

Hungry Horse Breakfast Menu - Autumn Winter 2025 Nutrition 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.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Big Brekkie Roll (Excluding Scottish Sites)	5452	65%	1305	65%	83.7	120%	24.4	122%	82.1	32%	10.1	11%	56.5	113%	6.88	115%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Big Brekkie Roll (Scottish Sites Only)	4771	57%	1141	57%	61.1	87%	21.0	105%	93.9	36%	8.5	9%	51.1	102%	7.04	117%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	8oz Steak & Eggs	5186	62%	1243	62%	79.7	114%	18.7	94%	58.1	22%	3.5	4%	76.7	153%	5.34	89%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Cornflake Chicken Burger	3977	47%	952	48%	51.6	74%	11.9	60%	79.4	31%	7.7	9%	43.6	87%	5.06	84%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Waffles Benedict	4220	50%	1010	51%	69.4	99%	20.5	103%	39.4	15%	11.2	12%	55.3	111%	4.71	79%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Vegetarian Waffles Benedict	2815	34%	675	34%	44.3	63%	11.1	55%	39.2	15%	11.0	12%	27.9	56%	1.61	27%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Waffle Your Way - Please select your choices from the following:	801	10%	191	10%	8.4	12%	1.1	6%	24.0	9%	5.3	6%	4.2	8%	0.36	6%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Pork Sausages	931	11%	223	11%	15.6	22%	6.0	30%	8.0	3%	2.7	3%	12.0	24%	1.03	17%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Quorn Sausages	933	11%	223	11%	9.9	14%	3.7	19%	12.5	5%	2.0	2%	17.9	36%	1.53	25%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Berries	159	2%	38	2%	0.0	0%	0.0	0%	7.0	3%	7.0	8%	1.0	2%	0.00	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Bacon	937	11%	224	11%	16.7	24%	6.3	32%	0.1	0%	0.1	0%	18.3	37%	2.06	34%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Cornflake Chicken Strips	805	10%	193	10%	10.6	15%	2.6	13%	4.0	2%	0.0	0%	20.5	41%	0.98	16%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Fried Free-Range 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	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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Maple Flavour Syrup	653	8%	156	8%	0.0	0%	0.0	0%	39.0	15%	39.0	43%	0.0	0%	0.00	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Chocolate Flavour Sauce	575	7%	138	7%	0.5	1%	0.5	3%	31.5	12%	23.5	26%	1.5	3%	0.00	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Tingly Ted's Sauce	96	1%	23	1%	0.5	1%	0.0	0%	5.0	2%	3.0	3%	0.5	1%	1.05	18%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Legends	Greek-Style Yoghurt	276	3%	66	3%	5.0	7%	3.0	15%	2.5	1%	2.5	3%	3.0	6%	0.10	2%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Mega Breakfast (Excluding Scottish Sites) - Please select your choice from the following:	7982	95%	1912	96%	127.9	183%	38.6	193%	94.4	36%	17.0	19%	93.3	187%	9.96	166%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Scottish Mega Breakfast (Scottish Sites Only) - Please select your choice from the following:	7380	88%	1767	88%	100.8	144%	36.0	180%	117.0	45%	14.8	16%	89.6	179%	10.56	176%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Mighty Breakfast (Excluding Scottish Sites) - Please select your choice from the following:	5595	67%	1340	67%	92.2	132%	27.7	138%	56.8	22%	8.9	10%	70.0	140%	7.29	122%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Scottish Mighty Breakfast (Scottish Sites Only) - Please select your choice from the following:	5754	68%	1377	69%	83.2	119%	29.4	147%	78.6	30%	7.6	8%	73.5	147%	8.17	136%

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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Classic English Breakfast (Excluding Scottish Sites)	3853	46%	923	46%	58.9	84%	15.0	75%	52.7	20%	7.5	8%	44.8	90%	5.29	88%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Scottish Classic Breakfast (Scottish Sites Only)	3196	38%	765	38%	43.7	62%	14.5	72%	45.8	18%	6.4	7%	43.5	87%	4.87	81%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Veggie Breakfast (Excluding Scottish Sites)	3851	46%	922	46%	49.3	70%	11.3	56%	67.4	26%	9.0	10%	47.4	95%	5.01	84%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Scottish Veggie Breakfast (Scottish Sites Only)	2819	34%	675	34%	28.1	40%	8.6	43%	54.4	21%	9.1	10%	43.2	86%	4.37	73%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Plant Based Breakfast (Excluding Scottish Sites) - Please select your choice from the following:	3662	44%	876	44%	48.6	69%	11.0	55%	67.4	26%	9.0	10%	37.4	75%	4.96	83%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Scottish Plant Based Breakfast (Scottish Sites Only) - Please select your choice from the following:	2630	31%	629	31%	27.4	39%	8.3	41%	54.4	21%	9.1	10%	33.2	66%	4.33	72%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Classics	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Frozen Smoothie Bowl	1171	14%	280	14%	3.9	6%	2.3	11%	54.8	21%	48.5	54%	5.5	11%	0.16	3%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Bacon Roll	2799	33%	669	33%	40.4	58%	12.7	64%	42.1	16%	6.4	7%	33.2	66%	4.00	67%

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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Sausage Roll	2325	28%	556	28%	31.0	44%	9.3	47%	49.9	19%	9.0	10%	17.9	36%	1.93	32%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Vegan Sausage Roll	2327	28%	556	28%	25.3	36%	7.0	35%	54.4	21%	8.2	9%	23.7	47%	2.43	41%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Lorne Sausage Roll (Scottish Sites Only)	3075	37%	735	37%	42.7	61%	13.6	68%	61.9	24%	6.7	7%	23.7	47%	2.34	39%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Scrambled Eggs on Toast - Please select your choice from the following:	1491	18%	356	18%	27.3	39%	7.2	36%	4.0	2%	4.0	4%	24.3	49%	1.06	18%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Beans on Toast - Please select your choice from the following:	1060	13%	253	13%	10.0	14%	2.0	10%	28.5	11%	11.4	13%	7.6	15%	1.77	30%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	Only	9.9	20%	0.91	15%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Cornflake Chicken Dippers	1994	24%	478	24%	17.7	25%	4.3	21%	45.6	18%	39.0	43%	34.2	68%	1.64	27%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Jammy Toast - Please select your choice from the following:	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Strawberry Jam	199	2%	48	2%	0.0	0%	0.0	0%	11.8	5%	10.4	12%	0.1	0%	0.02	0%

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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Marmalade	203	2%	49	2%	0.0	0%	0.0	0%	12.0	5%	10.2	11%	0.0	0%	0.02	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Honey	295	4%	71	4%	0.2	0%	0.0	0%	17.2	7%	14.6	16%	0.1	0%	0.00	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Vegan Jammy Toast - Please select your choice from the following:	226	3%	54	3%	6.0	9%	1.2	6%	0.0	0%	0.0	0%	0.0	0%	0.15	3%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Strawberry Jam	199	2%	48	2%	0.0	0%	0.0	0%	11.8	5%	10.4	12%	0.1	0%	0.02	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Brekkie Bites	Marmalade	203	2%	49	2%	0.0	0%	0.0	0%	12.0	5%	10.2	11%	0.0	0%	0.02	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Kids English Breakfast (Excluding Scottish Sites)	2542	N/A	609	N/A	37.7	N/A	9.8	N/A	34.6	N/A	6.9	N/A	31.6	N/A	3.38	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Kids Scottish Breakfast (Scottish Sites Only)	2621	N/A	627	N/A	33.2	N/A	10.7	N/A	45.5	N/A	6.3	N/A	33.4	N/A	3.82	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Kids Veggie Breakfast (Excluding Scottish Sites)	2074	N/A	497	N/A	26.4	N/A	5.5	N/A	36.8	N/A	6.5	N/A	25.4	N/A	2.60	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Kids Veggie Breakfast (Scottish Sites Only)	1779	N/A	426	N/A	16.1	N/A	4.2	N/A	41.7	N/A	7.0	N/A	24.3	N/A	2.84	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Kids Waffle Your Way - Please select your choice from the following:	601	N/A	144	N/A	6.3	N/A	0.9	N/A	18.0	N/A	4.0	N/A	3.2	N/A	0.27	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Cornflake Chicken Strips & Maple Flavour Syrup	863	N/A	207	N/A	7.1	N/A	1.7	N/A	22.1	N/A	19.5	N/A	13.7	N/A	0.66	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Bacon & Maple Flavour Syrup	795	N/A	190	N/A	8.4	N/A	3.2	N/A	19.6	N/A	19.6	N/A	9.1	N/A	1.03	N/A

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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Strawberry Pieces & Strawberry Flavour Sauce	393	N/A	94	N/A	0.0	N/A	0.0	N/A	22.8	N/A	21.8	N/A	0.5	N/A	0.00	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Children's Breakfast	Kids Mini Frozen Smoothie Bowl	432	N/A	103	N/A	1.3	N/A	0.8	N/A	20.3	N/A	18.2	N/A	2.2	N/A	0.05	N/A
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Toast & Butter - Please select your choice from the following:	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	3 Hash Browns	2210	26%	530	26%	32.4	46%	4.2	21%	53.5	21%	1.2	1%	9.2	18%	2.60	43%
Hungry Horse Breakfast Menu - Autumn Winter 2025	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%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Fruit Berry Mix	176	2%	42	2%	0.0	0%	0.0	0%	7.0	3%	7.0	8%	1.0	2%	0.00	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Maple Flavour Syrup	979	12%	234	12%	0.0	0%	0.0	0%	58.5	23%	58.5	65%	0.0	0%	0.00	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Yoghurt	276	3%	66	3%	5.0	7%	3.0	15%	2.5	1%	2.5	3%	3.0	6%	0.10	2%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Fried Free-Range Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Pork Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Quorn Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Black Pudding	269	3%	64	3%	1.3	2%	0.5	2%	9.3	4%	0.4	0%	3.8	8%	0.74	12%

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
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Chicken Strips	805	10%	193	10%	10.6	15%	2.6	13%	4.0	2%	0.0	0%	20.5	41%	0.98	16%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Extra Preserves - Please select your choice from the following:																
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Strawberry Jam	199	2%	48	2%	0.0	0%	0.0	0%	11.8	5%	10.4	12%	0.1	0%	0.0	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Marmalade	203	2%	49	2%	0.0	0%	0.0	0%	12.0	5%	10.2	11%	0.0	0%	0.0	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Honey	295	4%	71	4%	0.2	0%	0.0	0%	17.2	7%	14.6	16%	0.1	0%	0.0	0%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Potato Scone (Scottish Sites Only)	883	11%	211	11%	0.9	1%	0.2	1%	45.4	17%	1.8	2%	3.8	8%	2.20	37%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Lorne Sausage (Scottish Sites Only)	840	10%	201	10%	13.7	20%	5.2	26%	10.0	4%	0.2	0%	8.9	18%	0.72	12%
Hungry Horse Breakfast Menu - Autumn Winter 2025	Extras	Haggis (Scottish Sites Only)	967	12%	231	12%	15.0	21%	7.0	35%	14.0	5%	1.0	1%	9.0	18%	1.10	18%