

Hungry Horse No Gluten Containing Main Menu - Autumn Winter 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
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Starters	Pan-fried Garlic Mushrooms (V)	2083	25%	498	25%	45.8	65%	4.0	2%	13.3	5%	1.3	1%	5.0	10%	0.42	7%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Lunch Offer	Lamb Kofta Salad	1944	23%	465	23%	33.1	47%	11.9	5%	10.8	4%	4.2	5%	29.7	59%	2.33	39%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Lunch Offer	Ham, Egg and Cheese Melt	2780	33%	665	33%	41.5	59%	10.1	5%	39.3	15%	3.5	4%	29.3	59%	3.64	61%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Lunch Offer	Fresh Garden Salad (Ve)	327	4%	78	4%	1.2	2%	0.3	0%	11.9	5%	8.5	9%	2.6	5%	0.27	5%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Lunch Offer	Chicken & Smoked Bacon	3091	37%	739	37%	35.2	50%	8.3	4%	48.8	19%	7.1	8%	51.9	104%	3.01	50%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Lunch Offer	Cheese & Chutney Melt (V)	2930	35%	700	35%	36.0	51%	17.0	8%	58.7	23%	21.1	23%	32.3	65%	2.69	45%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	MIX IT UP - Please select your mix it up items 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 2024 No Gluten Menu	Mix It Up	Salmon Fillet	1542	18%	370	19%	24.2	35%	4.6	2%	0.0	0%	0.0	0%	38.1	76%	0.19	3%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Rump steak	1218	14%	289	14%	9.6	14%	4.1	2%	0.0	0%	0.0	0%	50.7	101%	0.31	5%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Gammon Steaks	1771	21%	338	17%	23.0	33%	7.7	3%	0.0	0%	0.0	0%	53.7	107%	6.14	102%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Chicken Breast Skewer	1382	16%	330	17%	7.3	10%	1.4	1%	10.4	4%	5.9	7%	56.0	112%	3.36	56%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Flattened Half Roast Chicken	1272	15%	304	15%	15.0	21%	4.2	2%	0.4	0%	0.4	0%	41.8	84%	1.17	19%

Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Frozen Jacket Potato	812	10%	194	10%	1.0	1%	0.2	0%	39.0	15%	4.0	4%	4.2	8%	0.03	0%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Dirty Rice	697	8%	167	8%	2.9	4%	0.3	0%	25.7	10%	1.8	2%	5.3	11%	0.83	14%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Corn on the Cob	422	5%	101	5%	2.4	3%	0.4	0%	12.0	5%	3.2	4%	4.5	9%	0.00	0%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Coleslaw	415	5%	99	5%	7.0	10%	1.0	0%	7.0	3%	4.0	4%	1.0	2%	0.30	5%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Classic Salad	164	2%	39	2%	0.6	1%	0.1	0%	5.9	2%	4.3	5%	1.3	3%	0.14	2%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Franks Red Hot Pepper Sauce	52	1%	13	1%	0.5	1%	0.0	0%	1.0	0%	0.0	0%	1.5	3%	4.20	70%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Mix It Up	Caribbean Dressing	628	7%	150	8%	12.5	18%	1.0	0%	9.0	3%	8.5	9%	0.0	0%	0.50	8%
Hungry Horse - Autumn Winter 2024 No Gluten 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 2024 No Gluten 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 2024 No Gluten 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 2024 No Gluten 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%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Pub Classics	Chicken Tikka Masala	3324	40%	795	40%	25.9	37%	8.6	4%	99.5	38%	33.3	37%	36.7	73%	4.74	79%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Pub Classics	Chickpea and Sweet Potato Curry (Ve)	2369	28%	566	28%	5.2	7%	0.5	0%	107.3	41%	30.6	34%	17.2	34%	4.20	70%

Hungry Horse - Autumn Winter 2024 No Gluten Menu	Pub Classics	Classic Chicken New Yorker	2714	32%	649	32%	18.0	26%	9.9	4%	63.5	24%	21.9	24%	50.2	100%	2.09	35%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Our Burgers	Cheeseburger Chilli Dipper	4074	48%	974	49%	45.5	65%	17.7	8%	88.5	34%	15.3	17%	41.5	83%	3.36	56%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Our Burgers	Beef Burger	3178	38%	759	38%	35.6	51%	11.7	5%	73.6	28%	9.8	11%	26.7	53%	1.61	27%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Our Burgers	Cheeseburger	3342	40%	799	40%	38.7	55%	13.7	6%	74.0	28%	10.2	11%	29.1	58%	2.01	34%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Our Burgers	Bacon Cheeseburger	3567	42%	852	43%	43.4	62%	15.6	7%	74.0	28%	10.2	11%	32.1	64%	2.27	38%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Great Grills	8oz* Grilled Gammon	2593	31%	706	35%	26.2	37%	9.3	4%	59.0	23%	23.1	26%	33.3	67%	2.85	48%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Great Grills	8oz* Rump Steak	2580	31%	615	31%	20.4	29%	8.8	4%	47.1	18%	9.1	10%	56.5	113%	1.94	32%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Great Grills	12oz* Grilled Gammon	3855	46%	837	42%	41.8	60%	14.5	7%	62.0	24%	25.3	28%	69.7	139%	7.00	117%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Great Grills	11oz* Rump Steak	3192	38%	724	36%	25.3	36%	10.9	5%	47.1	18%	9.1	10%	81.9	164%	2.09	35%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Great Grills	8oz* Smothered Steak Sizzler	3527	42%	841	42%	32.5	46%	13.6	6%	64.0	25%	19.1	21%	66.9	134%	3.34	56%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Super Specials	Mediterranean Seabass †	3007	36%	718	36%	31.3	45%	8.2	4%	41.7	16%	12.2	14%	63.2	126%	1.54	26%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Super Specials	Our Epic Chicken New Yorker	4261	51%	1018	51%	26.3	38%	14.4	7%	88.0	34%	39.9	44%	94.7	189%	3.86	64%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Sides & 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 2024 No Gluten Menu	Sides & Sauces	Peppercorn	176	2%	42	2%	0.8	1%	0.3	0%	6.8	3%	3.1	3%	1.5	3%	1.00	17%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Sides & Sauces	Extra 12oz* Rump - NGCI	1829	22%	435	22%	14.5	21%	6.1	3%	0.0	0%	0.0	0%	76.1	152%	0.47	8%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Sides & Sauces	Salad Topper - Chicken	703	8%	168	8%	0.6	1%	0.3	0%	4.3	2%	0.8	1%	36.2	72%	0.80	13%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Sides & Sauces	Salad Topper - Salmon	1542	18%	370	19%	24.2	35%	4.6	2%	0.0	0%	0.0	0%	38.1	76%	0.19	3%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Perfect Puds	Cheesecake with Salted Caramel (V)	3325	40%	795	40%	49.6	71%	23.0	10%	79.4	31%	65.4	73%	6.9	14%	0.89	15%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Perfect Puds	Apple & Berry Crumble (V)	2102	25%	502	25%	11.5	16%	5.5	3%	87.8	34%	49.4	55%	8.4	17%	0.33	6%
Hungry Horse - Autumn Winter 2024 No Gluten Menu	Perfect Puds	Apple & Berry Crumble (Ve)	1920	23%	459	23%	12.5	18%	7.3	3%	77.3	30%	42.0	47%	4.4	9%	0.19	3%