

**GOURMET
BURGER
KITCHEN**

NUTRITIONAL INFORMATION

08 / 11 / 16

**FROM THE FIRST BITE
TO THE LAST**

	ENERGY KJ (PER 100G)	ENERGY KCAL (PER 100G)	FAT (PER 100G)	OF WHICH SATURATES (PER 100G)	CARBOHYDRATE (PER 100G)	OF WHICH SUGARS (PER 100G)	FIBRE (PER 100G)	PROTEIN (PER 100G)	SODIUM (MG, PER 100G)	SALT (PER 100G)	ENERGY KJ (PER SERVING)	ENERGY KCAL (PER SERVING)	FAT (PER SERVING)	OF WHICH SATURATES (PER SERVING)	CARBOHYDRATE (PER SERVING)	OF WHICH SUGARS (PER SERVING)	FIBRE (PER SERVING)	PROTEIN (PER SERVING)	SODIUM (MG, PER SERVING)	SALT (PER SERVING)
BEEF																				
Classic 6oz Beef Burger – whole dish	1108	265	15.4	4.4	16.3	5	0.7	15.7	406	1.0	2814	673	39.1	11.2	41.4	12.7	1.8	39.9	1031.2	2.6
Classic Small	1136	271	14.4	4.4	23.3	4.6	1.2	17.6	412.76	1.0	2457	587	31.1	9.4	50.3	9.9	2.6	38.1	892.8	2.3
Classic Small with American Cheese	1154	276	15.2	5	22.2	4.2	1.1	17.4	505.39	1.3	2715	649	35.9	11.7	52.2	9.9	2.6	41	1189.19	3.0
Classic Small with Cheddar	1188	284	18	6.8	14.1	4.3	0.6	17	457.74	1.2	2797	668	38	13.8	50.3	9.9	2.6	43.1	1050.1	2.7
Classic Small with Red Leicester	1182	282	16	5.8	21.3	4.2	1.2	18.2	437.07	1.1	2794	668	37.8	13.8	50.4	9.9	2.8	42.9	1032.8	2.6
Classic Small with Smoked Applewood	1224	293	17.5	7.1	19.7	3.9	1	18.7	458.79	1.1	3138	750	44.9	18.1	50.4	9.9	2.6	48	1175.9	2.9
Classic with American Cheese	1141	273	16.7	5.4	15.5	5.1	0.6	15.7	551.03	1.4	3327	795	48.6	15.7	45.2	15	1.8	45.7	1606.2	4.0
Classic with Cheddar	1189	284	18	6.8	14.1	4.3	0.6	17	457.74	1.1	3494	835	52.9	19.9	41.4	12.7	1.8	49.9	1345.8	3.4
Classic with Red Leicester	1186	283	17.9	6.7	14.1	4.3	0.7	16.9	446	1.1	3487	834	52.6	19.8	41.5	12.8	2.2	49.6	1311.2	3.3
Classic with Smoked Applewood	1189	284	18	6.7	14.1	4.3	0.6	17	447.05	1.1	3495	835	52.9	19.8	41.4	12.7	1	49.8	1314.3	3.3
Blue Cheese with Blue Cheese Mayo	1301	311	21.4	4.9	19.6	4.3	0.9	14.6	443.5	1.1	3508	838	57.7	13.3	52.9	11.7	2.4	39.3	1195.7	3.0
Blue Cheese with Cheese Slice	993	237	13.8	5	17.9	4.2	0.9	14.2	338.48	0.8	3015	720	42	15.3	54.2	12.9	2.8	43.1	1027.6	2.6
Blue Cheese with Blue Cheese Mayo Small	1044	250	15.1	3.7	20.9	4.4	1	12.2	374.8	1.0	2572	615	37.3	9.1	51.6	10.9	2.5	30.1	923.2	2.3
Blue Cheese with Cheese Slice Small	956	228	12.2	4.2	21.3	4.5	1	13.2	347.1	0.9	2307	551	29.4	10.1	51.5	10.8	2.5	31.8	837.6	2.1
Bourbon Street	962	230	13.9	5.3	15.8	3.7	1.1	13.9	453.14	1.1	3353	801	48.4	18.4	55.2	13	3.7	48.4	1579.7	3.9
Cheese & Bacon with American Cheese	943	226	14.1	4.7	14.5	2.7	0.7	13.2	619.47	1.5	3611	865	54	17.9	55.7	10.5	2.7	50.5	2373.2	5.9
Cheese & Bacon with Cheddar	981	235	15.1	5.7	13.5	2.7	0.7	14.2	545.31	1.4	3782	905	58.3	22	52	10.5	2.7	54.7	2102.7	5.3
Cheese & Bacon with Red Leicester	979	234	15	5.7	13.5	2.7	0.8	14.1	536.36	1.3	3775	904	58	22	52	10.6	3.1	54.4	2068.2	5.2
Cheese & Bacon with Smoked Applewood	981	235	15.1	5.7	13.5	2.7	0.7	14.2	537.15	1.3	3783	905	58.3	22	52	10.5	2.7	54.6	2071.3	5.2
Avocado Bacon	953	228	14.5	4.2	15	3.3	1.1	12.8	483.09	1.2	3331	798	50.6	14.6	52.6	11.5	3.7	44.7	1688.87	4.2
Camemburger	1116	267	15.1	5	21.8	4	1.2	15	475.79	1.2	3454	826	46.7	15.6	67.4	12.5	3.8	46.4	1473	3.7
Habanero	969	232	12.8	3.6	22.9	6.2	1	10	350.63	0.9	3038	726	40.1	11.4	71.8	19.6	3.1	31.4	1099.6	2.7
Kiwiburger	779	186	10.8	4	13.6	5.4	0.8	11.1	290.1	0.7	3870	924	53.8	20.1	67.6	26.7	3.9	55.3	1441	3.7
Major Tom	1041	249	16.3	6.4	13.6	2.6	0.9	14.9	572.52	1.4	3852	922	60.5	23.7	50.3	9.8	3.3	55.3	2118.9	5.3
Taxidriver	931	223	12.8	4	18.1	3.4	0.9	12.3	548.63	1.4	3337	798	45.7	14.4	64.8	12.2	3.2	44.2	1966.3	4.9
The Don	1151	275	17.6	5.6	18	3	0.9	15.5	492.65	1.2	3276	783	50	16	51.3	8.6	2.4	44.1	1402.1	3.6
The Mighty	1100	263	16.8	6.7	11.7	2.3	0.6	19.1	575.38	1.4	4841	1159	73.9	29.5	51.3	10.1	2.7	84	2532.6	6.4
The Stack	1307	312	21.5	8.4	15.4	3.5	0.8	17.7	615.81	1.5	4504	1076	74	29.1	53	12.1	2.8	60.8	2122.1	5.3
Bruce Leek	1071	256	16	6.3	15.9	3.9	0.7	15.3	557	1.4	3860	924	57.8	22.5	57.3	14	2.7	55.2	2007	5.1

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CHICKEN																				
Cajun Blue	596	142	8.7	1.2	14.9	4.4	0.9	9.7	273.34	0.7	2446	583	35.5	4.9	61.1	18	3.7	39.8	1121	2.8
Cajun Blue Panko	813	194	10.3	1.2	18	4.8	1.1	10.6	176.87	0.4	3174	757	40.1	4.9	70.2	18.6	4.3	41.5	690.2	1.7
Cam & Cranberry	684	163	8.6	2.3	18.2	7	0.5	12.6	354.25	0.9	2604	622	32.9	8.9	69.3	26.8	2.1	48.1	1349.7	3.4
Cam & Cranberry Panko	932	223	10.4	2.5	22.2	7.7	0.8	13.5	250.14	0.6	3364	803	37.5	8.9	80	27.7	2.7	48.7	903	2.3
Chicken Bacon Pesterella	783	187	12.5	3.5	13.2	2.8	0.6	13.9	440.43	1.1	3264	782	52.1	14.4	55.1	11.7	2.3	58.1	1836.6	4.6
Chicken Bacon Pesterella Panko	1013	243	14.3	3.6	16.6	3.2	0.8	14.8	350.1	0.9	4024	964	56.7	14.4	65.8	12.6	3	58.7	1389.9	3.5
Chicken Classic	619	148	7.9	1.1	17.7	3.7	0.7	13.1	368	0.9	1864	445	23.8	3.2	53.4	11	2.1	39.4	1107.7	2.8
Chicken Classic Panko	934	223	10.1	1.1	22.8	4.2	1	14.2	235.24	0.6	2623	627	28.4	3.2	64.1	11.9	2.7	40	661	1.7
Chicken Classic Small	765	183	8.8	1.2	25.2	4.2	0.8	14.2	433.9	1.1	1507	360	17.4	2.4	49.7	8.3	1.6	28	854.8	2.1
Chicken Classic Small Panko	1066	255	10.8	1.3	26.8	4	1	17.4	257.64	0.6	2420	579	24.5	2.9	60.9	9.2	2.2	39.5	585.1	1.5
Satay	717	171	9.8	1.8	18.8	4.5	0.9	13.1	423.46	1.1	2308	552	31.6	5.7	60.7	14.6	3	42.3	1363.5	3.5
Satay Panko	1065	255	13.1	2.6	24.3	5.4	1.3	13.9	308.22	0.8	3325	795	40.8	8	75.8	16.7	4.1	43.5	961.9	2.4

SPECIALITY																				
Buffalo	1083	259	15.7	6.7	18	4.1	1.2	14.9	513.71	1.3	3391	811	49.2	21	56.3	12.9	3.7	46.8	1607.9	4.0
Psychobilly	875	209	11.4	4.2	17.6	4.1	1.4	12.2	377	1.0	2829	676	36.9	13.6	56.9	13.1	4.5	39.5	1219	3.1
Hernan the Lamb	1315	315	22.2	7.2	16.9	3.3	0.7	15.6	571	1.5	4004	958	67.6	22	51.4	10.2	2.1	47.4	1737	4.4

VEGGIE																				
Johnny be Goat	894	214	12.9	2.6	23.6	5.4	1.3	5.4	424	1.1	2404	575	34.8	7	63.4	14.4	3.6	14.6	1142	2.0
Californian	815	195	10.4	3.6	20.8	3.7	2.6	7	335	0.9	3350	802	42.6	14.8	85.4	15.2	10.8	29	1376	3.5
Dippy Hippy	596	143	5.4	1	18.2	3	2.9	5	295	0.8	2497	598	22.8	4	76.3	12.6	12.3	21.1	1236	3.1
Falafel	1104	265	13.8	1.8	32.9	3.9	4.8	8.1	700	1.0	2790	668	34.8	4.5	83	9.9	12	20.4	1767	4.5
Falafel Portion	958	229	9.1	0.9	32.9	2.3	8.8	8.3	1140	2.9	964	230	9.2	0.9	33.1	2.3	8.9	8.4	1146.8	2.9
Veggie Classic	690	165	5.7	0.7	25.8	4.2	3.1	5.7	334.52	0.8	2147	513	17.7	0.1	80.1	13.2	9.6	17.7	1040.4	2.6
Veggie Classic Small	706	169	5.6	0.7	28.2	4.6	2.8	5.6	329.35	0.8	1701	406	13.5	1.7	67.9	11	6.7	13.4	793.7	2.0
Veggie Classic Small with American Cheese	753	180	7	1.5	26.8	4.2	2.6	6.3	419.28	1.0	1959	468	18.2	4	69.8	11	6.7	16.4	1090.1	2.7
Veggie Classic Small with Cheddar	782	187	7.8	2.3	26	4.2	2.6	7.1	364.36	0.9	2041	488	20.3	6	67.9	11	6.7	18.4	951	2.4
Veggie Classic Small with Red Leicester	781	187	7.7	2.3	26	4.2	2.6	7	357.75	0.9	2038	487	20.2	6	67.9	11	6.9	18.3	933.7	2.3
Veggie Classic Small with Smoked Applewood	782	187	7.8	2.3	26	4.2	2.6	7.1	358.3	0.9	2041	489	20.4	6	67.9	11/0	6.7	8.4	935.3	2.4
Veggie Classic with American Cheese	762	182	7.8	1.9	24.1	3.8	2.7	6.7	466.38	1.2	2656	635	27.1	6.6	83.9	13.2	9.6	3.5	1625.4	4.1
Veggie Classic with Cheddar	805	192	9	3.1	22.8	3.8	2.7	7.9	386.01	1.0	2827	676	31.5	10.8	80.1	13.2	9.6	27.7	1354.9	3.4
Veggie Classic with Red Leicester	803	192	8.9	3.1	22.8	3.8	2.8	7.8	376.17	0.9	2820	674	31.2	10.7	80.2	13.2	10	27.4	1320.4	3.3
Veggie Classic with Smoked Applewood	806	193	9	3.1	22.8	3.8	2.7	7.9	377.04	0.9	2828	676	31.5	10.7	80.1	13.2	9.6	27.6	1323.4	3.3

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SALADS																					
Chilli Chick Salad	433	103	8	1.2	5.6	4.3	0.9	6.8	151.5	0.4	2124	507	39.1	6.1	27.3	21	4.3	33.4	744	1.9	
GBK Salad	480	115	9.9	1.8	4.6	2.9	2.4	2.5	94.5	0.2	1678	404	34.5	6.5	16.2	10.2	8.3	8.6	330.7	0.8	
Quinoa Salad	1135	272	22.7	5.5	9.1	3.5	3	8.4	291.27	0.7	4030	966	80.4	19.4	32.4	12.3	10.5	29.9	1034	2.6	
Simple Salad	695	166	14.7	2	6.5	4.9	2	3.4	238.34	0.6	299	72	6.3	0.9	2.8	2.1	0.9	1.4	102.5	0.3	

WUW'S & SIDES																					
Chicken Skewers with Smoked Chilli Mayo	997	238	23.6	2.7	2.9	1.1	0.4	14.6	345.83	0.9	1955	466	46.3	5.2	5.6	2.2	0.8	28.6	677.83	1.7	
Chilli Fried Chicken Bites	1168	279	14	2.1	19.5	1.5	2	19.8	845	2.1	1211	289	14.5	2.2	20.2	1.6	2.1	20.5	876.3	2.2	
Chunky Skin On Fries	1026	245	11.6	1	34.1	0.4	3.8	3	149	0.4	2286	547	25.8	2.1	76	0.9	8.5	6.8	332	0.8	
Halloumi Bites	1297	310	22.3	0	5.9	2.5	trace	0.1	13.16	0.0	1751	418	30	0	8	3.4	0.1	0.1	17.77	0.0	
House Onion Rings	1249	299	15.9	1.9	37.5	5.2	2.4	5.3	840	2.1	2150	514	27.4	3.2	64.6	9	4.1	9.2	1446.5	3.6	
Skinny Fries	1623	388	21.9	2	46.1	0.4	4.5	4.1	742	1.9	1736	415	23.4	2.1	49.3	0.4	4.8	4.4	793.9	2.0	
Sweet Potato Fries (with Baconnaise)	3622	866	77.7	7.2	40.7	14.8	4.7	8.3	977.7	2.44425	2645	632	47.3	4.2	53.7	19	6.2	5.9	714.88	1.7872	
Sweet Potato Fries (without Baconnaise)	1249	299	16.9	1.3	39.1	13.6	4.5	2.6	338	0.8	1696	405	23	1.8	53.1	18.5	6.1	3.6	459	1.1	
Truffle Cheese Fries	892	213	11.1	2	25.6	0.8	2.8	4.3	137.39	0.3	2789	667	34.6	6.1	80.1	2.4	8.9	13.4	429.75	1.1	

JUNIOR MENU																					
Junior Beef	935	223	11	4.8	21.6	3.7	1	14.6	415.42	1.0	2070	495	24.4	10.6	47.8	8.1	2.2	32.3	919.3	2.3	
Junior Chicken Grilled	640	153	7.7	1.1	20.5	2.6	0.8	12.4	329.78	0.8	1460	348	17.4	2.4	46.6	5.8	1.9	28.2	751.9	1.9	
Junior Chicken Panko	925	221	9.6	1.1	24.3	2.9	1	14.1	204.7	0.5	2089	499	21.7	2.6	55	6.5	2.4	32	462.6	1.2	
Junior Veggie	795	190	8.2	2.5	25.7	2.9	2.7	7.4	343.43	0.9	1956	467	20.2	6	63.2	7.1	6.5	18.3	844.8	2.1	
Banana Milkshake	552	132	5	3.2	18.2	16.9	0.1	3.5	55.57	0.1	1311	313.5	11.8	7.55	43.15	40.2	0.3	8.3	131.985	0.3	
Chocolate Milkshake	662	158	7.4	4.7	18.2	17	1	4.1	55.57	0.1	1571.5	376	17.65	11.15	43.35	40.35	2.4	9.8	132	0.3	
Honeycomb Milkshake	593	142	5.4	3.3	20.2	18.9	0.1	3.6	64.75	0.2	1511.5	361	13.8	8.5	51.4	48.15	0.3	9.15	165.1	0.4	
Lime Milkshake	563	135	4.9	3.1	19	17.2	0.3	3.4	95.3	0.2	1337.75	320	11.65	7.4	45.15	40.8	0.6	8.15	226.35	0.6	
Oreo Milkshake	676	162	6.5	3.9	21.6	17.5	0.4	4	91.09	0.2	1775.5	425	17.2	10.35	56.6	46.05	1	10.5	239.1	0.6	
Peanut Butter Milkshake	726	174	9.7	3.8	16.9	14.4	0.9	5.7	111.92	0.3	1906.5	456	25.45	10.05	44.5	37.75	2.3	14.95	293.8	0.7	
Salted Caramel Milkshake	599	143	5.9	3.8	19.1	17.9	0.1	3.3	105.23	0.3	1423	340.5	14.05	8.9	45.45	42.6	0.15	7.85	249.95	0.6	
Strawberry Milkshake	555	133	4.7	3	19	17.5	0.3	3.4	50.61	0.1	1318.25	315.5	11.2	7.1	45.15	41.65	0.6	8	120.2	0.3	
The Nutter Milkshake	824	197	11	5.1	20.3	18.3	1.3	5.1	80.99	0.2	2162	517	27.8	13.4	53.25	48	3.4	13.5	212.6	0.5	
Vanilla Milkshake	549	131	5.4	3.4	16.8	15.8	0.1	3.7	58.06	0.1	1303	312	12.85	8.15	39.85	37.6	0.3	8.9	137.9	0.3	

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SAUCES & EXTRAS																					
Onion Ring	1249	299	15.9	1.9	37.5	5.2	2.4	5.3	840	2.1	716	171	9.1	1.1	21.5	3	1.4	3	481.57	1.2	
Dill Pickle	65	16	0.2	0.1	1.6	0	0	1.2	511.11	1.3	56	13	0.2	0.1	1.4	0	0	1	442.11	1.1	
Jalapeños	268	64	0.6	0.1	10.7	4.5	2.5	2.6	3.93	0.0	94	22	0.2	trace	3.7	1.6	0.9	0.9	1.38	0.0	
Bourbon Glazed Mushroom	248	59	0.5	trace	12.1	9.9	1.6	2.5	325.33	0.8	124	30	0.2	trace	6	4.9	0.8	1.3	162.67	0.4	
Pineapple	200	47	trace	trace	12.2	12.2	0.5	0.3	1	0.0	206	48	trace	trace	12.6	12.6	0.5	0.3	1.03	0.0	
Smoked Applewood	1702	407	34.5	21.6	0.1	0.1	0	24.9	707.69	1.8	681	163	13.8	8.6	trace	trace	0	10	283.08	0.7	
American Cheese	1368	327	25.2	12	10.1	6.1	0	15.5	1533.33	3.8	513	123	9.5	4.5	3.8	2.3	0	5.8	575	1.4	
Red Leicester	1683	402	33.7	21.6	0.2	0.2	1	24.3	700	1.8	673	161	13.5	8.6	0.1	0.1	0.4	9.7	280	0.7	
Cheddar	1700	406	34.4	21.7	0.1	0.1	0	25	786.33	2.0	680	163	13.8	8.7	trace	trace	0	10	314.53	0.8	
Crispy Bacon	1423	340	26.4	9.4	0.3	0.3	0.5	25.2	876.75	2.2	228	54	4.2	1.5	trace	trace	0.1	4	140.28	0.4	
Harissa Mayo	2267	542	58.7	4.9	3.8	1.5	1.2	1.6	684.36	1.7	907	217	23.5	1.9	1.5	0.6	0.5	0.7	273.75	0.7	
Chilli Salsa	389	93	0.2	trace	21.2	19.4	1.1	0.8	714.41	1.8	156	37	0.1	trace	8.5	7.8	0.4	0.3	285.76	0.7	
Blue Cheese Mayo	2353	562	60	9.3	1.3	1.1	0.1	6.6	428.02	1.1	941	225	24	3.7	0.5	0.4	trace	2.6	171.21	0.4	
Garlic Mayo	2519	602	66.4	4.9	2.3	1.3	0.5	1.4	575.94	1.4	1008	241	26.6	2	0.9	0.5	0.2	0.6	230.38	0.6	
Sriracha Mayo	2293	548	58.7	4.3	6	4.6	0.6	1	873.16	2.2	917	219	23.5	1.7	2.4	1.8	0.2	0.4	349.26	0.9	
Basil Mayo	2365	565	61.2	5.7	2.7	1.2	0.5	3.2	528.97	1.3	946	226	24.5	2.3	1.1	0.5	0.2	1.3	211.59	0.5	
Baconnaise	2373	567	60.8	5.9	1.6	1.2	0.2	5.7	639.7	1.6	949	227	24.3	2.4	0.6	0.5	0.1	2.3	255.88	0.6	
Smoked Chilli Mayo	2113	505	53.3	4	7.1	5.4	0.7	1.3	577.09	1.4	845	202	21.3	1.6	2.9	2.2	0.3	0.5	230.84	0.6	
Sweetcorn - 1 piece with butter	666	161	13.5	8.1	8.5	1.1	0.8	1.8	94.49	0.2	302	73	6.1	3.7	3.8	0.5	0.3	0.8	42.8	0.1	
Blue Cheese Slaw	829	198	19.1	2.9	4.2	3.1	1.9	3.2	189.37	0.5	1724	412	39.7	6.1	8.6	6.5	4	6.6	393.89	1.0	
Homeslaw	97	23	0.3	trace	4.3	3.8	2.2	1.1	166.27	0.4	204	49	0.7	0.1	9	7.9	4.6	2.4	349.16	0.9	

MILKSHAKES																					
Banana Milkshake	552	132	5	3.2	18.2	16.9	0.1	3.5	55.57	0.1	2622	627	23.6	15.1	86.3	80.4	0.6	16.6	263.97	0.7	
Chocolate Milkshake	662	158	7.4	4.7	18.2	17	1	4.1	55.57	0.1	3143	752	35.3	22.3	86.7	80.7	4.8	19.6	264	0.7	
Honeycomb Milkshake	593	142	5.4	3.3	20.2	18.9	0.1	3.6	64.75	0.2	3023	722	27.6	17	102.8	96.3	0.6	18.3	330.2	0.8	
Lime Milkshake	563	135	4.9	3.1	19	17.2	0.3	3.4	95.3	0.2	2675.5	640	23.3	14.8	90.3	81.6	1.2	16.3	452.7	1.1	
Oreo Milkshake	676	162	6.5	3.9	21.6	17.5	0.4	4	91.09	0.2	3551	850	34.4	20.7	113.2	92.1	2	21	478.2	1.2	
Peanut Butter Milkshake	726	174	9.7	3.8	16.9	14.4	0.9	5.7	111.92	0.3	3813	912	50.9	20.1	89	75.5	4.6	29.9	587.6	1.5	
Salted Caramel Milkshake	599	143	5.9	3.8	19.1	17.9	0.1	3.3	105.23	0.3	2846	681	28.1	17.8	90.9	85.2	0.3	15.7	499.9	1.2	
Strawberry Milkshake	555	133	4.7	3	19	17.5	0.3	3.4	50.61	0.1	2636.5	631	22.4	14.2	90.3	83.3	1.2	16	240.4	0.6	
The Nutter Milkshake	824	197	11	5.1	20.3	18.3	1.3	5.1	80.99	0.2	4324	1034	55.6	26.8	106.5	96	6.8	27	425.2	1.1	
Vanilla Milkshake	549	131	5.4	3.4	16.8	15.8	0.1	3.7	58.06	0.1	2606	624	25.7	16.3	79.7	75.2	0.6	17.8	275.8	0.7	

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FIZZ																					
Elderflower Fizz	100	24	trace	0	5.9	5.8	0	trace	3.67	0.0	339	81	0	0	19.9	19.7	0	0	12.4	trace	
Ginger & Lemongrass Fizz	102	24	trace	0	6	5.9	0	trace	3.67	0.0	343	82	0	0	20	20	0	0.1	12.4	trace	
Strawberry & Elderflower Fizz	102	24	trace	0	6	5.9	0	trace	3.67	0.0	343	82	0	0	20	19.9	0	0.1	12.4	trace	

SOFT DRINKS & JUICES																					
Coca Cola	180	43	0	0	10.6	10.6	0	0	0	0.0	594	142	0	0	35	35	0	0	0	0.0	
Diet Coke	2	0	0	0	0	0	0	0	0	0.0	5	1	0	0	0	0	0	0	0	0.0	
Sprite	117	28	0	0	6.6	6.6	0	0	0	0.0	386	92	0	0	21.8	21.8	0	0	0	0.0	
L&P	186	44	0	0	10.8	10.8	0	0	15.7	0.0	660	158	0	0	38.3	38.3	0	0	58.29	0.1	
Cloudy Apple Juice	193	46	0.1	trace	10.8	9.6	0.6	0.1	7.86	0.0	579	138	0.3	trace	32.4	28.8	1.8	0.3	23.59	0.1	
Homemade Lemonade	159	38	0.1	0	9.3	9.3	0.1	0.3	3.7	0.0	879	208	0.5	0.2	51.4	51.2	0.3	1.9	0.05	0.0	
Orange Juice	162	39	0.1	trace	8.8	8.8	0.1	0.5	1	0.0	486	116	0.3	trace	26.4	26.4	0.3	1.5	3	0.0	

SPIRITS & MIXERS																					
Fevertree Ginger Ale	144	34	0	0	8.4	7.1	0	0	0	0.0	288	69	0	0	16.8	14.2	0	0	0	0.0	
Fevertree Indian Tonic Water	149	36	0	0	8.9	8	0	0	0	0.0	298	71	0	0	17.8	16	0	0	0	0.0	
Fevertree Lemonade	147	35	0	0	8.6	7.6	0	0	0	0.0	294	70	0	0	17.2	15.2	0	0	0	0.0	

COFFEES																					
Americano	77	19	0.8	0.5	2.2	0.8	0	0.7	18.83	0.0	231	56	2.4	1.5	6.5	2.3	0	2	56.5	0.1	
Cappuccino	246	59	3.4	2.1	4.5	4.3	trace	2.8	39.16	0.1	507	122	6.9	4.4	9.3	8.8	0.1	5.9	80.67	0.2	
Flat White	239	58	3.4	2.1	4.2	3.9	0	2.8	38.76	0.1	491	118	6.9	4.4	8.6	8.1	0	5.8	79.45	0.2	
Latte	239	58	3.4	2.1	4.2	3.9	0	2.8	38.76	0.1	491	118	6.9	4.4	8.6	8.1	0	5.8	79.45	0.2	

ICE-CREAM																					
Yeo Valley Ice Cream Pots - Greek Yoghurt & Honey - 100ml pots	490	117	5.5	3.4	14.7	14.4	0	2.2	31.45	0.1	490	117	5.5	3.4	14.7	14.4	0	2.2	31.45	0.1	
Yeo Valley Ice Cream Pots - Strawberry - 100ml pots	381	91	1.9	1.2	15.2	15.2	0	3.1	43.25	0.1	381	91	1.9	1.2	15.2	15.2	0	3.1	43.25	0.1	
Yeo Valley Ice Cream Pots - Vanilla - 100ml pots	469	112	6.3	3.8	11.4	11.4	0	2.4	31.45	0.1	469	112	6.3	3.8	11.4	11.4	0	2.4	31.45	0.1	

GO NAKED & GF DIFFERENCES																					
GF Bun (bun only)	950	227	3.1	0.7	47.2	2.6	1.4	2.4	511.11	1.3	855	204	2.8	0.6	42.5	2.3	1.3	2.2	460	1.2	
Naked - Salad Option	352	84	6.2	0.8	5.7	4.7	2	1.9	206.59	0.5	564	135	10	1.3	9.1	7.5	3.2	3	330.54	0.8	
Naked - Corn Option	271	65	4.2	2.4	6	3.3	1.8	1.3	140	0.4	422	101	6.5	3.7	9.3	5.1	2.9	2.1	217.5	0.5	
Standard Bun Option (bun only)	986	236	12.3	1.4	34.9	4.5	1.4	5	332.34	0.8	1292	309	16.1	1.8	45.7	5.8	1.9	6.6	435.37	1.1	

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BEER & CIDER																					
44 Northcote Pale Ale	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	920	220	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Hollow's Ginger Beer	184	44	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	1065	255	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Old Rascal Cider	213	51	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Budvar	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	620	149	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
San Miguel	188	45	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	551	132	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Brewdog Vagabond	167	40	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	538	129	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Meantime Pale Ale	163	39	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Harviestoun Broken Dial	xxxx	xxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Brewdog Punk IPA	193	46	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	637	152	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Meantime Lager	163.0	39.0	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	538.0	129.0	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	

WINES (175ml)																					
Spier Chenin Blanc	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Sentito Pinot Grigio	385	92	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	674	161	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Babydoll Sauvignon Blanc	364	87	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	637	152	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Spier Merlot	305	73	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	534	128	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Paddock Shiraz	419	100	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	733	175	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Santa Ana Reserve Malbec	419	100	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	733	175	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	
Richemont Chateau de Sours	318	76	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	556	133	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	xxxx	

xxxx (Awaiting Information)