

Pub & Kitchen Core Menu Nutritional Information - Spring Summer 2022



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
Neighbourhood - SS22 Pub & Kitchen	Starters	Soup of The Day - Please choose from the options below.	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Neighbourhood - SS22 Pub & Kitchen	Starters	Mixed case soups	649	8%	155	8%	1.3	2%	0.3	1%	12.8	5%	5.0	6%	1.0	2%	1.56	26%
Neighbourhood - SS22 Pub & Kitchen	Starters	Tomato Soup	241	3%	58	3%	1.8	3%	0.3	1%	8.5	3%	7.3	8%	1.3	3%	1.25	21%
Neighbourhood - SS22 Pub & Kitchen	Starters	White Bloomer	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Starters	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Starters	Tomato Soup	1044	12%	250	12%	3.4	5%	1.1	5%	45.3	17%	7.3	8%	7.7	15%	1.97	33%
Neighbourhood - SS22 Pub & Kitchen	Starters	Buffalo Cauliflower Wings	2087	25%	502	25%	47.0	67%	19.8	99%	15.7	6%	9.6	11%	5.4	11%	1.37	23%
Neighbourhood - SS22 Pub & Kitchen	Starters	Halloumi Fries	2222	26%	533	27%	41.8	60%	28.9	144%	5.5	2%	5.3	6%	30.5	61%	4.05	68%
Neighbourhood - SS22 Pub & Kitchen	Starters	King Prawn Cocktail	1414	17%	338	17%	18.1	26%	3.2	16%	24.6	9%	4.9	5%	16.6	33%	1.85	31%
Neighbourhood - SS22 Pub & Kitchen	Starters	Salt & Pepper Squid	2574	31%	610	31%	19.3	28%	5.1	25%	12.9	5%	3.1	3%	24.7	49%	3.58	60%
Neighbourhood - SS22 Pub & Kitchen	Starters	Baked Mini Camembert	3644	43%	871	44%	34.2	49%	22.9	115%	96.4	37%	21.5	24%	38.6	77%	3.63	61%
Neighbourhood - SS22 Pub & Kitchen	Starters	Mango & Lime Chicken Tacos	1493	18%	357	18%	15.5	22%	7.6	38%	33.5	13%	8.0	9%	18.8	38%	2.20	37%
Neighbourhood - SS22 Pub & Kitchen	Starters	Caramelised Onion, Feta & Tomato Tart	2304	27%	551	28%	36.4	52%	16.2	81%	41.5	16%	15.9	18%	13.4	27%	2.13	36%

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
Neighbourhood - SS22 Pub & Kitchen	Starters	Chicken Strips - Please choose from the options below.	1565	19%	374	19%	19.7	28%	3.2	16%	24.6	9%	0.0	0%	13.4	27%	1.88	31%
Neighbourhood - SS22 Pub & Kitchen	Starters	Korean BBQ	487	6%	116	6%	5.6	8%	0.6	3%	14.5	6%	12.3	14%	1.7	3%	1.55	26%
Neighbourhood - SS22 Pub & Kitchen	Starters	Chilli & Pineapple	655	8%	157	8%	12.6	18%	2.0	10%	10.3	4%	9.3	10%	0.3	1%	0.40	7%
Neighbourhood - SS22 Pub & Kitchen	Starters	Alabama BBQ	1077	13%	258	13%	26.1	37%	2.0	10%	3.8	1%	2.8	3%	1.6	3%	0.70	12%
Neighbourhood - SS22 Pub & Kitchen	Starters	Buffalo	781	9%	187	9%	16.4	23%	8.2	41%	5.6	2%	3.3	4%	4.2	8%	2.75	46%
Neighbourhood - SS22 Pub & Kitchen	Starters	Cauliflower Cheese Croquettes	2196	26%	528	26%	37.2	53%	2.7	14%	33.6	13%	9.0	10%	12.4	25%	0.57	10%
Neighbourhood - SS22 Pub & Kitchen	Sharers	House Sharing Platter (For 2 or more people)	9043	108%	2164	108%	143.9	206%	36.8	184%	135.4	52%	19.4	22%	57.8	116%	7.12	119%
Neighbourhood - SS22 Pub & Kitchen	Sharers	Nachos Sharer (For 2 or more people)	5067	60%	1211	61%	77.3	110%	35.8	179%	87.1	34%	19.1	21%	45.8	92%	6.22	104%
Neighbourhood - SS22 Pub & Kitchen	Sharers	Chicken Sharer (For 2 or more people)	8026	96%	1920	96%	115.7	165%	25.1	125%	123.7	48%	18.8	21%	68.6	137%	8.14	136%
Neighbourhood - SS22 Pub & Kitchen	Sharers	Antipasti (For 2 or more people)	4206	50%	1005	50%	71.1	102%	30.2	151%	50.3	19%	9.4	10%	39.8	80%	3.98	66%
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	Southern Fried Chicken Burger	6660	79%	1592	80%	95.6	137%	13.3	67%	140.9	54%	18.0	20%	38.6	77%	4.70	78%
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	Cheese & Bacon Burger	7740	92%	1851	93%	125.7	180%	30.6	153%	123.4	47%	17.9	20%	48.2	96%	6.55	109%
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	Beyond Burger	5996	71%	1433	72%	82.6	118%	19.5	97%	132.1	51%	19.2	21%	34.9	70%	5.68	95%
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	Beyond Burger	4296	51%	1024	51%	50.4	72%	13.4	67%	108.6	42%	8.1	9%	32.2	64%	5.66	94%

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
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	Salt Beef & Beer Cheese Burger	8468	101%	2024	101%	135.7	194%	37.5	188%	130.6	50%	21.3	24%	65.6	131%	6.56	109%
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	BBQ Burger	8311	99%	1988	99%	131.9	188%	31.4	157%	132.8	51%	26.7	30%	55.6	111%	7.03	117%
Neighbourhood - SS22 Pub & Kitchen	Crafted Burgers	Classic Burger	7114	85%	1701	85%	113.7	162%	25.6	128%	123.1	47%	17.7	20%	42.4	85%	4.73	79%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	8oz Rump	4345	52%	1039	52%	58.7	84%	10.7	53%	83.9	32%	11.7	13%	41.0	82%	2.34	39%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	8oz Sirloin	4523	54%	1081	54%	63.0	90%	12.8	64%	83.9	32%	11.7	13%	42.5	85%	2.37	40%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	Sirloin & Ribs	5375	64%	1285	64%	73.1	104%	16.6	83%	98.1	38%	20.9	23%	56.4	113%	3.67	61%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	Mixed Grill - Please choose from the options below.	6222	74%	1487	74%	81.3	116%	19.5	97%	94.5	36%	15.2	17%	91.3	183%	7.61	127%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	Pineapple slice Grill	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	From the Grill	x1 Egg & x1 Pineapple	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Signature Fish & Chips - Please choose from the options below.	6550	78%	1567	78%	95.3	136%	26.2	131%	122.8	47%	13.5	15%	61.1	122%	4.16	69%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Frozen Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Mushy Peas	565	7%	135	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	White Bloomer	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.72	12%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Signature Hunters Chicken	7000	83%	1673	84%	84.0	120%	27.9	139%	130.0	50%	33.7	37%	87.1	174%	8.87	148%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Grilled Pineapple & Chilli Chicken Thighs	5282	63%	1261	63%	61.6	88%	9.1	46%	123.2	47%	49.7	55%	48.6	97%	3.49	58%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Mussels with Skin on Fries	5868	70%	1402	70%	67.1	96%	28.0	140%	136.2	52%	7.3	8%	60.8	122%	8.28	138%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Duo of Seafood - Please choose from the options below.	2359	28%	564	28%	35.4	51%	8.9	44%	12.6	5%	8.8	10%	47.3	95%	3.95	66%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Skin-On Fries	2286	27%	546	27%	31.5	45%	6.0	30%	61.5	24%	1.5	2%	4.5	9%	0.30	5%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Lamb Shank - Please choose from the options below.	4016	48%	959	48%	69.2	99%	33.8	169%	22.1	8%	14.2	16%	61.9	124%	1.37	23%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Pea, Mint & Courgette Risotto	3939	47%	941	47%	41.2	59%	9.4	47%	106.6	41%	6.8	8%	17.1	34%	3.33	56%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Gressingham Confit Duck Leg	2586	31%	618	31%	37.4	53%	7.7	38%	19.6	8%	5.8	6%	46.0	92%	3.18	53%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Salmon with Super Green Salad	3526	42%	843	42%	44.6	64%	6.9	35%	62.8	24%	29.9	33%	42.9	86%	2.96	49%
Neighbourhood - SS22 Pub & Kitchen	Chefs Signature Dishes	Fillet of Beef Burger	9093	108%	2175	109%	147.3	210%	40.9	204%	129.3	50%	20.0	22%	71.7	143%	9.26	154%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Fish & Chips - Please choose from the options below.	5140	61%	1230	62%	71.3	102%	22.5	112%	99.3	38%	11.1	12%	54.5	109%	1.37	23%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Frozen Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Mushy Peas	565	7%	135	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Gammon & Eggs - Please choose from the options below.	4112	49%	982	49%	53.8	77%	13.2	66%	76.7	30%	10.6	12%	49.6	99%	6.68	111%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Pineapple slice Grill	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	x1 Egg & x1 Pineapple	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Hunter's Chicken	5220	62%	1249	62%	59.5	85%	11.5	57%	112.0	43%	36.0	40%	53.0	106%	4.68	78%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	All Day Brunch	5295	63%	1268	63%	75.2	107%	18.0	90%	89.6	34%	14.4	16%	47.5	95%	5.06	84%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Lasagne	3242	39%	775	39%	34.1	49%	13.5	67%	58.4	22%	11.3	13%	30.3	61%	4.32	72%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Lasagne - with Large Salad	2548	30%	609	30%	27.0	39%	10.6	53%	36.0	14%	13.9	15%	26.9	54%	3.81	64%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Macaroni Cheese	3118	37%	745	37%	30.0	43%	11.6	58%	95.5	37%	8.9	10%	25.6	51%	4.23	71%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Macaroni Cheese	2425	29%	579	29%	22.9	33%	8.7	43%	73.1	28%	11.5	13%	22.3	45%	3.72	62%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Battered Halloumi & Chips - Please choose from the options below.	5389	64%	1291	65%	84.6	121%	39.1	196%	75.1	29%	12.2	14%	35.5	71%	6.82	114%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Frozen Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Mushy Peas	565	7%	135	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Scampi & Chips - Please choose from the options below.	4270	51%	1020	51%	55.3	79%	4.5	22%	109.6	42%	9.7	11%	18.8	38%	2.42	40%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Frozen Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Mushy Peas	565	7%	135	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Classic Salad	482	6%	115	6%	6.9	10%	0.7	3%	9.0	3%	7.4	8%	2.2	4%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Chickpea & Sweet Potato Curry	3391	40%	811	41%	9.6	14%	0.7	4%	154.2	59%	39.5	44%	21.8	44%	4.26	71%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Chicken Tikka Masala	4546	54%	1087	54%	41.4	59%	13.9	70%	136.5	53%	40.1	45%	41.6	83%	4.40	73%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Katsu Chicken	6129	73%	1464	73%	71.3	102%	8.7	44%	147.8	57%	8.5	9%	59.5	119%	7.45	124%
Neighbourhood - SS22 Pub & Kitchen	Pub Classics	Chickeless Katsu Curry	4606	55%	1099	55%	41.4	59%	7.7	38%	151.6	58%	9.2	10%	27.9	56%	6.22	104%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Beef & Ale Pie - Please choose from the options below.	4139	49%	989	49%	49.8	71%	23.2	116%	99.3	38%	9.6	11%	31.9	64%	3.97	66%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Chicken & Pulled Ham Pie - Please choose from the options below.	3593	43%	859	43%	45.5	65%	21.8	109%	51.1	20%	4.2	5%	57.4	115%	3.54	59%

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
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Mushroom & Ale Pie	2650	32%	633	32%	32.0	46%	17.9	90%	68.7	26%	5.8	6%	13.2	26%	2.78	46%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Mushroom & Ale Pie - Please choose from the options below.	2650	32%	633	32%	32.0	46%	17.9	90%	68.7	26%	5.8	6%	13.2	26%	2.78	46%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Baby Potatoes	858	10%	205	10%	0.0	0%	0.0	0%	42.5	16%	2.5	3%	5.0	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Traditional Pies	Oven-baked chips	1789	21%	424	21%	12.6	18%	2.1	11%	75.6	29%	0.0	0%	4.2	8%	1.05	18%
Neighbourhood - SS22 Pub & Kitchen	Dog & Gun / Royal Oak	Hungarian Goulash	4553	54%	1088	54%	46.9	67%	19.2	96%	93.3	36%	19.0	21%	66.5	133%	4.16	69%
Neighbourhood - SS22 Pub & Kitchen	Dog & Gun / Royal Oak	Large Hungarian Goulash	9107	108%	2176	109%	93.9	134%	38.4	192%	186.6	72%	38.1	42%	132.9	266%	8.31	139%
Neighbourhood - SS22 Pub & Kitchen	Dog & Gun / Royal Oak	Veggie Hungarian Goulash	3239	39%	774	39%	22.9	33%	7.2	36%	117.3	45%	31.0	34%	18.5	37%	2.56	43%
Neighbourhood - SS22 Pub & Kitchen	Dog & Gun / Royal Oak	Large Veggie Hungarian Goulash	6477	77%	1548	77%	45.9	66%	14.4	72%	234.6	90%	62.1	69%	36.9	74%	5.11	85%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Soup of The Day (Scotland) - Please choose from the options below.	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Carrot & Coriander	770	9%	184	9%	3.5	5%	0.8	4%	26.3	10%	21.2	24%	6.1	12%	1.59	27%

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
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Cream Of Mushroom	1763	21%	421	21%	38.1	54%	18.7	93%	11.9	5%	6.5	7%	7.7	15%	3.21	54%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Lentil Soup	1116	13%	266	13%	4.7	7%	0.4	2%	38.7	15%	14.8	16%	11.4	23%	1.68	28%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Tomato and Basil Soup	914	11%	218	11%	13.0	19%	6.4	32%	16.8	6%	13.5	15%	4.8	10%	1.62	27%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Leek and Potato Soup	542	6%	130	6%	3.3	5%	0.4	2%	20.0	8%	4.6	5%	2.7	5%	1.56	26%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Cream of Broccoli	722	9%	173	9%	9.4	13%	3.8	19%	14.3	6%	4.7	5%	5.8	12%	1.59	27%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Cream of Chicken Soup	1299	15%	311	16%	22.4	32%	12.7	63%	17.4	7%	3.6	4%	9.4	19%	2.16	36%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Pea & Bacon Soup	811	10%	194	10%	8.8	13%	2.3	12%	18.1	7%	10.7	12%	11.8	24%	2.28	38%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	White Bloomer	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Haggis Fritters (Scotland)	2037	24%	488	24%	32.9	47%	13.6	68%	30.4	12%	4.0	4%	10.7	21%	3.27	55%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Balmoral Burger (Scotland)	9100	108%	2176	109%	148.0	211%	41.7	209%	140.3	54%	20.7	23%	58.1	116%	8.85	148%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	8oz Rump Steak (Scotland)	4373	52%	1044	52%	51.8	74%	7.8	39%	83.9	32%	11.7	13%	57.8	116%	2.43	41%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	8oz Sirloin Steak (Scotland)	4360	52%	1042	52%	54.8	78%	9.2	46%	83.9	32%	11.7	13%	50.7	101%	2.38	40%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Sirloin & Ribs (Scotland)	5212	62%	1246	62%	64.9	93%	13.0	65%	98.1	38%	20.9	23%	64.6	129%	3.68	61%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mixed Grill (Scotland) - Please choose from the options below.	6236	74%	1490	74%	77.9	111%	18.0	90%	94.5	36%	15.2	17%	99.8	200%	7.65	128%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Pineapple slice Grill	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	x1 Egg & x1 Pineapple	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Signature Fish & Chips (Scotland) - Please choose from the options below.	6520	78%	1559	78%	94.2	135%	10.4	52%	121.5	47%	10.9	12%	55.2	110%	4.21	70%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Frozen Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mushy Peas	565	7%	135	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	White Bloomer	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Fish & Chips (Scotland) - Please choose from the options below.	5110	61%	1222	61%	70.3	100%	6.7	33%	98.1	38%	8.5	9%	48.6	97%	1.42	24%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Frozen Peas	252	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mushy Peas	565	7%	135	7%	0.0	0%	0.0	0%	21.0	8%	1.5	2%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	All Day Brunch (Scotland) - Please choose from the options below.	4364	52%	1045	52%	59.6	85%	12.0	60%	81.6	31%	11.7	13%	35.5	71%	4.03	67%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Lorne Sausage	970	12%	232	12%	15.8	23%	7.3	37%	13.6	5%	1.3	1%	8.8	18%	1.43	24%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Pork sausage	931	11%	223	11%	15.6	22%	6.0	30%	8.0	3%	2.7	3%	12.0	24%	1.03	17%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mac & Cheese (Scotland)	3857	46%	922	46%	50.0	71%	23.6	118%	83.5	32%	12.9	14%	25.6	51%	3.49	58%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mac & Cheese - with Large Salad (Scotland)	3164	38%	756	38%	42.9	61%	20.7	103%	61.1	23%	15.5	17%	22.3	45%	2.98	50%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Belhaven Steak & Ale Pie (Scotland) - Please choose from the options below.	2601	31%	621	31%	31.6	45%	15.9	79%	28.7	11%	7.5	8%	53.1	106%	2.30	38%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Chicken, Bacon & Leek Pie (Scotland) - Please choose from the options below.	2635	31%	630	31%	37.8	54%	18.9	95%	36.5	14%	9.4	10%	31.7	63%	3.27	55%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Peppered Mushroom Pie (Scotland) - Please choose from the options below.	2340	28%	559	28%	40.1	57%	14.5	72%	30.9	12%	7.8	9%	11.4	23%	1.38	23%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Steak Topper - Haggis (Scotland)	927	11%	221	11%	15.8	23%	6.8	34%	11.3	4%	0.0	0%	9.0	18%	1.43	24%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Sunday Roast - Silverside of Beef (Scotland)	5053	60%	1206	60%	64.0	91%	20.4	102%	83.1	32%	15.3	17%	81.0	162%	3.33	56%

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
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Sunday Roast - Turkey & Beef Duo (Scotland)	5068	60%	1209	60%	61.2	87%	18.4	92%	83.9	32%	15.3	17%	85.4	171%	4.73	79%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Sunday Roast Kids - Mac Cheese (Scotland)	3591	43%	857	43%	50.3	72%	16.9	85%	75.6	29%	11.8	13%	23.5	47%	2.37	40%
Neighbourhood - SS22 Pub & Kitchen	Scottish Dishes	Sunday Roast Kids - Silverside of Beef (Scotland)	3162	38%	755	38%	42.0	60%	11.5	57%	51.3	20%	8.1	9%	46.5	93%	2.15	36%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Chicken, Bacon & Avocado - Open Sourdough Sandwich	2789	33%	667	33%	31.1	44%	8.5	43%	41.9	16%	1.6	2%	46.4	93%	3.72	62%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Feta, Avocado & Pickled Red Onion - Open Sourdough Sandwich	2213	26%	529	26%	30.0	43%	10.8	54%	44.0	17%	5.3	6%	15.8	32%	2.42	40%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Avocado & Pickled Red Onion - Open Sourdough Sandwich	1637	19%	391	20%	18.5	26%	2.8	14%	43.5	17%	4.8	5%	7.8	16%	1.17	20%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Salmon & Cream Cheese Open Sourdough Sandwich	2168	26%	518	26%	25.5	36%	9.0	45%	42.5	16%	5.0	6%	27.4	55%	3.22	54%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Sunday Beef - Sandwich - Please choose from the options below.	1600	19%	382	19%	30.9	44%	12.2	61%	3.1	1%	2.1	2%	21.1	42%	0.45	8%
Neighbourhood - SS22 Pub & Kitchen	Lunch	White Bloomer	1607	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Sunday Turkey - Sandwich - Please choose from the options below.	1148	14%	274	14%	3.7	5%	0.1	0%	3.2	1%	1.1	1%	54.7	109%	3.63	61%
Neighbourhood - SS22 Pub & Kitchen	Lunch	White Bloomer	1607	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Salt Beef & Beer Cheese - Toastie	3951	47%	944	47%	40.7	58%	18.9	95%	85.0	33%	7.0	8%	53.0	106%	4.82	80%

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
Neighbourhood - SS22 Pub & Kitchen	Lunch	Hunters Chicken - Toastie	4700	56%	1124	56%	46.1	66%	23.0	115%	86.8	33%	10.0	11%	79.2	158%	6.48	108%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Southern Fried Chicken - Sandwich/Wrap - Please choose from the options below.	1744	21%	417	21%	21.8	31%	3.1	16%	29.1	11%	8.8	10%	24.2	48%	1.74	29%
Neighbourhood - SS22 Pub & Kitchen	Lunch	White Bloomer	1607	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Lunch	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast - Roast Turkey Breast	4917	59%	1173	59%	56.9	81%	15.9	79%	84.8	33%	15.3	17%	82.9	166%	6.00	100%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast - Roast Sirloin of Beef	5205	62%	1242	62%	80.7	115%	27.8	139%	83.1	32%	15.3	17%	48.9	98%	2.60	43%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast - Lamb Shank	7240	86%	1728	86%	114.7	164%	44.7	223%	92.9	36%	22.5	25%	85.1	170%	3.11	52%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast - Turkey & Beef Duo	5061	60%	1208	60%	68.8	98%	21.8	109%	83.9	32%	15.3	17%	65.9	132%	4.30	72%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast - Mushroom & Ale Pie	5904	70%	1409	70%	78.0	111%	29.8	149%	143.7	55%	19.0	21%	33.8	68%	3.98	66%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Kids - Sirloin of Roast Beef	3156	38%	753	38%	49.7	71%	14.9	74%	51.3	20%	8.1	9%	26.9	54%	1.73	29%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Kids - Turkey	3012	36%	719	36%	37.8	54%	8.9	45%	52.2	20%	8.1	9%	43.9	88%	3.43	57%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Kids - Mac Cheese	3222	38%	769	38%	40.3	58%	10.9	55%	81.6	31%	9.8	11%	23.5	47%	2.74	46%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Seniors - Sirloin of Roast Beef	3156	38%	753	38%	49.7	71%	14.9	74%	51.3	20%	8.1	9%	26.9	54%	1.73	29%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Seniors - Turkey	3012	36%	719	36%	37.8	54%	8.9	45%	52.2	20%	8.1	9%	43.9	88%	3.43	57%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Seniors - Mushroom & Ale Pie	4740	56%	1132	57%	64.3	92%	24.9	124%	112.7	43%	12.0	13%	24.3	49%	3.57	60%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast - Beetroot, Sweet Potato & Butternut Squash Tart	4965	59%	1185	59%	64.6	92%	18.0	90%	124.1	48%	21.1	23%	27.7	55%	3.59	60%
Neighbourhood - SS22 Pub & Kitchen	Traditional Roasts	Sunday Roast Seniors - Beetroot, Sweet Potato & Butternut Squash Tart	3801	45%	908	45%	51.0	73%	13.0	65%	93.1	36%	14.1	16%	18.2	36%	3.18	53%
Neighbourhood - SS22 Pub & Kitchen	Sides	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS22 Pub & Kitchen	Sides	Rosemary Salted Skin on Fries	2287	27%	546	27%	31.5	45%	6.0	30%	61.5	24%	1.5	2%	4.5	9%	1.15	19%
Neighbourhood - SS22 Pub & Kitchen	Sides	Sweet Potato Fries	2004	24%	478	24%	24.5	35%	1.8	9%	63.0	24%	1.8	2%	1.8	4%	0.70	12%
Neighbourhood - SS22 Pub & Kitchen	Sides	Buttered Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen	Sides	Onion Rings	1711	20%	411	21%	28.3	40%	2.5	13%	29.6	11%	10.3	11%	4.4	9%	1.19	20%
Neighbourhood - SS22 Pub & Kitchen	Sides	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen	Sides	Jacket Potato with Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Neighbourhood - SS22 Pub & Kitchen	Sides	Cheesy Garlic Bread	2430	29%	581	29%	31.1	44%	12.9	64%	54.6	21%	2.4	3%	19.5	39%	1.83	31%
Neighbourhood - SS22 Pub & Kitchen	Sides	Garlic Bread	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%
Neighbourhood - SS22 Pub & Kitchen	Sides	Dressed Mixed Salad	233	3%	56	3%	3.4	5%	0.3	2%	4.3	2%	3.6	4%	1.0	2%	0.10	2%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Sides	Cauliflower Cheese	1906	23%	456	23%	31.3	45%	18.0	90%	17.3	7%	9.8	11%	21.5	43%	1.68	28%
Neighbourhood - SS22 Pub & Kitchen	Sides	Seasonal Vegetables	567	7%	135	7%	8.0	11%	5.0	25%	11.3	4%	7.0	8%	4.3	9%	0.29	5%
Neighbourhood - SS22 Pub & Kitchen	Sides	Coleslaw	397	5%	95	5%	7.0	10%	1.0	5%	7.0	3%	5.0	6%	1.0	2%	0.30	5%
Neighbourhood - SS22 Pub & Kitchen	Sides	Chicken Wings	1775	21%	426	21%	27.7	40%	7.6	38%	0.0	0%	0.0	0%	21.0	42%	0.67	11%
Neighbourhood - SS22 Pub & Kitchen	Extras	Bloomer Bread & Butter	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Neighbourhood - SS22 Pub & Kitchen	Extras	White Bloomer	1607	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Extras	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Custard	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Southern Fried Chicken Burger	1368	16%	327	16%	17.2	25%	2.8	14%	20.0	8%	1.1	1%	23.5	47%	1.42	24%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Beef Burger	1676	20%	401	20%	32.5	46%	14.8	74%	0.0	0%	0.0	0%	27.1	54%	0.14	2%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Beyond Burger	1210	14%	289	14%	21.5	31%	6.3	32%	4.0	2%	0.0	0%	19.2	38%	0.85	14%
Neighbourhood - SS22 Pub & Kitchen	Extras	Steak Double Up (8oz Rump)	1335	16%	319	16%	19.3	28%	7.3	37%	2.1	1%	0.8	1%	34.1	68%	1.54	26%
Neighbourhood - SS22 Pub & Kitchen	Extras	Steak Double Up (8oz Sirloin)	1513	18%	362	18%	23.5	34%	9.5	47%	2.1	1%	0.8	1%	35.6	71%	1.56	26%
Neighbourhood - SS22 Pub & Kitchen	Extras	Steak Double Up (8oz Rump) - Scotland	1363	16%	324	16%	12.4	18%	4.4	22%	2.1	1%	0.8	1%	51.0	102%	1.62	27%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Extras	Steak Double Up (8oz Sirloin) - Scotland	1350	16%	322	16%	15.3	22%	5.9	29%	2.1	1%	0.8	1%	43.8	88%	1.57	26%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Grated Cheese	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Yorkshire Pudding	1120	13%	268	13%	19.2	27%	2.3	11%	19.0	7%	1.1	1%	4.5	9%	0.48	8%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Smoked Streaky Bacon	516	6%	124	6%	9.9	14%	3.6	18%	0.0	0%	0.0	0%	4.2	8%	1.55	26%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Baked Beans	360	4%	86	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Burger Cheese Slice	110	1%	26	1%	2.1	3%	1.4	7%	0.3	0%	0.3	0%	1.6	3%	0.26	4%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Gravy	6	0%	2	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.10	2%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Rich Gravy	26	0%	6	0%	0.0	0%	0.0	0%	1.0	0%	0.0	0%	1.0	2%	0.40	7%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Clotted Cream Ice Cream	662	8%	158	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Sunday Roast Potatoes	1017	12%	242	12%	9.0	13%	0.0	0%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Sunday Veg	567	7%	135	7%	8.0	11%	5.0	25%	11.3	4%	7.0	8%	4.3	9%	0.29	5%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Pig In Blanket	457	5%	109	5%	10.2	15%	3.7	18%	0.9	0%	0.1	0%	3.5	7%	0.47	8%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Scampi	874	10%	209	10%	11.2	16%	0.9	5%	19.1	7%	0.6	1%	6.8	14%	1.10	18%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Chicken Breast	662	8%	158	8%	1.4	2%	0.7	4%	1.4	1%	0.6	1%	35.0	70%	1.12	19%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Tortillas	696	8%	166	8%	4.3	6%	1.8	9%	26.5	10%	1.5	2%	4.1	8%	0.42	7%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	8%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Poppadoms	441	5%	105	5%	0.3	0%	0.1	1%	18.3	7%	0.4	0%	7.4	15%	2.40	40%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Yellow Rice	1122	13%	268	13%	0.7	1%	0.0	0%	59.4	23%	0.0	0%	5.4	11%	0.23	4%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Buttered Seasonal Vegetables	567	7%	135	7%	8.0	11%	5.0	25%	11.3	4%	7.0	8%	4.3	9%	0.29	5%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Peas	253	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Onion Bhajis	1503	18%	361	18%	24.8	35%	2.2	11%	26.0	10%	9.0	10%	6.0	12%	1.04	17%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Vegan Cheese Slice	240	3%	57	3%	4.6	7%	4.2	21%	4.0	2%	0.0	0%	0.0	0%	0.46	8%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra East Coast IPA	259	3%	62	3%	5.0	7%	3.0	15%	3.5	1%	2.5	3%	0.0	0%	2.45	41%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Garlic Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Napolitana Sauce	147	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Alabama White BBQ Sauce	1040	12%	249	12%	26.0	37%	2.0	10%	2.5	1%	1.5	2%	1.0	2%	0.70	12%
Neighbourhood - SS22 Pub & Kitchen	Extras	Extra Korean BBQ Sauce	427	5%	102	5%	4.5	6%	0.5	3%	14.0	5%	12.0	13%	1.0	2%	1.55	26%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Nachos Sharer Topper - BBQ Pulled Pork	1361	16%	325	16%	16.5	24%	4.5	23%	19.5	8%	18.0	20%	18.0	36%	1.50	25%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Burger Topper - Smoked Streaky Bacon	516	6%	124	6%	9.9	14%	3.6	18%	0.0	0%	0.0	0%	4.2	8%	1.55	26%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Burger Topper - BBQ Pulled Pork	681	8%	163	8%	8.3	12%	2.3	11%	9.8	4%	9.0	10%	9.0	18%	0.75	13%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Burger Topper - Hunter's	978	12%	235	12%	14.9	21%	6.8	34%	8.7	3%	7.5	8%	9.9	20%	2.10	35%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Burger Topper - Cheese Slice	110	1%	26	1%	2.1	3%	1.4	7%	0.3	0%	0.3	0%	1.6	3%	0.26	4%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Burger Topper - Sauteed Mushrooms	207	2%	49	2%	5.0	7%	0.5	3%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Burger Topper - Free Range Fried Egg	499	6%	120	6%	9.4	13%	2.0	10%	0.0	0%	0.0	0%	7.5	15%	0.26	4%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Sauce - Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Sauce - Garlic & Mushroom	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Topper - Sauteed Mushrooms	207	2%	49	2%	5.0	7%	0.5	3%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Topper - Free Range Fried Egg	499	6%	120	6%	9.4	13%	2.0	10%	0.0	0%	0.0	0%	7.5	15%	0.26	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
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Topper - Salt & Pepper Squid	2011	24%	476	24%	7.0	10%	1.5	8%	7.3	3%	0.0	0%	23.3	47%	3.57	60%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Steak Topper - Whitby Scampi	874	10%	209	10%	11.2	16%	0.9	5%	19.1	7%	0.6	1%	6.8	14%	1.10	18%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Salad Topper - Chicken & Bacon	1178	14%	283	14%	11.3	16%	4.3	22%	1.4	1%	0.6	1%	39.2	78%	2.67	45%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Salad Topper - Grilled Halloumi	1674	20%	400	20%	30.0	43%	18.1	91%	3.3	1%	3.3	4%	28.8	58%	3.25	54%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Risotto Topper - Chicken	662	8%	158	8%	1.4	2%	0.7	4%	1.4	1%	0.6	1%	35.0	70%	1.12	19%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Risotto Topper - Salmon	1553	18%	371	19%	25.7	37%	4.3	22%	2.1	1%	0.8	1%	32.7	65%	1.78	30%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Risotto Topper - King Prawns	231	3%	55	3%	0.8	1%	0.0	0%	0.0	0%	0.0	0%	12.0	24%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Sour Cream	431	5%	103	5%	10.0	14%	6.5	33%	2.0	1%	2.0	2%	1.5	3%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Toppers & Sauces	Nachos Sharer Topper - Salt Beef	460	5%	110	6%	6.5	9%	2.5	13%	1.0	0%	0.5	1%	12.0	24%	0.80	13%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Dessert Sharer	5356	64%	1280	64%	65.1	93%	28.8	144%	161.3	62%	130.1	145%	10.9	22%	0.61	10%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Chocolate Fondant	2858	34%	683	34%	36.3	52%	22.7	113%	79.9	31%	67.3	75%	8.6	17%	0.26	4%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Bramley Apple & Blackberry Crumble Pie - Please choose from the options below.	2753	33%	658	33%	27.6	39%	10.3	51%	96.6	37%	44.0	49%	3.2	6%	0.42	7%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Clotted Cream Ice Cream	662	8%	158	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Custard Ambrosia	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Neighbourhood - SS22 Pub & Kitchen	Desserts	Roast Peach Tarte Tatin	2397	29%	573	29%	23.1	33%	13.8	69%	81.7	31%	53.8	60%	6.1	12%	0.46	8%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Roast Peach Tarte Tatin	2587	31%	618	31%	27.8	40%	15.2	76%	83.1	32%	57.3	64%	7.5	15%	0.57	10%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Eton Mess Sundae	2341	28%	560	28%	27.2	39%	17.1	85%	71.2	27%	64.3	71%	6.9	14%	0.36	6%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Ice Cream Choice - Please choose from the options below.	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Chocolate Sauce	116	1%	28	1%	0.1	0%	0.1	1%	6.4	2%	4.9	5%	0.2	0%	0.01	0%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Strawberry Sauce	132	2%	32	2%	0.0	0%	0.0	0%	7.9	3%	7.5	8%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Salted Caramel Sauce	167	2%	40	2%	2.4	3%	1.5	8%	4.4	2%	4.4	5%	0.1	0%	0.13	2%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Raspberry Coulis	67	1%	16	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Chocolate Ice Cream	413	5%	99	5%	3.6	5%	1.9	9%	13.6	5%	13.0	14%	2.6	5%	0.09	2%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Clotted Cream Ice Cream	662	8%	158	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Lemon Curd Sorbet	395	5%	95	5%	0.5	1%	0.4	2%	22.4	9%	19.3	21%	0.0	0%	0.09	1%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Vegan Ice Cream	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Banana & Butterscotch Ice Cream	612	7%	146	7%	7.1	10%	4.3	21%	18.2	7%	15.6	17%	2.0	4%	0.19	3%

Pub Kitchen
Main Menu Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen	Desserts	Caramel Banana Waffle	3179	38%	759	38%	37.8	54%	22.8	114%	96.6	37%	73.7	82%	7.4	15%	1.15	19%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Mini Pudding	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Mini Strawberry Cheesecake	1152	14%	275	14%	17.4	25%	6.8	34%	27.3	10%	19.5	22%	2.1	4%	0.12	2%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Mini Eton Mess	1059	13%	253	13%	15.8	23%	10.2	51%	25.0	10%	22.8	25%	2.7	5%	0.16	3%
Neighbourhood - SS22 Pub & Kitchen	Desserts	Belgian Mini Chocolate Brownie	1047	12%	250	13%	12.6	18%	3.8	19%	32.0	12%	25.3	28%	2.0	4%	0.06	1%

Pub & Kitchen Kids Menu 2022 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
Neighbourhood - SS22 Pub & Kitchen Kids	Starters	Carrot & Cucumber Veg Sticks	180	N/A	43	N/A	0.9	N/A	0.1	N/A	5.9	N/A	5.2	N/A	1.5	N/A	0.29	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Starters	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Starters	Crispy Squid	1267	N/A	300	N/A	3.7	N/A	0.8	N/A	17.4	N/A	13.8	N/A	12.7	N/A	2.69	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Starters	Chicken Strips	1042	N/A	249	N/A	12.6	N/A	2.0	N/A	17.7	N/A	3.0	N/A	9.0	N/A	1.55	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Pork Sausages - Please choose from the options below.	944	N/A	226	N/A	10.7	N/A	4.0	N/A	12.0	N/A	5.4	N/A	17.8	N/A	1.84	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	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
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Quorn Vegan Sausages - Please choose from the options below.	939	N/A	225	N/A	9.9	N/A	3.7	N/A	12.5	N/A	2.0	N/A	17.9	N/A	1.63	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chicken Nuggets - Please choose from the options below.	894	N/A	214	N/A	11.3	N/A	1.8	N/A	14.1	N/A	0.0	N/A	8.6	N/A	1.07	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	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
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Cheese and Tomato Pizza - Please choose from the options below.	1911	N/A	457	N/A	16.4	N/A	5.5	N/A	56.4	N/A	3.6	N/A	20.0	N/A	1.41	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Fish Fingers - Please choose from the options below.	905	N/A	216	N/A	11.3	N/A	1.3	N/A	17.9	N/A	1.2	N/A	10.1	N/A	0.65	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
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	2oz* Beef Burger - Please choose from the options below.	1271	N/A	304	N/A	20.9	N/A	10.2	N/A	17.1	N/A	2.4	N/A	11.4	N/A	0.57	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	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
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chicken Fillet - Please choose from the options below.	331	N/A	79	N/A	0.7	N/A	0.4	N/A	0.7	N/A	0.3	N/A	17.5	N/A	0.56	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Tomato Pasta - Please choose from the options below.	959	N/A	229	N/A	2.6	N/A	0.5	N/A	46.0	N/A	3.3	N/A	4.1	N/A	0.98	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	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
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Small	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chicken Katsu - Please choose from the options below.	1211	N/A	289	N/A	15.2	N/A	5.3	N/A	22.6	N/A	5.1	N/A	9.6	N/A	1.29	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	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
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Vegan Katsu - Please choose from the options below.	1229	N/A	294	N/A	11.0	N/A	6.6	N/A	34.3	N/A	8.4	N/A	11.3	N/A	1.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veggie Lasagne - Please choose from the options below.	734	N/A	175	N/A	5.5	N/A	3.3	N/A	26.9	N/A	8.8	N/A	2.9	N/A	0.41	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	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
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Steak & Ribs - Please choose from the options below.	1021	N/A	244	N/A	13.3	N/A	5.4	N/A	7.1	N/A	4.6	N/A	23.9	N/A	0.77	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	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
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Hunters Chicken DIY Tacos - Please choose from the options below.	1882	N/A	450	N/A	8.3	N/A	4.1	N/A	45.2	N/A	17.2	N/A	42.9	N/A	2.15	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Double Beef Burger - Please choose from the options below.	2068	N/A	494	N/A	37.7	N/A	18.2	N/A	18.5	N/A	2.6	N/A	19.6	N/A	0.94	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Baked Beans	324	N/A	77	N/A	0.0	N/A	0.0	N/A	13.5	N/A	5.4	N/A	3.6	N/A	0.72	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Mash potato	734	N/A	176	N/A	6.0	N/A	3.0	N/A	25.5	N/A	1.5	N/A	3.0	N/A	0.75	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Peas	252	N/A	60	N/A	0.9	N/A	0.0	N/A	9.4	N/A	6.0	N/A	5.1	N/A	0.00	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
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Corn on the Cob	376	N/A	90	N/A	2.2	N/A	0.3	N/A	10.8	N/A	2.8	N/A	4.1	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Sunshine Rice	528	N/A	126	N/A	1.4	N/A	0.4	N/A	24.5	N/A	3.0	N/A	3.1	N/A	0.25	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Chips	1201	N/A	287	N/A	14.4	N/A	1.2	N/A	37.2	N/A	2.4	N/A	2.4	N/A	0.12	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Veg Sticks	103	N/A	24	N/A	0.2	N/A	0.0	N/A	4.1	N/A	3.6	N/A	0.8	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Large	Garlic Bread	941	N/A	225	N/A	10.6	N/A	3.2	N/A	27.1	N/A	1.2	N/A	4.6	N/A	0.60	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Goey Chocolate Brownie	1600	N/A	382	N/A	14.3	N/A	7.5	N/A	55.7	N/A	42.9	N/A	6.1	N/A	0.21	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Ice Cream, Frozen Yoghurt & Sorbet Selection - Please choose from the options below.	0	N/A	0	N/A	0.0	N/A	0.0	N/A	0.0	N/A	0.0	N/A	0.0	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Vanilla Ice Cream	407	N/A	97	N/A	3.6	N/A	1.9	N/A	13.2	N/A	12.2	N/A	2.7	N/A	0.11	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Chocolate Ice Cream	413	N/A	99	N/A	3.6	N/A	1.9	N/A	13.6	N/A	13.0	N/A	2.6	N/A	0.09	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Lemon Curd Sorbet	395	N/A	95	N/A	0.5	N/A	0.4	N/A	22.4	N/A	19.3	N/A	0.0	N/A	0.09	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Yoghurt Strawberry Frozen	370	N/A	88	N/A	1.3	N/A	0.8	N/A	17.3	N/A	15.2	N/A	1.7	N/A	0.05	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Vegan Ice Cream	472	N/A	113	N/A	5.5	N/A	4.8	N/A	13.5	N/A	9.1	N/A	0.6	N/A	0.02	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Chocolate Sauce	116	N/A	28	N/A	0.1	N/A	0.1	N/A	6.4	N/A	4.9	N/A	0.2	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Strawberry Sauce	132	N/A	32	N/A	0.0	N/A	0.0	N/A	7.9	N/A	7.5	N/A	0.0	N/A	0.00	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
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Fruit Kebab	592	N/A	140	N/A	0.4	N/A	0.3	N/A	32.7	N/A	27.1	N/A	1.8	N/A	0.03	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Vegan Fruit Kebab	640	N/A	152	N/A	0.1	N/A	0.0	N/A	37.2	N/A	34.9	N/A	1.2	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Churros	935	N/A	223	N/A	12.3	N/A	1.3	N/A	24.1	N/A	2.2	N/A	3.5	N/A	0.34	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Chocolate Sauce	116	N/A	28	N/A	0.1	N/A	0.1	N/A	6.4	N/A	4.9	N/A	0.2	N/A	0.01	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Desserts	Strawberry Sauce	132	N/A	32	N/A	0.0	N/A	0.0	N/A	7.9	N/A	7.5	N/A	0.0	N/A	0.00	N/A
Neighbourhood - SS22 Pub & Kitchen Kids	Upsell	Extra Cheese Slice	110	N/A	26	N/A	2.1	N/A	1.4	N/A	0.3	N/A	0.3	N/A	1.6	N/A	0.26	N/A

Pub & Kitchen No Gluten Containing Menu

Nutritional Information - Spring Summer



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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Starters	Tomato Soup	773	9%	185	9%	7.2	10%	2.6	13%	22.6	9%	7.3	8%	4.7	9%	1.82	30%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Starters	Baked Mini Camembert	2451	29%	586	29%	34.9	50%	22.9	114%	36.6	14%	20.4	23%	29.0	58%	2.41	40%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Starters	King Prawn Cocktail	1427	17%	341	17%	20.0	29%	3.4	17%	20.4	8%	4.6	5%	16.8	34%	1.92	32%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Gammon & Eggs - Please choose from the options below.	2010	24%	480	24%	28.6	41%	11.1	56%	11.6	4%	6.4	7%	45.4	91%	6.47	108%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Pineapple slice Grill	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	x1 Egg & x1 Pineapple	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Hunter's Chicken	2263	27%	542	27%	20.1	29%	8.1	40%	32.1	12%	26.7	30%	46.7	93%	3.88	65%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%

Pub Kitchen
No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Classic Salad	482	6%	115	6%	6.9	10%	0.7	3%	9.0	3%	7.4	8%	2.2	4%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Chickpea & Sweet Potato Curry	2596	31%	620	31%	4.5	6%	0.3	2%	123.8	48%	38.0	42%	16.8	34%	3.71	62%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Chicken Tikka Masala	3750	45%	896	45%	36.3	52%	13.5	68%	106.1	41%	38.6	43%	36.6	73%	3.85	64%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	8oz Rump	1388	17%	332	17%	19.4	28%	7.3	37%	4.0	2%	2.3	3%	34.6	69%	1.54	26%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	8oz Sirloin	1566	19%	374	19%	23.6	34%	9.5	47%	4.0	2%	2.3	3%	36.1	72%	1.56	26%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Sirloin & Ribs	2418	29%	578	29%	33.8	48%	13.2	66%	18.2	7%	11.6	13%	50.0	100%	2.87	48%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%

Pub Kitchen

No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Grilled Pineapple & Chilli Chicken Thighs	3335	40%	797	40%	37.8	54%	7.4	37%	62.0	24%	48.0	53%	46.9	94%	2.81	47%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Duo of Seafood	2359	28%	564	28%	35.4	51%	8.9	44%	12.6	5%	8.8	10%	47.3	95%	3.95	66%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Lamb Shank	4016	48%	959	48%	69.2	99%	33.8	169%	22.1	8%	14.2	16%	61.9	124%	1.37	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%

Pub Kitchen

No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Pea, Mint & Courgette Risotto	3548	42%	848	42%	42.7	61%	9.5	48%	83.7	32%	6.3	7%	14.1	28%	2.96	49%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Mains	Gressingham Confit Duck Leg	2586	31%	618	31%	37.4	53%	7.7	38%	19.6	8%	5.8	6%	46.0	92%	3.18	53%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	8oz Rump Steak (Scotland)	1416	17%	337	17%	12.5	18%	4.4	22%	4.0	2%	2.3	3%	51.5	103%	1.62	27%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	8oz Sirloin Steak (Scotland)	1403	17%	335	17%	15.4	22%	5.9	29%	4.0	2%	2.3	3%	44.3	89%	1.57	26%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Sirloin & Ribs (Scotland)	2255	27%	539	27%	25.6	37%	9.6	48%	18.2	7%	11.6	13%	58.2	116%	2.88	48%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scottish Mains	Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%

Pub Kitchen

No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sandwiches	Chicken, Bacon & Avocado Open Sandwich	2565	31%	614	31%	37.0	53%	8.9	45%	19.1	7%	1.1	1%	43.4	87%	3.46	58%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sandwiches	Feta, Avocado & Pickled Red Onion - Open Sandwich	1821	22%	435	22%	31.5	45%	11.0	55%	21.2	8%	4.7	5%	12.8	26%	2.06	34%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sandwiches	Avocado & Pickled Red Onion - Open Sandwich	1246	15%	298	15%	20.0	29%	3.0	15%	20.7	8%	4.2	5%	4.8	10%	0.81	14%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sandwiches	Salmon & Cream Cheese Open Sandwich	1776	21%	424	21%	26.9	38%	9.1	46%	19.6	8%	4.5	5%	24.4	49%	2.86	48%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	Buttered Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	Jacket Potato with Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	Dressed Mixed Salad	233	3%	56	3%	3.4	5%	0.3	2%	4.3	2%	3.6	4%	1.0	2%	0.10	2%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	Seasonal Vegetables	567	7%	135	7%	8.0	11%	5.0	25%	11.3	4%	7.0	8%	4.3	9%	0.29	5%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	Coleslaw	397	5%	95	5%	7.0	10%	1.0	5%	7.0	3%	5.0	6%	1.0	2%	0.30	5%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Sides & Extras	NGCI Bread & Butter	1064	13%	254	13%	10.8	15%	4.8	24%	28.1	11%	0.0	0%	7.0	14%	1.14	19%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Steak Sauce - Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Steak Sauce - Garlic & Mushroom	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%

Pub Kitchen

No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Steak Topper - Sauteed Mushrooms	207	2%	49	2%	5.0	7%	0.5	3%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Steak Topper - Free Range Fried Egg	499	6%	120	6%	9.4	13%	2.0	10%	0.0	0%	0.0	0%	7.5	15%	0.26	4%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Salad Topper - Chicken & Bacon	1178	14%	283	14%	11.3	16%	4.3	22%	1.4	1%	0.6	1%	39.2	78%	2.67	45%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Salad Topper - Grilled Halloumi	1674	20%	400	20%	30.0	43%	18.1	91%	3.3	1%	3.3	4%	28.8	58%	3.25	54%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Risotto Topper - Chicken	662	8%	158	8%	1.4	2%	0.7	4%	1.4	1%	0.6	1%	35.0	70%	1.12	19%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Risotto Topper - Salmon	1553	18%	371	19%	25.7	37%	4.3	22%	2.1	1%	0.8	1%	32.7	65%	1.78	30%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Risotto Topper - King Prawns	231	3%	55	3%	0.8	1%	0.0	0%	0.0	0%	0.0	0%	12.0	24%	0.72	12%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Toppers & Sauces	Sour Cream	431	5%	103	5%	10.0	14%	6.5	33%	2.0	1%	2.0	2%	1.5	3%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Upgrades	Steak Double Up (8oz Rump)	1335	16%	319	16%	19.3	28%	7.3	37%	2.1	1%	0.8	1%	34.1	68%	1.54	26%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Upgrades	Steak Double Up (8oz Sirloin)	1513	18%	362	18%	23.5	34%	9.5	47%	2.1	1%	0.8	1%	35.6	71%	1.56	26%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scotland Upgrades	Steak Double Up (8oz Rump) - Scotland	1363	16%	324	16%	12.4	18%	4.4	22%	2.1	1%	0.8	1%	51.0	102%	1.62	27%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Scotland Upgrades	Steak Double Up (8oz Sirloin) - Scotland	1350	16%	322	16%	15.3	22%	5.9	29%	2.1	1%	0.8	1%	43.8	88%	1.57	26%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Dessert Sharer	5356	64%	1280	64%	65.1	93%	28.8	144%	161.3	62%	130.1	145%	10.9	22%	0.61	10%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Chocolate Fondant	2858	34%	683	34%	36.3	52%	22.7	113%	79.9	31%	67.3	75%	8.6	17%	0.26	4%

Pub Kitchen

No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Eton Mess Sundae	2341	28%	560	28%	27.2	39%	17.1	85%	71.2	27%	64.3	71%	6.9	14%	0.36	6%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Ice Cream Choice	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Chocolate Sauce	116	1%	28	1%	0.1	0%	0.1	1%	6.4	2%	4.9	5%	0.2	0%	0.01	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Strawberry Sauce	132	2%	32	2%	0.0	0%	0.0	0%	7.9	3%	7.5	8%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Salted Caramel Sauce	167	2%	40	2%	2.4	3%	1.5	8%	4.4	2%	4.4	5%	0.1	0%	0.13	2%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Raspberry Coulis	67	1%	16	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Chocolate Ice Cream	413	5%	99	5%	3.6	5%	1.9	9%	13.6	5%	13.0	14%	2.6	5%	0.09	2%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Classic Jersey Clotted Cream Ice Cream	662	8%	158	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Lemon Curd Sorbet	395	5%	95	5%	0.5	1%	0.4	2%	22.4	9%	19.3	21%	0.0	0%	0.09	1%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Vegan Ice Cream	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Banana & Butterscotch Ice Cream	612	7%	146	7%	7.1	10%	4.3	21%	18.2	7%	15.6	17%	2.0	4%	0.19	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Mini Pudding	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Mini Strawberry Cheesecake	1152	14%	275	14%	17.4	25%	6.8	34%	27.3	10%	19.5	22%	2.1	4%	0.12	2%

Pub Kitchen

No Gluten Containing Menu
Spring Summer 2022
Nutritional Information
Version 1

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
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Mini Eton Mess	1059	13%	253	13%	15.8	23%	10.2	51%	25.0	10%	22.8	25%	2.7	5%	0.16	3%
Neighbourhood - SS22 Pub & Kitchen NGCI (Food Menu)	Desserts	Belgian Mini Chocolate Brownie	1047	12%	250	13%	12.6	18%	3.8	19%	32.0	12%	25.3	28%	2.0	4%	0.06	1%