

Pub & Social 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
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Big Breakfast - Please choose from the options below.	7343	87%	1757	88%	112.3	160%	40.1	200%	109.0	42%	14.4	16%	59.6	119%	12.12	202%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Big Vegetarian Breakfast - Please choose from the options below.	5610	67%	1340	67%	72.8	104%	24.2	121%	114.2	44%	11.5	13%	44.3	89%	6.38	106%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Traditional English Breakfast - Please choose from the options below.	4487	53%	1074	54%	64.8	93%	25.2	126%	72.5	28%	10.3	11%	37.4	75%	8.17	136%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Vegetarian Breakfast - Please choose from the options below.	3977	47%	950	47%	45.7	65%	17.8	89%	91.9	35%	10.0	11%	33.5	67%	5.23	87%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Breakfast Roll - Please choose from the options below.	3942	47%	944	47%	54.7	78%	21.9	109%	69.6	27%	7.5	8%	32.7	65%	6.73	112%

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
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Bacon, Egg & Avocado Crumpets - Please choose from the options below.	3769	45%	904	45%	51.2	73%	18.8	94%	64.0	25%	4.1	5%	31.4	63%	5.97	100%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Avocado & Egg Crumpets - Please choose from the options below.	2517	30%	603	30%	27.2	39%	8.8	44%	63.5	24%	3.5	4%	19.9	40%	2.34	39%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Fruit Crumpets	2177	26%	520	26%	13.0	19%	8.3	42%	86.1	33%	25.8	29%	13.1	26%	1.95	33%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Breakfast Wrap - Please choose from the options below.	4342	52%	1039	52%	55.0	79%	19.9	100%	90.0	35%	6.9	8%	36.1	72%	6.11	102%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Veggie Breakfast Wrap - Please choose from the options below.	2334	28%	558	28%	21.3	30%	6.6	33%	58.9	23%	9.6	11%	27.8	56%	2.66	44%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%

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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
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Proper Bacon Sandwich - Please choose from the options below.	2550	30%	612	31%	51.0	73%	22.6	113%	0.0	0%	0.0	0%	23.8	48%	6.40	107%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	White Bloomer	1553	18%	371	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	9.6	19%	1.44	24%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Breakfast Sharer - Please choose from the options below.	8796	105%	2107	105%	132.6	189%	50.1	250%	127.9	49%	4.8	5%	66.8	134%	15.08	251%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Breakfasts	Kids Breakfast	2501	30%	599	30%	34.2	49%	11.6	58%	39.8	15%	8.3	9%	24.5	49%	3.64	61%

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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
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Pork Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Quorn Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Back Bacon	430	5%	103	5%	7.8	11%	2.9	15%	0.0	0%	0.0	0%	5.8	12%	1.25	21%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Toast - Please choose from the options below.	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	7.5	15%	0.31	5%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Hash Browns x4	2564	31%	611	31%	28.0	40%	12.6	63%	84.2	32%	1.0	1%	5.0	10%	3.33	56%
Neighbourhood - SS23 Breakfast Menu P&S	Side Orders	Black Pudding	791	9%	189	9%	14.4	21%	6.0	30%	9.0	3%	0.0	0%	6.6	13%	1.02	17%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Dishes																	
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Big Scottish Breakfast	7927	94%	1898	95%	111.5	159%	42.0	210%	138.6	53%	30.2	34%	69.1	138%	10.40	173%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Traditional Scottish Breakfast	4140	49%	992	50%	66.1	94%	22.5	113%	48.0	18%	8.1	9%	40.9	82%	6.51	109%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Vegetarian Scottish Breakfast	3123	37%	749	37%	39.8	57%	8.1	41%	58.4	22%	10.7	12%	28.1	56%	3.29	55%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Breakfast Roll - Please choose from the options below.	3975	47%	952	48%	56.5	81%	22.5	112%	68.4	26%	6.3	7%	33.9	68%	5.47	91%

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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
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Bacon and Scrambled Eggs	2847	34%	682	34%	37.2	53%	14.6	73%	39.8	15%	3.0	3%	40.9	82%	4.08	68%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Toasted White Bloomer Bread & Butter	2104	25%	503	25%	9.6	14%	5.8	29%	92.1	35%	18.5	21%	9.6	19%	1.60	27%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Bacon, Egg & Avocado Crumpets - Please choose from the options below.	3769	45%	904	45%	51.2	73%	18.8	94%	64.0	25%	4.1	5%	31.4	63%	5.97	100%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Avocado & Egg Crumpets - Please choose from the options below.	2517	30%	603	30%	27.2	39%	8.8	44%	63.5	24%	3.5	4%	19.9	40%	2.34	39%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Fruit Crumpets	2177	26%	520	26%	13.0	19%	8.3	42%	86.1	33%	25.8	29%	13.1	26%	1.95	33%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Breakfast Wrap - Please choose from the options below.	4342	52%	1039	52%	55.0	79%	19.9	100%	90.0	35%	6.9	8%	36.1	72%	6.11	102%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%

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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
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Veggie Breakfast Wrap - Please choose from the options below.	2334	28%	558	28%	21.3	30%	6.6	33%	58.9	23%	9.6	11%	27.8	56%	2.66	44%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Proper Bacon Sandwich - Please choose from the options below.	2550	30%	612	31%	51.0	73%	22.6	113%	0.0	0%	0.0	0%	23.8	48%	6.40	107%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	White Bloomer	1553	18%	371	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	9.6	19%	1.44	24%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Breakfast Sharer - Please choose from the options below.	8796	105%	2107	105%	132.6	189%	50.1	250%	127.9	49%	4.8	5%	66.8	134%	15.08	251%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Tomato Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%

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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
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Kids Breakfast	2585	31%	619	31%	35.4	51%	12.8	64%	39.7	15%	8.4	9%	27.0	54%	4.27	71%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Lorne Sausage	970	12%	232	12%	15.8	23%	7.3	37%	13.6	5%	1.3	1%	8.8	18%	1.43	24%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Veggie Sausage	389	5%	93	5%	3.9	6%	1.1	6%	10.9	4%	1.7	2%	2.9	6%	0.44	7%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Bacon	430	5%	103	5%	7.8	11%	2.9	15%	0.0	0%	0.0	0%	5.8	12%	1.25	21%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Black Pudding	791	9%	189	9%	14.4	21%	6.0	30%	9.0	3%	0.0	0%	6.6	13%	1.02	17%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Haggis	628	7%	150	8%	9.8	14%	4.6	23%	9.1	4%	0.7	1%	5.9	12%	0.72	12%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	7.5	15%	0.31	5%
Neighbourhood - SS23 Breakfast Menu P&S	Scottish Breakfast Dishes	Extra Potato Scone	221	3%	53	3%	0.2	0%	0.1	0%	11.4	4%	0.5	1%	1.0	2%	0.55	9%

Pub & Social 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
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	BBQ Chicken Sliders	2296	27%	549	27%	24.5	35%	6.6	33%	57.4	22%	14.2	16%	14.9	30%	1.92	32%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Pulled Pork Tacos	1171	14%	280	14%	10.0	14%	3.3	16%	33.5	13%	8.0	9%	10.6	21%	0.92	15%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Chicken-less Tacos	2006	24%	480	24%	11.6	17%	4.9	24%	69.7	27%	20.3	23%	15.9	32%	1.66	28%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Chicken Wings - Please choose from the options below.	2367	28%	569	28%	36.9	53%	10.2	51%	0.0	0%	0.0	0%	37.4	75%	0.89	15%
Neighbourhood - SS23 Pub & Social 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%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Eastcoast IPA Hotsauce	259	3%	62	3%	5.0	7%	3.0	15%	3.5	1%	2.5	3%	0.0	0%	2.45	41%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Garlic and Rosemary Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Salt & Pepper Squid	2367	28%	565	28%	38.8	55%	6.7	33%	43.6	17%	1.7	2%	15.2	30%	4.50	75%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Mango & Lime Chicken Tacos	1249	15%	299	15%	10.5	15%	4.3	22%	31.5	12%	6.0	7%	17.8	36%	2.20	37%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Halloumi Fries	2109	25%	506	25%	31.8	45%	22.4	112%	23.0	9%	17.9	20%	29.4	59%	4.55	76%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Chicken Strips - Please choose from the options below.	1789	21%	427	21%	22.6	32%	3.7	18%	28.2	11%	0.0	0%	15.4	31%	2.14	36%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Buffalo Sauce	781	9%	187	9%	16.4	23%	8.2	41%	5.6	2%	3.3	4%	4.2	8%	2.75	46%
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Texan BBQ	466	6%	112	6%	1.1	2%	0.0	0%	19.5	8%	17.1	19%	1.7	3%	0.45	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
Neighbourhood - SS23 Pub & Social Core Menu	Small Plates	Corn Ribs	1375	16%	329	16%	18.9	27%	1.6	8%	29.4	11%	12.2	14%	9.1	18%	1.74	29%
Neighbourhood - SS23 Pub & Social Core Menu	Get Sharing	Kilo Chicken Wings	9426	112%	2263	113%	146.1	209%	42.1	210%	24.0	9%	18.5	21%	132.3	265%	6.01	100%
Neighbourhood - SS23 Pub & Social Core Menu	Get Sharing	Nachos Sharer	4923	59%	1177	59%	70.3	100%	35.8	179%	88.1	34%	19.0	21%	44.8	90%	5.92	99%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Fish & Chips - Please choose from the options below.	4815	57%	1150	57%	58.6	84%	20.4	102%	102.2	39%	5.5	6%	56.2	112%	1.36	23%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Mushy Peas	558	7%	134	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Grilled Gammon	3869	46%	922	46%	36.5	52%	6.4	32%	95.7	37%	23.0	26%	48.2	96%	4.03	67%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Hunter's Chicken	4367	52%	1041	52%	35.7	51%	8.1	40%	108.7	42%	25.7	29%	53.8	108%	3.95	66%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Lasagne	3239	39%	774	39%	34.1	49%	13.5	67%	58.5	22%	11.3	13%	30.3	61%	4.32	72%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Lasagne with Large Salad	2542	30%	607	30%	26.9	38%	10.6	53%	36.2	14%	13.8	15%	27.0	54%	3.81	64%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Mac & Cheese	3116	37%	745	37%	30.0	43%	11.6	58%	95.6	37%	8.8	10%	25.7	51%	4.23	71%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Mac & Cheese with Large Salad	2419	29%	578	29%	22.8	33%	8.7	43%	73.2	28%	11.4	13%	22.3	45%	3.72	62%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Scampi & Chips - Please choose from the options below.	3770	45%	898	45%	40.3	58%	2.2	11%	108.6	42%	4.0	4%	19.1	38%	2.19	37%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	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
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Mushy Peas	558	7%	134	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Super Grain Salad - Corn Ribs	3176	38%	759	38%	33.2	47%	4.2	21%	85.1	33%	29.3	33%	23.5	47%	3.49	58%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Katsu Chicken	6123	73%	1461	73%	64.4	92%	14.8	74%	155.9	60%	3.5	4%	61.0	122%	7.23	121%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Chickenless Katsu Curry	4464	53%	1065	53%	36.9	53%	14.3	71%	150.1	58%	8.5	9%	28.3	57%	5.21	87%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Beef & Ale Pie - Please choose from the options below.	4197	50%	1003	50%	51.6	74%	24.2	121%	99.1	38%	9.6	11%	31.9	64%	4.99	83%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Chicken & Ham Pie - Please choose from the options below.	3652	43%	873	44%	47.3	68%	22.8	114%	50.9	20%	4.2	5%	57.4	115%	4.56	76%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Pulled Mushroom Chili	3262	39%	780	39%	36.6	52%	4.3	21%	87.7	34%	10.5	12%	17.8	36%	3.62	60%
Neighbourhood - SS23 Pub & Social Core Menu	Mains	Super Grain Salad - Chicken	3361	40%	803	40%	36.2	52%	5.7	29%	72.4	28%	30.3	34%	41.5	83%	4.58	76%
Neighbourhood - SS23 Pub & Social Core Menu	From the Grill	8oz Rump	3687	44%	878	44%	38.6	55%	7.9	39%	83.9	32%	3.7	4%	42.3	85%	1.78	30%
Neighbourhood - SS23 Pub & Social Core Menu	From the Grill	8oz Sirloin	3864	46%	920	46%	42.8	61%	10.0	50%	83.9	32%	3.7	4%	43.8	88%	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
Neighbourhood - SS23 Pub & Social Core Menu	From the Grill	Mixed Grill	6023	72%	1437	72%	64.2	92%	15.4	77%	110.3	42%	24.1	27%	94.9	190%	5.99	100%
Neighbourhood - SS23 Pub & Social Core Menu	Burgers	Cheese & Bacon Smash Burger	6318	75%	1511	76%	82.7	118%	19.4	97%	133.3	51%	25.6	28%	46.6	93%	4.23	71%
Neighbourhood - SS23 Pub & Social Core Menu	Burgers	Southern Fried Chicken Burger	5630	67%	1345	67%	63.9	91%	7.9	39%	148.5	57%	20.7	23%	37.4	75%	4.09	68%
Neighbourhood - SS23 Pub & Social Core Menu	Burgers	Beyond Meat Burger	5716	68%	1366	68%	73.7	105%	15.6	78%	134.8	52%	21.5	24%	33.3	67%	4.90	82%
Neighbourhood - SS23 Pub & Social Core Menu	Burgers	Vegan Beyond Meat Burger	4517	54%	1077	54%	53.2	76%	13.5	67%	114.6	44%	13.9	15%	31.4	63%	5.47	91%
Neighbourhood - SS23 Pub & Social Core Menu	Burgers	Bacon & Blue Smash Burger	7083	84%	1693	85%	90.6	129%	23.8	119%	155.8	60%	46.1	51%	52.0	104%	4.52	75%
Neighbourhood - SS23 Pub & Social Core Menu	Burgers	Classic Beef Burger	5692	68%	1360	68%	70.7	101%	14.4	72%	133.0	51%	25.3	28%	40.9	82%	2.42	40%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Haggis Fritters (Scotland Sites Only)	1692	20%	404	20%	23.5	34%	7.3	36%	34.2	13%	17.8	20%	8.8	18%	1.70	28%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Fish & Chips (Scotland Sites Only) - Please choose from the options below.	4785	57%	1141	57%	57.5	82%	4.5	23%	100.9	39%	2.9	3%	50.3	101%	1.41	24%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mushy Peas	558	7%	134	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Belhaven Steak & Ale Pie (Scotland Sites Only) - Please choose from the options below.	2673	32%	638	32%	33.4	48%	16.9	84%	28.5	11%	7.5	8%	53.1	106%	3.32	55%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%

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
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Chicken, Bacon & Leek Pie (Scotland Sites Only) - Please choose from the options below.	2881	34%	689	34%	42.5	61%	21.3	107%	37.6	14%	9.9	11%	34.8	70%	4.62	77%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Peppered Mushroom Pie (Scotland Sites Only) - Please choose from the options below.	2398	29%	573	29%	41.9	60%	14.5	72%	31.7	12%	7.8	9%	11.4	23%	2.40	40%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Balmoral Smash Burger (Scotland Sites Only)	7477	89%	1787	89%	100.4	143%	29.1	145%	149.5	57%	29.1	32%	54.3	109%	5.94	99%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mac & Cheese (Scotland Sites Only)	3830	46%	915	46%	50.0	71%	23.6	118%	83.6	32%	12.8	14%	25.7	51%	3.49	58%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mac & Cheese - with Large Salad (Scotland Sites Only)	3133	37%	749	37%	42.8	61%	20.7	103%	61.2	24%	15.4	17%	22.3	45%	2.98	50%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	8oz Rump Steak (Scotland Sites Only)	3714	44%	883	44%	31.7	45%	4.9	25%	83.9	32%	3.7	4%	59.2	118%	1.86	31%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	8oz Sirloin Steak (Scotland Sites Only)	3701	44%	881	44%	34.6	49%	6.4	32%	83.9	32%	3.7	4%	52.0	104%	1.81	30%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Mixed Grill (Scotland Sites Only)	6037	72%	1440	72%	60.8	87%	13.9	70%	110.3	42%	24.1	27%	103.4	207%	6.03	101%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Sunday Roast - Silverside of Beef (Scotland Sites Only)	4653	55%	1110	56%	50.8	73%	19.6	98%	87.4	34%	14.1	16%	83.0	166%	4.19	70%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Sunday Roast - Turkey & Beef Duo (Scotland Sites Only)	4710	56%	1123	56%	50.5	72%	18.5	92%	87.4	34%	14.1	16%	89.2	178%	3.97	66%

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
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Sunday Roast Kids - Mac Cheese (Scotland Sites Only)	3108	37%	742	37%	35.8	51%	15.4	77%	79.4	31%	10.9	12%	25.0	50%	3.25	54%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Sunday Roast Kids - Silverside of Beef (Scotland Sites Only)	2690	32%	642	32%	27.5	39%	10.7	53%	53.9	21%	7.4	8%	48.0	96%	3.04	51%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Steak & Cheese - Ciabatta (Scotland Sites Only)	2587	31%	617	31%	28.4	41%	6.5	32%	53.4	21%	10.2	11%	36.6	73%	2.49	42%
Neighbourhood - SS23 Pub & Social Core Menu	Scottish Dishes	Steak Topper - Haggis (Scotland Sites Only)	725	9%	173	9%	11.3	16%	5.3	26%	10.5	4%	0.8	1%	6.8	14%	0.83	14%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos	6032	72%	1442	72%	77.5	111%	35.0	175%	126.7	49%	32.7	36%	53.6	107%	7.83	131%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Sharer	10752	128%	2570	128%	138.8	198%	64.5	323%	222.4	86%	64.1	71%	97.8	196%	15.09	252%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Sharer Topper - Haggis	2223	26%	531	27%	34.5	49%	16.1	81%	32.2	12%	2.3	3%	20.7	41%	2.53	42%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Sharer Topper - Chicken Fajita	999	12%	239	12%	6.0	9%	1.2	6%	8.4	3%	1.2	1%	37.2	74%	0.48	8%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Sharer Topper - BBQ Pulled Pork	1361	16%	325	16%	16.5	24%	4.5	23%	19.5	8%	18.0	20%	18.0	36%	1.50	25%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Topper - Haggis	1740	21%	416	21%	27.0	39%	12.6	63%	25.2	10%	1.8	2%	16.2	32%	1.98	33%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Topper - Chicken Fajita	833	10%	199	10%	5.0	7%	1.0	5%	7.0	3%	1.0	1%	31.0	62%	0.40	7%
Neighbourhood - SS23 Pub & Social Core Menu	Whey Pat	Nachos Topper - BBQ Pulled Pork	681	8%	163	8%	8.3	12%	2.3	11%	9.8	4%	9.0	10%	9.0	18%	0.75	13%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Chips	1806	22%	428	21%	12.6	18%	0.0	0%	69.3	27%	0.0	0%	6.3	13%	0.21	4%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Rosemary Salted Skin on Fries	2287	27%	546	27%	31.5	45%	3.0	15%	61.5	24%	1.5	2%	4.5	9%	1.15	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
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Buttered Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Onion Rings	1492	18%	356	18%	19.4	28%	1.4	7%	32.5	12%	4.5	5%	4.0	8%	0.05	1%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Garlic Bread	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Cheesy Garlic Bread	2430	29%	581	29%	31.1	44%	12.9	64%	54.6	21%	2.4	3%	19.5	39%	1.83	31%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Dressed Mixed Salad	231	3%	55	3%	3.4	5%	0.3	2%	4.4	2%	3.6	4%	1.0	2%	0.10	2%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Cauliflower Cheese	1864	22%	446	22%	33.3	48%	18.0	90%	13.3	5%	7.8	9%	21.5	43%	1.68	28%
Neighbourhood - SS23 Pub & Social Core Menu	Sides	Seasonal Vegetables	545	6%	130	6%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Bloomer Bread & Butter - Please choose from the options below.	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	White Bloomer	1553	18%	371	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	9.6	19%	1.44	24%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Custard	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Southern Fried Chicken Burger	1509	18%	360	18%	19.0	27%	3.1	16%	23.8	9%	0.0	0%	23.5	47%	1.81	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
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra 3oz Smash Beef Burger	786	9%	188	9%	12.9	18%	4.9	24%	4.2	2%	2.3	3%	13.5	27%	0.07	1%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Beyond Burger	1210	14%	289	14%	21.5	31%	6.3	32%	4.0	2%	0.0	0%	19.2	38%	0.85	14%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Steak Double Up (8oz Rump)	1335	16%	319	16%	19.3	28%	7.3	37%	2.1	1%	0.8	1%	34.1	68%	1.54	26%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Steak Double Up (8oz Sirloin)	1513	18%	362	18%	23.5	34%	9.5	47%	2.1	1%	0.8	1%	35.6	71%	1.56	26%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Steak Double Up (8oz Rump) - Scotland	1363	16%	324	16%	12.4	18%	4.4	22%	2.1	1%	0.8	1%	51.0	102%	1.62	27%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Steak Double Up (8oz Sirloin) - Scotland	1350	16%	322	16%	15.3	22%	5.9	29%	2.1	1%	0.8	1%	43.8	88%	1.57	26%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Grated Cheese	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Burger Cheese Slice	110	1%	26	1%	2.1	3%	1.4	7%	0.3	0%	0.3	0%	1.6	3%	0.26	4%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Yorkshire Pudding	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra East Coast IPA	259	3%	62	3%	5.0	7%	3.0	15%	3.5	1%	2.5	3%	0.0	0%	2.45	41%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Garlic Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Napolitana Sauce	147	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	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
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Smoked Streaky Bacon	516	6%	124	6%	9.9	14%	3.6	18%	0.0	0%	0.0	0%	4.2	8%	1.55	26%
Neighbourhood - SS23 Pub & Social 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%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Gravy	101	1%	24	1%	1.0	1%	0.0	0%	4.0	2%	0.0	0%	0.0	0%	1.20	20%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra 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%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Sunday Roast Potatoes	1017	12%	242	12%	9.0	13%	0.0	0%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Pig In Blanket	459	5%	110	5%	10.2	15%	3.7	18%	0.9	0%	0.1	0%	3.5	7%	0.47	8%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Scampi	874	10%	209	10%	11.2	16%	0.9	5%	19.1	7%	0.6	1%	6.8	14%	1.10	18%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Chicken Breast	662	8%	158	8%	1.4	2%	0.7	4%	1.4	1%	0.6	1%	35.0	70%	1.12	19%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Tortillas	696	8%	166	8%	4.3	6%	1.8	9%	26.5	10%	1.5	2%	4.1	8%	0.42	7%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Buttered Seasonal Vegetables	545	6%	130	6%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Peas	253	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Curry Sauce	519	6%	124	6%	9.6	14%	4.2	21%	7.4	3%	1.6	2%	1.4	3%	1.33	22%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Rich Gravy	121	1%	29	1%	1.0	1%	1.0	5%	4.0	2%	0.0	0%	1.0	2%	1.50	25%
Neighbourhood - SS23 Pub & Social Core Menu	Extras	Extra Vegan Cheese Slice	240	3%	57	3%	4.6	7%	4.2	21%	4.0	2%	0.0	0%	0.0	0%	0.46	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
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Burger Topper - Vegan Cheese Slice	240	3%	57	3%	4.6	7%	4.2	21%	4.0	2%	0.0	0%	0.0	0%	0.46	8%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Burger Topper - Smoked Streaky Bacon	516	6%	124	6%	9.9	14%	3.6	18%	0.0	0%	0.0	0%	4.2	8%	1.55	26%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Burger Topper - BBQ Pulled Pork	681	8%	163	8%	8.3	12%	2.3	11%	9.8	4%	9.0	10%	9.0	18%	0.75	13%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Burger Topper - Cheese Slice	110	1%	26	1%	2.1	3%	1.4	7%	0.3	0%	0.3	0%	1.6	3%	0.26	4%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Burger Topper - Free Range Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	7.5	15%	0.31	5%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Steak Sauce - Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Steak Sauce - Garlic & Mushroom	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Steak Topper - Free Range Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	7.5	15%	0.31	5%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Steak Topper - Salt & Pepper Squid	1833	22%	438	22%	26.6	38%	3.2	16%	39.4	15%	0.0	0%	14.2	28%	4.50	75%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Steak Topper - Whitby Scampi	874	10%	209	10%	11.2	16%	0.9	5%	19.1	7%	0.6	1%	6.8	14%	1.10	18%
Neighbourhood - SS23 Pub & Social Core Menu	Toppers & Sauces	Nachos Sharer Topper - BBQ Pulled Pork	1361	16%	325	16%	16.5	24%	4.5	23%	19.5	8%	18.0	20%	18.0	36%	1.50	25%
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	Sweet Chili Chicken - Ciabatta	2624	31%	627	31%	24.0	34%	3.5	18%	67.7	26%	22.0	24%	34.1	68%	2.71	45%
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	Plant Based Meatball Marinara - Ciabatta	2938	35%	702	35%	39.3	56%	11.7	58%	56.6	22%	7.0	8%	27.4	55%	2.95	49%

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
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	Steak & Cheese - Ciabatta	2212	26%	528	26%	24.4	35%	7.3	37%	48.8	19%	7.1	8%	27.5	55%	1.75	29%
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	Crispy Chicken, Bacon & Avocado - Ciabatta	2973	35%	711	36%	37.5	54%	8.8	44%	61.5	24%	4.5	5%	19.4	39%	3.73	62%
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	Sunday Beef - Ciabatta	3201	38%	765	38%	48.5	69%	17.8	89%	46.4	18%	4.8	5%	36.2	72%	1.44	24%
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	Sunday Turkey - Ciabatta	2518	30%	599	30%	19.5	28%	2.7	13%	46.4	18%	4.4	5%	64.7	129%	1.59	27%
Neighbourhood - SS23 Pub & Social Core Menu	Ciabattas & Lunch Burger	3oz Cheese Smash Burger	2189	26%	523	26%	26.4	38%	7.8	39%	47.0	18%	11.5	13%	22.8	46%	1.28	21%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast - Roasted Turkey Breast	4602	55%	1095	55%	48.8	70%	16.8	84%	87.4	34%	14.1	16%	88.3	177%	3.63	61%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast - Sirloin Of Roast Beef	4798	57%	1145	57%	67.5	96%	27.0	135%	87.4	34%	14.1	16%	50.9	102%	3.46	58%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast - Turkey & Beef Duo	4700	56%	1120	56%	58.1	83%	21.9	109%	87.4	34%	14.1	16%	69.6	139%	3.54	59%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast - Beetroot, Sweet Potato & Butternut Squash Tart	4570	54%	1090	55%	51.4	73%	16.6	83%	129.9	50%	19.4	22%	29.8	60%	4.45	74%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast Kids - Sirloin of Roast Beef	2680	32%	640	32%	35.1	50%	14.1	70%	53.9	21%	7.4	8%	28.5	57%	2.61	44%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast Kids - Turkey	2582	31%	615	31%	25.8	37%	9.0	45%	53.9	21%	7.4	8%	47.2	94%	2.70	45%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast Kids - Mac Cheese	2751	33%	657	33%	25.8	37%	9.4	47%	85.4	33%	8.9	10%	25.0	50%	3.62	60%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast Seniors - Roast Turkey	2582	31%	615	31%	25.8	37%	9.0	45%	53.9	21%	7.4	8%	47.2	94%	2.70	45%
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast Seniors - Sirloin of Roast Beef	2680	32%	640	32%	35.1	50%	14.1	70%	53.9	21%	7.4	8%	28.5	57%	2.61	44%

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
Neighbourhood - SS23 Pub & Social Core Menu	Traditional Roasts	Sunday Roast Seniors - Beetroot, Sweet Potato & Butternut Squash Tart	3331	40%	795	40%	36.4	52%	11.4	57%	96.9	37%	13.2	15%	19.8	40%	4.07	68%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Bramley Apple & Blackberry Crumble Pie - Please choose from the options below.	2753	33%	658	33%	27.6	39%	10.3	51%	96.6	37%	44.0	49%	3.2	6%	0.42	7%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Classic Jersey 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%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Custard Ambrosia	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Chocolate Fudge Cake	3028	36%	724	36%	38.0	54%	11.5	57%	86.0	33%	60.6	67%	8.0	16%	0.83	14%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Chocolate Mocha Tart	1934	23%	462	23%	27.0	39%	18.5	93%	47.4	18%	32.9	37%	3.6	7%	0.07	1%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Triple Chocolate Brownie	2771	33%	662	33%	33.3	48%	18.7	94%	78.8	30%	57.8	64%	9.4	19%	0.37	6%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Ice Cream Choice - Please choose from the options below.	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Chocolate Ice Cream	413	5%	99	5%	3.6	5%	1.9	9%	13.6	5%	13.0	14%	2.6	5%	0.09	2%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Classic Jersey 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%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Lemon Curd Sorbet	395	5%	95	5%	0.5	1%	0.4	2%	22.4	9%	19.3	21%	0.0	0%	0.09	1%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Chocolate Sauce	116	1%	28	1%	0.1	0%	0.1	1%	6.4	2%	4.9	5%	0.2	0%	0.01	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
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Strawberry Sauce	132	2%	32	2%	0.0	0%	0.0	0%	7.9	3%	7.5	8%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Raspberry Coulis	67	1%	16	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Mini Pudding - Please choose from the options below.	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Americano	89	1%	21	1%	0.1	0%	0.0	0%	4.9	2%	4.0	4%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Decaf Tea	139	2%	33	2%	0.6	1%	0.3	1%	6.3	2%	5.4	6%	0.9	2%	0.06	1%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Tea	139	2%	33	2%	0.6	1%	0.3	1%	6.3	2%	5.4	6%	0.9	2%	0.06	1%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Mini Eton Mess	1090	13%	261	13%	15.8	23%	10.2	51%	26.6	10%	24.2	27%	2.8	6%	0.19	3%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Belgian Mini Chocolate Brownie	1047	12%	250	13%	12.6	18%	3.8	19%	32.0	12%	25.3	28%	2.0	4%	0.06	1%
Neighbourhood - SS23 Pub & Social Core Menu	Desserts	Eton Mess Sundae	2406	29%	575	29%	27.3	39%	17.1	85%	74.5	29%	67.2	75%	7.2	14%	0.41	7%
Neighbourhood - SS23 Pub & Social Core Menu	Lakes Sites	Hungarian Goulash	4555	54%	1088	54%	46.9	67%	19.2	96%	93.8	36%	19.0	21%	66.5	133%	4.16	69%
Neighbourhood - SS23 Pub & Social Core Menu	Lakes Sites	Large Hungarian Goulash	9110	108%	2177	109%	93.9	134%	38.4	192%	187.5	72%	38.1	42%	132.9	266%	8.31	139%
Neighbourhood - SS23 Pub & Social Core Menu	Lakes Sites	Veggie Hungarian Goulash	3242	39%	775	39%	22.9	33%	7.2	36%	117.8	45%	31.0	34%	18.5	37%	2.16	36%
Neighbourhood - SS23 Pub & Social Core Menu	Lakes Sites	Large Veggie Hungarian Goulash	6483	77%	1550	77%	45.9	66%	14.4	72%	235.5	91%	62.1	69%	36.9	74%	4.31	72%

Pub & Social 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
Neighbourhood - SS23 Pub & Social Kids	Starters	Carrot & Cucumber Veg Sticks	180	N.A	43	N.A	0.9	N.A	0.1	N.A	5.9	N.A	5.2	N.A	1.5	N.A	0.29	N.A
Neighbourhood - SS23 Pub & Social Kids	Starters	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Starters	Crispy Squid	1166	N.A	279	N.A	13.4	N.A	1.6	N.A	32.5	N.A	12.8	N.A	7.9	N.A	3.15	N.A
Neighbourhood - SS23 Pub & Social Kids	Starters	Chicken Strips	1042	N.A	249	N.A	12.6	N.A	2.0	N.A	17.7	N.A	3.0	N.A	9.0	N.A	1.55	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Cheese and Tomato Pizza - Please choose from the options below.	1911	N.A	457	N.A	16.4	N.A	5.5	N.A	56.4	N.A	3.6	N.A	20.0	N.A	1.41	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Small	Fish Fingers - Please choose from the options below.	905	N.A	216	N.A	11.3	N.A	1.3	N.A	17.9	N.A	1.2	N.A	10.1	N.A	0.65	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	2oz* Beef Burger - Please choose from the options below.	1270	N.A	304	N.A	20.9	N.A	10.2	N.A	17.1	N.A	2.4	N.A	11.4	N.A	0.57	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chicken Fillet - Please choose from the options below.	331	N.A	79	N.A	0.7	N.A	0.4	N.A	0.7	N.A	0.3	N.A	17.5	N.A	0.56	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Tomato Pasta - Please choose from the options below.	959	N.A	229	N.A	2.6	N.A	0.5	N.A	46.0	N.A	3.3	N.A	4.1	N.A	0.53	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Pork Sausages - Please choose from the options below.	1031	N.A	246	N.A	11.7	N.A	5.0	N.A	15.0	N.A	5.4	N.A	18.8	N.A	2.84	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Quorn Vegan Sausages - Please choose from the options below.	1034	N.A	247	N.A	10.9	N.A	3.7	N.A	16.5	N.A	2.0	N.A	17.9	N.A	2.73	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chicken Nuggets - Please choose from the options below.	894	N.A	214	N.A	11.3	N.A	1.8	N.A	14.1	N.A	0.0	N.A	8.6	N.A	1.07	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Small	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Small	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Chicken Katsu - Please choose from the options below.	1211	N.A	289	N.A	15.2	N.A	5.3	N.A	22.6	N.A	5.1	N.A	9.6	N.A	1.29	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Large	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Vegan Katsu - Please choose from the options below.	1229	N.A	294	N.A	11.0	N.A	6.6	N.A	34.3	N.A	8.4	N.A	11.3	N.A	1.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Veggie Lasagne - Please choose from the options below.	734	N.A	175	N.A	5.5	N.A	3.3	N.A	26.9	N.A	8.8	N.A	2.9	N.A	0.41	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Large	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Hunters Chicken DIY Tacos - Please choose from the options below.	1882	N.A	450	N.A	8.3	N.A	4.1	N.A	45.2	N.A	17.2	N.A	42.9	N.A	2.15	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Large	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Double Beef Burger - Please choose from the options below.	2066	N.A	494	N.A	37.7	N.A	18.2	N.A	18.5	N.A	2.6	N.A	19.6	N.A	0.94	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Baked Beans	324	N.A	77	N.A	0.0	N.A	0.0	N.A	13.5	N.A	5.4	N.A	3.6	N.A	0.72	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Mash potato	734	N.A	176	N.A	6.0	N.A	3.0	N.A	25.5	N.A	1.5	N.A	3.0	N.A	0.75	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Peas	252	N.A	60	N.A	0.9	N.A	0.0	N.A	9.4	N.A	6.0	N.A	5.1	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Corn Cobs Mini	380	N.A	91	N.A	2.2	N.A	0.3	N.A	10.8	N.A	2.8	N.A	4.1	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Chips	1032	N.A	245	N.A	7.2	N.A	0.0	N.A	39.6	N.A	0.0	N.A	3.6	N.A	0.12	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Crunchy Veg Sticks	97	N.A	23	N.A	0.0	N.A	0.0	N.A	4.4	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Large	Garlic Bread	941	N.A	225	N.A	10.6	N.A	3.2	N.A	27.1	N.A	1.2	N.A	4.6	N.A	0.60	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Churros - Please choose from the options below.	935	N.A	223	N.A	12.3	N.A	1.3	N.A	24.1	N.A	2.2	N.A	3.5	N.A	0.39	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Chocolate Sauce	116	N.A	28	N.A	0.1	N.A	0.1	N.A	6.4	N.A	4.9	N.A	0.2	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Strawberry Sauce	132	N.A	32	N.A	0.0	N.A	0.0	N.A	7.9	N.A	7.5	N.A	0.0	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Goey Chocolate Brownie	1600	N.A	382	N.A	14.3	N.A	7.4	N.A	56.1	N.A	42.9	N.A	6.1	N.A	0.26	N.A

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
Neighbourhood - SS23 Pub & Social Kids	Desserts	Ice Cream, Frozen Yoghurt & Sorbet Selection - Please choose from the options below.	0	N.A	0	N.A	0.0	N.A	0.0	N.A	0.0	N.A	0.0	N.A	0.0	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Vanilla Ice Cream	407	N.A	97	N.A	3.6	N.A	1.8	N.A	13.5	N.A	12.2	N.A	2.7	N.A	0.15	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Chocolate Ice Cream	413	N.A	99	N.A	3.6	N.A	1.9	N.A	13.6	N.A	13.0	N.A	2.6	N.A	0.09	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Lemon Curd Sorbet	395	N.A	95	N.A	0.5	N.A	0.4	N.A	22.4	N.A	19.3	N.A	0.0	N.A	0.09	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Yoghurt Strawberry Frozen	370	N.A	88	N.A	1.3	N.A	0.8	N.A	17.3	N.A	15.2	N.A	1.7	N.A	0.05	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Ice Cream - Vegan	472	N.A	113	N.A	5.5	N.A	4.8	N.A	13.5	N.A	9.1	N.A	0.6	N.A	0.02	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Chocolate Sauce	116	N.A	28	N.A	0.1	N.A	0.1	N.A	6.4	N.A	4.9	N.A	0.2	N.A	0.01	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Strawberry Sauce	132	N.A	32	N.A	0.0	N.A	0.0	N.A	7.9	N.A	7.5	N.A	0.0	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Fruit Kebab	654	N.A	155	N.A	0.4	N.A	0.3	N.A	36.3	N.A	30.3	N.A	2.0	N.A	0.03	N.A
Neighbourhood - SS23 Pub & Social Kids	Desserts	Vegan Fruit Kebab	703	N.A	167	N.A	0.1	N.A	0.0	N.A	40.8	N.A	38.1	N.A	1.4	N.A	0.00	N.A
Neighbourhood - SS23 Pub & Social Kids	Upsell	Extra Cheese Slice	110	N.A	26	N.A	2.1	N.A	1.4	N.A	0.3	N.A	0.3	N.A	1.6	N.A	0.26	N.A

Pub & Social No Gluten Containing 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
Neighbourhood - SS23 Pub & Social NGCI Menu	Small Plates	Corn Ribs	1375	16%	329	16%	18.9	27%	1.6	8%	29.4	11%	12.2	14%	9.1	18%	1.74	29%
Neighbourhood - SS23 Pub & Social NGCI Menu	Get Sharing	Nachos Sharer	4923	59%	1177	59%	70.3	100%	35.8	179%	88.1	34%	19.0	21%	44.8	90%	5.92	99%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Grilled Gammon - Please choose from the options below.	2063	25%	494	25%	23.9	34%	6.4	32%	26.4	10%	23.0	26%	41.9	84%	3.82	64%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Hunter's Chicken - Please choose from the options below.	2064	25%	494	25%	16.6	24%	7.6	38%	28.6	11%	24.2	27%	46.2	92%	3.73	62%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Pulled Mushroom Chili	3262	39%	780	39%	36.6	52%	4.3	21%	87.7	34%	10.5	12%	17.8	36%	3.62	60%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Super Grain Salad - Corn Ribs	3176	38%	759	38%	33.2	47%	4.2	21%	85.1	33%	29.3	33%	23.5	47%	3.49	58%
Neighbourhood - SS23 Pub & Social NGCI Menu	Mains	Super Grain Salad - Chicken	3361	40%	803	40%	36.2	52%	5.7	29%	72.4	28%	30.3	34%	41.5	83%	4.58	76%

Pub Social
Spring Summer 2023
No Gluten Containing Menu
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
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	8oz Rump - Please choose from the options below.	1383	16%	331	17%	19.5	28%	7.4	37%	3.8	1%	2.2	2%	34.7	69%	1.55	26%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	8oz Sirloin - Please choose from the options below.	1561	19%	373	19%	23.7	34%	9.5	47%	3.8	1%	2.2	2%	36.2	72%	1.57	26%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	From the Grill	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	8oz Rump Steak (Scotland Sites Only) - Please choose from the options below.	1411	17%	336	17%	12.6	18%	4.4	22%	3.8	1%	2.2	2%	51.5	103%	1.63	27%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	8oz Sirloin Steak (Scotland Sites Only) - Please choose from the options below.	1398	17%	334	17%	15.6	22%	5.9	30%	3.8	1%	2.2	2%	44.3	89%	1.58	26%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%

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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
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Scottish Dishes	Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sandwiches	Sweet Chili Chicken Sandwich	2888	34%	690	34%	33.3	48%	4.2	21%	60.4	23%	20.7	23%	33.1	66%	2.73	46%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sandwiches	Steak & Cheese Sandwich	2476	29%	591	30%	33.7	48%	8.0	40%	41.5	16%	5.8	6%	26.5	53%	1.77	30%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sides	Buttered Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sides	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sides	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sides	Dressed Mixed Salad	231	3%	55	3%	3.4	5%	0.3	2%	4.4	2%	3.6	4%	1.0	2%	0.10	2%
Neighbourhood - SS23 Pub & Social NGCI Menu	Sides	Seasonal Vegetables	545	6%	130	6%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	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%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Custard	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Steak Double Up (8oz Rump)	1335	16%	319	16%	19.3	28%	7.3	37%	2.1	1%	0.8	1%	34.1	68%	1.54	26%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Steak Double Up (8oz Sirloin)	1513	18%	362	18%	23.5	34%	9.5	47%	2.1	1%	0.8	1%	35.6	71%	1.56	26%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Steak Double Up (8oz Rump) - Scotland	1363	16%	324	16%	12.4	18%	4.4	22%	2.1	1%	0.8	1%	51.0	102%	1.62	27%

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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
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Steak Double Up (8oz Sirloin) - Scotland	1350	16%	322	16%	15.3	22%	5.9	29%	2.1	1%	0.8	1%	43.8	88%	1.57	26%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Garlic Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Napolitana Sauce	147	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Smoked Streaky Bacon	516	6%	124	6%	9.9	14%	3.6	18%	0.0	0%	0.0	0%	4.2	8%	1.55	26%
Neighbourhood - SS23 Pub & Social NGCI 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%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra 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%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Chicken Breast	662	8%	158	8%	1.4	2%	0.7	4%	1.4	1%	0.6	1%	35.0	70%	1.12	19%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Buttered Seasonal Vegetables	545	6%	130	6%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Neighbourhood - SS23 Pub & Social NGCI Menu	Extras	Extra Peas	253	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
Neighbourhood - SS23 Pub & Social NGCI Menu	Toppers & Sauces	Steak Sauce - Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Neighbourhood - SS23 Pub & Social NGCI Menu	Toppers & Sauces	Steak Sauce - Garlic & Mushroom	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Neighbourhood - SS23 Pub & Social NGCI Menu	Toppers & Sauces	Steak Topper - Free Range Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	7.5	15%	0.31	5%

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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
Neighbourhood - SS23 Pub & Social NGCI Menu	Toppers & Sauces	Nachos Sharer Topper - BBQ Pulled Pork	1361	16%	325	16%	16.5	24%	4.5	23%	19.5	8%	18.0	20%	18.0	36%	1.50	25%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Eton Mess Sundae	2406	29%	575	29%	27.3	39%	17.1	85%	74.5	29%	67.2	75%	7.2	14%	0.41	7%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Ice Cream Choice - Please choose from the options below.	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Chocolate Ice Cream	413	5%	99	5%	3.6	5%	1.9	9%	13.6	5%	13.0	14%	2.6	5%	0.09	2%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Classic Jersey 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%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Lemon Curd Sorbet	395	5%	95	5%	0.5	1%	0.4	2%	22.4	9%	19.3	21%	0.0	0%	0.09	1%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Chocolate Sauce	116	1%	28	1%	0.1	0%	0.1	1%	6.4	2%	4.9	5%	0.2	0%	0.01	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Strawberry Sauce	132	2%	32	2%	0.0	0%	0.0	0%	7.9	3%	7.5	8%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Raspberry Coulis	67	1%	16	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Mini Pudding - Please choose from the options below.	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Americano	89	1%	21	1%	0.1	0%	0.0	0%	4.9	2%	4.0	4%	0.0	0%	0.00	0%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Decaf Tea	139	2%	33	2%	0.6	1%	0.3	1%	6.3	2%	5.4	6%	0.9	2%	0.06	1%

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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
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Tea	139	2%	33	2%	0.6	1%	0.3	1%	6.3	2%	5.4	6%	0.9	2%	0.06	1%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Mini Eton Mess	1090	13%	261	13%	15.8	23%	10.2	51%	26.6	10%	24.2	27%	2.8	6%	0.19	3%
Neighbourhood - SS23 Pub & Social NGCI Menu	Desserts	Belgian Mini Chocolate Brownie	1047	12%	250	13%	12.6	18%	3.8	19%	32.0	12%	25.3	28%	2.0	4%	0.06	1%