

Heritage Main Menu - Spring Summer 2024 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.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for an average adult

Nutrient	Reference Intake
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
Heritage - Spring Summer 2024 Main Menu	Starters	Pea & Mint Soup (V)	1789	21%	428	21%	21.4	31%	5.5	27%	43.3	17%	7.1	8%	12.1	24%	2.44	41%
Heritage - Spring Summer 2024 Main Menu	Starters	Pea & Mint Soup (Ve)	1547	18%	370	18%	15.0	21%	1.3	6%	43.3	17%	7.1	8%	12.1	24%	2.29	38%
Heritage - Spring Summer 2024 Main Menu	Starters	Battered Halloumi (V)	2408	29%	578	29%	46.5	66%	24.8	124%	4.8	2%	3.6	4%	35.3	71%	5.75	96%
Heritage - Spring Summer 2024 Main Menu	Starters	6 Chicken Wings - Please select your sauce choice listed below	4186	50%	1006	50%	65.2	93%	18.0	90%	0.0	0%	0.0	0%	104.5	209%	1.57	26%
Heritage - Spring Summer 2024 Main Menu	Starters	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%
Heritage - Spring Summer 2024 Main Menu	Starters	East Coast IPA BBQ Sauce	320	4%	77	4%	0.0	0%	0.0	0%	18.0	7%	16.5	18%	0.5	1%	0.60	10%
Heritage - Spring Summer 2024 Main Menu	Starters	Korean BBQ Sauce	427	5%	102	5%	4.5	6%	0.5	3%	14.0	5%	12.0	13%	1.0	2%	1.55	26%
Heritage - Spring Summer 2024 Main Menu	Starters	Potted Devon Crab †	1660	20%	406	20%	24.0	34%	8.0	40%	26.4	10%	2.8	3%	16.7	33%	1.39	23%
Heritage - Spring Summer 2024 Main Menu	Starters	Salt & Pepper Squid †	1594	19%	381	19%	21.3	30%	2.5	13%	38.3	15%	10.7	12%	9.8	20%	4.80	80%
Heritage - Spring Summer 2024 Main Menu	Sharers	Chicken Sharer	10722	128%	2567	128%	149.8	214%	42.2	211%	125.9	48%	31.9	35%	180.7	361%	10.87	181%
Heritage - Spring Summer 2024 Main Menu	Sharers	Loaded Nachos (V)	4924	59%	1177	59%	71.3	102%	32.2	161%	103.6	40%	25.4	28%	27.6	55%	4.13	69%
Heritage - Spring Summer 2024 Main Menu	Burgers	House Burger	7356	88%	1800	90%	103.9	148%	36.3	182%	126.9	49%	48.0	53%	77.2	154%	4.92	82%
Heritage - Spring Summer 2024 Main Menu	Burgers	Beyond Meat Burger (Ve)	5263	63%	1257	63%	84.3	120%	14.4	72%	90.2	35%	21.7	24%	30.0	60%	5.92	99%
Heritage - Spring Summer 2024 Main Menu	Burgers	Korean Chicken Burger	4913	58%	1175	59%	56.7	81%	10.8	54%	114.5	44%	31.6	35%	50.0	100%	6.08	101%

Heritage - Spring Summer 2024 Main Menu	Burgers	Vintage Cheddar & Bacon Burger	5541	66%	1324	66%	81.8	117%	29.9	149%	93.0	36%	19.3	21%	52.2	104%	4.58	76%
Heritage - Spring Summer 2024 Main Menu	Classics	Steak & Ale Pie - Please select your side choice listed below	4778	57%	1142	57%	62.9	90%	25.4	127%	103.6	40%	15.7	17%	32.1	64%	4.35	73%
Heritage - Spring Summer 2024 Main Menu	Classics	Seasoned Chips	2096	25%	501	25%	29.4	42%	8.4	42%	50.4	19%	0.0	0%	6.3	13%	1.47	25%
Heritage - Spring Summer 2024 Main Menu	Classics	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 Main Menu	Classics	Fish & Chips † - Please select your pea choice listed below	7343	87%	1759	88%	104.4	149%	17.3	87%	157.7	61%	9.4	10%	89.5	179%	4.24	71%
Heritage - Spring Summer 2024 Main Menu	Classics	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Heritage - Spring Summer 2024 Main Menu	Classics	Crushed Peas	687	8%	164	8%	11.9	17%	7.7	38%	7.7	3%	5.1	6%	4.3	9%	1.02	17%
Heritage - Spring Summer 2024 Main Menu	Classics	Sirloin Steak	4382	52%	1049	52%	62.2	89%	16.8	84%	62.8	24%	2.6	3%	56.1	112%	2.92	49%
Heritage - Spring Summer 2024 Main Menu	Classics	Vintage Cheddar Mac & Cheese (V)	2816	34%	725	36%	31.1	44%	15.9	80%	69.8	27%	9.6	11%	31.2	62%	4.22	70%
Heritage - Spring Summer 2024 Main Menu	Classics	Pulled Mushroom Chilli (Ve)	3264	39%	780	39%	29.6	42%	2.7	13%	104.4	40%	26.0	29%	17.7	35%	3.52	59%
Heritage - Spring Summer 2024 Main Menu	Classics	Duck Hash	4966	59%	1185	59%	61.2	87%	13.7	69%	92.1	35%	9.6	11%	67.7	135%	3.30	55%
Heritage - Spring Summer 2024 Main Menu	Classics	Hake & Romesco Ragout † (N)	2231	27%	533	27%	28.3	40%	2.6	13%	27.3	11%	10.0	11%	36.8	74%	2.83	47%
Heritage - Spring Summer 2024 Main Menu	Classics	Chicken Kyiv	5780	69%	1384	69%	90.6	129%	35.3	177%	55.8	21%	1.2	1%	85.0	170%	6.11	102%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Sirloin Steak Ciabatta	2809	33%	671	34%	22.0	31%	4.3	21%	82.5	32%	20.1	22%	33.9	68%	3.08	51%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Chicken & Bacon Sandwich - Please select your bread choice listed below	1951	23%	466	23%	28.8	41%	5.2	26%	18.7	7%	17.0	19%	32.7	65%	1.71	29%

Heritage - Spring Summer 2024 Main Menu	Lighter Options	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Ciabatta	1305	16%	312	16%	2.5	4%	0.3	2%	60.4	23%	1.2	1%	10.4	21%	1.58	26%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Great British Cheese Toastie (V)	4042	48%	966	48%	35.4	51%	18.3	92%	123.5	47%	32.1	36%	35.1	70%	3.98	66%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Salmon & Vintage Cheddar Fishcakes †	3245	39%	774	39%	41.7	60%	5.9	29%	69.3	27%	13.0	14%	32.5	65%	2.84	47%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Chicken Salad (N)	2435	29%	582	29%	34.7	50%	12.6	63%	16.5	6%	12.9	14%	49.5	99%	1.55	26%
Heritage - Spring Summer 2024 Main Menu	Lighter Options	Halloumi Salad (V) (N)	3255	39%	778	39%	61.8	88%	29.7	148%	19.0	7%	15.4	17%	34.7	69%	4.31	72%
Heritage - Spring Summer 2024 Main Menu	Sides	Triple Cooked Chips (V)	3109	37%	744	37%	43.4	62%	12.4	62%	74.4	29%	0.0	0%	9.3	19%	1.60	27%
Heritage - Spring Summer 2024 Main Menu	Sides	House Seasoned Fries (V)	2243	27%	537	27%	25.3	36%	6.3	32%	69.8	27%	0.3	0%	6.4	13%	1.62	27%
Heritage - Spring Summer 2024 Main Menu	Sides	Onion Rings (V)	1954	23%	469	23%	35.2	50%	6.0	30%	26.4	10%	2.4	3%	13.5	27%	1.92	32%
Heritage - Spring Summer 2024 Main Menu	Sides	Garlic Bread (V)	2622	31%	627	31%	36.5	52%	22.8	114%	61.4	24%	1.7	2%	10.9	22%	2.43	41%
Heritage - Spring Summer 2024 Main Menu	Sides	Mac & Cheese (V)	1272	15%	304	15%	14.0	20%	7.9	39%	32.2	12%	2.2	2%	14.4	29%	2.09	35%
Heritage - Spring Summer 2024 Main Menu	Sides	Dressed Garden Salad (V)	560	7%	134	7%	3.2	5%	0.2	1%	22.3	9%	20.9	23%	2.9	6%	0.05	1%
Heritage - Spring Summer 2024 Main Menu	Sides	Seasoned Hispi Cabbage Wedge (V)	726	9%	173	9%	10.8	15%	1.4	7%	9.8	4%	9.5	11%	5.3	11%	0.08	1%
Heritage - Spring Summer 2024 Main Menu	Sides	Peppercorn Sauce (V)	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Heritage - Spring Summer 2024 Main Menu	Sides	Bearnaise Sauce (V)	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%

Heritage - Spring Summer 2024 Main Menu	Sides	Merlot Beef Dripping Gravy	276	3%	66	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
Heritage - Spring Summer 2024 Main Menu	Sides	Whisky Sauce (V) (SCOTLAND ONLY)	211	3%	50	3%	0.6	1%	0.3	1%	5.7	2%	2.6	3%	1.5	3%	0.77	13%
Heritage - Spring Summer 2024 Main Menu	Sides	Bread & Butter (V)	782	9%	187	9%	4.7	7%	2.6	13%	29.7	11%	0.3	0%	5.5	11%	0.67	11%
Heritage - Spring Summer 2024 Main Menu	Desserts	Pear Frangipane with Pistachio (Ve) (N)	1943	23%	464	23%	22.9	33%	8.0	40%	56.3	22%	30.4	34%	5.5	11%	0.15	3%
Heritage - Spring Summer 2024 Main Menu	Desserts	Chocolate Caramel Torte (V)	2241	27%	536	27%	34.3	49%	19.7	98%	49.6	19%	43.0	48%	6.5	13%	0.27	5%
Heritage - Spring Summer 2024 Main Menu	Desserts	Sticky Toffee Pudding (V) - Please select your side choice listed below	2007	24%	480	24%	13.5	19%	6.5	32%	83.3	32%	53.8	60%	5.2	10%	0.54	9%
Heritage - Spring Summer 2024 Main Menu	Desserts	Classic Jersey Clotted Cream Ice Cream	527	6%	126	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
Heritage - Spring Summer 2024 Main Menu	Desserts	Custard	435	5%	104	5%	3.0	4%	2.0	10%	16.0	6%	11.0	12%	3.0	6%	0.10	2%
Heritage - Spring Summer 2024 Main Menu	Desserts	Blackberry & Elderflower Eton Mess (V)	2617	31%	625	31%	49.4	71%	30.6	153%	42.4	16%	40.6	45%	3.9	8%	0.41	7%
Heritage - Spring Summer 2024 Main Menu	Desserts	Pear Frangipane with Pistachio (V) (N)	2411	29%	576	29%	41.4	59%	18.3	91%	44.2	17%	22.8	25%	5.9	12%	0.18	3%
Heritage - Spring Summer 2024 Main Menu	Sunday Roasts	28 Day Aged Sirloin of Beef	6111	73%	1460	73%	110.8	158%	39.1	195%	71.3	27%	23.0	26%	40.5	81%	2.60	43%
Heritage - Spring Summer 2024 Main Menu	Sunday Roasts	Roasted Half Chicken	6159	73%	1471	74%	101.8	145%	32.7	164%	71.6	28%	23.3	26%	64.4	129%	3.62	60%
Heritage - Spring Summer 2024 Main Menu	Sunday Roasts	Nut Roast Wellington (V) (N)	4426	53%	1055	53%	54.2	77%	18.7	93%	114.0	44%	22.9	25%	31.0	62%	3.17	53%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Soup of the Day (SCOTLAND ONLY) - Please select today's flavour of the day	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Carrot & Coriander	1485	18%	353	18%	3.4	5%	0.7	4%	61.2	24%	53.6	60%	8.5	17%	2.07	35%

Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Leek and Potato Soup	586	7%	140	7%	3.3	5%	0.3	1%	22.5	9%	6.1	7%	2.7	5%	1.56	26%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Tomato and Basil Soup	907	11%	217	11%	13.0	19%	6.3	31%	16.6	6%	13.3	15%	4.7	9%	1.59	27%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Lentil Soup	1102	13%	263	13%	4.7	7%	0.3	1%	38.7	15%	14.8	16%	11.4	23%	1.68	28%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Cream Of Mushroom	1761	21%	421	21%	38.1	54%	18.5	93%	11.9	5%	6.5	7%	7.7	15%	3.21	54%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Cream of Chicken Soup	1315	16%	314	16%	22.7	32%	12.7	64%	16.7	6%	3.5	4%	10.8	22%	2.10	35%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Cream of Broccoli	712	8%	170	9%	9.2	13%	3.7	19%	14.3	6%	4.7	5%	5.8	12%	1.59	27%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Pea & Bacon Soup	872	10%	208	10%	8.7	12%	2.3	11%	18.1	7%	10.7	12%	12.3	25%	2.07	35%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Haggis Fritters (SCOTLAND ONLY)	2215	26%	530	27%	33.3	48%	8.5	43%	31.1	12%	3.2	4%	24.3	49%	2.36	39%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Taste of haggis (SCOTLAND ONLY)	1446	17%	346	17%	15.8	23%	7.5	37%	32.1	12%	5.8	6%	11.1	22%	2.13	36%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Taste of haggis - vegetarian (v) (SCOTLAND ONLY)	1553	18%	371	19%	16.6	24%	7.5	37%	39.3	15%	5.8	6%	8.7	17%	2.13	36%
Heritage - Spring Summer 2024 Main Menu	Scotland Starters	Cullen Skink (SCOTLAND ONLY)	2668	32%	638	32%	40.3	58%	24.7	123%	43.1	17%	6.5	7%	24.6	49%	2.50	42%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Steak & Ale Pie (SCOTLAND ONLY) - Please select your side choice listed below	3203	38%	766	38%	44.1	63%	17.8	89%	32.4	12%	13.1	15%	52.6	105%	2.64	44%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Seasoned Chips	2096	25%	501	25%	29.4	42%	8.4	42%	50.4	19%	0.0	0%	6.3	13%	1.47	25%

Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Fish & Chips † (SCOTLAND ONLY) - Please select your side choice listed below	4832	58%	1156	58%	66.9	96%	12.6	63%	86.8	33%	4.5	5%	49.4	99%	3.19	53%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Crushed Peas	687	8%	164	8%	11.9	17%	7.7	38%	7.7	3%	5.1	6%	4.3	9%	1.02	17%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Large Fish & Chips † (SCOTLAND ONLY) - Please select your side choice listed below	6028	72%	1443	72%	84.2	120%	14.4	72%	99.2	38%	4.5	5%	70.5	141%	3.75	63%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Crushed Peas	687	8%	164	8%	11.9	17%	7.7	38%	7.7	3%	5.1	6%	4.3	9%	1.02	17%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Sirloin Steak (SCOTLAND ONLY)	4382	52%	1049	52%	62.2	89%	16.8	84%	62.8	24%	2.6	3%	56.1	112%	2.92	49%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Balmoral Burger (SCOTLAND ONLY)	6278	75%	1501	75%	92.9	133%	35.4	177%	99.2	38%	13.4	15%	59.7	119%	5.81	97%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Chicken, Bacon & Leek Pie (SCOTLAND ONLY) - Please select your side choice listed below	3329	40%	796	40%	51.0	73%	21.0	105%	39.8	15%	15.0	17%	37.6	75%	3.14	52%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Seasoned Chips	2096	25%	501	25%	29.4	42%	8.4	42%	50.4	19%	0.0	0%	6.3	13%	1.47	25%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Haggis & Potato Pie (SCOTLAND ONLY) - Please select your side choice listed below	4962	59%	1186	59%	70.9	101%	33.8	169%	77.3	30%	16.0	18%	44.4	89%	5.44	91%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Seasoned Chips	2096	25%	501	25%	29.4	42%	8.4	42%	50.4	19%	0.0	0%	6.3	13%	1.47	25%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%

Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Veggie Haggis & Potato Pie (V)(SCOTLAND ONLY) - Please select your side choice listed below	5229	62%	1250	62%	72.9	104%	33.8	169%	95.3	37%	16.0	18%	38.4	77%	5.44	91%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Seasoned Chips	2096	25%	501	25%	29.4	42%	8.4	42%	50.4	19%	0.0	0%	6.3	13%	1.47	25%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Balmoral Chicken (SCOTLAND ONLY) - Please select your side choice listed below	2505	30%	599	30%	24.5	35%	10.0	50%	23.1	9%	9.6	11%	64.8	130%	3.28	55%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Seasoned Chips	2096	25%	501	25%	29.4	42%	8.4	42%	50.4	19%	0.0	0%	6.3	13%	1.47	25%
Heritage - Spring Summer 2024 Main Menu	Scotland Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 Main Menu	Scotland Dessert	Cranachan (v) (SCOTLAND ONLY)	1648	20%	394	20%	36.5	52%	22.8	114%	13.6	5%	13.5	15%	2.5	5%	0.10	2%

Heritage No Gluten Containing Ingredient Menu - Spring Summer 2024 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.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for an average adult

Nutrient	Reference Intake
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
Heritage - Spring Summer 2024 No Gluten Menu	Starters	Pea & Mint Soup (V)	2053	24%	491	25%	29.0	41%	6.1	31%	39.0	15%	8.4	9%	10.7	21%	2.20	37%
Heritage - Spring Summer 2024 No Gluten Menu	Starters	Potted Devon Crab †	2202	26%	507	25%	35.2	50%	10.8	54%	29.1	11%	3.2	4%	16.5	33%	1.51	25%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Sirloin Steak - Please select your side choice listed below	1495	18%	357	18%	18.7	27%	6.1	30%	1.8	1%	1.6	2%	44.4	89%	0.75	13%
Heritage - Spring Summer 2024 No Gluten 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%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Side Salad	488	6%	116	6%	3.2	5%	0.2	1%	18.1	7%	17.0	19%	2.8	6%	0.05	1%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Vintage Cheddar & Bacon Burger - Please select your side choice listed below	3984	47%	952	48%	70.0	100%	25.9	129%	29.4	11%	4.9	5%	45.3	91%	2.60	43%
Heritage - Spring Summer 2024 No Gluten 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%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Side Salad	488	6%	116	6%	3.2	5%	0.2	1%	18.1	7%	17.0	19%	2.8	6%	0.05	1%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Beyond Meat Burger (V) - Please select your side choice listed below	4220	50%	1008	50%	74.6	107%	14.0	70%	50.9	20%	15.3	17%	25.1	50%	4.18	70%
Heritage - Spring Summer 2024 No Gluten 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%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Mashed Potato	1454	17%	347	17%	16.5	24%	9.3	46%	41.1	16%	4.8	5%	6.2	12%	2.37	40%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Side Salad	488	6%	116	6%	3.2	5%	0.2	1%	18.1	7%	17.0	19%	2.8	6%	0.05	1%

Heritage - Spring Summer 2024 No Gluten Menu	Mains	Pulled Mushroom Chilli (Ve)	3191	38%	763	38%	29.6	42%	2.7	13%	100.2	39%	22.1	25%	17.6	35%	3.52	59%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Duck Hash	3974	47%	951	48%	45.4	65%	12.8	64%	64.7	25%	12.4	14%	64.9	130%	3.25	54%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Hake & Romesco Ragout † (N)	2322	28%	515	26%	31.1	44%	2.8	14%	26.6	10%	9.6	11%	36.5	73%	2.73	46%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Chicken Salad (N)	2435	29%	582	29%	34.7	50%	12.6	63%	16.5	6%	12.9	14%	49.5	99%	1.55	26%
Heritage - Spring Summer 2024 No Gluten Menu	Mains	Halloumi Salad (V) (N)	3255	39%	778	39%	61.8	88%	29.7	148%	19.0	7%	15.4	17%	34.7	69%	4.31	72%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	Dressed Garden Salad (V)	488	6%	116	6%	3.2	5%	0.2	1%	18.1	7%	17.0	19%	2.8	6%	0.05	1%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	Seasoned Hispi Cabbage Wedge (V)	726	9%	173	9%	10.8	15%	1.4	7%	9.8	4%	9.5	11%	5.3	11%	0.08	1%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	NGC Bread Roll & Butter (V)	1158	14%	277	14%	15.2	22%	5.0	25%	25.9	10%	1.8	2%	3.9	8%	0.70	12%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	Merlot Beef Dripping Gravy	276	3%	66	3%	3.0	4%	1.0	5%	6.0	2%	3.0	3%	1.0	2%	0.80	13%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	Bernaise Sauce (V)	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	Peppercorn Sauce (V)	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Heritage - Spring Summer 2024 No Gluten Menu	Sides	Extra Pigs in Blankets	917	11%	219	11%	20.4	29%	7.4	37%	1.7	1%	0.1	0%	7.1	14%	0.95	16%
Heritage - Spring Summer 2024 No Gluten Menu	Desserts	Clotted Cream Ice Cream (V)	1582	19%	378	19%	21.4	31%	12.8	64%	37.2	14%	37.2	41%	8.8	18%	0.34	6%
Heritage - Spring Summer 2024 No Gluten Menu	Desserts	Vegan Ice Cream (Ve)	1415	17%	338	17%	16.4	23%	14.3	71%	40.5	16%	27.3	30%	1.7	3%	0.05	1%
Heritage - Spring Summer 2024 No Gluten Menu	Desserts	Blackberry & Elderflower Eton Mess (V)	2617	31%	625	31%	49.4	71%	30.6	153%	42.4	16%	40.6	45%	3.9	8%	0.41	7%

Heritage Breakfast Menu - Spring Summer 2024 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.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for an average adult

Nutrient	Reference Intake
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
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Full English Breakfast - Please select your egg choice listed below	4597	55%	1100	55%	69.6	99%	17.2	86%	69.6	27%	8.9	10%	47.3	95%	6.58	110%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	20.6	41%	0.60	10%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Scrambled Egg	1049	12%	251	13%	20.4	29%	10.0	50%	1.0	0%	1.0	1%	15.8	32%	0.71	12%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Poached Egg	649	8%	155	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Veggie Breakfast (V) - Please select your egg choice listed below	3150	38%	754	38%	40.2	57%	7.2	36%	64.7	25%	10.4	12%	28.8	58%	4.09	68%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	20.6	41%	0.60	10%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Scrambled Egg	1049	12%	251	13%	20.4	29%	10.0	50%	1.0	0%	1.0	1%	15.8	32%	0.71	12%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Poached Egg	649	8%	155	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Avocado on Toast (Ve)	1585	19%	379	19%	15.4	22%	2.7	14%	48.3	19%	4.9	5%	8.2	16%	0.84	14%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Porridge (V) - Please select your topping choice listed below	565	7%	135	7%	5.0	7%	3.0	15%	16.5	6%	16.3	18%	5.8	12%	0.22	4%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Blackcurrant Jam	485	6%	116	6%	0.0	0%	0.0	0%	28.5	11%	1.0	1%	0.0	0%	0.00	0%
Heritage - Spring Summer 2024 Breakfast Menu	Cooked	Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	Sausage Sandwich - Please select your bread choice listed below	1745	21%	417	21%	30.5	44%	9.0	45%	17.3	7%	0.5	1%	18.2	36%	2.15	36%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%

Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	Bacon Sandwich - Please select your bread choice listed below	1238	15%	296	15%	24.7	35%	7.9	40%	0.1	0%	0.1	0%	18.3	37%	2.26	38%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	Quorn Sausage Sandwich (Ve) - Please select your bread choice listed below	1234	15%	295	15%	17.9	26%	5.3	27%	12.5	5%	2.0	2%	17.9	36%	1.73	29%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Heritage - Spring Summer 2024 Breakfast Menu	Sandwiches	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Full Scottish Breakfast - Please select your egg choice listed below	3730	44%	892	45%	33.8	48%	8.9	44%	86.9	33%	18.3	20%	54.4	109%	6.80	113%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	20.6	41%	0.60	10%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Scrambled Egg	1049	12%	251	13%	20.4	29%	10.0	50%	1.0	0%	1.0	1%	15.8	32%	0.71	12%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Poached Egg	649	8%	155	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Veggie Scottish Breakfast (V) - Please select your egg choice listed below	2559	30%	612	31%	19.5	28%	4.6	23%	74.5	29%	11.3	13%	26.5	53%	4.56	76%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	20.6	41%	0.60	10%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Scrambled Egg	1049	12%	251	13%	20.4	29%	10.0	50%	1.0	0%	1.0	1%	15.8	32%	0.71	12%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Poached Egg	649	8%	155	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%

Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Breakfast Roll - Please select your choice of filling listed below	604	7%	144	7%	3.9	6%	2.3	11%	22.8	9%	0.5	1%	4.5	9%	0.58	10%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Haggis	773	9%	185	9%	12.0	17%	5.6	28%	11.2	4%	0.8	1%	7.2	14%	0.88	15%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Potato Scone	441	5%	106	5%	0.5	1%	0.1	1%	22.7	9%	0.9	1%	1.9	4%	1.10	18%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Lorne Sausage	584	7%	139	7%	3.7	5%	0.9	4%	12.4	5%	4.4	5%	13.8	28%	0.85	14%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Quorn Cumberland Sausage	933	11%	223	11%	9.9	14%	3.7	19%	12.5	5%	2.0	2%	17.9	36%	1.53	25%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Back Bacon	937	11%	224	11%	16.7	24%	6.3	32%	0.1	0%	0.1	0%	18.3	37%	2.06	34%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Fried Egg	582	7%	140	7%	11.0	16%	2.4	12%	0.0	0%	0.0	0%	10.3	21%	0.30	5%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Scrambled Egg	1049	12%	251	13%	20.4	29%	10.0	50%	1.0	0%	1.0	1%	15.8	32%	0.71	12%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Lorne Sausage Sandwich - Please select your bread choice listed below	1468	17%	351	18%	15.5	22%	3.3	17%	24.8	10%	8.8	10%	27.6	55%	1.90	32%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Breakfast	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Sides	Extra Lorne Sausage	584	7%	139	7%	3.7	5%	0.9	4%	12.4	5%	4.4	5%	13.8	28%	0.85	14%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Sides	Extra Potato Scone	883	11%	211	11%	0.9	1%	0.2	1%	45.4	17%	1.8	2%	3.8	8%	2.20	37%
Heritage - Spring Summer 2024 Breakfast Menu	Scotland Sides	Extra Haggis	773	9%	185	9%	12.0	17%	5.6	28%	11.2	4%	0.8	1%	7.2	14%	0.88	15%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Toast & Butter - Please select your bread choice listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%

Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Toast & Preserves - Please select your bread and topping choice listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Blackcurrant Jam	485	6%	116	6%	0.0	0%	0.0	0%	28.5	11%	1.0	1%	0.0	0%	0.00	0%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Add a Fried Egg	582	7%	140	7%	11.0	16%	2.4	12%	0.0	0%	0.0	0%	10.3	21%	0.30	5%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Bacon	937	11%	224	11%	16.7	24%	6.3	32%	0.1	0%	0.1	0%	18.3	37%	2.06	34%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Sausage	722	9%	173	9%	11.3	16%	3.7	18%	8.6	3%	0.2	0%	9.1	18%	0.98	16%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Vegetarian Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Eggs - Please select your egg choice listed below																
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	20.6	41%	0.60	10%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Scrambled Egg	1049	12%	251	13%	20.4	29%	10.0	50%	1.0	0%	1.0	1%	15.8	32%	0.71	12%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Poached Egg	649	8%	155	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%

Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Hash Browns	1473	18%	353	18%	21.6	31%	2.8	14%	35.6	14%	0.8	1%	6.1	12%	1.73	29%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Preserves - Please select your topping choice listed below																
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Blackcurrant Jam	485	6%	116	6%	0.0	0%	0.0	0%	28.5	11%	1.0	1%	0.0	0%	0.00	0%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Beans	360	4%	86	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Tomatoes	274	3%	65	3%	6.0	9%	0.5	3%	1.5	1%	1.5	2%	0.5	1%	0.00	0%
Heritage - Spring Summer 2024 Breakfast Menu	Breakfast Sides	Extra Flat Mushroom	110	1%	26	1%	2.7	4%	0.2	1%	0.1	0%	0.0	0%	0.3	1%	0.03	1%

Heritage Kids Menu - Spring Summer 2024 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.

When referring to Children's menu nutritional information, please be aware Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more.

As a result of the above, we do not provide this information as medical advice. However we provide this information to ensure our guests are able to make an informed decision when choosing to dine with us.

Reference Intakes (RI's) for an average adult

Nutrient	Reference Intake
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
Heritage - Spring Summer 2024 Kids Menu	Mains	2 Super Pork Sausages	2626	N.A	628	N.A	30.1	N.A	10.5	N.A	58.2	N.A	9.7	N.A	27.3	N.A	3.48	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	4 Chicken Nuggets †	2429	N.A	581	N.A	29.3	N.A	6.6	N.A	53.0	N.A	6.7	N.A	24.1	N.A	1.32	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	Hand Battered Fish †	3749	N.A	898	N.A	50.5	N.A	21.6	N.A	62.6	N.A	8.9	N.A	46.5	N.A	1.22	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	Hand Battered Fish † - Scotland	3182	N.A	761	N.A	41.8	N.A	7.4	N.A	55.9	N.A	6.7	N.A	38.4	N.A	1.02	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	2 Quorn Sausages (V)	2468	N.A	590	N.A	27.9	N.A	8.5	N.A	51.4	N.A	8.7	N.A	27.2	N.A	1.78	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	Tomato Pasta (Ve)	1954	N.A	467	N.A	5.5	N.A	0.9	N.A	92.7	N.A	7.3	N.A	8.7	N.A	1.07	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	28 Day Aged Sirloin of Beef	3349	N.A	800	N.A	57.1	N.A	19.9	N.A	46.9	N.A	14.3	N.A	23.7	N.A	1.83	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	Roast Chicken	3163	N.A	755	N.A	46.5	N.A	15.2	N.A	47.3	N.A	14.7	N.A	36.5	N.A	2.00	N.A
Heritage - Spring Summer 2024 Kids Menu	Mains	Nut Roast Wellington (V)	3192	N.A	761	N.A	39.1	N.A	14.6	N.A	80.3	N.A	16.1	N.A	23.7	N.A	2.80	N.A
Heritage - Spring Summer 2024 Kids Menu	Desserts	Fresh Strawberries (Ve)	142	N.A	34	N.A	0.0	N.A	0.0	N.A	7.0	N.A	7.0	N.A	1.0	N.A	0.00	N.A
Heritage - Spring Summer 2024 Kids Menu	Desserts	Ice Cream (V)	1284	N.A	307	N.A	14.5	N.A	8.7	N.A	37.4	N.A	34.2	N.A	6.5	N.A	0.22	N.A
Heritage - Spring Summer 2024 Kids Menu	Desserts	Chocolate Brownie (V)	1573	N.A	376	N.A	19.8	N.A	8.1	N.A	44.3	N.A	37.5	N.A	5.1	N.A	0.16	N.A