

Crafted Pubs Core Main Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 Core Menu	Stix	Padron peppers, spicy gochujang & lime dressing Stix (Ve)	299	4%	72	4%	0.6	1%	0.0	0%	13.9	5%	9.7	11%	1.9	4%	1.55	26%
Crafted Pubs - Autumn Winter 2023 Core Menu	Stix	Charred halloumi, pickled pear, hot honey & thyme Stix (V)	1299	15%	310	16%	16.2	23%	9.2	46%	25.8	10%	25.6	28%	14.4	29%	1.63	27%
Crafted Pubs - Autumn Winter 2023 Core Menu	Stix	Crispy pork bites & apple caramel Stix	1061	13%	255	13%	15.0	21%	5.2	26%	11.4	4%	9.0	10%	10.5	21%	1.12	19%
Crafted Pubs - Autumn Winter 2023 Core Menu	Stix	Chilli & lime king prawns Stix	569	7%	136	7%	2.3	3%	0.6	3%	13.3	5%	12.3	14%	15.4	31%	7.25	121%
Crafted Pubs - Autumn Winter 2023 Core Menu	Stix	Oyster Mushroom shish, soy & sesame marinade, garlic sauce Stix (V)	997	12%	241	12%	23.2	33%	2.1	11%	4.3	2%	2.4	3%	2.8	6%	1.37	23%
Crafted Pubs - Autumn Winter 2023 Core Menu	Stix	Pork & fennel Sausage, apple caramel & crispy shallots Stix	737	9%	176	9%	10.5	15%	3.0	15%	13.6	5%	9.8	11%	6.5	13%	0.56	9%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	Smoked chicken liver parfait, clementine jam & toast	2658	32%	635	32%	26.1	37%	15.3	77%	76.2	29%	14.5	16%	19.4	39%	2.75	46%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	Broccoli Bhajis, cucumber, mint, garlic & turmeric yoghurt (Ve)	909	11%	218	11%	16.3	23%	10.5	53%	13.4	5%	7.1	8%	17.7	35%	0.47	8%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	Sticky harissa lamb mince, roast garlic & spinach hummus, pickled red onion & chilli, pomegranate, hot honey flatbreads	4400	52%	1051	53%	33.3	48%	13.1	65%	147.1	57%	38.3	43%	37.0	74%	3.09	52%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	Hake Kyiv, cep & chanterelle butter, black truffle mayonnaise	3000	36%	718	36%	60.9	87%	5.9	30%	27.2	10%	2.7	3%	15.4	31%	1.06	18%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	Pear, Blacksticks Blue croquette, chicory & elderflower dressing (V)	1214	14%	288	14%	8.5	12%	0.4	2%	42.4	16%	19.5	22%	9.9	20%	1.56	26%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	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 2023 Core Menu	Small Plates	Pink peppercorn squid, chive aioli	2413	29%	576	29%	46.6	67%	4.4	22%	31.9	12%	0.5	1%	11.8	24%	4.94	82%
Crafted Pubs - Autumn Winter 2023 Core Menu	Small Plates	Daily baked breads, smoked jalapeño oil & whipped Marmite butter (V)	6423	76%	1535	77%	41.1	59%	15.1	76%	242.6	93%	6.4	7%	39.6	79%	6.59	110%
Crafted Pubs - Autumn Winter 2023 Core Menu	Sharers	Piggy Board - suitable for 2 or more people	11130	133%	2650	133%	141.6	202%	56.1	280%	179.3	69%	49.4	55%	151.5	303%	10.95	183%

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 2023 Core Menu	Sharers	Veggie Board (V)	3846	46%	919	46%	58.9	84%	16.8	84%	74.2	29%	17.3	19%	24.8	50%	4.38	73%
Crafted Pubs - Autumn Winter 2023 Core Menu	Sharers	Honey & black truffle baked camembert, hot honey flatbreads, rosemary focaccia	7600	90%	1796	90%	80.3	115%	51.3	256%	195.3	75%	41.2	46%	74.3	149%	7.70	128%
Crafted Pubs - Autumn Winter 2023 Core Menu	Lunch Time Only	2 Pork & leek butcher sausage & buttered mash, onion gravy & crispy shallots	1920	23%	459	23%	29.5	42%	12.8	64%	28.4	11%	4.3	5%	16.7	33%	2.17	36%
Crafted Pubs - Autumn Winter 2023 Core Menu	Lunch Time Only	Smoked mackerel & salmon fishcake, gouchujang mayonnaise, poached burford brown egg †	3690	44%	882	44%	73.3	105%	7.6	38%	33.2	13%	4.6	5%	23.6	47%	4.06	68%
Crafted Pubs - Autumn Winter 2023 Core Menu	Lunch Time Only	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 2023 Core Menu	Lunch Time Only	Goats curd, clementine, roasted beetroot, pistachio & hot honey, cracker bread (V)	1656	20%	396	20%	24.1	34%	7.8	39%	28.1	11%	22.6	25%	12.1	24%	1.55	26%
Crafted Pubs - Autumn Winter 2023 Core Menu	Lunch Time Only	Large Goats curd, clementine, roasted beetroot, pistachio & hot honey, cracker bread (V)	2628	31%	628	31%	36.4	52%	11.7	59%	50.1	19%	39.0	43%	18.8	38%	1.88	31%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Flat iron chicken, lemon & garlic butter, lamb lettuce, rosemary salt fries	5946	71%	1421	71%	82.7	118%	31.4	157%	69.4	27%	1.8	2%	96.0	192%	2.93	49%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Beer battered seasonal fish & chips, minted peas & tartare sauce (Haddock)	6933	83%	1658	83%	110.4	158%	28.9	144%	112.5	43%	11.1	12%	45.9	92%	3.76	63%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Aged rib & shin beef burger, streaky bacon, smoked Applewood cheese, bacon ketchup	7232	86%	1729	86%	104.6	149%	38.8	194%	123.3	47%	16.3	18%	69.0	138%	6.08	101%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Tempura soft-shell crab burger, avocado, gochujang aioli, baby gem, rosemary salted fries & dill pickle	7738	92%	1850	92%	136.4	195%	19.2	96%	126.1	49%	11.9	13%	25.9	52%	3.28	55%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	New Fish pie, king scallops, smoked haddock, sea trout, king prawns, mussels, herb crumb & buttered seasonal greens	3952	47%	944	47%	62.0	89%	35.5	178%	41.0	16%	8.0	9%	46.7	93%	4.65	78%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Beef & ale pie, confit garlic mash, roast hispi cabbage, gravy	5184	62%	1239	62%	75.0	107%	40.1	201%	99.8	38%	13.1	15%	34.3	69%	5.00	83%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Roast butternut squash & barley risotto, chestnuts, toasted pumpkin seeds & crispy sage (Ve)	2715	32%	649	32%	29.5	42%	17.0	85%	79.8	31%	9.9	11%	11.9	24%	2.37	40%

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 2023 Core Menu	Mains	Lamb rump, black truffle potato cake, cumin glazed carrot, redcurrant sauce	5007	60%	1196	60%	81.6	117%	44.4	222%	57.6	22%	30.0	33%	54.4	109%	2.19	37%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Spicy peanut Ramen, crispy spicy tofu, pak choi & toasted sesame seeds (V)	2006	24%	480	24%	18.2	26%	1.7	9%	57.9	22%	11.4	13%	20.5	41%	3.89	65%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Roast hake, haricot beans, leeks, samphire & chives	1943	23%	464	23%	26.3	38%	12.9	65%	18.9	7%	2.7	3%	37.1	74%	1.85	31%
Crafted Pubs - Autumn Winter 2023 Core Menu	Mains	Duck breast, roast endive, beetroot & pickled cherries	3159	38%	755	38%	51.9	74%	20.2	101%	29.4	11%	25.1	28%	39.6	79%	3.01	50%
Crafted Pubs - Autumn Winter 2023 Core Menu	Steaks	10oz Sirloin Steak - Please select your butter or sauce choice below	5000	60%	1193	60%	75.0	107%	15.3	77%	78.3	30%	5.2	6%	51.0	102%	1.83	31%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core 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 2023 Core Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 Core Menu	Steaks	Sharing Dry Aged Cote De Bouef - Please select your butter or sauce choice below, suitable for 2 or more people	12390	148%	2953	148%	203.8	291%	56.7	283%	153.7	59%	8.3	9%	126.7	253%	4.12	69%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core 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 2023 Core Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 Core Menu	Steaks	Dry aged 16oz T-Bone steak - Please select your butter or sauce choice below	5454	65%	1303	65%	82.0	117%	16.9	85%	81.9	31%	8.0	9%	57.1	114%	2.24	37%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core 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%

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 2023 Core Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 Core Menu	Steaks	9oz Featherblade Steak - Please select your butter or sauce choice below	4835	58%	1155	58%	66.6	95%	10.7	53%	78.3	30%	5.2	6%	60.4	121%	1.75	29%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core 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 2023 Core Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 Core Menu	Pizzas	Fennel seed salami, N'duja, red onion & piquillo peppers pizza	4738	56%	1132	57%	51.9	74%	20.7	103%	113.6	44%	9.0	10%	49.1	98%	7.14	119%
Crafted Pubs - Autumn Winter 2023 Core Menu	Pizzas	Fig, serrano ham & chilli jam pizza	4503	54%	1076	54%	30.5	44%	11.6	58%	141.8	55%	37.5	42%	54.4	109%	7.23	121%
Crafted Pubs - Autumn Winter 2023 Core Menu	Pizzas	Aged mozzarella, sundried tomato & basil pizza (V)	4619	55%	1104	55%	43.1	62%	17.7	89%	125.4	48%	17.0	19%	44.9	90%	6.12	102%
Crafted Pubs - Autumn Winter 2023 Core Menu	Pizzas	Steak, caramelised sweet onion, blacksticks blue cheese & rocket pizza	5173	62%	1236	62%	47.4	68%	15.0	75%	134.4	52%	24.7	27%	62.4	125%	4.40	73%
Crafted Pubs - Autumn Winter 2023 Core Menu	Salads	Caesar salad, Burford Brown soft boiled egg, Parmesan & sourdough cracker bread	2381	28%	569	28%	51.3	73%	10.6	53%	6.1	2%	2.7	3%	20.9	42%	1.39	23%
Crafted Pubs - Autumn Winter 2023 Core Menu	Salads	Chicken Caesar salad, Burford Brown soft boiled egg, Parmesan & sourdough cracker bread	3177	38%	760	38%	62.3	89%	13.6	68%	6.1	2%	2.7	3%	39.1	78%	1.57	26%
Crafted Pubs - Autumn Winter 2023 Core Menu	Sides	Chunky chips (V)	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	4.0	8%	1.18	20%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core Menu	Sides	Broccoli & tenderstem, red chilli & sesame seeds (Ve)	1029	12%	246	12%	19.8	28%	1.6	8%	6.4	2%	3.4	4%	6.2	12%	1.09	18%
Crafted Pubs - Autumn Winter 2023 Core Menu	Sides	Truffle & Parmesan fries	2579	31%	617	31%	36.4	52%	9.7	49%	59.5	23%	0.0	0%	12.0	24%	1.46	24%
Crafted Pubs - Autumn Winter 2023 Core 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%

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 2023 Core Menu	Sides	Tunworth & crème fraiche mash potato	2243	27%	536	27%	36.7	52%	23.7	119%	40.2	15%	3.6	4%	8.3	17%	1.06	18%
Crafted Pubs - Autumn Winter 2023 Core Menu	Sides	Sticky Braised Red Cabbage	459	5%	110	5%	0.0	0%	0.0	0%	25.0	10%	23.0	26%	1.0	2%	0.40	7%
Crafted Pubs - Autumn Winter 2023 Core Menu	Sides	Patatas bravas (V)	1861	22%	444	22%	31.5	45%	2.7	13%	38.3	15%	3.0	3%	3.0	6%	1.69	28%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core Menu	Sauces	Chimmichuri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core 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 2023 Core 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 2023 Core 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 2023 Core 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 2023 Core Menu	Extras	Extra Chipolata Sausage	330	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 2023 Core Menu	Extras	Extra Cured Tomato (Ve)	269	3%	64	3%	4.1	6%	0.3	2%	3.6	1%	2.8	3%	1.2	2%	0.37	6%
Crafted Pubs - Autumn Winter 2023 Core 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 2023 Core 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 2023 Core Menu	Extras	Extra Toast & Butter (V)	2597	31%	621	31%	20.4	29%	10.4	52%	94.2	36%	2.2	2%	16.2	32%	2.50	42%
Crafted Pubs - Autumn Winter 2023 Core Menu	Extras	Extra No Gluten Containing 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 Sunday Roast Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

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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
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Kids Sunday Roast	Kids Rump of Beef, horseradish cream, cauliflower cheese & Yorkshire pudding	3360	N.A	802	N.A	43.9	N.A	18.3	N.A	64.7	N.A	14.6	N.A	39.3	N.A	1.68	N.A
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Kids Sunday Roast	Kids Orchard Farm pork belly, cauliflower cheese & Bramley apple sauce	3677	N.A	878	N.A	51.0	N.A	18.2	N.A	68.6	N.A	18.7	N.A	36.5	N.A	1.46	N.A
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Kids Sunday Roast	Kids roast chicken & bread sauce	4167	N.A	996	N.A	53.4	N.A	17.4	N.A	65.6	N.A	14.2	N.A	54.7	N.A	1.71	N.A
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Kids Sunday Roast	Kids MacSween's veggie haggis wellington, red wine sauce	2783	N.A	664	N.A	38.3	N.A	13.7	N.A	67.1	N.A	13.8	N.A	12.8	N.A	2.71	N.A
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Roasts	Rump of beef, horseradish cream & Yorkshire pudding	5835	69%	1393	70%	78.5	112%	33.7	168%	105.6	41%	27.3	30%	70.8	142%	3.20	53%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Roasts	Orchard Farm pork belly, cauliflower cheese & Bramley apple sauce	6747	80%	1614	81%	94.8	135%	33.4	167%	113.4	44%	35.6	40%	39.3	79%	2.75	46%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Roasts	Shropshire Ross Cobb chicken, cauliflower cheese & bread sauce	7448	89%	1780	89%	97.5	139%	31.8	159%	107.4	41%	26.6	30%	101.6	203%	3.25	54%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Roasts	MacSween's veggie haggis wellington, red wine sauce (V)	6304	75%	1505	75%	85.0	121%	29.8	149%	152.5	59%	27.0	30%	32.1	64%	5.38	90%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Roasts	Dry Aged Rib of Beef, cauliflower cheese & Yorkshire pudding	14546	173%	3473	174%	229.6	328%	100.5	503%	207.7	80%	51.2	57%	149.8	300%	6.35	106%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Extra Gravy	304	4%	73	4%	4.4	6%	2.2	11%	5.5	2%	3.3	4%	1.1	2%	1.43	24%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Yorkshire Pudding (V)	890	11%	213	11%	9.3	13%	2.9	15%	23.8	9%	1.9	2%	7.8	16%	0.17	3%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Cauliflower Cheese	1916	23%	458	23%	34.0	49%	20.0	100%	24.0	9%	8.0	9%	16.0	32%	1.00	17%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Seasonal Greens (V)	575	7%	137	7%	9.0	13%	4.5	23%	6.0	2%	4.5	5%	4.5	9%	0.30	5%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Roast Potatoes (V)	1356	16%	322	16%	12.0	17%	0.0	0%	52.0	20%	2.0	2%	8.0	16%	0.00	0%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Roasted Rainbow Roots (V)	827	10%	198	10%	10.8	15%	0.0	0%	21.6	8%	14.4	16%	3.6	7%	0.18	3%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Pigs in Blankets	2352	28%	562	28%	45.0	64%	17.1	86%	5.4	2%	1.0	1%	33.6	67%	4.00	67%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Sage & onion stuffing	697	8%	167	8%	13.5	19%	5.0	25%	5.0	2%	0.5	1%	5.5	11%	0.55	9%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Sticky Braised Red Cabbage	459	5%	110	5%	0.0	0%	0.0	0%	25.0	10%	23.0	26%	1.0	2%	0.40	7%
Crafted Pubs - Autumn Winter 2023 Sunday Roast Menu	Sunday Sides	Tunworth & crème fraiche mash potato	2243	27%	536	27%	36.7	52%	23.7	119%	40.2	15%	3.6	4%	8.3	17%	1.06	18%

Crafted Pubs Dessert Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Peanut butter parfait, caramelised banana, candied pistachio, chocolate & sea salt ice cream	2148	26%	512	26%	26.3	38%	13.9	70%	61.3	24%	54.8	61%	6.5	13%	1.27	21%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Black treacle sticky toffee pudding, butterscotch sauce & black treacle ice cream (V)	3459	41%	826	41%	45.8	65%	26.4	132%	95.0	37%	74.7	83%	7.7	15%	1.08	18%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Selection of seasonal ice creams & sorbet - please select your flavour choice listed below																
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Clotted Cream Ice Cream	272	3%	65	3%	2.9	4%	1.9	9%	8.3	3%	8.2	9%	1.4	3%	0.04	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Black Treacle Ice Cream	282	3%	68	3%	2.5	4%	1.4	7%	9.8	4%	9.8	11%	1.5	3%	0.05	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Raspberry & Sorrel Sorbet	163	2%	39	2%	0.0	0%	0.0	0%	9.5	4%	7.7	9%	0.0	0%	0.00	0%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Vegan Strawberry Ice Cream	209	2%	50	3%	0.0	0%	0.0	0%	12.3	5%	10.0	11%	0.1	0%	0.05	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Christmas Pudding Ice Cream	374	4%	90	4%	3.0	4%	1.6	8%	13.2	5%	11.3	13%	1.7	3%	0.06	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	White Chocolate Ice Cream	218	3%	52	3%	1.9	3%	1.2	6%	7.5	3%	7.3	8%	1.3	3%	0.04	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Pistachio Ice Cream	429	5%	103	5%	4.3	6%	1.8	9%	13.5	5%	12.0	13%	2.4	5%	0.16	3%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Blackberry Ripple Ice Cream	268	3%	64	3%	2.8	4%	1.8	9%	8.6	3%	6.3	7%	1.2	2%	0.04	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Hazelnut Praline Ice Cream	241	3%	58	3%	2.1	3%	1.0	5%	8.3	3%	6.5	7%	1.4	3%	0.04	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Salted Caramel Ice Cream	276	3%	66	3%	3.0	4%	1.9	10%	8.5	3%	6.1	7%	1.3	3%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Chocolate Blood Orange Ice Cream	339	4%	81	4%	4.2	6%	3.5	17%	9.8	4%	8.2	9%	0.8	2%	0.02	0%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Chocolate Ice Cream with Salt	272	3%	65	3%	2.0	3%	1.3	7%	10.0	4%	9.5	11%	1.5	3%	1.03	17%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Café affogato (V)	272	3%	65	3%	2.9	4%	1.9	9%	8.3	3%	8.2	9%	1.4	3%	0.04	1%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Malted Chocolate delice, salted caramel ice cream, Maldon sea salt fudge, sour cherry molasses	3219	38%	769	38%	43.8	63%	25.6	128%	87.2	34%	57.5	64%	6.0	12%	0.17	3%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Flaming Baked Alaska - Havana Club 7	5953	71%	1409	70%	39.8	57%	15.2	76%	244.6	94%	225.0	250%	30.1	60%	0.99	17%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Mini blackberry meringue pie (V) - Please select your coffee choice listed below	1751	21%	415	21%	11.0	16%	5.7	29%	74.3	29%	63.1	70%	7.9	16%	0.42	7%
Crafted Pubs - Autumn Winter 2023 Dessert 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 2023 Dessert 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 2023 Dessert 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 2023 Dessert Menu	Desserts	Mini lemon meringue pie - Please select your coffee choice listed below	2137	25%	506	25%	12.5	18%	6.3	32%	92.7	36%	81.3	90%	9.5	19%	0.35	6%
Crafted Pubs - Autumn Winter 2023 Dessert 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 2023 Dessert 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 2023 Dessert 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%

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 2023 Dessert Menu	Desserts	Single Cheese - Please select your cheese of choice listed below	159	2%	38	2%	0.4	1%	0.2	1%	6.9	3%	0.4	0%	1.3	3%	0.13	2%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	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 2023 Dessert Menu	Desserts	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 2023 Dessert Menu	Desserts	Clawson Cheese & Hot Honey	774	9%	185	9%	15.7	22%	8.4	42%	1.7	1%	1.7	2%	9.2	18%	0.70	12%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	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 2023 Dessert Menu	Desserts	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 2023 Dessert Menu	Desserts	Cherry & almond crumble, toasted seeds, chocolate blood orange ice cream (Ve)	1853	22%	441	22%	12.2	17%	4.7	23%	76.6	29%	62.2	69%	4.4	9%	0.14	2%
Crafted Pubs - Autumn Winter 2023 Dessert Menu	Desserts	Lemon curd parfait, blueberry curd, blueberries, sherbet, vanilla cream & meringue (V)	3552	42%	846	42%	45.6	65%	29.7	149%	106.6	41%	94.6	105%	5.5	11%	0.69	12%

Crafted Pubs Kids Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 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 2023 Kids Menu	Kids Starters	Garlic pizza dough (V)	1346	N.A	322	N.A	9.1	N.A	4.7	N.A	50.3	N.A	1.1	N.A	8.5	N.A	1.11	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Cheeseburger & fries	3298	N.A	789	N.A	43.2	N.A	17.7	N.A	67.6	N.A	4.0	N.A	31.0	N.A	2.19	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Pigs in blankets, mash & peas	2258	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 2023 Kids Menu	Kids Mains	Battered fish, chips & peas (Haddock)	2463	N.A	589	N.A	32.2	N.A	11.4	N.A	48.4	N.A	5.0	N.A	22.1	N.A	1.67	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Aged mozzarella, sundried tomato & basil pizza (V)	2133	N.A	510	N.A	20.5	N.A	8.5	N.A	57.5	N.A	3.2	N.A	21.0	N.A	2.44	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Fennel seed salami, N'duja, red onion & piquillo peppers pizza	2326	N.A	556	N.A	25.3	N.A	10.3	N.A	55.9	N.A	4.1	N.A	24.4	N.A	3.51	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Fig, serrano ham & chilli jam pizza	2251	N.A	538	N.A	15.3	N.A	5.8	N.A	70.9	N.A	18.8	N.A	27.2	N.A	4.10	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Roast chicken, mash & peas	2848	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 2023 Kids Menu	Kids Mains	Pepperoni, mozzarella, BBQ base pizza	2633	N.A	629	N.A	27.1	N.A	12.2	N.A	66.0	N.A	12.9	N.A	24.8	N.A	2.71	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Roast butternut squash & barley risotto, chestnuts, toasted pumpkin seeds & crispy sage (Ve)	1359	N.A	325	N.A	14.8	N.A	8.5	N.A	40.0	N.A	5.0	N.A	6.0	N.A	1.67	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Mains	Steak, caramelised sweet onion, blacksticks blue cheese & rocket pizza	2587	N.A	618	N.A	23.7	N.A	7.5	N.A	67.2	N.A	12.3	N.A	31.2	N.A	2.20	N.A
Crafted Pubs - Autumn Winter 2023 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

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 2023 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 2023 Kids Menu	Kids Desserts	Little Bloc Ice Cream Tub (V)																
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Desserts	Strawberry Ice Cream	435	N.A	104	N.A	4.6	N.A	2.9	N.A	11.6	N.A	9.2	N.A	4.0	N.A	0.10	N.A
Crafted Pubs - Autumn Winter 2023 Kids Menu	Kids Desserts	Crazy Chocolate Ice Cream	444	N.A	106	N.A	4.6	N.A	3.1	N.A	11.2	N.A	8.1	N.A	4.8	N.A	0.10	N.A

Crafted Pubs No Gluten Containing Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Brunch	Soft boiled duck egg, sea salt & toasted soldiers (V)	1708	20%	408	20%	31.3	45%	16.8	84%	21.9	8%	2.7	3%	9.7	19%	11.01	184%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Brunch	Smashed avocado, lime & chilli flakes, poached eggs (V)	2250	27%	538	27%	43.4	62%	8.2	41%	22.8	9%	5.8	6%	11.5	23%	2.70	45%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Brunch	Proper bacon sarnie	4597	55%	1099	55%	65.9	94%	26.8	134%	72.5	28%	8.5	9%	53.7	107%	7.67	128%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Brunch	Shakshuka - baked Burford Brown eggs, spiced tomato sauce, avocado, feta & toast (V)	2629	31%	628	31%	46.9	67%	11.2	56%	29.6	11%	8.2	9%	21.7	43%	1.56	26%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Nibbles	Gordal Olives (V)	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 2023 No Gluten Menu	Nibbles	Patatas Bravas (V)	1861	22%	444	22%	31.5	45%	2.7	13%	38.3	15%	3.0	3%	3.0	6%	1.69	28%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Stix	Padron peppers, spicy gochujang & lime dressing Stix (Ve)	299	4%	72	4%	0.6	1%	0.0	0%	13.9	5%	9.7	11%	1.9	4%	1.55	26%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Stix	Crispy pork bites & apple caramel Stix	1061	13%	255	13%	15.0	21%	5.2	26%	11.4	4%	9.0	10%	10.5	21%	1.12	19%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Stix	Charred halloumi, hot honey & thyme Stix (V)	1141	14%	273	14%	16.2	23%	9.2	46%	17.0	7%	16.8	19%	14.4	29%	1.63	27%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Small Plates	Smoked chicken liver parfait, clementine jam & toast	1938	23%	463	23%	25.2	36%	14.4	72%	44.7	17%	15.4	17%	12.2	24%	2.12	35%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Small Plates	Sticky harissa lamb mince, roast garlic & spinach hummus, pickled red onion & chilli	4101	49%	979	49%	36.3	52%	12.6	63%	133.6	51%	45.9	51%	27.5	55%	3.35	56%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sharers	Honey & black truffle baked camembert - suitable for 2 or more people	5877	70%	1405	70%	67.7	97%	41.0	205%	141.2	54%	43.9	49%	56.8	114%	7.12	119%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Seasonal fish & chips, minted peas & tartare sauce	4911	58%	1172	59%	74.7	107%	8.2	41%	82.3	32%	8.3	9%	44.4	89%	3.15	53%

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 2023 No Gluten Menu	Mains	Flat iron chicken, lemon & garlic butter, lamb lettuce, rosemary salt fries	5946	71%	1421	71%	82.7	118%	31.4	157%	69.4	27%	1.8	2%	96.0	192%	2.93	49%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Aged rib & shin beef burger, streaky bacon, smoked cheese, bacon ketchup	6318	75%	1510	76%	99.2	142%	37.1	185%	88.7	34%	12.3	14%	61.8	124%	5.54	92%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Lamb rump, black truffle potato cake, cumin glazed carrot	5013	60%	1197	60%	83.1	119%	45.6	228%	53.3	21%	25.2	28%	54.9	110%	1.70	28%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Roast hake, haricot beans, leeks, samphire & chives	1943	23%	464	23%	26.3	38%	12.9	65%	18.9	7%	2.7	3%	37.1	74%	1.85	31%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	New Fish pie, king scallops, smoked haddock, sea trout, king prawns, mussels & buttered seasonal greens	3755	45%	897	45%	60.6	87%	34.7	174%	33.6	13%	7.6	8%	45.5	91%	4.55	76%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Duck breast, roast endive, beetroot & pickled cherries	3003	36%	718	36%	51.3	73%	20.2	101%	24.6	9%	22.1	25%	38.4	77%	1.63	27%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Caesar salad, soft boiled egg, parmesan	2317	28%	553	28%	51.2	73%	10.6	53%	3.4	1%	2.6	3%	20.4	41%	1.34	22%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Mains	Chicken Caesar salad, soft boiled egg, parmesan	3113	37%	745	37%	62.1	89%	13.5	68%	3.4	1%	2.6	3%	38.6	77%	1.51	25%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Steaks	9oz Featherblade Steak - please select your butter choice listed below	4640	55%	1108	55%	62.7	90%	10.2	51%	75.6	29%	4.2	5%	59.9	120%	1.74	29%
Crafted Pubs - Autumn Winter 2023 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 2023 No Gluten Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Steaks	10oz Sirloin Steak - please select your butter choice listed below	4800	57%	1146	57%	71.0	101%	14.9	74%	75.6	29%	4.2	5%	50.5	101%	1.82	30%
Crafted Pubs - Autumn Winter 2023 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%

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 2023 No Gluten Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Steaks	Dry aged 16oz T-Bone steak - please select your butter choice listed below	5258	63%	1255	63%	78.0	111%	16.5	82%	79.2	30%	7.0	8%	56.6	113%	2.23	37%
Crafted Pubs - Autumn Winter 2023 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 2023 No Gluten Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Steaks	Sharing Dry Aged Cote De Bouef - please select your butter choice listed below	11970	143%	2858	143%	195.9	280%	55.7	279%	148.2	57%	6.2	7%	125.6	251%	4.10	68%
Crafted Pubs - Autumn Winter 2023 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 2023 No Gluten Menu	Steaks	Chimichurri Butter	1501	18%	359	18%	38.4	55%	16.8	84%	2.4	1%	0.6	1%	1.2	2%	0.30	5%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sides	Chunky chips (V)	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	4.0	8%	1.18	20%
Crafted Pubs - Autumn Winter 2023 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 2023 No Gluten Menu	Sides	Broccoli & tenderstem, red chilli & sesame seeds (Ve)	1029	12%	246	12%	19.8	28%	1.6	8%	6.4	2%	3.4	4%	6.2	12%	1.09	18%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sides	Truffle & parmesan fries	2579	31%	617	31%	36.4	52%	9.7	49%	59.5	23%	0.0	0%	12.0	24%	1.46	24%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sides	Sticky Braised Red Cabbage	459	5%	110	5%	0.0	0%	0.0	0%	25.0	10%	23.0	26%	1.0	2%	0.40	7%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sides	Tunworth & crème fraiche mash potato	2243	27%	536	27%	36.7	52%	23.7	119%	40.2	15%	3.6	4%	8.3	17%	1.06	18%

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 2023 No Gluten Menu	Desserts	Selection of seasonal ice creams & sorbet - Please select your flavour choice listed below																	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Clotted Cream Ice Cream	272	3%	65	3%	2.9	4%	1.9	9%	8.3	3%	8.2	9%	1.4	3%	0.04	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Black Treacle Ice Cream	282	3%	68	3%	2.5	4%	1.4	7%	9.8	4%	9.8	11%	1.5	3%	0.05	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Raspberry & Sorrel Sorbet	163	2%	39	2%	0.0	0%	0.0	0%	9.5	4%	7.7	9%	0.0	0%	0.00	0%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Vegan Strawberry Ice Cream	209	2%	50	3%	0.0	0%	0.0	0%	12.3	5%	10.0	11%	0.1	0%	0.05	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Christmas Pudding Ice Cream	374	4%	90	4%	3.0	4%	1.6	8%	13.2	5%	11.3	13%	1.7	3%	0.06	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	White Chocolate Ice Cream	218	3%	52	3%	1.9	3%	1.2	6%	7.5	3%	7.3	8%	1.3	3%	0.04	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Pistachio Ice Cream	429	5%	103	5%	4.3	6%	1.8	9%	13.5	5%	12.0	13%	2.4	5%	0.16	3%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Blackberry Ripple Ice Cream	268	3%	64	3%	2.8	4%	1.8	9%	8.6	3%	6.3	7%	1.2	2%	0.04	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Hazelnut Praline Ice Cream	241	3%	58	3%	2.1	3%	1.0	5%	8.3	3%	6.5	7%	1.4	3%	0.04	1%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Salted Caramel Ice Cream	276	3%	66	3%	3.0	4%	1.9	10%	8.5	3%	6.1	7%	1.3	3%	0.00	0%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Chocolate Blood Orange Ice Cream	339	4%	81	4%	4.2	6%	3.5	17%	9.8	4%	8.2	9%	0.8	2%	0.02	0%	
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Chocolate Ice Cream with Salt	272	3%	65	3%	2.0	3%	1.3	7%	10.0	4%	9.5	11%	1.5	3%	1.03	17%	

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Café affogato	272	3%	65	3%	2.9	4%	1.9	9%	8.3	3%	8.2	9%	1.4	3%	0.04	1%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Peanut butter parfait, caramelised banana, candied pistachio, chocolate & sea salt ice cream	2148	26%	512	26%	26.3	38%	13.9	70%	61.3	24%	54.8	61%	6.5	13%	1.27	21%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Desserts	Lemon curd parfait, blueberries, sherbet, vanilla cream & meringue (V)	3552	42%	846	42%	45.6	65%	29.7	149%	106.6	41%	94.6	105%	5.5	11%	0.69	12%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Roasts	Rump of beef, horseradish cream	4094	49%	977	49%	53.3	76%	21.7	108%	70.9	27%	20.8	23%	56.6	113%	2.03	34%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Roasts	Orchard Farm pork belly, Bramley apple sauce	5006	60%	1198	60%	69.6	99%	21.4	107%	78.6	30%	29.0	32%	25.1	50%	1.58	26%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Roasts	Shropshire Ross Cobb chicken	5551	66%	1327	66%	71.3	102%	19.3	97%	67.1	26%	17.5	19%	85.8	172%	1.88	31%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Sides	Pigs in Blankets	2352	28%	562	28%	45.0	64%	17.1	86%	5.4	2%	1.0	1%	33.6	67%	4.00	67%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Sides	Seasonal Greens (V)	575	7%	137	7%	9.0	13%	4.5	23%	6.0	2%	4.5	5%	4.5	9%	0.30	5%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Sides	Roast Potatoes (V)	1356	16%	322	16%	12.0	17%	0.0	0%	52.0	20%	2.0	2%	8.0	16%	0.00	0%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Sides	Roasted Rainbow Roots (V)	827	10%	198	10%	10.8	15%	0.0	0%	21.6	8%	14.4	16%	3.6	7%	0.18	3%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Sides	Sticky Braised Red Cabbage	459	5%	110	5%	0.0	0%	0.0	0%	25.0	10%	23.0	26%	1.0	2%	0.40	7%
Crafted Pubs - Autumn Winter 2023 No Gluten Menu	Sunday Sides	Tunworth & crème fraiche mash potato	2243	27%	536	27%	36.7	52%	23.7	119%	40.2	15%	3.6	4%	8.3	17%	1.06	18%
Crafted Pubs - Autumn Winter 2023 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%

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 2023 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 2023 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 2023 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 2023 No Gluten Menu	Extras	Extra Chipolata Sausage	330	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 2023 No Gluten Menu	Extras	Extra Cured Tomato (Ve)	269	3%	64	3%	4.1	6%	0.3	2%	3.6	1%	2.8	3%	1.2	2%	0.37	6%
Crafted Pubs - Autumn Winter 2023 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 2023 No Gluten Menu	Extras	Extra No Gluten Containing Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%