

SIT. TAP. TUCK IN. Food, drinks and offers land faster when you order in the app.



YOUR FAVOURITES, FOR LESS. EVERY DAY.

2 CLASSICS MONDAY-FRIDAY

£14

Excludes dishes from CROWD PLEASERS.

GRILL MONDAY

Mini Mixed Grill (1277 kcal) | **Boz* Rump Steak** (1053 kcal)
16oz* Rump Steak +£5 (1448 kcal) | **Full Monty Mixed Grill +£2** (1574 kcal)

£10

MIX IT UP TUESDAY

+£1 Supplement on **Boz* Rump Steak** (1053 kcal) and **Grilled Salmon Fillet*** (359 kcal)

£10

CURRY & DRINK WEDNESDAY

Chicken Tikka Masala (571 kcal) **ADD:**
Chicken Korma (623 kcal) **Vegetable Samosa and Onion Bhaji** 3.00
 served with a yoghurt & mint dip (424 kcal)
Chicken Jalfrezi (626 kcal) **Naan Bread** 1.50 (384 kcal)
Chickpea & Sweet Potato (548 kcal) **Poppadoms and Mango Chutney** 1.50 (126 kcal)



£8

BIG PLATE SPECIAL THURSDAY

£10

BURGER FRIDAY

Buy One Burger, Get One for £1.



£1

SIZZLER SATURDAY

Seasoned Chicken Fajitas (1213 kcal) | **Seasoned Halloumi Fries Fajitas** (1445 kcal)
+£2 Boz* Seasoned Rump Steak Fajitas (1346 kcal) | **+£2 Salmon Sizzler†** (1148 kcal)

£10

SUNDAY ROASTS

FROM **£9.49**

KIDS MEAL DEAL MAIN + PUD + DRINK

+£1 Supplement for large

FROM **£6**

ROASTS

Our Sunday best. All served with roast potatoes, seasonal vegetables, a Yorkshire pudding, sage & onion stuffing and gravy.

- Duo of Meats** 10.49
Hand-carved beef and turkey. (867 kcal)
- Hand-Carved Beef** (878 kcal) 10.49
- Hand-Carved Turkey** (855 kcal) 9.49
- Vegetable Tart** 9.49
Shortcrust pastry filled with roasted vegetables and topped with mixed seeds. Served with gravy. (1101 kcal)



DUO OF MEATS

KIDS' SUNDAY

- Hand-Carved Beef** (515 kcal / 8.9g Sugar / 1.57g Salt) 5.29
- Hand-Carved Turkey** (503 kcal / 8.9g Sugar / 1.57g Salt) 4.79
- Vegetable Tart** (626 kcal / 12.0g Sugar / 1.78g Salt) 4.79

PUDSSSS

Satisfy your sweet tooth.

- SHARERS**
- Baileys™ Caramel Profiterole Sharer** 7.29
Profiteroles layered with chocolate and vanilla flavour ice cream, Baileys™ caramel sauce, chocolate flavour sauce and fluffy cream. (1293 kcal, serves 2)
- The Ultimate Big Candymania** 7.29
Chocolate and vanilla ice cream with cookie dough pieces, topped with candy-coated milk chocolate, chocolate flake, fluffy cream and chocolate flavour sauce. (1678 kcal, serves 2)

- Millionaire's Cheesecake** 5.99
Vanilla cheesecake with chunks of chocolate cookie dough, topped with caramel and chocolate fudge sauce. Served with vanilla flavour ice cream. (591 kcal)
- Indulgent Chocolate Torte** 5.99
A crunchy chocolate biscuit base topped with an indulgent chocolate mousse with a hint of mocha, served with fresh berries and drizzled with chocolate flavour sauce. (373 kcal)

- Chocolate Fudge Cake** 5.69
A signature chocolate and caramel fudge cake, drizzled with chocolate flavour sauce, served warm with vanilla flavour ice cream. (682 kcal)
- Sticky Toffee Pudding** 5.49
Served warm with custard. (958 kcal)

- Apple Crumble** 5.49
Served warm with custard. (491 kcal)
- Lemon Meringue Pie** 5.99
Served with vanilla flavour ice cream and raspberry coulis. (488 kcal)

- Trifle Baked Alaska** 5.99
A vanilla sponge, layered with raspberry sauce and frozen vanilla custard, topped with toasted meringue. Served with fresh berries. (315 kcal)

- Lemon Meringue Pie** 5.99
Served with vanilla flavour ice cream and raspberry coulis. (488 kcal)

EXTRAS. SOMETHING ON THE SIDE?

- Cauliflower Cheese** (154 kcal) 2.49
- Pigs-in-Blankets, Yorkshire Puddings & Roast Potatoes Trio** (511 kcal) 2.99
- Pigs-in-Blankets** (329 kcal) 2.29
- Roast Potatoes** (362 kcal) 1.99
- Yorkshire Pudding** (229 kcal) 0.99

- Mini Millionaire Brownie** 3.49
A mini chocolate brownie topped with caramel, coated in chocolate flavour sauce and served with vanilla flavour ice cream. (308 kcal)

- Mini Baileys™ Profiteroles** 3.49
3 profiteroles with Baileys™ caramel sauce and vanilla flavour ice cream. (321 kcal)

ICE CREAM

- Vanilla Flavour Ice Cream** (97 kcal, per scoop)
- Chocolate Flavour Ice Cream** (113 kcal, per scoop)
- Strawberry Frozen Yoghurt** (88 kcal, per scoop)
- Chocolate Flavour Sauce** (55 kcal)
- Strawberry Flavour Sauce** (63 kcal)
- Raspberry Coulis** (32 kcal)
- Baileys™ Caramel Sauce** (62 kcal)

BAILEYS™ CARAMEL PROFITEROLE SHARER



LEMON MERINGUE PIE

Tea? Coffee? Hot choc with all the trimmings? You'll find them all on the drinks menu or tap the app.

MACMILLAN CANCER SUPPORT Each time you buy a 🍷 dish we'll donate 30p + VAT on your behalf to Macmillan Cancer Support. Thanks for helping us help those living with cancer.

LOOK OUT FOR THESE SYMBOLS: **V** Suitable for vegetarians **V** Suitable for vegans **N** Contains nuts **†** May contain bones and/or shell ****** Scampi made from more than one whole tail ***** Weight before cooking **🕒** Aged longer for a fuller flavour and tenderness **🔥** Onion rings are made from chopped and reformed onions **Hot**

YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE GREENE KING APP, SCAN THE ALLERGENS QR CODE OR VISIT OUR WEBSITE AT HUNGRYHORSE.CO.UK/ALLERGENS

Full allergen information on the ingredients in the food we serve is available on request. Full allergen and nutritional information can be found at www.hungryhorse.co.uk. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross-contamination. We do not include 'may contain' information. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptions do not list all ingredients. Please advise the team of any dietary requirements before ordering. **V** Suitable for Vegetarians **V** Suitable for Vegans **N** Dish contains Nuts **†** Fish, poultry and shellfish dishes may contain bones and/or shell. ***** Scampi may contain one or more whole tail per piece. **🕒** Onion rings are made from chopped and reformed onions. **†** All stated weights are approximate before cooking. **Dishes may contain alcohol.** Nutritional information is correct at the time of print. Children between 5-10 years old need around 1800 calories a day, but this will vary by age and level of activity, and some children will need less, and some will need more. Dishes on the No Gluten Containing Ingredients Menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our No Gluten Containing Ingredients Menu. **†** Your advertised price is unavailable a suitable alternative of an equivalent price may be offered at the manager's discretion. Photography is for illustrative purposes only. **Wings in things:** Mix and match 3 dishes, then pick a sauce or seasoning for £13.50. All daily deals are not available for use in conjunction with any other offers and discounts including but not limited to Blue Light Card, Defence Discount Service and AA discount. **Grill Monday:** Selected Grill dishes for £10, subject to availability. **Boz Rump Steak** carries a +£5 supplement. **Full Monty Mixed Grill** carries a +£2 supplement. **Mix It Up Tuesdays:** Any Mix It Up combination included in the deal. **Boz Rump Steak and Grilled Salmon Fillet** carries a +£1 supplement. **Curry and a Drink Wednesday:** Choose a curry and a deal drink for £8. All deal drinks are subject to change and may vary from pub to pub - please check with a team member for the full range included. **Food and drink** must be ordered in the same transaction. **Alcoholic drinks** carry a +£2 supplement. **Big Plate Special Thursday:** Any Big Plate Special dish for £10, subject to availability. **Burger Friday:** Buy one burger and get a second burger for £1, excludes Burger Sizzler Combo. **Cheapest burger** will be charged at £1. **Burgers** must be ordered in the same transaction. **Sizzler Saturday:** Selected Sizzler dishes for £10, subject to availability. **Steak Fajita and Salmon Sizzler** each carry a +£2 supplement. **Monday - Friday Classics:** Two Classics for a set price, available on selected dishes only. **Dishes** must be ordered in the same transaction. **Also operating in Northern Ireland.** **†** Paid to Macmillan Cancer Support Trading Limited, a wholly owned subsidiary of Macmillan Cancer Support, to which it gives all its profits. All cash and credit or debit card tips are paid in full to our team members. We accept cash, Visa, MasterCard, and Maestro. **Greene King Brewing and Retailing Limited, Westgate Brewery, Bury St Edmunds, Suffolk, IP33 1QT.**

Adults need around 2000 kcal a day



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STARTERS

- Crispy King Prawns†** 6.29
Served with lettuce and a sweet chilli dip. (544 kcal)
- Halloumi Strips ✓** 5.99
Served with a sweet chilli dip. (452 kcal)
- Garlic Breaded Mushrooms ✓** 5.79
Served with a garlic & herb ranch dip. (709 kcal)
- Onion Bhajis ✖** 5.79
Served with lettuce and mango chutney. (640 kcal)
- Cheesy Garlic Bread ✓** 3.99
(411 kcal)
- Garlic Bread ✓** 3.49
(278 kcal)



NACHOS CRISPY CHICKEN STRIPS TINGLY TED'S

SHARERS

- Ultimate Big Combo†** 11.79
Built for sharing: scampi**, onion rings*, garlic bread, chicken wings, southern-fried chicken goujons, crispy chicken strips, chicken nuggets and salsa-topped nachos. Served with Texan BBQ sauce and mayo. (1925 kcal, serves 2)
- Nachos ✓** 7.79
Tortilla chips drizzled with nacho cheese sauce and topped with salsa, sour cream, guacamole, and jalapeños. (1068 kcal, serves 2)
ADD+ Crispy Chicken Strips tossed in TINGLY TED'S sauce (280 kcal) for 3.00
ADD+ BBQ Beef Burnt Ends (78 kcal) for 3.00
- Onion Ring* Horseshoe Stacker ✓** 6.49
Our signature stacker. Served with Texan BBQ sauce, sour cream, and salsa dip. (1416 kcal, serves 2)

WINGS 'N' THINGS 3 FOR £13.50

MIX AND MATCH YOUR FAVOURITES

- Chicken Wings (569 kcal) 5.99
- Crispy Chicken Strips (514 kcal) 5.99
- Impossible™ Nuggets (470 kcal) 5.99

THEN PICK A SAUCE OR SEASONING

- Korean BBQ sauce (112 kcal) ✖
- Garlic & Herb Ranch sauce (278 kcal) ✓
- Texan BBQ sauce (90 kcal) ✖
- TINGLY TED'S sauce (23 kcal) ✖
- Peri Peri sauce (26 kcal) ✖
- Salt & Pepper seasoning (49 kcal) ✓
- Sweet Chilli sauce (82 kcal) ✖

SUBS

Our lunchtime favourites, toasted and stacked.

- CLASSICS**
Mon-Fri, 12pm-4pm
- Chicken & Bacon Sub** 8.49
Toasted sub roll with sliced roast chicken breast, bacon, red onion, lettuce and mayo. Served with chips. (1035 kcal)
 - Southern-Fried Chicken Sub** 7.49
Toasted sub roll with crispy southern-fried chicken goujons, lettuce and mayo. Served with chips. (1038 kcal)
 - Impossible™ BBQ Sub ✖** 8.49
Toasted sub roll with Impossible™ nuggets, coleslaw and Texan BBQ sauce. Served with chips. (1062 kcal)
- SIGNATURE**
All day, every day
- Philly Steak Sub** 11.99
Toasted sub roll filled with roast steak, peppers & onions, Cheddar & Emmental melt, Texan BBQ sauce, and topped with crispy onions. Served with chips and onion rings*. (1308 kcal)
 - Nacho Cheese Chicken Sub** 9.99
Toasted sub roll filled with crispy southern-fried chicken, bacon, lettuce, mayo and nacho cheese sauce. Served with chips and onion rings*. (1764 kcal)

CLASSICS

2 FOR £14 MONDAY-FRIDAY

- Classic Fish & Chips†** 9.99
Hand-battered fish and chips (1001 kcal). Served with your choice of peas (60 kcal) or mushy peas (111 kcal).
ADD+ Bread & Butter (374 kcal) for 1.29
- Classic Chicken New Yorker** 9.79
Roast chicken breast topped with bacon, melted cheese and Texan BBQ sauce. Served with chips, onion rings* and peas. (1070 kcal)
- Roast Veggie Lasagne ✖** 9.69
A classic roasted vegetable lasagne, served with a fresh, dressed garden salad. (382 kcal)
ADD+ Garlic Bread ✓ (139 kcal) for 1.50
- Classic Beef Lasagne** 9.69
Served with a fresh, dressed garden salad. (533 kcal)
ADD+ Garlic Bread ✓ (139 kcal) for 1.50
- Sausage & Mash** 8.79
Pork sausages, mashed potato, peas, Yorkshire pudding and gravy. (765 kcal)
Vegetarian option available ✓ (786 kcal)
- All Day Breakfast** 8.79
Pork sausage, rashers of bacon, free-range fried eggs, a flat mushroom, baked beans, and hash browns. (1059 kcal)
ADD+ Toast & Butter (216 kcal) for 0.99
ADD+ Black Pudding (64 kcal) for 0.99
- Mac 'n' Cheese ✓** 8.79
Served with a fresh, dressed garden salad. (569 kcal)
ADD+ Garlic Bread ✓ (139 kcal) for 1.50

CROWD PLEASERS

- Excluded from Classics offer.
- Steak & Ale Pie** 8.99
Tender pieces of steak in a rich ale gravy, encased in a shortcrust pastry. Served with peas (1018 kcal) and your choice of chips (444 kcal) or mashed potato (252 kcal).
 - Greek Salad** 8.99
Lettuce, cucumber, red onion, cherry tomatoes, orzo pasta, feta and black olives, drizzled with yoghurt & mint sauce. (502 kcal)
CHOOSE FROM
Roast Chicken Breast (179 kcal)
Halloumi Fries (370 kcal)
Lamb Koftas (329 kcal)
Grilled Salmon Fillet* (359 kcal) +£2 Supplement
 - Chicken Tikka Masala** 8.49
Served with basmati rice, poppadom and mango chutney. (634 kcal)
ADD+ Vegetable Samosa and Onion Bhaji served with a yoghurt & mint dip (424 kcal) for 3.00
 - Classic Scampi & Chips†** 7.99
Wholesale! scampi** and chips (966 kcal). Served with your choice of peas (60 kcal) or mushy peas (111 kcal).
ADD+ Bread & Butter (374 kcal) for 1.29

BURGERS

Saucy, loaded, legendary.
Served in a toasted, seeded bun with mayo, red onion, lettuce, onion rings* and chips (unless otherwise stated).

CLASSICS

- The Gravy One** 12.49 | 14.49
Crispy southern-fried chicken burger, topped with melted cheese, hash brown and smothered in our speciality burger gravy. (1422 kcal | 1777 kcal)
- Southern-Fried Chicken Burger** 10.49 | 12.49
(1176 kcal | 1531 kcal)
- Bacon Cheeseburger** 9.99 | 11.99
(1151 kcal | 1330 kcal)
- Cheeseburger** 9.49 | 11.49
(1039 kcal | 1218 kcal)
- The K-BBQ Burger ✓** 12.49 | 14.49
Impossible™ burger with Cheddar & Emmental melt, Korean BBQ sauce and crispy onions. (1342 kcal | 1556 kcal)
- Impossible™ Burger ✖** 11.49 | 13.49
Impossible™ burger in a toasted seeded bun with mayo, red onion and lettuce with chips. (916 kcal | 1129 kcal)

SIGNATURE

- Triple Stack** 14.69
Double bacon cheeseburger topped with crispy-fried buttermilk chicken and nacho cheese sauce. (1731 kcal)
- The Smoky Rancher** 12.99
Double crispy-fried buttermilk chicken topped with melted cheese, smothered in Texan BBQ and garlic & herb ranch sauces, finished with crispy onions. (1796 kcal)
- The Tingly Tedster** 14.49
Double crispy-fried buttermilk chicken tossed in TINGLY TED'S sauce with ranch slaw, halloumi fries and garlic & herb ranch sauce. (1876 kcal)
- The Big Melt** 14.69
Double beef burger with Cheddar & Emmental melt, BBQ beef burnt ends and crispy onions. (1601 kcal)
- Korean BBQ Chicken** 12.29
Double crispy-fried buttermilk chicken tossed in Korean BBQ sauce, with sweet chilli slaw. Served with salt & pepper chips. (1511 kcal)

SCAN HERE TO VIEW OUR ALLERGEN INFORMATION



THE SMOKY RANCHER

- EXTRAS. SOMETHING ON THE SIDE?**
- Chicken Wings (284 kcal) 3.00
 - Onion Rings* (297 kcal) 2.00
 - Mac 'n' Cheese (299 kcal) 2.00

DOUBLE UP YOUR CHIPS ON ANY MEAL FOR £1 (plus 444 kcal)

GRILLS & SIZZLERS

Hot, delicious and bursting with flavour.

78 Our rump steaks are aged longer for a fuller flavour and tenderness.



SEASONED CHICKEN FAJITAS

GRILLS

- Full Monty Mixed Grill** 15.79
Rump steak, pork sausages, roast chicken breast, and gammon steak, with a free-range fried egg and grilled pineapple. Served with chips, onion rings* and peas. (1574 kcal)
- Mini Mixed Grill** 11.79
Roast chicken breast, pork sausage, and gammon steak, with a free-range fried egg and grilled pineapple. Served with chips and peas. (1166 kcal)
- 16oz* Rump Steak** 17.49
Two 8oz* rump steaks. Served with chips, onion rings*, and peas. (1448 kcal)
- 8oz* Rump Steak** 12.49
Served with chips, onion rings*, and peas. (1053 kcal)
- 8oz* Grilled Gammon** 9.69
Topped with a free-range fried egg and grilled pineapple. Served with chips and peas. (1048 kcal)
ADD+ 4oz* Grilled Gammon (173 kcal) for 3.00

SIZZLERS

- Fajitas**
Served on our sizzling skillet of peppers & onions. Served with tortilla wraps, cheese, salsa, guacamole, sour cream and tortilla chips.
CHOOSE FROM
8oz* Seasoned Rump Steak (1346 kcal) 15.29
Seasoned Chicken (1213 kcal) 13.29
Seasoned Halloumi Fries (1445 kcal) 13.29
Burger Sizzler Combo 15.99
Bacon cheeseburger, chicken wings, and a rump steak with Texan BBQ sauce on our sizzling skillet of peppers & onions. Served with chips. (1674 kcal)
- 8oz* Smothered Steak Sizzler** 14.79
Rump steak on our sizzling skillet of peppers & onions, topped with flat mushrooms, melted cheese, and peppercorn sauce. Served with chips, onion rings* and peas. (1264 kcal)
- Salmon Sizzler!** 14.29
Grilled salmon fillet on our sizzling skillet of peppers & onions, served with corn on the cob and sweet chilli dip (602 kcal). With your choice of basmati rice (189 kcal) or sweet potato fries (546 kcal).

- EXTRAS. SOMETHING ON THE SIDE?**
- Cheddar & Emmental Melt (183 kcal) 2.00
 - Peppercorn Sauce (42 kcal) 1.50
 - Beef Dripping Gravy (53 kcal) 1.50
 - Free-Range Fried Eggs (272 kcal) 1.50
 - Crispy King Prawns! (274 kcal) 3.00
 - Scampi** (231 kcal) 2.50
 - Onion Ring* Horseshoe Stacker (1416 kcal, serves 2) 6.49

MIX IT UP £13.49

Customise your favourites all on one plate.

1: PICK ONE MAIN

- Southern-Fried Chicken Skewers (753 kcal)
- Chicken Skewers (330 kcal)
- Southern-Fried Chicken Skewer and Chicken Skewer (542 kcal)
- Crispy Chicken Strips (514 kcal)
- Impossible™ Nuggets (470 kcal)
- 8oz* Rump Steak (430 kcal) +£1 Supplement
- Halloumi Fries (493 kcal)
- Grilled Salmon Fillet* (359 kcal) +£1 Supplement

2: ADD TWO SIDES

- Buttered Jacket Potato (252 kcal)
- Chips (444 kcal)
- Sweet Potato Fries (546 kcal)
- Onion Rings* (238 kcal)
- Coleslaw (99 kcal)
- Corn on the Cob (110 kcal)
- Basmati Rice (189 kcal)
- Fresh, Dressed Garden Salad (39 kcal)

3: ADD A SAUCE OR SEASONING

- Sweet Chilli sauce (82 kcal) ✖
- Texan BBQ sauce (90 kcal) ✖
- Korean BBQ sauce (112 kcal) ✖
- Peri Peri sauce (26 kcal) ✖
- Garlic & Herb Ranch sauce (278 kcal) ✓
- TINGLY TED'S sauce (23 kcal) ✖
- Salt & Pepper seasoning (49 kcal) ✓

EXTRAS. BOOST YOUR MAIN

- Southern-Fried Chicken Skewer (377 kcal) 3.00
- Chicken Skewer (165 kcal) 3.00
- Impossible™ Nuggets (235 kcal) 3.00
- Halloumi Fries (247 kcal) 3.00

BIG PLATE SPECIALS

Big plates, big flavour.

- Lamb Kofta Flatbread** 14.99
A warm flatbread, loaded with lettuce, cucumber, red onion, cherry tomatoes, orzo pasta, feta, black olives and sweet potato fries, topped with lamb koftas. Drizzled in yoghurt & mint sauce. (1715 kcal)
- Impossible™ Flatbread ✓** 13.99
A warm flatbread, loaded with lettuce, cucumber, red onion, cherry tomatoes, orzo pasta, feta, black olives and sweet potato fries, topped with Impossible™ nuggets. Drizzled in yoghurt & mint sauce. (1630 kcal)
- Chicken Tikka Masala Platter** 13.69
Served with basmati rice, naan bread, poppadom, vegetable samosa, onion bhaji, mango chutney and a yoghurt & mint dip. (1519 kcal)
ADD+ Chips (444 kcal) for 3.49
- Katsu Curry Feast** 13.49
Breaded chicken schnitzel smothered in katsu curry sauce, served with basmati rice, salt & pepper chips and extra sauce for dipping. (1619 kcal)
- Chicken Parmigiana** 13.29
Back by popular demand. Breaded chicken schnitzel topped with Neapolitana sauce and Cheddar & Emmental melt. Served with coleslaw, a fresh, dressed garden salad (962 kcal) and your choice of a buttered jacket potato (252 kcal) or chips (444 kcal).
- The Loaded New Yorker** 12.99
A larger portion of roast chicken breasts, topped with bacon, melted cheese, and Texan BBQ sauce. Served with chips, onion rings*, peas and coleslaw. (1567 kcal)



CHICKEN PARMIGIANA

DOUBLE UP YOUR CHIPS ON ANY MEAL FOR £1 (plus 444 kcal)

SIDES

- Salt & Pepper Chips (460 kcal) 3.99
- Cheesy Chips (577 kcal) 3.99
- Sweet Potato Fries (546 kcal) 3.99
- Chips (444 kcal) 3.49
- Buttered Jacket Potato (252 kcal) 3.49
- Mac 'n' Cheese (299 kcal) 3.49
- Fresh, Dressed Garden Salad (39 kcal) 2.99
- Onion Rings* (297 kcal) 2.49
- Coleslaw (49 kcal) 1.49
- Bread & Butter (319 kcal) or White (374 kcal) 1.29

SCAN HERE TO VIEW OUR NO GLUTEN CONTAINING INGREDIENTS MENU

Adults need around 2000 kcal a day
SWAP YOUR CHIPS (444 kcal) FOR A SALAD (39 kcal)