

The Folly No Gluten Containing Core Menu Nutritional Information 2023



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
The Folly - SS23 Core Menu NGC	Starters	Creamy Garlic Mushrooms	2337	28%	558	28%	40.8	58%	11.5	58%	29.8	11%	7.1	8%	16.3	33%	2.85	48%
The Folly - SS23 Core Menu NGC	Starters	Char-Grilled Chicken Skewers	1993	24%	476	24%	31.8	45%	4.6	23%	19.0	7%	18.0	20%	27.4	55%	1.50	25%
The Folly - SS23 Core Menu NGC	Starters	King Prawn Cocktail	1621	19%	387	19%	23.2	33%	3.7	18%	25.0	10%	5.9	7%	16.2	32%	1.92	32%
The Folly - SS23 Core Menu NGC	Starters	Oak Smoked Salmon	810	10%	194	10%	10.1	14%	3.3	17%	4.2	2%	3.2	4%	20.5	41%	2.14	36%
The Folly - SS23 Core Menu NGC	Taste of the Tides	Grilled Salmon Fillet	4177	50%	998	50%	73.5	105%	11.7	59%	34.0	13%	10.0	11%	43.6	87%	2.64	44%
The Folly - SS23 Core Menu NGC	Taste of the Tides	Sea Bass & Seared Scallops Risotto	4145	49%	991	50%	49.8	71%	8.4	42%	67.1	26%	7.1	8%	51.4	103%	5.49	92%
The Folly - SS23 Core Menu NGC	Taste of the Tides	Mussels	4729	56%	1130	57%	54.1	77%	25.4	127%	91.6	35%	6.8	8%	57.7	115%	7.82	130%
The Folly - SS23 Core Menu NGC	Steaks	8oz Sirloin Steak - Please select your choice from the below:	1871	22%	447	22%	29.5	42%	13.0	65%	7.3	3%	5.7	6%	37.0	74%	1.64	27%
The Folly - SS23 Core Menu NGC	Steaks	Mint & Butter Potato	930	11%	222	11%	6.4	9%	4.2	21%	34.1	13%	2.0	2%	4.1	8%	0.17	3%
The Folly - SS23 Core Menu NGC	Steaks	Side Salad	900	11%	215	11%	12.6	18%	1.0	5%	10.2	4%	6.9	8%	12.2	24%	0.21	3%
The Folly - SS23 Core Menu NGC	Steaks	8oz Rump Steak - Please select your choice from the below:	1686	20%	403	20%	25.3	36%	10.8	54%	7.3	3%	5.7	6%	35.5	71%	1.62	27%
The Folly - SS23 Core Menu NGC	Steaks	Mint & Butter Potato	930	11%	222	11%	6.4	9%	4.2	21%	34.1	13%	2.0	2%	4.1	8%	0.17	3%
The Folly - SS23 Core Menu NGC	Steaks	Side Salad	900	11%	215	11%	12.6	18%	1.0	5%	10.2	4%	6.9	8%	12.2	24%	0.21	3%

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
The Folly - SS23 Core Menu NGC	Steaks	10oz Rib Eye Steak - Please select your choice from the below:	2630	31%	629	31%	48.7	70%	21.8	109%	7.3	3%	5.7	6%	39.6	79%	1.61	27%
The Folly - SS23 Core Menu NGC	Steaks	Mint & Butter Potato	930	11%	222	11%	6.4	9%	4.2	21%	34.1	13%	2.0	2%	4.1	8%	0.17	3%
The Folly - SS23 Core Menu NGC	Steaks	Side Salad	900	11%	215	11%	12.6	18%	1.0	5%	10.2	4%	6.9	8%	12.2	24%	0.21	3%
The Folly - SS23 Core Menu NGC	Classics	Jack 'n' Guac Beyond Burger	4055	48%	969	48%	60.5	86%	13.3	67%	53.6	21%	17.5	19%	41.7	83%	2.87	48%
The Folly - SS23 Core Menu NGC	Classics	BBQ Jack Burger	3860	46%	922	46%	51.7	74%	12.9	65%	54.2	21%	21.1	23%	47.9	96%	2.53	42%
The Folly - SS23 Core Menu NGC	Classics	Char-grilled Skewers - Chicken	3559	42%	850	42%	29.0	41%	8.5	43%	86.0	33%	23.8	26%	58.5	117%	3.70	62%
The Folly - SS23 Core Menu NGC	Classics	Char-grilled Skewers - Black Tiger Prawns	3372	40%	803	40%	27.6	39%	7.8	39%	85.6	33%	23.5	26%	39.9	80%	4.33	72%
The Folly - SS23 Core Menu NGC	Classics	Char-grilled Skewers - Halloumi	4175	50%	997	50%	50.9	73%	22.1	110%	88.3	34%	26.2	29%	43.7	87%	6.41	107%
The Folly - SS23 Core Menu NGC	Classics	Char-grilled Skewers - Vegan Kofta	4085	49%	975	49%	54.5	78%	8.9	44%	86.4	33%	20.6	23%	31.1	62%	4.12	69%
The Folly - SS23 Core Menu NGC	Classics	Hunter's Chicken	3009	36%	719	36%	24.4	35%	10.7	53%	59.0	23%	22.8	25%	57.1	114%	2.87	48%
The Folly - SS23 Core Menu NGC	Classics	Roasted Butternut Squash Risotto	3368	40%	805	40%	40.9	58%	5.3	27%	75.7	29%	14.5	16%	14.6	29%	4.09	68%
The Folly - SS23 Core Menu NGC	Light Bites	Scottish Smoked Salmon Open Sandwich	2321	28%	555	28%	30.0	43%	4.8	24%	45.6	18%	10.1	11%	20.8	42%	3.65	61%
The Folly - SS23 Core Menu NGC	Light Bites	Chicken Caesar Salad	2522	30%	603	30%	38.0	54%	8.4	42%	9.3	4%	6.3	7%	53.3	107%	3.31	55%
The Folly - SS23 Core Menu NGC	Light Bites	Caesar Salad	1565	19%	374	19%	32.4	46%	7.2	36%	8.6	3%	5.5	6%	9.7	19%	1.83	31%

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			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
The Folly - SS23 Core Menu NGC	Desserts	Luxury Ice Cream and Sorbet - Please select your choice from the below:	90	1%	22	1%	1.2	2%	0.7	4%	2.4	1%	2.3	3%	0.3	1%	0.01	0%
The Folly - SS23 Core Menu NGC	Desserts	Classic Jersey Clotted Cream Ice Cream	527	6%	126	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
The Folly - SS23 Core Menu NGC	Desserts	Raspberry Sorbet	366	4%	88	4%	0.2	0%	0.2	1%	21.2	8%	19.0	21%	0.1	0%	0.07	1%
The Folly - SS23 Core Menu NGC	Desserts	Ice Cream Belgian Chocolate	647	8%	155	8%	7.2	10%	4.3	22%	19.5	8%	17.0	19%	2.4	5%	0.14	2%
The Folly - SS23 Core Menu NGC	Desserts	Strawberry & Clotted Cream Dairy	615	7%	147	7%	8.1	12%	4.9	25%	16.5	6%	14.1	16%	1.9	4%	0.13	2%
The Folly - SS23 Core Menu NGC	Desserts	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
The Folly - SS23 Core Menu NGC	Desserts	Eton Mess Sundae	2130	25%	509	25%	21.3	30%	13.3	67%	69.6	27%	66.7	74%	9.2	18%	0.38	6%
The Folly - SS23 Core Menu NGC	Sides	Dressed House Salad	900	11%	215	11%	12.6	18%	1.0	5%	10.2	4%	6.9	8%	12.2	24%	0.21	4%
The Folly - SS23 Core Menu NGC	Sides	Dressed House Salad	779	9%	186	9%	7.4	11%	0.6	3%	14.9	6%	10.2	11%	12.1	24%	0.02	0%
The Folly - SS23 Core Menu NGC	Sides	Bread and Butter	1432	17%	342	17%	17.2	25%	5.2	26%	37.1	14%	2.3	3%	5.6	11%	1.14	19%
The Folly - SS23 Core Menu NGC	Sides	Minted Baby Potatoes	930	11%	222	11%	6.4	9%	4.2	21%	34.1	13%	2.0	2%	4.1	8%	0.17	3%
The Folly - SS23 Core Menu NGC	Treat Yourself	Two Char-grilled Shell On Black Tiger Prawns & Parsley Butter	464	6%	110	5%	5.8	8%	3.6	18%	0.2	0%	0.1	0%	10.0	20%	0.50	8%
The Folly - SS23 Core Menu NGC	Treat Yourself	Flame Seared, Slow Cooked Beef Burnt Ends in Texan BBQ Sauce	744	9%	178	9%	6.0	9%	1.0	5%	10.0	4%	9.0	10%	16.0	32%	1.00	17%
The Folly - SS23 Core Menu NGC	Steak Sauces	Argentinian Steak Sauce	1170	14%	280	14%	29.3	42%	1.5	8%	2.6	1%	1.6	2%	1.2	2%	0.98	16%

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			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
The Folly - SS23 Core Menu NGC	Steak Sauces	Creamy Peppercorn & Brandy Sauce	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
The Folly - SS23 Core Menu NGC	Steak Sauces	Bearnaise Sauce	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%