

Urban Main Menu Nutritional Information - Spring Summer 2024



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
PUV Urban Core - SS24 Core Menu	Small Plates	Crispy Battered Cod Goujons	1546	18%	370	19%	22.5	32%	3.3	16%	17.5	7%	3.5	4%	22.4	45%	0.80	13%
PUV Urban Core - SS24 Core Menu	Small Plates	Karaage Sticky Chicken	3240	39%	774	39%	39.9	57%	6.2	31%	61.4	24%	18.2	20%	44.1	88%	5.37	90%
PUV Urban Core - SS24 Core Menu	Small Plates	Harissa Houmous & Flatbread	2723	32%	651	33%	41.9	60%	3.5	17%	49.8	19%	5.7	6%	13.2	26%	2.00	33%
PUV Urban Core - SS24 Core Menu	Small Plates	Jerk Chicken Bao Buns	1660	20%	397	20%	5.9	8%	1.4	7%	69.2	27%	12.6	14%	14.6	29%	1.70	28%
PUV Urban Core - SS24 Core Menu	Small Plates	Crispy Smashed Potatoes	2463	29%	589	29%	31.5	45%	5.0	25%	58.9	23%	6.9	8%	13.6	27%	1.42	24%
PUV Urban Core - SS24 Core Menu	Small Plates	Crispy Squid	1589	19%	380	19%	17.7	25%	2.1	11%	47.4	18%	16.5	18%	9.5	19%	3.46	58%
PUV Urban Core - SS24 Core Menu	Small Plates	Battered Halloumi	2065	25%	495	25%	31.3	45%	21.8	109%	25.0	10%	23.3	26%	28.8	58%	3.82	64%
PUV Urban Core - SS24 Core Menu	Small Plates	Honey & Mustard Sausages	2480	30%	593	30%	41.2	59%	13.9	70%	19.2	7%	18.5	21%	34.5	69%	3.19	53%
PUV Urban Core - SS24 Core Menu	Small Plates	Plant-based Nuggets - Please select from the choices below:	1895	23%	453	23%	26.8	38%	5.7	28%	32.0	12%	1.6	2%	19.3	39%	1.60	27%
PUV Urban Core - SS24 Core Menu	Small Plates	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%
PUV Urban Core - SS24 Core Menu	Small Plates	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%
PUV Urban Core - SS24 Core Menu	Small Plates	Korean BBQ	427	5%	102	5%	4.5	6%	0.5	3%	14.0	5%	12.0	13%	1.0	2%	1.55	26%
PUV Urban Core - SS24 Core Menu	Small Plates	Crispy Smashed Potatoes	2137	25%	511	26%	25.5	36%	0.8	4%	59.0	23%	6.9	8%	7.6	15%	1.99	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
PUV Urban Core - SS24 Core Menu	Small Plates	Pulled Beef Croquettes	3093	37%	739	37%	64.9	93%	13.7	68%	27.2	10%	5.3	6%	10.6	21%	1.72	29%
PUV Urban Core - SS24 Core Menu	Sharers	Nachos	4980	59%	1190	60%	67.5	96%	24.8	124%	111.9	43%	16.6	18%	25.7	51%	4.88	81%
PUV Urban Core - SS24 Core Menu	Sharers	Trio of Fries	5728	68%	1367	68%	68.3	98%	13.5	67%	171.5	66%	18.4	20%	16.6	33%	3.95	66%
PUV Urban Core - SS24 Core Menu	Sharers	Chicken Wings - Please select from the choices below:	8370	100%	2011	101%	130.3	186%	36.0	180%	0.0	0%	0.0	0%	209.0	418%	3.14	52%
PUV Urban Core - SS24 Core Menu	Sharers	Nashville hot sauce	351	4%	84	4%	5.0	7%	0.0	0%	9.0	3%	7.0	8%	1.0	2%	2.90	48%
PUV Urban Core - SS24 Core Menu	Sharers	Jerk Sauce	523	6%	125	6%	1.0	1%	0.0	0%	27.0	10%	25.0	28%	1.0	2%	0.70	12%
PUV Urban Core - SS24 Core Menu	Sharers	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.90	15%
PUV Urban Core - SS24 Core Menu	Sharers	Korean BBQ	854	10%	204	10%	9.0	13%	1.0	5%	28.0	11%	24.0	27%	2.0	4%	3.10	52%
PUV Urban Core - SS24 Core Menu	Scottish Additional Starters	Crispy Battered Haddock Goujons	1413	17%	338	17%	21.2	30%	4.6	23%	16.4	6%	3.6	4%	18.8	38%	0.59	10%
PUV Urban Core - SS24 Core Menu	Scottish Additional Starters	Haggis Fritters	2732	33%	655	33%	41.8	60%	14.5	73%	45.6	18%	5.6	6%	22.7	45%	4.44	74%
PUV Urban Core - SS24 Core Menu	Sandwiches	Chicken BLT	3171	38%	758	38%	37.4	53%	5.6	28%	61.9	24%	5.8	6%	42.9	86%	3.17	53%
PUV Urban Core - SS24 Core Menu	Sandwiches	Steak Sandwich	2829	34%	676	34%	34.3	49%	6.7	34%	65.3	25%	5.3	6%	27.3	55%	2.53	42%
PUV Urban Core - SS24 Core Menu	Sandwiches	Grilled Cheese Toastie	3246	39%	776	39%	42.0	60%	21.3	107%	63.2	24%	3.5	4%	36.7	73%	2.93	49%
PUV Urban Core - SS24 Core Menu	Sandwiches	Halloumi & Chilll Jam Flatbread Wrap	5030	60%	1202	60%	71.7	102%	19.5	97%	97.2	37%	28.9	32%	38.0	76%	4.08	68%

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
PUV Urban Core - SS24 Core Menu	Sandwiches	Cod Goujon Sandwich	3318	39%	794	40%	41.7	60%	4.3	22%	72.1	28%	4.0	4%	32.0	64%	2.59	43%
PUV Urban Core - SS24 Core Menu	Burgers	Cheese & Bacon Burger	6674	79%	1595	80%	91.4	131%	33.0	165%	131.0	50%	20.2	22%	55.6	111%	5.34	89%
PUV Urban Core - SS24 Core Menu	Burgers	Beyond Meat Burger	5525	66%	1317	66%	74.1	106%	14.6	73%	128.5	49%	26.6	30%	33.0	66%	4.79	80%
PUV Urban Core - SS24 Core Menu	Burgers	Katsu Chicken Burger	6688	80%	1599	80%	79.3	113%	16.1	80%	155.9	60%	21.2	24%	60.8	122%	7.06	118%
PUV Urban Core - SS24 Core Menu	Pub Classics	Steak & Ale Pie - Please select from the choices below:	4235	50%	1012	51%	52.8	75%	24.2	121%	98.7	38%	11.0	12%	29.5	59%	4.29	72%
PUV Urban Core - SS24 Core Menu	Pub Classics	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS24 Core Menu	Pub Classics	Mushy Peas	372	4%	89	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu	Pub Classics	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
PUV Urban Core - SS24 Core Menu	Pub Classics	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Urban Core - SS24 Core Menu	Pub Classics	Pulled Mushroom Chilli	3277	39%	783	39%	43.1	62%	5.0	25%	75.8	29%	10.5	12%	16.2	32%	3.54	59%
PUV Urban Core - SS24 Core Menu	Pub Classics	Fish & Chips - Please select from the choices below:	4479	53%	1069	53%	50.0	71%	5.9	30%	98.8	38%	3.6	4%	50.0	100%	1.80	30%
PUV Urban Core - SS24 Core Menu	Pub Classics	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS24 Core Menu	Pub Classics	Mushy Peas	372	4%	89	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu	Pub Classics	BBQ Chicken	4934	59%	1176	59%	55.6	79%	13.0	65%	96.8	37%	15.1	17%	66.0	132%	2.81	47%

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
PUV Urban Core - SS24 Core Menu	Pub Classics	Flat Iron Steak	3711	44%	886	44%	48.3	69%	13.6	68%	71.3	27%	1.0	1%	36.9	74%	2.55	43%
PUV Urban Core - SS24 Core Menu	Pub Classics	Wholetail Whitby Scampi - Please select from the choices below:	4760	57%	1135	57%	53.1	76%	10.5	52%	129.4	50%	5.3	6%	29.4	59%	1.57	26%
PUV Urban Core - SS24 Core Menu	Pub Classics	Frozen Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS24 Core Menu	Pub Classics	Mushy Peas	372	4%	89	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu	Pub Classics	Mac & Three Cheese	2541	30%	607	30%	25.8	37%	14.0	70%	68.6	26%	7.0	8%	29.3	59%	4.04	67%
PUV Urban Core - SS24 Core Menu	Pub Classics	Fresh Garden Salad	1248	15%	298	15%	11.6	17%	0.1	1%	39.5	15%	7.5	8%	6.8	14%	0.42	7%
PUV Urban Core - SS24 Core Menu	Pub Classics	Fresh Garden Salad with Chicken	2209	26%	528	26%	13.9	20%	1.0	5%	56.2	22%	22.9	25%	42.1	84%	1.08	18%
PUV Urban Core - SS24 Core Menu	Pub Classics	Fresh Garden Salad with Salmon and Cheddar Fishcakes	3919	47%	935	47%	47.3	68%	5.3	27%	92.5	36%	11.7	13%	36.4	73%	2.53	42%
PUV Urban Core - SS24 Core Menu	Pub Classics	Fresh Garden Salad with Halloumi	2744	33%	656	33%	38.6	55%	16.3	82%	42.1	16%	10.1	11%	32.7	65%	2.56	43%
PUV Urban Core - SS24 Core Menu	Sunday Roasts	Sunday - Beef Sirloin	5937	71%	1419	71%	109.5	156%	37.9	190%	67.3	26%	19.2	21%	37.4	75%	2.57	43%
PUV Urban Core - SS24 Core Menu	Sunday Roasts	Sunday - Roasted Half Chicken with Stuffing	6262	75%	1497	75%	101.5	145%	32.1	160%	80.2	31%	20.1	22%	62.7	125%	3.64	61%
PUV Urban Core - SS24 Core Menu	Sunday Roasts	Sunday - Nut Roast Wellington	4367	52%	1044	52%	60.9	87%	19.5	98%	100.1	38%	19.1	21%	27.8	56%	3.94	66%
PUV Urban Core - SS24 Core Menu	Sunday Roasts	Sunday Kids - Roast Beef	3103	37%	742	37%	55.6	79%	18.6	93%	40.5	16%	8.4	9%	19.5	39%	2.23	37%
PUV Urban Core - SS24 Core Menu	Sunday Roasts	Sunday Kids - Chicken	3194	38%	763	38%	46.0	66%	14.4	72%	53.4	21%	9.3	10%	33.8	68%	2.45	41%

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
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Fish & Chips - Please select from the choices below:	4213	50%	1005	50%	47.3	68%	8.7	43%	96.5	37%	3.7	4%	42.9	86%	1.39	23%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Mushy Peas	372	4%	89	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Belhaven Steak & Ale Pie - Please select from the choices below:	2914	35%	696	35%	44.0	63%	19.1	95%	27.5	11%	8.3	9%	44.9	90%	2.57	43%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Mushy Peas	372	4%	89	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Balmoral Chicken - Please select from the choices below:	2681	32%	641	32%	28.3	40%	10.8	54%	23.1	9%	8.8	10%	68.6	137%	3.66	61%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Urban Core - SS24 Core Menu	Scottish Additional Mains	Haddock Goujon Sandwich	3185	38%	762	38%	40.3	58%	5.7	28%	70.9	27%	4.1	5%	28.5	57%	2.38	40%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	12 Chicken Wings - Please select from the choices below:	8368	100%	2011	101%	130.3	186%	36.0	180%	0.0	0%	0.0	0%	208.9	418%	3.14	52%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Jerk Sauce	523	6%	125	6%	1.0	1%	0.0	0%	27.0	10%	25.0	28%	1.0	2%	0.70	12%

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
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Texan BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.90	15%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Smoky Maple & Pancetta	1939	23%	464	23%	44.8	64%	4.0	20%	12.9	5%	12.1	13%	1.7	3%	0.96	16%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Nashville	356	4%	85	4%	5.0	7%	0.0	0%	9.1	3%	7.1	8%	1.1	2%	2.90	48%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Korean BBQ	795	9%	190	9%	9.3	13%	1.1	5%	23.2	9%	19.5	22%	2.6	5%	2.48	41%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Classic Poutine	4100	49%	979	49%	50.3	72%	20.0	100%	109.0	42%	0.8	1%	18.6	37%	4.90	82%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Country Style Poutine	5730	68%	1368	68%	71.8	103%	24.6	123%	119.6	46%	7.9	9%	56.1	112%	6.38	106%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Hogtown Poutine	6063	72%	1449	72%	85.3	122%	30.9	154%	121.1	47%	5.0	6%	46.0	92%	7.25	121%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	BBQ Burnt Ends Poutine	5141	61%	1228	61%	59.3	85%	22.0	110%	123.6	48%	12.8	14%	41.4	83%	6.26	104%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	British Poutine	5890	70%	1407	70%	70.6	101%	24.8	124%	125.7	48%	12.8	14%	60.3	121%	7.46	124%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Porkie Poutine	6806	81%	1626	81%	93.2	133%	34.3	171%	128.2	49%	11.7	13%	62.9	126%	8.46	141%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Poutine Topper	976	12%	233	12%	17.8	25%	10.0	50%	8.5	3%	0.5	1%	11.0	22%	3.20	53%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	24 Chicken Wings - Please select from the choices below:	16736	199%	4021	201%	260.6	372%	72.0	360%	0.0	0%	0.0	0%	417.8	836%	6.29	105%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Jerk Sauce	1046	12%	250	13%	2.0	3%	0.0	0%	54.0	21%	50.0	56%	2.0	4%	1.40	23%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Texan BBQ Sauce	1506	18%	360	18%	0.0	0%	0.0	0%	68.0	26%	60.0	67%	4.0	8%	1.80	30%

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
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Smoky Maple & Pancetta	3879	46%	927	46%	89.7	128%	8.0	40%	25.8	10%	24.2	27%	3.4	7%	1.92	32%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Nashville	712	8%	170	9%	10.1	14%	0.0	0%	18.2	7%	14.2	16%	2.2	4%	5.80	97%
PUV Urban Core - SS24 Core Menu	Maple Leaf Only	Korean BBQ	1590	19%	380	19%	18.6	27%	2.2	11%	46.4	18%	39.0	43%	5.2	10%	4.96	83%
PUV Urban Core - SS24 Core Menu	Desserts	Sticky Toffee Pudding	3792	45%	906	45%	43.1	62%	19.2	96%	120.6	46%	60.6	67%	9.9	20%	0.59	10%
PUV Urban Core - SS24 Core Menu	Desserts	Lemon Tart	2536	30%	606	30%	32.0	46%	16.7	83%	71.9	28%	36.5	41%	3.1	6%	0.16	3%
PUV Urban Core - SS24 Core Menu	Desserts	Triple Chocolate Brownie	2890	34%	691	35%	33.7	48%	18.9	94%	82.8	32%	63.9	71%	11.2	22%	0.35	6%
PUV Urban Core - SS24 Core Menu	Desserts	Mini Dessert	1052	13%	251	13%	11.6	17%	6.3	31%	31.7	12%	22.3	25%	3.7	7%	0.12	2%
PUV Urban Core - SS24 Core Menu	Sides	Thick Cut Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
PUV Urban Core - SS24 Core Menu	Sides	House Seasoned Fries	2178	26%	520	26%	22.8	33%	7.0	35%	70.0	27%	0.0	0%	5.3	11%	1.24	21%
PUV Urban Core - SS24 Core Menu	Sides	Sweet Potato Fries	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	6.0	12%	0.15	3%
PUV Urban Core - SS24 Core Menu	Sides	Onion Rings	1188	14%	285	14%	21.4	31%	3.7	18%	16.1	6%	1.4	2%	8.2	16%	1.17	20%
PUV Urban Core - SS24 Core Menu	Sides	Fresh Garden Side Salad	106	1%	25	1%	0.6	1%	0.1	0%	4.0	2%	3.0	3%	1.1	2%	0.06	1%
PUV Urban Core - SS24 Core Menu	Sides	Bread & Butter	1427	17%	341	17%	8.8	13%	4.2	21%	56.4	22%	1.2	1%	9.6	19%	1.48	25%
PUV Urban Core - SS24 Core Menu	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%

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
PUV Urban Core - SS24 Core Menu	Sides	Cheesy Garlic Ciabatta	2044	24%	489	24%	27.3	39%	13.9	70%	43.8	17%	2.7	3%	14.8	30%	1.54	26%
PUV Urban Core - SS24 Core Menu	Sides	Coleslaw	766	9%	183	9%	17.0	24%	1.0	5%	5.0	2%	4.0	4%	1.0	2%	0.30	5%
PUV Urban Core - SS24 Core Menu	Steak Sauces	Steak Sauce - Beef Dripping Gravy	276	3%	66	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
PUV Urban Core - SS24 Core Menu	Steak Sauces	Steak Sauce - Bernaise	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%
PUV Urban Core - SS24 Core Menu	Steak 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%
PUV Urban Core - SS24 Core Menu	Extras	Extra Beef Burger	1676	20%	401	20%	32.5	46%	14.8	74%	0.0	0%	0.0	0%	27.1	54%	0.14	2%
PUV Urban Core - SS24 Core Menu	Extras	Extra Chicken Burger	1166	14%	280	14%	15.4	22%	3.7	18%	5.8	2%	0.0	0%	29.8	60%	1.43	24%
PUV Urban Core - SS24 Core Menu	Extras	Extra Beyond Meat Burger	1210	14%	289	14%	21.5	31%	6.3	32%	4.0	2%	0.0	0%	19.2	38%	0.85	14%
PUV Urban Core - SS24 Core Menu	Extras	Extra Streaky Bacon	515	6%	123	6%	9.2	13%	3.5	17%	0.1	0%	0.1	0%	10.0	20%	1.14	19%
PUV Urban Core - SS24 Core Menu	Extras	Extra Merlot Beef Dripping Gravy	276	3%	66	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
PUV Urban Core - SS24 Core Menu	Extras	Extra Baked Beans	360	4%	86	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%
PUV Urban Core - SS24 Core Menu	Extras	Extra Mushy Peas	372	4%	89	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu	Extras	Extra Grated Cheese	517	6%	124	6%	10.2	15%	6.6	33%	0.3	0%	0.3	0%	7.5	15%	0.54	9%
PUV Urban Core - SS24 Core Menu	Extras	Extra 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%

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
PUV Urban Core - SS24 Core Menu	Extras	Extra Korean BBQ	427	5%	102	5%	4.5	6%	0.5	3%	14.0	5%	12.0	13%	1.0	2%	1.55	26%
PUV Urban Core - SS24 Core Menu	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%
PUV Urban Core - SS24 Core Menu	Extras	Extra Roast Potatoes	1435	17%	343	17%	30.0	43%	9.0	45%	16.0	6%	1.0	1%	3.0	6%	0.30	5%
PUV Urban Core - SS24 Core Menu	Extras	Extra Mashed Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Urban Core - SS24 Core Menu	Extras	Extra Yorkshire Puddings	766	9%	183	9%	7.4	11%	0.8	4%	23.5	9%	1.4	2%	5.5	11%	0.59	10%
PUV Urban Core - SS24 Core Menu	Extras	Extra Stuffing	222	3%	53	3%	0.8	1%	0.4	2%	10.0	4%	0.4	0%	1.2	2%	0.04	1%
PUV Urban Core - SS24 Core Menu	Extras	Extra Pigs in Blankets	917	11%	219	11%	20.4	29%	7.4	37%	1.7	1%	0.1	0%	7.1	14%	0.95	16%
PUV Urban Core - SS24 Core Menu	Extras	Extra Cauliflower Cheese	749	9%	179	9%	13.5	19%	7.5	38%	7.5	3%	4.5	5%	7.5	15%	0.60	10%
PUV Urban Core - SS24 Core Menu	Extras	Extra Sunday Veg	429	5%	102	5%	5.3	8%	0.6	3%	10.0	4%	9.0	10%	2.0	4%	0.13	2%
PUV Urban Core - SS24 Core Menu	Extras	Extra Sunday Gravy	276	3%	66	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
PUV Urban Core - SS24 Core Menu	Scottish Additional Sides	Haggis	720	9%	172	9%	12.0	17%	4.8	24%	8.4	3%	0.0	0%	8.4	17%	0.96	16%
PUV Urban Core - SS24 Core Menu	Scottish Additional Sides	Whiskey Sauce	211	3%	50	3%	0.6	1%	0.3	1%	5.7	2%	2.6	3%	1.5	3%	0.77	13%
PUV Urban Core - SS24 Core Menu	Upsells	Upsell to Sweet Potato Fries	-460	-5%	-110	-6%	-1.8	-3%	-5.5	-28%	-16.0	-6%	1.5	2%	0.8	2%	-0.20	-3%
PUV Urban Core - SS24 Core Menu	Upsells	Add Scampi	764	9%	183	9%	9.9	14%	3.0	15%	16.4	6%	0.6	1%	6.7	13%	0.41	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
PUV Urban Core - SS24 Core Menu	Upsells	Add Garlic Ciabatta Half	764	9%	183	9%	8.6	12%	3.7	18%	21.8	8%	1.2	1%	3.7	7%	0.50	8%
PUV Urban Core - SS24 Core Menu	Upsells	Add Streaky Bacon	515	6%	123	6%	9.2	13%	3.5	17%	0.1	0%	0.1	0%	10.0	20%	1.14	19%
PUV Urban Core - SS24 Core Menu	Upsells	Add Curry Sauce	1180	14%	282	14%	23.7	34%	1.8	9%	16.4	6%	3.9	4%	2.4	5%	3.66	61%
PUV Urban Core - SS24 Core Menu	Upsells	Add Bread & Butter	1427	17%	341	17%	8.8	13%	4.2	21%	56.4	22%	1.2	1%	9.6	19%	1.48	25%
PUV Urban Core - SS24 Core Menu	Upsells	Add Thick Cut Chips (Half Portion)	860	10%	204	10%	6.0	9%	0.0	0%	33.0	13%	0.0	0%	3.0	6%	0.10	2%
PUV Urban Core - SS24 Core Menu	Upsells	Add House Seasoned Fries (Half Portion)	1245	15%	297	15%	13.0	19%	4.0	20%	40.0	15%	0.0	0%	3.0	6%	1.09	18%
PUV Urban Core - SS24 Core Menu	Upsells	Add Chilli Glazed Chicken Breast	961	11%	230	11%	2.3	3%	0.9	4%	16.7	6%	15.4	17%	35.3	71%	0.66	11%
PUV Urban Core - SS24 Core Menu	Upsells	Add Sweet Potato Fries (Half Portion)	859	10%	205	10%	10.5	15%	0.8	4%	27.0	10%	0.8	1%	3.0	6%	0.08	1%

Urban No Gluten Containing Menu Nutritional Information - Spring Summer 2024



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
PUV Urban Core - SS24 Core Menu NGC	Small Plates	Crispy Smashed Potatoes	2463	29%	588.6	29%	31.5	45%	5.0	25%	58.9	23%	6.9	8%	13.6	27%	1.42	24%
PUV Urban Core - SS24 Core Menu NGC	Small Plates	Crispy Smashed Potatoes	2137	25%	510.8	26%	25.5	36%	0.8	4%	59.0	23%	6.9	8%	7.6	15%	1.99	33%
PUV Urban Core - SS24 Core Menu NGC	Small Plates	Honey & Mustard Sausages	2480	30%	592.7	30%	41.2	59%	13.9	70%	19.2	7%	18.5	21%	34.5	69%	3.19	53%
PUV Urban Core - SS24 Core Menu NGC	Small Plates	Harissa Houmous and Bread	2545	30%	608.3	30%	40.5	58%	3.3	16%	43.4	17%	6.1	7%	9.6	19%	2.01	34%
PUV Urban Core - SS24 Core Menu NGC	Sharers	Nachos	4980	59%	1190.2	60%	67.5	96%	24.8	124%	111.9	43%	16.6	18%	25.7	51%	4.88	81%
PUV Urban Core - SS24 Core Menu NGC	Mains	Pulled Mushroom Chilli	3277	39%	783.3	39%	43.1	62%	5.0	25%	75.8	29%	10.5	12%	16.2	32%	3.54	59%
PUV Urban Core - SS24 Core Menu NGC	Mains	Flat Iron Steak	2587	31%	618.4	31%	33.0	47%	11.0	55%	40.3	15%	5.0	6%	35.9	72%	1.50	25%
PUV Urban Core - SS24 Core Menu NGC	Mains	Fresh Garden Salad	1248	15%	298.4	15%	11.6	17%	0.1	1%	39.5	15%	7.5	8%	6.8	14%	0.42	7%
PUV Urban Core - SS24 Core Menu NGC	Mains	Cheese & Bacon Burger	5419	65%	1295.1	65%	69.1	99%	28.4	142%	109.1	42%	19.0	21%	48.1	96%	3.95	66%
PUV Urban Core - SS24 Core Menu NGC	Mains	Fresh Garden Salad with Chicken	2209	26%	528.0	26%	13.9	20%	1.0	5%	56.2	22%	22.9	25%	42.1	84%	1.08	18%
PUV Urban Core - SS24 Core Menu NGC	Mains	Fresh Garden Salad with Halloumi (V)	2744	33%	655.9	33%	38.6	55%	16.3	82%	42.1	16%	10.1	11%	32.7	65%	2.56	43%
PUV Urban Core - SS24 Core Menu NGC	Sandwiches	Chicken BLT	3238	39%	774.0	39%	40.5	58%	6.1	30%	59.4	23%	6.6	7%	35.8	72%	2.62	44%
PUV Urban Core - SS24 Core Menu NGC	Sandwiches	Halloumi and Chilli Jam Ciabatta	4675	56%	1117.4	56%	69.0	99%	19.1	95%	84.5	33%	29.7	33%	30.8	62%	4.10	68%

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
PUV Urban Core - SS24 Core Menu NGC	Sandwiches	Grilled Cheese Toastie	1995	24%	476.8	24%	20.6	29%	7.4	37%	56.2	22%	3.8	4%	10.6	21%	1.34	22%
PUV Urban Core - SS24 Core Menu NGC	Desserts	Ice Cream: Please select your choice from the below -	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
PUV Urban Core - SS24 Core Menu NGC	Desserts	Classic Jersey Clotted Cream Ice Cream	527	6%	126.0	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
PUV Urban Core - SS24 Core Menu NGC	Desserts	Strawberry Classic	577	7%	137.9	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.13	2%
PUV Urban Core - SS24 Core Menu NGC	Desserts	Chocolate Classic	612	7%	146.3	7%	7.0	10%	4.2	21%	18.1	7%	16.9	19%	2.3	5%	0.14	2%
PUV Urban Core - SS24 Core Menu NGC	Desserts	Chocolate Brownie	2649	32%	633.2	32%	35.6	51%	13.8	69%	70.5	27%	59.9	67%	7.5	15%	0.21	4%
PUV Urban Core - SS24 Core Menu NGC	Desserts	Vegan Ice Cream	1415	17%	338.1	17%	16.4	23%	14.3	71%	40.5	16%	27.3	30%	1.7	3%	0.05	1%
PUV Urban Core - SS24 Core Menu NGC	Sides	Fresh Garden Side Salad	106	1%	25.2	1%	0.6	1%	0.1	0%	4.0	2%	3.0	3%	1.1	2%	0.06	1%
PUV Urban Core - SS24 Core Menu NGC	Sides	Ciabatta & Butter	1494	18%	357.0	18%	11.9	17%	4.7	23%	53.9	21%	2.0	2%	2.6	5%	0.93	16%
PUV Urban Core - SS24 Core Menu NGC	Sides	Coleslaw	766	9%	183.0	9%	17.0	24%	1.0	5%	5.0	2%	4.0	4%	1.0	2%	0.30	5%
PUV Urban Core - SS24 Core Menu NGC	Sides	Steak Sauce - Beef Dripping Gravy	276	3%	66.0	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
PUV Urban Core - SS24 Core Menu NGC	Sides	Steak Sauce - Bernaise	769	9%	183.8	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%
PUV Urban Core - SS24 Core Menu NGC	Sides	Steak Sauce - Peppercorn	176	2%	42.0	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Streaky Bacon	515	6%	123.2	6%	9.2	13%	3.5	17%	0.1	0%	0.1	0%	10.0	20%	1.14	19%

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
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Merlot Beef Dripping Gravy	276	3%	66.0	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Baked Beans	360	4%	86.0	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Mushy Peas	372	4%	89.0	4%	0.0	0%	0.0	0%	14.0	5%	1.0	1%	6.0	12%	0.50	8%
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Grated Cheese	517	6%	123.6	6%	10.2	15%	6.6	33%	0.3	0%	0.3	0%	7.5	15%	0.54	9%
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Texan BBQ Sauce	377	4%	90.0	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
PUV Urban Core - SS24 Core Menu NGC	Extras	Extra Mashed Potato	1523	18%	363.9	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%

Urban Kids Menu Nutritional Information - Spring Summer 2024



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
PUV Urban Core - SS24 Kids Menu	Mains	Super Pork Sausages	2602	N/A	622	N/A	30.4	N/A	10.4	N/A	57.3	N/A	8.5	N/A	26.9	N/A	3.90	N/A
PUV Urban Core - SS24 Kids Menu	Mains	Chicken Nuggets	2261	N/A	540	N/A	21.4	N/A	3.6	N/A	65.5	N/A	6.7	N/A	18.2	N/A	0.79	N/A
PUV Urban Core - SS24 Kids Menu	Mains	Crispy Battered Fish	2487	N/A	593	N/A	22.9	N/A	2.7	N/A	62.2	N/A	6.7	N/A	30.8	N/A	0.92	N/A
PUV Urban Core - SS24 Kids Menu	Mains	Quorn Sausages	2389	N/A	569	N/A	19.0	N/A	3.7	N/A	66.7	N/A	8.6	N/A	27.2	N/A	2.85	N/A
PUV Urban Core - SS24 Kids Menu	Mains	Tomato Pasta	1946	N/A	465	N/A	5.2	N/A	0.9	N/A	93.2	N/A	7.2	N/A	8.7	N/A	1.06	N/A
PUV Urban Core - SS24 Kids Menu	Mains	Plant Based Nuggets	1908	N/A	456	N/A	10.7	N/A	1.6	N/A	65.6	N/A	11.4	N/A	19.5	N/A	0.83	N/A
PUV Urban Core - SS24 Kids Menu	Mains	Crispy Battered Fish - Scotland	2354	N/A	561	N/A	21.6	N/A	4.1	N/A	61.1	N/A	6.8	N/A	27.2	N/A	0.71	N/A
PUV Urban Core - SS24 Kids Menu	Desserts	Chocolate Brownie	1577	N/A	377	N/A	19.8	N/A	8.1	N/A	44.6	N/A	38.3	N/A	5.0	N/A	0.16	N/A
PUV Urban Core - SS24 Kids Menu	Desserts	Ice Cream	1291	N/A	309	N/A	14.5	N/A	8.7	N/A	38.0	N/A	35.8	N/A	6.3	N/A	0.22	N/A
PUV Urban Core - SS24 Kids Menu	Desserts	Fresh Strawberries	142	N/A	34	N/A	0.0	N/A	0.0	N/A	7.0	N/A	7.0	N/A	1.0	N/A	0.00	N/A
PUV Urban Core - SS24 Kids Menu	Drinks	Kids Glass of Milk	562	N/A	134	N/A	5.6	N/A	2.8	N/A	14.0	N/A	14.0	N/A	8.4	N/A	0.56	N/A

Urban Breakfast Menu Nutritional Information - Spring Summer 2024



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
PUV Urban Core - SS24 Breakfast	Breakfast	Full English Breakfast: Please select a choice from the below -	4801	57%	1148	57%	74.6	107%	17.5	88%	69.2	27%	8.5	9%	48.0	96%	6.60	110%
PUV Urban Core - SS24 Breakfast	Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
PUV Urban Core - SS24 Breakfast	Breakfast	Poached Free Range Egg	652	8%	156	8%	10.4	15%	3.5	17%	0.4	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS24 Breakfast	Breakfast	Scrambled Eggs SS23	928	11%	222	11%	17.2	25%	7.9	40%	1.0	0%	1.0	1%	15.7	31%	0.85	14%
PUV Urban Core - SS24 Breakfast	Breakfast	Veggie Breakfast: Please select a choice from the below -	3354	40%	803	40%	45.3	65%	7.6	38%	64.4	25%	9.9	11%	29.5	59%	4.12	69%
PUV Urban Core - SS24 Breakfast	Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
PUV Urban Core - SS24 Breakfast	Breakfast	Poached Free Range Egg	652	8%	156	8%	10.4	15%	3.5	17%	0.4	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS24 Breakfast	Breakfast	Scrambled Eggs	928	11%	222	11%	17.2	25%	7.9	40%	1.0	0%	1.0	1%	15.7	31%	0.85	14%
PUV Urban Core - SS24 Breakfast	Breakfast	Sausage Sandwich	2930	35%	700	35%	32.9	47%	9.0	45%	73.7	28%	1.7	2%	27.8	56%	3.47	58%
PUV Urban Core - SS24 Breakfast	Breakfast	Bacon Sandwich	2423	29%	579	29%	27.1	39%	7.9	40%	56.5	22%	1.3	1%	27.9	56%	3.58	60%
PUV Urban Core - SS24 Breakfast	Breakfast	Quorn Sausage Sandwich	2419	29%	578	29%	20.3	29%	5.3	27%	68.9	27%	3.2	4%	27.5	55%	3.05	51%
PUV Urban Core - SS24 Breakfast	Breakfast	Porridge: Please select a choice from the below -	565	7%	135	7%	5.0	7%	3.0	15%	16.5	6%	16.3	18%	5.8	12%	0.22	4%
PUV Urban Core - SS24 Breakfast	Breakfast	Strawberry Jam	309	4%	74	4%	0.0	0%	0.0	0%	18.5	7%	18.5	21%	0.0	0%	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
PUV Urban Core - SS24 Breakfast	Breakfast	Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
PUV Urban Core - SS24 Breakfast	Breakfast	Avocado on Toast	2492	30%	596	30%	32.9	47%	5.0	25%	60.4	23%	2.2	2%	11.1	22%	1.57	26%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Toast & Butter	1427	17%	341	17%	8.8	13%	4.2	21%	56.4	22%	1.2	1%	9.6	19%	1.48	25%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Toast & Preserves: Please select a choice from the below -	1427	17%	341	17%	8.8	13%	4.2	21%	56.4	22%	1.2	1%	9.6	19%	1.48	25%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Strawberry Jam	309	4%	74	4%	0.0	0%	0.0	0%	18.5	7%	18.5	21%	0.0	0%	0.00	0%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Add a Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Extra Eggs: Please select a choice from the below -	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Poached Free Range Egg	652	8%	156	8%	10.4	15%	3.5	17%	0.4	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Scrambled Eggs	928	11%	222	11%	17.2	25%	7.9	40%	1.0	0%	1.0	1%	15.7	31%	0.85	14%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Extra Hash Browns	1473	18%	353	18%	21.6	31%	2.8	14%	35.6	14%	0.8	1%	6.1	12%	1.73	29%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Extra Bacon	937	11%	224	11%	16.7	24%	6.3	32%	0.1	0%	0.1	0%	18.3	37%	2.06	34%
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Extra Sausage	722	9%	173	9%	11.3	16%	3.7	18%	8.6	3%	0.2	0%	9.1	18%	0.98	16%

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
PUV Urban Core - SS24 Breakfast	Breakfast Upsells	Extra Vegetarian Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Full Scottish Breakfast: Please select a choice from the below -	4772	57%	1142	57%	62.7	90%	21.2	106%	81.0	31%	13.7	15%	59.3	119%	7.34	122%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Poached Free Range Egg	652	8%	156	8%	10.4	15%	3.5	17%	0.4	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Scrambled Eggs	928	11%	222	11%	17.2	25%	7.9	40%	1.0	0%	1.0	1%	15.7	31%	0.85	14%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Large Scottish Breakfast	8734	104%	2091	105%	120.8	173%	41.7	209%	146.1	56%	33.1	37%	100.9	202%	12.14	202%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Veggie Scottish Breakfast: Please select a choice from the below -	2763	33%	660	33%	24.6	35%	5.0	25%	74.1	29%	10.9	12%	27.2	54%	4.58	76%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	40%	0.58	10%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Poached Free Range Egg	652	8%	156	8%	10.4	15%	3.5	17%	0.4	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Scrambled Eggs	928	11%	222	11%	17.2	25%	7.9	40%	1.0	0%	1.0	1%	15.7	31%	0.85	14%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Breakfast Roll (Scotland): Please select a choice from the below -	604	7%	144	7%	3.9	6%	2.3	11%	22.8	9%	0.5	1%	4.5	9%	0.58	10%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Potato Scone	441	5%	106	5%	0.5	1%	0.1	1%	22.7	9%	0.9	1%	1.9	4%	1.10	18%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Black Pudding	1011	12%	242	12%	16.8	24%	7.2	36%	13.6	5%	1.6	2%	7.2	14%	3.04	51%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Quom Cumberland Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%

Urban Breakfast Menu
Spring Summer 2024
Nutritional Information
Version 1

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
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Back Bacon	937	11%	224	11%	16.7	24%	6.3	32%	0.1	0%	0.1	0%	18.3	37%	2.06	34%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Haggis	961	11%	230	11%	16.0	23%	6.4	32%	11.2	4%	0.0	0%	11.2	22%	1.28	21%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Lorne Sausage	1003	12%	240	12%	15.7	22%	6.8	34%	9.6	4%	2.3	3%	15.8	32%	1.11	18%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	10.0	20%	0.29	5%
PUV Urban Core - SS24 Breakfast	Scotland Breakfast	Scrambled Eggs	464	6%	111	6%	8.6	12%	4.0	20%	0.5	0%	0.5	1%	7.9	16%	0.42	7%
PUV Urban Core - SS24 Breakfast	Scotland Sides	Extra Lorne Sausage	1003	12%	240	12%	15.7	22%	6.8	34%	9.6	4%	2.3	3%	15.8	32%	1.11	19%
PUV Urban Core - SS24 Breakfast	Scotland Sides	Extra Potato Scone	441	5%	106	5%	0.5	1%	0.1	1%	22.7	9%	0.9	1%	1.9	4%	1.10	18%
PUV Urban Core - SS24 Breakfast	Scotland Sides	Extra Black Pudding	1011	12%	242	12%	16.8	24%	7.2	36%	13.6	5%	1.6	2%	7.2	14%	3.04	51%
PUV Urban Core - SS24 Breakfast	Scotland Sides	Extra Haggis Slice	901	11%	215	11%	15.0	21%	6.0	30%	10.5	4%	0.0	0%	10.5	21%	1.20	20%