

Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026 Nutrition



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

			Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Starter	Tomato Soup (V)	1406	17%	336	17%	18.3	26%	8.1	41%	32.1	12%	11.2	12%	6.6	132%	2.0	34%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Starter	Tomato Soup (Ve)	982	12%	235	12%	7.1	10%	0.7	4%	32.0	12%	11.2	12%	6.6	131%	1.8	29%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sharer	Nachos (V) - Serves 2	4469	53%	1068	53%	54.2	77%	18.0	90%	119.0	46%	17.2	19%	18.8	376%	4.5	74%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sandwich	Chicken & Smoked Bacon Sandwich	4209	50%	1006	50%	45.0	64%	13.2	66%	87.2	34%	8.9	10%	55.3	1106%	3.3	56%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Beef Burger	3882	46%	928	46%	48.6	69%	17.9	89%	76.6	29%	10.7	12%	36.1	723%	3.31	55%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Beef Burger - Double	5163	61%	1234	62%	67.7	97%	26.4	132%	82.0	32%	11.9	13%	63.4	1268%	5.43	91%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Cheeseburger	4052	48%	968	48%	51.8	74%	20.0	100%	77.1	30%	11.1	12%	38.7	773%	3.71	62%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Cheeseburger - Double	5332	63%	1274	64%	70.9	101%	28.6	143%	82.5	32%	12.3	14%	65.9	1318%	5.83	97%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Bacon Cheeseburger	4520	54%	1080	54%	60.2	86%	23.2	116%	77.1	30%	11.1	12%	47.8	956%	4.75	79%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Bacon Cheeseburger - Double	5800	69%	1386	69%	79.3	113%	31.7	159%	82.5	32%	12.4	14%	75.1	1501%	6.87	115%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Impossible Burger (V)	3496	42%	835	42%	42.0	60%	15.2	76%	75.9	29%	10.6	12%	27.0	539%	2.05	34%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Impossible Burger (V) - Double	4389	52%	1049	52%	54.4	78%	21.1	105%	80.5	31%	11.7	13%	45.0	901%	2.91	49%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Chicken & Bacon Melt Burger	3987	47%	953	48%	42.3	60%	15.0	75%	77.6	30%	9.9	11%	56.5	1131%	3.15	53%

			Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Our Burgers	Chicken & Bacon Melt Burger - Double	4734	56%	1131	57%	43.5	62%	15.5	77%	83.4	32%	9.9	11%	92.5	1851%	3.68	61%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Big Plate Special	The Loaded New Yorker	5440	65%	1299	65%	45.7	65%	21.7	109%	98.1	38%	42.1	47%	112.5	2250%	5.1	85%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	Rice Bowl - Salmon - Please select your choice from the following:	2496	30%	597	30%	25.5	36%	3.8	19%	53.0	20%	7.7	9%	38.1	762%	2.4	40%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	French Dressing	157	2%	38	2%	2.5	4%	0.5	3%	3.5	1%	1.0	1%	0.0	0%	0.6	10%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	Ranch Dressing	1113	13%	266	13%	26.5	38%	2.0	10%	5.5	2%	4.0	4%	1.0	20%	0.8	13%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	10%	0.5	8%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	Rice Bowl - Chicken - Please select your choice from the following:	1742	21%	416	21%	2.6	4%	0.6	3%	56.7	22%	6.9	8%	40.8	816%	1.2	20%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	French Dressing	157	2%	38	2%	2.5	4%	0.5	3%	3.5	1%	1.0	1%	0.0	0%	0.6	10%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	Ranch Dressing	1113	13%	266	13%	26.5	38%	2.0	10%	5.5	2%	4.0	4%	1.0	20%	0.8	13%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Rice Bowl	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	10%	0.5	8%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Classics	Chicken Tikka Masala	2644	31%	632	32%	20.0	29%	5.6	28%	73.8	28%	25.2	28%	35.7	714%	3.39	57%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Classics	Chickpea and Sweet Potato Curry (Ve)	2104	25%	503	25%	4.1	6%	0.5	3%	95.7	37%	23.7	26%	15.6	312%	2.82	47%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Classics	Chicken New Yorker	3363	40%	803	40%	27.6	39%	14.4	72%	71.5	27%	25.0	28%	60.7	1214%	2.63	44%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	16oz Rump Steak	4943	59%	1180	59%	61.7	88%	27.3	137%	50.5	19%	10.8	12%	103.6	2072%	2.25	38%

			Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	8oz Rump Steak	3291	39%	785	39%	38.7	55%	17.5	88%	50.5	19%	10.8	12%	56.6	1133%	1.93	32%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	14oz Grilled Gammon	3869	46%	925	46%	31.4	45%	12.3	61%	61.8	24%	23.3	26%	96.7	1934%	9.96	166%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	7oz Grilled Gammon	3095	37%	739	37%	27.8	40%	11.1	55%	61.8	24%	23.3	26%	58.3	1166%	5.28	88%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	8oz Smothered Steak Sizzler	4175	50%	997	50%	50.2	72%	22.3	111%	66.4	26%	19.7	22%	66.8	1335%	4.39	73%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	Salmon Sizzler	3114	37%	744	37%	27.2	39%	3.9	20%	83.4	32%	26.2	29%	40.9	818%	3.37	56%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Grills and Sizzlers	Chicken Skewer Sizzler	3195	38%	764	38%	11.4	16%	2.4	12%	85.2	33%	25.7	29%	79.0	1579%	2.90	48%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	MIX IT UP - Please select your choices from the following:																
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	14oz Grilled Gammon	1549	18%	370	19%	7.2	10%	2.4	12%	0.0	0%	0.0	0%	76.8	1536%	9.35	156%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Grilled Chicken Breast Skewers	1582	19%	378	19%	8.4	12%	2.1	11%	3.9	2%	0.3	0%	71.4	1428%	1.23	21%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	8oz Rump Steak	1798	21%	430	21%	25.7	37%	10.0	50%	2.1	1%	0.8	1%	47.3	945%	1.64	27%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Grilled Salmon Fillet	1501	18%	359	18%	24.2	35%	3.6	18%	2.1	1%	0.8	1%	33.3	666%	1.70	28%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Corn on the Cob	271	3%	65	3%	1.0	1%	0.2	1%	11.2	4%	4.2	5%	2.2	43%	0.01	0%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Basmati Rice	783	9%	187	9%	0.7	1%	0.2	1%	41.3	16%	0.2	0%	3.5	70%	0.04	1%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Coleslaw	413	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	20%	0.30	5%

			Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Dressed Garden Salad	169	2%	40	2%	0.6	1%	0.1	1%	6.1	2%	4.7	5%	1.4	28%	0.13	2%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Buttered Jacket Potato	1235	15%	295	15%	12.2	17%	7.6	38%	39.0	15%	4.0	4%	4.3	85%	0.29	5%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	20%	0.45	8%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Peri Peri Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	10%	2.95	49%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Salt & Pepper Seasoning	68	1%	16	1%	0.1	0%	0.0	0%	3.6	1%	1.0	1%	0.2	3%	0.83	14%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Garlic & Herb Ranch Sauce	1113	13%	266	13%	26.5	38%	2.0	10%	5.5	2%	4.0	4%	1.0	20%	0.75	13%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Sweet & Sour Sauce	389	5%	93	5%	0.2	0%	0.1	0%	21.8	8%	17.7	20%	0.7	14%	0.69	12%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Mix It Up	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	10%	0.50	8%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sides & Sauces	Steak Sauce - Peppercorn	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	30%	1.0	17%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sides & Sauces	Steak Sauce - Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	21%	0.8	14%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sides & Sauces	Steak Sauce - Garlic & Mushroom Sauce	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	27%	0.9	14%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sides & Sauces	Steak Topper - Free-Range Fried Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	20.0	400%	0.6	10%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Sides & Sauces	Extra- Grilled Chicken Skewer	791	9%	189	9%	4.2	6%	1.1	5%	2.0	1%	0.2	0%	35.7	714%	0.6	10%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Apple Crumble (V)	1947	23%	465	23%	10.0	14%	4.0	20%	85.6	33%	47.1	52%	6.6	132%	0.33	6%

			Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Apple Crumble (Ve)	2275	27%	544	27%	17.7	25%	11.7	58%	83.0	32%	48.5	54%	4.6	92%	0.3	5%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Lemon Meringue Pie (V)	2044	24%	488	24%	15.3	22%	7.0	35%	81.1	31%	64.8	72%	6.6	132%	0.22	4%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	White Chocolate & Raspberry Cheesecake (V)	2642	31%	632	32%	37.6	54%	15.2	76%	65.6	25%	50.1	56%	6.6	133%	0.3	5%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Ice Cream (V) - Please select your choices from the following:																
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	52%	0.02	0%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	43%	0.08	1%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Strawberry Frozen Yoghurt	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	33%	0.1	1%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Chocolate Sauce	230	3%	55	3%	0.2	0%	0.2	1%	12.6	5%	9.4	10%	0.6	12%	0.00	0%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Strawberry Sauce	264	3%	63	3%	0.0	0%	0.0	0%	15.8	6%	15.0	17%	0.0	0%	0.00	0%
Hungry Horse No Gluten Containing Main Menu - Autumn Winter 2026	Perfect Puds	Raspberry Coulis	134	2%	32	2%	0.2	0%	0.0	0%	7.8	3%	6.8	8%	0.0	0%	0.00	0%