

Pub & Social Breakfast Menu Nutritional Information - Spring Summer 2024



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
Pub & Social - SS24 Breakfast Menu	Breakfasts	Big Breakfast - Please select your choice from the following:	7707	92%	1845	92%	124.8	178%	35.3	176%	99.5	38%	15.0	17%	78.0	156%	11.77	196%
Pub & Social - SS24 Breakfast Menu	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Big Vegetarian Breakfast - Please select your choice from the following:	5992	71%	1436	72%	88.0	126%	17.2	86%	101.3	39%	12.1	13%	57.8	116%	6.52	109%
Pub & Social - SS24 Breakfast Menu	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Traditional English Breakfast - Please select your choice from the following:	4755	57%	1138	57%	73.5	105%	22.1	111%	66.2	25%	10.7	12%	50.8	102%	7.79	130%
Pub & Social - SS24 Breakfast Menu	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Vegetarian Breakfast - Please select your choice from the following:	4264	51%	1022	51%	57.1	82%	12.5	63%	82.2	32%	10.5	12%	42.1	84%	5.33	89%
Pub & Social - SS24 Breakfast Menu	Breakfasts	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Breakfast Roll - Please select your choice from the following:	4114	49%	985	49%	59.7	85%	20.6	103%	66.5	26%	7.8	9%	44.3	89%	6.31	105%

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
Pub & Social - SS24 Breakfast Menu	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Breakfast Wrap - Please select your choice from the following:	4610	55%	1104	55%	63.8	91%	16.9	84%	83.6	32%	7.4	8%	49.5	99%	5.74	96%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Veggie Breakfast Wrap - Please select your choice from the following:	2334	28%	558	28%	21.3	30%	6.6	33%	58.9	23%	9.6	11%	27.8	56%	2.66	44%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Bacon Sandwich - Please select your choice from the following:	2167	26%	518	26%	43.6	62%	20.2	101%	0.2	0%	0.2	0%	31.1	62%	3.74	62%
Pub & Social - SS24 Breakfast Menu	Breakfasts	White Bloomer	1553	18%	371	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	9.6	19%	1.44	24%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Bacon, Egg Crumpets - Please select your choice from the following:	2838	34%	679	34%	32.7	47%	14.0	70%	62.8	24%	4.3	5%	32.2	64%	3.47	58%

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			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
Pub & Social - SS24 Breakfast Menu	Breakfasts	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Mushroom and Egg Crumpets - Please select your choice from the following:	2489	30%	596	30%	27.2	39%	7.6	38%	62.0	24%	3.5	4%	24.3	49%	2.24	37%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Pub & Social - SS24 Breakfast Menu	Breakfasts	Kids Breakfast	2635	31%	631	32%	38.6	55%	10.1	50%	36.6	14%	8.5	9%	32.8	66%	3.45	58%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Big Scottish Breakfast	8476	101%	2029	101%	111.0	159%	40.9	205%	154.6	59%	34.5	38%	97.0	194%	11.68	195%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Traditional Scottish Breakfast	4436	53%	1062	53%	65.5	94%	22.0	110%	56.6	22%	10.9	12%	57.5	115%	7.55	126%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Vegetarian Scottish Breakfast v	3565	42%	854	43%	40.3	58%	8.2	41%	81.1	31%	11.6	13%	36.4	73%	4.39	73%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Breakfast Roll - Please select your choice from the following:	4114	49%	985	49%	59.7	85%	20.6	103%	66.5	26%	7.8	9%	44.3	89%	6.31	105%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Bacon and Scrambled Eggs	2923	35%	699	35%	38.4	55%	15.0	75%	39.9	15%	3.1	3%	47.5	95%	3.64	61%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Toasted White Bloomer Bread & Butter	2104	25%	503	25%	9.6	14%	5.8	29%	92.1	35%	18.5	21%	9.6	19%	1.60	27%

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			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
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Bacon, Egg Crumpets - Please select your choice from the following:	2838	34%	679	34%	32.7	47%	14.0	70%	62.8	24%	4.3	5%	32.2	64%	3.47	58%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Mushroom and Egg Crumpets - Please select your choice from the following:	2489	30%	596	30%	27.2	39%	7.6	38%	62.0	24%	3.5	4%	24.3	49%	2.24	37%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Eastcoast IPA Hotsauce	311	4%	74	4%	6.0	9%	3.6	18%	4.2	2%	3.0	3%	0.0	0%	2.94	49%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Smoked Hollandaise	526	6%	126	6%	10.3	15%	4.4	22%	6.1	2%	3.6	4%	1.4	3%	0.58	10%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Breakfast Wrap - Please select your choice from the following:	4610	55%	1104	55%	63.8	91%	16.9	84%	83.6	32%	7.4	8%	49.5	99%	5.74	96%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Veggie Breakfast Wrap - Please select your choice from the following:	2179	26%	521	26%	19.2	27%	5.2	26%	68.1	26%	11.0	12%	15.6	31%	2.01	34%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Bacon Sandwich - Please select your choice from the following:	2167	26%	518	26%	43.6	62%	20.2	101%	0.2	0%	0.2	0%	31.1	62%	3.74	62%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	White Bloomer	1553	18%	371	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	9.6	19%	1.44	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
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Malted Bloomer	1633	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	1.44	24%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Brown Sauce	249	3%	60	3%	0.0	0%	0.0	0%	13.5	5%	11.5	13%	0.5	1%	0.65	11%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Ketchup	215	3%	52	3%	0.0	0%	0.0	0%	12.0	5%	12.0	13%	0.5	1%	0.90	15%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Kids Breakfast	2876	34%	689	34%	36.1	52%	12.6	63%	47.1	18%	9.9	11%	41.5	83%	4.28	71%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Lorne Sausage	1003	12%	240	12%	15.7	22%	6.8	34%	9.6	4%	2.3	3%	15.8	32%	1.11	19%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Veggie Sausage	389	5%	93	5%	3.9	6%	1.1	6%	10.9	4%	1.7	2%	2.9	6%	0.44	7%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Black Pudding	758	9%	181	9%	12.6	18%	5.4	27%	10.2	4%	1.2	1%	5.4	11%	2.28	38%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Haggis	628	7%	150	8%	9.8	14%	4.6	23%	9.1	4%	0.7	1%	5.9	12%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	10.7	21%	0.31	5%
Pub & Social - SS24 Breakfast Menu	Scottish Breakfast Dishes	Extra Potato Scone	441	5%	106	5%	0.5	1%	0.1	1%	22.7	9%	0.9	1%	1.9	4%	1.10	18%
Pub & Social - SS24 Breakfast Menu	Side Orders	Pork Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Pub & Social - SS24 Breakfast Menu	Side Orders	Veggie Sausage	467	6%	112	6%	5.0	7%	1.9	9%	6.3	2%	1.0	1%	9.0	18%	0.76	13%
Pub & Social - SS24 Breakfast Menu	Side Orders	Back Bacon	468	6%	112	6%	8.4	12%	3.2	16%	0.1	0%	0.1	0%	9.1	18%	1.03	17%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Pub & Social - SS24 Breakfast Menu	Side Orders	Toast - Please select your choice from the following:	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Pub & Social - SS24 Breakfast Menu	Side Orders	White Bloomer	776	9%	186	9%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	4.8	10%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Side Orders	Malted Bloomer	817	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.72	12%
Pub & Social - SS24 Breakfast Menu	Side Orders	Fried Egg	607	7%	146	7%	11.5	16%	2.5	12%	0.0	0%	0.0	0%	10.7	21%	0.31	5%
Pub & Social - SS24 Breakfast Menu	Side Orders	Black Pudding	758	9%	181	9%	12.6	18%	5.4	27%	10.2	4%	1.2	1%	5.4	11%	2.28	38%
Pub & Social - SS24 Breakfast Menu	Side Orders	Hash Browns	1473	18%	353	18%	21.6	31%	2.8	14%	35.6	14%	0.8	1%	6.1	12%	1.73	29%