

Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2025 Nutrition



Key & Interpreting the data

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

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

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

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

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Starter	NGC - Tomato Soup	1224	15%	293	15%	13.5	19%	5.0	25%	32.1	12%	11.2	12%	6.6	13%	1.90	32%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Starter	NGC - Vegan Tomato Soup	982	12%	235	12%	7.1	10%	0.7	4%	32.0	12%	11.2	12%	6.6	13%	1.75	29%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sharer	Nachos BBQ Pulled Beef (serves 2)	5213	62%	1246	62%	60.5	86%	19.4	97%	129.9	50%	26.2	29%	34.8	70%	5.43	91%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sharer	Nachos (serve 2)	4469	53%	1068	53%	54.2	77%	18.0	90%	119.0	46%	17.2	19%	18.8	38%	4.46	74%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sandwich	NGC - Chicken & Smoked Bacon	4024	48%	962	48%	40.2	57%	10.0	50%	87.0	33%	8.7	10%	55.3	111%	3.22	54%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Grills and Sizzlers	NGC - 8oz* Grilled Gammon	3578	43%	856	43%	39.3	56%	14.1	71%	61.8	24%	23.3	26%	61.3	123%	6.26	104%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Grills and Sizzlers	NGC - 8oz* Rump Steak	3109	37%	742	37%	33.9	48%	14.4	72%	50.5	19%	10.8	12%	56.6	113%	1.81	30%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Grills and Sizzlers	NGC - 16oz* Rump Steak	4762	57%	1137	57%	56.9	81%	24.1	121%	50.5	19%	10.8	12%	103.6	207%	2.13	36%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Grills and Sizzlers	NGC - 8oz* Smothered Steak Sizzler	3994	48%	953	48%	45.4	65%	19.1	96%	66.4	26%	19.7	22%	66.7	133%	3.15	53%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Grills and Sizzlers	NGC - Salmon Sizzler †	3309	39%	791	40%	28.0	40%	4.0	20%	91.2	35%	29.1	32%	42.4	85%	2.26	38%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Classics	NGC - Chicken Tikka Masala	2807	33%	671	34%	20.1	29%	5.6	28%	82.8	32%	33.6	37%	35.7	71%	3.63	61%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Classics	NGC - Vegan Chickpea and Sweet Potato Curry	2292	27%	548	27%	4.2	6%	0.5	3%	106.8	41%	31.8	35%	15.3	31%	3.15	53%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Classics	NGC - Classic Chicken New Yorker	3182	38%	759	38%	22.8	33%	11.2	56%	71.5	27%	25.0	28%	60.7	121%	2.51	42%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	NGC - MIX IT UP - Please select your choices from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Chicken Skewers	1382	16%	330	17%	7.3	10%	1.4	7%	10.4	4%	5.9	7%	56.0	112%	3.36	56%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	8oz* Rump Steak	1798	21%	430	21%	25.7	37%	10.0	50%	2.1	1%	0.8	1%	47.3	95%	1.64	27%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Grilled Salmon Fillet	1501	18%	359	18%	24.2	35%	3.6	18%	2.1	1%	0.8	1%	33.3	67%	1.70	28%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Tingly Teds Original	96	1%	23	1%	0.5	1%	0.0	0%	5.0	2%	3.0	3%	0.5	1%	1.05	18%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Ranch Dressing	1161	14%	278	14%	29.0	41%	2.5	13%	3.5	1%	3.0	3%	1.0	2%	0.80	13%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	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%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	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%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Corn on the Cob	459	5%	110	5%	1.6	2%	0.3	1%	18.9	7%	7.1	8%	3.7	7%	0.01	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Plain Basmati Rice	790	9%	189	9%	0.8	1%	0.2	1%	41.3	16%	0.2	0%	3.5	7%	0.04	1%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Coleslaw	413	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Fresh Dressed Garden Salad	162	2%	39	2%	0.6	1%	0.1	1%	5.7	2%	4.3	5%	1.4	3%	0.13	2%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Mix It Up	Buttered Jacket Potato	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	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
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Super Special	NGC - The Loaded New Yorker	5163	61%	1234	62%	40.6	58%	18.7	93%	94.5	36%	40.4	45%	108.8	218%	5.12	85%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Beef Burger	3166	38%	757	38%	35.5	51%	11.7	58%	73.2	28%	9.5	11%	26.7	53%	1.61	27%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Cheeseburger	3331	40%	796	40%	38.6	55%	13.7	69%	73.6	28%	9.9	11%	29.1	58%	2.01	34%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Bacon Cheeseburger	3799	45%	908	45%	47.0	67%	16.9	84%	73.7	28%	10.0	11%	38.2	76%	3.04	51%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Impossible Burger	3311	39%	791	40%	37.2	53%	12.0	60%	75.7	29%	10.4	12%	26.9	54%	1.94	32%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Impossible Burger Double	4204	50%	1005	50%	49.6	71%	17.9	90%	80.3	31%	11.5	13%	45.0	90%	2.81	47%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Beef Burger Double	3915	47%	936	47%	46.3	66%	17.2	86%	75.4	29%	9.8	11%	44.5	89%	2.15	36%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Cheeseburger Double	4080	49%	975	49%	49.4	71%	19.2	96%	75.8	29%	10.2	11%	46.9	94%	2.54	42%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Our Burgers	NGC - Bacon Cheeseburger Double	4548	54%	1087	54%	57.8	83%	22.4	112%	75.8	29%	10.3	11%	56.0	112%	3.57	60%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	NGC - Apple Crumble	2054	24%	491	25%	11.5	16%	5.5	28%	85.6	33%	47.1	52%	8.1	16%	0.33	6%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	NGC - Lemon Meringue Pie	2044	24%	488	24%	15.3	22%	7.0	35%	81.1	31%	64.8	72%	6.6	13%	0.22	4%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Ice Cream (V) - Please select your choices from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Chocolate Sauce	230	3%	55	3%	0.2	0%	0.2	1%	12.6	5%	9.4	10%	0.6	1%	0.00	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Baileys Caramel Sauce	259	3%	62	3%	0.2	0%	0.0	0%	15.2	6%	11.2	12%	0.0	0%	0.18	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
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Askeys Strawberry Sauce	264	3%	63	3%	0.0	0%	0.0	0%	15.8	6%	15.0	17%	0.0	0%	0.00	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Raspberry Coulis	134	2%	32	2%	0.2	0%	0.0	0%	7.8	3%	6.8	8%	0.0	0%	0.00	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	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%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	Frozen Yoghurt Strawberry	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Perfect Puds	NGC - Vegan Apple Crumble	2275	27%	544	27%	17.5	25%	11.4	57%	83.3	32%	48.8	54%	4.9	10%	0.32	5%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Tingly Teds Sauce	96	1%	23	1%	0.5	1%	0.0	0%	5.0	2%	3.0	3%	0.5	1%	1.05	18%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Steak Sauce - Peppercorn	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Extra 8oz* Rump	1798	21%	430	21%	25.7	37%	9.9	50%	2.1	1%	0.8	1%	47.3	95%	1.63	27%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Steak Topper - Fried Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Steak Sauce - Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Extra - Chicken Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.68	28%
Hungry Horse No Gluten Containing Menu - Autumn Winter 2025	Sides & Sauces	Extra 4oz* Gammon - NGCI	719	9%	173	9%	9.9	14%	3.7	19%	0.0	0%	0.0	0%	20.7	41%	2.89	48%