

Pub & Grill No Gluten Containing Main 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 Core NGCI Menu	Small Plates	Corn Ribs	1376	16%	329	16%	18.9	27%	1.5	7%	29.4	11%	12.2	14%	9.1	18%	1.74	29%
Pub & Social - SS24 Core NGCI Menu	Get Sharing	Nachos Sharer	4924	59%	1177	59%	70.3	100%	35.8	179%	88.1	34%	19.0	21%	44.8	90%	5.99	100%
Pub & Social - SS24 Core NGCI Menu	Mains	Hunter's Chicken - Please select your choice from the following:	1756	21%	420	21%	11.0	16%	5.4	27%	29.4	11%	24.2	27%	44.1	88%	2.23	37%
Pub & Social - SS24 Core NGCI Menu	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Pub & Social - SS24 Core NGCI Menu	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Pub & Social - SS24 Core NGCI Menu	Mains	Mash Premium	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core NGCI Menu	Mains	Grilled Gammon - Please select your choice from the following:	2172	26%	520	26%	25.7	37%	6.8	34%	22.8	9%	19.4	22%	47.5	95%	3.94	66%
Pub & Social - SS24 Core NGCI Menu	Mains	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Pub & Social - SS24 Core NGCI Menu	Mains	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Pub & Social - SS24 Core NGCI Menu	Mains	Mash Premium	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core NGCI Menu	Mains	Pulled Mushroom Chili	2829	34%	676	34%	32.9	47%	2.6	13%	74.2	29%	10.7	12%	15.8	32%	3.42	57%
Pub & Social - SS24 Core NGCI Menu	From the Grill	8oz Rump - Please select your choice from the following:	1383	16%	331	17%	19.5	28%	7.3	36%	3.8	1%	2.2	2%	34.7	69%	1.55	26%
Pub & Social - SS24 Core NGCI Menu	From the Grill	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%

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 Core NGCI Menu	From the Grill	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Pub & Social - SS24 Core NGCI Menu	From the Grill	Mash Premium	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core NGCI Menu	From the Grill	8oz Sirloin - Please select your choice from the following:	1568	19%	375	19%	23.7	34%	9.4	47%	3.8	1%	2.2	2%	36.2	72%	1.57	26%
Pub & Social - SS24 Core NGCI Menu	From the Grill	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Pub & Social - SS24 Core NGCI Menu	From the Grill	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.19	3%
Pub & Social - SS24 Core NGCI Menu	From the Grill	Mash Premium	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core NGCI Menu	Sandwiches	Steak & Cheese Sandwich	2490	30%	595	30%	32.7	47%	9.2	46%	42.9	16%	6.5	7%	28.3	57%	2.59	43%
Pub & Social - SS24 Core NGCI Menu	Sandwiches	Sweet Chili Chicken Sandwich	2448	29%	585	29%	26.9	38%	3.9	19%	56.9	22%	16.2	18%	25.7	51%	2.43	41%
Pub & Social - SS24 Core NGCI Menu	Sandwiches	Plant Based Meatball Marinara	3034	36%	725	36%	44.2	63%	12.1	60%	49.3	19%	5.7	6%	26.5	53%	2.88	48%
Pub & Social - SS24 Core NGCI Menu	Sandwiches	Hot Honey Halloumi	3493	42%	835	42%	47.1	67%	19.6	98%	63.2	24%	27.5	31%	35.4	71%	4.28	71%
Pub & Social - SS24 Core NGCI Menu	Sides	Buttered Mashed Potato	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.39	23%
Pub & Social - SS24 Core NGCI Menu	Sides	Buttered Baby Potatoes	1342	16%	321	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.25	4%
Pub & Social - SS24 Core NGCI Menu	Sides	Jacket Potato & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Pub & Social - SS24 Core NGCI Menu	Sides	Dressed Mixed Salad	231	3%	55	3%	3.4	5%	0.3	2%	4.4	2%	3.6	4%	1.0	2%	0.10	2%

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 Core NGCI Menu	Sides	Seasonal Vegetables	569	7%	136	7%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Pub & Social - SS24 Core NGCI Menu	Sides	NGCI Bread & Butter	1432	17%	342	17%	17.2	25%	5.2	26%	37.1	14%	2.3	3%	5.6	11%	1.14	19%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Custard	653	8%	156	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%
Pub & Social - SS24 Core NGCI Menu	Extras	Steak Double Up (8oz Rump)	1335	16%	319	16%	19.3	28%	7.2	36%	2.1	1%	0.8	1%	34.1	68%	1.54	26%
Pub & Social - SS24 Core NGCI Menu	Extras	Steak Double Up (8oz Sirloin)	1520	18%	363	18%	23.5	34%	9.3	47%	2.1	1%	0.8	1%	35.6	71%	1.56	26%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra BBQ Sauce	377	4%	90	5%	0.0	0%	0.0	0%	17.0	7%	15.0	17%	1.0	2%	0.45	8%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Garlic Mayo	506	6%	121	6%	12.0	17%	3.5	18%	3.5	1%	1.0	1%	0.5	1%	0.00	0%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Napolitana Sauce	147	2%	35	2%	1.3	2%	0.2	1%	3.6	1%	3.0	3%	1.4	3%	0.48	8%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Smoked Streaky Bacon	185	2%	44	2%	3.8	5%	1.5	8%	0.0	0%	0.0	0%	2.4	5%	0.22	4%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Baked Beans	360	4%	86	4%	0.0	0%	0.0	0%	15.0	6%	6.0	7%	4.0	8%	0.80	13%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Clotted Cream Ice Cream	527	6%	126	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Chicken Breast	685	8%	164	8%	1.8	3%	0.6	3%	2.1	1%	0.6	1%	34.7	69%	0.95	16%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Buttered Seasonal Vegetables	569	7%	136	7%	8.5	12%	5.0	25%	9.4	4%	7.0	8%	4.3	9%	0.23	4%
Pub & Social - SS24 Core NGCI Menu	Extras	Extra Peas	295	4%	71	4%	0.9	1%	0.0	0%	9.4	4%	6.0	7%	5.1	10%	0.00	0%

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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 Core NGCI Menu	Toppers & Sauces	Nachos Sharer Topper - BBQ Pulled Pork	1361	16%	325	16%	16.5	24%	4.5	23%	19.5	8%	18.0	20%	18.0	36%	1.50	25%
Pub & Social - SS24 Core NGCI Menu	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	433	5%	104	5%	6.5	9%	4.4	22%	5.7	2%	2.8	3%	0.9	2%	0.88	15%
Pub & Social - SS24 Core NGCI Menu	Toppers & Sauces	Steak Sauce - Merlot & Beef Dripping Gravy	220	3%	53	3%	2.1	3%	1.1	6%	4.1	2%	1.8	2%	1.1	2%	0.83	14%
Pub & Social - SS24 Core NGCI Menu	Toppers & Sauces	Steak Sauce - Garlic & Mushroom	527	6%	126	6%	10.6	15%	4.1	20%	4.7	2%	2.0	2%	1.4	3%	0.86	14%
Pub & Social - SS24 Core NGCI Menu	Toppers & Sauces	Steak Topper - Free Range 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 Core NGCI Menu	Desserts	Ice Cream Choice - Please select your choice from the following:	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Pub & Social - SS24 Core NGCI Menu	Desserts	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%
Pub & Social - SS24 Core NGCI Menu	Desserts	Classic Jersey Clotted Cream Ice Cream	527	6%	126	6%	7.1	10%	4.3	21%	12.4	5%	12.4	14%	2.9	6%	0.11	2%
Pub & Social - SS24 Core NGCI Menu	Desserts	Lemon Sorbet	357	4%	85	4%	0.1	0%	0.0	0%	20.8	8%	16.8	19%	0.1	0%	0.00	0%
Pub & Social - SS24 Core NGCI Menu	Desserts	Yoghurt Strawberry Frozen	370	4%	88	4%	1.3	2%	0.8	4%	17.3	7%	15.2	17%	1.7	3%	0.05	1%
Pub & Social - SS24 Core NGCI Menu	Desserts	Ice Cream - Vegan	472	6%	113	6%	5.5	8%	4.8	24%	13.5	5%	9.1	10%	0.6	1%	0.02	0%
Pub & Social - SS24 Core NGCI Menu	Desserts	Chocolate Sauce	115	1%	28	1%	0.1	0%	0.1	1%	6.3	2%	4.7	5%	0.3	1%	0.00	0%
Pub & Social - SS24 Core NGCI Menu	Desserts	Strawberry Sauce	132	2%	32	2%	0.0	0%	0.0	0%	7.9	3%	7.5	8%	0.0	0%	0.00	0%
Pub & Social - SS24 Core NGCI Menu	Desserts	Raspberry Coulis	67	1%	16	1%	0.1	0%	0.0	0%	3.9	2%	3.4	4%	0.0	0%	0.00	0%

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