

Hungry Horse Breakfast Menu - Spring Summer 2023 Nutritional Information



Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Jammy Toast (V) - Please select your bread choice and topper listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Strawberry Jam	199	2%	48	2%	0.0	0%	0.0	0%	11.8	5%	10.4	12%	0.1	0%	0.02	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Marmalade	203	2%	49	2%	0.0	0%	0.0	0%	12.0	5%	10.2	11%	0.0	0%	0.02	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Honey Portions	295	4%	71	4%	0.2	0%	0.0	0%	17.2	7%	14.6	16%	0.1	0%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Jammy Toast (Ve) - Please select your bread choice and topper listed below	226	3%	54	3%	6.0	9%	1.2	6%	0.0	0%	0.0	0%	0.0	0%	0.15	3%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Strawberry Jam	199	2%	48	2%	0.0	0%	0.0	0%	11.8	5%	10.4	12%	0.1	0%	0.02	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Marmalade	203	2%	49	2%	0.0	0%	0.0	0%	12.0	5%	10.2	11%	0.0	0%	0.02	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Scrambled Eggs on Toast (V) - Please select your bread choice listed below	1828	22%	437	22%	32.5	46%	9.8	49%	4.0	2%	4.0	4%	32.6	65%	1.28	21%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Beans on Toast (Ve) - Please select your bread choice listed below	1294	15%	309	15%	10.0	14%	2.0	10%	38.3	15%	15.3	17%	10.2	20%	2.29	38%

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
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Breakfast Wrap	3246	39%	776	39%	41.7	60%	18.1	90%	62.7	24%	4.7	5%	35.3	71%	4.02	67%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Bacon Butty - Please select your bread choice listed below	1633	19%	392	20%	32.7	47%	10.5	53%	0.0	0%	0.0	0%	17.0	34%	3.91	65%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Sausage Butty - Please select your bread choice listed below	1308	16%	313	16%	25.6	37%	8.0	40%	8.0	3%	2.7	3%	12.0	24%	1.28	21%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Quorn Sausage Butty (Ve) - Please select your bread choice listed below	1310	16%	313	16%	19.9	28%	5.7	29%	12.5	5%	2.0	2%	17.9	36%	1.78	30%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Malted Bloomer Sliced	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	White Bloomer Sliced	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Frozen Smoothie Bowl (V)	1896	23%	450	23%	8.9	13%	2.9	15%	84.0	32%	73.2	81%	9.3	19%	0.23	4%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Bites	Potato Dog	1813	22%	433	22%	15.7	22%	5.1	26%	58.6	23%	13.5	15%	11.8	24%	3.42	57%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Steak & Eggs	4654	55%	1111	56%	55.0	79%	18.4	92%	77.9	30%	13.8	15%	53.5	107%	6.19	103%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Veggie Breakfast (V)	3759	45%	898	45%	44.6	64%	14.6	73%	73.6	28%	8.6	10%	41.3	83%	4.93	82%

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
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Veggie Scottish Breakfast (V)	2698	32%	646	32%	30.8	44%	8.4	42%	42.9	16%	8.6	10%	39.7	79%	3.81	64%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Full English Breakfast	3663	44%	876	44%	52.7	75%	17.8	89%	58.8	23%	7.0	8%	31.8	64%	5.59	93%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Full Scottish Breakfast	2720	32%	652	33%	34.8	50%	9.4	47%	36.5	14%	10.0	11%	38.0	76%	4.82	80%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Super Special Breakfast	6657	79%	1593	80%	93.7	134%	33.8	169%	113.6	44%	8.9	10%	57.8	116%	9.20	153%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Super Special Scottish Breakfast	5411	64%	1297	65%	65.0	93%	20.1	101%	90.0	35%	15.1	17%	71.5	143%	8.48	141%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Mega Breakfast	9434	112%	2257	113%	127.9	183%	46.8	234%	167.0	64%	18.2	20%	87.1	174%	12.10	202%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Scottish Mega Breakfast	7478	89%	1792	90%	83.8	120%	27.2	136%	146.8	56%	22.1	25%	89.7	179%	10.90	182%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Classics	Vegan Breakfast (Ve)	3855	46%	920	46%	35.4	51%	12.9	64%	103.3	40%	8.9	10%	39.2	78%	5.22	87%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Full English Burrito	4719	56%	1128	56%	49.9	71%	20.4	102%	108.5	42%	22.0	24%	38.1	76%	5.43	91%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Full Scottish Burrito	4719	56%	1128	56%	49.9	71%	20.4	102%	108.5	42%	22.0	24%	38.1	76%	5.43	91%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Waffle Your Way - Please select your side and topping choices listed below	801	10%	191	10%	8.4	12%	1.1	6%	24.0	9%	5.3	6%	4.2	8%	0.36	6%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Maple Flavour Syrup	979	12%	234	12%	0.0	0%	0.0	0%	58.5	23%	58.5	65%	0.0	0%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Chocolate Sauce	575	7%	138	7%	0.5	1%	0.5	3%	31.5	12%	23.5	26%	1.5	3%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Greek Style Vanilla Yoghurt	276	3%	66	3%	5.0	7%	3.0	15%	2.5	1%	2.5	3%	3.0	6%	0.10	2%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Banana	470	6%	109	5%	0.1	0%	0.1	0%	27.4	11%	24.4	27%	1.6	3%	0.00	0%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Pork Sausage	931	11%	223	11%	15.6	22%	6.0	30%	8.0	3%	2.7	3%	12.0	24%	1.03	17%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Quorn Cumberland Sausage	933	11%	223	11%	9.9	14%	3.7	19%	12.5	5%	2.0	2%	17.9	36%	1.53	25%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Fruit Berry Mix	159	2%	38	2%	0.0	0%	0.0	0%	7.0	3%	7.0	8%	1.0	2%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Smoked Streaky Bacon	185	2%	124	6%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Fried Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Hangover Mac	4363	52%	1043	52%	44.9	64%	18.2	91%	108.0	42%	5.9	7%	32.8	66%	6.32	105%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Cornflake Chicken Burger	3391	40%	809	40%	35.0	50%	12.0	60%	94.3	36%	8.0	9%	30.4	61%	3.78	63%
Hungry Horse - Spring Summer 2023 Breakfast	Brekkie Legends	Hangover Mac (V)	4050	48%	968	48%	46.0	66%	17.1	86%	108.0	42%	5.9	7%	31.4	63%	6.10	102%
Hungry Horse - Spring Summer 2023 Breakfast	Children's Breakfast	Children's - Full English Breakfast	2396	N.A	574	N.A	33.1	N.A	11.3	N.A	37.8	N.A	6.7	N.A	23.9	N.A	3.54	N.A
Hungry Horse - Spring Summer 2023 Breakfast	Children's Breakfast	Children's - Scottish Breakfast	2094	N.A	502	N.A	22.2	N.A	6.0	N.A	36.5	N.A	11.0	N.A	31.4	N.A	3.59	N.A
Hungry Horse - Spring Summer 2023 Breakfast	Children's Breakfast	Children's - Waffle Your Way, please select your topping choice listed below	601	N.A	146	N.A	6.3	N.A	0.9	N.A	18.0	N.A	4.0	N.A	3.2	N.A	0.27	N.A
Hungry Horse - Spring Summer 2023 Breakfast	Children's Breakfast	Waffle Bacon Topping	511	N.A	202	N.A	3.8	N.A	1.5	N.A	19.5	N.A	19.5	N.A	2.4	N.A	0.22	N.A
Hungry Horse - Spring Summer 2023 Breakfast	Children's Breakfast	Waffle Sweet Topping	230	N.A	55	N.A	0.3	N.A	0.0	N.A	12.8	N.A	11.5	N.A	0.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Breakfast	Children's Breakfast	Children's - Frozen Smoothie Bowl (V)	794	N.A	188	N.A	3.8	N.A	1.1	N.A	34.9	N.A	30.5	N.A	4.1	N.A	0.09	N.A
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Toast (V) - Please select your bread choice listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Malted Bloomer Sliced	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%

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
Hungry Horse - Spring Summer 2023 Breakfast	Extras	White Bloomer Sliced	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Hash Brown Bites (V)	1923	23%	458	23%	21.0	30%	9.5	47%	63.1	24%	0.8	1%	3.8	8%	2.50	42%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Potato Scone	221	3%	53	3%	0.2	0%	0.1	0%	11.4	4%	0.5	1%	1.0	2%	0.55	9%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Lorne Sausage	584	7%	139	7%	3.7	5%	0.9	4%	12.4	5%	4.4	5%	13.8	28%	0.85	14%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Black Pudding	269	3%	64	3%	1.3	2%	0.5	2%	9.3	4%	0.4	0%	3.8	8%	0.74	12%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Haggis	967	12%	231	12%	15.0	21%	7.0	35%	14.0	5%	1.0	1%	9.0	18%	1.10	18%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Black Pudding - Scotland Only	305	4%	73	4%	1.5	2%	0.5	3%	10.6	4%	0.5	1%	4.3	9%	0.84	14%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Streaky Bacon	185	2%	124	6%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Banana	470	6%	109	5%	0.1	0%	0.1	0%	27.4	11%	24.4	27%	1.6	3%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Fruit Berry Mix	159	2%	38	2%	0.0	0%	0.0	0%	7.0	3%	7.0	8%	1.0	2%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Maple Syrup	979	12%	234	12%	0.0	0%	0.0	0%	58.5	23%	58.5	65%	0.0	0%	0.00	0%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Yoghurt	276	3%	66	3%	5.0	7%	3.0	15%	2.5	1%	2.5	3%	3.0	6%	0.10	2%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Back Bacon	838	10%	201	10%	15.2	22%	5.7	28%	0.0	0%	0.0	0%	11.4	23%	2.44	41%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
Hungry Horse - Spring Summer 2023 Breakfast	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%
Hungry Horse - Spring Summer 2023 Breakfast	Extras	Extra Quorn Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%

Hungry Horse Core Main Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2023 Main Menu	Starters	Pan Fried Garlic Mushrooms (V)	2389	28%	571	29%	50.0	71%	7.3	36%	22.1	8%	1.5	2%	6.7	13%	0.65	11%
Hungry Horse - Autumn Winter 2023 Main Menu	Starters	Halloumi Strips (V)	1889	22%	453	23%	27.8	40%	19.6	98%	22.6	9%	17.6	20%	17.2	34%	4.05	68%
Hungry Horse - Autumn Winter 2023 Main Menu	Starters	Cheesy Garlic Ciabatta (V)	2211	26%	529	26%	29.6	42%	15.3	77%	44.0	17%	2.4	3%	20.3	41%	1.80	30%
Hungry Horse - Autumn Winter 2023 Main Menu	Starters	Garlic Ciabatta (V)	1527	18%	365	18%	17.1	24%	7.3	37%	43.5	17%	2.4	3%	7.3	15%	1.00	17%
Hungry Horse - Autumn Winter 2023 Main Menu	Starters	Crunchy Fried Corn (Ve)	1312	16%	314	16%	16.2	23%	4.1	21%	25.9	10%	6.9	8%	9.1	18%	1.13	19%
Hungry Horse - Autumn Winter 2023 Main Menu	Sharers	Ultimate Big Combo † (Suitable for 2 or more people)	10800	129%	2582	129%	141.4	202%	21.2	106%	227.3	87%	31.4	35%	66.6	133%	7.57	126%
Hungry Horse - Autumn Winter 2023 Main Menu	Sharers	Muchos Nachos Grande (V) (Suitable for 2 or more people)	5648	67%	1349	67%	76.6	109%	20.1	101%	144.3	56%	17.7	20%	26.5	53%	5.60	93%
Hungry Horse - Autumn Winter 2023 Main Menu	Sharers	Onion Ring Horseshoe Stacker (V) (Suitable for 2 or more people)	5926	71%	1416	71%	74.6	107%	11.3	57%	134.7	52%	38.5	43%	16.4	33%	1.38	23%
Hungry Horse - Autumn Winter 2023 Main Menu	Sharers	Cluck n Cheese Sharer (Suitable for 2 or more people)	4992	59%	1193	60%	69.2	99%	30.8	154%	77.0	30%	17.8	20%	56.0	112%	5.43	91%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Impossible Nuggets (Ve) - Please select your sauce choice listed below	2172	26%	522	26%	35.4	51%	0.0	0%	4.0	2%	1.8	2%	24.0	48%	0.06	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Oriental Salt & Pepper Seasoning	204	2%	49	2%	0.3	0%	0.0	0%	10.8	4%	3.0	3%	0.5	1%	2.48	41%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%

			Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Korean BBQ Sauce	469	6%	112	6%	7.0	10%	1.0	5%	11.0	4%	10.5	12%	1.0	2%	2.05	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Crispy Chicken Strips - Please select your sauce choice listed below	2764	33%	660	33%	34.9	50%	5.7	29%	43.5	17%	0.0	0%	33.4	67%	3.31	55%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Oriental Salt & Pepper Seasoning	204	2%	49	2%	0.3	0%	0.0	0%	10.8	4%	3.0	3%	0.5	1%	2.48	41%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Korean BBQ Sauce	469	6%	112	6%	7.0	10%	1.0	5%	11.0	4%	10.5	12%	1.0	2%	2.05	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Chicken Wings - Please select your sauce choice listed below	2958	35%	711	36%	46.1	66%	12.7	64%	0.0	0%	0.0	0%	46.7	93%	1.11	19%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Oriental Salt & Pepper Seasoning	204	2%	49	2%	0.3	0%	0.0	0%	10.8	4%	3.0	3%	0.5	1%	2.48	41%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%

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
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Wings n' Things	Korean BBQ Sauce	469	6%	112	6%	7.0	10%	1.0	5%	11.0	4%	10.5	12%	1.0	2%	2.05	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Southern Fried Chicken Goujons - Please select your bread choice listed below	1606	19%	384	19%	22.6	32%	5.6	28%	21.7	8%	1.3	1%	18.4	37%	2.18	36%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	White Baguette	1284	15%	307	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Omega-3 Fish Fingers † - Please select your bread choice listed below	1572	19%	375	19%	22.0	31%	4.7	23%	26.0	10%	2.9	3%	17.0	34%	1.55	26%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	White Baguette	1284	15%	307	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Chicken and Smoked Bacon - Please select your bread choice listed below	1739	21%	415	21%	21.5	31%	5.7	28%	12.0	5%	5.3	6%	42.5	85%	2.12	35%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	White Baguette	1284	15%	307	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Omega-3 Fishless Fingers (Ve) - Please select your bread choice listed below	1287	15%	307	15%	15.4	22%	1.7	9%	27.1	10%	4.4	5%	8.6	17%	1.10	18%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	White Baguette	1284	15%	307	15%	1.7	2%	0.3	1%	60.6	23%	1.3	1%	10.9	22%	1.46	24%
Hungry Horse - Autumn Winter 2023 Main Menu	Baguettes & Wraps	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Korean BBQ Chicken Burger	7047	84%	1685	84%	83.0	119%	13.1	66%	155.9	60%	25.9	29%	48.5	97%	7.65	128%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Smokin' Jack Burger	6007	72%	1435	72%	71.8	103%	15.9	79%	149.2	57%	31.4	35%	38.9	78%	2.68	45%

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
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Southern Fried Chicken Burger	5751	68%	1374	69%	69.0	99%	8.3	42%	147.2	57%	10.7	12%	37.2	74%	3.01	50%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Bacon Cheeseburger	5193	62%	1241	62%	64.7	92%	12.8	64%	125.9	48%	11.3	13%	34.3	69%	2.11	35%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Beyond Meat Burger (Ve)	5656	67%	1351	68%	69.8	100%	11.6	58%	137.5	53%	22.8	25%	37.6	75%	2.87	48%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Cheeseburger	5100	61%	1218	61%	62.8	90%	12.1	60%	125.9	48%	11.3	13%	33.1	66%	2.00	33%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	The Gravy One	6496	77%	1551	78%	76.8	110%	13.3	66%	170.6	66%	12.2	14%	43.3	87%	4.69	78%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	The Home Run	7358	88%	1758	88%	98.3	140%	26.7	133%	148.1	57%	24.6	27%	64.8	130%	3.91	65%
Hungry Horse - Autumn Winter 2023 Main Menu	Our Burgers	Quadzilla Burger	9417	112%	2252	113%	123.7	177%	35.1	176%	155.5	60%	15.2	17%	96.2	192%	7.05	118%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Chicken Parmigiana	4751	57%	1135	57%	55.8	80%	18.3	91%	88.2	34%	14.3	16%	51.8	104%	4.74	79%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Steak & Ruddles Ale Pie - Please select your side choice listed below	4318	51%	1031	52%	51.6	74%	23.2	116%	106.1	41%	13.9	15%	33.6	67%	4.69	78%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mashed potato	1371	16%	328	16%	11.2	16%	5.6	28%	47.6	18%	2.8	3%	5.6	11%	1.40	23%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Chips	2064	25%	490	24%	14.4	21%	0.0	0%	79.2	30%	0.0	0%	7.2	14%	0.24	4%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Classic Chicken New Yorker	4867	58%	1162	58%	51.6	74%	8.3	41%	113.4	44%	25.0	28%	55.3	111%	2.05	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Chicken Tikka Masala	3415	41%	816	41%	36.2	52%	13.7	69%	86.8	33%	31.5	35%	34.9	70%	4.18	70%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Classic Beef Lasagne	2230	27%	533	27%	20.8	30%	10.0	50%	32.8	13%	10.7	12%	26.0	52%	3.76	63%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Classic Breaded Wholetail Scampi † - Please select your side choice listed below	4157	49%	990	50%	43.8	63%	2.2	11%	121.3	47%	3.9	4%	19.9	40%	2.39	40%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mushy Peas	465	6%	111	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.63	10%

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
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Garden Peas	258	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mushroom & Ale Pie (Ve)	5335	64%	1270	64%	55.3	79%	14.4	72%	164.6	63%	11.7	13%	24.9	50%	4.15	69%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Classic Fish & Chips † - Please select your side choice listed below	4335	52%	1034	52%	47.7	68%	17.2	86%	103.6	40%	2.5	3%	33.8	68%	1.24	21%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mushy Peas	465	6%	111	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.63	10%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Garden Peas	258	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Plant-Based Fish & Chips (Ve) - Please select your side choice listed below	3505	42%	834	42%	35.6	51%	1.5	7%	110.2	42%	3.7	4%	18.5	37%	1.80	30%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mushy Peas	465	6%	111	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.63	10%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Garden Peas	258	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Full English Breakfast	3735	44%	876	44%	54.2	77%	18.4	92%	58.9	23%	7.1	8%	38.7	77%	5.22	87%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mac 'n' Cheese (V)	2656	32%	635	32%	21.1	30%	10.6	53%	86.3	33%	8.3	9%	27.8	56%	4.23	71%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mexican Pasta Salad (V)	1702	20%	407	20%	15.1	22%	0.0	0%	60.4	23%	9.3	10%	9.3	19%	2.10	35%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Roast Veggie Lasagne (Ve)	1173	14%	360	18%	7.7	11%	3.7	18%	47.6	18%	12.0	13%	2.3	5%	2.86	48%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Mexican Pasta Salad Topped - Please select your topping choice listed below	1702	20%	407	20%	15.1	22%	0.0	0%	60.4	23%	9.3	10%	9.3	19%	2.10	35%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Salmon Fillet	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.19	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Classics	Roast Chicken Fillet	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	Full Monty Mixed Grill	7177	85%	1846	92%	67.6	97%	14.0	70%	150.6	58%	28.8	32%	106.7	213%	6.20	103%

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
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	12oz* Rump Steak	5309	63%	1260	63%	42.6	61%	6.9	35%	121.3	47%	8.3	9%	62.1	124%	2.09	35%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	Burger Sizzler Combo	8787	105%	2101	105%	105.0	150%	27.9	139%	156.0	60%	35.2	39%	99.1	198%	3.92	65%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	8oz* Smothered Steak Sizzler	5645	67%	1342	67%	49.8	71%	9.7	48%	138.2	53%	18.3	20%	60.0	120%	3.34	56%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	15oz* Grilled Gammon	5972	71%	1423	71%	59.1	84%	10.4	52%	136.2	52%	24.5	27%	77.2	154%	7.00	117%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	Mini Mixed Grill	5413	64%	1290	64%	49.9	71%	11.2	56%	117.9	45%	26.5	29%	86.5	173%	4.66	78%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	8oz* Rump Steak	4182	50%	993	50%	34.1	49%	4.9	24%	101.5	39%	8.3	9%	47.8	96%	1.88	31%
Hungry Horse - Autumn Winter 2023 Main Menu	Great Grills	5oz* Grilled Gammon	3779	45%	899	45%	33.7	48%	4.8	24%	105.6	41%	23.0	26%	38.3	77%	2.84	47%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Jerk Chicken & Wings	5767	69%	1380	69%	65.6	94%	13.9	70%	92.7	36%	30.5	34%	78.5	157%	4.54	76%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Crown of Burgers	10120	120%	2418	121%	150.6	215%	49.4	247%	190.2	73%	19.1	21%	70.2	140%	6.12	102%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Chicken New Yorker	6625	79%	1582	79%	64.4	92%	13.3	67%	140.2	54%	43.8	49%	99.6	199%	3.95	66%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Crispy Chicken Sandwich	9731	116%	2326	116%	121.7	174%	28.8	144%	228.1	88%	24.0	27%	58.1	116%	5.69	95%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Tandoori Chicken Sizzler	4428	53%	1058	53%	45.7	65%	8.8	44%	106.9	41%	41.4	46%	48.5	97%	3.09	52%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Bangin Katsu Banquet	6308	75%	1506	75%	69.1	99%	10.8	54%	143.2	55%	8.7	10%	54.4	109%	7.54	126%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Specials	Mediterranean Seabass †	3007	36%	718	36%	31.3	45%	8.2	41%	41.7	16%	12.2	14%	63.2	126%	1.54	26%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	MIX IT UP - Please select your options listed below	223	3%	53	3%	0.0	0%	0.0	0%	9.8	4%	7.0	8%	1.4	3%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%

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
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Oriental Salt & Pepper Seasoning	204	2%	49	2%	0.3	0%	0.0	0%	10.8	4%	3.0	3%	0.5	1%	2.48	41%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Sauce Korean BBQ	469	6%	112	6%	7.0	10%	1.0	5%	11.0	4%	10.5	12%	1.0	2%	2.05	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Salmon Fillet	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.19	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Rump Steak	1218	14%	289	14%	9.6	14%	4.1	20%	0.0	0%	0.0	0%	33.8	68%	0.31	5%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Gammon Steak	1771	21%	423	21%	23.0	33%	7.7	38%	0.0	0%	0.0	0%	53.7	107%	6.14	102%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Chicken Breast Skewers	1382	16%	330	17%	7.3	10%	1.4	7%	10.4	4%	5.9	7%	56.0	112%	3.36	56%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Flattened Half Roast Chicken	1272	15%	304	15%	15.0	21%	4.2	21%	0.4	0%	0.4	0%	41.8	84%	1.17	19%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Battered Chicken Fingers	2764	33%	660	33%	34.9	50%	5.7	29%	43.5	17%	0.0	0%	33.4	67%	3.31	55%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Impossible nuggets	2172	26%	522	26%	35.4	51%	0.0	0%	4.0	2%	1.8	2%	24.0	48%	0.06	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Halloumi fries	1540	18%	370	18%	27.8	40%	19.6	98%	2.0	1%	2.0	2%	16.6	33%	3.55	59%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Southern Fried Chicken Skewers	3108	37%	742	37%	39.2	56%	6.4	32%	48.9	19%	0.0	0%	43.2	86%	3.73	62%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Both Skewers - Chicken breast & Southern fried chicken	2245	27%	536	27%	23.2	33%	3.9	20%	29.7	11%	3.0	3%	49.6	99%	3.55	59%

			Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Frozen Jacket Potato	812	10%	194	10%	1.0	1%	0.2	1%	39.0	15%	4.0	4%	4.2	8%	0.03	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Dirty Rice	690	8%	165	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Mini corn on the cob	422	5%	101	5%	2.4	3%	0.4	2%	12.0	5%	3.2	4%	4.5	9%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Onion Rings	994	12%	238	12%	12.9	18%	1.0	5%	21.6	8%	3.0	3%	2.7	5%	0.04	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Sweet Potato Fries	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	3.0	6%	0.15	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Fries	2667	32%	637	32%	36.8	53%	3.5	18%	71.8	28%	1.8	2%	5.3	11%	0.35	6%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Chips	2580	31%	612	31%	18.0	26%	0.0	0%	99.0	38%	0.0	0%	9.0	18%	0.30	5%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Coleslaw	415	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Classic Salad	164	2%	39	2%	0.6	1%	0.1	1%	5.8	2%	4.3	5%	1.3	3%	0.14	2%
Hungry Horse - Autumn Winter 2023 Main Menu	Mix It Up	Spicy Pasta	563	7%	135	7%	5.0	7%	0.0	0%	20.0	8%	3.0	3%	3.0	6%	0.70	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Fresh Garden Salad (Ve)	155	2%	37	2%	0.6	1%	0.1	1%	5.6	2%	4.1	5%	1.2	2%	0.13	2%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Baked Jacket Potato (Ve)	812	10%	194	10%	1.0	1%	0.2	1%	39.0	15%	4.0	4%	4.2	8%	0.03	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Coleslaw (V)	312	4%	74	4%	5.3	8%	0.8	4%	5.3	2%	3.0	3%	0.8	2%	0.23	4%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Cheesy Chips (V)	2748	33%	653	33%	26.9	38%	8.0	40%	79.7	31%	0.0	0%	20.2	40%	1.04	17%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Brown Bread and Butter (V)	1332	16%	318	16%	8.2	12%	4.8	24%	49.3	19%	2.2	2%	10.0	20%	1.07	18%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	White Bread and Butter (V)	1564	19%	374	19%	9.5	14%	5.2	26%	59.4	23%	0.5	1%	11.0	22%	1.33	22%

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
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Fries (Ve)	2667	32%	637	32%	36.8	53%	3.5	18%	71.8	28%	1.8	2%	5.3	11%	0.35	6%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Chips (Ve)	2064	25%	490	24%	14.4	21%	0.0	0%	79.2	30%	0.0	0%	7.2	14%	0.24	4%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Mac 'n' Cheese (V)	1176	14%	281	14%	11.8	17%	6.4	32%	32.2	12%	2.0	2%	13.9	28%	2.01	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Onion Rings (V)	1243	15%	297	15%	16.2	23%	1.2	6%	27.1	10%	3.8	4%	3.4	7%	0.05	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Sides	Salt and Pepper Fries (V)	2735	33%	653	33%	36.9	53%	3.5	18%	75.4	29%	2.8	3%	5.4	11%	1.18	20%
Hungry Horse - Autumn Winter 2023 Main Menu	Steak Sauces	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%
Hungry Horse - Autumn Winter 2023 Main Menu	Steak Sauces	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%
Hungry Horse - Autumn Winter 2023 Main Menu	Steak Sauces	Peppercorn	176	2%	42	2%	0.8	1%	0.3	2%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Hungry Horse - Autumn Winter 2023 Main Menu	Classic Roasts	Hand Carved Topside of Beef & Horseradish Sauce	4141	49%	986	49%	30.6	44%	6.9	35%	121.8	47%	19.0	21%	55.3	111%	3.65	61%
Hungry Horse - Autumn Winter 2023 Main Menu	Classic Roasts	Topside of Beef Yorkie Wrap	4122	49%	983	49%	26.8	38%	3.8	19%	133.9	51%	7.5	8%	52.7	105%	3.64	61%
Hungry Horse - Autumn Winter 2023 Main Menu	Classic Roasts	Roast Turkey	3930	47%	936	47%	26.3	38%	6.7	33%	118.6	46%	17.7	20%	56.0	112%	2.90	48%
Hungry Horse - Autumn Winter 2023 Main Menu	Classic Roasts	Butternut Squash, Sweet Potato and Cashew Nut Roast (V)	4299	51%	1024	51%	37.1	53%	11.7	58%	137.0	53%	23.0	26%	33.6	67%	3.90	65%
Hungry Horse - Autumn Winter 2023 Main Menu	Kids Sunday Roasts	Kids Roast Beef	2424	29%	578	29%	15.5	22%	4.0	20%	72.6	28%	9.2	10%	35.8	72%	2.04	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Kids Sunday Roasts	Kids Roasted Turkey	2310	28%	551	28%	14.9	21%	3.8	19%	71.8	28%	9.2	10%	31.4	63%	1.62	27%
Hungry Horse - Autumn Winter 2023 Main Menu	Kids Sunday Roasts	Kids Butternut Squash, Sweet Potato and Cashew Nut Roast (V)	3010	36%	718	36%	27.5	39%	9.4	47%	90.2	35%	14.4	16%	24.6	49%	2.92	49%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Special Sunday Roasts	Hand Carved Roast Beef & Horseradish Sauce	6220	74%	1482	74%	46.0	66%	9.3	47%	175.6	68%	24.2	27%	89.1	178%	6.46	108%

			Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
Menu	Menu Cat.	Dish Name	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
Hungry Horse - Autumn Winter 2023 Main Menu	Super Special Sunday Roasts	Roast Turkey	5799	69%	1382	69%	37.5	54%	8.8	44%	169.6	65%	21.7	24%	90.1	180%	5.11	85%
Hungry Horse - Autumn Winter 2023 Main Menu	Super Special Sunday Roasts	Butternut Squash, Sweet Potato and Cashew Nut Roast (V)	6757	80%	1611	81%	60.3	86%	19.3	96%	206.4	79%	32.2	36%	55.7	111%	7.31	122%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	The Ultimate Big Candymania- eat in	9440	112%	2256	113%	110.3	158%	60.5	303%	273.5	105%	235.9	262%	37.1	74%	1.95	33%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	The Ultimate Big Candymania- Take away	8021	95%	1917	96%	90.0	129%	46.8	234%	237.6	91%	207.9	231%	34.2	68%	1.62	27%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Millionaire's Cheesecake (V)	2473	29%	591	30%	29.9	43%	18.9	95%	71.1	27%	48.9	54%	7.8	16%	0.55	9%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Sweet Nachos (V)	4856	58%	1160	58%	63.6	91%	14.8	74%	132.7	51%	70.4	78%	15.9	32%	2.05	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Chocolate Fudge Cake (V)	3573	43%	854	43%	38.4	55%	7.9	39%	113.4	44%	81.5	91%	11.3	23%	0.96	16%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Sticky Toffee & Bourbon Pudding (V)	2340	28%	559	28%	21.3	30%	8.6	43%	82.5	32%	62.4	69%	8.3	17%	0.61	10%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Apple & Berry Crumble (V)	2282	27%	545	27%	15.1	22%	7.5	38%	90.0	35%	47.4	53%	9.4	19%	0.20	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Apple & Berry Crumble (Ve)	2100	25%	502	25%	16.1	23%	9.3	46%	79.5	31%	40.0	44%	5.5	11%	0.06	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Indulgent Chocolate Torte (V)	1598	19%	382	19%	21.7	31%	13.9	69%	41.4	16%	29.7	33%	3.6	7%	0.05	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	The Horseshoe Homer	2778	33%	652	33%	23.1	33%	10.4	52%	98.9	38%	54.1	60%	13.8	28%	0.80	13%
Hungry Horse - Autumn Winter 2023 Main Menu	Perfect Puds	Indulgent Chocolate Torte (Ve)	1560	19%	382	19%	21.6	31%	13.8	69%	35.1	14%	25.0	28%	3.3	7%	0.05	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Steak Topper Eggs	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Roast Potatoes	1526	18%	362	18%	13.5	19%	2.3	11%	58.5	23%	2.3	3%	6.8	14%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Yorkshire Pudding (V)	479	6%	115	6%	2.5	4%	0.5	2%	16.8	6%	1.0	1%	5.5	11%	0.30	5%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Beef Burger	749	9%	179	9%	10.8	15%	5.5	28%	2.2	1%	0.3	0%	17.8	36%	0.53	9%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra SF Chicken Burger	1509	18%	360	18%	19.0	27%	3.1	16%	23.8	9%	0.0	0%	23.5	47%	1.81	30%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra 12oz* Rump	1829	22%	435	22%	14.5	21%	6.1	31%	0.0	0%	0.0	0%	46.4	93%	0.47	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Chicken Breast	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Chicken Breast Skewer	691	8%	165	8%	3.6	5%	0.7	4%	5.2	2%	2.9	3%	28.0	56%	1.68	28%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Southern Fried Chicken Skewer	1554	19%	371	19%	19.6	28%	3.2	16%	24.5	9%	0.0	0%	21.6	43%	1.86	31%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Sausage	931	11%	223	11%	15.6	22%	6.0	30%	8.0	3%	2.7	3%	12.0	24%	1.03	17%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Streaky Bacon new bacon	93	1%	22	1%	1.9	3%	0.8	4%	0.0	0%	0.0	0%	1.2	2%	0.11	2%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Parmigiana Sauce	147	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Piri Piri	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Sour Cream	431	5%	103	5%	10.0	14%	6.5	33%	2.0	1%	2.0	2%	1.5	3%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Plain BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Beans	306	4%	73	4%	0.0	0%	0.0	0%	12.8	5%	5.1	6%	3.4	7%	0.68	11%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Bhajis	2022	24%	485	24%	33.4	48%	3.0	15%	35.0	13%	12.2	14%	8.9	18%	1.40	23%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Butter	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	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
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Toast (V) - Please select your bread choice listed below	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Sliced Malted Bloomer	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Sliced White Bloomer	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Fried Egg	565	7%	136	7%	10.7	15%	2.3	11%	0.0	0%	0.0	0%	7.5	15%	0.29	5%
Hungry Horse - Autumn Winter 2023 Main Menu	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%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Gravy	101	1%	24	1%	1.0	1%	0.0	0%	4.0	2%	0.0	0%	0.0	0%	1.20	20%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Mash	1371	16%	328	16%	11.2	16%	5.6	28%	47.6	18%	2.8	3%	5.6	11%	1.40	23%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Mushrooms	207	2%	49	2%	5.0	7%	0.5	3%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Mushy Peas	465	6%	111	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.63	11%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Naan	1506	18%	360	18%	4.8	7%	0.5	2%	67.8	26%	1.6	2%	9.8	20%	1.32	22%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Peas	258	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Poppadom & Chutney	683	8%	163	8%	0.2	0%	0.1	0%	34.7	13%	21.3	24%	5.0	10%	2.20	37%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Tomato	33	0%	8	0%	0.1	0%	0.0	0%	1.2	0%	1.2	1%	0.3	1%	0.01	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Custard	435	5%	104	5%	3.0	4%	2.0	10%	16.0	6%	11.0	12%	3.0	6%	0.10	2%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Chocolate Ice Cream	472	6%	113	6%	5.1	7%	2.5	13%	14.5	6%	14.3	16%	2.2	4%	0.08	1%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.8	9%	13.5	5%	12.2	14%	2.7	5%	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
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Beyond Meat Burger (Ve)	770	9%	184	9%	13.7	20%	3.7	18%	3.3	1%	0.5	1%	11.4	23%	0.70	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Gherkin Gravy	123	1%	30	1%	1.5	2%	0.7	4%	3.2	1%	1.3	1%	0.6	1%	0.71	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Extras	Extra Tartare Sauce	374	4%	90	4%	7.5	11%	0.5	3%	4.5	2%	2.5	3%	0.5	1%	0.00	0%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Chips	2064	25%	490	24%	14.4	21%	0.0	0%	79.2	30%	0.0	0%	7.2	14%	0.24	4%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Fries (Ve)	2667	32%	637	32%	36.8	53%	3.5	18%	71.8	28%	1.8	2%	5.3	11%	0.35	6%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Sweet Potato Fries (V)	1718	20%	410	20%	21.0	30%	1.5	8%	54.0	21%	1.5	2%	3.0	6%	0.15	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Garlic Ciabatta (V)	764	9%	183	9%	8.6	12%	3.7	18%	21.8	8%	1.2	1%	3.7	7%	0.50	8%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Curry Sauce (Ve)	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Salad – upsell chicken	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Salad – upsell salmon	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.19	3%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Gherkin Gravy	123	1%	30	1%	1.5	2%	0.7	4%	3.2	1%	1.3	1%	0.6	1%	0.71	12%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Mac n Cheese - Burger Upsell	1176	14%	281	14%	11.8	17%	6.4	32%	32.2	12%	2.0	2%	13.9	28%	2.01	34%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Chicken Wings - Burger Upsell	1479	18%	355	18%	23.1	33%	6.4	32%	0.0	0%	0.0	0%	23.4	47%	0.56	9%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Crunchy Fried Corn (Ve) - Burger Upsell	1312	16%	314	16%	16.2	23%	4.1	21%	25.9	10%	6.9	8%	9.1	18%	1.13	19%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Scampi	760	9%	182	9%	9.7	14%	0.8	4%	16.6	6%	0.5	1%	5.4	11%	0.96	16%
Hungry Horse - Autumn Winter 2023 Main Menu	Upsells	Add Oriental Salt & Pepper seasoning	68	1%	16	1%	0.1	0%	0.0	0%	3.6	1%	1.0	1%	0.2	0%	0.83	14%

Hungry Horse Children's Menu - Spring Summer 2023 Nutritional Information



Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Spring Summer 2023 Kids Menu	Starters	Mini Corn on the Cob (Ve)	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Starters	Crunchy Veggie Dip Sticks (Ve)	159	N.A	38	N.A	0.1	N.A	0.0	N.A	7.1	N.A	5.1	N.A	1.4	N.A	0.09	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Starters	Garlic Bread (V)	916	N.A	219	N.A	10.3	N.A	4.4	N.A	26.1	N.A	1.4	N.A	4.4	N.A	0.60	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Tomato Pasta (Ve) - Please select your choice of sides listed below	931	N.A	223	N.A	1.5	N.A	0.3	N.A	47.7	N.A	3.3	N.A	3.6	N.A	0.13	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Pork Sausages - Please select your choice of sides listed below	994	N.A	238	N.A	11.7	N.A	4.0	N.A	15.0	N.A	5.4	N.A	16.8	N.A	2.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Quorn Sausages (Ve) - Please select your choice of sides listed below	1034	N.A	247	N.A	10.9	N.A	3.7	N.A	16.5	N.A	2.0	N.A	17.9	N.A	2.73	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Omega-3 Fish Fingers † - Please select your choice of sides listed 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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Chicken Nuggets † - Please select your choice of sides listed 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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - 2oz* Beef Burger - Please select your choice of sides listed below	1363	N.A	326	N.A	18.7	N.A	8.7	N.A	25.8	N.A	2.8	N.A	12.9	N.A	0.83	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Omega-Fishless Fingers (Ve) - Please select your choice of sides listed below	905	N.A	216	N.A	11.3	N.A	1.3	N.A	17.9	N.A	1.2	N.A	6.1	N.A	0.65	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Small - Impossible Nuggets (Ve) - Please select your choice of sides listed below	869	N.A	209	N.A	14.2	N.A	0.0	N.A	1.6	N.A	0.7	N.A	9.6	N.A	0.02	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mashed Potato	612	N.A	146	N.A	5.0	N.A	2.5	N.A	21.3	N.A	1.3	N.A	2.5	N.A	0.63	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Sunshine Rice	537	N.A	128	N.A	1.4	N.A	0.1	N.A	24.7	N.A	1.4	N.A	3.0	N.A	0.34	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Garden Peas	258	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Corn on the Cob	422	N.A	101	N.A	2.4	N.A	0.4	N.A	12.0	N.A	3.2	N.A	4.5	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
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Mini Jacket	390	N.A	93	N.A	0.2	N.A	0.1	N.A	17.8	N.A	3.3	N.A	3.5	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Chips	860	N.A	204	N.A	6.0	N.A	0.0	N.A	33.0	N.A	0.0	N.A	3.0	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Side Salad	118	N.A	28	N.A	0.7	N.A	0.2	N.A	3.6	N.A	2.4	N.A	1.0	N.A	0.14	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Pick 'n' Mix Small Mains	Crunchy Veg Sticks	100	N.A	24	N.A	0.0	N.A	0.0	N.A	4.5	N.A	3.6	N.A	0.9	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Cheese & Tomato Flatbread (V)	1638	N.A	392	N.A	15.4	N.A	8.3	N.A	42.6	N.A	5.9	N.A	19.5	N.A	1.61	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Build Your Own Tacos	2612	N.A	624	N.A	28.8	N.A	12.4	N.A	60.7	N.A	9.8	N.A	26.4	N.A	2.41	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Chilli (Ve)	1370	N.A	326	N.A	3.6	N.A	1.6	N.A	52.4	N.A	14.7	N.A	18.3	N.A	1.70	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Katsu Chicken Burger †	2288	N.A	547	N.A	16.8	N.A	5.9	N.A	74.3	N.A	12.8	N.A	19.7	N.A	1.98	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Double Cheese Burger	3801	N.A	906	N.A	46.8	N.A	18.5	N.A	81.7	N.A	12.2	N.A	35.3	N.A	1.56	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Nacho Chicken Pasta	1866	N.A	445	N.A	7.6	N.A	4.0	N.A	63.5	N.A	11.6	N.A	30.6	N.A	1.09	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Fresh Garden Salad - Please select your topper choice listed below	355	N.A	85	N.A	0.3	N.A	0.1	N.A	10.2	N.A	13.0	N.A	2.2	N.A	0.13	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Roast Chicken Fillet	351	N.A	84	N.A	0.3	N.A	0.2	N.A	2.2	N.A	0.4	N.A	18.1	N.A	0.40	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Mozzarella/White Mature Cheddar Grated Cheese	410	N.A	98	N.A	7.5	N.A	4.8	N.A	0.3	N.A	0.0	N.A	7.8	N.A	0.48	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Meals	Large Set Meal - Beyond Meat Burger (Ve)	2886	N.A	686	N.A	24.8	N.A	4.7	N.A	82.3	N.A	12.4	N.A	28.8	N.A	1.27	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Fruit Salad (Ve)	326	N.A	78	N.A	0.0	N.A	0.0	N.A	19.4	N.A	17.2	N.A	0.7	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
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Ice Cream & Frozen Yoghurt Selection (V) - Please select your flavour choice listed below																
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Vanilla Ice Cream	407	N.A	97	N.A	3.6	N.A	1.8	N.A	13.5	N.A	12.2	N.A	2.7	N.A	0.15	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Chocolate Ice Cream	414	N.A	99	N.A	5.1	N.A	2.5	N.A	14.5	N.A	13.0	N.A	2.2	N.A	0.09	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Strawberry Frozen Yogurt	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
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	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
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Chocolate Sauce	115	N.A	28	N.A	0.1	N.A	0.1	N.A	6.3	N.A	4.7	N.A	0.3	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	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
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Jelly & Ice Cream (V)	460	N.A	110	N.A	4.2	N.A	1.9	N.A	14.8	N.A	12.8	N.A	3.3	N.A	0.25	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Small Goopy Chocolate Brownie (V)	1061	N.A	253	N.A	9.0	N.A	4.7	N.A	37.9	N.A	29.8	N.A	4.6	N.A	0.20	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Small Puddings	Strawberry & Waffles (V)	631	N.A	151	N.A	4.5	N.A	0.6	N.A	24.8	N.A	14.2	N.A	2.6	N.A	0.18	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Goopy Chocolate Brownie (V)	1599	N.A	382	N.A	14.3	N.A	7.4	N.A	56.0	N.A	42.7	N.A	6.2	N.A	0.25	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Build Your Own Mini Mania - Please select your topper choice listed below	879	N.A	196	N.A	8.7	N.A	4.3	N.A	28.0	N.A	25.2	N.A	4.9	N.A	0.25	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Candymania Topper	1318	N.A	315	N.A	16.4	N.A	10.4	N.A	38.1	N.A	31.1	N.A	3.4	N.A	0.35	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Fruitymania Topper	458	N.A	109	N.A	0.0	N.A	0.0	N.A	27.3	N.A	24.7	N.A	0.7	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Kids Apple Crumble (V) - Please select your side choice listed below	742	N.A	177	N.A	2.6	N.A	0.8	N.A	35.9	N.A	22.5	N.A	1.4	N.A	0.08	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Vanilla Ice Cream	407	N.A	97	N.A	3.6	N.A	1.8	N.A	13.5	N.A	12.2	N.A	2.7	N.A	0.15	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
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Custard Ambrosia	218	N.A	52	N.A	1.5	N.A	1.0	N.A	8.0	N.A	5.5	N.A	1.5	N.A	0.05	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Large Puddings	Kids Apple Crumble (Ve)	1214	N.A	290	N.A	8.1	N.A	5.6	N.A	49.4	N.A	31.6	N.A	1.9	N.A	0.10	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Baby Food	Heinz Apple, Pear & Banana Puree (V)	289	N.A	69	N.A	0.3	N.A	0.1	N.A	15.0	N.A	13.0	N.A	0.6	N.A	0.00	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	Baby Food	Heinz Tomato & Mozzarella Pasta Shapes (V)	408	N.A	98	N.A	3.0	N.A	2.0	N.A	13.0	N.A	2.2	N.A	40.3	N.A	0.23	N.A
Hungry Horse - Spring Summer 2023 Kids Menu	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
Hungry Horse - Spring Summer 2023 Kids Menu	Upsell	Extra 4 Chicken Nuggets	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
Hungry Horse - Spring Summer 2023 Kids Menu	Beverage	Kids Glass of Milk	562	N.A	134	N.A	5.6	N.A	2.8	N.A	14.0	N.A	14.0	N.A	8.4	N.A	0.56	N.A

Hungry Horse No Gluten Containing Breakfast Menu - Spring Summer 2023

Nutritional Information



Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Breakfast	English Breakfast - NGCI	3210	38%	768	38%	43.9	63%	14.7	73%	57.1	22%	6.5	7%	26.2	52%	5.20	87%
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Breakfast	Beans on Toast (Ve) - NGCI	1730	21%	413	21%	10.8	15%	1.0	5%	59.6	23%	11.3	13%	11.6	23%	2.18	36%
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Breakfast	Bacon Sandwich - NGCI	2447	29%	586	29%	33.5	48%	9.5	48%	37.1	14%	2.3	3%	22.6	45%	4.64	77%
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Breakfast	Eggs on Toast (V) - NGCI, Please select your egg choice listed below	1190	14%	284	14%	10.8	15%	1.0	5%	37.1	14%	2.3	3%	5.6	11%	0.98	16%
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Breakfast	Fried Free Range Egg	1130	13%	272	14%	21.4	31%	4.6	23%	0.0	0%	0.0	0%	15.1	30%	0.58	10%
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Breakfast	Scrambled Eggs	1311	16%	313	16%	21.1	30%	7.1	35%	0.5	0%	0.5	1%	30.5	61%	1.09	18%
Hungry Horse - Spring Summer 2023 No Gluten Breakfast	Kids Breakfast	Children's English Breakfast - NGCI	2224	N.A	533	N.A	32.9	N.A	11.1	N.A	28.5	N.A	3.3	N.A	22.2	N.A	3.97	N.A

Hungry Horse No Gluten Containing Menu - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Start in Style	Pan-fried Garlic Mushrooms (V)	2083	25%	498	25%	45.8	65%	4.0	20%	13.3	5%	1.3	1%	5.0	10%	0.42	7%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Sandwiches	Cheese & Chutney Melt (V)	2930	35%	700	35%	36.0	51%	17.0	85%	58.7	23%	21.1	23%	32.3	65%	2.69	45%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Sandwiches	Chicken & Smoked Bacon	3051	36%	729	36%	34.4	49%	7.9	40%	48.8	19%	7.1	8%	51.4	103%	2.97	50%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	Chicken Tikka Masala	3415	41%	816	41%	36.2	52%	13.7	69%	86.8	33%	31.5	35%	34.9	70%	4.18	70%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	Chickpea and Sweet Potato Curry (Ve)	2285	27%	546	27%	4.4	6%	0.5	3%	105.1	40%	30.6	34%	15.7	31%	4.16	69%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	Classic Chicken New Yorker	2581	31%	617	31%	15.3	22%	8.8	44%	63.5	24%	21.9	24%	48.5	97%	1.93	32%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	Topped Fresh Garden Salad - Please select your side choice listed below	327	4%	78	4%	1.2	2%	0.3	1%	11.7	4%	8.5	9%	2.6	5%	0.27	5%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	Salmon Fillet	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.19	3%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	Roast Chicken Fillet	703	8%	168	8%	0.6	1%	0.3	2%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	5oz* Grilled Gammon	2593	31%	621	31%	26.2	37%	9.3	47%	58.9	23%	23.1	26%	30.8	62%	2.85	48%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Mains	8oz* Rump Steak	2580	31%	615	31%	20.4	29%	9.0	45%	47.0	18%	9.1	10%	39.6	79%	1.94	32%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Our Burgers	Beef Burger	3178	38%	759	38%	35.6	51%	11.7	58%	73.6	28%	9.8	11%	26.7	53%	1.61	27%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Our Burgers	Cheeseburger	3287	39%	786	39%	37.7	54%	13.0	65%	73.9	28%	10.1	11%	28.3	57%	1.88	31%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Our Burgers	Bacon Cheeseburger	3380	40%	808	40%	39.6	57%	13.8	69%	73.9	28%	10.1	11%	29.5	59%	1.99	33%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Chicken New Yorker	4109	49%	982	49%	23.1	33%	13.1	66%	87.9	34%	39.9	44%	92.7	185%	3.68	61%

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
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	15oz* Grilled Gammon	3855	46%	922	46%	41.8	60%	14.5	73%	61.9	24%	25.3	28%	67.3	135%	7.00	117%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	12oz* Rump Steak	3192	38%	760	38%	25.3	36%	11.0	55%	47.0	18%	9.1	10%	52.2	104%	2.09	35%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	8oz Smothered Steak Sizzler	3527	42%	841	42%	32.5	46%	13.8	69%	63.9	25%	19.1	21%	50.0	100%	3.34	56%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	MIX IT UP - Please select your options listed below	223	3%	53	3%	0.0	0%	0.0	0%	9.8	4%	7.0	8%	1.4	3%	0.00	0%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Salmon Fillet	1542	18%	370	19%	24.2	35%	4.6	23%	0.0	0%	0.0	0%	32.4	65%	0.19	3%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Rump Steak	1218	14%	289	14%	9.6	14%	4.1	20%	0.0	0%	0.0	0%	33.8	68%	0.31	5%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Gammon Steak	1771	21%	423	21%	23.0	33%	7.7	38%	0.0	0%	0.0	0%	53.7	107%	6.14	102%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Chicken Breast Skewers	1382	16%	330	17%	7.3	10%	1.4	7%	10.4	4%	5.9	7%	56.0	112%	3.36	56%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Flattened Half Roast Chicken	1272	15%	304	15%	15.0	21%	4.2	21%	0.4	0%	0.4	0%	41.8	84%	1.17	19%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	5%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Peri Peri Hot Sauce	109	1%	26	1%	1.0	1%	0.0	0%	3.5	1%	1.0	1%	0.5	1%	2.95	49%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Jerk Sauce	262	3%	63	3%	0.5	1%	0.0	0%	13.5	5%	12.5	14%	0.5	1%	0.35	6%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Sweet Chilli Sauce	343	4%	82	4%	0.0	0%	0.0	0%	20.5	8%	15.5	17%	0.5	1%	0.50	8%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Texan BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Jacket Potato	812	10%	194	10%	1.0	1%	0.2	1%	39.0	15%	4.0	4%	4.2	8%	0.03	0%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Dirty Rice	690	8%	165	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%

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
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Mini corn on the cob	422	5%	101	5%	2.4	3%	0.4	2%	12.0	5%	3.2	4%	4.5	9%	0.00	0%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Coleslaw	415	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Classic Salad	164	2%	39	2%	0.6	1%	0.1	1%	5.8	2%	4.3	5%	1.3	3%	0.14	2%
Hungry Horse - Autumn Winter 2023 No-gluten Menu	Super Specials	Mediterranean Seabass †	3007	36%	718	36%	31.3	45%	8.2	41%	41.7	16%	12.2	14%	63.2	126%	1.54	26%

Hungry Horse Scotland Additional Dishes - Autumn Winter 2023 Nutritional Information



Key & Interpreting the data

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

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

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

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

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

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Starters	Lentil Soup (V)	1511	18%	361	18%	14.0	20%	7.1	36%	45.8	18%	6.2	7%	10.3	21%	2.45	41%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Starters	Haggis Fritters	1752	21%	420	21%	27.1	39%	9.5	47%	30.5	12%	3.3	4%	9.2	18%	3.37	56%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Pub Classics	Full Scottish Breakfast	2810	33%	652	33%	36.4	52%	10.0	50%	36.6	14%	10.1	11%	44.9	90%	4.44	74%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Pub Classics	Balmoral Chicken	3433	41%	820	41%	30.7	44%	14.4	72%	72.4	28%	9.5	11%	56.3	113%	4.42	74%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Pub Classics	Hand-Battered Haddock & Chips † - Please select your side choice listed below	4050	48%	952	48%	55.2	79%	12.8	64%	92.8	36%	0.5	1%	42.3	85%	1.00	17%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Pub Classics	Mushy Peas	465	6%	111	6%	0.0	0%	0.0	0%	17.5	7%	1.3	1%	7.5	15%	0.63	10%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Pub Classics	Garden Peas	258	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Extras	Potato Scone	221	3%	53	3%	0.2	0%	0.1	0%	11.4	4%	0.5	1%	1.0	2%	0.55	9%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Extras	Lorne Sausage	584	7%	139	7%	3.7	5%	0.9	4%	12.4	5%	4.4	5%	13.8	28%	0.85	14%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Extras	Black Pudding	269	3%	64	3%	1.3	2%	0.5	2%	9.3	4%	0.4	0%	3.8	8%	0.74	12%
Hungry Horse - Autumn Winter 2023 Scotland Additional Dishes	Extras	Haggis	967	12%	231	12%	15.0	21%	7.0	35%	14.0	5%	1.0	1%	9.0	18%	1.10	18%