# Nutritional Information: Brampton Aut 21



#### CATEGORY: NIBBLES

	NUTRITIONAL DATA														ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery containi gluter	ng Crustacean	5 Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BREAD AND OIL NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contair										Does contain		Does contain
HALLOUMI NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contair					Does contain							
OLIVES & FETA NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g						Does contain							
H&M SAUSAGES NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g								Does contain					
HOUMOUS AND PITTA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contair								Does contain		Does contain		
CHORIZO NIBBLES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contair					Does contain							Does contain

## CATEGORY: SHARERS

	NUTRITIONAL DATA														ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing Crustaceans gluten	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CAMEMBERT SHARER	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain				Does contain					Does contain		Does contain
NACHOS GRANDE DD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain				Does contain		Does contain					Does contain
NACHOS GRANDE CHICKEN DD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain				Does contain							Does contain

## CATEGORY: STARTERS

	NUTRITIONAL DATA															ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CAULIFLOWER BOMBS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain									Does contain	
BRIXWORTH PATE SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain		
SOUP OF DAY SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain											Does contain		
GAMBAS PIL PIL DD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain		Does contain							Does contain		
BH MUSSELS STARTER AW21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain		Does contain							Does contain
SMOKED SALMON	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain			Does contain		Does contain							Does contain

## CATEGORY: STEAKS

NUTRITIONAL DATA																ALLERG	GENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
GAMMON & CHIPS AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain					Does contain					Does contain
MIXED GRILL SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain					Does contain					Does contain
FILLET STEAK 80Z	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
SIRLOIN STEAK 80Z	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
RUMP STEAK 100Z SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g									Does contain					Does contain
ADD PRAWNS AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			Does contain		Does contain		Does contain							
PEPPERCORN SAUCE AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
BLUE CHEESE SAUCE AW20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
STEAK BURGER SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain					Does contain		Does contain
GARLIC ROASTED MUSHROOMS STEAK EXTRA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							Does contain

## CATEGORY: BURGERS

	N	UTRITION	AL DAT	1												ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
NEW ORLEANS CHICKEN BURGER SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain			Does contain			Does contain		Does contain			Does contain		Does contain
LOADED STEAK BURGER SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain					Does contain		Does contain
LOADED CHICKEN BURGER SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain			Does contain	Does contain		Does contain		Does contain				Does contain	
MOVING MOUNTAIN BURGER SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain		Does contain
TOPPING CHEDDAR CHEESE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
TOPPING BACON CD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
BURGER TOPPING EGG	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain										

## CATEGORY: MAINS

	N	UTRITION	IAL DAT	A												ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
PAN SEARED SALMON	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain		Does contain						May contain	Does contain
PORK BELLY WINTER 21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							Does contain
CHICKEN SUPREME BH21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							Does contain
BH MUSSELS MAIN AW21	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain			Does contain		Does contain						Does contain	Does contain
WILD MUSHROOM LINGUINE SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
BATTERED HADDOCK & CHIPS & CURRY SAUCE SS21	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain					Does contain				Does contain	
BUTCHERS CHOICE SAUSAGE & MASH SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain
PRAWN, CHORIZO & SPINACH LINGUINE SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain		Does contain		Does contain							Does contain
COPY OF PAN FRIED GNOCCHI	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											May contain	Does contain
GORGONZOLA & BROCCOLI LINGUINE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							Does contain

## CATEGORY: SALADS

	N	UTRITION	AL DATA	1											ALLERO	GENS					
Recipe		Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing Crustace gluten	ans Eg	gs Fish	Lupin	Milk	Molluscs Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
ULTIMATE HALLOUMI CAESAR SALAD SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain	Do con	es Does tain contai	n	Does contain					Does contain	
ULTIMATE CHICKEN CAESAR SALAD SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain	Do con	es Does tain contai	n	Does contain					Does contain	

# CATEGORY: ON THE SIDE

NUTRITIONAL DATA	ALLERGENS

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
SIDE BEER BATTERED ONION RINGS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							Does contain
GARDEN SALAD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														Does contain
B SIDE GARLIC BREAD & CHEESE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain					Does contain		
SIDE COLESLAW	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain										Does contain
B SIDE BISTRO CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
MENU A SIDE SKIN ON FRIES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														

#### CATEGORY: SANDWICH

	N	UTRITION	AL DATA	1										ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery containing Crustaces gluten	ins Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU C FISH FINGER S/W	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain		Does contain				Does contain			Does contain		Does contain
VEGETABLE CUBAN S/W SS20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain			Does contain		Does contain			Does contain		Does contain
MENU B CHICKEN & BACON SANDWICH	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain								Does contain		Does contain
THE CHEESESTEAK SS20	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain			Does contain		Does contain			Does contain		Does contain
B ADD BOWL OF CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g												

#### CATEGORY: DESSERTS

	N	UTRITION	AL DATA	1												ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A BROWNIE GF SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain						Does contain	
STICKY TOFFEE PUDDING SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
RASPBERRY CREME BRULEE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
BH OAT CRUMBLE AW21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
B DESSERT JUDE'S ICE CREAM 3 SCOOP	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g				Does contain			Does contain						Does contain	

## CATEGORY: SUNDAY

	N	UTRITION	AL DATA	A												ALLERG	ENS						
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	g Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
SUNDAY STRIPLOIN ROAST SS21	376.00kca	1582.00kj	13.00g	5.80g	0.00g	0.00g	0.00g	64.80g	0.28g	Does contain	Does contain		Does contain			Does contain							Does contain
SUNDAY LAMB ROAST SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
SUNDAY PORK LOIN ROAST SS21	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
SUNDAY LEMON & THYME CHICKEN ROAST SS20	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
SUNDAY TRIO ROAST SS21	188.00kca	791.00kJ	6.50g	2.90g	0.00g	0.00g	0.00g	32.40g	0.14g	Does contain	Does contain		Does contain			Does contain							Does contain
B FARMYARD ROAST PORK LOIN, SIRLOIN OF BEEF, LAMB & CHICKEN	188.00kca	791.00kJ	6.50g	2.90g	0.00g	0.00g	0.00g	32.40g	0.14g	Does contain	Does contain		Does contain			Does contain		Does contain					Does contain
VEGAN NUTROAST	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain								Does contain	Does contain	Does contain	Does contain	Does contain
MENU A PIGS IN BLANKETS AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	Does contain
MENU A YORKSHIRE PUDDING SIDE AW18	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
MENU A CAULIFLOWER CHEESE AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MENU A STUFFING SIDE AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain										Does contain
BRAISED RED CABBAGE AW19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														Does contain
MENU A SIDE ROAST POTATOES AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														

# CATEGORY: KIDS

NUTRITIONAL DATA											ALLERGENS												
Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
MENU A KIDS GARLIC & CHEESE FLATBREAD	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain							
MENU C KIDS HEINZ TOMATO SOUP	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g							Does contain							
MENU A KIDS CAESAR SS19	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain						Does contain	
MENU A KIDS BATTERED FISH N CHIPS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain	Does contain		Does contain		Does contain					
B KIDS CHICKEN GOUJONS & PEAS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain		Does contain				Does contain	
MENU A KIDS SAUSAGE & MASH	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain					Does contain							Does contain
MENU A BURGER KIDS SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain					Does contain	Does contain	Does contain
MENU A KIDS ROAST BEEF AW18	225.60kca	949.20kJ	7.80g	3.48g	0.00g	0.00g	0.00g	38.88g	0.17g	Does contain	Does contain		Does contain			Does contain							Does contain
MENU A KIDS ROAST PORK AW18	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
MENU A KIDS ROAST CHICKEN AW18	0.00kcal	0.00kj	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain		Does contain			Does contain							Does contain
MENU A KIDS CHICKEN & MUSHROOM PASTA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							
KIDS HOUMOUS SS21	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g										Does contain		Does contain		Does contain
KIDS TOMATO & BASIL LINGUINI MC	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain			Does contain							Does contain