

# Crafted Main Menu - Autumn Winter 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
Crafted Pubs - Autumn Winter 2024 Main Menu	Nibbles	Gordal olives (Ve)	759	9%	182	9%	16.5	24%	3.0	15%	4.5	2%	0.0	0%	1.5	3%	1.50	25%
Crafted Pubs - Autumn Winter 2024 Main Menu	Nibbles	Sausage roll, golden beetroot piccalli	3405	41%	814	41%	49.4	71%	23.0	115%	63.3	24%	15.7	17%	27.3	55%	2.94	49%
Crafted Pubs - Autumn Winter 2024 Main Menu	Nibbles	'Nduja scotch egg, saffron aioli	3703	44%	887	44%	71.7	102%	12.9	65%	32.2	12%	0.0	0%	30.0	60%	2.36	39%
Crafted Pubs - Autumn Winter 2024 Main Menu	Nibbles	Potted spider crab, brioche & cornichons	1560	19%	373	19%	30.5	44%	19.3	96%	16.7	6%	6.6	7%	6.8	14%	1.32	22%
Crafted Pubs - Autumn Winter 2024 Main Menu	Nibbles	Crispy Pomme Anna bites, parmesan & truffle mayo	2599	31%	621	31%	50.3	72%	3.7	19%	36.0	14%	0.7	1%	8.4	17%	0.53	9%
Crafted Pubs - Autumn Winter 2024 Main Menu	Small Plates	Beetroot cured salmon, cream chgeese & caperberries	437	5%	105	5%	8.6	12%	5.6	28%	3.8	1%	2.4	3%	2.6	5%	1.68	28%
Crafted Pubs - Autumn Winter 2024 Main Menu	Small Plates	Chicken & smoked hock terrine, golden beetroot piccalill, cornichons, toasted brioche	1376	16%	329	16%	14.5	21%	5.1	25%	29.4	11%	18.7	21%	19.8	40%	2.82	47%
Crafted Pubs - Autumn Winter 2024 Main Menu	Small Plates	Monkfish scampi, tartare sauce	2514	30%	601	30%	48.1	69%	4.5	23%	32.4	12%	1.3	1%	11.5	23%	4.06	68%
Crafted Pubs - Autumn Winter 2024 Main Menu	Small Plates	Korean fried cauliflower, Gotcha ketchup (ve)	1245	15%	299	15%	17.9	26%	1.8	9%	29.2	11%	16.7	19%	6.4	13%	2.83	47%
Crafted Pubs - Autumn Winter 2024 Main Menu	Small Plates	Delica pumpkin & ancient grain salad, mozzarella & hazelnut pesto (v) (n)	2092	25%	500	25%	37.5	54%	10.3	52%	22.4	9%	3.8	4%	18.2	36%	0.77	13%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sharers	House Sharer (Suitable for 2 or more people)	9102	108%	2177	109%	131.0	187%	43.9	220%	130.2	50%	23.0	26%	117.0	234%	14.11	235%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sharers	Seafood Sharer (Suitable for 2 more more people)	3365	40%	804	40%	73.4	105%	31.6	158%	21.7	8%	10.4	12%	11.8	24%	3.42	57%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sharers	Honey & truffle baked camembert, hot honey flatbreads, rosemary focaccia (v) (Suitable for 2 or more people)	7544	90%	1803	90%	76.7	110%	51.0	255%	199.7	77%	34.9	39%	74.6	149%	7.24	121%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sharers	Sticky harissa lamb mince, roast garlic & spinach hummus, pickled red onion & chilli, pomegranate, hot honey flatbreads	4482	53%	1071	54%	31.1	44%	13.1	65%	156.5	60%	36.9	41%	37.6	75%	3.31	55%

Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Roast Scottish cod, spider crab butter Delica pumpkin	2690	32%	643	32%	54.5	78%	24.4	122%	5.2	2%	3.2	4%	30.9	62%	1.49	25%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Corn-fed chicken, Pomme Anna, chicken & spinach ballotine, rainbow chard & sauce Forestiere	4904	58%	1171	59%	68.2	97%	20.1	100%	48.0	18%	6.8	8%	90.7	181%	3.09	52%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Aged rib & shin beef burger, smoked cheese, burger sauce, bacon ketchup, dill pickle & fries	6729	80%	1609	80%	92.2	132%	34.1	171%	130.7	50%	27.1	30%	59.4	119%	5.37	90%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Beyond Meat plant based burger, melted slice, burger sauce, dill pickle & rosemary salted fries (Ve)	6182	74%	1478	74%	93.5	134%	20.4	102%	121.9	47%	10.5	12%	34.5	69%	5.61	94%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Beer battered day boat line caught haddock & chips, minted peas & tartare sauce	5723	68%	1366	68%	90.1	129%	10.7	54%	94.6	36%	9.3	10%	50.0	100%	3.56	59%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Fish pie, king scallops, smoked haddock, sea trout, king prawns, mussels, herb crumb & buttered seasonal greens	3941	47%	941	47%	62.3	89%	34.8	174%	41.4	16%	7.9	9%	49.8	100%	4.00	67%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Highland Venison, Duck & Smoked Pancetta Pie	4810	57%	1149	57%	50.3	72%	21.9	109%	134.4	52%	36.4	40%	33.6	67%	5.11	85%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Delica pumpkin & ancient grain salad, mozzarella & hazelnut pesto (v)	3725	44%	890	45%	68.2	97%	20.0	100%	34.8	13%	6.7	7%	33.8	68%	1.38	23%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Sichuan Spiced Aubergine, miso roast squash, pickled apple, avocado & toasted sesame seeds (Ve)	5699	68%	1362	68%	113.8	163%	16.6	83%	53.6	21%	35.8	40%	14.8	30%	7.44	124%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Harissa lamb ragu, orecchiette pasta & burrata	4309	51%	1029	51%	45.4	65%	20.7	104%	94.4	36%	10.6	12%	58.4	117%	2.42	40%
Crafted Pubs - Autumn Winter 2024 Main Menu	Mains	Venison loin	4099	49%	980	49%	35.7	51%	9.3	46%	102.5	39%	14.5	16%	55.8	112%	5.42	90%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	10oz Sirloin Steak - Please select your choice of sauce or butter listed below	4993	59%	1193	60%	75.0	107%	15.3	76%	78.0	30%	5.2	6%	54.9	110%	1.83	31%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Green peppercorn & Brandy sauce	840	10%	201	10%	16.2	23%	9.0	45%	5.4	2%	1.8	2%	2.7	5%	1.44	24%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Lemon & Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Dry aged 16oz T-Bone steak - Please select your choice of sauce or butter listed below	5448	65%	1301	65%	82.0	117%	16.9	84%	81.4	31%	8.0	9%	61.0	122%	2.24	37%

Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Green peppercorn & Brandy sauce	840	10%	201	10%	16.2	23%	9.0	45%	5.4	2%	1.8	2%	2.7	5%	1.44	24%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Lemon & Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Sharing Dry Aged Cote De Boeuf - Please select your choice of sauce or butter listed below (Suitable for 2 people)	12345	147%	2949	147%	203.6	291%	56.5	283%	153.2	59%	8.3	9%	134.6	269%	4.10	68%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Green peppercorn & Brandy sauce	840	10%	201	10%	16.2	23%	9.0	45%	5.4	2%	1.8	2%	2.7	5%	1.44	24%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Lemon & Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Steaks	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 Main Menu	Pizzas	Lamb Merguez, harissa, pomegranate molasses & rocket pizza	4932	59%	1179	59%	46.3	66%	18.1	90%	128.5	49%	10.1	11%	55.4	111%	7.05	118%
Crafted Pubs - Autumn Winter 2024 Main Menu	Pizzas	Aged mozzarella, sundried tomato & basil pizza (V)	4694	56%	1122	56%	40.6	58%	17.7	89%	134.9	52%	15.6	17%	45.2	90%	6.34	106%
Crafted Pubs - Autumn Winter 2024 Main Menu	Pizzas	Fennel seed salami, N'duja, red onion & piquillo peppers pizza	5043	60%	1205	60%	56.0	80%	20.1	100%	123.0	47%	7.4	8%	47.8	96%	6.89	115%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sauces	Green peppercorn & brandy sauce	840	10%	201	10%	16.2	23%	9.0	45%	5.4	2%	1.8	2%	2.7	5%	1.44	24%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sauces	Lemon & Roast Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sauces	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Chunky chips (ve)	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	8.0	16%	1.18	20%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Rosemary salted fries (ve)	2127	25%	509	25%	24.0	34%	6.0	30%	66.1	25%	0.0	0%	6.0	12%	1.87	31%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Add Burratta	1093	13%	261	13%	21.3	30%	15.0	75%	0.0	0%	0.0	0%	17.5	35%	0.41	7%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Buttery mash, caramelised onion gravy (v)	2270	27%	542	27%	37.9	54%	13.8	69%	41.5	16%	5.3	6%	5.0	10%	1.52	25%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Beer battered pickled onion rings	703	8%	170	9%	15.2	22%	1.6	8%	8.0	3%	4.0	4%	1.6	3%	0.98	16%

Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Tenderstem broccoli, lemon & garlic butter (V)	1063	13%	254	13%	20.4	29%	12.9	65%	10.2	4%	3.1	3%	4.4	9%	0.73	12%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Tenderstem broccoli (Ve)	430	5%	103	5%	4.5	6%	0.4	2%	9.0	3%	2.5	3%	3.8	8%	0.63	11%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Brussel Sprouts Ceasar Salad	1796	21%	429	21%	32.4	46%	2.9	14%	16.0	6%	4.2	5%	15.0	30%	0.93	16%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Roast Delica pumpkin, crumbled goats curd, toasted pumpkin seeds & hot honey (v)	738	9%	176	9%	13.4	19%	3.2	16%	7.2	3%	6.1	7%	3.9	8%	1.10	18%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Add Chicken	1248	15%	298	15%	11.8	17%	3.6	18%	0.5	0%	0.0	0%	47.5	95%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Sides	Buttery mash, caramelised onion gravy	2270	27%	542	27%	37.9	54%	13.8	69%	41.5	16%	5.3	6%	5.0	10%	1.52	25%
Crafted Pubs - Autumn Winter 2024 Main Menu	Cheese Menu	Single Cheese - Please select your cheese choice listed below	278	3%	66	3%	0.5	1%	0.2	1%	12.4	5%	0.7	1%	2.4	5%	0.29	5%
Crafted Pubs - Autumn Winter 2024 Main Menu	Cheese Menu	Tunworth Cheese & Damson Jelly	576	7%	138	7%	9.1	13%	6.3	32%	8.3	3%	6.3	7%	5.6	11%	0.49	8%
Crafted Pubs - Autumn Winter 2024 Main Menu	Cheese Menu	Wookey Hole Cheese & Picallili	698	8%	167	8%	12.7	18%	7.7	39%	4.1	2%	3.8	4%	9.1	18%	0.78	13%
Crafted Pubs - Autumn Winter 2024 Main Menu	Cheese Menu	Ashlyn Goats Cheese & Pear Jelly	551	7%	132	7%	8.4	12%	5.6	28%	8.1	3%	7.1	8%	6.0	12%	0.42	7%
Crafted Pubs - Autumn Winter 2024 Main Menu	Cheese Menu	Winsiade Cheese & Quince Jelly	595	7%	142	7%	9.3	13%	6.3	32%	8.4	3%	7.1	8%	6.7	13%	0.46	8%
Crafted Pubs - Autumn Winter 2024 Main Menu	Cheese Menu	Blacksticks Cheese & Hot Honey	750	9%	179	9%	14.3	20%	7.3	37%	2.0	1%	1.7	2%	7.8	16%	0.67	11%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Blackberry parfait, gingerbread, honeycomb & yoghurt (v)	2231	27%	529	26%	9.6	14%	4.0	20%	109.4	42%	103.9	115%	4.1	8%	4.89	82%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Black treacle sticky toffee pudding, butterscotch sauce & honeycomb ice cream (V)	3750	45%	896	45%	49.8	71%	29.1	145%	103.1	40%	80.1	89%	7.9	16%	1.03	17%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Toffee apple arctic roll, granny smith sorbet, caramelised hazelnut	1590	19%	379	19%	9.9	14%	4.3	21%	67.3	26%	59.1	66%	5.9	12%	0.07	1%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Peach Tarte Tatin, lime, raspberry sorbet (Ve)	1863	22%	445	22%	10.4	15%	4.6	23%	81.9	31%	57.1	63%	4.4	9%	0.24	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Selection of seasonal ice creams & sorbet - 1 scoop, please select your flavour choice listed below																
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Blood Orange Sorbet	267	3%	64	3%	0.0	0%	0.0	0%	15.5	6%	15.5	17%	0.2	0%	0.00	0%

Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Clotted Cream Ice Cream	624	7%	149	7%	8.7	12%	6.2	31%	15.9	6%	12.9	14%	1.8	4%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Raspberry Sorbet	281	3%	67	3%	0.0	0%	0.0	0%	16.2	6%	15.6	17%	0.4	1%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Mango Sorbet	287	3%	69	3%	0.0	0%	0.0	0%	16.9	7%	14.8	16%	0.3	1%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Blackcurrant Sorbet	360	4%	86	4%	0.1	0%	0.0	0%	20.7	8%	16.2	18%	0.4	1%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Strawberry Ice Cream	431	5%	103	5%	3.4	5%	2.1	11%	15.5	6%	12.0	13%	2.3	5%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Rum and Raisin Ice Cream	624	7%	149	7%	6.8	10%	3.7	19%	14.6	6%	12.3	14%	2.7	5%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Honeycomb Ice Cream	574	7%	137	7%	6.5	9%	4.1	20%	17.9	7%	15.1	17%	1.8	4%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Vanilla Ice Cream - Traditional	562	7%	134	7%	7.3	10%	4.0	20%	14.3	5%	11.8	13%	2.9	6%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Chocolate Ice Cream - Milk	545	6%	130	7%	6.0	9%	3.2	16%	14.9	6%	11.2	12%	4.1	8%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Blackberry Sorbet	213	3%	51	3%	0.0	0%	0.0	0%	12.3	5%	11.6	13%	0.2	0%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Banana split ice cream	545	6%	115	6%	5.3	8%	3.3	16%	14.2	5%	12.3	14%	2.5	5%	0.03	1%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Pistachio affogato (V) (N)	1135	14%	285	14%	16.9	24%	5.4	27%	21.8	8%	18.8	21%	7.1	14%	0.19	3%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Chocolate cremoux, candied walnuts, cocoa nib & blackcurrent sorbet (V) (N)	3128	37%	746	37%	43.1	62%	18.1	91%	76.9	30%	50.9	57%	12.1	24%	1.22	20%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Mini lemon meringue pie (V) - Please select your hot drink of choice listed below	1915	23%	454	23%	11.0	16%	5.4	27%	83.6	32%	71.8	80%	7.9	16%	0.30	5%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	English Breakfast Tea	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Americano	815	10%	194	10%	5.8	8%	3.2	16%	37.7	15%	32.5	36%	3.7	7%	1.41	23%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Latte	1386	16%	330	17%	9.6	14%	5.2	26%	58.7	23%	52.1	58%	8.5	17%	1.64	27%
Crafted Pubs - Autumn Winter 2024 Main Menu	Desserts	Cappuccino	1255	15%	299	15%	8.3	12%	4.6	23%	55.5	21%	48.9	54%	6.5	13%	1.51	25%

Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Foccacia (Ve)	1573	19%	376	19%	4.0	6%	1.0	5%	71.0	27%	3.0	3%	12.0	24%	1.00	17%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Mushrooms (V)	199	2%	48	2%	4.1	6%	2.6	13%	0.4	0%	0.1	0%	0.2	0%	0.99	17%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Fried Duck Egg (V)	624	7%	149	7%	13.1	19%	6.4	32%	0.1	0%	0.1	0%	7.7	15%	0.22	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Streaky Bacon	258	3%	62	3%	4.6	7%	1.7	9%	0.0	0%	0.0	0%	5.0	10%	0.57	10%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Chipolata Sausage	332	4%	79	4%	6.6	9%	2.6	13%	1.3	1%	0.2	0%	3.4	7%	0.43	7%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Cured Tomato (Ve)	266	3%	63	3%	4.1	6%	0.3	2%	3.4	1%	2.8	3%	1.2	2%	0.37	6%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Poached Egg (V)	275	3%	66	3%	4.5	6%	1.3	6%	0.1	0%	0.1	0%	6.3	13%	0.19	3%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Scrambled Eggs (V)	2583	31%	617	31%	58.0	83%	31.8	159%	2.3	1%	1.9	2%	20.3	41%	1.61	27%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Toast & Butter (V)	2664	32%	637	32%	18.4	26%	10.4	52%	100.2	39%	0.2	0%	16.2	32%	2.50	42%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra Baked Beans (Ve)	216	3%	52	3%	0.0	0%	0.0	0%	9.0	3%	3.6	4%	2.4	5%	0.48	8%
Crafted Pubs - Autumn Winter 2024 Main Menu	Extras	Extra No Gluten Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Steak sandwich, caramelised onions, chestnut mushrooms, raclette cheese, peppercorn & brandy sauce	3406	41%	814	41%	32.5	46%	15.6	78%	84.0	32%	26.5	29%	40.5	81%	4.12	69%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Roast ham & raclette brioche toastie & today's soup	3721	44%	889	44%	32.8	47%	16.7	83%	51.2	20%	17.7	20%	67.6	135%	3.50	58%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Roasted butternut squash & thyme soup	261	3%	62	3%	5.0	7%	0.0	0%	5.0	2%	2.5	3%	0.0	0%	0.25	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Split Pea & Ham Soup	1433	17%	342	17%	10.0	14%	5.0	25%	17.5	7%	5.0	6%	40.0	80%	0.75	13%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Scotch Broth	1036	12%	248	12%	7.5	11%	0.0	0%	32.5	13%	7.5	8%	7.5	15%	2.50	42%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Tomato & Red Pepper Soup	644	8%	154	8%	0.2	0%	0.0	0%	29.3	11%	18.5	21%	4.9	10%	0.11	2%

Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	White Onion Soup	786	9%	188	9%	10.8	15%	4.9	25%	17.0	7%	9.5	11%	4.4	9%	0.18	3%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Pumpkin Soup	163	2%	64	3%	0.0	0%	0.0	0%	5.0	2%	2.5	3%	2.5	5%	0.25	4%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Onion & Truffle Volute	569	7%	136	7%	2.5	4%	0.0	0%	22.5	9%	15.0	17%	5.0	10%	1.25	21%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Smoked mackerel & salmon fishcake, gouchujang mayonnaise, poached burford brown egg †	3876	46%	926	46%	73.8	105%	8.0	40%	39.0	15%	7.1	8%	26.7	53%	3.31	55%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Flat iron chicken, lemon & garlic butter, rosemary salt fries	5945	71%	1421	71%	82.8	118%	31.4	157%	69.6	27%	1.8	2%	95.8	192%	2.93	49%
Crafted Pubs - Autumn Winter 2024 Main Menu	Lunch	Shetland Island rope-grown mussels, cider, bacon, leek & cream sauce, rosemary foccacia	3123	37%	746	37%	35.4	51%	17.5	88%	69.6	27%	8.3	9%	38.2	76%	5.95	99%



# Crafted Kids Menu - Autumn Winter 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
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Starters	Hummus & veggie sticks (Ve)	163	N.A	39	N.A	1.7	N.A	0.9	N.A	4.9	N.A	2.2	N.A	1.3	N.A	0.29	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Starters	Garlic pizza dough (V)	1384	N.A	322	N.A	7.9	N.A	4.7	N.A	55.0	N.A	0.4	N.A	8.6	N.A	1.22	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Pigs in blankets, mash & peas	2242	N.A	540	N.A	35.3	N.A	16.0	N.A	30.4	N.A	6.4	N.A	22.1	N.A	3.05	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Battered fish, chips & peas (Haddock)	1841	N.A	444	N.A	22.0	N.A	3.8	N.A	39.5	N.A	3.6	N.A	23.7	N.A	1.57	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Roast chicken, mash & peas	2830	N.A	681	N.A	41.8	N.A	15.4	N.A	27.7	N.A	5.9	N.A	45.4	N.A	1.09	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Aged mozzarella, sundried tomato & basil pizza (V)	2170	N.A	510	N.A	19.3	N.A	8.5	N.A	62.2	N.A	2.6	N.A	21.1	N.A	2.55	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Pepperoni, mozzarella, BBQ base pizza	2670	N.A	629	N.A	25.9	N.A	12.2	N.A	70.7	N.A	12.2	N.A	24.9	N.A	2.82	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Fennel seed salami, N'duja, red onion & piquillo peppers pizza	2479	N.A	592	N.A	27.4	N.A	10.0	N.A	60.6	N.A	3.3	N.A	23.8	N.A	3.38	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Mains	Kids Orecchiette Pasta	1801	N.A	431	N.A	5.7	N.A	2.8	N.A	74.2	N.A	6.0	N.A	19.5	N.A	0.63	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Beyond Meat plant based burger (Ve)	2777	N.A	664	N.A	30.1	N.A	10.9	N.A	76.1	N.A	6.3	N.A	20.3	N.A	2.84	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Cheeseburger & fries	3254	N.A	778	N.A	40.6	N.A	16.4	N.A	70.1	N.A	6.3	N.A	31.5	N.A	2.41	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Mains	Lamb Merguez, harissa, pomegranate molasses & rocket pizza	2482	N.A	593	N.A	23.1	N.A	9.0	N.A	64.2	N.A	4.9	N.A	27.7	N.A	4.01	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Beverage	Glass of Milk	562	N.A	134	N.A	5.6	N.A	2.8	N.A	14.0	N.A	14.0	N.A	8.4	N.A	0.56	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Cookie & milk (V)	1734	N.A	414	N.A	20.8	N.A	11.3	N.A	49.6	N.A	35.6	N.A	6.8	N.A	0.68	N.A

Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Biscoff mini doughnuts, cinnamon sugar, chocolate dip	2272	N.A	542	N.A	33.9	N.A	19.1	N.A	53.6	N.A	30.4	N.A	7.3	N.A	0.69	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Kids 1 Scoop Ice Cream - Your choice of flavour from our selection below																
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Blood Orange Sorbet	267	N.A	64	N.A	0.0	N.A	0.0	N.A	15.5	N.A	15.5	N.A	0.2	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Clotted Cream Ice Cream	624	N.A	149	N.A	8.7	N.A	6.2	N.A	15.9	N.A	12.9	N.A	1.8	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Raspberry Sorbet	281	N.A	67	N.A	0.0	N.A	0.0	N.A	16.2	N.A	15.6	N.A	0.4	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Mango Sorbet	287	N.A	69	N.A	0.0	N.A	0.0	N.A	16.9	N.A	14.8	N.A	0.3	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Blackcurrant Sorbet	360	N.A	86	N.A	0.1	N.A	0.0	N.A	20.7	N.A	16.2	N.A	0.4	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Strawberry Ice Cream	431	N.A	103	N.A	3.4	N.A	2.1	N.A	15.5	N.A	12.0	N.A	2.3	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Honeycomb Ice Cream	574	N.A	137	N.A	6.5	N.A	4.1	N.A	17.9	N.A	15.1	N.A	1.8	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Vanilla Ice Cream - Traditional	562	N.A	134	N.A	7.3	N.A	4.0	N.A	14.3	N.A	11.8	N.A	2.9	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Chocolate Ice Cream - Milk	545	N.A	130	N.A	6.0	N.A	3.2	N.A	14.9	N.A	11.2	N.A	4.1	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Blackberry Sorbet	213	N.A	51	N.A	0.0	N.A	0.0	N.A	12.3	N.A	11.6	N.A	0.2	N.A	0.00	N.A
Crafted Pubs - Autumn Winter 2024 Kids Menu	Kids Desserts	Banana split ice cream	480	N.A	115	N.A	5.3	N.A	3.3	N.A	14.2	N.A	12.3	N.A	2.5	N.A	0.03	N.A

# Crafted No Gluten Menu - Autumn Winter 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
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Nibbles	Gordal olives (Ve)	759	9%	182	9%	16.5	24%	3.0	15%	4.5	2%	0.0	0%	1.5	3%	1.50	25%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Nibbles	Potted spider crab, toasted caraway & cornichons	1773	21%	424	21%	28.7	41%	16.5	83%	34.2	13%	4.6	5%	6.0	12%	1.98	33%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Nibbles	Crispy Pommes Anna bites, parmesan & truffle mayo	2626	31%	628	31%	61.1	87%	18.5	93%	12.6	5%	0.5	1%	6.0	12%	0.87	15%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Small Plates	Beetroot cured salmon, cream cheese & caperberries	437	5%	105	5%	8.6	12%	5.6	28%	3.8	1%	2.4	3%	2.6	5%	1.68	28%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Small Plates	Chicken & smoked hock terrine, cornichons, toasted caraway	1294	15%	309	15%	11.2	16%	2.3	12%	33.4	13%	4.2	5%	18.0	36%	2.98	50%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sharers	Truffle baked camembert, hot honey & toasted caraway (v)	6373	76%	1523	76%	80.7	115%	49.8	249%	141.5	54%	43.9	49%	57.1	114%	7.08	118%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Mains	Roast Scottish cod, spider crab butter, Delica pumpkin	1991	24%	476	24%	36.7	52%	23.0	115%	3.7	1%	3.1	3%	30.8	62%	1.27	21%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Mains	Aged rib & shin beef burger, smoked cheese, bacon ketchup	5859	70%	1582	79%	89.5	128%	33.6	168%	93.6	36%	20.8	23%	51.7	103%	4.60	77%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Mains	Beyond Meat plant based burger, melted slice, dill pickle (Ve)	5313	63%	1452	73%	90.8	130%	19.9	100%	84.8	33%	4.2	5%	26.8	54%	4.84	81%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Mains	Grilled day boat line caught haddock & chips, minted peas & tartare sauce	4886	58%	1166	58%	74.7	107%	8.2	41%	82.3	32%	8.3	9%	48.4	97%	3.15	53%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Mains	Fish pie, king scallops, smoked haddock, sea trout, king prawns, mussels & buttered seasonal greens	3740	45%	893	45%	60.8	87%	34.7	174%	34.0	13%	7.5	8%	48.7	97%	3.90	65%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Mains	Sichuan Spiced Aubergine (Ve)	5699	68%	1362	68%	113.8	163%	16.6	83%	53.6	21%	35.8	40%	14.8	30%	7.44	124%

Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	10oz Sirloin Steak - Please select your choice of butter listed below	4797	57%	1145	57%	71.0	101%	14.9	74%	75.3	29%	4.2	5%	54.4	109%	1.82	30%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Lemon & Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Dry aged 16oz T-Bone steak - Please select your choice of butter listed below	5252	63%	1254	63%	78.0	111%	16.5	82%	78.7	30%	7.0	8%	60.5	121%	2.23	37%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Lemon & Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Sharing Dry Aged Cote De Boeuf - Please select your choice of butter listed below (suitable for 2 people)	11954	142%	2854	143%	195.7	280%	55.7	279%	147.7	57%	6.2	7%	133.5	267%	4.08	68%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Lemon & Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Steaks	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sauces	Lemon & Roast Garlic Butter	1601	19%	383	19%	40.8	58%	25.8	129%	2.4	1%	1.2	1%	1.2	2%	0.24	4%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sauces	Spider Crab Butter	1268	15%	303	15%	31.2	45%	19.8	99%	1.2	0%	0.6	1%	3.6	7%	0.60	10%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sides	Roast Delica pumpkin, crumbled goats curd, toasted pumpkin seeds & hot honey	738	9%	176	9%	13.4	19%	3.2	16%	7.2	3%	6.1	7%	3.9	8%	1.10	18%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sides	Chunky chips (V)	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	8.0	16%	1.18	20%

Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sides	Rosemary salted fries (V)	2127	25%	509	25%	24.0	34%	6.0	30%	66.1	25%	0.0	0%	6.0	12%	1.87	31%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sides	Tenderstem broccoli, lemon & garlic butter (V)	1063	13%	254	13%	20.4	29%	12.9	65%	10.2	4%	3.1	3%	4.4	9%	0.73	12%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sides	Tenderstem broccoli (Ve)	430	5%	103	5%	4.5	6%	0.4	2%	9.0	3%	2.5	3%	3.8	8%	0.63	11%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Cheese Menu	Single Cheese NGC - Please select your cheese choice listed below	308	4%	74	4%	1.2	2%	0.0	0%	14.4	6%	1.6	2%	1.2	2%	0.40	7%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Cheese Menu	Blacksticks Cheese & Hot Honey	750	9%	179	9%	15.4	22%	0.3	2%	1.7	1%	1.7	2%	8.5	17%	0.70	12%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Cheese Menu	Tunworth Cheese & Damson Jelly	576	7%	138	7%	9.1	13%	6.3	32%	8.3	3%	6.3	7%	5.6	11%	0.49	8%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Cheese Menu	Ashlyn Goats Cheese & Pear Jelly	551	7%	132	7%	8.4	12%	5.6	28%	8.1	3%	7.1	8%	6.0	12%	0.42	7%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Cheese Menu	Winslade Cheese & Quince Jelly	595	7%	142	7%	9.3	13%	6.3	32%	8.4	3%	7.1	8%	6.7	13%	0.46	8%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Pistachio affogato (V)	1135	14%	285	14%	16.9	24%	5.4	27%	21.8	8%	18.8	21%	7.1	14%	0.19	3%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Chocolate cremoux, candied walnuts, cocoa nib & blackcurrent sorbet (V)	3128	37%	746	37%	43.1	62%	18.1	91%	76.9	30%	50.9	57%	12.1	24%	1.22	20%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Blackberry parfait, honeycomb & yoghurt	1741	21%	412	21%	3.0	4%	1.6	8%	96.5	37%	96.4	107%	2.5	5%	4.77	80%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Selection of seasonal ice creams & sorbet - 1 scoop, please select your flavour choice listed below																
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Blood Orange Sorbet	267	3%	64	3%	0.0	0%	0.0	0%	15.5	6%	15.5	17%	0.2	0%	0.00	0%

Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Clotted Cream Ice Cream	624	7%	149	7%	8.7	12%	6.2	31%	15.9	6%	12.9	14%	1.8	4%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Raspberry Sorbet	281	3%	67	3%	0.0	0%	0.0	0%	16.2	6%	15.6	17%	0.4	1%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Mango Sorbet	287	3%	69	3%	0.0	0%	0.0	0%	16.9	7%	14.8	16%	0.3	1%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Blackcurrant Sorbet	360	4%	85	4%	0.1	0%	0.0	0%	20.7	8%	16.2	18%	0.4	1%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Strawberry Ice Cream	431	5%	103	5%	3.4	5%	2.1	11%	15.5	6%	12.0	13%	2.3	5%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Rum and Raisin Ice Cream	624	7%	149	7%	6.8	10%	3.7	19%	14.6	6%	12.3	14%	2.7	5%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Honeycomb Ice Cream	574	7%	137	7%	6.5	9%	4.1	20%	17.9	7%	15.1	17%	1.8	4%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Vanilla Ice Cream - Traditional	562	7%	134	7%	7.3	10%	4.0	20%	14.3	5%	11.8	13%	2.9	6%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Chocolate Ice Cream - Milk	545	6%	130	7%	6.0	9%	3.2	16%	14.9	6%	11.2	12%	4.1	8%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Blackberry Sorbet	213	3%	51	3%	0.0	0%	0.0	0%	12.3	5%	11.6	13%	0.2	0%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Desserts	Banana split ice cream	545	6%	115	6%	5.3	8%	3.3	16%	14.2	5%	12.3	14%	2.5	5%	0.03	1%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Mushrooms (V)	199	2%	48	2%	4.1	6%	2.6	13%	0.4	0%	0.1	0%	0.2	0%	0.99	17%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Fried Duck Egg (V)	624	7%	149	7%	13.1	19%	6.4	32%	0.1	0%	0.1	0%	7.7	15%	0.22	4%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Streaky Bacon	258	3%	62	3%	4.6	7%	1.7	9%	0.0	0%	0.0	0%	5.0	10%	0.57	10%



Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Chipolata Sausage	332	4%	79	4%	6.6	9%	2.6	13%	1.3	1%	0.2	0%	3.4	7%	0.43	7%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Cured Tomato (Ve)	266	3%	63	3%	4.1	6%	0.3	2%	3.4	1%	2.8	3%	1.2	2%	0.37	6%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Scrambled Eggs (V)	2583	31%	617	31%	58.0	83%	31.8	159%	2.3	1%	1.9	2%	20.3	41%	1.61	27%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra Baked Beans (Ve)	216	3%	52	3%	0.0	0%	0.0	0%	9.0	3%	3.6	4%	2.4	5%	0.48	8%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Extras	Extra No Gluten Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Roasts	Rump of beef, horseradish cream	4105	49%	979	49%	53.3	76%	21.7	108%	70.9	27%	21.6	24%	55.1	110%	2.03	34%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Roasts	Orchard Farm pork belly, Bramley apple sauce	5016	60%	1200	60%	69.5	99%	21.4	107%	78.6	30%	29.8	33%	61.6	123%	1.58	26%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Roasts	Shropshire Ross Cobb chicken	5561	66%	1329	66%	71.3	102%	19.3	97%	67.1	26%	18.3	20%	103.6	207%	1.88	31%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Sides	Pigs in Blankets	2357	28%	563	28%	45.0	64%	17.1	86%	5.4	2%	1.0	1%	33.6	67%	4.00	67%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Sides	Seasonal Greens (V)	565	7%	135	7%	9.0	13%	4.5	23%	6.0	2%	4.5	5%	4.5	9%	0.30	5%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Sides	Roast Potatoes (V)	1356	16%	322	16%	12.0	17%	0.0	0%	52.0	20%	2.0	2%	6.0	12%	0.00	0%
Crafted Pubs - Autumn Winter 2024 No Gluten Menu	Sunday Sides	Roasted Rainbow Roots (V)	869	10%	208	10%	10.8	15%	0.0	0%	21.6	8%	16.2	18%	3.6	7%	0.18	3%