

Flaming Grill Main No Gluten Containing menu 2025 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.

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
Flaming Grill - SS25 Core Menu NGC	Lets Get Started	Nachos	3397	40%	812	41%	43.8	63%	16.8	84%	79.5	31%	12.2	14%	20.0	40%	3.52	59%
Flaming Grill - SS25 Core Menu NGC	Lets Get Started	Vegan Nachos	2504	30%	598	30%	28.2	40%	4.2	21%	73.0	28%	9.6	11%	8.4	17%	2.74	46%
Flaming Grill - SS25 Core Menu NGC	Lets Get Started	Flame-Grilled Lamb Koftas	1658	20%	396	20%	29.5	42%	6.6	33%	8.7	3%	2.5	3%	23.5	47%	1.60	27%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Chick n Mix - Please select from the below:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Texan BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Premium Leaf Side Salad	107	1%	26	1%	0.8	1%	0.2	1%	3.1	1%	1.4	2%	1.1	2%	0.17	3%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Sweetcorn Chargrilled	819	10%	196	10%	11.1	16%	1.2	6%	18.9	7%	7.1	8%	3.7	7%	0.05	1%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Chicken Skewers	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.68	28%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Roasted Chicken Fillet	971	12%	232	12%	2.1	3%	0.6	3%	7.0	3%	2.7	3%	46.4	93%	0.83	14%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%

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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
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill - SS25 Core Menu NGC	Chick n Mix	Bulls Eye Carolina Reaper Sauce	155	2%	37	2%	0.5	1%	0.0	0%	8.0	3%	5.0	6%	0.5	1%	0.60	10%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC - 2 Fillets	971	12%	232	12%	2.1	3%	0.6	3%	7.0	3%	2.7	3%	46.4	93%	0.83	14%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC - Roasted Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.68	28%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC- Corn on the Cob	819	10%	196	10%	11.1	16%	1.2	6%	18.9	7%	7.1	8%	3.7	7%	0.05	1%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC - Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC - BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC - Side Salad	107	1%	26	1%	0.8	1%	0.2	1%	3.1	1%	1.4	2%	1.1	2%	0.17	3%
Flaming Grill - SS25 Core Menu NGC	Chick N Mix Trade Ups	TU Chick n Mix NGC - Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS25 Core Menu NGC	Our Famous Flamin' Grill	8oz* Sirloin Steak	3307	39%	789	39%	43.1	62%	18.4	92%	52.1	20%	13.9	15%	45.4	91%	0.61	10%
Flaming Grill - SS25 Core Menu NGC	Our Famous Flamin' Grill	8oz* Rump Steak	3123	37%	745	37%	38.8	55%	16.3	82%	52.1	20%	13.9	15%	44.0	88%	0.59	10%
Flaming Grill - SS25 Core Menu NGC	Our Famous Flamin' Grill	9oz* Ribeye Steak	3876	46%	925	46%	58.7	84%	25.6	128%	52.1	20%	13.9	15%	44.7	89%	0.60	10%

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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
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Hunter's Chicken Skillet	4097	49%	978	49%	36.4	52%	17.1	85%	75.5	29%	30.7	34%	80.1	160%	3.72	62%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	7oz* Gammon Skillet - Please select from the below:	2852	34%	681	34%	34.3	49%	13.3	66%	52.1	20%	13.9	15%	38.0	76%	3.54	59%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Pineapple Slice	263	3%	63	3%	0.5	1%	0.0	0%	13.4	5%	13.4	15%	0.5	1%	0.01	0%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Fried Egg	532	6%	128	6%	10.1	14%	2.1	11%	0.0	0%	0.0	0%	9.4	19%	0.28	5%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Jamaican Chicken Stew	2525	30%	603	30%	20.3	29%	3.9	19%	48.4	19%	4.9	5%	48.2	96%	4.64	77%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Jerk Chicken Sizzler	3130	37%	748	37%	17.1	24%	1.7	8%	83.1	32%	41.8	46%	57.7	115%	2.22	37%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Jacket Potato - Please select from the below:	1741	21%	416	21%	13.0	19%	6.9	34%	61.1	24%	12.6	14%	9.1	18%	0.44	7%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Grated Cheese	697	8%	167	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Coleslaw	385	5%	92	5%	8.0	11%	0.5	3%	4.0	2%	3.5	4%	0.5	1%	0.25	4%
Flaming Grill - SS25 Core Menu NGC	Pub Classics	Jacket Potato	1683	20%	402	20%	3.4	5%	0.6	3%	73.8	28%	17.6	20%	12.4	25%	0.89	15%
Flaming Grill - SS25 Core Menu NGC	Desserts	Vegan Ice Cream	1943	23%	465	23%	16.4	23%	14.3	71%	72.1	28%	57.3	64%	1.7	3%	0.05	1%
Flaming Grill - SS25 Core Menu NGC	Desserts	Ice Cream - Please select from the below:	529	6%	126	6%	0.0	0%	0.0	0%	31.6	12%	30.0	33%	0.0	0%	0.00	0%
Flaming Grill - SS25 Core Menu NGC	Desserts	Vanilla	1221	15%	292	15%	10.7	15%	5.7	28%	40.7	16%	40.7	45%	7.8	16%	0.06	1%

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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
Flaming Grill - SS25 Core Menu NGC	Desserts	Chocolate	1415	17%	338	17%	15.3	22%	7.6	38%	43.5	17%	42.8	48%	6.5	13%	0.23	4%
Flaming Grill - SS25 Core Menu NGC	Sides	Our Dressed Side Salad Vegan	107	1%	26	1%	0.8	1%	0.2	1%	3.1	1%	1.4	2%	1.1	2%	0.17	3%
Flaming Grill - SS25 Core Menu NGC	Sides	Corn On The Cob	1638	19%	391	20%	22.3	32%	2.3	12%	37.8	15%	14.1	16%	7.3	15%	0.10	2%
Flaming Grill - SS25 Core Menu NGC	Sides	Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill - SS25 Core Menu NGC	Sides	Bread	959	11%	229	11%	15.0	21%	6.7	34%	18.6	7%	1.2	1%	2.9	6%	0.72	12%
Flaming Grill - SS25 Core Menu NGC	Sides	Jacket & Butter	1176	14%	281	14%	10.6	15%	6.5	32%	39.1	15%	4.1	5%	4.3	9%	0.25	4%
Flaming Grill - SS25 Core Menu NGC	Sides	Texan BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill - SS25 Core Menu NGC	Steak Sauces	Texan BBQ Sauce	603	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%
Flaming Grill - SS25 Core Menu NGC	Steak Sauces	Peppercorn Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Flaming Grill - SS25 Core Menu NGC	Steak Sauces	Beef Drippings Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Flaming Grill - SS25 Core Menu NGC	Steak Sides	Corn On The Cob	1638	19%	391	20%	22.3	32%	2.3	12%	37.8	15%	14.1	16%	7.3	15%	0.10	2%
Flaming Grill - SS25 Core Menu NGC	Steak Sides	Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill - SS25 Core Menu NGC	Steak Sides	Texan BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill - SS25 Core Menu NGC	Steak Toppers	Fried Eggs - Steak Topper	1064	13%	256	13%	20.1	29%	4.3	21%	0.0	0%	0.0	0%	18.8	38%	0.55	9%

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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
Flaming Grill - SS25 Core Menu NGC	Steak Toppers	Burnt Ends in BBQ Sauce - Steak Topper	747	9%	179	9%	5.0	7%	1.0	5%	18.0	7%	15.0	17%	12.0	24%	1.00	17%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Sweet Chilli Sauce	412	5%	98	5%	0.0	0%	0.0	0%	24.6	9%	18.6	21%	0.6	1%	0.60	10%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Seasonal Vegetables	587	7%	140	7%	9.8	14%	0.8	4%	7.6	3%	5.6	6%	4.5	9%	0.06	1%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Smoked Streaky Bacon	515	6%	123	6%	9.2	13%	3.5	17%	0.1	0%	0.1	0%	10.0	20%	1.14	19%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra 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%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Carolina Reaper Sauce	93	1%	22	1%	0.3	0%	0.0	0%	4.8	2%	3.0	3%	0.3	1%	0.36	6%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Millionaire Mayo	967	12%	231	12%	22.4	32%	2.0	10%	6.4	2%	6.0	7%	0.8	2%	0.48	8%
Flaming Grill - SS25 Core Menu NGC	Extra's	Extra Yoghurt and Mint Dressing	728	9%	174	9%	18.0	26%	1.2	6%	2.4	1%	1.6	2%	0.4	1%	0.60	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

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

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

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

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

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

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