

# Belhaven Mainstream Main Menu Nutrition Information - Spring Summer 2026



## 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 |
| Main Menu - Spring Summer 2026 | Small Plates | Southern Fried Chicken Tenders  | 3067        | 37%                | 733           | 37%                | 37.2        | 53%                | 10.5              | 53%                | 63.1              | 24%                | 17.6        | 20%                | 35.2        | 70%                | 3.20        | 53%                |
| Main Menu - Spring Summer 2026 | Small Plates | Crispy Halloumi Bites   | 3182        | 38%                | 766           | 38%                | 53.8        | 77%                | 26.1              | 130%               | 46.6              | 18%                | 24.0        | 27%                | 24.0        | 48%                | 4.84        | 81%                |
| Main Menu - Spring Summer 2026 | Small Plates | Crispy Squid  | 2743        | 33%                | 655           | 33%                | 48.6        | 69%                | 4.7               | 23%                | 43.9              | 17%                | 3.0         | 3%                 | 13.4        | 27%                | 5.50        | 92%                |
| Main Menu - Spring Summer 2026 | Small Plates | Buffalo Chicken Dip   | 2460        | 29%                | 588           | 29%                | 32.8        | 47%                | 13.0              | 65%                | 41.9              | 16%                | 6.8         | 8%                 | 28.8        | 58%                | 2.40        | 40%                |
| Main Menu - Spring Summer 2026 | Small Plates | Haggis Bon Bons   | 2033        | 24%                | 488           | 24%                | 31.2        | 45%                | 11.0              | 55%                | 32.8              | 13%                | 2.6         | 3%                 | 16.6        | 33%                | 3.49        | 58%                |
| Main Menu - Spring Summer 2026 | Small Plates | Soup of the Day - Please select your choice from the following:                 | 787         | 9%                 | 188           | 9%                 | 6.6         | 9%                 | 3.8               | 19%                | 26.7              | 10%                | 1.0         | 1%                 | 4.9         | 10%                | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | Small Plates | Red Lentil Soup   | 1415        | 17%                | 338           | 17%                | 13.3        | 19%                | 6.5               | 33%                | 42.2              | 16%                | 6.5         | 7%                 | 9.6         | 19%                | 2.18        | 36%                |
| Main Menu - Spring Summer 2026 | Small Plates | Pea & Bacon Soup  | 819         | 10%                | 194           | 10%                | 8.7         | 12%                | 2.3               | 11%                | 18.1              | 7%                 | 10.7        | 12%                | 12.3        | 25%                | 2.07        | 35%                |
| Main Menu - Spring Summer 2026 | Small Plates | Leek & Potato Soup  | 580         | 7%                 | 139           | 7%                 | 3.8         | 5%                 | 0.3               | 1%                 | 21.2              | 8%                 | 5.0         | 6%                 | 3.3         | 7%                 | 1.62        | 27%                |
| Main Menu - Spring Summer 2026 | Small Plates | Tomato & Basil Soup   | 958         | 11%                | 229           | 11%                | 12.9        | 18%                | 6.3               | 31%                | 21.5              | 8%                 | 15.8        | 18%                | 4.6         | 9%                 | 1.83        | 31%                |
| Main Menu - Spring Summer 2026 | Small Plates | Signature Wings - Chicken Wings - Please select your choice from the following: | 1789        | 21%                | 426           | 21%                | 18.1        | 26%                | 5.9               | 29%                | 6.5               | 2%                 | 0.2         | 0%                 | 59.3        | 119%               | 2.55        | 43%                |
| Main Menu - Spring Summer 2026 | Small Plates | Hot Honey   | 653         | 8%                 | 156           | 8%                 | 0.5         | 1%                 | 0.0               | 0%                 | 38.0              | 15%                | 38.0        | 42%                | 0.5         | 1%                 | 0.00        | 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 |
| Main Menu - Spring Summer 2026 | Small Plates | GK IPA Hot Sauce   | 295         | 4%                 | 71            | 4%                 | 5.0         | 7%                 | 3.5               | 18%                | 5.0               | 2%                 | 2.5         | 3%                 | 0.5         | 1%                 | 2.45        | 41%                |
| Main Menu - Spring Summer 2026 | Small Plates | GK IPA BBQ Sauce   | 318         | 4%                 | 76            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 18.0              | 7%                 | 16.5        | 18%                | 0.5         | 1%                 | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | Small Plates | Korean BBQ Sauce   | 521         | 6%                 | 125           | 6%                 | 7.5         | 11%                | 1.0               | 5%                 | 12.5              | 5%                 | 11.0        | 12%                | 1.5         | 3%                 | 2.00        | 33%                |
| Main Menu - Spring Summer 2026 | Small Plates | Signature Wings - Boneless Karaage Chicken Wings - Please select your choice from the following: | 2211        | 26%                | 530           | 27%                | 29.1        | 42%                | 7.0               | 35%                | 10.9              | 4%                 | 0.0         | 0%                 | 56.4        | 113%               | 2.71        | 45%                |
| Main Menu - Spring Summer 2026 | Small Plates | Hot Honey  | 653         | 8%                 | 156           | 8%                 | 0.5         | 1%                 | 0.0               | 0%                 | 38.0              | 15%                | 38.0        | 42%                | 0.5         | 1%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Small Plates | GK IPA Hot Sauce   | 295         | 4%                 | 71            | 4%                 | 5.0         | 7%                 | 3.5               | 18%                | 5.0               | 2%                 | 2.5         | 3%                 | 0.5         | 1%                 | 2.45        | 41%                |
| Main Menu - Spring Summer 2026 | Small Plates | GK IPA BBQ Sauce   | 318         | 4%                 | 76            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 18.0              | 7%                 | 16.5        | 18%                | 0.5         | 1%                 | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | Small Plates | Korean BBQ Sauce   | 521         | 6%                 | 125           | 6%                 | 7.5         | 11%                | 1.0               | 5%                 | 12.5              | 5%                 | 11.0        | 12%                | 1.5         | 3%                 | 2.00        | 33%                |
| Main Menu - Spring Summer 2026 | Small Plates | Signature Wings - Crispy Cauliflower Wings - Please select your choice from the following:       | 676         | 8%                 | 162           | 8%                 | 1.6         | 2%                 | 0.0               | 0%                 | 30.4              | 12%                | 3.2         | 4%                 | 4.8         | 10%                | 1.28        | 21%                |
| Main Menu - Spring Summer 2026 | Small Plates | Hot Honey  | 653         | 8%                 | 156           | 8%                 | 0.5         | 1%                 | 0.0               | 0%                 | 38.0              | 15%                | 38.0        | 42%                | 0.5         | 1%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Small Plates | GK IPA Hot Sauce   | 295         | 4%                 | 71            | 4%                 | 5.0         | 7%                 | 3.5               | 18%                | 5.0               | 2%                 | 2.5         | 3%                 | 0.5         | 1%                 | 2.45        | 41%                |
| Main Menu - Spring Summer 2026 | Small Plates | GK IPA BBQ Sauce   | 318         | 4%                 | 76            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 18.0              | 7%                 | 16.5        | 18%                | 0.5         | 1%                 | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | Small Plates | Korean BBQ Sauce   | 521         | 6%                 | 125           | 6%                 | 7.5         | 11%                | 1.0               | 5%                 | 12.5              | 5%                 | 11.0        | 12%                | 1.5         | 3%                 | 2.00        | 33%                |

| 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 |
| Main Menu - Spring Summer 2026 | Small Plates | Taste of Haggis  | 2243        | 27%                | 536           | 27%                | 33.4        | 48%                | 15.6              | 78%                | 39.1              | 15%                | 7.4         | 8%                 | 16.2        | 32%                | 3.26        | 54%                |
| Main Menu - Spring Summer 2026 | Small Plates | Taste of Veggie Haggis   | 2815        | 34%                | 673           | 34%                | 39.8        | 57%                | 18.2              | 91%                | 63.6              | 24%                | 9.9         | 11%                | 10.8        | 22%                | 3.83        | 64%                |
| Main Menu - Spring Summer 2026 | Topped Chips | Loaded Chips - Please select your choice from the following:                         | 1951        | 23%                | 466           | 23%                | 21.0        | 30%                | 4.2               | 21%                | 60.9              | 23%                | 0.0         | 0%                 | 6.3         | 13%                | 0.63        | 11%                |
| Main Menu - Spring Summer 2026 | Topped Chips | Katsu Chicken with Curry Sauce   | 1964        | 23%                | 470           | 23%                | 30.4        | 43%                | 6.2               | 31%                | 30.7              | 12%                | 2.5         | 3%                 | 18.5        | 37%                | 3.13        | 52%                |
| Main Menu - Spring Summer 2026 | Topped Chips | Buffalo Pulled Chicken with Soured Cream and Jalapeños                               | 1322        | 16%                | 316           | 16%                | 22.0        | 31%                | 10.1              | 51%                | 13.0              | 5%                 | 7.0         | 8%                 | 16.2        | 32%                | 1.69        | 28%                |
| Main Menu - Spring Summer 2026 | Sharers      | Nachos (Serves 2)  | 5240        | 62%                | 1253          | 63%                | 65.5        | 94%                | 26.3              | 132%               | 125.2             | 48%                | 20.6        | 23%                | 33.9        | 68%                | 6.66        | 111%               |
| Main Menu - Spring Summer 2026 | Sharers      | 24 Chicken Wings (Serves 2) - Please select your choice from the following:          | 7157        | 85%                | 1706          | 85%                | 72.5        | 104%               | 23.5              | 118%               | 25.9              | 10%                | 1.0         | 1%                 | 237.4       | 475%               | 10.20       | 170%               |
| Main Menu - Spring Summer 2026 | Sharers      | Hot Honey  | 1305        | 16%                | 312           | 16%                | 1.0         | 1%                 | 0.0               | 0%                 | 76.0              | 29%                | 76.0        | 84%                | 1.0         | 2%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Sharers      | GK IPA Hot Sauce   | 590         | 7%                 | 141           | 7%                 | 10.0        | 14%                | 7.0               | 35%                | 10.0              | 4%                 | 5.0         | 6%                 | 1.0         | 2%                 | 4.90        | 82%                |
| Main Menu - Spring Summer 2026 | Sharers      | GK IPA BBQ Sauce   | 636         | 8%                 | 152           | 8%                 | 0.0         | 0%                 | 0.0               | 0%                 | 36.0              | 14%                | 33.0        | 37%                | 1.0         | 2%                 | 1.20        | 20%                |
| Main Menu - Spring Summer 2026 | Sharers      | Korean BBQ Sauce   | 1042        | 12%                | 249           | 12%                | 15.0        | 21%                | 2.0               | 10%                | 25.0              | 10%                | 22.0        | 24%                | 3.0         | 6%                 | 4.00        | 67%                |
| Main Menu - Spring Summer 2026 | Sharers      | 24 Southern Fried Tenders (Serves 2) - Please select your choice from the following: | 10996       | 131%               | 2629          | 131%               | 148.8       | 213%               | 42.0              | 210%               | 180.5             | 69%                | 4.3         | 5%                 | 138.7       | 277%               | 10.42       | 174%               |
| Main Menu - Spring Summer 2026 | Sharers      | Hot Honey  | 1305        | 16%                | 312           | 16%                | 1.0         | 1%                 | 0.0               | 0%                 | 76.0              | 29%                | 76.0        | 84%                | 1.0         | 2%                 | 0.00        | 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 |
| Main Menu - Spring Summer 2026 | Sharers      | GK IPA Hot Sauce   | 590         | 7%                 | 141           | 7%                 | 10.0        | 14%                | 7.0               | 35%                | 10.0              | 4%                 | 5.0         | 6%                 | 1.0         | 2%                 | 4.90        | 82%                |
| Main Menu - Spring Summer 2026 | Sharers      | GK IPA BBQ Sauce   | 636         | 8%                 | 152           | 8%                 | 0.0         | 0%                 | 0.0               | 0%                 | 36.0              | 14%                | 33.0        | 37%                | 1.0         | 2%                 | 1.20        | 20%                |
| Main Menu - Spring Summer 2026 | Sharers      | Korean BBQ Sauce   | 1042        | 12%                | 249           | 12%                | 15.0        | 21%                | 2.0               | 10%                | 25.0              | 10%                | 22.0        | 24%                | 3.0         | 6%                 | 4.00        | 67%                |
| Main Menu - Spring Summer 2026 | Sharers      | Chicken Wings & Tenders Combo (Serves 2) - Please select your choice from the following: | 9076        | 108%               | 2168          | 108%               | 110.6       | 158%               | 32.8              | 164%               | 103.2             | 40%                | 2.6         | 3%                 | 188.0       | 376%               | 10.31       | 172%               |
| Main Menu - Spring Summer 2026 | Sharers      | Hot Honey  | 1305        | 16%                | 312           | 16%                | 1.0         | 1%                 | 0.0               | 0%                 | 76.0              | 29%                | 76.0        | 84%                | 1.0         | 2%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Sharers      | GK IPA Hot Sauce   | 590         | 7%                 | 141           | 7%                 | 10.0        | 14%                | 7.0               | 35%                | 10.0              | 4%                 | 5.0         | 6%                 | 1.0         | 2%                 | 4.90        | 82%                |
| Main Menu - Spring Summer 2026 | Sharers      | GK IPA BBQ Sauce   | 636         | 8%                 | 152           | 8%                 | 0.0         | 0%                 | 0.0               | 0%                 | 36.0              | 14%                | 33.0        | 37%                | 1.0         | 2%                 | 1.20        | 20%                |
| Main Menu - Spring Summer 2026 | Sharers      | Korean BBQ Sauce   | 1042        | 12%                | 249           | 12%                | 15.0        | 21%                | 2.0               | 10%                | 25.0              | 10%                | 22.0        | 24%                | 3.0         | 6%                 | 4.00        | 67%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Fish & Chips - Please select your choice from the following:                             | 3967        | 47%                | 949           | 47%                | 48.1        | 69%                | 12.3              | 62%                | 83.2              | 32%                | 0.8         | 1%                 | 42.2        | 84%                | 1.80        | 30%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Mushy Peas   | 305         | 4%                 | 73            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 12.0              | 5%                 | 1.0         | 1%                 | 5.0         | 10%                | 0.50        | 8%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Garden Peas  | 258         | 3%                 | 60            | 3%                 | 0.9         | 1%                 | 0.0               | 0%                 | 9.4               | 4%                 | 6.0         | 7%                 | 5.1         | 10%                | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Tartare Sauce  | 212         | 3%                 | 51            | 3%                 | 4.5         | 6%                 | 0.3               | 2%                 | 2.4               | 1%                 | 0.9         | 1%                 | 0.0         | 0%                 | 0.15        | 3%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Wholetail Scampi - Please select your choice from the following:                         | 3968        | 47%                | 949           | 47%                | 46.9        | 67%                | 12.0              | 60%                | 104.3             | 40%                | 1.9         | 2%                 | 23.9        | 48%                | 1.70        | 28%                |

| 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 |
| Main Menu - Spring Summer 2026 | Pub Classics | Mushy Peas  | 305         | 4%                 | 73            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 12.0              | 5%                 | 1.0         | 1%                 | 5.0         | 10%                | 0.50        | 8%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Garden Peas   | 258         | 3%                 | 60            | 3%                 | 0.9         | 1%                 | 0.0               | 0%                 | 9.4               | 4%                 | 6.0         | 7%                 | 5.1         | 10%                | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Tartare Sauce   | 212         | 3%                 | 51            | 3%                 | 4.5         | 6%                 | 0.3               | 2%                 | 2.4               | 1%                 | 0.9         | 1%                 | 0.0         | 0%                 | 0.15        | 3%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Hunter's Chicken  | 4419        | 53%                | 1055          | 53%                | 43.3        | 62%                | 12.9              | 64%                | 93.0              | 36%                | 26.0        | 29%                | 72.3        | 145%               | 4.28        | 71%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Belhaven Steak & Ale Pie - Please select your choice from the following:  | 3149        | 37%                | 751           | 38%                | 43.7        | 62%                | 18.1              | 90%                | 37.4              | 14%                | 13.0        | 14%                | 52.4        | 105%               | 2.97        | 50%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Chips   | 1951        | 23%                | 466           | 23%                | 21.0        | 30%                | 4.2               | 21%                | 60.9              | 23%                | 0.0         | 0%                 | 6.3         | 13%                | 0.63        | 11%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Buttered Mash   | 1513        | 18%                | 362           | 18%                | 20.8        | 30%                | 9.9               | 50%                | 37.9              | 15%                | 3.3         | 4%                 | 5.3         | 11%                | 1.94        | 32%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Chicken, Bacon & Leek Pie - Please select your choice from the following: | 3029        | 36%                | 723           | 36%                | 40.8        | 58%                | 18.8              | 94%                | 44.8              | 17%                | 14.6        | 16%                | 42.6        | 85%                | 3.42        | 57%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Chips   | 1951        | 23%                | 466           | 23%                | 21.0        | 30%                | 4.2               | 21%                | 60.9              | 23%                | 0.0         | 0%                 | 6.3         | 13%                | 0.63        | 11%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Buttered Mash   | 1513        | 18%                | 362           | 18%                | 20.8        | 30%                | 9.9               | 50%                | 37.9              | 15%                | 3.3         | 4%                 | 5.3         | 11%                | 1.94        | 32%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Haggis, Neeps & Tatties   | 4276        | 51%                | 1022          | 51%                | 66.2        | 95%                | 31.0              | 155%               | 72.4              | 28%                | 12.3        | 14%                | 30.8        | 62%                | 5.75        | 96%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Veggie Haggis, Neeps & Tatties  | 3907        | 47%                | 934           | 47%                | 58.2        | 83%                | 26.2              | 131%               | 83.6              | 32%                | 13.9        | 15%                | 14.8        | 30%                | 4.95        | 83%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Sausage & Mash  | 4574        | 54%                | 1092          | 55%                | 63.9        | 91%                | 23.6              | 118%               | 87.9              | 34%                | 11.4        | 13%                | 41.1        | 82%                | 6.33        | 106%               |

| 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 |
| Main Menu - Spring Summer 2026 | Pub Classics | Veggie Sausage & Mash  | 3856        | 46%                | 920           | 46%                | 42.3        | 60%                | 16.3              | 82%                | 90.9              | 35%                | 13.5        | 15%                | 40.0        | 80%                | 5.72        | 95%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Vegan Sausage & Mash   | 2807        | 33%                | 670           | 33%                | 25.9        | 37%                | 7.9               | 39%                | 68.9              | 27%                | 11.3        | 13%                | 36.6        | 73%                | 5.10        | 85%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Loaded Mac & Cheese with Southern Fried Chicken Tenders & GK IPA Hot Sauce       | 4367        | 52%                | 1044          | 52%                | 51.7        | 74%                | 24.1              | 121%               | 95.4              | 37%                | 8.9         | 10%                | 51.9        | 104%               | 7.83        | 131%               |
| Main Menu - Spring Summer 2026 | Pub Classics | Loaded Mac & Cheese with Hot Honey BBQ Pulled Pork                               | 4240        | 50%                | 1013          | 51%                | 45.6        | 65%                | 20.6              | 103%               | 101.8             | 39%                | 37.9        | 42%                | 52.2        | 104%               | 5.92        | 99%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Classic Mac & Cheese   | 2756        | 33%                | 659           | 33%                | 29.1        | 42%                | 16.1              | 80%                | 68.8              | 26%                | 6.4         | 7%                 | 34.2        | 68%                | 4.57        | 76%                |
| Main Menu - Spring Summer 2026 | Pub Classics | 8oz Sirloin Steak  | 4836        | 58%                | 1156          | 58%                | 63.1        | 90%                | 20.0              | 100%               | 85.4              | 33%                | 3.5         | 4%                 | 58.9        | 118%               | 2.87        | 48%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Grilled Gammon   | 4694        | 56%                | 1121          | 56%                | 59.3        | 85%                | 12.8              | 64%                | 83.7              | 32%                | 19.4        | 22%                | 61.7        | 123%               | 5.47        | 91%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Katsu Chicken  | 6039        | 72%                | 1444          | 72%                | 78.8        | 113%               | 15.7              | 79%                | 140.3             | 54%                | 5.8         | 6%                 | 43.6        | 87%                | 7.03        | 117%               |
| Main Menu - Spring Summer 2026 | Pub Classics | Balmoral Chicken - Please select your choice from the following:                 | 2899        | 35%                | 692           | 35%                | 29.7        | 42%                | 10.7              | 54%                | 29.0              | 11%                | 10.5        | 12%                | 74.2        | 148%               | 3.53        | 59%                |
| Main Menu - Spring Summer 2026 | Pub Classics | <b>Chips</b>   | 1951        | 23%                | 466           | 23%                | 21.0        | 30%                | 4.2               | 21%                | 60.9              | 23%                | 0.0         | 0%                 | 6.3         | 13%                | 0.63        | 11%                |
| Main Menu - Spring Summer 2026 | Pub Classics | <b>Buttered Mash</b>   | 1513        | 18%                | 362           | 18%                | 20.8        | 30%                | 9.9               | 50%                | 37.9              | 15%                | 3.3         | 4%                 | 5.3         | 11%                | 1.94        | 32%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Greek Style Flatbread or Salad<br>Please select your choices from the following: |             |                    |               |                    |             |                    |                   |                    |                   |                    |             |                    |             |                    |             |                    |
| Main Menu - Spring Summer 2026 | Pub Classics | <b>Base - Flatbread</b>  | 1833        | 22%                | 438           | 22%                | 12.1        | 17%                | 1.1               | 5%                 | 67.6              | 26%                | 8.4         | 9%                 | 12.0        | 24%                | 1.39        | 23%                |

| 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 |
| Main Menu - Spring Summer 2026 | Pub Classics | Base - Large Salad             | 472         | 6%                 | 113           | 6%                 | 2.4         | 3%                 | 0.3               | 1%                 | 17.3              | 7%                 | 9.6         | 11%                | 4.7         | 9%                 | 0.92        | 15%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Southern Fried Chicken Tenders | 2749        | 33%                | 657           | 33%                | 37.2        | 53%                | 10.5              | 53%                | 45.1              | 17%                | 1.1         | 1%                 | 34.7        | 69%                | 2.60        | 43%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Grilled Chicken Breast         | 966         | 11%                | 231           | 12%                | 6.0         | 9%                 | 1.2               | 6%                 | 0.8               | 0%                 | 0.2         | 0%                 | 43.7        | 87%                | 1.39        | 23%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Crispy Halloumi Bites          | 2637        | 31%                | 636           | 32%                | 55.0        | 79%                | 29.9              | 149%               | 1.4               | 1%                 | 0.8         | 1%                 | 34.0        | 68%                | 4.32        | 72%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Grilled Halloumi               | 3368        | 40%                | 805           | 40%                | 62.5        | 89%                | 40.0              | 200%               | 5.8               | 2%                 | 5.8         | 6%                 | 55.0        | 110%               | 6.50        | 108%               |
| Main Menu - Spring Summer 2026 | Pub Classics | Crispy Cauliflower Wings       | 676         | 8%                 | 162           | 8%                 | 1.6         | 2%                 | 0.0               | 0%                 | 30.4              | 12%                | 3.2         | 4%                 | 4.8         | 10%                | 1.28        | 21%                |
| Main Menu - Spring Summer 2026 | Pub Classics | GK IPA BBQ Sauce               | 318         | 4%                 | 76            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 18.0              | 7%                 | 16.5        | 18%                | 0.5         | 1%                 | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | Pub Classics | GK IPA Hot Sauce               | 295         | 4%                 | 71            | 4%                 | 5.0         | 7%                 | 3.5               | 18%                | 5.0               | 2%                 | 2.5         | 3%                 | 0.5         | 1%                 | 2.45        | 41%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Chilli Jam                     | 427         | 5%                 | 102           | 5%                 | 0.0         | 0%                 | 0.0               | 0%                 | 25.0              | 10%                | 23.0        | 26%                | 0.5         | 1%                 | 0.40        | 7%                 |
| Main Menu - Spring Summer 2026 | Pub Classics | Korean BBQ Sauce               | 521         | 6%                 | 125           | 6%                 | 7.5         | 11%                | 1.0               | 5%                 | 12.5              | 5%                 | 11.0        | 12%                | 1.5         | 3%                 | 2.00        | 33%                |
| Main Menu - Spring Summer 2026 | Pub Classics | Chipotle Mayo                  | 910         | 11%                | 218           | 11%                | 22.0        | 31%                | 1.5               | 8%                 | 4.5               | 2%                 | 3.0         | 3%                 | 0.5         | 1%                 | 1.00        | 17%                |
| Main Menu - Spring Summer 2026 | Burgers      | Beef Burger                    | 4526        | 54%                | 1081          | 54%                | 56.1        | 80%                | 15.7              | 79%                | 102.1             | 39%                | 14.1        | 16%                | 37.6        | 75%                | 5.93        | 99%                |
| Main Menu - Spring Summer 2026 | Burgers      | Chicken Burger                 | 4201        | 50%                | 1004          | 50%                | 47.1        | 67%                | 11.5              | 58%                | 115.0             | 44%                | 9.5         | 11%                | 26.2        | 52%                | 4.37        | 73%                |

| 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 |
| Main Menu - Spring Summer 2026 | Burgers                    | Cheese & Bacon Beef Burger                                  | 5210        | 62%                | 1245          | 62%                | 68.5        | 98%                | 21.3              | 107%               | 102.5             | 39%                | 14.6        | 16%                | 50.2        | 100%               | 7.47        | 125%               |
| Main Menu - Spring Summer 2026 | Burgers                    | Cheese & Bacon Chicken Burger                               | 4886        | 58%                | 1168          | 58%                | 59.5        | 85%                | 17.1              | 85%                | 115.5             | 44%                | 10.0        | 11%                | 38.8        | 78%                | 5.90        | 98%                |
| Main Menu - Spring Summer 2026 | Burgers                    | Impossible Burger   | 4087        | 49%                | 977           | 49%                | 47.3        | 68%                | 16.1              | 81%                | 102.4             | 39%                | 10.6        | 12%                | 28.6        | 57%                | 5.85        | 98%                |
| Main Menu - Spring Summer 2026 | Burgers                    | Vegan Impossible Burger                                     | 3706        | 44%                | 884           | 44%                | 36.8        | 53%                | 13.1              | 66%                | 105.4             | 41%                | 10.6        | 12%                | 28.6        | 57%                | 5.70        | 95%                |
| Main Menu - Spring Summer 2026 | Burgers                    | Balmoral Burger   | 6536        | 78%                | 1562          | 78%                | 83.0        | 119%               | 27.7              | 138%               | 136.3             | 52%                | 17.0        | 19%                | 59.3        | 119%               | 9.25        | 154%               |
| Main Menu - Spring Summer 2026 | Sides                      | Chips   | 1951        | 23%                | 466           | 23%                | 21.0        | 30%                | 4.2               | 21%                | 60.9              | 23%                | 0.0         | 0%                 | 6.3         | 13%                | 0.63        | 11%                |
| Main Menu - Spring Summer 2026 | Sides                      | Rosemary Salted Skin on Fries                               | 1684        | 20%                | 402           | 20%                | 19.5        | 28%                | 4.5               | 23%                | 49.5              | 19%                | 0.0         | 0%                 | 4.5         | 9%                 | 1.60        | 27%                |
| Main Menu - Spring Summer 2026 | Sides                      | Onion Rings   | 1648        | 20%                | 394           | 20%                | 20.5        | 29%                | 5.6               | 28%                | 45.7              | 18%                | 4.1         | 5%                 | 5.8         | 12%                | 1.79        | 30%                |
| Main Menu - Spring Summer 2026 | Sides                      | Mac & Cheese  | 1319        | 16%                | 315           | 16%                | 14.3        | 20%                | 8.0               | 40%                | 32.3              | 12%                | 2.0         | 2%                 | 16.5        | 33%                | 2.17        | 36%                |
| Main Menu - Spring Summer 2026 | Sides                      | Garlic Ciabatta   | 1819        | 22%                | 435           | 22%                | 19.5        | 28%                | 1.5               | 8%                 | 53.5              | 21%                | 2.2         | 2%                 | 9.7         | 19%                | 1.03        | 17%                |
| Main Menu - Spring Summer 2026 | Sides                      | Cheesy Garlic Ciabatta                                      | 2168        | 26%                | 518           | 26%                | 25.8        | 37%                | 5.5               | 28%                | 53.8              | 21%                | 2.2         | 2%                 | 16.2        | 32%                | 1.43        | 24%                |
| Main Menu - Spring Summer 2026 | Sides                      | Dressed Side Salad  | 236         | 3%                 | 56            | 3%                 | 1.2         | 2%                 | 0.1               | 1%                 | 8.6               | 3%                 | 4.8         | 5%                 | 2.4         | 5%                 | 0.46        | 8%                 |
| Main Menu - Spring Summer 2026 | Specials (Prince of Wales) | Beef Olives - Please select your choice from the following: | 2866        | 34%                | 684           | 34%                | 32.0        | 46%                | 12.2              | 61%                | 52.6              | 20%                | 6.8         | 8%                 | 47.7        | 95%                | 4.01        | 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 |
| Main Menu - Spring Summer 2026 | Specials (Prince of Wales) | Chips  | 1951        | 23%                | 466           | 23%                | 21.0        | 30%                | 4.2               | 21%                | 60.9              | 23%                | 0.0         | 0%                 | 6.3         | 13%                | 0.63        | 11%                |
| Main Menu - Spring Summer 2026 | Specials (Prince of Wales) | Buttered Mash                                  | 1513        | 18%                | 362           | 18%                | 20.8        | 30%                | 9.9               | 50%                | 37.9              | 15%                | 3.3         | 4%                 | 5.3         | 11%                | 1.94        | 32%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Steak Sauce - 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%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Steak Sauce - Creamy Garlic Sauce              | 251         | 3%                 | 60            | 3%                 | 4.0         | 6%                 | 2.5               | 12%                | 5.1               | 2%                 | 2.6         | 3%                 | 0.7         | 1%                 | 0.44        | 7%                 |
| Main Menu - Spring Summer 2026 | Upsells                    | Steak Sauce - Whisky Sauce                     | 211         | 3%                 | 50            | 3%                 | 0.6         | 1%                 | 0.3               | 1%                 | 5.7               | 2%                 | 2.6         | 3%                 | 1.5         | 3%                 | 0.77        | 13%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Steak Topper - Scampi                          | 889         | 11%                | 213           | 11%                | 11.5        | 16%                | 3.4               | 17%                | 19.1              | 7%                 | 0.7         | 1%                 | 7.8         | 16%                | 0.48        | 8%                 |
| Main Menu - Spring Summer 2026 | Upsells                    | Steak Topper - Fried Free Range Egg            | 607         | 7%                 | 146           | 7%                 | 11.5        | 16%                | 2.5               | 12%                | 0.0               | 0%                 | 0.0         | 0%                 | 10.7        | 21%                | 0.31        | 5%                 |
| Main Menu - Spring Summer 2026 | Upsells                    | Mac Cheese Upsell - Garlic Bread               | 910         | 11%                | 217           | 11%                | 9.8         | 14%                | 0.8               | 4%                 | 26.8              | 10%                | 1.1         | 1%                 | 4.9         | 10%                | 0.52        | 9%                 |
| Main Menu - Spring Summer 2026 | Upsells                    | 3oz Smashed Beef Patty                         | 931         | 11%                | 223           | 11%                | 15.7        | 22%                | 5.0               | 25%                | 6.3               | 2%                 | 3.1         | 3%                 | 13.8        | 28%                | 2.01        | 34%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Crispy Buttermilk Chicken Fillet               | 1393        | 17%                | 333           | 17%                | 19.6        | 28%                | 5.7               | 28%                | 23.4              | 9%                 | 0.8         | 1%                 | 15.9        | 32%                | 1.15        | 19%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Impossible Burger Patty                        | 894         | 11%                | 214           | 11%                | 12.4        | 18%                | 5.9               | 29%                | 4.6               | 2%                 | 1.1         | 1%                 | 18.1        | 36%                | 0.86        | 14%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Burger Topper - 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%                |
| Main Menu - Spring Summer 2026 | Upsells                    | Burger Topper - Burger Cheese Slice            | 169         | 2%                 | 40            | 2%                 | 3.2         | 5%                 | 2.1               | 11%                | 0.4               | 0%                 | 0.4         | 0%                 | 2.5         | 5%                 | 0.40        | 7%                 |

| 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 |
| Main Menu - Spring Summer 2026 | Upsells   | Burger Topper - Violife Slice             | 240         | 3%                 | 57            | 3%                 | 4.6         | 7%                 | 4.2               | 21%                | 4.0               | 2%                 | 0.0         | 0%                 | 0.0         | 0%                 | 0.46        | 8%                 |
| Main Menu - Spring Summer 2026 | Upsells   | Nachos Topper - Hot Honey BBQ Pulled Pork | 1483        | 18%                | 355           | 18%                | 16.5        | 24%                | 4.5               | 23%                | 33.0              | 13%                | 31.5        | 35%                | 18.0        | 36%                | 1.35        | 23%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra Bread & Butter                      | 1574        | 19%                | 376           | 19%                | 13.1        | 19%                | 7.5               | 38%                | 53.3              | 21%                | 2.0         | 2%                 | 9.8         | 20%                | 1.21        | 20%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra Scampi                              | 1111        | 13%                | 266           | 13%                | 14.4        | 21%                | 4.3               | 22%                | 23.9              | 9%                 | 0.9         | 1%                 | 9.7         | 19%                | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | 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%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra Yorkshire Pudding                   | 585         | 7%                 | 140           | 7%                 | 4.8         | 7%                 | 0.9               | 4%                 | 20.9              | 8%                 | 1.2         | 1%                 | 2.8         | 6%                 | 0.29        | 5%                 |
| Main Menu - Spring Summer 2026 | Extras    | Extra Chipotle Mayo                       | 910         | 11%                | 218           | 11%                | 22.0        | 31%                | 1.5               | 8%                 | 4.5               | 2%                 | 3.0         | 3%                 | 0.5         | 1%                 | 1.00        | 17%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra GK IPA BBQ Sauce                    | 318         | 4%                 | 76            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 18.0              | 7%                 | 16.5        | 18%                | 0.5         | 1%                 | 0.60        | 10%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra GK IPA Hot Sauce                    | 295         | 4%                 | 71            | 4%                 | 5.0         | 7%                 | 3.5               | 18%                | 5.0               | 2%                 | 2.5         | 3%                 | 0.5         | 1%                 | 2.45        | 41%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra Hot Honey                           | 653         | 8%                 | 156           | 8%                 | 0.5         | 1%                 | 0.0               | 0%                 | 38.0              | 15%                | 38.0        | 42%                | 0.5         | 1%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Extras    | Extra Korean BBQ Sauce                    | 521         | 6%                 | 125           | 6%                 | 7.5         | 11%                | 1.0               | 5%                 | 12.5              | 5%                 | 11.0        | 12%                | 1.5         | 3%                 | 2.00        | 33%                |
| Main Menu - Spring Summer 2026 | 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%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra Garden Peas                         | 258         | 3%                 | 60            | 3%                 | 0.9         | 1%                 | 0.0               | 0%                 | 9.4               | 4%                 | 6.0         | 7%                 | 5.1         | 10%                | 0.00        | 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 |
| Main Menu - Spring Summer 2026 | Extras    | Extra Mushy Peas  | 305         | 4%                 | 73            | 4%                 | 0.0         | 0%                 | 0.0               | 0%                 | 12.0              | 5%                 | 1.0         | 1%                 | 5.0         | 10%                | 0.50        | 8%                 |
| Main Menu - Spring Summer 2026 | Extras    | Extra Mash Potato   | 1513        | 18%                | 362           | 18%                | 20.8        | 30%                | 9.9               | 50%                | 37.9              | 15%                | 3.3         | 4%                 | 5.3         | 11%                | 1.94        | 32%                |
| Main Menu - Spring Summer 2026 | Extras    | Extra Vegan Ice Cream   | 621         | 7%                 | 149           | 7%                 | 9.7         | 14%                | 8.9               | 45%                | 14.5              | 6%                 | 14.5        | 16%                | 0.9         | 2%                 | 0.07        | 1%                 |
| Main Menu - Spring Summer 2026 | Extras    | Extra Custard   | 546         | 7%                 | 131           | 7%                 | 3.0         | 4%                 | 1.5               | 8%                 | 24.0              | 9%                 | 16.5        | 18%                | 3.0         | 6%                 | 0.15        | 3%                 |
| Main Menu - Spring Summer 2026 | Extras    | Extra 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%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Triple Chocolate Brownie  | 2860        | 34%                | 684           | 34%                | 30.5        | 44%                | 17.0              | 85%                | 88.4              | 34%                | 66.4        | 74%                | 11.0        | 22%                | 0.35        | 6%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Sticky Toffee Pudding - Please select your choice from the following: | 3356        | 40%                | 802           | 40%                | 40.1        | 57%                | 17.2              | 86%                | 104.6             | 40%                | 49.6        | 55%                | 6.9         | 14%                | 0.49        | 8%                 |
| Main Menu - Spring Summer 2026 | Desserts  | 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%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Custard   | 546         | 7%                 | 131           | 7%                 | 3.0         | 4%                 | 1.5               | 8%                 | 24.0              | 9%                 | 16.5        | 18%                | 3.0         | 6%                 | 0.15        | 3%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Bramley Apple Crumble - Please select your choice from the following: | 1625        | 19%                | 389           | 19%                | 6.3         | 9%                 | 2.1               | 11%                | 77.7              | 30%                | 33.6        | 37%                | 6.3         | 13%                | 0.21        | 4%                 |
| Main Menu - Spring Summer 2026 | Desserts  | 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%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Custard   | 546         | 7%                 | 131           | 7%                 | 3.0         | 4%                 | 1.5               | 8%                 | 24.0              | 9%                 | 16.5        | 18%                | 3.0         | 6%                 | 0.15        | 3%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Vegan Bramley Apple Crumble   | 2247        | 27%                | 537           | 27%                | 16.0        | 23%                | 11.0              | 55%                | 92.2              | 35%                | 48.1        | 53%                | 7.2         | 14%                | 0.28        | 5%                 |

| 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 |
| Main Menu - Spring Summer 2026 | Desserts  | Chocolate Lava Cookie   | 2726        | 32%                | 651           | 33%                | 32.7        | 47%                | 16.8              | 84%                | 79.8              | 31%                | 55.7        | 62%                | 7.5         | 15%                | 0.21        | 4%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Vegan Chocolate Lava Cookie   | 2837        | 34%                | 678           | 34%                | 35.1        | 50%                | 21.3              | 107%               | 83.5              | 32%                | 60.7        | 67%                | 5.1         | 10%                | 0.17        | 3%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Ice Cream - 3 Scoops - Please select your choices from the following: |             |                    |               |                    |             |                    |                   |                    |                   |                    |             |                    |             |                    |             |                    |
| Main Menu - Spring Summer 2026 | Desserts  | 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%                 |
| Main Menu - Spring Summer 2026 | 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%                 |
| Main Menu - Spring Summer 2026 | 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%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Chocolate Sauce   | 115         | 1%                 | 28            | 1%                 | 0.1         | 0%                 | 0.1               | 1%                 | 6.3               | 2%                 | 4.7         | 5%                 | 0.3         | 1%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Strawberry Sauce  | 132         | 2%                 | 32            | 2%                 | 0.0         | 0%                 | 0.0               | 0%                 | 7.9               | 3%                 | 7.5         | 8%                 | 0.0         | 0%                 | 0.00        | 0%                 |
| Main Menu - Spring Summer 2026 | Desserts  | Vegan Ice Cream   | 1996        | 24%                | 477           | 24%                | 29.0        | 41%                | 26.7              | 134%               | 51.5              | 20%                | 51.1        | 57%                | 2.6         | 5%                 | 0.20        | 3%                 |