

Pub & Kitchen Main Menu Nutritional Information - Spring Summer 2021



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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Salt & Pepper Squid	2574	31%	610	31%	19.3	28%	5.1	25%	12.9	5%	3.1	3%	24.7	49%	3.58	60%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Buffalo Cauliflower Wings	2718	32%	653	33%	50.9	73%	6.3	32%	34.9	13%	6.8	8%	6.3	13%	2.68	45%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Soup of The Day - please select your choices from the below:-	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Mixed case soup	649	8%	155	8%	1.3	2%	0.3	1%	12.8	5%	5.0	6%	1.0	2%	1.56	26%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Tomato Soup	241	3%	58	3%	1.8	3%	0.3	1%	8.5	3%	7.3	8%	1.3	3%	1.25	21%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	White Bloomer Bread	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Malted Bloomer Bread	816	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Vegan Tomato Soup	1044	12%	250	12%	3.4	5%	1.1	5%	45.3	17%	7.3	8%	7.7	15%	1.97	33%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Chicken Strips - please select your sauce choice from the below:-	1565	19%	374	19%	19.7	28%	3.2	16%	24.6	9%	0.0	0%	22.4	45%	1.88	31%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Korean BBQ sauce and toasted sesame seeds	487	6%	116	6%	5.6	8%	0.6	3%	14.5	6%	12.3	14%	1.7	3%	1.55	26%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Mango & chilli sauce	655	8%	157	8%	12.6	18%	2.0	10%	10.3	4%	9.3	10%	0.3	1%	0.40	7%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Alabama white BBQ sauce & pico de gallo	1094	13%	262	13%	26.4	38%	2.3	11%	5.1	2%	3.3	4%	1.6	3%	0.73	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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Franks RedHot sauce, blue cheese and garlic & rosemary mayo	574	7%	137	7%	11.9	17%	5.2	26%	3.1	1%	0.8	1%	5.7	11%	4.50	75%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Halloumi Fries	2238	27%	537	27%	42.0	60%	29.1	146%	6.8	3%	5.8	6%	30.5	61%	4.08	68%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Baked Mini Camembert	4366	52%	1043	52%	34.6	49%	22.8	114%	136.4	52%	22.0	24%	43.1	86%	4.53	76%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	King Prawn Cocktail	1416	17%	338	17%	18.1	26%	3.2	16%	25.9	10%	4.9	5%	16.4	33%	1.86	31%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Mango & Lime Chicken Tacos	1400	17%	335	17%	13.5	19%	6.3	32%	33.3	13%	7.3	8%	19.6	39%	3.06	51%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Fish Tacos	1764	21%	422	21%	21.2	30%	11.1	55%	38.7	15%	5.3	6%	12.8	26%	2.84	47%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Worcestershire Hop Cheese & Spring Onion Croquettes	1737	21%	415	21%	18.7	27%	9.0	45%	48.3	19%	42.1	47%	12.4	25%	1.14	19%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sharers	Chicken Sharer (for 2 or more people)	8350	99%	1998	100%	119.5	171%	24.3	121%	121.2	47%	16.3	18%	90.4	181%	10.05	168%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sharers	House Sharing Platter (for 2 or more people)	9573	114%	2291	115%	152.2	217%	39.1	195%	135.4	52%	19.4	22%	77.8	156%	7.28	121%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sharers	Nachos Sharer (for 2 or more people)	5067	60%	1211	61%	77.3	110%	35.8	179%	87.1	34%	19.1	21%	45.8	92%	6.22	104%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Starters	Caramelised Onion, Feta & Tomato Tart	2333	28%	558	28%	37.0	53%	16.2	81%	41.5	16%	15.9	18%	13.4	27%	2.13	36%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Signature Fish & Chips - please select your choices from the below:-	6562	78%	1570	79%	95.5	136%	26.2	131%	123.1	47%	13.5	15%	63.1	126%	4.17	70%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Mushy Peas	602	7%	144	7%	0.0	0%	0.0	0%	24.0	9%	7.5	8%	9.0	18%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	White Bloomer Bread	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Malted Bloomer Bread	816	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Signature Hunters Chicken	6937	83%	1657	83%	89.5	128%	28.1	140%	126.9	49%	32.0	36%	77.6	155%	8.74	146%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Duo of Seafood - please select your side choice from the below:-	2468	29%	590	29%	39.5	56%	10.4	52%	11.1	4%	6.7	7%	46.9	94%	3.86	64%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Fries	2286	27%	546	27%	31.5	45%	6.0	30%	61.5	24%	1.5	2%	4.5	9%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Buttered Baby Potatoes	1340	16%	320	16%	12.5	18%	7.5	38%	42.5	16%	2.5	3%	5.0	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Lamb Shank - please select your side choice from the below:-	4193	50%	1002	50%	72.9	104%	33.8	169%	22.1	8%	13.8	15%	61.9	124%	1.37	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Pea, Mint & Courgette Risotto	4300	51%	1028	51%	41.4	59%	9.4	47%	126.6	49%	7.1	8%	19.3	39%	3.77	63%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Roasted Duck Breast with Super Green Salad	4375	52%	1046	52%	57.4	82%	12.6	63%	77.4	30%	33.8	38%	49.6	99%	2.68	45%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Spiced Roasted Salmon Salad	3476	41%	831	42%	39.4	56%	10.4	52%	66.5	26%	6.1	7%	50.7	101%	3.44	57%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Mussels with Skin on Fries	8102	96%	1936	97%	88.6	127%	41.2	206%	183.4	71%	9.4	10%	100.1	200%	13.36	223%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Chefs Signature Dishes	Grilled Pineapple & Chilli Chicken Thighs	5282	63%	1261	63%	61.6	88%	9.1	46%	123.2	47%	49.7	55%	48.6	97%	3.49	58%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Classic Beef Burger	6115	73%	1462	73%	90.3	129%	16.6	83%	123.3	47%	17.2	19%	34.6	69%	3.87	65%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Southern Fried Chicken Burger	6264	75%	1497	75%	82.1	117%	13.3	67%	148.4	57%	25.5	28%	37.6	75%	4.40	73%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Cheese & Bacon Burger	6775	81%	1620	81%	104.1	149%	22.3	112%	123.6	48%	17.5	19%	42.9	86%	5.44	91%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	BBQ Burger	7346	87%	1756	88%	110.2	157%	23.2	116%	133.1	51%	26.2	29%	50.3	101%	5.92	99%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Brunch Burger	7665	91%	1834	92%	123.5	176%	25.3	127%	123.6	48%	17.5	19%	51.4	103%	5.69	95%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Korean Fried Chicken Burger	8311	99%	1987	99%	119.3	170%	25.8	129%	177.8	68%	49.6	55%	44.8	90%	7.49	125%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Chickpea, Red Pepper & Hoisin Burger	6012	72%	1437	72%	66.8	95%	10.8	54%	184.5	71%	48.3	54%	20.6	41%	4.76	79%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Vegan Chickpea, Red Pepper & Hoisin Burger	4989	59%	1192	60%	59.6	85%	13.1	66%	141.8	55%	38.1	42%	17.8	36%	3.79	63%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Crafted Burgers	Salt Beef & Beer Cheese Burger	7388	88%	1766	88%	110.5	158%	28.2	141%	129.7	50%	20.3	23%	57.5	115%	5.72	95%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Beef & Ale Pie - please select your side choice from the below:-	4139	49%	989	49%	49.8	71%	23.2	116%	99.3	38%	9.6	11%	31.9	64%	3.97	66%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Chicken & Woodland Mushroom Pie - please select your side choice from the below:-	3665	44%	876	44%	44.2	63%	31.3	156%	86.2	33%	6.0	7%	30.3	61%	3.64	61%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Mushroom & Ale Pie - please select your side choice from the below:-	2650	32%	633	32%	32.0	46%	17.9	90%	68.7	26%	5.8	6%	13.2	26%	2.78	46%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Vegan Mushroom & Ale Pie - please select your side choice from the below:-	2650	32%	633	32%	32.0	46%	17.9	90%	68.7	26%	5.8	6%	13.2	26%	2.78	46%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Baby Potatoes	858	10%	205	10%	0.0	0%	0.0	0%	42.5	16%	2.5	3%	5.0	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Pies	Chips	3184	38%	760	38%	58.8	84%	14.7	74%	50.4	19%	2.1	2%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Dog & Gun / Royal Oak	Hungarian Goulash - Small	4608	55%	1101	55%	46.9	67%	19.2	96%	93.3	36%	19.0	21%	66.5	133%	4.16	69%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Dog & Gun / Royal Oak	Hungarian Goulash - Large	9216	110%	2202	110%	93.9	134%	38.4	192%	186.6	72%	38.1	42%	132.9	266%	8.31	139%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Dog & Gun / Royal Oak	Veggie Hungarian Goulash - Small	3266	39%	781	39%	22.9	33%	7.2	36%	117.3	45%	31.0	34%	18.5	37%	2.56	43%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Dog & Gun / Royal Oak	Veggie Hungarian Goulash - Large	6532	78%	1561	78%	45.9	66%	14.4	72%	234.6	90%	62.1	69%	36.9	74%	5.11	85%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	Sirloin & Ribs	5240	62%	1253	63%	70.3	100%	16.3	81%	96.5	37%	20.4	23%	56.2	112%	2.69	45%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	8oz Rump	4345	52%	1039	52%	58.8	84%	10.6	53%	83.8	32%	11.8	13%	41.0	82%	2.35	39%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	8oz Sirloin	4522	54%	1081	54%	63.0	90%	12.7	63%	83.8	32%	11.8	13%	42.5	85%	2.38	40%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	Mixed Grill - please select your choice from the below:-	6001	71%	1435	72%	81.0	116%	19.1	96%	93.9	36%	15.2	17%	79.7	159%	7.26	121%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	Pineapple slice	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.50	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.50	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	From the Grill	Fried Egg and Pineapple Slice	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Katsu Chicken	6129	73%	1464	73%	71.3	102%	8.7	44%	147.8	57%	8.5	9%	59.5	119%	7.45	124%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Lasagne - Under 650 Cal	2548	30%	609	30%	27.0	39%	10.6	53%	36.0	14%	13.9	15%	26.9	54%	3.81	64%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Classic Salad	482	6%	115	6%	6.9	10%	0.7	3%	9.0	3%	7.4	8%	2.2	4%	0.19	3%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Macaroni Cheese - Under 650 Cal	2425	29%	579	29%	22.9	33%	8.7	43%	73.1	28%	11.5	13%	22.3	45%	3.72	62%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Fish & Chips - please select your choice from the below:-	5140	61%	1230	62%	71.3	102%	22.5	112%	99.3	38%	11.1	12%	56.5	113%	1.37	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Mushy Peas	602	7%	144	7%	0.0	0%	0.0	0%	24.0	9%	7.5	8%	9.0	18%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Gammon & Eggs - please select your choice from the below:-	4432	53%	1059	53%	60.6	87%	13.2	66%	76.7	30%	9.8	11%	49.6	99%	6.68	111%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Pineapple slice	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.50	8%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	0.50	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Fried Egg and Pineapple Slice	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Hunter's Chicken	5239	62%	1253	63%	66.8	95%	12.0	60%	110.1	42%	34.9	39%	43.9	88%	4.52	75%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Lasagne	3242	39%	775	39%	34.1	49%	13.5	67%	58.4	22%	11.3	13%	30.3	61%	4.32	72%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	All Day Brunch	4865	58%	1164	58%	67.3	96%	15.2	76%	89.4	34%	14.2	16%	44.9	90%	4.02	67%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Macaroni Cheese	3118	37%	745	37%	30.0	43%	11.6	58%	95.5	37%	8.9	10%	25.6	51%	4.23	71%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Chicken Tikka Masala	4546	54%	1087	54%	41.4	59%	13.9	70%	136.5	53%	40.1	45%	41.6	83%	4.40	73%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Battered Halloumi & Chips - please select your choice from the below:-	5389	64%	1291	65%	84.6	121%	39.1	196%	75.1	29%	12.2	14%	36.4	73%	6.82	114%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Mushy Peas	602	7%	144	7%	0.0	0%	0.0	0%	24.0	9%	7.5	8%	9.0	18%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Scampi & Chips - please select your choice from the below:-	4301	51%	1028	51%	55.7	80%	4.5	22%	110.3	42%	9.7	11%	18.8	38%	2.46	41%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Mushy Peas	602	7%	144	7%	0.0	0%	0.0	0%	24.0	9%	7.5	8%	9.0	18%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Chickpea & Sweet Potato Curry	3291	39%	787	39%	9.0	13%	0.4	2%	152.7	59%	38.9	43%	19.7	39%	2.57	43%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Pub Classics	Vegan Katsu Curry	5304	63%	1268	63%	64.5	92%	14.0	70%	139.0	53%	10.2	11%	27.9	56%	5.69	95%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Southern Fried Chicken - Sandwich/Wrap - please select your choice from the below:-	1766	21%	422	21%	21.5	31%	3.7	19%	30.3	12%	10.0	11%	24.6	49%	1.80	30%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	White Bloomer Bread	1606	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Malted Bloomer Bread	1632	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Grilled Halloumi - Sandwich/Wrap - please select your choice from the below:-	2471	29%	590	30%	46.9	67%	19.5	98%	11.8	5%	9.9	11%	30.2	60%	3.41	57%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	White Bloomer Bread	1606	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Malted Bloomer Bread	1632	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Hunters Chicken - Toastie	4378	52%	1046	52%	43.0	61%	23.1	116%	91.9	35%	10.9	12%	69.3	139%	5.91	99%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Rump Steak - Toastie	4210	50%	1006	50%	40.0	57%	21.8	109%	103.4	40%	22.0	24%	56.4	113%	4.45	74%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Tuna Mayo - Toastie	4298	51%	1027	51%	44.4	63%	20.2	101%	86.4	33%	5.0	6%	66.8	134%	5.22	87%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Sunday Beef - Sandwich - please select your bread choice from the below:-	1751	21%	418	21%	34.9	50%	13.0	65%	3.1	1%	2.1	2%	21.1	42%	0.55	9%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	White Bloomer Bread	1606	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	0.00	0%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Malted Bloomer Bread	1632	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Fish Goujons - Sandwich/Wrap - please select your choice from the below:-	1396	17%	334	17%	20.9	30%	9.0	45%	16.3	6%	3.8	4%	10.4	21%	0.56	9%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	White Bloomer Bread	1606	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Malted Bloomer Bread	1632	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sandwiches, Wraps & Toasties	Salt Beef & Beer Cheese - Toastie	3733	44%	892	45%	34.5	49%	18.2	91%	89.3	34%	7.6	8%	52.0	104%	4.89	82%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Signature Fish & Chips (Scotland) - please select your choices from the below:-	6532	78%	1562	78%	94.4	135%	10.4	52%	121.8	47%	10.9	12%	58.0	116%	4.22	70%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Mushy Peas	602	7%	144	7%	0.0	0%	0.0	0%	24.0	9%	7.5	8%	9.0	18%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	White Bloomer Bread	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Malted Bloomer Bread	816	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Soup of The Day (Scotland) - please select your choices from the below:-	121	1%	29	1%	3.2	5%	2.1	11%	0.0	0%	0.0	0%	0.0	0%	0.08	1%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Carrot & Coriander	746	9%	178	9%	3.5	5%	0.8	4%	24.7	9%	20.0	22%	6.1	12%	1.59	27%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Cream Of Mushroom	1969	23%	471	24%	38.1	54%	18.5	93%	11.9	5%	6.5	7%	7.7	15%	3.21	54%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Lentil Soup	1116	13%	266	13%	4.7	7%	0.3	1%	38.7	15%	14.8	16%	11.4	23%	1.68	28%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Minestrone	438	5%	105	5%	3.2	5%	0.8	4%	14.7	6%	5.1	6%	3.5	7%	1.32	22%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Tomato and Basil Soup	987	12%	236	12%	13.0	19%	6.3	31%	21.8	8%	18.5	21%	4.8	10%	1.86	31%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Leek and Potato Soup	542	6%	130	6%	3.3	5%	0.3	1%	20.0	8%	4.6	5%	2.7	5%	1.56	26%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Cream of Broccoli	688	8%	164	8%	9.4	13%	3.8	19%	12.7	5%	3.5	4%	5.8	12%	1.59	27%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Cream of Chicken Soup	1224	15%	292	15%	22.4	32%	12.6	63%	15.2	6%	2.0	2%	7.7	15%	2.13	36%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Pea & Bacon Soup	1169	14%	279	14%	17.1	24%	1.9	9%	16.5	6%	8.3	9%	11.2	22%	2.10	35%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	White Bloomer Bread	803	10%	192	10%	1.6	2%	0.8	4%	36.8	14%	0.0	0%	6.4	13%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Malted Bloomer Bread	816	10%	195	10%	1.6	2%	0.8	4%	36.0	14%	0.8	1%	8.0	16%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Haggis Fritters (Scotland)	2081	25%	499	25%	33.6	48%	13.4	67%	31.1	12%	3.2	4%	13.5	27%	3.34	56%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Balmoral Burger (Scotland)	8188	97%	1957	98%	127.0	181%	33.3	166%	141.7	55%	19.7	22%	52.9	106%	7.82	130%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Fish & Chips (Scotland) - please select your choice from the below:-	5110	61%	1222	61%	70.3	100%	6.7	33%	98.1	38%	8.5	9%	51.4	103%	1.42	24%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Garden Peas	572	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Mushy Peas	602	7%	144	7%	0.0	0%	0.0	0%	24.0	9%	7.5	8%	9.0	18%	0.00	0%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Mac & Cheese (Scotland)	3857	46%	922	46%	50.0	71%	23.6	118%	83.5	32%	12.9	14%	25.6	51%	3.49	58%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Mac & Cheese - Under 750 cal (Scotland)	3134	37%	749	37%	42.9	61%	20.7	103%	61.1	23%	15.5	17%	22.3	45%	2.98	50%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Belhaven Steak & Ale Pie (Scotland) - please select your side choice from the below:-	2604	31%	621	31%	31.6	45%	15.9	79%	28.7	11%	7.5	8%	53.1	106%	2.30	38%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Chicken, Bacon & Leek Pie (Scotland) - please select your side choice from the below:-	2519	30%	602	30%	38.1	54%	19.0	95%	36.2	14%	9.3	10%	25.7	51%	3.00	50%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Peppered Mushroom Pie (Scotland) - please select your side choice from the below:-	2528	30%	604	30%	40.8	58%	14.3	71%	32.1	12%	7.3	8%	11.5	23%	1.45	24%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Buttered Mash	1353	16%	323	16%	15.5	22%	8.8	44%	38.6	15%	2.3	3%	4.6	9%	1.38	23%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	All Day Brunch (Scotland) - please select your choice from the below:-	3942	47%	943	47%	51.8	74%	9.2	46%	81.6	31%	11.7	13%	32.9	66%	3.00	50%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Lome Sausage	970	12%	232	12%	15.8	23%	7.3	37%	13.6	5%	1.3	1%	8.8	18%	1.42	24%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Pork Sausage	931	11%	223	11%	15.6	22%	6.0	30%	8.0	3%	2.7	3%	12.0	24%	1.02	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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Haddock Goujons - Sandwich/Wrap (Scotland) - please select your choice from the below:-	1020	12%	244	12%	15.3	22%	1.5	8%	11.8	5%	2.4	3%	14.7	29%	0.43	7%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	White Bloomer Bread	1606	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Malted Bloomer Bread	1632	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Tortilla Wrap	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Steak Topper - Haggis (Scotland)	927	11%	221	11%	15.8	23%	6.8	34%	11.3	4%	0.0	0%	9.0	18%	1.43	24%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Sunday Roast - Silverside of Beef (Scotland)	5411	64%	1291	65%	68.3	98%	19.6	98%	91.6	35%	15.3	17%	82.0	164%	3.88	65%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Sunday Roast - Turkey & Beef Duo (Scotland)	5425	65%	1295	65%	65.4	93%	17.6	88%	92.4	36%	15.3	17%	86.4	173%	5.28	88%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Sunday Roast Kids - Mac Cheese v (Scotland)	3776	45%	902	45%	52.5	75%	16.4	82%	80.1	31%	11.6	13%	24.0	48%	2.69	45%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Sunday Roast Kids - Silverside of Beef (Scotland)	3341	40%	798	40%	44.2	63%	10.7	53%	55.6	21%	8.1	9%	47.0	94%	2.43	41%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	8oz Rump Steak (Scotland)	4372	52%	1044	52%	51.9	74%	7.6	38%	83.8	32%	11.8	13%	57.8	116%	2.44	41%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	8oz Sirloin Steak (Scotland)	4359	52%	1042	52%	54.9	78%	9.1	46%	83.8	32%	11.8	13%	50.7	101%	2.39	40%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Mixed Grill (Scotland) - please select your choice from the below:-	6015	72%	1437	72%	77.5	111%	17.7	88%	93.9	36%	15.2	17%	88.1	176%	7.30	122%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Pineapple slice	603	7%	144	7%	0.2	0%	0.0	0%	34.0	13%	34.0	38%	1.0	2%	0.50	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Free Range Fried Egg	997	12%	240	12%	18.8	27%	4.0	20%	0.0	0%	0.0	0%	15.1	30%	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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Fried Egg and Pineapple Slice	800	10%	192	10%	9.5	14%	2.0	10%	17.0	7%	17.0	19%	8.1	16%	0.52	9%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Scottish Dishes	Sirloin & Ribs (Scotland)	5077	60%	1213	61%	62.2	89%	12.7	63%	96.5	37%	20.4	23%	64.3	129%	2.70	45%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Chips	2102	25%	502	25%	25.2	36%	2.1	11%	65.1	25%	4.2	5%	4.2	8%	0.21	4%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Rosemary Salted Skin on Fries	2287	27%	546	27%	31.5	45%	6.0	30%	61.5	24%	1.5	2%	4.5	9%	1.15	19%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Sweet Potato Fries	2004	24%	478	24%	24.5	35%	1.8	9%	63.0	24%	1.8	2%	1.8	4%	0.70	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Seasonal Vegetables	743	9%	177	9%	11.7	17%	5.0	25%	11.3	4%	6.6	7%	4.3	9%	0.29	5%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Onion Rings	1711	20%	411	21%	28.3	40%	2.5	13%	29.6	11%	10.3	11%	4.4	9%	1.19	20%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Jacket & Butter	1054	13%	252	13%	7.4	11%	4.4	22%	39.0	15%	4.0	4%	4.2	8%	0.18	3%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Cheesy Garlic Bread	2430	29%	581	29%	31.1	44%	12.9	64%	54.6	21%	2.4	3%	19.5	39%	1.83	31%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Garlic Bread	1883	22%	450	23%	21.1	30%	6.5	32%	54.2	21%	2.4	3%	9.1	18%	1.19	20%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Dressed Mixed Salad	233	3%	56	3%	3.4	5%	0.3	2%	4.3	2%	3.6	4%	1.0	2%	0.10	2%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Coleslaw	808	10%	193	10%	19.0	27%	1.0	5%	4.0	2%	3.0	3%	1.0	2%	1.20	20%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Bloomer Bread & Butter - please select your bread choice from the below:-	242	3%	58	3%	6.4	9%	4.2	21%	0.0	0%	0.0	0%	0.0	0%	0.16	3%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	White Bloomer Bread	1606	19%	384	19%	3.2	5%	1.6	8%	73.6	28%	0.0	0%	12.8	26%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Malted Bloomer Bread	1632	19%	390	20%	3.2	5%	1.6	8%	72.0	28%	1.6	2%	16.0	32%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Sides	Cauliflower Cheese	1906	23%	456	23%	31.3	45%	18.0	90%	17.3	7%	9.8	11%	21.5	43%	1.68	28%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Custard	659	8%	158	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.15	3%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Southern Fried Chicken Burger	1368	16%	327	16%	17.2	25%	2.8	14%	20.0	8%	1.1	1%	23.5	47%	1.42	24%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Beef Burger	823	10%	197	10%	11.8	17%	6.1	30%	2.4	1%	0.3	0%	19.6	39%	0.59	10%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Chickpea, Red Pepper & Hoisin Burger	772	9%	185	9%	1.8	3%	0.3	2%	35.6	14%	8.4	9%	6.0	12%	1.28	21%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Steak Double Up (8oz Rump)	1334	16%	319	16%	19.4	28%	7.2	36%	2.0	1%	1.0	1%	34.1	68%	1.55	26%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Steak Double Up (8oz Sirloin)	1512	18%	361	18%	23.6	34%	9.3	47%	2.0	1%	1.0	1%	35.6	71%	1.57	26%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Steak Double Up (8oz Rump) - Scotland	1362	16%	324	16%	12.5	18%	4.3	21%	2.0	1%	1.0	1%	51.0	102%	1.63	27%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Steak Double Up (8oz Sirloin) - Scotland	1349	16%	322	16%	15.4	22%	5.7	29%	2.0	1%	1.0	1%	43.8	88%	1.58	26%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Grated Cheese	684	8%	164	8%	12.5	18%	8.0	40%	0.5	0%	0.0	0%	13.0	26%	0.80	13%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Yorkshire Pudding	1120	13%	268	13%	19.2	27%	1.5	7%	19.0	7%	1.1	1%	4.5	9%	0.48	8%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Sausage	466	6%	111	6%	7.8	11%	3.0	15%	4.0	2%	1.4	2%	6.0	12%	0.51	9%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Smoked Streaky Bacon	550	7%	132	7%	11.7	17%	4.4	22%	0.0	0%	0.0	0%	6.7	13%	1.30	22%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Burger Cheese Slice	110	1%	26	1%	2.1	3%	1.4	7%	0.3	0%	0.3	0%	1.6	3%	0.26	4%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Gravy	6	0%	2	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.10	2%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Clotted Cream Ice Cream	662	8%	158	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Sunday Roast Potatoes	1017	12%	242	12%	9.0	13%	0.0	0%	39.0	15%	1.5	2%	6.0	12%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Sunday Veg	743	9%	177	9%	11.7	17%	5.0	25%	11.3	4%	6.6	7%	4.3	9%	0.29	5%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Pig In Blanket	457	5%	109	5%	10.2	15%	3.7	18%	0.9	0%	0.1	0%	3.5	7%	0.47	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Scampi	889	11%	213	11%	11.4	16%	0.9	5%	19.5	7%	0.6	1%	6.8	14%	1.12	19%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Chicken Breast	442	5%	106	5%	1.0	1%	0.5	2%	1.0	0%	0.4	0%	23.3	47%	0.76	13%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Tortillas	689	8%	165	8%	4.3	6%	1.8	9%	26.2	10%	1.5	2%	4.1	8%	0.38	6%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Jalapenos	13	0%	3	0%	0.0	0%	0.0	0%	0.2	0%	0.2	0%	0.6	1%	0.48	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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Poppadoms	441	5%	105	5%	0.3	0%	0.1	1%	18.3	7%	0.4	0%	7.4	15%	2.40	40%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Yellow Rice	1122	13%	268	13%	0.7	1%	0.0	0%	59.4	23%	0.0	0%	5.4	11%	0.23	4%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Buttered Seasonal Vegetables	743	9%	177	9%	11.7	17%	5.0	25%	11.3	4%	6.6	7%	4.3	9%	0.29	5%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Peas	573	7%	137	7%	7.7	11%	0.0	0%	9.4	4%	5.1	6%	5.1	10%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Onion Bhajis	1503	18%	361	18%	24.8	35%	2.2	11%	26.0	10%	9.0	10%	6.0	12%	1.04	17%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Seasonal Vegetables	743	9%	177	9%	11.7	17%	5.0	25%	11.3	4%	6.6	7%	4.3	9%	0.29	5%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Curry Sauce	590	7%	141	7%	11.8	17%	0.9	5%	8.2	3%	2.0	2%	1.2	2%	1.83	31%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Rich Gravy	26	0%	6	0%	0.0	0%	0.0	0%	1.0	0%	0.0	0%	1.0	2%	0.40	7%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Extras	Extra Chicken Wings	5999	71%	1440	72%	93.4	133%	25.6	128%	0.0	0%	0.0	0%	100.9	202%	2.11	35%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Nachos Sharer Topper - Beef Chilli	610	7%	146	7%	5.9	8%	2.9	14%	15.8	6%	5.9	7%	3.8	8%	1.04	17%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Burger Topper - Smoked Streaky Bacon	550	7%	132	7%	11.7	17%	4.4	22%	0.0	0%	0.0	0%	6.7	13%	1.30	22%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Burger Topper - BBQ Pulled Pork	681	8%	163	8%	8.3	12%	2.3	11%	9.8	4%	9.0	10%	9.0	18%	0.75	13%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Burger Topper - Hunter's	1012	12%	242	12%	16.7	24%	7.6	38%	8.7	3%	7.5	8%	12.4	25%	1.85	31%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Burger Topper - Cheese Slice	110	1%	26	1%	2.1	3%	1.4	7%	0.3	0%	0.3	0%	1.6	3%	0.26	4%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Burger Topper - Sauteed Mushrooms v	392	5%	94	5%	10.0	14%	1.0	5%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Burger Topper - Free Range Fried Egg v	499	6%	120	6%	9.4	13%	2.0	10%	0.0	0%	0.0	0%	7.5	15%	0.26	4%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Steak Sauce - Creamy Peppercorn & Brandy	486	6%	116	6%	7.2	10%	4.2	21%	6.9	3%	2.2	2%	1.0	2%	0.96	16%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food 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%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Steak Topper - Sauteed Mushrooms	392	5%	94	5%	10.0	14%	1.0	5%	0.0	0%	0.0	0%	1.0	2%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Steak Topper - Free Range Fried Egg	499	6%	120	6%	9.4	13%	2.0	10%	0.0	0%	0.0	0%	7.5	15%	0.26	4%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Steak Topper - Whitby Scampi	889	11%	213	11%	11.4	16%	0.9	5%	19.5	7%	0.6	1%	6.8	14%	1.12	19%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Mac Cheese Topper - Smoked Steaky Bacon	550	7%	132	7%	11.7	17%	4.4	22%	0.0	0%	0.0	0%	6.7	13%	1.30	22%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Mac Cheese Topper - BBQ Pulled Pork	681	8%	163	8%	8.3	12%	2.3	11%	9.8	4%	9.0	10%	9.0	18%	0.75	13%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Mac Cheese Topper - Sliced Grilled Chicken Breast	442	5%	106	5%	1.0	1%	0.5	2%	1.0	0%	0.4	0%	23.3	47%	0.76	13%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	BBQ Sauce	753	9%	180	9%	0.0	0%	0.0	0%	34.0	13%	30.0	33%	2.0	4%	0.90	15%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Sour Cream	862	10%	206	10%	20.0	29%	13.0	65%	4.0	2%	4.0	4%	3.0	6%	0.00	0%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Steak Topper - Salt & Pepper Squid	2011	24%	476	24%	7.0	10%	1.5	8%	7.3	3%	0.0	0%	23.3	47%	3.57	60%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Salad Topper - Chicken & Bacon	992	12%	237	12%	12.6	18%	4.9	24%	1.0	0%	0.4	0%	30.0	60%	2.06	34%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Salad Topper - Grilled Halloumi	1674	20%	400	20%	30.0	43%	18.1	91%	3.3	1%	3.3	4%	28.8	58%	3.25	54%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Risotto Topper - Chicken	442	5%	106	5%	1.0	1%	0.5	2%	1.0	0%	0.4	0%	23.3	47%	0.76	13%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Risotto Topper - Salmon	1552	18%	371	19%	25.8	37%	4.2	21%	2.0	1%	1.0	1%	32.7	65%	1.79	30%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Toppers & Sauces	Risotto Topper - King Prawns	231	3%	55	3%	0.8	1%	0.0	0%	0.0	0%	0.0	0%	12.0	24%	0.72	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast - Roast Sirloin of Beef	5563	66%	1328	66%	85.0	121%	27.0	135%	91.6	35%	15.3	17%	49.9	100%	3.15	53%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast - Roast Turkey Breast	5275	63%	1259	63%	61.2	87%	15.1	75%	93.3	36%	15.3	17%	83.9	168%	6.55	109%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast - Lamb Shank	7598	90%	1814	91%	119.0	170%	43.9	219%	101.4	39%	22.5	25%	86.1	172%	3.66	61%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast - Turkey & Beef Duo	5419	65%	1293	65%	73.1	104%	21.0	105%	92.4	36%	15.3	17%	66.9	134%	4.85	81%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast - Beetroot, Sweet Potato & Butternut Squash Tart	5336	64%	1273	64%	68.9	98%	17.7	88%	133.1	51%	20.6	23%	28.7	57%	4.24	71%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast Kids - Sirloin of Roast Beef	3335	40%	796	40%	51.8	74%	14.1	70%	55.6	21%	8.1	9%	27.4	55%	2.00	33%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast Kids - Turkey	3191	38%	762	38%	39.9	57%	8.1	41%	56.4	22%	8.1	9%	44.4	89%	3.70	62%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast Kids - Mac Cheese	3407	41%	813	41%	42.5	61%	10.4	52%	86.1	33%	9.6	11%	24.0	48%	3.06	51%

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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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast Seniors - Sirloin of Roast Beef	3335	40%	796	40%	51.8	74%	14.1	70%	55.6	21%	8.1	9%	27.4	55%	2.00	33%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast Seniors - Turkey	3191	38%	762	38%	39.9	57%	8.1	41%	56.4	22%	8.1	9%	44.4	89%	3.70	62%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Traditional Roasts	Sunday Roast Seniors - Beetroot, Sweet Potato & Butternut Squash Tart	3986	47%	952	48%	53.1	76%	12.5	62%	97.6	38%	13.9	15%	18.7	37%	3.50	58%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Upgrades	Trade Up to Sweet Potato Fries	2004	24%	478	24%	24.5	35%	1.8	9%	63.0	24%	1.8	2%	1.8	4%	0.70	12%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Dessert Sharer	5361	64%	1281	64%	65.1	93%	28.8	144%	161.3	62%	129.9	144%	10.9	22%	0.61	10%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Bramley Apple & Blackberry Crumble Pie - please select your choice from the below:-	2753	33%	658	33%	27.6	39%	10.3	51%	96.6	37%	44.0	49%	3.2	6%	0.42	7%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Clotted Cream Ice Cream	662	8%	158	8%	10.2	15%	6.2	31%	14.8	6%	12.7	14%	2.0	4%	0.13	2%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Custard	659	8%	158	8%	4.5	6%	3.0	15%	24.0	9%	16.5	18%	4.5	9%	0.00	0%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Eton Mess Sundae	2351	28%	562	28%	27.2	39%	17.1	85%	71.2	27%	63.9	71%	6.9	14%	0.36	6%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Clotted Cream Ice Cream	2218	26%	530	27%	30.7	44%	18.7	93%	57.3	22%	47.8	53%	6.3	13%	0.41	7%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Vegan Ice Cream	1415	17%	338	17%	16.4	23%	14.3	71%	40.5	16%	27.3	30%	1.7	3%	0.05	1%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Roast Peach Tarte Tatin	2587	31%	618	31%	27.8	40%	15.2	76%	83.1	32%	57.3	64%	7.5	15%	0.57	10%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Vegan Roast Peach Tarte Tatin	2397	29%	573	29%	23.1	33%	13.8	69%	81.7	31%	53.8	60%	6.1	12%	0.46	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Caramel Banana Waffle	3218	38%	769	38%	37.9	54%	22.8	114%	97.7	38%	74.9	83%	7.4	15%	1.15	19%

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
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Chocolate Fondant	2855	34%	682	34%	36.0	51%	22.4	112%	80.3	31%	68.1	76%	8.7	17%	0.40	7%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Piña Colada Sundae	2361	28%	564	28%	27.3	39%	19.1	95%	71.1	27%	56.3	63%	2.7	5%	0.49	8%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Mini Pudding & Hot Drink - please select your choice from the below-																
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Mini Vanilla & Strawberry Cheesecake	1152	14%	275	14%	17.4	25%	6.8	34%	27.3	10%	19.5	22%	2.1	4%	0.11	2%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Mini Eton Mess Sundae	1061	13%	254	13%	15.8	23%	10.2	51%	25.0	10%	22.7	25%	2.7	5%	0.15	3%
Neighbourhood - SS21 Pub & Kitchen (Core Food Menu)	Desserts	Mini Belgian Chocolate Brownie	1047	12%	250	13%	12.6	18%	3.8	19%	32.0	12%	25.3	28%	2.0	4%	0.06	1%