

Urban Core Main Menu Nutritional Information - Spring Summer 2023



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 - SS23 Core Menu	Mix & Share Pub Plates	Pretzel with Beer Cheese Sauce	1765	21%	422	21%	13.4	19%	7.4	37%	57.5	22%	4.8	5%	15.8	32%	2.64	44%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Beer-Battered Cod Goujons (Excluding Scottish Sites)	2866	34%	687	34%	43.7	62%	4.8	24%	53.2	20%	5.8	6%	32.9	66%	1.08	18%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Karaage Sticky Chicken	3239	39%	774	39%	39.9	57%	6.2	31%	61.4	24%	18.2	20%	34.0	68%	5.37	90%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Houmous & Flatbread	2416	29%	578	29%	13.0	19%	1.0	5%	94.5	36%	8.6	10%	17.1	34%	3.70	62%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Pan Fried King Prawns & Chorizo	2188	26%	523	26%	25.2	36%	4.0	20%	43.9	17%	3.6	4%	28.5	57%	5.22	87%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Crispy Squid	1589	19%	380	19%	17.7	25%	2.1	11%	47.4	18%	16.5	18%	12.2	24%	3.46	58%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Sticky Pickle Sausage Rolls	2576	31%	616	31%	43.7	62%	18.0	90%	39.9	15%	8.0	9%	14.2	28%	1.88	31%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Battered Halloumi	2065	25%	495	25%	31.3	45%	21.8	109%	25.0	10%	23.3	26%	32.5	65%	3.80	63%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Nidderdale Sausages	2594	31%	620	31%	41.4	59%	13.9	70%	25.3	10%	24.5	27%	34.6	69%	3.22	54%
PUV Urban Core - SS23 Core Menu	Mix & Share Pub Plates	Plant-based Nuggets. Please choose from options 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 - SS23 Core Menu	Mix & Share Pub 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 - SS23 Core Menu	Mix & Share Pub 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 - SS23 Core Menu	Mix & Share Pub 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%

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 - SS23 Core Menu	Mix & Share Pub Plates	Sweet Potato with Smashed Avocado	1867	22%	446	22%	35.3	50%	9.3	47%	24.1	9%	5.9	7%	2.8	6%	0.25	4%
PUV Urban Core - SS23 Core Menu	Sharers	Chicken Wings. Please choose from options below.	8370	100%	2011	101%	130.3	186%	36.0	180%	0.0	0%	0.0	0%	128.7	257%	3.14	52%
PUV Urban Core - SS23 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 - SS23 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 - SS23 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 - SS23 Core Menu	Sharers	Nachos	4980	59%	1190	60%	67.5	96%	24.8	124%	111.9	43%	16.6	18%	25.7	51%	4.82	80%
PUV Urban Core - SS23 Core Menu	Sharers	Trio of Fries	6560	78%	1566	78%	41.5	59%	11.7	58%	173.0	67%	20.3	23%	16.3	33%	4.11	69%
PUV Urban Core - SS23 Core Menu	Sharers	Feast with Friends (Excluding Scottish Sites)	5983	71%	1433	72%	89.1	127%	26.9	134%	89.2	34%	20.2	22%	81.4	163%	6.82	114%
PUV Urban Core - SS23 Core Menu	Pub Classics	Open Camembert & Prosciutto Sandwich	3290	39%	786	39%	46.1	66%	13.6	68%	60.8	23%	4.8	5%	30.0	60%	4.05	68%
PUV Urban Core - SS23 Core Menu	Pub Classics	Grilled Cheese Toastie	4267	51%	1020	51%	37.3	53%	21.5	107%	124.1	48%	9.5	11%	44.1	88%	3.99	67%
PUV Urban Core - SS23 Core Menu	Pub Classics	Chicken & Bacon Sandwich	2472	29%	591	30%	22.7	32%	3.6	18%	64.6	25%	8.3	9%	31.0	62%	2.03	34%
PUV Urban Core - SS23 Core Menu	Pub Classics	Steak & Ale Pie (Excluding Scottish Sites). Please choose from options 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 - SS23 Core Menu	Pub Classics	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS23 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%

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 - SS23 Core Menu	Pub Classics	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	6.3	13%	0.21	4%
PUV Urban Core - SS23 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 - SS23 Core Menu	Pub Classics	Flat Iron Steak	3713	44%	887	44%	25.5	36%	5.3	27%	74.1	28%	3.2	4%	8.8	18%	2.88	48%
PUV Urban Core - SS23 Core Menu	Pub Classics	Fresh Garden Salad	811	10%	194	10%	10.5	15%	2.9	15%	20.7	8%	9.6	11%	3.2	6%	0.13	2%
PUV Urban Core - SS23 Core Menu	Pub Classics	Pulled Mushroom Chilli	3333	40%	797	40%	38.2	55%	4.7	23%	87.9	34%	10.4	12%	17.7	35%	3.64	61%
PUV Urban Core - SS23 Core Menu	Pub Classics	Fish & Chips (Excluding Scottish Sites). Please choose from options below.	7420	88%	1777	89%	104.9	150%	11.1	56%	166.1	64%	12.4	14%	71.2	142%	2.37	40%
PUV Urban Core - SS23 Core Menu	Pub Classics	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS23 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 - SS23 Core Menu	Pub Classics	BBQ Chicken	5682	68%	1358	68%	72.5	104%	14.1	71%	106.0	41%	34.3	38%	64.7	129%	3.45	58%
PUV Urban Core - SS23 Core Menu	Pub Classics	Mac & 3 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 - SS23 Core Menu	Pub Classics	Salmon & Cheddar Fishcakes	3241	39%	773	39%	46.3	66%	11.8	59%	59.8	23%	10.0	11%	28.4	57%	2.17	36%
PUV Urban Core - SS23 Core Menu	Pub Classics	Wholetail Whitby Scampi. Please choose from options below.	4512	54%	1078	54%	58.4	83%	4.7	23%	114.1	44%	8.9	10%	20.6	41%	2.73	46%
PUV Urban Core - SS23 Core Menu	Pub Classics	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS23 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%

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 - SS23 Core Menu	Burgers	Cheese & Bacon Burger	7292	87%	1743	87%	72.2	103%	30.3	151%	134.7	52%	24.0	27%	53.1	106%	6.27	105%
PUV Urban Core - SS23 Core Menu	Burgers	Plant-based Burger	5012	60%	1198	60%	66.7	95%	14.8	74%	111.1	43%	31.7	35%	31.6	63%	4.44	74%
PUV Urban Core - SS23 Core Menu	Burgers	Katsu Chicken Burger	7202	86%	1722	86%	56.4	81%	12.0	60%	159.6	61%	25.0	28%	44.1	88%	7.84	131%
PUV Urban Core - SS23 Core Menu	Sunday Roasts	Sunday - Beef Sirloin	5942	71%	1420	71%	109.5	156%	40.1	200%	67.3	26%	19.2	21%	37.4	75%	2.57	43%
PUV Urban Core - SS23 Core Menu	Sunday Roasts	Sunday - Roasted Half Chickem with Stuffing	6267	75%	1498	75%	101.5	145%	34.2	171%	80.2	31%	20.1	22%	62.7	125%	3.64	61%
PUV Urban Core - SS23 Core Menu	Sunday Roasts	Sunday - Nut Roast Wellington	4372	52%	1045	52%	60.9	87%	19.7	98%	100.1	38%	19.1	21%	27.8	56%	2.59	43%
PUV Urban Core - SS23 Core Menu	Sunday Roasts	Sunday Kids - Roast Beef	3142	37%	751	38%	56.1	80%	20.2	101%	39.5	15%	9.9	11%	20.0	40%	1.43	24%
PUV Urban Core - SS23 Core Menu	Sunday Roasts	Sunday Kids - Roast Chicken	3234	38%	773	39%	46.5	66%	16.0	80%	52.4	20%	10.8	12%	34.3	69%	1.65	28%
PUV Urban Core - SS23 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 - SS23 Core Menu	Desserts	Sharing Dessert	5507	66%	1316	66%	51.9	74%	21.5	108%	196.9	76%	145.6	162%	14.1	28%	0.81	14%
PUV Urban Core - SS23 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 - SS23 Core Menu	Desserts	Triple Chocolate Brownie	3023	36%	722	36%	36.7	52%	20.8	104%	85.2	33%	64.2	71%	10.3	21%	0.37	6%
PUV Urban Core - SS23 Core Menu	Sides	Thick Cut Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	6.3	13%	0.21	4%
PUV Urban Core - SS23 Core Menu	Sides	House Seasoned Fries	2668	32%	637	32%	0.0	0%	3.5	18%	71.8	28%	1.8	2%	7.0	14%	2.11	35%

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 - SS23 Core Menu	Sides	Onion Rings	1261	15%	303	15%	20.8	30%	1.9	9%	21.8	8%	7.6	8%	2.5	5%	0.88	15%
PUV Urban Core - SS23 Core Menu	Sides	Fresh Garden 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 - SS23 Core Menu	Sides	Bread & Butter. Please choose from options below.	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
PUV Urban Core - SS23 Core Menu	Sides	White Bloomer	1068	13%	255	13%	2.2	3%	1.1	6%	50.6	19%	0.0	0%	6.6	13%	0.99	17%
PUV Urban Core - SS23 Core Menu	Sides	Malted Bloomer	1123	13%	268	13%	2.2	3%	1.1	6%	49.5	19%	1.1	1%	11.0	22%	0.99	17%
PUV Urban Core - SS23 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%
PUV Urban Core - SS23 Core Menu	Sides	Garlic Ciabatta with Cheddar Cheese	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 - SS23 Core Menu	Sides	Sweet Potato Fries	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	3.0	6%	0.15	3%
PUV Urban Core - SS23 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 - SS23 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 - SS23 Core Menu	Extras	Extra Chicken Burger	1166	14%	280	14%	15.4	22%	3.7	18%	5.8	2%	0.0	0%	16.5	33%	1.43	24%
PUV Urban Core - SS23 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 - SS23 Core Menu	Extras	Extra Streaky Bacon	722	9%	172	9%	16.7	24%	6.0	30%	0.2	0%	0.0	0%	5.4	11%	1.43	24%
PUV Urban Core - SS23 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%

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 - SS23 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 - SS23 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 - SS23 Core Menu	Extras	Extra Roasties	1435	17%	343	17%	30.0	43%	10.0	50%	16.0	6%	1.0	1%	3.0	6%	0.30	5%
PUV Urban Core - SS23 Core Menu	Extras	Extra Yorkshire Puddings	766	9%	183	9%	7.4	11%	1.0	5%	23.5	9%	1.4	2%	5.5	11%	0.59	10%
PUV Urban Core - SS23 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 - SS23 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 - SS23 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 - SS23 Core Menu	Extras	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 - SS23 Core Menu	Extras	Streaky Bacon	722	9%	172	9%	16.7	24%	6.0	30%	0.2	0%	0.0	0%	5.4	11%	1.43	24%
PUV Urban Core - SS23 Core Menu	Extras	Ezme Chicken Breast	1125	13%	269	13%	7.7	11%	1.9	9%	4.8	2%	4.0	4%	44.3	89%	1.20	20%
PUV Urban Core - SS23 Core Menu	Extras	Grilled Halloumi	1122	13%	268	13%	20.3	29%	12.2	61%	2.0	1%	2.0	2%	19.4	39%	1.61	27%
PUV Urban Core - SS23 Core Menu	Scottish Additional Starters	Beer Battered Haddock Goujons (Scottish Sites Only)	1707	20%	409	20%	26.4	38%	2.6	13%	18.8	7%	3.4	4%	21.3	43%	0.61	10%
PUV Urban Core - SS23 Core Menu	Scottish Additional Starters	Feast with Friends (Scottish Sites Only)	4824	57%	1155	58%	71.8	103%	24.7	123%	54.8	21%	17.7	20%	69.8	140%	6.34	106%
PUV Urban Core - SS23 Core Menu	Scottish Additional Mains	Beer-Battered Fish & Chips (Scottish Sites Only) Please choose from options below.	5102	61%	1220	61%	70.2	100%	6.7	33%	97.2	37%	7.5	8%	47.9	96%	1.42	24%

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			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 - SS23 Core Menu	Scottish Additional Mains	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS23 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 - SS23 Core Menu	Scottish Additional Mains	Belhaven Steak & Ale Pie (Scottish Sites Only) Please choose from options below.	3043	36%	726	36%	40.8	58%	20.7	104%	34.5	13%	6.7	7%	51.3	103%	2.97	50%
PUV Urban Core - SS23 Core Menu	Scottish Additional Mains	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Urban Core - SS23 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 - SS23 Core Menu	Scottish Additional Mains	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	6.3	13%	0.21	4%
PUV Urban Core - SS23 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 - SS23 Core Menu	Scottish Additional Sides	Haggis	741	9%	177	9%	12.6	18%	5.4	27%	9.0	3%	0.0	0%	7.2	14%	1.14	19%
PUV Urban Core - SS23 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%

Urban Core No Gluten Containing Menu Nutritional Information - Spring Summer



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 - SS23 Core Menu NGC	Small Plates	Houmous & Bread	1767	21%	422	21%	18.2	26%	1.6	8%	49.3	19%	6.4	7%	9.7	19%	2.44	41%
PUV Urban Core - SS23 Core Menu NGC	Small Plates	Nachos	4980	59%	1190	60%	67.5	96%	24.8	124%	111.9	43%	16.6	18%	25.7	51%	4.82	80%
PUV Urban Core - SS23 Core Menu NGC	Small Plates	Pan Fried Prawns & Chorizo	1937	23%	463	23%	29.8	43%	4.3	22%	20.5	8%	2.7	3%	25.3	51%	4.85	81%
PUV Urban Core - SS23 Core Menu NGC	Small Plates	Sweet Potato with Smashed Avocado	1867	22%	446	22%	35.3	50%	9.3	47%	24.1	9%	5.9	7%	2.8	6%	0.25	4%
PUV Urban Core - SS23 Core Menu NGC	Mains	Cheese & Bacon Burger	5186	62%	1240	62%	76.2	109%	30.2	151%	81.1	31%	18.9	21%	47.1	94%	3.87	65%
PUV Urban Core - SS23 Core Menu NGC	Mains	Flat Iron Steak	2099	25%	502	25%	32.9	47%	6.2	31%	41.3	16%	5.4	6%	6.1	12%	0.95	16%
PUV Urban Core - SS23 Core Menu NGC	Mains	Pulled Mushroom Chilli	3333	40%	797	40%	38.2	55%	4.7	23%	87.9	34%	10.4	12%	17.7	35%	3.64	61%
PUV Urban Core - SS23 Core Menu NGC	Mains	Fresh Garden Salad	1082	13%	259	13%	15.3	22%	3.7	19%	24.7	10%	12.8	14%	4.0	8%	0.85	14%
PUV Urban Core - SS23 Core Menu NGC	Sandwiches	Chicken and Bacon Sandwich	2277	27%	544	27%	25.5	36%	3.3	17%	44.9	17%	7.7	9%	28.3	57%	1.83	31%
PUV Urban Core - SS23 Core Menu NGC	Sandwiches	Mature Cheddar Toastie	2055	24%	491	25%	27.9	40%	11.9	59%	41.3	16%	5.6	6%	14.3	29%	1.74	29%
PUV Urban Core - SS23 Core Menu NGC	Desserts	Ice Cream. Please choose from the below options.	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 - SS23 Core Menu NGC	Desserts	Clotted Cream Ice Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
PUV Urban Core - SS23 Core Menu NGC	Desserts	Strawberry	577	7%	138	7%	6.7	10%	4.1	20%	17.3	7%	15.0	17%	1.9	4%	0.13	2%

Urban Core

No Gluten Containing Main Menu
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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 - SS23 Core Menu NGC	Desserts	Chocolate	612	7%	146	7%	7.0	10%	4.2	21%	18.1	7%	16.9	19%	2.3	5%	0.14	2%
PUV Urban Core - SS23 Core Menu NGC	Desserts	Chocolate Brownie	2787	33%	666	33%	38.6	55%	15.7	78%	73.0	28%	60.2	67%	6.5	13%	0.23	4%
PUV Urban Core - SS23 Core Menu NGC	Desserts	Vegan Ice Cream	1415	17%	338	17%	16.4	23%	14.3	71%	40.5	16%	27.3	30%	1.7	3%	0.05	1%
PUV Urban Core - SS23 Core Menu NGC	Sides	Side Salad	211	3%	50	3%	1.1	2%	0.1	1%	7.9	3%	6.0	7%	2.2	4%	0.12	2%
PUV Urban Core - SS23 Core Menu NGC	Sides	No Gluten Containing Bread & Butter	1432	17%	342	17%	17.2	25%	5.2	26%	37.1	14%	2.3	3%	5.6	11%	1.14	19%
PUV Urban Core - SS23 Core Menu NGC	Sides	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 - SS23 Core Menu NGC	Extras	Streaky Bacon	722	9%	172	9%	16.7	24%	6.0	30%	0.2	0%	0.0	0%	5.4	11%	1.43	24%
PUV Urban Core - SS23 Core Menu NGC	Extras	Ezme chicken Breast	1125	13%	269	13%	7.7	11%	1.9	9%	4.8	2%	4.0	4%	44.3	89%	1.20	20%
PUV Urban Core - SS23 Core Menu NGC	Extras	Grilled halloumi	1122	13%	268	13%	20.3	29%	12.2	61%	2.0	1%	2.0	2%	19.4	39%	1.61	27%

Urban Core
No Gluten Containing Main Menu
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Urban Core Breakfast Menu Nutritional Information - Spring Summer 2023



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 - SS23 Breakfast	Breakfast	Full English. Please choose from options below.	4508	54%	1077	54%	65.5	94%	20.4	102%	75.6	29%	8.1	9%	37.5	75%	6.92	115%
PUV Urban Core - SS23 Breakfast	Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
PUV Urban Core - SS23 Breakfast	Breakfast	Poached Egg	664	8%	159	8%	10.4	15%	3.5	17%	0.2	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS23 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 - SS23 Breakfast	Breakfast	Vegetarian Full English. Please choose from options below.	3160	38%	754	38%	37.7	54%	11.1	55%	70.8	27%	9.6	11%	25.9	52%	4.05	68%
PUV Urban Core - SS23 Breakfast	Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
PUV Urban Core - SS23 Breakfast	Breakfast	Poached Egg	664	8%	159	8%	10.4	15%	3.5	17%	0.2	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS23 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 - SS23 Breakfast	Breakfast	Sausage Sandwich. Please choose from options below.	1745	21%	417	21%	30.5	44%	9.0	45%	17.3	7%	0.5	1%	18.2	36%	2.15	36%
PUV Urban Core - SS23 Breakfast	Breakfast	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Urban Core - SS23 Breakfast	Breakfast	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Urban Core - SS23 Breakfast	Breakfast	Bacon Sandwich. Please choose from options below.	1139	14%	273	14%	23.2	33%	7.3	36%	0.0	0%	0.0	0%	11.4	23%	2.64	44%
PUV Urban Core - SS23 Breakfast	Breakfast	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%

Urban Core
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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 - SS23 Breakfast	Breakfast	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Urban Core - SS23 Breakfast	Breakfast	Quorn Sausage Sandwich. Please choose from options below.	1234	15%	295	15%	17.9	26%	5.3	27%	12.5	5%	2.0	2%	17.9	36%	1.73	29%
PUV Urban Core - SS23 Breakfast	Breakfast	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Urban Core - SS23 Breakfast	Breakfast	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Urban Core - SS23 Breakfast	Breakfast	Porridge. Please choose from options 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 - SS23 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%
PUV Urban Core - SS23 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 - SS23 Breakfast	Breakfast	Avocado on Toast	1916	23%	458	23%	22.2	32%	3.2	16%	52.7	20%	4.2	5%	7.8	16%	0.94	16%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	Add a Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	Toast & Butter. Please choose from options below.	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	Extra Bacon	838	10%	201	10%	15.2	22%	5.7	28%	0.0	0%	0.0	0%	11.4	23%	2.44	41%
PUV Urban Core - SS23 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%

Urban Core

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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 - SS23 Breakfast	Breakfast Upsells	Toast & Preserves. Please choose from options below.	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Urban Core - SS23 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 - SS23 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 - SS23 Breakfast	Breakfast Upsells	Extra Eggs. Please choose from options 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 - SS23 Breakfast	Breakfast Upsells	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
PUV Urban Core - SS23 Breakfast	Breakfast Upsells	Poached Egg	664	8%	159	8%	10.4	15%	3.5	17%	0.2	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS23 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 - SS23 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%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Scottish Breakfast (Scottish Sites Only) Please choose from options below.	3805	45%	910	46%	53.5	76%	18.0	90%	65.1	25%	10.2	11%	32.6	65%	6.83	114%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Poached Egg	664	8%	159	8%	10.4	15%	3.5	17%	0.2	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS23 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%

Urban Core

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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 - SS23 Breakfast	Scotland Breakfast	Large Scottish Breakfast (Scottish Sites Only)	7978	95%	1910	96%	118.0	169%	40.8	204%	129.4	50%	28.0	31%	66.9	134%	10.29	172%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Vegetarian Scottish Breakfast (Scottish Sites Only) Please choose from options below.	2425	29%	580	29%	24.2	35%	4.9	24%	56.9	22%	10.2	11%	25.8	52%	3.75	63%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Poached Free Range Egg	664	8%	159	8%	10.4	15%	3.5	17%	0.2	0%	0.2	0%	15.1	30%	0.44	7%
PUV Urban Core - SS23 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 - SS23 Breakfast	Scotland Breakfast	Breakfast Roll (Scottish Sites Only) Please choose from options 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 - SS23 Breakfast	Scotland Breakfast	Black Pudding	844	10%	202	10%	15.2	22%	6.4	32%	9.6	4%	0.0	0%	7.2	14%	1.04	17%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Haggis Bung	988	12%	236	12%	16.8	24%	7.2	36%	12.0	5%	0.0	0%	9.6	19%	1.52	25%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Lome Sausage	737	9%	176	9%	12.0	17%	5.6	28%	10.3	4%	1.0	1%	6.7	13%	1.08	18%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Veg And Lincolnshire Leek Sausage	778	9%	186	9%	7.8	11%	2.2	11%	21.7	8%	3.5	4%	5.7	11%	0.87	15%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Potato Scone	274	3%	65	3%	0.3	0%	0.1	0%	14.1	5%	0.6	1%	1.2	2%	0.68	11%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Back Bacon Unsmoked	838	10%	201	10%	15.2	22%	5.7	28%	0.0	0%	0.0	0%	11.4	23%	2.44	41%
PUV Urban Core - SS23 Breakfast	Scotland Breakfast	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
PUV Urban Core - SS23 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%

Urban Core

Breakfast Menu
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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 - SS23 Breakfast	Scotland Sides	Extra Lorne Sausage (Scottish Sites Only)	737	9%	176	9%	12.0	17%	5.6	28%	10.3	4%	1.0	1%	6.7	13%	1.08	18%
PUV Urban Core - SS23 Breakfast	Scotland Sides	Extra Potato Scone (Scottish Sites Only)	274	3%	65	3%	0.3	0%	0.1	0%	14.1	5%	0.6	1%	1.2	2%	0.68	11%
PUV Urban Core - SS23 Breakfast	Scotland Sides	Extra Black Pudding (Scottish Sites Only)	844	10%	202	10%	15.2	22%	6.4	32%	9.6	4%	0.0	0%	7.2	14%	1.04	17%
PUV Urban Core - SS23 Breakfast	Scotland Sides	Extra Haggis Slice (Scottish Sites Only)	927	11%	221	11%	15.8	23%	6.8	34%	11.3	4%	0.0	0%	9.0	18%	1.43	24%

Urban Core Kids Menu Nutritional Information - Spring Summer 2023



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 - SS23 Kids Menu	Mains	2 Super Pork Sausages	2559	N/A	612	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 - SS23 Kids Menu	Mains	4 Chicken Nuggets	2549	N/A	608	N/A	28.9	N/A	3.0	N/A	67.8	N/A	7.8	N/A	17.9	N/A	1.19	N/A
PUV Urban Core - SS23 Kids Menu	Mains	Hand Battered Fish	4107	N/A	983	N/A	53.7	N/A	5.4	N/A	101.5	N/A	10.2	N/A	41.3	N/A	1.20	N/A
PUV Urban Core - SS23 Kids Menu	Mains	Quorn Sausages	2587	N/A	618	N/A	27.6	N/A	4.9	N/A	66.3	N/A	9.8	N/A	27.2	N/A	1.65	N/A
PUV Urban Core - SS23 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 - SS23 Kids Menu	Desserts	Chocolate Brownie	1714	N/A	410	N/A	22.8	N/A	10.0	N/A	47.0	N/A	38.5	N/A	4.0	N/A	0.18	N/A
PUV Urban Core - SS23 Kids Menu	Desserts	Ice Cream	1566	N/A	374	N/A	20.5	N/A	12.5	N/A	42.9	N/A	36.3	N/A	4.3	N/A	0.26	N/A
PUV Urban Core - SS23 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