

Farmhouse Kitchen Main Menu - Spring Summer 2024

Nutritional Information



Key & Interpreting the data

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

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

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

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

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

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

Reference Intakes (RI's) for an average adult

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

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Farmhouse Kitchen - SS24 Core Menu	Starters	Soup of the Day - Please select your choices:-	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Farmhouse Kitchen - SS24 Core Menu	Starters	Malted Bloomer Bread	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Farmhouse Kitchen - SS24 Core Menu	Starters	White Bloomer Bread	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Farmhouse Kitchen - SS24 Core Menu	Starters	Tomato & Red Pepper Soup	533	6%	128	6%	5.5	8%	1.3	6%	13.3	5%	8.5	9%	3.3	7%	1.26	21%
Farmhouse Kitchen - SS24 Core Menu	Starters	Carrot & Red Lentil Soup	533	6%	128	6%	5.5	8%	1.3	6%	13.3	5%	8.5	9%	3.3	7%	1.26	21%
Farmhouse Kitchen - SS24 Core Menu	Starters	Vegan Soup of the Day - Please select your choices:-																
Farmhouse Kitchen - SS24 Core Menu	Starters	Malted Bloomer Bread	545	6%	130	7%	0.9	1%	0.3	1%	24.6	9%	1.1	1%	5.0	10%	0.46	8%
Farmhouse Kitchen - SS24 Core Menu	Starters	White Bloomer Bread	661	8%	158	8%	1.5	2%	0.5	3%	29.7	11%	0.3	0%	5.5	11%	0.59	10%
Farmhouse Kitchen - SS24 Core Menu	Starters	Tomato & Red Pepper Soup	533	6%	128	6%	5.5	8%	1.3	6%	13.3	5%	8.5	9%	3.3	7%	1.26	21%
Farmhouse Kitchen - SS24 Core Menu	Starters	Carrot & Red Lentil Soup	533	6%	128	6%	5.5	8%	1.3	6%	13.3	5%	8.5	9%	3.3	7%	1.26	21%
Farmhouse Kitchen - SS24 Core Menu	Starters	Cheesy Garlic Bread	2348	28%	561	28%	32.1	46%	16.9	85%	44.1	17%	2.4	3%	22.9	46%	1.96	33%

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
Farmhouse Kitchen - SS24 Core Menu	Starters	Halloumi Fries	2039	24%	490	24%	31.8	45%	22.4	112%	18.9	7%	14.9	17%	32.8	66%	4.45	74%
Farmhouse Kitchen - SS24 Core Menu	Starters	Plant Based Meatballs	1637	19%	391	20%	27.8	40%	9.7	48%	7.9	3%	3.2	4%	25.9	52%	1.65	28%
Farmhouse Kitchen - SS24 Core Menu	Starters	Vegan Plant Based Meatballs	1604	19%	383	19%	27.4	39%	10.7	53%	11.7	5%	3.2	4%	20.7	41%	1.79	30%
Farmhouse Kitchen - SS24 Core Menu	Starters	Chicken Strips	1649	20%	394	20%	17.0	24%	2.8	14%	34.9	13%	12.2	14%	23.1	46%	1.97	33%
Farmhouse Kitchen - SS24 Core Menu	Starters	Chicken Wings	2096	25%	500	25%	18.2	26%	5.9	29%	20.2	8%	12.4	14%	60.2	120%	2.91	49%
Farmhouse Kitchen - SS24 Core Menu	Starters	Garlic Breaded Mushrooms	2062	25%	493	25%	33.7	48%	2.5	13%	38.2	15%	4.9	5%	11.1	22%	2.20	37%
Farmhouse Kitchen - SS24 Core Menu	Sharers	Carvery Trio (Serves 2 or more)	6599	79%	1577	79%	99.0	141%	22.3	111%	112.2	43%	50.9	57%	47.1	94%	7.35	123%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Turkey & Stuffing Yorkie Wrap - Please select your choice:-	5265	63%	1258	63%	63.4	91%	11.6	58%	88.1	34%	25.8	29%	78.4	157%	2.62	44%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Roast Potatoes	1461	17%	349	17%	22.5	32%	1.5	8%	31.5	12%	1.5	2%	1.5	3%	2.25	38%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Gammon & Mustard Yorkie Wrap - Please select your choice:-	4418	53%	1056	53%	71.7	102%	11.8	59%	58.6	23%	5.8	6%	43.0	86%	7.76	129%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Farmhouse Kitchen - SS24 Core Menu	Wraps	Roast Potatoes	1461	17%	349	17%	22.5	32%	1.5	8%	31.5	12%	1.5	2%	1.5	3%	2.25	38%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Beef & Horseradish Yorkie Wrap - Please select your choice:-	4740	56%	1133	57%	80.3	115%	15.2	76%	56.6	22%	3.8	4%	45.6	91%	3.03	51%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Roast Potatoes	1461	17%	349	17%	22.5	32%	1.5	8%	31.5	12%	1.5	2%	1.5	3%	2.25	38%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Turkey & Stuffing Tortilla Wrap - Please select your choice:-	3508	42%	839	42%	23.8	34%	10.4	52%	77.4	30%	25.1	28%	73.7	147%	2.15	36%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Roast Potatoes	1461	17%	349	17%	22.5	32%	1.5	8%	31.5	12%	1.5	2%	1.5	3%	2.25	38%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Gammon & Mustard Tortilla Wrap - Please select your choice:-	2661	32%	636	32%	32.1	46%	10.6	53%	47.9	18%	5.1	6%	38.3	77%	7.29	122%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Roast Potatoes	1461	17%	349	17%	22.5	32%	1.5	8%	31.5	12%	1.5	2%	1.5	3%	2.25	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
Farmhouse Kitchen - SS24 Core Menu	Wraps	Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Beef & Horseradish Tortilla Wrap - Please select your choice:-	2983	36%	713	36%	40.7	58%	14.0	70%	45.9	18%	3.1	3%	40.9	82%	2.56	43%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Roast Potatoes	1461	17%	349	17%	22.5	32%	1.5	8%	31.5	12%	1.5	2%	1.5	3%	2.25	38%
Farmhouse Kitchen - SS24 Core Menu	Wraps	Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Kitchen Half Roast Chicken - Please select your choices:-	1272	15%	304	15%	15.0	21%	4.2	21%	0.4	0%	0.4	0%	41.8	84%	1.17	20%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	BBQ Sauce	1054	13%	252	13%	0.0	0%	0.0	0%	47.6	18%	42.0	47%	2.8	6%	1.26	21%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Peri Peri Hot Sauce	305	4%	73	4%	2.8	4%	0.0	0%	9.8	4%	2.8	3%	1.4	3%	8.26	138%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Sweet Chilli Sauce	961	11%	230	11%	0.0	0%	0.0	0%	57.4	22%	43.4	48%	1.4	3%	1.40	23%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Garlic and Lemon Sauce	1337	16%	320	16%	31.1	44%	9.5	47%	7.1	3%	3.2	4%	2.7	5%	1.89	31%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Golden Vegetable Rice	697	8%	167	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Garlic Bread	764	9%	183	9%	8.6	12%	3.7	18%	21.8	8%	1.2	1%	3.7	7%	0.50	8%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Grain Salad	1314	16%	314	16%	11.6	17%	0.8	4%	36.8	14%	3.0	3%	12.2	24%	1.50	25%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Onion Rings	1266	15%	302	15%	16.5	24%	1.2	6%	27.6	11%	3.8	4%	12.6	25%	0.05	1%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Side Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Jacket & Butter	1244	15%	297	15%	12.4	18%	7.5	38%	39.1	15%	4.1	5%	4.3	9%	0.29	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Corn on the Cob	1193	14%	285	14%	15.7	22%	8.0	40%	21.7	8%	5.8	6%	8.3	17%	0.28	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Coleslaw	415	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Kitchen Crispy Chicken - Please select your choices:-	2764	33%	660	33%	33.5	48%	9.3	46%	48.7	19%	2.1	2%	39.3	79%	2.36	39%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	BBQ Sauce	1054	13%	252	13%	0.0	0%	0.0	0%	47.6	18%	42.0	47%	2.8	6%	1.26	21%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Peri Peri Hot Sauce	305	4%	73	4%	2.8	4%	0.0	0%	9.8	4%	2.8	3%	1.4	3%	8.26	138%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Sweet Chilli Sauce	961	11%	230	11%	0.0	0%	0.0	0%	57.4	22%	43.4	48%	1.4	3%	1.40	23%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Garlic and Lemon Sauce	1337	16%	320	16%	31.1	44%	9.5	47%	7.1	3%	3.2	4%	2.7	5%	1.89	31%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Golden Vegetable Rice	697	8%	167	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Garlic Bread	764	9%	183	9%	8.6	12%	3.7	18%	21.8	8%	1.2	1%	3.7	7%	0.50	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
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Grain Salad	1314	16%	314	16%	11.6	17%	0.8	4%	36.8	14%	3.0	3%	12.2	24%	1.50	25%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Onion Rings	1266	15%	302	15%	16.5	24%	1.2	6%	27.6	11%	3.8	4%	12.6	25%	0.05	1%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Side Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Jacket & Butter	1244	15%	297	15%	12.4	18%	7.5	38%	39.1	15%	4.1	5%	4.3	9%	0.29	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Corn on the Cob	1193	14%	285	14%	15.7	22%	8.0	40%	21.7	8%	5.8	6%	8.3	17%	0.28	5%
Farmhouse Kitchen - SS24 Core Menu	Kitchen Chicken	Coleslaw	415	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Cheese Burger	4134	49%	988	49%	45.0	64%	14.5	72%	110.6	43%	12.5	14%	29.3	59%	3.45	58%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Cheese Burger - Double Up	4876	58%	1165	58%	56.4	81%	19.0	95%	114.5	44%	13.6	15%	43.8	88%	5.19	87%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Smoked Bacon & Cheese Burger	4392	52%	1049	52%	49.6	71%	16.2	81%	110.6	43%	12.6	14%	34.4	69%	4.02	67%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Smoked Bacon & Cheese Burger - Double Up	5133	61%	1226	61%	61.0	87%	20.8	104%	114.5	44%	13.6	15%	48.8	98%	5.76	96%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Beyond Burger	5193	62%	1241	62%	67.6	97%	19.0	95%	118.6	46%	14.1	16%	32.4	65%	4.60	77%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Beyond Burger - Double Up	6549	78%	1565	78%	91.8	131%	25.5	127%	124.7	48%	14.9	17%	51.9	104%	6.76	113%

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
Farmhouse Kitchen - SS24 Core Menu	Burgers	Vegan Beyond Burger	5296	63%	1266	63%	85.1	122%	14.8	74%	89.2	34%	11.4	13%	31.2	62%	5.18	86%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Vegan Beyond Burger - Double Up	6651	79%	1590	79%	109.3	156%	21.3	107%	95.3	37%	12.2	14%	50.7	101%	7.34	122%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Hunter's Chicken & Nacho Cheese Burger	5299	63%	1267	63%	55.6	79%	16.8	84%	130.9	50%	24.5	27%	51.8	104%	4.26	71%
Farmhouse Kitchen - SS24 Core Menu	Burgers	Hunter's Chicken & Nacho Cheese Burger - Double Up	6465	77%	1546	77%	71.0	101%	20.4	102%	136.6	53%	24.5	27%	81.6	163%	5.69	95%
Farmhouse Kitchen - SS24 Core Menu	Burgers	The Farm Giant Burger	6194	74%	1481	74%	76.3	109%	25.0	125%	128.1	49%	25.6	28%	60.9	122%	6.43	107%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Hunter's Chicken	5447	65%	1298	65%	41.5	59%	10.1	50%	147.4	57%	37.0	41%	66.8	134%	3.77	63%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Farmhouse Chicken Tikka Masala - Please select your choice:-	3232	38%	773	39%	39.6	57%	14.0	70%	68.2	26%	27.7	31%	35.2	70%	3.48	58%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Pilau Rice	1984	24%	474	24%	3.0	4%	0.3	2%	99.2	38%	0.3	0%	12.0	24%	2.00	33%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Chips	2408	29%	571	29%	16.8	24%	0.0	0%	92.4	36%	0.0	0%	8.4	17%	0.28	5%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Pilau Rice and Chips	2196	26%	523	26%	9.9	14%	0.2	1%	95.8	37%	0.2	0%	10.2	20%	1.14	19%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Luxury Macaroni Cheese	2788	33%	666	33%	25.3	36%	11.7	59%	88.3	34%	7.0	8%	24.0	48%	4.10	68%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Topped Chicken Strips	5168	62%	1231	62%	49.6	71%	10.7	53%	147.3	57%	15.2	17%	46.1	92%	3.99	67%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Beef Lasagne	5282	63%	1258	63%	45.7	65%	13.6	68%	142.6	55%	8.5	9%	37.0	74%	4.47	75%

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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
Farmhouse Kitchen - SS24 Core Menu	Favourites	Wholetail Breaded Whitby Scampi †	5168	62%	1231	62%	51.7	74%	8.9	44%	151.8	58%	9.5	11%	32.7	65%	1.44	24%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Beer-Battered Fish † - Please select your choice:-	4648	55%	1107	55%	50.8	73%	8.1	41%	105.6	41%	2.2	2%	51.4	103%	0.65	11%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Garden Peas	278	3%	66	3%	0.8	1%	0.0	0%	8.8	3%	5.6	6%	4.8	10%	0.00	0%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Mushy Peas	484	6%	116	6%	0.0	0%	0.0	0%	18.2	7%	1.3	1%	7.8	16%	0.65	11%
Farmhouse Kitchen - SS24 Core Menu	Favourites	Farmhouse All Day Breakfast	7539	90%	1804	90%	94.1	134%	30.4	152%	144.7	56%	17.5	19%	90.7	181%	9.54	159%
Farmhouse Kitchen - SS24 Core Menu	Grills	Mixed Grill	6739	80%	1607	80%	73.1	104%	16.9	84%	125.8	48%	12.3	14%	106.2	212%	6.40	107%
Farmhouse Kitchen - SS24 Core Menu	Grills	8oz Rump	4742	56%	1127	56%	40.6	58%	6.6	33%	115.6	44%	9.2	10%	70.1	140%	1.93	32%
Farmhouse Kitchen - SS24 Core Menu	Grills	Gammon Steaks - Please select your choice:-	4298	51%	1024	51%	42.1	60%	7.7	39%	101.2	39%	5.6	6%	54.7	109%	6.06	101%
Farmhouse Kitchen - SS24 Core Menu	Grills	Pineapple	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.52	9%
Farmhouse Kitchen - SS24 Core Menu	Grills	Fried Egg	1213	14%	292	15%	22.9	33%	4.9	25%	0.0	0%	0.0	0%	21.5	43%	0.63	10%
Farmhouse Kitchen - SS24 Core Menu	Grills	Fried Egg & Pineapple	908	11%	218	11%	11.6	17%	2.5	12%	17.0	7%	17.0	19%	11.3	23%	0.56	9%
Farmhouse Kitchen - SS24 Core Menu	Dips & Sauces	Steak Sauce - Creamy Diane	243	3%	58	3%	2.9	4%	1.9	10%	4.6	2%	1.9	2%	1.4	3%	1.31	22%
Farmhouse Kitchen - SS24 Core Menu	Dips & Sauces	Steak Sauce - Peppercorn	234	3%	56	3%	1.1	2%	0.4	2%	9.1	4%	4.1	5%	2.0	4%	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
Farmhouse Kitchen - SS24 Core Menu	Dips & Sauces	Steak Sauce - Garlic and Lemon	1337	16%	320	16%	31.1	44%	9.5	47%	7.1	3%	3.2	4%	2.7	5%	1.89	32%
Farmhouse Kitchen - SS24 Core Menu	Salads	Farmhouse Salad Bowl	1300	15%	311	16%	10.9	16%	0.6	3%	37.0	14%	15.6	17%	9.2	18%	2.50	42%
Farmhouse Kitchen - SS24 Core Menu	Salads	Farmhouse Salad Bowl & Chicken & Bacon	2471	29%	591	30%	19.9	28%	4.1	21%	41.4	16%	16.5	18%	54.5	109%	4.34	72%
Farmhouse Kitchen - SS24 Core Menu	Salads	Plant Based Salad Bowl	2510	30%	600	30%	32.3	46%	7.0	35%	41.0	16%	15.6	17%	28.4	57%	3.35	56%
Farmhouse Kitchen - SS24 Core Menu	Pies	British Beef & Ale Pie - Please select your choice:-	4633	55%	1107	55%	52.0	74%	24.6	123%	117.3	45%	21.3	24%	35.5	71%	4.89	82%
Farmhouse Kitchen - SS24 Core Menu	Pies	Mashed Potato	1368	16%	327	16%	12.0	17%	3.0	15%	48.0	18%	3.0	3%	6.0	12%	2.10	35%
Farmhouse Kitchen - SS24 Core Menu	Pies	Chips Cooked	2408	29%	571	29%	16.8	24%	0.0	0%	92.4	36%	0.0	0%	8.4	17%	0.28	5%
Farmhouse Kitchen - SS24 Core Menu	Pies	Cheese, Onion & Potato Pie - Please select your choice:-	4972	59%	1188	59%	56.9	81%	25.3	127%	135.5	52%	16.4	18%	25.4	51%	5.07	85%
Farmhouse Kitchen - SS24 Core Menu	Pies	Mashed Potato	1368	16%	327	16%	12.0	17%	3.0	15%	48.0	18%	3.0	3%	6.0	12%	2.10	35%
Farmhouse Kitchen - SS24 Core Menu	Pies	Chips Cooked	2408	29%	571	29%	16.8	24%	0.0	0%	92.4	36%	0.0	0%	8.4	17%	0.28	5%
Farmhouse Kitchen - SS24 Core Menu	Pies	Roasted Root Vegetable Pie	5781	69%	1382	69%	60.3	86%	23.1	116%	177.9	68%	26.6	30%	24.9	50%	3.24	54%
Farmhouse Kitchen - SS24 Core Menu	Sides	Chips	2408	29%	571	29%	16.8	24%	0.0	0%	92.4	36%	0.0	0%	8.4	17%	0.28	5%
Farmhouse Kitchen - SS24 Core Menu	Sides	Garlic Bread	1527	18%	365	18%	17.1	24%	7.3	37%	43.5	17%	2.4	3%	7.3	15%	1.00	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
Farmhouse Kitchen - SS24 Core Menu	Sides	Bread & Butter - Please select your choice:-	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Farmhouse Kitchen - SS24 Core Menu	Sides	Malted Bloomer Bread	1090	13%	261	13%	1.8	3%	0.6	3%	49.3	19%	2.2	2%	9.9	20%	0.91	15%
Farmhouse Kitchen - SS24 Core Menu	Sides	White Bloomer Bread	1322	16%	316	16%	3.1	4%	1.0	5%	59.3	23%	0.5	1%	10.9	22%	1.18	20%
Farmhouse Kitchen - SS24 Core Menu	Sides	Side Salad	180	2%	43	2%	1.1	2%	0.2	1%	5.7	2%	3.6	4%	1.2	2%	0.25	4%
Farmhouse Kitchen - SS24 Core Menu	Sides	Onion Rings	2025	24%	484	24%	26.3	38%	1.9	10%	44.1	17%	6.1	7%	20.1	40%	0.07	1%
Farmhouse Kitchen - SS24 Core Menu	Sides	Coleslaw	415	5%	99	5%	7.0	10%	1.0	5%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Sides	Grain Mix	1314	16%	314	16%	11.6	17%	0.8	4%	36.8	14%	3.0	3%	12.2	24%	1.50	25%
Farmhouse Kitchen - SS24 Core Menu	Sides	Jacket Potato	1244	15%	297	15%	12.4	18%	7.5	38%	39.1	15%	4.1	5%	4.3	9%	0.29	5%
Farmhouse Kitchen - SS24 Core Menu	Sides	Corn on the Cob	501	6%	120	6%	5.4	8%	2.5	12%	10.8	4%	2.8	3%	4.1	8%	0.09	2%
Farmhouse Kitchen - SS24 Core Menu	Sides	Fries	1866	22%	446	22%	19.5	28%	6.0	30%	60.0	23%	0.0	0%	4.5	9%	0.30	5%
Farmhouse Kitchen - SS24 Core Menu	Sides	Golden Vegetable Rice	697	8%	167	8%	2.9	4%	0.3	2%	25.7	10%	1.8	2%	5.3	11%	0.83	14%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Extra Yorkie & 2 Pigs-in-blankets	2426	29%	580	29%	48.3	69%	12.1	60%	21.8	8%	1.3	1%	14.2	28%	2.05	34%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add 2 Veggie Sausages	778	9%	186	9%	7.8	11%	2.2	11%	21.7	8%	3.5	4%	5.7	11%	0.87	15%

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
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add 2 Onion Bhajis	1175	14%	281	14%	15.3	22%	1.1	6%	25.6	10%	3.5	4%	11.6	23%	0.04	1%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add 2 Pigs-in-blankets	1290	15%	308	15%	29.1	42%	10.6	53%	2.0	1%	0.1	0%	9.6	19%	1.55	26%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add 4oz Gammon Steak	719	9%	173	9%	9.9	14%	3.7	19%	0.0	0%	0.0	0%	20.7	41%	2.89	48%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add Extra Southern-fried Chicken Skewer	1583	19%	377	19%	15.6	22%	4.4	22%	29.7	11%	0.4	0%	29.6	59%	1.92	32%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add Chicken Strips	1118	13%	267	13%	14.1	20%	2.3	12%	17.6	7%	0.0	0%	18.5	37%	1.34	22%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Add Chicken Wings	1491	18%	355	18%	15.1	22%	4.9	25%	5.4	2%	0.2	0%	49.5	99%	2.13	36%
Farmhouse Kitchen - SS24 Core Menu	Upgrades	Wrap Upsell - Add Potatoes, Veg & Gravy	5934	71%	1419	71%	74.2	106%	13.9	70%	148.5	57%	26.7	30%	19.2	38%	9.44	157%
Farmhouse Kitchen - SS24 Core Menu	Large Cakes	Chocolate & Caramel Cake	4105	49%	981	49%	51.0	73%	13.5	68%	121.3	47%	97.9	109%	9.5	19%	1.16	19%
Farmhouse Kitchen - SS24 Core Menu	Large Cakes	Carrot Cake	3501	42%	837	42%	37.6	54%	9.6	48%	117.5	45%	94.6	105%	6.8	14%	0.57	10%
Farmhouse Kitchen - SS24 Core Menu	Large Cakes	Victoria Sponge Cake	3340	40%	798	40%	34.9	50%	5.8	29%	113.7	44%	88.4	98%	7.2	14%	0.54	9%
Farmhouse Kitchen - SS24 Core Menu	Large Cakes	Lemon Drizzle	3861	46%	923	46%	43.0	61%	9.2	46%	126.7	49%	101.5	113%	7.4	15%	1.07	18%
Farmhouse Kitchen - SS24 Core Menu	Large Cakes	Red Velvet Cake	3840	46%	918	46%	42.3	60%	9.7	48%	127.3	49%	100.0	111%	7.2	14%	1.30	22%
Farmhouse Kitchen - SS24 Core Menu	GF Cake Bars	Lemon Drizzle Bar	656	8%	157	8%	6.7	10%	2.3	12%	22.3	9%	14.8	16%	1.7	3%	0.27	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
Farmhouse Kitchen - SS24 Core Menu	GF Cake Bars	Chocolate Brownie Bar	1160	14%	277	14%	16.4	23%	10.0	50%	28.2	11%	23.5	26%	3.1	6%	0.26	4%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Jam Roly Poly - Please select your choice:-	2367	28%	566	28%	23.4	33%	12.2	61%	80.9	31%	43.0	48%	6.8	14%	0.12	2%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Custard	870	10%	208	10%	6.0	9%	4.0	20%	32.0	12%	22.0	24%	6.0	12%	0.20	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Cream	1180	14%	282	14%	27.0	39%	18.0	90%	6.0	2%	6.0	7%	4.5	9%	0.15	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Bramley Apple Crumble - Please select your choice:-	2802	33%	670	33%	14.0	20%	5.0	25%	123.1	47%	61.2	68%	7.2	14%	0.35	6%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Custard	870	10%	208	10%	6.0	9%	4.0	20%	32.0	12%	22.0	24%	6.0	12%	0.20	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Cream	1180	14%	282	14%	27.0	39%	18.0	90%	6.0	2%	6.0	7%	4.5	9%	0.15	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Sticky Toffee Pudding - Please select your choice:-	3356	40%	802	40%	40.1	57%	17.2	86%	104.6	40%	49.6	55%	6.9	14%	0.49	8%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Custard	870	10%	208	10%	6.0	9%	4.0	20%	32.0	12%	22.0	24%	6.0	12%	0.20	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Cream	1180	14%	282	14%	27.0	39%	18.0	90%	6.0	2%	6.0	7%	4.5	9%	0.15	3%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Triple Chocolate Brownie - Please select your choice:-	2103	25%	503	25%	23.2	33%	12.6	63%	63.4	24%	44.7	50%	7.4	15%	0.24	4%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Custard	870	10%	208	10%	6.0	9%	4.0	20%	32.0	12%	22.0	24%	6.0	12%	0.20	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Cream	1180	14%	282	14%	27.0	39%	18.0	90%	6.0	2%	6.0	7%	4.5	9%	0.15	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Chocolate & Caramel Cake - Please select your choice:-	4105	49%	981	49%	51.0	73%	13.5	68%	121.3	47%	97.9	109%	9.5	19%	1.16	19%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Vanilla Ice Cream	407	5%	97	5%	3.6	5%	1.9	9%	13.6	5%	13.6	15%	2.6	5%	0.02	0%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Custard	870	10%	208	10%	6.0	9%	4.0	20%	32.0	12%	22.0	24%	6.0	12%	0.20	3%
Farmhouse Kitchen - SS24 Core Menu	Hot Desserts	Cream	1180	14%	282	14%	27.0	39%	18.0	90%	6.0	2%	6.0	7%	4.5	9%	0.15	3%
Farmhouse Kitchen - SS24 Core Menu	Sundaes	Toffee Crunch Sundae	3355	40%	802	40%	40.4	58%	26.4	132%	100.7	39%	91.9	102%	7.7	15%	0.36	6%
Farmhouse Kitchen - SS24 Core Menu	Sundaes	Eton Mess Sundae	3480	41%	832	42%	38.8	55%	25.4	127%	108.0	42%	99.6	111%	11.8	24%	0.54	9%
Farmhouse Kitchen - SS24 Core Menu	Sundaes	Chocolate Brownie Sundae	4832	58%	1155	58%	60.4	86%	36.3	182%	130.5	50%	101.6	113%	18.0	36%	0.68	11%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Millionaire's Shortbread	1877	22%	449	22%	25.2	36%	15.0	75%	51.4	20%	37.1	41%	3.7	7%	0.53	9%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Scone	3504	42%	838	42%	47.9	68%	27.3	136%	93.8	36%	61.0	68%	8.0	16%	0.26	4%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Chocolate Muffin	1717	20%	410	21%	19.7	28%	4.0	20%	50.6	19%	36.6	41%	5.9	12%	0.70	12%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Blueberry Muffin	1473	18%	352	18%	15.4	22%	1.7	8%	47.3	18%	30.0	33%	4.4	9%	0.68	11%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Chocolate Brownie	2103	25%	503	25%	23.2	33%	12.6	63%	63.4	24%	44.7	50%	7.4	15%	0.24	4%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Lemon & White Chocolate Muffin	1767	21%	422	21%	18.7	27%	4.4	22%	57.2	22%	40.7	45%	5.5	11%	0.61	10%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Rocky Road	1524	18%	364	18%	9.8	14%	9.8	49%	45.1	17%	34.3	38%	4.9	10%	0.63	11%
Farmhouse Kitchen - SS24 Core Menu	Sweet Treats	Flapjack	1796	21%	429	21%	19.5	28%	8.6	43%	55.5	21%	12.5	14%	5.9	12%	0.36	6%
Farmhouse Kitchen - SS24 Core Menu	Vegan Desserts	Caramalised Biscuit Cheesecake	2213	26%	529	26%	33.6	48%	19.5	98%	52.0	20%	30.4	34%	2.4	5%	0.48	8%
Farmhouse Kitchen - SS24 Core Menu	Vegan Desserts	Vegan Bakewell Tart	2197	26%	525	26%	25.2	36%	6.6	33%	61.0	23%	33.1	37%	5.4	11%	0.39	7%
Farmhouse Kitchen - SS24 Core Menu	Vegan Desserts	Vegan Vanilla Ice Cream	1415	17%	338	17%	16.4	23%	14.3	71%	40.5	16%	27.3	30%	1.7	3%	0.05	1%
Farmhouse Kitchen - SS24 Core Menu	Pastries	Cinnamon Swirl Bun	1712	20%	409	20%	19.1	27%	8.4	42%	51.9	20%	23.3	26%	6.2	12%	0.88	15%
Farmhouse Kitchen - SS24 Core Menu	Pastries	Croissant	1261	15%	302	15%	18.8	27%	12.0	60%	27.0	10%	4.8	5%	5.7	11%	0.64	11%
Farmhouse Kitchen - SS24 Core Menu	Pastries	Apple Danish Crown	1762	21%	421	21%	26.0	37%	10.4	52%	41.6	16%	14.6	16%	4.0	8%	0.31	5%
Farmhouse Kitchen - SS24 Core Menu	Pastries	Chocolate Twist	1314	16%	314	16%	14.0	20%	8.9	45%	40.0	15%	16.0	18%	5.9	12%	0.74	12%

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
Farmhouse Kitchen - SS24 Core Menu	Pastries	Raspberry Danish Crown	1720	20%	411	21%	25.0	36%	11.0	55%	41.0	16%	16.0	18%	4.3	9%	0.34	6%
Farmhouse Kitchen - SS24 Core Menu	Savoury Bakery	Vegan Sausage Roll	1712	20%	409	20%	27.8	40%	12.6	63%	28.9	11%	0.8	1%	8.5	17%	1.69	28%
Farmhouse Kitchen - SS24 Core Menu	Savoury Bakery	Steak Slice	2145	26%	513	26%	29.4	42%	13.8	69%	43.8	17%	3.3	4%	17.0	34%	1.70	28%
Farmhouse Kitchen - SS24 Core Menu	Savoury Bakery	Cheese & Onion Bake	2562	31%	612	31%	42.0	60%	21.8	109%	49.4	19%	2.4	3%	7.2	14%	2.57	43%