

# PUV Heritage Core Main Menu Spring Summer 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
PUV Heritage - Spring Summer 2023 Main Menu	Starters	Battered Halloumi (V)	2408	29%	578	29%	46.5	66%	24.8	124%	4.8	2%	3.6	4%	30.5	61%	5.75	96%
PUV Heritage - Spring Summer 2023 Main Menu	Starters	King Prawns & Chorizo †	1471	18%	352	18%	18.6	27%	4.2	21%	17.3	7%	1.9	2%	27.7	55%	5.22	87%
PUV Heritage - Spring Summer 2023 Main Menu	Starters	Butternut Squash Soup (V)	1737	21%	415	21%	19.6	28%	6.7	33%	50.1	19%	9.1	10%	7.6	15%	2.30	38%
PUV Heritage - Spring Summer 2023 Main Menu	Starters	Butternut Squash Soup (Ve)	1495	18%	357	18%	13.2	19%	2.5	12%	50.0	19%	9.1	10%	7.6	15%	2.14	36%
PUV Heritage - Spring Summer 2023 Main Menu	Starters	Salt & Pepper Squid †	1594	19%	381	19%	21.3	30%	2.5	13%	38.3	15%	10.7	12%	12.5	25%	4.80	80%
PUV Heritage - Spring Summer 2023 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%	64.4	129%	1.57	26%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Soup of the Day (Scotland Only) - Please speak to a member of the team for today's flavour below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Carrot & Coriander Soup	1483	18%	352	18%	3.3	5%	0.7	4%	61.2	24%	53.6	60%	8.5	17%	2.07	35%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Leek and Potato Soup	586	7%	140	7%	3.3	5%	0.4	2%	22.5	9%	6.1	7%	2.7	5%	1.56	26%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Tomato and Basil Soup	907	11%	217	11%	13.0	19%	6.4	32%	16.6	6%	13.3	15%	4.7	9%	1.59	27%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Lentil Soup	1115	13%	266	13%	4.7	7%	0.4	2%	38.7	15%	14.8	16%	11.4	23%	1.68	28%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Cream Of Mushroom Soup	1761	21%	421	21%	38.1	54%	18.7	93%	11.9	5%	6.5	7%	7.7	15%	3.21	54%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only 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%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Cream of Broccoli Soup	712	8%	170	9%	9.2	13%	3.7	19%	14.3	6%	4.7	5%	5.8	12%	1.59	27%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Pea & Bacon Soup	770	9%	184	9%	7.8	11%	2.0	10%	18.2	7%	10.8	12%	11.9	24%	2.34	39%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Sliced Malted Bloomer	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Sliced 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%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Haggis Fritters (Sotland Only)	2215	26%	530	27%	33.3	48%	8.5	43%	31.1	12%	3.2	4%	13.6	27%	2.36	39%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Taste of haggis (Sotland Only)	1446	17%	346	17%	15.8	23%	7.5	37%	32.1	12%	5.8	6%	11.1	22%	2.13	36%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Taste of haggis - vegetarian (v) (Sotland Only)	1553	18%	371	19%	16.6	24%	7.5	37%	39.3	15%	5.8	6%	8.7	17%	2.13	36%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Starters	Cullen Skink (Sotland Only)	2751	33%	657	33%	40.8	58%	24.7	123%	43.1	17%	6.5	7%	28.5	57%	3.29	55%
PUV Heritage - Spring Summer 2023 Main Menu	Sharers	Chicken Sharer	10596	126%	2537	127%	149.8	214%	42.2	211%	118.4	46%	24.8	28%	134.4	269%	10.81	180%
PUV Heritage - Spring Summer 2023 Main Menu	Sharers	Loaded Nachos (V)	4671	56%	1116	56%	71.3	102%	32.2	161%	88.6	34%	11.2	12%	27.4	55%	4.07	68%
PUV Heritage - Spring Summer 2023 Main Menu	Sharers	Baked British Camembert (V)	5132	61%	1226	61%	57.9	83%	34.6	173%	110.9	43%	19.7	22%	61.0	122%	5.56	93%
PUV Heritage - Spring Summer 2023 Main Menu	Burgers	House Burger	7648	91%	1830	91%	114.7	164%	35.1	175%	121.1	47%	34.6	38%	74.2	148%	4.92	82%
PUV Heritage - Spring Summer 2023 Main Menu	Burgers	Vintage Cheddar & Bacon Burger	6199	74%	1481	74%	96.4	138%	29.9	150%	102.7	39%	20.5	23%	48.6	97%	4.73	79%
PUV Heritage - Spring Summer 2023 Main Menu	Burgers	Korean Chicken Burger	5528	66%	1321	66%	67.3	96%	8.1	41%	139.1	54%	34.0	38%	40.5	81%	5.87	98%
PUV Heritage - Spring Summer 2023 Main Menu	Burgers	Beyond Meat Burger (Ve)	5263	63%	1257	63%	84.3	120%	16.6	83%	90.2	35%	21.7	24%	30.0	60%	5.92	99%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Seafood Risotto †	4390	52%	1049	52%	57.1	82%	10.2	51%	75.9	29%	5.4	6%	55.5	111%	4.44	74%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Fish & Chips † - Please select your side choice listed below	8108	97%	1938	97%	105.8	151%	11.4	57%	164.8	63%	11.2	12%	71.1	142%	3.63	61%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Crushed Peas	663	8%	159	8%	12.8	18%	7.7	38%	7.7	3%	5.1	6%	4.3	9%	0.68	11%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Sirloin Steak - Please select your side choice listed below	4702	56%	1124	56%	65.1	93%	9.9	49%	80.7	31%	10.3	11%	43.5	87%	2.56	43%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Peppercorn Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	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%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Bernaise Sauce	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Chicken Kyiv	6458	77%	1543	77%	101.1	144%	31.2	156%	95.4	37%	4.8	5%	67.1	134%	5.69	95%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Seasoned Chips	2405	29%	573	29%	29.4	42%	2.1	11%	75.6	29%	2.1	2%	6.3	13%	0.21	4%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Slow Cooked Confit of Pork Belly	6181	74%	1477	74%	90.0	129%	31.5	158%	62.4	24%	20.7	23%	96.2	192%	5.10	85%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Pulled Mushroom Chilli (Ve)	3001	36%	717	36%	29.6	42%	2.7	13%	89.0	34%	11.5	13%	17.5	35%	3.52	59%
PUV Heritage - Spring Summer 2023 Main Menu	Classics	Vintage Cheddar Mac & Cheese (V)	2843	34%	679	34%	31.1	44%	15.9	80%	71.2	27%	10.7	12%	31.3	63%	4.22	70%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Fish & Chips † (Scotland Only) - Please select your side choice listed below	5113	61%	1223	61%	71.1	102%	7.0	35%	95.9	37%	6.3	7%	47.9	96%	2.67	45%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Crushed Peas	663	8%	159	8%	12.8	18%	7.7	38%	7.7	3%	5.1	6%	4.3	9%	0.68	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
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Steak & Ale Pie (Sotland Only) - Please select your side choice listed below	3458	41%	826	41%	54.1	77%	20.3	101%	32.4	12%	13.1	15%	47.6	95%	2.64	44%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Seasoned Chips	2405	29%	573	29%	29.4	42%	2.1	11%	75.6	29%	2.1	2%	6.3	13%	0.21	4%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Sirloin Steak (Sotland Only) - Please select your side choice listed below	4702	56%	1124	56%	65.1	93%	9.9	49%	80.7	31%	10.3	11%	43.5	87%	2.56	43%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Peppercorn Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Whisky Sauce	211	3%	50	3%	0.6	1%	0.3	1%	5.7	2%	2.6	3%	1.5	3%	0.77	13%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	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%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Bernaise Sauce	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Balmoral Burger (Sotland Only)	6936	83%	1657	83%	107.4	153%	35.4	177%	108.9	42%	14.6	16%	56.1	112%	5.96	99%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Chicken, Bacon & Leek Pie (Sotland Only) - Please select your side choice listed below	3397	40%	812	41%	53.1	76%	21.7	109%	39.8	15%	15.0	17%	36.3	73%	3.21	54%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Seasoned Chips	2405	29%	573	29%	29.4	42%	2.1	11%	75.6	29%	2.1	2%	6.3	13%	0.21	4%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Haggis & Potato Pie (Sotland 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%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Seasoned Chips	2405	29%	573	29%	29.4	42%	2.1	11%	75.6	29%	2.1	2%	6.3	13%	0.21	4%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Veggie Haggis & Potato Pie (V) (Sotland 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%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Seasoned Chips	2405	29%	573	29%	29.4	42%	2.1	11%	75.6	29%	2.1	2%	6.3	13%	0.21	4%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Balmoral Chicken (Sotland Only) - Please select your side choice listed below	2507	30%	600	30%	25.3	36%	10.2	51%	23.0	9%	9.5	11%	59.0	118%	3.70	62%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Seasoned Chips	2405	29%	573	29%	29.4	42%	2.1	11%	75.6	29%	2.1	2%	6.3	13%	0.21	4%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Large Fish & Chips † (Sotland Only) - Please select your side choice listed below	6407	76%	1532	77%	89.8	128%	9.0	45%	109.3	42%	6.3	7%	68.2	136%	3.27	55%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Garden Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
PUV Heritage - Spring Summer 2023 Main Menu	Scotland Only Mains	Crushed Peas	663	8%	159	8%	12.8	18%	7.7	38%	7.7	3%	5.1	6%	4.3	9%	0.68	11%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Chicken & Bacon Sandwich - Please select your bread choice listed below	1514	18%	362	18%	27.9	40%	4.7	24%	2.7	1%	1.9	2%	24.9	50%	1.29	22%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Sliced White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Sirloin Steak Ciabatta	2444	29%	584	29%	18.8	27%	3.9	19%	68.2	26%	6.0	7%	29.2	58%	2.48	41%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Great British Cheese Toastie (V)	2847	34%	680	34%	33.0	47%	18.0	90%	67.0	26%	14.2	16%	26.3	53%	3.04	51%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Signature Salad with Chicken	2691	32%	643	32%	42.0	60%	15.4	77%	15.0	6%	11.9	13%	49.4	99%	3.60	60%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Signature Salad with Halloumi (V)	3511	42%	839	42%	69.1	99%	32.4	162%	17.5	7%	14.4	16%	34.6	69%	6.36	106%
PUV Heritage - Spring Summer 2023 Main Menu	Lighter Options	Salmon & Vintage Cheddar Fishcakes †	2485	30%	594	30%	51.5	74%	6.9	34%	68.6	26%	11.9	13%	28.6	57%	2.68	45%
PUV Heritage - Spring Summer 2023 Main Menu	Sides	Triple Cooked Chips (V)	3103	37%	741	37%	37.2	53%	3.1	16%	96.1	37%	6.2	7%	9.3	19%	1.29	22%
PUV Heritage - Spring Summer 2023 Main Menu	Sides	Onion Rings (V)	2074	25%	498	25%	34.3	49%	3.1	15%	35.9	14%	12.5	14%	2.6	5%	1.44	24%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - Spring Summer 2023 Main Menu	Sides	House Seasoned Fries (V)	3214	38%	768	38%	44.2	63%	4.2	21%	86.6	33%	2.4	3%	4.3	9%	1.62	27%
PUV Heritage - Spring Summer 2023 Main Menu	Sides	Dressed Garden Salad (V)	298	4%	71	4%	3.2	5%	0.2	1%	6.8	3%	6.3	7%	2.6	5%	0.05	1%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 Main Menu	Sides	Bread & Butter (V) - Please select your bread choice listed below																
PUV Heritage - Spring Summer 2023 Main Menu	Sides	Malted Bread & Butter	666	8%	159	8%	4.1	6%	2.4	12%	24.6	9%	1.1	1%	5.0	10%	0.54	9%
PUV Heritage - Spring Summer 2023 Main Menu	Sides	White Bloomer Bread & Butter	782	9%	187	9%	4.7	7%	2.6	13%	29.7	11%	0.3	0%	5.5	11%	0.67	11%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 Main Menu	Sides	Whisky Sauce (V) (Sotland Only)	211	3%	50	3%	0.6	1%	0.3	1%	5.7	2%	2.6	3%	1.5	3%	0.77	13%
PUV Heritage - Spring Summer 2023 Main Menu	Upsells	Add Chips (v)	3103	37%	741	37%	37.2	53%	3.1	16%	96.1	37%	6.2	7%	9.3	19%	1.29	22%
PUV Heritage - Spring Summer 2023 Main Menu	Upsells	Add Chicken Breast	854	10%	204	10%	2.9	4%	1.1	5%	0.8	0%	0.8	1%	43.5	87%	0.49	8%
PUV Heritage - Spring Summer 2023 Main Menu	Upsells	Add Bacon	722	9%	172	9%	16.7	24%	6.0	30%	0.2	0%	0.0	0%	5.4	11%	1.43	24%
PUV Heritage - Spring Summer 2023 Main Menu	Upsells	Add Garlic Bread Slice (v)	1311	16%	313	16%	18.3	26%	11.4	57%	30.7	12%	0.9	1%	5.5	11%	1.21	20%
PUV Heritage - Spring Summer 2023 Main Menu	Upsells	Add Battered Onion Rings (v)	2074	25%	498	25%	34.3	49%	3.1	15%	35.9	14%	12.5	14%	2.6	5%	1.44	24%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - Spring Summer 2023 Main Menu	Upsells	Add Dressed Garden Salad (v)	298	4%	71	4%	3.2	5%	0.2	1%	6.8	3%	6.3	7%	2.6	5%	0.05	1%
PUV Heritage - Spring Summer 2023 Main Menu	Desserts	British Cheese Board (V)	3527	42%	842	42%	59.4	85%	26.8	134%	28.6	11%	12.0	13%	46.1	92%	3.53	59%
PUV Heritage - Spring Summer 2023 Main Menu	Desserts	Sticky Toffee Pudding (V) - Please select your side choice listed below	2009	24%	480	24%	13.5	19%	6.5	32%	83.4	32%	53.8	60%	5.2	10%	0.54	9%
PUV Heritage - Spring Summer 2023 Main Menu	Desserts	Classic Jersey Clotted Cream Ice Cream	665	8%	159	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
PUV Heritage - Spring Summer 2023 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%
PUV Heritage - Spring Summer 2023 Main Menu	Desserts	Chocolate Caramel Torte (V)	2307	27%	551	28%	33.5	48%	19.5	97%	56.4	22%	44.4	49%	5.3	11%	0.46	8%
PUV Heritage - Spring Summer 2023 Main Menu	Desserts	Apple Pie (Ve)	1846	22%	441	22%	17.2	25%	8.9	45%	63.8	25%	28.2	31%	4.4	9%	0.09	2%
PUV Heritage - Spring Summer 2023 Main Menu	Desserts	Fruit Punch Panna Cotta (V)	2283	27%	546	27%	45.3	65%	28.2	141%	29.6	11%	28.5	32%	2.3	5%	0.18	3%



# PUV Heritage No-Gluten Containing Menu Spring Summer 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
PUV Heritage - SS23 No Gluten Containing Menu	Starters	Butternut Squash Soup (V)	2000	24%	478	24%	27.2	39%	7.3	37%	45.8	18%	10.4	12%	6.2	12%	2.05	34%
PUV Heritage - SS23 No Gluten Containing Menu	Starters	King Prawns & Chorizo †	2061	25%	493	25%	26.8	38%	5.0	25%	28.1	11%	3.4	4%	29.0	58%	5.37	90%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Pulled Mushroom Chilli (Ve)	3001	36%	717	36%	29.6	42%	2.7	13%	89.0	34%	11.5	13%	17.5	35%	3.52	59%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Slow Cooked Confit of Pork Belly	6181	74%	1477	74%	90.0	129%	31.5	158%	62.4	24%	20.7	23%	96.2	192%	5.10	85%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Sirloin Steak - Please select your sauce and side option listed below	1771	21%	423	21%	26.2	37%	6.6	33%	1.3	1%	1.1	1%	36.2	72%	0.80	13%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Peppercorn Sauce	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	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%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Bernaise Sauce	769	9%	184	9%	18.3	26%	12.5	63%	2.9	1%	1.1	1%	0.8	2%	0.54	9%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Side Salad	298	4%	71	4%	3.2	5%	0.2	1%	6.8	3%	6.3	7%	2.6	5%	0.05	1%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Signature Salad with Chicken	2691	32%	643	32%	42.0	60%	15.4	77%	15.0	6%	11.9	13%	49.4	99%	3.60	60%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Signature Salad with Halloumi (V)	3511	42%	839	42%	69.1	99%	32.4	162%	17.5	7%	14.4	16%	34.6	69%	6.36	106%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Vintage Cheddar & Bacon Burger - Please select your side option listed below	4087	49%	977	49%	73.8	105%	27.1	136%	29.4	11%	4.9	5%	43.0	86%	2.75	46%
PUV Heritage - SS23 No Gluten Containing 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%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Side Salad	298	4%	71	4%	3.2	5%	0.2	1%	6.8	3%	6.3	7%	2.6	5%	0.05	1%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Beyond Meat Burger (V) - Please select your side option listed below	4355	52%	1041	52%	74.6	107%	15.0	75%	50.9	20%	15.3	17%	25.1	50%	4.18	70%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Mash Potato	1523	18%	364	18%	18.3	26%	10.2	51%	41.2	16%	4.9	5%	6.2	12%	2.23	37%
PUV Heritage - SS23 No Gluten Containing Menu	Mains	Side Salad	298	4%	71	4%	3.2	5%	0.2	1%	6.8	3%	6.3	7%	2.6	5%	0.05	1%
PUV Heritage - SS23 No Gluten Containing Menu	Sides	Dressed Garden Salad (V)	298	4%	71	4%	3.2	5%	0.2	1%	6.8	3%	6.3	7%	2.6	5%	0.05	1%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing Menu	Desserts	Fruit Punch Panna Cotta (V)	2283	27%	546	27%	45.3	65%	28.2	141%	29.6	11%	28.5	32%	2.3	5%	0.18	3%
PUV Heritage - SS23 No Gluten Containing 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%
PUV Heritage - SS23 No Gluten Containing Menu	Desserts	Clotted Cream Ice Cream (V)	1995	24%	477	24%	30.5	44%	18.5	92%	44.5	17%	38.0	42%	5.9	12%	0.39	7%

# PUV Heritage Breakfast Menu Spring Summer 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
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Full English Breakfast - Please select your egg choice listed below	5570	66%	1331	67%	93.5	134%	23.6	118%	75.6	29%	8.1	9%	37.9	76%	7.18	120%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Free Range Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	15.5	31%	0.60	10%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Scrambled Egg	1514	18%	362	18%	23.1	33%	11.5	57%	1.2	0%	1.2	1%	15.8	32%	0.48	8%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Poached Egg	649	8%	156	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Veggie Breakfast (V) - Please select your egg choice listed below	3160	38%	754	38%	37.7	54%	11.1	55%	70.8	27%	9.6	11%	25.9	52%	4.05	68%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Free Range Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	15.5	31%	0.60	10%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Scrambled Egg	1514	18%	362	18%	23.1	33%	11.5	57%	1.2	0%	1.2	1%	15.8	32%	0.48	8%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Poached Egg	649	8%	156	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Avocado on Toast (Ve)	1916	23%	458	23%	22.2	32%	3.2	16%	52.7	20%	4.2	5%	7.8	16%	0.94	16%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Strawberry Jam	309	4%	74	4%	0.0	0%	0.0	0%	18.5	7%	18.5	21%	0.0	0%	0.00	0%
PUV Heritage - Spring Summer 2023 Breakfast	Cooked	Clear Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Sliced Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Sliced White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	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
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Bacon Sandwich - Please select your bread choice listed below	1162	14%	279	14%	23.6	34%	7.4	37%	0.0	0%	0.0	0%	11.7	23%	2.71	45%
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Sliced Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Sliced White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Sliced Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Heritage - Spring Summer 2023 Breakfast	Sandwiches	Sliced White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Full Scottish Breakfast - Please select your egg choice listed below (Scotland Only)	3527	42%	843	42%	37.3	53%	8.7	44%	63.8	25%	16.9	19%	46.7	93%	6.17	103%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Free Range Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	15.5	31%	0.60	10%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Scrambled Egg	1514	18%	362	18%	23.1	33%	11.5	57%	1.2	0%	1.2	1%	15.8	32%	0.48	8%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Poached Egg	649	8%	156	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Veggie Scottish Breakfast (V) - Please select your egg choice listed below (Scotland Only)	2426	29%	580	29%	24.1	34%	4.9	24%	51.4	20%	10.0	11%	25.3	51%	3.48	58%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Free Range Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	15.5	31%	0.60	10%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Scrambled Egg	1514	18%	362	18%	23.1	33%	11.5	57%	1.2	0%	1.2	1%	15.8	32%	0.48	8%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Poached Egg	649	8%	156	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Lome Sausage Sandwich - Please select your bread choice listed below (Scotland Only)	1468	17%	351	18%	15.5	22%	3.3	17%	24.8	10%	8.8	10%	27.6	55%	1.90	32%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Sliced Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	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
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Sliced White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Breakfast Roll - Please select your filling choice listed below (Scotland Only)	604	7%	144	7%	3.9	6%	2.3	11%	22.8	9%	0.5	1%	4.5	9%	0.58	10%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Haggis Stick	773	9%	185	9%	12.0	17%	5.6	28%	11.2	4%	0.8	1%	7.2	14%	0.88	15%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Potato Scone	271	3%	65	3%	0.2	0%	0.1	0%	11.4	4%	0.5	1%	1.0	2%	0.55	9%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Lome Sausage	584	7%	139	7%	3.7	5%	0.9	4%	12.4	5%	4.4	5%	13.8	28%	0.85	14%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Back Bacon	838	10%	201	10%	15.2	22%	5.7	28%	0.0	0%	0.0	0%	11.4	23%	2.44	41%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Free Range Fried Egg	582	7%	140	7%	11.0	16%	2.4	12%	0.0	0%	0.0	0%	7.8	16%	0.30	5%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Breakfast	Scrambled Egg	803	10%	192	10%	23.1	33%	11.5	57%	1.2	0%	1.2	1%	15.8	32%	0.48	8%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Toasted White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Totasted Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Add a Fried Egg	582	7%	140	7%	11.0	16%	2.4	12%	0.0	0%	0.0	0%	7.8	16%	0.30	5%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Extra Bacon	861	10%	207	10%	15.6	22%	5.8	29%	0.0	0%	0.0	0%	11.7	23%	2.51	42%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	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%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Extra Eggs - Please select from below																

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Free Range Fried Egg	1163	14%	280	14%	22.0	31%	4.7	24%	0.0	0%	0.0	0%	15.5	31%	0.60	10%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Scrambled Egg	1514	18%	362	18%	23.1	33%	11.5	57%	1.2	0%	1.2	1%	15.8	32%	0.48	8%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Poached Egg	649	8%	156	8%	10.4	15%	3.5	17%	0.2	0%	0.1	0%	15.1	30%	0.44	7%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Toast & Preserves - Please select your toast & preserve 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%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Totasted White Bloomer	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Totasted Malted Bloomer	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Strawberry Jam	309	4%	74	4%	0.0	0%	0.0	0%	18.5	7%	18.5	21%	0.0	0%	0.00	0%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Clear Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Extra Preserves - Please select from below																
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Strawberry Jam	309	4%	74	4%	0.0	0%	0.0	0%	18.5	7%	18.5	21%	0.0	0%	0.00	0%
PUV Heritage - Spring Summer 2023 Breakfast	Breakfast Sides	Clear Honey	344	4%	81	4%	0.0	0%	0.0	0%	21.4	8%	21.4	24%	0.1	0%	0.01	0%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Only Sides	Extra Lorne Sausage (Scotland only)	584	7%	139	7%	3.7	5%	0.9	4%	12.4	5%	4.4	5%	13.8	28%	0.85	14%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Only Sides	Extra Potato Scone (Scotland only)	271	3%	65	3%	0.2	0%	0.1	0%	11.4	4%	0.5	1%	1.0	2%	0.55	9%
PUV Heritage - Spring Summer 2023 Breakfast	Scotland Only Sides	Extra Haggis (Scotland only)	773	9%	185	9%	12.0	17%	5.6	28%	11.2	4%	0.8	1%	7.2	14%	0.88	15%



# PUV Heritage Children's Menu Spring Summer 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
PUV Heritage - Spring Summer 2023 Kids Menu	Mains	2 Super Pork Sausages	2584	N.A	617	N.A	30.1	N.A	10.5	N.A	58.2	N.A	9.7	N.A	27.2	N.A	3.48	N.A
PUV Heritage - Spring Summer 2023 Kids Menu	Mains	4 Chicken Nuggets †	2384	N.A	569	N.A	26.9	N.A	3.0	N.A	61.4	N.A	9.1	N.A	17.8	N.A	1.20	N.A
PUV Heritage - Spring Summer 2023 Kids Menu	Mains	Hand Battered Fish †	3704	N.A	886	N.A	48.1	N.A	18.0	N.A	71.0	N.A	11.3	N.A	34.8	N.A	1.10	N.A
PUV Heritage - Spring Summer 2023 Kids Menu	Mains	2 Quorn Sausages (V)	2423	N.A	579	N.A	25.5	N.A	4.9	N.A	59.8	N.A	11.1	N.A	27.1	N.A	1.66	N.A
PUV Heritage - Spring Summer 2023 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	8.6	N.A	1.07	N.A
PUV Heritage - Spring Summer 2023 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
PUV Heritage - Spring Summer 2023 Kids Menu	Desserts	Ice Cream (V)	1560	N.A	373	N.A	20.5	N.A	12.5	N.A	42.3	N.A	35.1	N.A	4.5	N.A	0.28	N.A
PUV Heritage - Spring Summer 2023 Kids Menu	Desserts	Chocolate Brownie (V)	1711	N.A	409	N.A	22.8	N.A	10.0	N.A	46.7	N.A	37.9	N.A	4.1	N.A	0.19	N.A