	N.A.	245	N.A.	7.2	N.A.	0.0	N.A.	39.6	N.A.	0.0	N.A.	3.6	N.A.	0.12	N.A.
Proper Locals - AW23 Kids	Mains	Mash	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals - AW23 Kids	Mains	Beef Burger	1216	N.A.	291	N.A.	13.9	N.A.	5.7	N.A.	25.2	N.A.	2.6	N.A.	15.3	N.A.	0.77	N.A.
Proper Locals - AW23 Kids	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW23 Kids	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Mains	Corn on the Cob	380	N.A.	91	N.A.	2.2	N.A.	0.3	N.A.	10.8	N.A.	2.8	N.A.	4.1	N.A.	0.01	N.A.
Proper Locals - AW23 Kids	Mains	Sunshine Rice	593	N.A.	142	N.A.	1.5	N.A.	0.4	N.A.	27.3	N.A.	2.3	N.A.	3.9	N.A.	0.14	N.A.
Proper Locals - AW23 Kids	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals - AW23 Kids	Mains	Garlic Bread	941	N.A.	225	N.A.	10.6	N.A.	3.2	N.A.	27.1	N.A.	1.2	N.A.	4.6	N.A.	0.59	N.A.
Proper Locals - AW23 Kids	Mains	Mini Jacket Potato	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals - AW23 Kids	Mains	Chips	1032	N.A.	245	N.A.	7.2	N.A.	0.0	N.A.	39.6	N.A.	0.0	N.A.	3.6	N.A.	0.12	N.A.
Proper Locals - AW23 Kids	Mains	Mash	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals - AW23 Kids	Mains	Smothered Chicken	773	N.A.	185	N.A.	6.6	N.A.	3.5	N.A.	6.0	N.A.	3.4	N.A.	24.6	N.A.	1.20	N.A.
Proper Locals - AW23 Kids	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals - AW23 Kids	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Mains	Corn on the Cob	380	N.A.	91	N.A.	2.2	N.A.	0.3	N.A.	10.8	N.A.	2.8	N.A.	4.1	N.A.	0.01	N.A.
Proper Locals - AW23 Kids	Mains	Sunshine Rice	593	N.A.	142	N.A.	1.5	N.A.	0.4	N.A.	27.3	N.A.	2.3	N.A.	3.9	N.A.	0.14	N.A.
Proper Locals - AW23 Kids	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals - AW23 Kids	Mains	Garlic Bread	941	N.A.	225	N.A.	10.6	N.A.	3.2	N.A.	27.1	N.A.	1.2	N.A.	4.6	N.A.	0.59	N.A.
Proper Locals - AW23 Kids	Mains	Mini Jacket Potato	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals - AW23 Kids	Mains	Chips	1032	N.A.	245	N.A.	7.2	N.A.	0.0	N.A.	39.6	N.A.	0.0	N.A.	3.6	N.A.	0.12	N.A.

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW23 Kids	Mains	Mash	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals - AW23 Kids	Mains	Tomato Pasta	959	N.A.	229	N.A.	2.6	N.A.	0.5	N.A.	46.0	N.A.	3.3	N.A.	4.1	N.A.	0.53	N.A.
Proper Locals - AW23 Kids	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals - AW23 Kids	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Mains	Corn on the Cob	380	N.A.	91	N.A.	2.2	N.A.	0.3	N.A.	10.8	N.A.	2.8	N.A.	4.1	N.A.	0.01	N.A.
Proper Locals - AW23 Kids	Mains	Sunshine Rice	593	N.A.	142	N.A.	1.5	N.A.	0.4	N.A.	27.3	N.A.	2.3	N.A.	3.9	N.A.	0.14	N.A.
Proper Locals - AW23 Kids	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals - AW23 Kids	Mains	Garlic Bread	941	N.A.	225	N.A.	10.6	N.A.	3.2	N.A.	27.1	N.A.	1.2	N.A.	4.6	N.A.	0.59	N.A.
Proper Locals - AW23 Kids	Mains	Mini Jacket Potato	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals - AW23 Kids	Mains	Chips	1032	N.A.	245	N.A.	7.2	N.A.	0.0	N.A.	39.6	N.A.	0.0	N.A.	3.6	N.A.	0.12	N.A.
Proper Locals - AW23 Kids	Mains	Mash	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals - AW23 Kids	Upsell	Extra Cheese Slice	165	N.A.	39	N.A.	3.1	N.A.	2.0	N.A.	0.4	N.A.	0.4	N.A.	2.4	N.A.	0.40	N.A.
Proper Locals - AW23 Kids	Desserts	Goey Chocolate Brownie	1599	N.A.	382	N.A.	14.3	N.A.	7.5	N.A.	56.1	N.A.	44.1	N.A.	6.0	N.A.	0.12	N.A.
Proper Locals - AW23 Kids	Desserts	Build Your Own Mini Mania - Please choose from the below	879	N.A.	210	N.A.	8.7	N.A.	4.4	N.A.	28.1	N.A.	27.9	N.A.	4.8	N.A.	0.10	N.A.
Proper Locals - AW23 Kids	Desserts	Fruity Mania Topper	458	N.A.	109	N.A.	0.0	N.A.	0.0	N.A.	27.3	N.A.	24.7	N.A.	0.7	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Desserts	Chocolate Mania Topper	1318	N.A.	315	N.A.	16.4	N.A.	10.4	N.A.	38.1	N.A.	31.1	N.A.	3.4	N.A.	0.35	N.A.
Proper Locals - AW23 Kids	Desserts	Fruit Salad	326	N.A.	78	N.A.	0.0	N.A.	0.0	N.A.	19.4	N.A.	17.2	N.A.	0.7	N.A.	0.00	N.A.

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW23 Kids	Desserts	1 Scoop of Ice Cream - Please choose from the below																
Proper Locals - AW23 Kids	Desserts	Vanilla Ice Cream	407	N.A.	97	N.A.	3.6	N.A.	1.9	N.A.	13.6	N.A.	13.6	N.A.	2.6	N.A.	0.02	N.A.
Proper Locals - AW23 Kids	Desserts	Chocolate Ice Cream	472	N.A.	113	N.A.	5.1	N.A.	2.5	N.A.	14.5	N.A.	14.3	N.A.	2.2	N.A.	0.08	N.A.
Proper Locals - AW23 Kids	Desserts	Lemon Sorbet	357	N.A.	85	N.A.	0.1	N.A.	0.0	N.A.	20.8	N.A.	16.8	N.A.	0.1	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Desserts	Frozen Strawberry Yoghurt	370	N.A.	88	N.A.	1.3	N.A.	0.8	N.A.	17.3	N.A.	15.2	N.A.	1.7	N.A.	0.05	N.A.
Proper Locals - AW23 Kids	Desserts	Vegan Ice Cream	472	N.A.	113	N.A.	5.5	N.A.	4.8	N.A.	13.5	N.A.	9.1	N.A.	0.6	N.A.	0.02	N.A.
Proper Locals - AW23 Kids	Desserts	Chocolate Sauce	115	N.A.	28	N.A.	0.1	N.A.	0.1	N.A.	6.3	N.A.	4.7	N.A.	0.3	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Desserts	Strawberry Sauce	132	N.A.	32	N.A.	0.0	N.A.	0.0	N.A.	7.9	N.A.	7.5	N.A.	0.0	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Desserts	2 Scoops of Ice Cream - Please choose from the below																
Proper Locals - AW23 Kids	Desserts	Vanilla Ice Cream	407	N.A.	97	N.A.	3.6	N.A.	1.9	N.A.	13.6	N.A.	13.6	N.A.	2.6	N.A.	0.02	N.A.
Proper Locals - AW23 Kids	Desserts	Chocolate Ice Cream	472	N.A.	113	N.A.	5.1	N.A.	2.5	N.A.	14.5	N.A.	14.3	N.A.	2.2	N.A.	0.08	N.A.
Proper Locals - AW23 Kids	Desserts	Lemon Sorbet	357	N.A.	85	N.A.	0.1	N.A.	0.0	N.A.	20.8	N.A.	16.8	N.A.	0.1	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Desserts	Frozen Strawberry Yoghurt	370	N.A.	88	N.A.	1.3	N.A.	0.8	N.A.	17.3	N.A.	15.2	N.A.	1.7	N.A.	0.05	N.A.
Proper Locals - AW23 Kids	Desserts	Vegan Ice Cream	472	N.A.	113	N.A.	5.5	N.A.	4.8	N.A.	13.5	N.A.	9.1	N.A.	0.6	N.A.	0.02	N.A.
Proper Locals - AW23 Kids	Desserts	Vanilla Ice Cream	407	N.A.	97	N.A.	3.6	N.A.	1.9	N.A.	13.6	N.A.	13.6	N.A.	2.6	N.A.	0.02	N.A.
Proper Locals - AW23 Kids	Desserts	Chocolate Ice Cream	472	N.A.	113	N.A.	5.1	N.A.	2.5	N.A.	14.5	N.A.	14.3	N.A.	2.2	N.A.	0.08	N.A.
Proper Locals - AW23 Kids	Desserts	Lemon Sorbet	357	N.A.	85	N.A.	0.1	N.A.	0.0	N.A.	20.8	N.A.	16.8	N.A.	0.1	N.A.	0.00	N.A.

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW23 Kids	Desserts	Frozen Strawberry Yoghurt	370	N.A.	88	N.A.	1.3	N.A.	0.8	N.A.	17.3	N.A.	15.2	N.A.	1.7	N.A.	0.05	N.A.
Proper Locals - AW23 Kids	Desserts	Vegan Ice Cream	472	N.A.	113	N.A.	5.5	N.A.	4.8	N.A.	13.5	N.A.	9.1	N.A.	0.6	N.A.	0.02	N.A.
Proper Locals - AW23 Kids	Desserts	Chocolate Sauce	115	N.A.	28	N.A.	0.1	N.A.	0.1	N.A.	6.3	N.A.	4.7	N.A.	0.3	N.A.	0.00	N.A.
Proper Locals - AW23 Kids	Desserts	Strawberry Sauce	132	N.A.	32	N.A.	0.0	N.A.	0.0	N.A.	7.9	N.A.	7.5	N.A.	0.0	N.A.	0.00	N.A.

# Proper Locals Seniors Menu - Autumn Winter 2024 Nutritional Information



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for 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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Seniors Menu	Starters	Roasted Tomato Soup	1144	14%	273	14%	9.7	14%	5.0	25%	38.2	15%	7.5	8%	6.8	14%	2.00	33%
Proper Locals - AW24 Seniors Menu	Starters	Vegan Roasted Tomato Soup	902	11%	216	11%	3.3	5%	0.8	4%	38.2	15%	7.5	8%	6.7	13%	1.84	31%
Proper Locals - AW24 Seniors Menu	Starters	Louisiana Style Chicken Strips	1754	21%	419	21%	18.6	27%	3.1	15%	40.0	15%	12.7	14%	24.6	49%	2.20	37%
Proper Locals - AW24 Seniors Menu	Mains	All Day Breakfast	3618	43%	863	43%	47.4	68%	12.8	64%	63.6	24%	6.2	7%	41.2	82%	3.70	62%
Proper Locals - AW24 Seniors Menu	Mains	Sausage & Mash	2454	29%	586	29%	34.7	50%	14.4	72%	46.9	18%	7.8	9%	19.4	39%	3.11	52%
Proper Locals - AW24 Seniors Menu	Mains	Quorn Sausage & Mash	2206	26%	527	26%	21.7	31%	9.7	49%	51.3	20%	9.6	11%	26.7	53%	3.53	59%
Proper Locals - AW24 Seniors Menu	Mains	Quorn Sausage & Chips	2085	25%	498	25%	17.3	25%	3.7	19%	54.7	21%	9.0	10%	25.5	51%	2.73	46%
Proper Locals - AW24 Seniors Menu	Mains	Chicken Diane	2069	25%	492	25%	13.9	20%	2.5	12%	61.6	24%	7.5	8%	29.1	58%	1.85	31%
Proper Locals - AW24 Seniors Menu	Mains	Whitby Scampi - Please choose from the below	2315	28%	551	28%	22.8	33%	4.3	22%	70.1	27%	0.9	1%	13.9	28%	0.74	12%
Proper Locals - AW24 Seniors Menu	Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Seniors Menu	Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals - AW24 Seniors Menu	Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals - AW24 Seniors Menu	Mains	Hand-Battered Fish - Please choose from the below	2358	28%	563	28%	26.8	38%	5.1	25%	54.7	21%	0.0	0%	23.1	46%	0.53	9%
Proper Locals - AW24 Seniors Menu	Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Seniors Menu	Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%

Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Seniors Menu	Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals - AW24 Seniors Menu	Mains	Gammon & Egg - Seniors	2766	33%	661	33%	29.8	43%	6.0	30%	55.0	21%	5.6	6%	39.7	79%	3.32	55%
Proper Locals - AW24 Seniors Menu	Scottish Mains	Hand Battered Haddock & Chips (Belhaven Only) - Please choose from the below	2719	32%	647	32%	25.5	36%	4.1	20%	77.0	30%	0.2	0%	23.9	48%	0.79	13%
Proper Locals - AW24 Seniors Menu	Scottish Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals - AW24 Seniors Menu	Scottish Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals - AW24 Seniors Menu	Scottish Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals - AW24 Seniors Menu	Scottish Mains	All Day Breakfast (Belhaven Only)	3902	46%	931	47%	49.9	71%	13.9	69%	70.3	27%	6.7	7%	45.4	91%	3.91	65%
Proper Locals - AW24 Seniors Menu	Sides and Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals - AW24 Seniors Menu	Sides and Extras	Bloomer Bread - Please choose from the below	484	6%	116	6%	12.8	18%	8.4	42%	0.0	0%	0.0	0%	0.1	0%	0.32	5%
Proper Locals - AW24 Seniors Menu	Sides and Extras	Sliced Malted Bloomer	1167	14%	279	14%	1.9	3%	0.8	4%	52.1	20%	1.9	2%	11.2	22%	1.02	17%
Proper Locals - AW24 Seniors Menu	Sides and Extras	Sliced White Bloomer	1356	16%	324	16%	2.9	4%	1.3	7%	62.1	24%	0.4	0%	10.7	21%	1.17	20%
Proper Locals - AW24 Seniors Menu	Desserts	Chocolate Fudge Brownie - Please choose from the below	2326	28%	556	28%	21.3	30%	11.2	56%	81.8	31%	58.7	65%	6.7	13%	0.20	3%
Proper Locals - AW24 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Seniors Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals - AW24 Seniors Menu	Desserts	Apple Crumble - Please choose from the below	1401	17%	335	17%	7.0	10%	2.5	13%	61.6	24%	30.6	34%	3.6	7%	0.18	3%
Proper Locals - AW24 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Seniors Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%



Menu	Menu Cat.	Dish Name	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals - AW24 Seniors Menu	Desserts	Vegan Apple Crumble	1872	22%	448	22%	12.5	18%	7.3	36%	75.1	29%	39.7	44%	4.2	8%	0.19	3%
Proper Locals - AW24 Seniors Menu	Desserts	Jam and Coconut Sponge - Please choose from the below	1569	19%	375	19%	15.5	22%	3.1	16%	53.2	20%	28.8	32%	4.9	10%	0.61	10%
Proper Locals - AW24 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Seniors Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals - AW24 Seniors Menu	Desserts	Vegan Jam and Coconut Sponge	2041	24%	488	24%	21.0	30%	7.9	39%	66.7	26%	37.9	42%	5.5	11%	0.63	11%
Proper Locals - AW24 Seniors Menu	Desserts	Ice Cream - Please choose from the below	34	0%	8	0%	0.0	0%	0.0	0%	1.7	1%	0.8	1%	0.2	0%	0.01	0%
Proper Locals - AW24 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Proper Locals - AW24 Seniors Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals - AW24 Seniors Menu	Desserts	Lemon Sorbet	357	4%	85	4%	0.1	0%	0.0	0%	20.8	8%	16.8	19%	0.1	0%	0.00	0%
Proper Locals - AW24 Seniors Menu	Desserts	Frozen Strawberry Yoghurt	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Proper Locals - AW24 Seniors Menu	Desserts	Vegan Ice Cream	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%