

Crafted Main Menu & Specials Dishes - Summer 2024

Nutritional Information



Key & Interpreting the data

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

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

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

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

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

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

Reference Intakes (RI's) for an average adult

Nutrient	Reference Intake
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Summer 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 - Summer 2024 Main Menu	Nibbles	Sausage roll, Pink lady & Golden delicious apple cider salsa	3496	42%	836	42%	56.4	81%	26.1	131%	51.4	20%	8.6	10%	28.7	57%	2.75	46%
Crafted Pubs - Summer 2024 Main Menu	Stix	Brie Stix (V)	1341	16%	323	16%	21.8	31%	13.7	68%	16.4	6%	12.4	14%	15.6	31%	1.44	24%
Crafted Pubs - Summer 2024 Main Menu	Stix	Padron Pepper Stix (Ve)	296	4%	71	4%	0.6	1%	0.0	0%	13.8	5%	9.6	11%	1.8	4%	1.55	26%
Crafted Pubs - Summer 2024 Main Menu	Stix	Sausage Stix	775	9%	185	9%	10.2	15%	2.7	14%	16.0	6%	14.6	16%	6.5	13%	0.56	9%
Crafted Pubs - Summer 2024 Main Menu	Stix	Chicken Meatball Stix	2825	34%	472	24%	21.9	31%	4.5	23%	71.2	27%	57.4	64%	49.0	98%	5.38	90%
Crafted Pubs - Summer 2024 Main Menu	Stix	Lamb Sausage Stix	571	7%	136	7%	8.8	13%	4.0	20%	2.6	1%	2.0	2%	11.5	23%	0.77	13%
Crafted Pubs - Summer 2024 Main Menu	Stix	King Prawn Stix	490	6%	117	6%	2.6	4%	0.6	3%	14.0	5%	12.3	14%	9.1	18%	6.21	104%
Crafted Pubs - Summer 2024 Main Menu	Small Plates	Yoghurt, crumbled feta & sumac dip, hot honey, mint, pink grapefruit & flatbread (V)	2119	25%	507	25%	16.4	23%	9.1	45%	71.5	27%	20.2	22%	18.1	36%	1.89	32%
Crafted Pubs - Summer 2024 Main Menu	Small Plates	Watermelon & coconut feta salad, gordal olive, toasted pumkin seeds, chilli maple syrup & oregano dressing (Ve)	1340	16%	320	16%	22.7	32%	12.8	64%	25.3	10%	19.3	21%	1.2	2%	2.04	34%
Crafted Pubs - Summer 2024 Main Menu	Small Plates	Burrata, heritage heirloom tomatoes, pink onions, capers & basil (V)	1958	23%	468	23%	39.1	56%	16.4	82%	5.7	2%	4.9	5%	19.2	38%	1.76	29%
Crafted Pubs - Summer 2024 Main Menu	Small Plates	Smoked chicken liver parfait, clementine jam & toast	2661	32%	636	32%	26.1	37%	15.3	77%	76.2	29%	14.5	16%	20.3	41%	2.12	35%
Crafted Pubs - Summer 2024 Main Menu	Small Plates	Crab arancini, mayonnaise & lemon	3061	36%	730	37%	59.1	84%	5.5	28%	40.1	15%	7.0	8%	11.7	23%	4.11	69%

Crafted Pubs - Summer 2024 Main Menu	Small Plates	Hot Smoked mackerel & creamed horseradish, beetroot, celeriac & apple salsa, sourdough crispbread	1811	22%	433	22%	30.5	44%	16.4	82%	20.5	8%	6.7	7%	16.4	33%	2.57	43%
Crafted Pubs - Summer 2024 Main Menu	Small Plates	Shetland Island Rope grown mussels, garlic, cream & white wine sauce, garlic foccacia bread	2942	35%	703	35%	43.7	62%	24.5	122%	46.1	18%	9.5	11%	33.1	66%	5.87	98%
Crafted Pubs - Summer 2024 Main Menu	Sharers	Piggy Board (serves 2 people)	9986	119%	2387	119%	121.7	174%	49.8	249%	179.3	69%	49.4	55%	137.9	276%	10.67	178%
Crafted Pubs - Summer 2024 Main Menu	Sharers	Baked apricot camembert, hot honey flatbreads, rosemary focaccia (V) (serves 2 people)	7877	94%	1883	94%	79.4	113%	51.1	255%	213.9	82%	54.2	60%	75.0	150%	7.42	124%
Crafted Pubs - Summer 2024 Main Menu	Daytime Only Dishes	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 - Summer 2024 Main Menu	Daytime Only Dishes	Marmalade roast ham, fried duck egg, triple cooked chips & golden beetroot picallili	4906	58%	1171	59%	65.0	93%	14.6	73%	99.9	38%	28.9	32%	56.2	112%	6.31	105%
Crafted Pubs - Summer 2024 Main Menu	Mains	Watermelon & coconut feta salad, gordal olive, bitter leaves, toasted pumpkin seeds, chilli maple syrup & oregano dressing (Ve)	2422	29%	579	29%	39.7	57%	20.4	102%	45.9	18%	36.1	40%	2.5	5%	2.77	46%
Crafted Pubs - Summer 2024 Main Menu	Mains	Pan fried sea bass, crab arrancini, saffron aioli & pickled watermelon	2119	25%	506	25%	30.3	43%	2.9	14%	30.0	12%	19.2	21%	28.7	57%	1.67	28%
Crafted Pubs - Summer 2024 Main Menu	Mains	Beer battered seasonal fish & chips, minted peas & tartare sauce (Haddock)	5725	68%	1372	69%	90.1	129%	13.7	69%	94.6	36%	8.3	9%	50.0	100%	3.56	59%
Crafted Pubs - Summer 2024 Main Menu	Mains	Aged rib & shin beef burger, smoked cheese, bacon ketchup	6729	80%	1609	80%	92.2	132%	34.1	171%	130.7	50%	27.1	30%	59.4	119%	5.37	90%
Crafted Pubs - Summer 2024 Main Menu	Mains	Lamb rump, new pots, charred gem, peas & salsa verde	4262	51%	1055	53%	74.1	106%	21.3	106%	26.5	10%	5.4	6%	59.6	119%	4.56	76%
Crafted Pubs - Summer 2024 Main Menu	Mains	Shropshire Ross Cobb Chicken, chorizo, potatoes & spinach, gochujang aioli	4326	52%	1032	52%	73.0	104%	13.7	68%	36.2	14%	6.7	7%	57.9	116%	3.48	58%
Crafted Pubs - Summer 2024 Main Menu	Mains	Dressed Devonshire Crab, boiled egg, truffle mayonnaise, fries	3912	47%	935	47%	76.7	110%	11.3	57%	62.6	24%	2.6	3%	47.0	94%	3.22	54%
Crafted Pubs - Summer 2024 Main Menu	Mains	Shetland Island Rope grown mussels, garlic, cream & white wine sauce, fries	6686	80%	1598	80%	108.0	154%	54.2	271%	100.4	39%	16.2	18%	62.0	124%	12.79	213%

Crafted Pubs - Summer 2024 Main Menu	Mains	Fish pie, king scallops, smoked haddock, sea trout, king prawns, mussels, herb crumb & buttered seasonal greens	3940	47%	943	47%	62.2	89%	35.5	178%	41.4	16%	7.9	9%	49.8	100%	4.00	67%
Crafted Pubs - Summer 2024 Main Menu	Mains	Beyond Meat plant based burger, melted slice, dill pickle(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 - Summer 2024 Main Menu	Mains	Pea & broad bean risotto, salted lemons, mint & watercress pesto (Ve)	2329	28%	557	28%	33.5	48%	2.4	12%	50.7	19%	7.5	8%	9.1	18%	9.79	163%
Crafted Pubs - Summer 2024 Main Menu	Mains	Kids Beyond Meat plant based burger (Ve)	2777	33%	664	33%	30.1	43%	10.9	54%	76.1	29%	6.3	7%	20.3	41%	2.84	47%
Crafted Pubs - Summer 2024 Main Menu	Mains	Kids Cheeseburger & fries	2280	27%	545	27%	21.7	31%	7.8	39%	70.1	27%	6.3	7%	15.8	32%	2.33	39%
Crafted Pubs - Summer 2024 Main Menu	Steaks	10oz Sirloin Steak - Please select your sauce or butter choice below	4993	59%	1193	60%	75.0	107%	15.3	77%	78.0	30%	5.2	6%	54.9	110%	1.83	31%
Crafted Pubs - Summer 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 - Summer 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Steaks	Dry aged 16oz T-Bone steak - Please select your sauce or butter choice below	5447	65%	1301	65%	82.0	117%	16.9	85%	81.4	31%	8.0	9%	61.0	122%	2.24	37%
Crafted Pubs - Summer 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 - Summer 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Steaks	Sharing Dry Aged Cote De Bouef - Please select your sauce or butter choice below (serves 2 people)	12344	147%	2949	147%	203.6	291%	56.7	283%	153.2	59%	8.3	9%	134.6	269%	4.10	68%
Crafted Pubs - Summer 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 - Summer 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Pizzas	Lamb Merguez, harissa, pomegranate molasses & rocket pizza	4796	57%	1146	57%	47.6	68%	17.1	85%	118.1	45%	11.4	13%	55.0	110%	6.76	113%
Crafted Pubs - Summer 2024 Main 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 - Summer 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 - Summer 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Sides	New pots, mint & chervil butter (V)	1317	16%	312	16%	16.5	24%	10.4	52%	37.7	15%	3.3	4%	4.4	9%	1.68	28%
Crafted Pubs - Summer 2024 Main Menu	Sides	Heritage heirloom tomatoes, pink onions, capers & basil (Ve)	864	10%	207	10%	17.9	26%	1.4	7%	5.7	2%	4.9	5%	1.7	3%	1.35	23%
Crafted Pubs - Summer 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 - Summer 2024 Main Menu	Sides	Add Chicken	1766	21%	422	21%	29.0	41%	8.0	40%	0.0	0%	0.0	0%	40.1	80%	0.04	1%
Crafted Pubs - Summer 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 - Summer 2024 Main Menu	Desserts	Baked clotted cream & ginger stem cheesecake (V)	2793	33%	667	33%	39.1	56%	24.8	124%	71.4	27%	47.7	53%	6.6	13%	0.39	7%
Crafted Pubs - Summer 2024 Main 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 - Summer 2024 Main Menu	Desserts	Lemon curd parfait, blackberry curd, blueberries, sherbet, blackberry ripple ice cream & meringue (V)	2633	31%	626	31%	18.4	26%	12.5	62%	112.7	43%	98.4	109%	5.2	10%	0.68	11%
Crafted Pubs - Summer 2024 Main Menu	Desserts	Biscoff & pistachio mini doughnuts, cinnamon sugar, chocolate dip (V)	3269	39%	781	39%	53.4	76%	30.2	151%	64.5	25%	32.9	37%	11.3	23%	0.92	15%
Crafted Pubs - Summer 2024 Main Menu	Desserts	Chocolate & nutless butter brownie (V)	3355	40%	802	40%	49.0	70%	23.6	118%	73.7	28%	46.9	52%	13.2	26%	0.42	7%
Crafted Pubs - Summer 2024 Main Menu	Desserts	Selection of seasonal ice creams & sorbet - 1 scoop, please select your flavour choice below																
Crafted Pubs - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Desserts	Cornish Clotted Cream	630	7%	151	8%	8.6	12%	5.8	29%	15.8	6%	14.5	16%	2.5	5%	0.09	1%
Crafted Pubs - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Desserts	Café affogato (V)	630	7%	151	8%	8.6	12%	5.8	29%	15.8	6%	14.5	16%	2.5	5%	0.09	2%
Crafted Pubs - Summer 2024 Main Menu	Desserts	Mini lemon meringue pie - Please select your hot drink of choice 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 - Summer 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 - Summer 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 - Summer 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 - Summer 2024 Main Menu	Desserts	Mini blackberry meringue pie (V) - Please select your hot drink of choice 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 - Summer 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 - Summer 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 - Summer 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 - Summer 2024 Main Menu	Desserts	Single Cheese - Please select your cheese choice 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main 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 - Summer 2024 Main Menu	Desserts	Beauvale Cheese & Hot Honey	702	8%	168	8%	14.3	20%	7.3	37%	2.0	1%	1.7	2%	7.8	16%	0.67	11%
Crafted Pubs - Summer 2024 Main Menu	Desserts	Peach Tarte Tatin (Ve)	1786	21%	427	21%	10.5	15%	4.6	23%	76.4	29%	50.5	56%	4.5	9%	0.24	4%
Crafted Pubs - 2024 Summer Specials	Specials Starters	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 - 2024 Summer Specials	Specials Starters	Burrata, nectarine, English truffled rapeseed oil, green chilli & basil (V)	944	11%	226	11%	15.4	22%	7.9	39%	9.7	4%	9.3	10%	9.7	19%	1.18	20%
Crafted Pubs - 2024 Summer Specials	Specials Starters	Crispy duck, watermelon & pickled radish, Asian slaw, toasted sesame seeds, lime & soy dressing	1077	13%	257	13%	12.4	18%	3.1	15%	27.0	10%	25.1	28%	9.0	18%	2.93	49%
Crafted Pubs - 2024 Summer Specials	Specials Starters	Sugar cured king prawns, cucumber salad, toasted peanuts & lime dressing	1005	12%	239	12%	7.5	11%	1.2	6%	32.6	13%	30.1	33%	11.8	24%	6.18	103%
Crafted Pubs - 2024 Summer Specials	Specials Starters	Hot smoked Loch Etive trout taco, avocado, kiwi & mango salsa	1409	17%	337	17%	22.6	32%	4.3	21%	18.9	7%	5.4	6%	12.3	25%	0.87	15%
Crafted Pubs - 2024 Summer Specials	Specials Mains	Grilled mackerel, sweet & sour beetroot, wasabi crème fraiche	3003	36%	718	36%	43.4	62%	11.8	59%	47.7	18%	38.5	43%	34.1	68%	1.09	18%
Crafted Pubs - 2024 Summer Specials	Specials Mains	Charred Peach, Beauvale Blue Cheese, Toasted Hazelnuts, Chichory Salad, Mustard Dressing	2483	30%	593	30%	54.6	78%	9.4	47%	14.7	6%	12.0	13%	11.0	22%	1.96	33%
Crafted Pubs - 2024 Summer Specials	Specials Mains	Grilled Sole, confit garlic & dill butter, samphire & tomato	3586	43%	858	43%	54.0	77%	30.2	151%	9.6	4%	4.3	5%	81.2	162%	3.86	64%
Crafted Pubs - 2024 Summer Specials	Specials Mains	Stuffed Lambchetta, lamb rump, glazed carrot, kale pesto	4706	56%	1124	56%	86.1	123%	27.7	139%	33.6	13%	12.7	14%	51.1	102%	1.54	26%
Crafted Pubs - 2024 Summer Specials	Specials Mains	Seabass, sweet potato curry, pak choy, steamed mussels & saphire bhaji	4494	54%	1073	54%	58.4	83%	23.1	115%	93.1	36%	34.9	39%	39.0	78%	3.43	57%
Crafted Pubs - 2024 Summer Specials	Specials 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 - 2024 Summer Specials	Specials 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 - 2024 Summer Specials	Specials Mains	Clam vongole, garlic, chilli & coriander dressing	4197	50%	1003	50%	51.1	73%	3.6	18%	81.7	31%	11.2	12%	54.7	109%	6.39	107%
Crafted Pubs - 2024 Summer Specials	Specials Desserts	Peanut butter parfait, caramelised banana, candied pistachio, chocolate & sea salt ice cream(n)	2148	26%	512	26%	26.3	38%	13.9	70%	61.3	24%	54.8	61%	6.5	13%	1.27	21%
Crafted Pubs - 2024 Summer Specials	Specials Desserts	Chocolate mousse, sour cherries, Cold pressed rapeseed oil & chopped pistachio	3239	39%	773	39%	59.8	85%	20.6	103%	41.4	16%	36.6	41%	16.0	32%	1.49	25%
Crafted Pubs - 2024 Summer Specials	Specials Desserts	Chocolate & salted caramel tart, raspberry & raspberry sorbet (V)	2560	30%	610	30%	35.7	51%	21.1	106%	67.9	26%	51.5	57%	4.5	9%	0.35	6%
Crafted Pubs - 2024 Summer Specials	Specials 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 No Gluten Main Menu & Specials Dishes - Summer 2024 Nutritional Information



Key & Interpreting the data

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

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

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

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

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

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

Reference Intakes (RI's) for an average adult

Nutrient	Reference Intake
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Crafted Pubs - Summer 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 - Summer 2024 No Gluten Menu	Stix	Padron Pepper Stix (Ve)	296	4%	71	4%	0.6	1%	0.0	0%	13.8	5%	9.6	11%	1.8	4%	1.55	26%
Crafted Pubs - Summer 2024 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 - Summer 2024 No Gluten Menu	Small Plates	Shetland Island Rope grown mussels, garlic, cream & white wine sauce, caraway bread	2620	31%	626	31%	43.3	62%	24.1	120%	32.1	12%	9.9	11%	29.5	59%	5.87	98%
Crafted Pubs - Summer 2024 No Gluten Menu	Small Plates	Watermelon & coconut feta salad, gordal olive, bitter leaves, toasted pumpkin seeds, chilli maple syrup & oregano dressing (Ve)	1340	16%	320	16%	22.7	32%	12.8	64%	25.3	10%	19.3	21%	1.2	2%	2.04	34%
Crafted Pubs - Summer 2024 No Gluten Menu	Small Plates	Hot Smoked mackerel & creamed horseradish, beetroot, celeriac & apple salsa & toast	2226	26%	532	27%	32.7	47%	16.2	81%	40.5	16%	9.6	11%	16.7	33%	3.18	53%
Crafted Pubs - Summer 2024 No Gluten Menu	Small Plates	Yoghurt, crumbled feta & sumac dip, hot honey, mint, pink grapefruit & toast (V)	1739	21%	416	21%	16.9	24%	8.8	44%	53.9	21%	22.8	25%	12.5	25%	1.73	29%
Crafted Pubs - Summer 2024 No Gluten Menu	Small Plates	Burrata, heritage heirloom tomatoes, pink onions, capers & basil (V)	1958	23%	468	23%	39.1	56%	16.4	82%	5.7	2%	4.9	5%	19.2	38%	1.76	29%
Crafted Pubs - Summer 2024 No Gluten Menu	Sharers	Baked apricot camembert, caraway toast (V) (Serves 2)	5975	71%	1428	71%	66.7	95%	40.8	204%	149.4	57%	46.4	52%	57.1	114%	7.40	123%
Crafted Pubs - Summer 2024 No Gluten Menu	Daytime Only Dishes	Marmalade roast ham, fried duck egg, triple cooked chips	4611	55%	1101	55%	63.5	91%	14.6	73%	86.4	33%	16.4	18%	55.2	110%	5.81	97%
Crafted Pubs - Summer 2024 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%	48.4	97%	3.15	53%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Shetland Island Rope grown mussels, garlic, cream & white wine sauce, fries	6686	80%	1598	80%	108.0	154%	54.2	271%	100.4	39%	16.2	18%	62.0	124%	12.79	213%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Pea & broad bean risotto, salted lemons, mint & watercress pesto (ve)	2329	28%	557	28%	33.5	48%	2.4	12%	50.7	19%	7.5	8%	9.1	18%	9.79	163%

Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Shropshire Ross Cobb Chicken, chorizo, potatoes & spinach, gochujang aioli	4326	52%	1032	52%	73.0	104%	13.7	68%	36.2	14%	6.7	7%	57.9	116%	3.48	58%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Aged rib & shin boneless beef burger, smoked cheese, bacon ketchup	5859	70%	1401	70%	89.5	128%	33.6	168%	93.6	36%	20.8	23%	51.7	103%	4.60	77%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Fish pie, king scallops, smoked haddock, sea trout, king prawns, mussels & buttered seasonal greens	3745	45%	895	45%	60.8	87%	34.7	174%	34.0	13%	7.5	8%	48.7	97%	3.90	65%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Beyond Meat plant based bunless burger, melted slice, dill pickle (Ve)	5313	63%	1270	64%	90.8	130%	19.9	100%	84.8	33%	4.2	5%	26.8	54%	4.84	81%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Lamb rump, new pots, charred gem, peas & salsa verde	4262	51%	1017	51%	74.1	106%	21.3	106%	26.5	10%	5.4	6%	59.6	119%	4.56	76%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Watermelon & coconut feta salad, gordal olive, bitter leaves, toasted pumpkin seeds, chilli maple syrup & oregano dressing (Ve)	2422	29%	579	29%	39.7	57%	20.4	102%	45.9	18%	36.1	40%	2.5	5%	2.77	46%
Crafted Pubs - Summer 2024 No Gluten Menu	Mains	Dressed *Devonshire Crab, boiled egg, truffle mayonnaise, fries	4750	57%	935	47%	76.7	110%	11.3	57%	62.6	24%	2.6	3%	47.0	94%	3.22	54%
Crafted Pubs - Summer 2024 No Gluten Menu	Steaks	10oz Sirloin Steak - Please select your butter choice 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 - Summer 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 - Summer 2024 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 - Summer 2024 No Gluten Menu	Steaks	Dry aged 16oz T-Bone steak - Please select your butter choice 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 - Summer 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 - Summer 2024 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 - Summer 2024 No Gluten Menu	Steaks	Sharing Dry Aged Cote De Bouef - Please select your butter choice below (serves 2)	11954	142%	2854	143%	195.7	280%	55.7	279%	147.7	57%	6.2	7%	133.5	267%	4.08	68%

Crafted Pubs - Summer 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 - Summer 2024 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 - Summer 2024 No Gluten 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 - Summer 2024 No Gluten Menu	Sides	Add Chicken	1766	21%	422	21%	29.0	41%	8.0	40%	0.0	0%	0.0	0%	40.1	80%	0.04	1%
Crafted Pubs - Summer 2024 No Gluten Menu	Sides	Heritage heirloom tomatoes, pink onions, capers & basil (Ve)	864	10%	207	10%	17.9	26%	1.4	7%	5.7	2%	4.9	5%	1.7	3%	1.35	23%
Crafted Pubs - Summer 2024 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 - Summer 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 - Summer 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 - Summer 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 - Summer 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 - Summer 2024 No Gluten Menu	Sides	New pots, mint & chervil butter (V)	1317	16%	312	16%	16.5	24%	10.4	52%	37.7	15%	3.3	4%	4.4	9%	1.68	28%
Crafted Pubs - Summer 2024 No Gluten Menu	Desserts	Single Cheese - Please select your cheese choice 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 - Summer 2024 No Gluten 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 - Summer 2024 No Gluten 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 - Summer 2024 No Gluten 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 - Summer 2024 No Gluten Menu	Desserts	Beauvale Cheese & Hot Honey	702	8%	168	8%	14.3	20%	7.3	37%	2.0	1%	1.7	2%	7.8	16%	0.67	11%
Crafted Pubs - Summer 2024 No Gluten Menu	Desserts	Selection of seasonal ice creams & sorbet - 1 scoop, please select your flavour choice below																
Crafted Pubs - Summer 2024 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 - Summer 2024 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 - Summer 2024 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 - Summer 2024 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 - Summer 2024 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 - Summer 2024 No Gluten Menu	Desserts	Cornish Clotted Cream	630	7%	151	8%	8.6	12%	5.8	29%	15.8	6%	14.5	16%	2.5	5%	0.09	1%
Crafted Pubs - Summer 2024 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 - Summer 2024 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 - Summer 2024 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 - Summer 2024 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 - Summer 2024 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%
Crafted Pubs - Summer 2024 No Gluten Menu	Desserts	Lemon curd parfait, blackberry curd, blueberries, sherbet, blackberry ripple ice cream & meringue (V)	2633	31%	626	31%	18.4	26%	12.5	62%	112.7	43%	98.4	109%	5.2	10%	0.68	11%
Crafted Pubs - Summer 2024 No Gluten Menu	Desserts	Chocolate & nutless butter brownie (V)	3355	40%	802	40%	49.0	70%	23.6	118%	73.7	28%	46.9	52%	13.2	26%	0.42	7%

Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials Small Plates	Burrata, nectarine, English truffled rapeseed oil, green chilli & basil (V)	944	11%	226	11%	15.4	22%	7.9	39%	9.7	4%	9.3	10%	9.7	19%	1.18	20%
Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials 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 - Summer 2024 No Gluten Specials Menu	Specials Mains	Stuffed Lambchetta, lamb rump, glazed carrot, kale pesto	4706	56%	1124	56%	86.1	123%	27.7	139%	33.6	13%	12.7	14%	51.1	102%	1.54	26%
Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials Mains	Grilled Sole, confit garlic & dill butter, samphire & tomato	3586	43%	857	43%	54.0	77%	30.2	151%	9.6	4%	4.3	5%	81.2	162%	3.86	64%
Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials Mains	Charred Peach, Beauvale Blue Cheese, Toasted Hazelnuts, Chichory Salad, Mustard Dressing	2483	30%	593	30%	54.6	78%	9.4	47%	14.7	6%	12.0	13%	11.0	22%	1.96	33%
Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials Mains	Grilled mackerel, sweet & sour beetroot, wasabi crème fraiche	3003	36%	718	36%	43.4	62%	11.8	59%	47.7	18%	38.5	43%	34.1	68%	1.09	18%
Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials Desserts	Chocolate mousse, sour cherries, Cold pressed rapeseed oil & chopped pistachio	3239	39%	773	39%	59.8	85%	20.6	103%	41.4	16%	36.6	41%	16.0	32%	1.49	25%
Crafted Pubs - Summer 2024 No Gluten Specials Menu	Specials Desserts	Peanut butter parfait, caramelised banana, candied pistachio, chocolate & sea salt ice cream (n)	2148	26%	512	26%	26.3	38%	13.9	70%	61.3	24%	54.8	61%	6.5	13%	1.27	21%