

Flaming Grill Core Menu Spring Summer 2024 Nutritional Information



Key & Interpreting the data

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

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

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

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

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for an average adult	
Nutrient	Reference Intake
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	The Ultimate Feast	10379	124%	2484	124%	143.2	205%	37.6	188%	163.0	63%	28.5	32%	124.4	249%	7.55	126%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Nachos	3403	41%	813	41%	43.8	63%	17.3	87%	78.8	30%	12.1	13%	21.3	43%	3.49	58%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Vegan Nachos	2515	30%	601	30%	28.2	40%	4.2	21%	73.4	28%	10.0	11%	8.5	17%	2.74	46%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Crispy Chicken Strips	2045	24%	489	24%	22.0	31%	3.6	18%	41.1	16%	12.0	13%	29.7	59%	2.45	41%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Tacos - Please choose from the below	829	10%	198	10%	6.9	10%	2.0	10%	28.0	11%	2.4	3%	4.5	9%	0.52	9%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Louisiana Chicken Strips	1163	14%	278	14%	14.7	21%	2.4	12%	18.3	7%	0.0	0%	19.2	38%	1.39	23%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Halloumi fries	1027	12%	247	12%	18.5	26%	13.1	65%	1.3	1%	1.3	1%	18.8	38%	2.36	39%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Garlic Ciabatta	1527	18%	365	18%	17.1	24%	7.3	37%	43.5	17%	2.4	3%	7.3	15%	1.00	17%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Garlic Ciabatta with Cheese	1938	23%	463	23%	24.6	35%	12.1	61%	43.8	17%	2.4	3%	15.1	30%	1.48	25%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	The Spicy Tex Mex Chilli Sharer	15593	186%	3727	186%	207.8	297%	68.7	343%	292.8	113%	43.7	49%	162.8	326%	15.75	263%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Breaded Garlic Mushrooms	2690	32%	643	32%	43.3	62%	3.1	16%	51.7	20%	6.6	7%	14.5	29%	2.85	48%

Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Flame-Grilled Lamb Koftas	1661	20%	397	20%	29.4	42%	6.6	33%	8.8	3%	2.7	3%	23.4	47%	1.60	27%
Flaming Grill Core Menu Spring Summer 2024	Lets Get Started	Halloumi Fries	1820	22%	437	22%	27.8	40%	19.6	98%	18.5	7%	14.5	16%	28.8	58%	3.95	66%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	8 Wings - Please choose from the below	2367	28%	569	28%	36.9	53%	10.2	51%	0.0	0%	0.0	0%	59.1	118%	0.89	15%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	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%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	16 Wings - Please choose from the below	4733	56%	1137	57%	73.8	105%	20.3	102%	0.0	0%	0.0	0%	118.2	236%	1.78	30%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	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%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	8 Boneless Wings - Please choose from the below	2012	24%	481	24%	25.4	36%	4.2	21%	31.7	12%	0.0	0%	33.3	67%	2.42	40%

Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	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%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	16 Boneless Wings - Please choose from the below	4025	48%	961	48%	50.7	72%	8.3	42%	63.4	24%	0.0	0%	66.6	133%	4.83	81%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	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%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	8 Wings - Carolina Reaper	2522	30%	606	30%	37.4	53%	10.2	51%	8.0	3%	5.0	6%	59.6	119%	1.49	25%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	16 Wings - Carolina Reaper	4888	58%	1174	59%	74.3	106%	20.3	102%	8.0	3%	5.0	6%	118.7	237%	2.38	40%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	8 Boneless Wings - Carolina Reaper	2167	26%	518	26%	25.9	37%	4.2	21%	39.7	15%	5.0	6%	33.8	68%	3.02	50%
Flaming Grill Core Menu Spring Summer 2024	Chicken Wings	16 Boneless Wings - Carolina Reaper	4180	50%	998	50%	51.2	73%	8.3	42%	71.4	27%	5.0	6%	67.1	134%	5.43	91%

Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Southern Fried Chicken Skewer Flatbread - Please choose from the below	3509	42%	838	42%	35.3	50%	4.7	23%	94.1	36%	2.7	3%	35.7	71%	2.91	49%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	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%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Grilled Lamb Kofta Flatbread - Please choose from the below	3329	40%	796	40%	32.8	47%	9.5	48%	78.4	30%	3.6	4%	44.2	88%	2.55	43%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	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%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Halloumi Flatbread - Please choose from the below	3495	42%	837	42%	43.5	62%	21.1	105%	71.6	28%	4.7	5%	38.3	77%	4.60	77%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%

Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	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%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Flame-grilled Rump 4oz Steak Flatbread - Please choose from the below	2908	35%	694	35%	29.7	42%	4.1	20%	69.6	27%	2.7	3%	35.3	71%	1.31	22%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Flatbreads	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%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	Flamin' BBQ Meat Sharer	19021	226%	4546	227%	260.8	373%	86.7	434%	286.9	110%	65.4	73%	240.4	481%	14.88	248%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	8oz* Rump Steak	3871	46%	921	46%	42.6	61%	8.5	42%	84.6	33%	13.0	14%	45.7	91%	0.62	10%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	8oz Rump Steak with Salad - Under 600 Kcal	1722	21%	412	21%	26.7	38%	7.8	39%	5.8	2%	3.4	4%	35.7	71%	0.57	10%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	8oz* Sirloin Steak	4056	48%	965	48%	46.9	67%	10.6	53%	84.6	33%	13.0	14%	47.2	94%	0.64	11%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	8oz Sirloin Steak with Salad - Under 600 Kcal	1907	23%	456	23%	31.0	44%	10.0	50%	5.8	2%	3.4	4%	37.1	74%	0.59	10%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	9oz* Ribeye Steak	4625	55%	1101	55%	62.5	89%	17.8	89%	84.6	33%	13.0	14%	46.4	93%	0.63	11%

Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	Mixed Grill Skillet	5698	68%	1358	68%	65.6	94%	12.7	63%	98.1	38%	15.5	17%	90.2	180%	4.07	68%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	XL Mixed Grill Skillet	7768	92%	1854	93%	97.1	139%	22.1	111%	114.6	44%	15.5	17%	125.6	251%	6.29	105%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	Low & Slow Beef Rib Skillet	6602	79%	1574	79%	78.1	112%	25.5	127%	101.8	39%	28.2	31%	107.6	215%	4.59	77%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	Chicken & Rib Combo	7818	93%	1869	93%	113.9	163%	32.3	161%	104.6	40%	24.6	27%	95.1	190%	4.16	69%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	Tikka Tandoori Skillet	6522	78%	1559	78%	96.9	138%	27.9	139%	86.1	33%	21.1	23%	80.3	161%	4.93	82%
Flaming Grill Core Menu Spring Summer 2024	Our Famous Flamin' Grill	Full Rack of Ribs	8693	103%	2077	104%	130.3	186%	40.5	203%	119.2	46%	40.9	45%	90.1	180%	4.37	73%
Flaming Grill Core Menu Spring Summer 2024	Steak Sauces	Texan BBQ Sauce	603	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%
Flaming Grill Core Menu Spring Summer 2024	Steak Sauces	Peppercorn Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Flaming Grill Core Menu Spring Summer 2024	Steak Sauces	Diane Sauce	235	3%	56	3%	4.4	6%	2.3	12%	4.4	2%	1.5	2%	2.0	4%	1.31	22%
Flaming Grill Core Menu Spring Summer 2024	Steak Sauces	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%
Flaming Grill Core Menu Spring Summer 2024	Steak Toppers	Texan BBQ Wings - Steak Topper	1485	18%	356	18%	18.4	26%	5.1	25%	13.6	5%	12.0	13%	30.4	61%	0.80	13%
Flaming Grill Core Menu Spring Summer 2024	Steak Toppers	Hunter's - Steak Topper	937	11%	224	11%	12.2	17%	6.7	33%	13.9	5%	12.0	13%	11.5	23%	1.11	19%
Flaming Grill Core Menu Spring Summer 2024	Steak Toppers	Fried Eggs - Steak Topper	1064	13%	256	13%	20.1	29%	4.3	21%	0.0	0%	0.0	0%	18.8	38%	0.55	9%

Flaming Grill Core Menu Spring Summer 2024	Burgers	Flame-Grilled Cheese Burger	4501	54%	1076	54%	51.0	73%	17.0	85%	112.2	43%	10.1	11%	37.5	75%	2.65	44%
Flaming Grill Core Menu Spring Summer 2024	Burgers	Flame-Grilled Cheese & Bacon Burger	4614	55%	1103	55%	53.3	76%	17.9	90%	112.2	43%	10.1	11%	39.0	78%	2.79	47%
Flaming Grill Core Menu Spring Summer 2024	Burgers	Southern Fried Chicken Burger	5191	62%	1240	62%	57.2	82%	12.4	62%	135.8	52%	9.4	10%	43.3	87%	3.68	61%
Flaming Grill Core Menu Spring Summer 2024	Burgers	All American Chicken Burger	5468	65%	1307	65%	62.6	89%	15.3	77%	136.2	52%	9.8	11%	47.2	94%	4.21	70%
Flaming Grill Core Menu Spring Summer 2024	Burgers	Beyond Meat Burger	4949	59%	1183	59%	60.7	87%	17.0	85%	117.1	45%	7.3	8%	36.0	72%	2.71	45%
Flaming Grill Core Menu Spring Summer 2024	Signature Burgers	The Tandoori Temptress	6077	72%	1452	73%	73.4	105%	15.5	77%	132.5	51%	15.6	17%	59.1	118%	3.63	61%
Flaming Grill Core Menu Spring Summer 2024	Signature Burgers	The Cheesy BBQ Stack	6347	76%	1517	76%	77.3	110%	26.1	131%	130.8	50%	18.6	21%	68.3	137%	4.40	73%
Flaming Grill Core Menu Spring Summer 2024	Signature Burgers	The Millionaire	7001	83%	1673	84%	91.3	130%	22.9	115%	142.6	55%	14.0	16%	67.3	135%	5.16	86%
Flaming Grill Core Menu Spring Summer 2024	Signature Burgers	The Southern State Spice	6603	79%	1578	79%	82.4	118%	22.7	113%	148.2	57%	13.4	15%	58.0	116%	6.36	106%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Chick 'n' Mix - Please choose from the below																
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Garlic Ciabatta	764	9%	183	9%	8.6	12%	3.7	18%	21.8	8%	1.2	1%	3.7	7%	0.50	8%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Skinny Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%

Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Tater Tots	1199	14%	285	14%	12.0	17%	1.5	8%	42.0	16%	0.0	0%	4.5	9%	0.90	15%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Onion Rings	2149	26%	516	26%	38.7	55%	6.6	33%	29.0	11%	2.6	3%	14.8	30%	2.11	35%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Mac and Cheese	1527	18%	365	18%	18.5	26%	10.4	52%	33.7	13%	2.6	3%	18.2	36%	2.40	40%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Corn On The Cob	740	9%	177	9%	11.7	17%	1.4	7%	10.8	4%	2.8	3%	4.1	8%	0.06	1%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Texan BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Side Salad	134	2%	32	2%	0.7	1%	0.2	1%	4.2	2%	2.5	3%	1.3	3%	0.17	3%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Chicken Fillets	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Roasted Chicken Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.68	28%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Tandoori Chicken Thighs	1197	14%	286	14%	10.8	15%	2.9	14%	8.5	3%	1.6	2%	37.8	76%	0.63	11%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Crispy Chicken Strips	1744	21%	417	21%	22.0	31%	3.6	18%	27.5	11%	0.0	0%	28.9	58%	2.09	35%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Chicken Nuggets	2236	27%	534	27%	28.2	40%	4.6	23%	35.2	14%	0.0	0%	37.0	74%	2.68	45%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Boneless Wings	2012	24%	481	24%	25.4	36%	4.2	21%	31.7	12%	0.0	0%	33.3	67%	2.42	40%

Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Chicken Wings	1775	21%	426	21%	27.7	40%	7.6	38%	0.0	0%	0.0	0%	44.3	89%	0.67	11%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Southern Fried Chicken Skewer	1554	19%	371	19%	19.6	28%	3.2	16%	24.5	9%	0.0	0%	25.7	51%	1.86	31%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix	Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Crispy Chicken Strips - Please choose from the below	4045	48%	963	48%	41.4	59%	4.8	24%	102.6	39%	0.0	0%	44.5	89%	2.98	50%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Curry Sauce and Spring Onions	1192	14%	285	14%	23.8	34%	1.8	9%	16.7	6%	4.2	5%	2.7	5%	3.65	61%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Pico de Gallo and Sweet Chilli Sauce	977	12%	233	12%	10.2	15%	7.0	35%	27.0	10%	15.5	17%	8.1	16%	1.58	26%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Steak & Ale Pie - Please choose from the below	4287	51%	1024	51%	51.4	73%	23.2	116%	104.9	40%	13.6	15%	33.3	67%	4.51	75%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Mash Potato	1420	17%	339	17%	15.0	21%	10.0	50%	40.0	15%	2.5	3%	5.0	10%	1.50	25%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Extra Cheesy Mac 'N' Cheese	3951	47%	944	47%	46.3	66%	24.6	123%	93.3	36%	8.9	10%	41.4	83%	5.47	91%

Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Hand-Battered Fish - Please choose from the below	4028	48%	963	48%	48.8	70%	10.1	51%	83.0	32%	0.0	0%	43.8	88%	0.98	16%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The 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%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Whitby Scampi - Please choose from the below	3720	44%	886	44%	37.8	54%	7.7	39%	109.0	42%	1.5	2%	23.5	47%	1.27	21%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The 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%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Whitby Scampi - Under 600 Kcal	2186	26%	523	26%	26.8	38%	7.9	40%	48.8	19%	4.9	5%	19.3	39%	1.31	22%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	8oz* Gammon Skillet	3730	44%	887	44%	39.7	57%	6.0	30%	84.6	33%	13.0	14%	43.6	87%	4.02	67%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Pineapple Slice	3	0%	1	0%	0.0	0%	0.0	0%	0.1	0%	0.1	0%	0.0	0%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Fried Egg	532	6%	128	6%	10.1	14%	2.1	11%	0.0	0%	0.0	0%	9.4	19%	0.28	5%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Hunter's Chicken Skillet	4247	51%	1011	51%	34.3	49%	9.6	48%	105.2	40%	27.8	31%	62.4	125%	2.54	42%

Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Jamaican Chicken Stew	3029	36%	724	36%	17.6	25%	3.7	18%	87.1	34%	2.7	3%	51.1	102%	4.69	78%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	All Day Breakfast	4464	53%	1067	53%	64.5	92%	18.1	91%	63.9	25%	9.0	10%	57.3	115%	5.23	87%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Vegan Mushroom & Garlic Bake	4410	52%	1050	52%	44.7	64%	2.4	12%	128.4	49%	14.0	16%	28.4	57%	2.19	37%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Beef Lasagne	2964	35%	708	35%	29.4	42%	13.7	68%	52.9	20%	10.1	11%	29.7	59%	4.30	72%
Flaming Grill Core Menu Spring Summer 2024	Can't Beat The Classics	Mushroom, Garlic & Cheese Bake	4820	57%	1148	57%	52.2	75%	7.2	36%	128.7	50%	14.0	16%	36.2	72%	2.67	45%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Traditional Beef	3681	44%	878	44%	33.8	48%	9.4	47%	94.8	36%	9.0	10%	47.2	94%	3.43	57%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Kids Traditional Beef	2156	26%	514	26%	15.6	22%	4.6	23%	64.4	25%	8.2	9%	27.7	55%	2.48	41%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Kids Chicken Fillet	2174	26%	518	26%	14.1	20%	4.1	21%	66.0	25%	8.6	10%	30.8	62%	2.34	39%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Sunday Roast - Beef Sandwich, Roasties & Gravy	3108	37%	741	37%	16.7	24%	3.7	19%	103.5	40%	2.0	2%	45.4	91%	3.46	58%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Sunday - Low & Slow Beef Rib	6898	82%	1646	82%	91.4	131%	32.9	164%	93.6	36%	9.0	10%	111.8	224%	6.20	103%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Traditional Turkey	3646	43%	869	43%	32.6	47%	9.4	47%	94.8	36%	10.2	11%	48.4	97%	3.55	59%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Sunday Roast - Mushroom and Cheddar Bake	5785	69%	1380	69%	68.8	98%	15.5	77%	144.2	55%	17.4	19%	42.6	85%	3.79	63%
Flaming Grill Core Menu Spring Summer 2024	Sunday Roasts	Sunday Roast - Vegan Mushroom and Garlic Bake	3863	46%	921	46%	42.5	61%	4.2	21%	107.6	41%	15.5	17%	27.0	54%	2.22	37%

Flaming Grill Core Menu Spring Summer 2024	Sides	Onion Rings	2149	26%	516	26%	38.7	55%	6.6	33%	29.0	11%	2.6	3%	14.8	30%	2.11	35%
Flaming Grill Core Menu Spring Summer 2024	Sides	Extra Cheesy Mac 'N' Cheese	1527	18%	365	18%	18.5	26%	10.4	52%	33.7	13%	2.6	3%	18.2	36%	2.40	40%
Flaming Grill Core Menu Spring Summer 2024	Sides	Halloumi Fries	1540	18%	370	18%	27.8	40%	19.6	98%	2.0	1%	2.0	2%	28.3	57%	3.55	59%
Flaming Grill Core Menu Spring Summer 2024	Sides	Our Dressed Side Salad	134	2%	32	2%	0.7	1%	0.2	1%	4.2	2%	2.5	3%	1.3	3%	0.17	3%
Flaming Grill Core Menu Spring Summer 2024	Sides	Corn On The Cob	1480	18%	354	18%	23.3	33%	2.9	14%	21.6	8%	5.7	6%	8.2	16%	0.12	2%
Flaming Grill Core Menu Spring Summer 2024	Sides	Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill Core Menu Spring Summer 2024	Sides	Garlic Ciabatta	1527	18%	365	18%	17.1	24%	7.3	37%	43.5	17%	2.4	3%	7.3	15%	1.00	17%
Flaming Grill Core Menu Spring Summer 2024	Sides	Garlic Ciabatta with Cheese	1938	23%	463	23%	24.6	35%	12.1	61%	43.8	17%	2.4	3%	15.1	30%	1.48	25%
Flaming Grill Core Menu Spring Summer 2024	Sides	Flatbread	803	10%	192	10%	4.1	6%	0.4	2%	33.3	13%	0.6	1%	4.9	10%	0.38	6%
Flaming Grill Core Menu Spring Summer 2024	Sides	Sliced Bread & Butter	1806	22%	432	22%	15.9	23%	9.5	47%	59.4	23%	0.5	1%	11.0	22%	1.49	25%
Flaming Grill Core Menu Spring Summer 2024	Sides	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Flaming Grill Core Menu Spring Summer 2024	Sides	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Flaming Grill Core Menu Spring Summer 2024	Sides	Tater Tots	1199	14%	285	14%	12.0	17%	1.5	8%	42.0	16%	0.0	0%	4.5	9%	0.90	15%

Flaming Grill Core Menu Spring Summer 2024	Sides	Cheesy Chips	2130	25%	506	25%	19.5	28%	4.8	24%	66.3	26%	0.0	0%	13.8	28%	0.68	11%
Flaming Grill Core Menu Spring Summer 2024	Sides	Texan BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Sunday Side - Roasties	1017	12%	242	12%	9.0	13%	1.5	8%	39.0	15%	1.5	2%	4.5	9%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Sunday Side - Seasonal Vegetables	567	7%	135	7%	9.8	14%	1.0	5%	7.6	3%	5.1	6%	4.0	8%	0.08	1%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Sunday Side - Yorkshire Pudding	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Extra Roast Beef	769	9%	184	9%	4.6	7%	1.2	6%	5.2	2%	0.0	0%	30.0	60%	2.28	38%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Sunday - 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%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Sunday Side - Cauliflower Cheese	529	6%	126	6%	6.0	9%	2.0	10%	6.0	2%	6.0	7%	8.0	16%	0.20	3%
Flaming Grill Core Menu Spring Summer 2024	Sides/Extra's	Sunday Side - Pigs in Blankets	1376	16%	329	16%	30.6	44%	11.0	55%	2.6	1%	0.2	0%	10.6	21%	1.42	24%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Sweet Chilli Sauce	412	5%	98	5%	0.0	0%	0.0	0%	24.6	9%	18.6	21%	0.6	1%	0.60	10%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Seasonal Vegetables	567	7%	135	7%	9.8	14%	1.0	5%	7.6	3%	5.1	6%	4.0	8%	0.08	1%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Smoked Streaky Bacon	225	3%	54	3%	4.7	7%	1.9	9%	0.0	0%	0.0	0%	2.9	6%	0.27	5%

Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Beyond Meat Burger	1349	16%	322	16%	25.2	36%	7.5	37%	4.0	2%	0.0	0%	19.2	38%	0.85	14%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Southern Fried Chicken Fillet	1677	20%	401	20%	21.2	30%	3.5	17%	26.4	10%	0.0	0%	27.8	56%	2.01	34%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Cheese Slice	165	2%	39	2%	3.1	4%	2.0	10%	0.4	0%	0.4	0%	2.4	5%	0.40	7%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Grated Cheese	821	10%	196	10%	15.0	21%	9.6	48%	0.6	0%	0.0	0%	15.6	31%	0.96	16%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Free Range Fried Egg	532	6%	128	6%	10.1	14%	2.1	11%	0.0	0%	0.0	0%	9.4	19%	0.28	5%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Pineapple Ring	3	0%	1	0%	0.0	0%	0.0	0%	0.1	0%	0.1	0%	0.0	0%	0.00	0%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Scampi	889	11%	213	11%	11.5	16%	3.4	17%	19.1	7%	0.7	1%	7.8	16%	0.48	8%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Yorkshire Pudding	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Mash	1420	17%	339	17%	15.0	21%	10.0	50%	40.0	15%	2.5	3%	5.0	10%	1.50	25%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Gravy	86	1%	21	1%	0.9	1%	0.0	0%	3.4	1%	0.0	0%	0.0	0%	1.02	17%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Sour Cream	345	4%	82	4%	8.0	11%	5.2	26%	1.6	1%	1.6	2%	1.2	2%	0.04	1%
Flaming Grill Core Menu Spring Summer 2024	Extra's	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%

Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Chicken Fillet	351	4%	84	4%	0.3	0%	0.2	1%	2.2	1%	0.4	0%	18.1	36%	0.40	7%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra 2 Chicken Fillets	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra 4oz Rump Steak	953	11%	227	11%	14.0	20%	2.6	13%	0.0	0%	0.0	0%	25.2	50%	0.26	4%
Flaming Grill Core Menu Spring Summer 2024	Extra's	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%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Ice Cream Scoop																
Flaming Grill Core Menu Spring Summer 2024	Extra's	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%
Flaming Grill Core Menu Spring Summer 2024	Extra's	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%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Nacho Cheese	346	4%	83	4%	5.1	7%	3.5	18%	5.1	2%	1.3	1%	3.8	8%	0.59	10%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Chicken Strips	1163	14%	278	14%	14.7	21%	2.4	12%	18.3	7%	0.0	0%	19.2	38%	1.39	23%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Onions	194	2%	46	2%	2.3	3%	0.5	2%	5.0	2%	3.6	4%	0.5	1%	0.05	1%

Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Hot Link Sausage	961	11%	230	11%	18.6	27%	6.8	34%	4.6	2%	0.6	1%	10.6	21%	1.23	21%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Mushrooms	403	5%	96	5%	10.1	14%	0.6	3%	0.0	0%	0.0	0%	1.7	3%	0.10	2%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Vegan Cheese Sauce	425	5%	102	5%	10.0	14%	0.8	4%	3.2	1%	1.6	2%	0.0	0%	0.72	12%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Philly Cheese Sauce	475	6%	114	6%	7.8	11%	5.0	25%	5.1	2%	1.1	1%	5.5	11%	1.04	17%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Naan Flatbread	1607	19%	384	19%	8.2	12%	0.8	4%	66.6	26%	1.2	1%	9.7	19%	0.75	13%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Nashville Hot Sauce	176	2%	42	2%	2.5	4%	0.0	0%	4.5	2%	3.5	4%	0.5	1%	1.45	24%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Tikka Sauce	646	8%	155	8%	14.0	20%	8.0	40%	4.2	2%	3.3	4%	1.8	4%	0.53	9%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Carolina Reaper Sauce	93	1%	22	1%	0.3	0%	0.0	0%	4.8	2%	3.0	3%	0.3	1%	0.36	6%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Seasoned Tater Tots	1269	15%	302	15%	12.3	18%	1.6	8%	45.2	17%	1.4	2%	4.8	10%	1.78	30%
Flaming Grill Core Menu Spring Summer 2024	Extra's	Extra Tikka Rub	71	1%	17	1%	0.3	0%	0.1	0%	3.2	1%	1.4	2%	0.3	1%	0.88	15%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Crispy Strips	1744	21%	417	21%	22.0	31%	3.6	18%	27.5	11%	0.0	0%	28.9	58%	2.09	35%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Boneless Wings	2012	24%	481	24%	25.4	36%	4.2	21%	31.7	12%	0.0	0%	33.3	67%	2.42	40%

Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - 6 Wings	1775	21%	426	21%	27.7	40%	7.6	38%	0.0	0%	0.0	0%	44.3	89%	0.67	11%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Southern Fried Skewer	1554	19%	371	19%	19.6	28%	3.2	16%	24.5	9%	0.0	0%	25.7	51%	1.86	31%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - 2 Fillets	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Roasted Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.68	28%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Nuggets	2236	27%	534	27%	28.2	40%	4.6	23%	35.2	14%	0.0	0%	37.0	74%	2.68	45%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Tandoori Thighs	1197	14%	286	14%	10.8	15%	2.9	14%	8.5	3%	1.6	2%	37.8	76%	0.63	11%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Tater Tots	1199	14%	285	14%	12.0	17%	1.5	8%	42.0	16%	0.0	0%	4.5	9%	0.90	15%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Mac n Cheese	1527	18%	365	18%	18.5	26%	10.4	52%	33.7	13%	2.6	3%	18.2	36%	2.40	40%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Garlic Ciabatta	764	9%	183	9%	8.6	12%	3.7	18%	21.8	8%	1.2	1%	3.7	7%	0.50	8%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Corn on the Cob	740	9%	177	9%	11.7	17%	1.4	7%	10.8	4%	2.8	3%	4.1	8%	0.06	1%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%

Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Onion Rings	2149	26%	516	26%	38.7	55%	6.6	33%	29.0	11%	2.6	3%	14.8	30%	2.11	35%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Flaming Grill Core Menu Spring Summer 2024	Chick n Mix Trade Ups	TU Chick n Mix - Side Salad	134	2%	32	2%	0.7	1%	0.2	1%	4.2	2%	2.5	3%	1.3	3%	0.17	3%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Biscoff Cheesecake	2678	32%	640	32%	34.6	49%	20.7	104%	71.6	28%	48.8	54%	9.5	19%	1.12	19%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Chocolate Trio Bar	2480	30%	593	30%	26.0	37%	15.8	79%	83.7	32%	71.4	79%	5.3	11%	0.40	7%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Chocolate Fudge Cake	2549	30%	609	30%	28.0	40%	5.5	27%	81.6	31%	56.7	63%	6.3	13%	0.70	12%
Flaming Grill Core Menu Spring Summer 2024	Desserts	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%
Flaming Grill Core Menu Spring Summer 2024	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%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Epic Choctastic Sundae	3725	44%	890	45%	41.2	59%	23.6	118%	114.9	44%	102.6	114%	14.1	28%	0.42	7%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Apple Pie	1381	16%	330	17%	11.7	17%	4.2	21%	50.7	20%	19.6	22%	3.9	8%	0.07	1%
Flaming Grill Core Menu Spring Summer 2024	Desserts	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%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Vegan Apple Pie	1852	22%	443	22%	17.2	25%	8.9	45%	64.2	25%	28.7	32%	4.4	9%	0.09	2%

Flaming Grill Core Menu Spring Summer 2024	Desserts	Vegan Ice Cream	1943	23%	465	23%	16.4	23%	14.3	71%	72.1	28%	57.3	64%	1.7	3%	0.05	1%
Flaming Grill Core Menu Spring Summer 2024	Desserts	Sticky Toffee Pudding Cheesecake	2369	28%	566	28%	31.1	44%	15.7	78%	62.9	24%	47.5	53%	7.9	16%	0.30	5%