

# Hungry Horse Curry Club - Autumn Winter 2025 Nutrition Information



## Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse Curry Club - Autumn Winter 2025	Mains	Chicken Tikka Masala	2807	33%	671	34%	20.1	29%	5.6	28%	82.8	32%	33.6	37%	35.7	71%	3.6	61%
Hungry Horse Curry Club - Autumn Winter 2025	Mains	Chickpea and Sweet Potato Curry	2292	27%	548	27%	4.2	6%	0.5	3%	106.8	41%	31.8	35%	15.3	31%	3.2	53%
Hungry Horse Curry Club - Autumn Winter 2025	Mains	Chicken Korma	2606	31%	623	31%	16.2	23%	5.0	25%	81.3	31%	29.4	33%	35.1	70%	3.0	50%
Hungry Horse Curry Club - Autumn Winter 2025	Mains	Chicken Jalfrezi	2618	31%	626	31%	17.1	24%	1.4	7%	80.7	31%	29.4	33%	34.2	68%	3.2	53%
Hungry Horse Curry Club - Autumn Winter 2025	Sides	Naan Bread	1607	19%	384	19%	8.2	12%	0.8	4%	66.6	26%	1.2	1%	9.7	19%	0.8	13%
Hungry Horse Curry Club - Autumn Winter 2025	Sides	Poppadoms & Mango Chutney	527	6%	126	6%	0.2	0%	0.1	0%	25.7	10%	12.9	14%	5.0	10%	2.0	33%
Hungry Horse Curry Club - Autumn Winter 2025	Sides	Vegetable Samosa & Onion Bhaji	1776	21%	424	21%	27.5	39%	2.3	11%	35.0	13%	5.1	6%	11.0	22%	0.9	16%