

# Proper Locals Main Menu

## Autumn Winter 2023 Nutritional Information



### 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
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Build Your Own Burger - Please choose from the below options	3524	42%	842	42%	35.8	51%	8.1	40%	111.0	43%	11.0	12%	12.9	26%	1.54	26%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Quorn Buttermilk Style Burger	787	9%	188	9%	9.6	14%	1.5	8%	11.0	4%	1.2	1%	11.2	22%	1.20	20%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Southern Fried Chicken Fillet	2147	26%	513	26%	27.1	39%	4.5	22%	33.8	13%	0.0	0%	26.1	52%	2.57	43%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	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%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Sliced Green Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Smoked Streaky Bacon	185	2%	44	2%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	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%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Gherkins	85	1%	20	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.4	1%	1.40	23%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Hash Brown	1282	15%	305	15%	14.0	20%	6.3	32%	42.1	16%	0.5	1%	2.5	5%	1.67	28%

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
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Mozzarella Sticks	768	9%	185	9%	15.7	22%	9.8	49%	0.0	0%	0.0	0%	7.1	14%	0.75	13%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Louisianna Chicken Strips	872	10%	208	10%	11.0	16%	1.8	9%	13.7	5%	0.0	0%	5.8	12%	1.04	17%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Onion Rings	871	10%	209	10%	14.4	21%	1.3	6%	15.1	6%	5.3	6%	2.0	4%	0.61	10%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Build Your Own Burger (Ve) - Please choose from the below options	2985	36%	711	36%	21.8	31%	3.3	17%	103.5	40%	3.6	4%	22.2	44%	2.70	45%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	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%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Sliced Green Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Proper Locals Autumn Winter 2023 Core Menu	Build Your Own Burger	Gherkins	85	1%	20	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.4	1%	1.40	23%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Chick 'n' Mix - Please choose from the below options	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	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%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	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%

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
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Garlic Slices	941	11%	225	11%	10.6	15%	3.2	16%	27.1	10%	1.2	1%	4.6	9%	0.59	10%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Mac & Cheese	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Skinny Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Onion Rings	1742	21%	418	21%	28.7	41%	2.6	13%	30.1	12%	10.5	12%	4.0	8%	1.21	20%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	BBQ Beans	532	6%	127	6%	0.0	0%	0.0	0%	23.0	9%	14.1	16%	4.0	8%	0.96	16%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Side Salad	104	1%	25	1%	0.6	1%	0.1	1%	3.4	1%	2.4	3%	0.7	1%	0.12	2%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Jacket & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Corn on the Cob	501	6%	120	6%	5.4	8%	2.5	12%	10.8	4%	2.8	3%	4.1	8%	0.09	2%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Mango and Lime Chicken Thigh	808	10%	193	10%	7.0	10%	2.0	10%	5.5	2%	5.5	6%	26.4	53%	1.10	18%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Chicken Wings	2247	27%	538	27%	33.6	48%	9.3	47%	0.0	0%	0.0	0%	28.0	56%	0.59	10%

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
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Southern Fried Chicken Skewer	1554	19%	371	19%	19.6	28%	3.2	16%	24.5	9%	0.0	0%	21.6	43%	1.86	31%
Proper Locals Autumn Winter 2023 Core Menu	Chick n Mix	Louisiana Chicken Strips	1744	21%	417	21%	22.0	31%	3.6	18%	27.5	11%	0.0	0%	11.5	23%	2.09	35%
Proper Locals Autumn Winter 2023 Core Menu	Hand Held Burgers	Cheese Burger - Handheld	2010	24%	480	24%	20.7	30%	8.6	43%	43.6	17%	8.1	9%	28.3	57%	1.68	28%
Proper Locals Autumn Winter 2023 Core Menu	Hand Held Burgers	Southern Fried Chicken Burger - Handheld	3224	38%	770	39%	33.8	48%	5.7	28%	74.7	29%	7.5	8%	33.2	66%	3.41	57%
Proper Locals Autumn Winter 2023 Core Menu	Hand Held Burgers	Veggie Burger (V) - Handheld	1864	22%	445	22%	16.3	23%	2.7	14%	51.9	20%	8.7	10%	18.3	37%	2.03	34%
Proper Locals Autumn Winter 2023 Core Menu	Hand Held Burgers	Vegan Burger (Ve) - Handheld	1844	22%	441	22%	12.8	18%	1.8	9%	57.7	22%	9.8	11%	19.4	39%	2.15	36%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Mango Chilli Chicken Kebab - Please choose from the below options	3409	41%	813	41%	22.7	32%	3.9	20%	108.6	42%	8.1	9%	40.0	80%	2.52	42%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Texan BBQ Sauce	602	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Peri Peri Hot Sauce	174	2%	42	2%	1.6	2%	0.0	0%	5.6	2%	1.6	2%	0.8	2%	4.72	79%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Sweet Chilli Sauce	549	7%	131	7%	0.0	0%	0.0	0%	32.8	13%	24.8	28%	0.8	2%	0.80	13%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Louisiana Style Chicken Strips Kebab - Please choose from the below options	4345	52%	1037	52%	37.7	54%	5.5	27%	130.6	50%	2.6	3%	25.2	50%	3.51	59%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Texan BBQ Sauce	602	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Peri Peri Hot Sauce	174	2%	42	2%	1.6	2%	0.0	0%	5.6	2%	1.6	2%	0.8	2%	4.72	79%

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
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Sweet Chilli Sauce	549	7%	131	7%	0.0	0%	0.0	0%	32.8	13%	24.8	28%	0.8	2%	0.80	13%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Grilled Halloumi Kebab (V) - Please choose from the below options	3715	44%	886	44%	35.7	51%	14.0	70%	105.3	40%	4.7	5%	32.8	66%	3.58	60%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Texan BBQ Sauce	602	7%	144	7%	0.0	0%	0.0	0%	27.2	10%	24.0	27%	1.6	3%	0.72	12%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Peri Peri Hot Sauce	174	2%	42	2%	1.6	2%	0.0	0%	5.6	2%	1.6	2%	0.8	2%	4.72	79%
Proper Locals Autumn Winter 2023 Core Menu	Kebabs	Sweet Chilli Sauce	549	7%	131	7%	0.0	0%	0.0	0%	32.8	13%	24.8	28%	0.8	2%	0.80	13%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Quick Eat - Crispy Louisiana Style Chicken Strips - Please choose from the below options	2616	31%	625	31%	33.0	47%	5.4	27%	41.2	16%	0.0	0%	17.3	35%	3.13	52%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Peri Peri Hot Sauce	87	1%	21	1%	0.8	1%	0.0	0%	2.8	1%	0.8	1%	0.4	1%	2.36	39%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Garlic and Rosemary Mayo	405	5%	97	5%	9.6	14%	2.8	14%	2.8	1%	0.8	1%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Quick Eat - Chicken Wings - Please choose from the below options	2621	31%	628	31%	39.2	56%	10.9	54%	0.0	0%	0.0	0%	32.7	65%	0.69	12%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Peri Peri Hot Sauce	87	1%	21	1%	0.8	1%	0.0	0%	2.8	1%	0.8	1%	0.4	1%	2.36	39%

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
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Garlic and Rosemary Mayo	405	5%	97	5%	9.6	14%	2.8	14%	2.8	1%	0.8	1%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Quick Eat - Mozzarella Sticks (V) - Please choose from the below options	2304	27%	556	28%	47.2	67%	29.5	147%	0.0	0%	0.0	0%	21.2	42%	2.25	38%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Texan BBQ Sauce	301	4%	72	4%	0.0	0%	0.0	0%	13.6	5%	12.0	13%	0.8	2%	0.36	6%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Peri Peri Hot Sauce	87	1%	21	1%	0.8	1%	0.0	0%	2.8	1%	0.8	1%	0.4	1%	2.36	39%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Garlic and Rosemary Mayo	405	5%	97	5%	9.6	14%	2.8	14%	2.8	1%	0.8	1%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Pick N Dip	Sweet Chilli Sauce	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Corned Beef Hash Pie Slice - Please choose from the below options	4169	50%	996	50%	52.6	75%	21.9	109%	91.3	35%	14.0	16%	36.4	73%	3.73	62%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Mash Potato	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Steak & Ale Pie Slice - Please choose from the below options	4088	49%	977	49%	50.1	72%	21.0	105%	90.2	35%	8.1	9%	38.6	77%	3.14	52%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Mash Potato	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Cheese & Potato Pie Slice (V) - Please choose from the below options	3884	46%	928	46%	48.9	70%	19.2	96%	96.7	37%	14.5	16%	22.9	46%	4.78	80%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Chips	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Mash Potato	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Cumberland Sausage and Mash	4039	48%	965	48%	41.8	60%	14.7	73%	107.8	41%	11.8	13%	35.9	72%	5.06	84%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Chip Shop Platter † - Please choose from the below options	8307	99%	1985	99%	112.4	161%	34.2	171%	162.1	62%	17.9	20%	51.7	103%	6.49	108%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Pub Legends	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Hunters Chicken Roll	2471	29%	591	30%	19.7	28%	6.5	33%	62.6	24%	23.5	26%	33.6	67%	2.60	43%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Cheese & Onion Roll (V)	2313	28%	553	28%	33.3	48%	11.8	59%	40.2	15%	3.7	4%	22.8	46%	2.29	38%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Southern Fried Chicken Roll	3670	44%	877	44%	37.3	53%	7.6	38%	94.5	36%	20.4	23%	33.5	67%	3.90	65%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Extra Small Chips (V) - Sandwich	860	10%	204	10%	6.0	9%	0.0	0%	33.0	13%	0.0	0%	3.0	6%	0.10	2%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	BYO Breakfast Bap - Please choose from the below options	1039	12%	248	12%	9.5	14%	5.3	26%	33.8	13%	1.0	1%	6.4	13%	0.88	15%



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
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Baked Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Pork sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Quorn Cumberland Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Grilled Tomato	56	1%	13	1%	0.2	0%	0.1	0%	2.1	1%	2.1	2%	0.5	1%	0.02	0%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Hash Brown	641	8%	153	8%	7.0	10%	3.2	16%	21.0	8%	0.3	0%	1.3	3%	0.83	14%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Mushrooms	207	2%	49	2%	5.0	7%	0.5	3%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Brown Sauce	199	2%	48	2%	0.0	0%	0.0	0%	10.8	4%	9.2	10%	0.4	1%	0.52	9%
Proper Locals Autumn Winter 2023 Core Menu	Rolls	Tomato Ketchup	172	2%	41	2%	0.0	0%	0.0	0%	9.6	4%	9.6	11%	0.4	1%	0.72	12%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Chip Shop Platter † (Belhaven only) - Please choose from the below options	8835	105%	2110	106%	119.2	170%	14.2	71%	166.2	64%	14.5	16%	60.9	122%	6.83	114%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	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
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	All Day Breakfast (Belhaven Only) - Please choose from the below options	4952	59%	1182	59%	60.3	86%	16.0	80%	92.5	36%	10.9	12%	56.8	114%	4.55	76%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Malted Bloomer	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	White Bloomer	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Hand Battered Haddock & Chips † (Belhaven Only) - Please choose from the below options	5693	68%	1359	68%	69.4	99%	6.2	31%	107.0	41%	0.0	0%	42.3	85%	2.05	34%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Haggis, Neeps & Tatties (Belhaven Only)	3627	43%	867	43%	50.6	72%	26.3	131%	69.7	27%	14.6	16%	25.5	51%	4.57	76%
Proper Locals Autumn Winter 2023 Core Menu	Scottish Mains	Balmoral Chicken (Belhaven Only)	3406	41%	814	41%	35.2	50%	18.2	91%	60.2	23%	19.3	21%	56.9	114%	4.06	68%
Proper Locals Autumn Winter 2023 Core Menu	Sharers	Cheesy Topped Nachos Sharer (V)	4450	53%	1064	53%	55.6	79%	21.2	106%	106.4	41%	12.8	14%	29.2	58%	4.18	70%
Proper Locals Autumn Winter 2023 Core Menu	Sharers	Ultimate Sharer	8037	96%	1926	96%	116.2	166%	40.2	201%	111.7	43%	32.8	36%	57.2	114%	5.45	91%
Proper Locals Autumn Winter 2023 Core Menu	Steak House	8oz* Sirloin	4333	52%	1033	52%	52.5	75%	10.7	53%	86.1	33%	10.3	11%	47.7	95%	0.97	16%
Proper Locals Autumn Winter 2023 Core Menu	Steak House	8oz Sirloin* with Salad	1929	23%	461	23%	31.1	44%	10.0	50%	6.8	3%	4.8	5%	36.8	74%	0.59	10%

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
Proper Locals Autumn Winter 2023 Core Menu	Steak House	8oz Rump* with Salad	1772	21%	422	21%	20.0	29%	4.9	25%	6.8	3%	4.8	5%	35.3	71%	0.65	11%
Proper Locals Autumn Winter 2023 Core Menu	Steak House	8oz* Rump	4176	50%	994	50%	41.4	59%	5.6	28%	86.1	33%	10.3	11%	46.3	93%	1.02	17%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sauces	BBQ Sauce - Steak Sauce	452	5%	108	5%	0.0	0%	0.0	0%	20.4	8%	18.0	20%	1.2	2%	0.54	9%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sauces	Piri Piri Sauce - Steak Sauce	131	2%	31	2%	1.2	2%	0.0	0%	4.2	2%	1.2	1%	0.6	1%	3.54	59%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sauces	Peppercorn Sauce - Steak Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sauces	Diane Sauce - Steak Sauce	235	3%	56	3%	4.4	6%	2.3	12%	4.4	2%	1.5	2%	2.0	4%	1.31	22%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sides	Steak Sides - 5 Chicken Wings	1872	22%	449	22%	28.0	40%	7.8	39%	0.0	0%	0.0	0%	23.4	47%	0.50	8%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sides	Steak Sides - 5 Whitby Scampi †	1111	13%	266	13%	14.4	21%	4.3	22%	23.9	9%	0.9	1%	9.7	19%	0.60	10%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sides	Steak Sides - Mac Cheese	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Proper Locals Autumn Winter 2023 Core Menu	Steak Sides	Steak Sides - Two Free Range Fried Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Sunday Roast - Hand-Carved Beef	3302	39%	788	39%	25.9	37%	7.4	37%	91.8	35%	9.3	10%	47.7	95%	3.15	53%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Sunday Roast - Hand-Carved Turkey	3790	45%	904	45%	35.5	51%	11.3	57%	93.0	36%	10.8	12%	55.7	111%	3.89	65%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Sunday Roast - Mushroom & Ale Pie (V)	5584	66%	1333	67%	60.1	86%	21.8	109%	171.0	66%	12.3	14%	28.5	57%	2.67	45%

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
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Kids Sunday Lunch - Hand-Carved Beef	2125	25%	507	25%	15.1	22%	4.0	20%	63.7	24%	8.7	10%	28.3	57%	2.36	39%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Kids Sunday Lunch - Hand-Carved Turkey	2139	25%	510	26%	14.8	21%	4.1	21%	63.8	25%	9.5	11%	30.5	61%	2.50	42%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Hot Roast Beef Roll	2583	31%	616	31%	16.7	24%	3.7	19%	77.9	30%	2.5	3%	40.8	82%	3.01	50%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Hot Roast Turkey Roll	2612	31%	623	31%	16.1	23%	4.0	20%	78.2	30%	4.0	4%	45.3	91%	3.28	55%
Proper Locals Autumn Winter 2023 Core Menu	Sunday Specials	Sunday Roast - Mushroom & Ale Pie (Ve)	4433	53%	1060	53%	47.6	68%	15.6	78%	135.2	52%	10.6	12%	19.6	39%	1.80	30%
Proper Locals Autumn Winter 2023 Core Menu	Topped Chips	Quick Eat - Topped Chips Hunter's	2527	30%	601	30%	21.4	31%	5.6	28%	79.9	31%	12.0	13%	15.9	32%	1.15	19%
Proper Locals Autumn Winter 2023 Core Menu	Topped Chips	Quick Eat - Topped Chips Curried (V)	2315	28%	550	28%	23.9	34%	0.9	5%	74.3	29%	2.1	2%	7.3	15%	2.03	34%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Hunter's Chicken	4529	54%	1080	54%	39.4	56%	10.7	54%	106.7	41%	24.9	28%	64.8	130%	2.87	48%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Chicken Katsu	5498	65%	1312	66%	59.8	85%	6.6	33%	145.7	56%	4.2	5%	26.4	53%	6.77	113%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Beef Lasagne	3112	37%	744	37%	31.3	45%	13.2	66%	57.5	22%	10.1	11%	30.0	60%	4.34	72%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Mac 'N' Cheese (V)	3261	39%	779	39%	32.1	46%	14.6	73%	94.7	36%	7.6	8%	30.5	61%	4.57	76%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Gammon & Eggs	4600	55%	1100	55%	54.1	77%	12.0	60%	76.0	29%	6.8	8%	54.4	109%	6.57	110%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	All Day Breakfast - Please choose from the below options	5299	63%	1265	63%	72.2	103%	21.1	106%	88.1	34%	9.2	10%	55.1	110%	4.72	79%

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
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Malted Bloomer	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	White Bloomer	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Whitby Scampi † - Please choose from the below options	3720	44%	886	44%	37.8	54%	7.7	39%	109.0	42%	1.5	2%	23.5	47%	1.27	21%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Hand-Battered Fish † - Please choose from the below options	5165	61%	1234	62%	62.6	89%	26.1	130%	102.8	40%	3.4	4%	33.1	66%	1.71	29%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Quorn Katsu (Ve)	4438	53%	1061	53%	47.7	68%	4.8	24%	119.1	46%	7.6	8%	32.5	65%	6.29	105%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Beef Lasagne - Under 600 Kcal	2275	27%	544	27%	21.3	30%	10.1	51%	33.8	13%	11.3	13%	26.2	52%	3.86	64%
Proper Locals Autumn Winter 2023 Core Menu	Two For Dishes	Mac 'N' Cheese (V) - Under 600 Kcal	2423	29%	579	29%	22.1	32%	11.4	57%	71.0	27%	8.8	10%	26.7	53%	4.09	68%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals Autumn Winter 2023 Core Menu	Wing Feasts	1kg Chicken Wings - Please choose from the below options	10111	120%	2423	121%	151.2	216%	41.9	209%	0.0	0%	0.0	0%	126.1	252%	2.67	45%
Proper Locals Autumn Winter 2023 Core Menu	Wing Feasts	Texan BBQ Sauce	1205	14%	288	14%	0.0	0%	0.0	0%	54.4	21%	48.0	53%	3.2	6%	1.44	24%
Proper Locals Autumn Winter 2023 Core Menu	Wing Feasts	Peri Peri Hot Sauce	348	4%	83	4%	3.2	5%	0.0	0%	11.2	4%	3.2	4%	1.6	3%	9.44	157%
Proper Locals Autumn Winter 2023 Core Menu	Wing Feasts	Sweet Chilli Sauce	1098	13%	262	13%	0.0	0%	0.0	0%	65.6	25%	49.6	55%	1.6	3%	1.60	27%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Fries (V)	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Chips (V)	1720	20%	408	20%	12.0	17%	0.0	0%	66.0	25%	0.0	0%	6.0	12%	0.20	3%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Cheesy Chips (V)	2130	25%	506	25%	19.5	28%	4.8	24%	66.3	26%	0.0	0%	13.8	28%	0.68	11%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Onion Rings (V)	2322	28%	557	28%	38.3	55%	3.4	17%	40.2	15%	14.0	16%	5.4	11%	1.62	27%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Bloomer Bread & Butter (V)	484	6%	116	6%	12.8	18%	8.4	42%	0.0	0%	0.0	0%	0.1	0%	0.32	5%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Garlic Bread (V)	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Garlic Bread with Cheese (V)	2293	27%	548	27%	28.6	41%	11.3	56%	54.5	21%	2.4	3%	16.9	34%	1.67	28%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Mac 'N' Cheese (V)	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Grilled Halloumi (V)	1115	13%	266	13%	20.0	29%	12.1	60%	2.2	1%	2.2	2%	19.2	38%	2.16	36%

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
Proper Locals Autumn Winter 2023 Core Menu	Sides	Dressed Side Salad (Ve)	104	1%	25	1%	0.6	1%	0.1	1%	3.4	1%	2.4	3%	0.7	1%	0.12	2%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Buttered Corn On The Cob (V)	1003	12%	240	12%	10.7	15%	4.9	25%	21.6	8%	5.7	6%	8.2	16%	0.19	3%
Proper Locals Autumn Winter 2023 Core Menu	Sides	Chip Shop Curry Sauce (Ve)	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Salted Caramel Ice Cream Cake	1799	21%	430	22%	19.3	28%	10.9	55%	58.1	22%	43.2	48%	4.8	10%	0.64	11%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Chocolate Fudge Cake (V) - Please choose from the below options	2527	30%	604	30%	28.0	40%	5.5	27%	80.2	31%	54.5	61%	6.5	13%	0.70	12%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Apple Pie Slice (V) - Please choose from the below options	2886	34%	690	34%	26.4	38%	8.6	43%	93.4	36%	37.6	42%	18.5	37%	0.19	3%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Apple Pie Slice (Ve)	3357	40%	802	40%	31.9	46%	13.3	67%	106.9	41%	46.7	52%	19.0	38%	0.21	4%
Proper Locals Autumn Winter 2023 Core Menu	Desserts	Strawberries and Cream Ice Cream Cake	1900	23%	454	23%	21.4	31%	11.6	58%	58.7	23%	42.4	47%	5.9	12%	0.40	7%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Gravy (V)	101	1%	24	1%	1.0	1%	0.0	0%	4.0	2%	0.0	0%	0.0	0%	1.20	20%

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
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Roast Potatoes (V)	1017	12%	242	12%	9.0	13%	1.5	8%	39.0	15%	1.5	2%	4.5	9%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Carrots (V)	264	3%	63	3%	0.0	0%	0.0	0%	12.0	5%	10.5	12%	1.5	3%	0.15	3%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Sour Cream (V)	345	4%	82	4%	8.0	11%	5.2	26%	1.6	1%	1.6	2%	1.2	2%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Sweet Chilli Sauce (Ve)	274	3%	66	3%	0.0	0%	0.0	0%	16.4	6%	12.4	14%	0.4	1%	0.40	7%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Stuffing (V)	222	3%	53	3%	0.8	1%	0.4	2%	10.0	4%	0.4	0%	1.2	2%	0.04	1%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Baked Beans (V)	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Smoked Streaky Bacon	185	2%	44	2%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Grated Cheese (V)	821	10%	196	10%	15.0	21%	9.6	48%	0.6	0%	0.0	0%	15.6	31%	0.96	16%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Fried Egg (V)	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Scampi	889	11%	213	11%	11.5	16%	3.4	17%	19.1	7%	0.7	1%	7.8	16%	0.48	8%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Yorkshire Pudding (V)	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Mash (V)	1117	13%	267	13%	12.5	18%	7.5	38%	32.5	13%	2.5	3%	5.0	10%	1.00	17%



Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Chicken Fillet	351	4%	84	4%	0.3	0%	0.2	1%	2.2	1%	0.4	0%	18.1	36%	0.40	7%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Garden Peas (V)	278	3%	66	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Mushy Peas (V)	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Custard (V)	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Ice Cream Scoop (V) - Please choose from the below options	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Chicken Strips	1163	14%	278	14%	14.7	21%	2.4	12%	18.3	7%	0.0	0%	7.7	15%	1.39	23%
Proper Locals Autumn Winter 2023 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%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Jalapenos (V)	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Mushrooms (V)	403	5%	96	5%	10.1	14%	0.6	3%	0.0	0%	0.0	0%	1.7	3%	0.10	2%
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra SF Chicken Burger	2147	26%	513	26%	27.1	39%	4.5	22%	33.8	13%	0.0	0%	26.1	52%	2.57	43%

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
Proper Locals Autumn Winter 2023 Core Menu	Extras	Extra Quorn Burger	787	9%	188	9%	9.6	14%	1.5	8%	11.0	4%	1.2	1%	11.2	22%	1.20	20%
Proper Locals Autumn Winter 2023 Core Menu	Upsell	Extra Pigs in Blankets	1376	16%	329	16%	30.6	44%	11.0	55%	2.6	1%	0.2	0%	10.6	21%	1.42	24%
Proper Locals Autumn Winter 2023 Core Menu	Upsell	Extra Yorkie (V)	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%
Proper Locals Autumn Winter 2023 Core Menu	Upsell	Swap Yorkie for Giant Yorkie	782	9%	187	9%	5.5	8%	0.5	2%	28.4	11%	2.3	3%	5.2	10%	0.34	6%
Proper Locals Autumn Winter 2023 Core Menu	Upsells	Upsell - Garlic Bread (V)	941	11%	225	11%	10.6	15%	3.2	16%	27.1	10%	1.2	1%	4.6	9%	0.59	10%

# Proper Locals Seniors Menu Autumn Winter 2023 Nutritional Information



## 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
Proper Locals Autumn Winter 2023 Seniors Menu	Starters	Roasted Tomato Soup (V) - Seniors	1144	14%	273	14%	9.7	14%	5.0	25%	38.2	15%	7.5	8%	6.8	14%	2.00	33%
Proper Locals Autumn Winter 2023 Seniors Menu	Starters	Roasted Tomato Soup (Ve) - Seniors	902	11%	216	11%	3.3	5%	0.8	4%	38.2	15%	7.5	8%	6.7	13%	1.84	31%
Proper Locals Autumn Winter 2023 Seniors Menu	Starters	Louisiana Style Chicken Strips - Seniors	1754	21%	419	21%	18.6	27%	3.1	15%	39.9	15%	12.7	14%	10.2	20%	2.20	37%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Hand-Battered Fish † - Seniors - Please choose from the below options	2927	35%	699	35%	33.7	48%	13.1	65%	64.6	25%	1.7	2%	17.8	36%	0.90	15%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Whitby Scampi † - Seniors - Please choose from the below options	2315	28%	551	28%	22.8	33%	4.3	22%	70.1	27%	0.9	1%	13.9	28%	0.74	12%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	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
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Gammon & Egg - Seniors	2766	33%	661	33%	29.8	43%	6.0	30%	55.0	21%	5.6	6%	30.7	61%	3.32	55%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Chicken Diane - Seniors	2069	25%	492	25%	13.9	20%	2.5	12%	61.6	24%	7.5	8%	29.1	58%	1.85	31%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Sausage & Mash - Seniors	2189	26%	523	26%	27.3	39%	12.0	60%	46.2	18%	10.3	11%	20.8	42%	2.85	48%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Quorn Sausage & Mash (V) - Seniors	2191	26%	524	26%	21.6	31%	9.7	49%	50.7	20%	9.6	11%	26.7	53%	3.35	56%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	Quorn Sausage & Chips (Ve) - Seniors	2070	25%	495	25%	17.2	25%	3.7	19%	54.1	21%	9.0	10%	25.5	51%	2.55	43%
Proper Locals Autumn Winter 2023 Seniors Menu	Mains	All Day Breakfast - Seniors	3493	42%	834	42%	43.7	62%	11.6	58%	63.6	24%	7.5	8%	39.5	79%	3.66	61%
Proper Locals Autumn Winter 2023 Seniors Menu	Scottish Mains	Hand Battered Haddock & Chips † (Belhaven Only) - Please choose from the below options	3706	44%	884	44%	40.7	58%	3.1	15%	86.5	33%	0.0	0%	24.2	48%	1.12	19%
Proper Locals Autumn Winter 2023 Seniors Menu	Scottish Mains	Mushy Peas	351	4%	84	4%	0.0	0%	0.0	0%	13.8	5%	1.2	1%	5.8	12%	0.58	10%
Proper Locals Autumn Winter 2023 Seniors Menu	Scottish Mains	Garden Peas	242	3%	57	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Proper Locals Autumn Winter 2023 Seniors Menu	Scottish Mains	Tartare Sauce	300	4%	72	4%	6.0	9%	0.4	2%	3.6	1%	2.0	2%	0.4	1%	0.00	0%
Proper Locals Autumn Winter 2023 Seniors Menu	Scottish Mains	All Day Breakfast (Belhaven Only)	3645	43%	870	44%	40.0	57%	9.5	48%	72.7	28%	10.9	12%	47.7	95%	4.05	68%
Proper Locals Autumn Winter 2023 Seniors Menu	Sides and Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Proper Locals Autumn Winter 2023 Seniors Menu	Sides and Extras	Bloomer Bread (V) - Please choose from the below options	484	6%	116	6%	12.8	18%	8.4	42%	0.0	0%	0.0	0%	0.1	0%	0.32	5%

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
Proper Locals Autumn Winter 2023 Seniors Menu	Sides and Extras	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Proper Locals Autumn Winter 2023 Seniors Menu	Sides and Extras	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Chocolate Fudge Brownie (V)- Seniors - Please choose from the below options	2326	28%	556	28%	21.3	30%	11.2	56%	81.8	31%	58.7	65%	6.7	13%	0.20	3%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Apple Crumble (V) - Seniors - Please choose from the below options	1589	19%	380	19%	10.6	15%	4.5	23%	64.3	25%	29.2	32%	4.7	9%	0.05	1%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Apple Crumble (Ve) - Seniors	2061	25%	493	25%	16.1	23%	9.3	46%	77.8	30%	38.3	43%	5.2	10%	0.06	1%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Jam and Coconut Sponge (V) - Seniors - Please choose from the below options	1569	19%	375	19%	15.5	22%	3.1	16%	53.2	20%	28.8	32%	4.9	10%	0.61	10%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Ice Cream (V) - Seniors - Please choose from the below options	34	0%	8	0%	0.0	0%	0.0	0%	1.7	1%	0.8	1%	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
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Vanilla	1221	15%	292	15%	10.7	15%	5.5	27%	40.5	16%	36.5	41%	8.2	16%	0.44	7%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Chocolate	1415	17%	338	17%	15.3	22%	7.6	38%	43.5	17%	42.8	48%	6.5	13%	0.23	4%
Proper Locals Autumn Winter 2023 Seniors Menu	Desserts	Jam and Coconut Sponge (Ve) - Seniors	2041	24%	488	24%	21.0	30%	7.9	39%	66.7	26%	37.9	42%	5.5	11%	0.63	11%

# Proper Locals Kids Menu Autumn Winter 2023 Nutritional Information



## 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
Proper Locals Autumn Winter 2023 Kids Menu	Mains	5 Chicken Nuggets † - Please choose from the below options	1118	N.A.	267	N.A.	14.1	N.A.	2.3	N.A.	17.6	N.A.	0.0	N.A.	10.8	N.A.	1.34	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Corn on the Cob	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Sunshine 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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garlic Slices	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.	0.59	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mini Jacket Potatoes	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mash Potato	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	2 Pork Sausages - Please choose from the below options	994	N.A.	238	N.A.	11.7	N.A.	4.0	N.A.	15.0	N.A.	5.4	N.A.	16.8	N.A.	2.34	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
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Corn on the Cob	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Sunshine 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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garlic Slices	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.	0.59	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mini Jacket Potatoes	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mash Potato	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	2 Quorn Sausages (Ve) - Please choose from the below options	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Corn on the Cob	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
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Sunshine 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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garlic Slices	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.	0.59	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mini Jacket Potatoes	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mash Potato	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Beef Burger - Please choose from the below options	1361	N.A.	325	N.A.	18.8	N.A.	8.7	N.A.	25.7	N.A.	2.7	N.A.	12.9	N.A.	0.83	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Corn on the Cob	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Sunshine 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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garlic Slices	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.	0.59	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
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mini Jacket Potatoes	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mash Potato	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Smothered Chicken - Please choose from the below options	773	N.A.	185	N.A.	6.6	N.A.	3.5	N.A.	6.0	N.A.	3.4	N.A.	24.6	N.A.	1.20	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Corn on the Cob	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Sunshine 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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garlic Slices	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.	0.59	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mini Jacket Potatoes	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mash Potato	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	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
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Tomato Pasta (Ve) - Please choose from the below options	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Baked Beans	216	N.A.	52	N.A.	0.0	N.A.	0.0	N.A.	9.0	N.A.	3.6	N.A.	2.4	N.A.	0.48	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garden Peas	208	N.A.	50	N.A.	0.6	N.A.	0.0	N.A.	6.6	N.A.	4.2	N.A.	3.6	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Corn on the Cob	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Sunshine 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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Carrots	105	N.A.	25	N.A.	0.0	N.A.	0.0	N.A.	4.8	N.A.	4.2	N.A.	0.6	N.A.	0.06	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Garlic Slices	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.	0.59	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mini Jacket Potatoes	390	N.A.	93	N.A.	0.2	N.A.	0.1	N.A.	17.8	N.A.	3.3	N.A.	3.5	N.A.	0.15	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	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.
Proper Locals Autumn Winter 2023 Kids Menu	Mains	Mash Potato	670	N.A.	160	N.A.	7.5	N.A.	4.5	N.A.	19.5	N.A.	1.5	N.A.	3.0	N.A.	0.60	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Goosey Chocolate Brownie (V) - Please choose from the below options	1599	N.A.	382	N.A.	14.3	N.A.	7.4	N.A.	56.0	N.A.	42.7	N.A.	6.2	N.A.	0.25	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Build Your Own Mini Mania - Please choose from the below options	879	N.A.	210	N.A.	8.7	N.A.	4.3	N.A.	28.0	N.A.	26.5	N.A.	4.9	N.A.	0.23	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Fruity Mania Topper	458	N.A.	109	N.A.	0.0	N.A.	0.0	N.A.	27.3	N.A.	24.7	N.A.	0.7	N.A.	0.00	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
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Chocolate Mania Topper	1318	N.A.	315	N.A.	16.4	N.A.	10.4	N.A.	38.1	N.A.	31.1	N.A.	3.4	N.A.	0.35	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Fruit Salad (Vø)	326	N.A.	78	N.A.	0.0	N.A.	0.0	N.A.	19.4	N.A.	17.2	N.A.	0.7	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Ice Cream (V) 1 scoop - Please choose from the below options	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.
Proper Locals Autumn Winter 2023 Kids Menu	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Chocolate Ice Cream	472	N.A.	113	N.A.	5.1	N.A.	2.5	N.A.	14.5	N.A.	14.3	N.A.	2.2	N.A.	0.08	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Lemon Sorbet	357	N.A.	85	N.A.	0.1	N.A.	0.0	N.A.	20.8	N.A.	16.8	N.A.	0.1	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Frozen Strawberry Yoghurt	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Vegan Ice Cream	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Chocolate Sauce	115	N.A.	28	N.A.	0.1	N.A.	0.1	N.A.	6.3	N.A.	4.7	N.A.	0.3	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Ice Cream (V) 2 Scoops - Please choose from the below options	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.
Proper Locals Autumn Winter 2023 Kids Menu	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Chocolate Ice Cream	472	N.A.	113	N.A.	5.1	N.A.	2.5	N.A.	14.5	N.A.	14.3	N.A.	2.2	N.A.	0.08	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
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Lemon Sorbet	357	N.A.	85	N.A.	0.1	N.A.	0.0	N.A.	20.8	N.A.	16.8	N.A.	0.1	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Frozen Strawberry Yoghurt	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Vegan Ice Cream	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.
Proper Locals Autumn Winter 2023 Kids Menu	Desserts	Chocolate Sauce	115	N.A.	28	N.A.	0.1	N.A.	0.1	N.A.	6.3	N.A.	4.7	N.A.	0.3	N.A.	0.00	N.A.
Proper Locals Autumn Winter 2023 Kids Menu	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.
Proper Locals Autumn Winter 2023 Kids Menu	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.

# Proper Locals No Gluten Containing Main Menu Autumn Winter 2023 Nutritional Information



## 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
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Starters	Roasted Tomato Soup (V)	1078	13%	258	13%	13.5	19%	5.0	25%	27.1	10%	8.4	9%	4.1	8%	1.90	32%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Starters	Cheesy Topped Nachos Sharer (V)	4450	53%	1064	53%	55.6	79%	21.2	106%	106.4	41%	12.8	14%	29.2	58%	4.18	70%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Mains	Halloumi Salad (V)	2417	29%	578	29%	40.7	58%	24.2	121%	11.1	4%	9.1	10%	39.4	79%	4.52	75%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Mains	Hunter's Chicken	3247	39%	775	39%	25.2	36%	14.3	71%	69.7	27%	25.4	28%	61.7	123%	2.45	41%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Mains	Gammon & Eggs	3934	47%	943	47%	49.5	71%	16.4	82%	49.1	19%	10.8	12%	52.6	105%	6.55	109%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sandwiches	Hunters Sandwich	2868	34%	685	34%	27.4	39%	6.5	32%	66.0	25%	24.8	28%	32.9	66%	2.85	48%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sandwiches	Cheese & Onion Sandwich (V)	3023	36%	723	36%	47.3	68%	14.4	72%	44.6	17%	5.4	6%	26.1	52%	2.88	48%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Steak House	8oz* Sirloin	3086	37%	738	37%	38.3	55%	14.2	71%	49.1	19%	10.8	12%	44.6	89%	0.55	9%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Steak House	8oz* Rump	2929	35%	698	35%	27.2	39%	9.2	46%	49.1	19%	10.8	12%	43.2	86%	0.60	10%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Steak House	8oz* Sirloin with Salad	1929	23%	461	23%	31.1	44%	10.0	50%	6.8	3%	4.8	5%	36.8	74%	0.59	10%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Steak House	8oz* Rump with Salad	1772	21%	422	21%	20.0	29%	4.9	25%	6.8	3%	4.8	5%	35.3	71%	0.65	11%

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
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sauces	Peppercorn - Steak Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sauces	BBQ Sauce - Steak Sauce	452	5%	108	5%	0.0	0%	0.0	0%	20.4	8%	18.0	20%	1.2	2%	0.54	9%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sauces	Piri Piri Sauce - Steak Sauce	131	2%	31	2%	1.2	2%	0.0	0%	4.2	2%	1.2	1%	0.6	1%	3.54	59%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sides	Grilled Halloumi (V)	1115	13%	266	13%	20.0	29%	12.1	60%	2.2	1%	2.2	2%	19.2	38%	2.16	36%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sides	Dressed Side Salad (Ve)	104	1%	25	1%	0.6	1%	0.1	1%	3.4	1%	2.4	3%	0.7	1%	0.12	2%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sides	Buttered Corn On The Cob (V)	1003	12%	240	12%	10.7	15%	4.9	25%	21.6	8%	5.7	6%	8.2	16%	0.19	3%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sides	NGCI Bread (V)	1432	17%	342	17%	17.2	25%	5.2	26%	37.1	14%	2.3	3%	5.6	11%	1.14	19%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Sides	Steak Sides - Two Free Range Fried Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Apple Crumble (V) - Please choose from the below options	1589	19%	380	19%	10.6	15%	4.5	23%	64.3	25%	29.2	32%	4.7	9%	0.05	1%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Custard	500	6%	120	6%	3.5	5%	2.3	12%	18.4	7%	12.7	14%	3.5	7%	0.12	2%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Ice Cream (V) - Please choose from the below options	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	0.15	3%

Proper Locals  
No Gluten Containing Main Menu  
Autumn Winter 2023  
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
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Lemon Sorbet	357	4%	85	4%	0.1	0%	0.0	0%	20.8	8%	16.8	19%	0.1	0%	0.00	0%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Frozen Strawberry Yoghurt	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Vegan Ice Cream	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Proper Locals Autumn Winter 2023 Core No Gluten Containing Menu	Desserts	Chocolate Sauce	115	1%	28	1%	0.1	0%	0.1	1%	6.3	2%	4.7	5%	0.3	1%	0.00	0%
Proper Locals Autumn Winter 2023 Core No Gluten Containing 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%