

Key & Interpreting Data

The figures given below give the nutrition values for each complete dish as listed on the menu.
 The GDA columns indicates the % of recommended daily amounts (GDA) for an average adult (women, 2000 kcal) for each nutrient.
 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
 Where it says UNKNOWN, standard data is not yet available

Category	RecipeNumber	Name	Calories		Fat g		SatFat g		Salt g		Sugars g		Carbohydrates g		Protein g	
			Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA
Starters	6892	Soup of the Day	385	19%	29	41%	13	63%	2.13	36%	5	5%	28	10%	6	11%
Modifier	551286	Soup Bread Brown	156	8%	2	3%	1	4%	0.67	11%	2	2%	32	12%	6	11%
Modifier	551287	Soup Bread White	163	8%	3	4%	2	10%	0.83	14%	2	2%	31	11%	6	11%
Starters	7388	Prawn Cocktail (+)	467	23%	29	42%	8	38%	1.88	31%	8	8%	39	14%	16	33%
Starters	9728	Combo Platter for 2	1613	81%	93	132%	26	130%	5.91	98%	28	31%	142	53%	57	115%
Starters	35099	Chicken Liver Pate	441	22%	22	32%	14	70%	1.18	20%	17	19%	47	18%	13	27%
Starters	38309	Garlic Mushroom Bowl (v)	505	25%	43	62%	25	127%	1.44	24%	2	2%	22	8%	8	16%
Starters	41076	Nachos with Chilli	718	36%	44	63%	15	75%	4.04	67%	20	22%	56	21%	26	52%
Starters	550347	Garlic Bread Fingers & Dips (v)	771	39%	57	82%	27	133%	2.36	39%	7	8%	53	20%	10	21%
Starters	551559	Grilled Lamb Kofta	336	17%	18	26%	7	35%	1.69	28%	9	10%	29	11%	19	38%
Starters	551562	Tomato & Oregano Nacho Cheese Bites (v)	397	20%	27	38%	11	57%	1.50	25%	9	10%	28	10%	11	22%
Starters	551564	Chicken, Leek & Gruyere Cheese Batons	338	17%	21	30%	8	41%	1.42	24%	15	17%	28	10%	10	19%
Side Orders	7743	Chips (v)	406	20%	21	30%	2	9%	0.15	2%	3	3%	52	19%	5	11%
Side Orders	7744	Jacket	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Side Orders	7745	Pan-Fried Mushrooms (v)	60	3%	5	7%	3	14%	0.11	2%	0	0%	1	0%	3	7%
Side Orders	7746	Onion Rings (v)	460	23%	30	43%	11	54%	1.60	27%	6	6%	41	15%	7	15%
Side Orders	7747	Garlic Ciabatta (v)	313	16%	13	19%	3	17%	1.27	21%	1	1%	41	15%	9	19%
Side Orders	7748	Cheesy Garlic Ciabatta (v)	417	21%	22	32%	9	44%	1.69	28%	1	1%	41	15%	16	31%
Side Orders	7749	Side Salad with Low Fat Vinaigrette Dressing (v)	30	2%	1	1%	0	0%	0.31	5%	4	5%	5	2%	1	2%
Side Orders	7751	Steak Sauce Peppercorn	69	3%	5	7%	3	14%	0.69	12%	1	1%	4	1%	1	3%
Side Orders	7758	Bread & Butter (v)	150	7%	17	24%	11	54%	0.32	5%	[UNKNOWN]	0%	0	0%	0	0%
Side Orders	7768	Extra Yorkshire Pudding	101	5%	4	6%	0	2%	0.00	0%	1	1%	13	5%	3	6%
Side Orders	7770	Tortillas & Accompaniments	650	33%	33	48%	6	32%	3.22	54%	10	12%	75	28%	14	28%
Side Orders	7773	Twister Fries (v)	510	25%	30	43%	3	13%	0.34	6%	1	1%	58	21%	6	13%
Side Orders	22999	Naan Bread (v)	349	17%	8	12%	[UNKNOWN]	0%	1.37	23%	1399	1554%	73	27%	11	22%
Side Orders	38580	Steak Topper - Mushroom & Shropshire Blue Cheese (v)	169	8%	14	20%	9	46%	0.84	14%	0	0%	0	0%	10	20%
Side Orders	38581	Steak Topper - Blackened Seasoning	22	1%	0	1%	[UNKNOWN]	0%	2.83	47%	[UNKNOWN]	0%	5	2%	1	2%
Side Orders	38582	Steak Topper - 2 Fried Eggs	179	9%	14	20%	4	20%	0.40	7%	[UNKNOWN]	0%	[UNKNOWN]	0%	14	27%
Side Orders	38902	Steak Topper - Wholetail Scampi (+)	191	10%	11	16%	1	6%	1.32	22%	0	0%	17	6%	8	15%
Side Orders	67453	Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Side Orders	67455	Steak Sauce Diane	56	3%	3	5%	2	9%	1.31	22%	1	1%	4	1%	2	4%
Side Orders	550352	Half a Corn on the Cob & Butter (v)	169	8%	10	15%	5	27%	0.16	3%	2	2%	17	6%	4	7%
Side Orders	550353	Steak Topper - New Yorker	321	16%	21	31%	10	52%	3.73	62%	11	12%	13	5%	20	40%
Side Orders	551582	Side Order Selection (v)	435	22%	26	37%	10	49%	1.53	26%	3	4%	41	15%	10	20%
Side Orders	551583	Steak Sauce Tomachillo	46	2%	2	2%	0	1%	0.62	10%	3	4%	6	2%	1	2%
Side Orders	551761	Steak Sauce Caramelised Onion & Ale	35	2%	1	2%	0	0%	0.54	9%	3	3%	6	2%	1	1%
Side Orders	552233	Sharing Chips (v)	741	37%	38	55%	3	17%	0.27	5%	5	6%	95	35%	10	20%
Modifier	552050	Cauliflower Cheese Tart (v)	541	27%	36	52%	10	48%	2.55	43%	5	6%	40	15%	13	26%
Mains	7393	Gammon Steak	1286	64%	63	90%	4	22%	14.16	236%	23	25%	85	32%	99	198%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	7410	8oz Sirloin Steak	964	48%	45	64%	10	51%	0.58	10%	10	11%	72	27%	72	144%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	8337	Mini Grill	1705	85%	119	170%	39	197%	0.86	14%	23	26%	89	33%	75	149%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	550361	Hardy's House Mixed Grill	1627	81%	75	107%	19	94%	8.32	139%	24	26%	89	33%	154	307%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%

Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	550363	16oz T-bone Steak	1363	68%	62	89%	18	89%	0.95	16%	10	11%	72	27%	132	265%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	38319	8oz Rump Steak	966	48%	41	58%	8	41%	0.63	11%	10	11%	72	27%	82	164%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	9763	Hardy's House Gourmet Burger - British Beef	2005	100%	116	166%	44	220%	9.38	156%	34	38%	148	55%	83	165%
Mains	43313	Hardy's House Gourmet Burger - Southern Fried Chicken	1759	88%	88	126%	23	115%	7.99	133%	35	39%	170	63%	77	154%
Mains	43315	Hardy's House Gourmet Burger - Tandoori Vegetable (v)	1220	61%	51	73%	13	65%	4.24	71%	43	48%	165	61%	29	58%
Mains	7438	Wholetail Scampi (+)	457	23%	26	37%	3	13%	3.17	53%	0	0%	40	15%	18	36%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Modifier	7820	With Mushy Peas (v)	120	6%	1	1%	0	2%	1.13	19%	2	2%	20	7%	9	18%
Modifier	7822	With Petit Pois (v)	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Modifier	68024	With Baked Beans (v)	99	5%	0	0%	[UNKNOWN]	0%	0.75	13%	5	6%	17	6%	7	14%
Modifier	69024	With Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Modifier	93054	With Salad Garnish (v)	13	1%	0	0%	0	0%	0.15	2%	2	2%	2	1%	1	1%
Mains	41272	Surf & Turf (+)	1155	58%	56	79%	11	57%	1.90	32%	10	11%	89	33%	80	160%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Mains	43302	Cod Regular (+)	594	30%	37	53%	10	49%	0.96	16%	0	0%	28	10%	39	77%
Modifier	50070	Fish Batter Plain Regular	263	13%	1	2%	0	1%	0.01	0%	0	0%	59	22%	7	13%
Modifier	50072	Fish Batter Herb Regular	304	15%	1	2%	0	1%	0.01	0%	0	0%	68	25%	8	16%
Modifier	7820	With Mushy Peas (v)	120	6%	1	1%	0	2%	1.13	19%	2	2%	20	7%	9	18%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Modifier	7822	With Petit Pois (v)	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Modifier	68024	With Baked Beans (v)	99	5%	0	0%	[UNKNOWN]	0%	0.75	13%	5	6%	17	6%	7	14%
Modifier	69024	With Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Modifier	93054	With Salad Garnish (v)	13	1%	0	0%	0	0%	0.15	2%	2	2%	2	1%	1	1%
Mains	43304	Cod Large (+)	915	46%	57	81%	15	76%	1.48	25%	0	0%	44	16%	60	119%
Modifier	60761	Fish Batter Herb Large	425	21%	2	3%	0	2%	0.01	0%	1	1%	95	35%	11	22%
Modifier	60762	Fish Batter Plain Large	369	18%	2	2%	0	1%	0.01	0%	0	0%	83	31%	9	19%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Modifier	7820	With Mushy Peas (v)	120	6%	1	1%	0	2%	1.13	19%	2	2%	20	7%	9	18%
Modifier	7822	With Petit Pois (v)	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Modifier	68024	With Baked Beans (v)	99	5%	0	0%	[UNKNOWN]	0%	0.75	13%	5	6%	17	6%	7	14%
Modifier	69024	With Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Modifier	93054	With Salad Garnish (v)	13	1%	0	0%	0	0%	0.15	2%	2	2%	2	1%	1	1%
Mains	9104	Regular Cod & Chips (+)	1723	86%	95	136%	21	104%	3.09	51%	6	7%	136	50%	87	175%
Modifier	7820	With Mushy Peas (v)	120	6%	1	1%	0	2%	1.13	19%	2	2%	20	7%	9	18%
Modifier	7822	With Petit Pois (v)	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Modifier	68024	With Baked Beans (v)	99	5%	0	0%	[UNKNOWN]	0%	0.75	13%	5	6%	17	6%	7	14%
Modifier	69024	With Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Modifier	93054	With Salad Garnish (v)	13	1%	0	0%	0	0%	0.15	2%	2	2%	2	1%	1	1%
Mains	550264	Smoked Haddock Mornay (+)	544	27%	36	51%	22	108%	3.99	66%	4	4%	13	5%	42	84%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Modifier	7820	With Mushy Peas (v)	120	6%	1	1%	0	2%	1.13	19%	2	2%	20	7%	9	18%
Modifier	7822	With Petit Pois (v)	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Modifier	68024	With Baked Beans (v)	99	5%	0	0%	[UNKNOWN]	0%	0.75	13%	5	6%	17	6%	7	14%
Modifier	69024	With Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Modifier	93054	With Salad Garnish (v)	13	1%	0	0%	0	0%	0.15	2%	2	2%	2	1%	1	1%
Mains	550355	Fish Duo (+)	686	34%	42	59%	9	45%	2.33	39%	0	0%	42	15%	39	78%
Modifier	10528	With Cooked Chips (v)	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	10529	With Mashed Potato (v)	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%

Modifier	10530	With Jacket Potato (v)	181	9%	4	6%	3	14%	0.11	2%	1	2%	33	12%	4	8%
Modifier	10531	With Buttered New (v)	222	11%	5	7%	3	14%	0.15	3%	3	3%	43	16%	4	8%
Modifier	7820	With Mushy Peas (v)	120	6%	1	1%	0	2%	1.13	19%	2	2%	20	7%	9	18%
Modifier	7822	With Petit Pois (v)	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Modifier	68024	With Baked Beans (v)	99	5%	0	0%	[UNKNOWN]	0%	0.75	13%	5	6%	17	6%	7	14%
Modifier	69024	With Curry Sauce (v)	190	10%	15	22%	0	2%	0.25	4%	3	3%	11	4%	1	2%
Modifier	93054	With Salad Garnish (v)	13	1%	0	0%	0	0%	0.15	2%	2	2%	2	1%	1	1%
Mains	7392	Minted Lamb Shank	1269	63%	77	110%	41	205%	5.68	95%	19	21%	81	30%	64	128%
Mains	7394	Chicken Fajitas	1021	51%	46	66%	11	54%	6.65	111%	24	26%	96	36%	58	117%
Mains	7405	Hunter's Chicken	761	38%	33	47%	15	75%	5.23	87%	24	27%	57	21%	63	126%
Mains	7407	Chicken Tikka Masala	805	40%	21	30%	6	32%	7.07	118%	37	41%	109	41%	46	92%
Mains	7412	Beef Lasagne	726	36%	36	52%	12	59%	4.17	69%	13	14%	66	24%	33	65%
Mains	20605	British Beef & Ale Pie	1378	69%	75	107%	35	176%	6.66	111%	10	11%	138	51%	36	71%
Mains	42833	Half Roast Chicken with Gravy	1248	62%	73	104%	16	80%	1.09	18%	8	9%	78	29%	73	146%
Mains	550360	Vegetable Moussaka (v)	588	29%	30	43%	11	54%	4.50	75%	25	28%	60	22%	19	38%
Mains	550367	BBQ Rack of Ribs	1074	54%	47	67%	11	56%	2.55	43%	26	29%	105	39%	65	129%
Mains	550368	BBQ Ribs & Chicken Combo	1112	56%	45	65%	9	47%	2.95	49%	26	29%	105	39%	77	154%
Mains	550439	British Chicken & Roasted Mushroom Pie	1258	63%	70	100%	31	153%	5.50	92%	9	10%	121	45%	37	75%
Mains	551568	Grilled Lamb kofta's	913	46%	36	52%	13	64%	4.28	71%	39	43%	115	43%	42	84%
Mains	551576	Chicken & Mushroom Rigatoni	1028	51%	69	98%	27	134%	5.61	94%	6	6%	56	21%	43	86%
Mains	551577	Chicken & Mushroom Rigatoni (Lighter Appetite)	527	26%	35	49%	13	67%	2.96	49%	5	5%	30	11%	22	44%
Mains	551642	Roasted Chicken Breast with Tomachillo Sauce	795	40%	35	51%	5	26%	1.25	21%	8	9%	73	27%	50	100%
Mains	551643	Roasted Chicken Breast with Gravy	804	40%	36	52%	6	31%	1.84	31%	7	8%	74	27%	50	99%
Mains	551644	Roasted Chicken Breast with Lemon & Thyme Glaze	829	41%	40	58%	6	28%	1.21	20%	8	8%	71	26%	50	100%
Mains	551757	Half Roast Chicken with Lemon & Thyme Glaze	1331	67%	83	119%	16	79%	0.73	12%	10	11%	75	28%	74	147%
Mains	551758	Half Roast Chicken with Tomachillo Sauce	1263	63%	73	105%	15	76%	0.82	14%	11	12%	79	29%	74	148%
Mains	551759	Peppered Mushroom & Cheddar Pie (v)	1374	69%	84	120%	39	194%	5.81	97%	11	12%	122	45%	31	62%
Mains	550176	8 Bean Chilli Bowl (v)	1044	52%	33	47%	4	22%	7.23	120%	19	21%	159	59%	30	60%
Mains	550177	Beef Chilli Bowl	1045	52%	31	44%	7	37%	6.06	101%	32	36%	153	57%	42	83%
Mains	552746	Beef Mangalore	867	43%	28	40%	10	49%	7.71	128%	36	40%	117	43%	37	74%
Mains	552747	Roasted Vegetable Jalfrezi (v)	727	36%	17	24%	2	10%	7.63	127%	45	50%	129	48%	15	31%
Mains	7419	Sunday Lunch Beef	1034	52%	51	73%	24	120%	4.36	73%	10	11%	96	35%	38	76%
Mains	7420	Sunday Lunch Pork	1078	54%	45	65%	17	86%	2.82	47%	10	11%	93	34%	65	130%
Mains	7423	Sunday Lunch Beef (Kids)	539	27%	26	37%	11	57%	2.24	37%	5	6%	55	20%	17	33%
Mains	7424	Sunday Lunch Pork (Kids)	557	28%	24	34%	9	46%	1.73	29%	5	6%	55	20%	26	52%
Mains	7428	Sunday Lunch Turkey	1020	51%	45	64%	20	98%	3.31	55%	10	11%	65	28%	52	103%
Mains	7430	Sunday Lunch Vegetarian (v)	767	38%	36	51%	16	81%	1.84	31%	10	12%	87	32%	15	29%
Modifier	552050	Cauliflower Cheese Tart (v)	541	27%	36	52%	10	48%	2.55	43%	5	6%	40	15%	13	26%
Modifier	552394	Luxury Nut Roast (v)	436	22%	28	41%	7	34%	0.00	0%	9	10%	35	13%	10	20%
Mains	7432	Sunday Lunch Turkey (Kids)	537	27%	24	34%	10	50%	1.89	31%	5	6%	35	16%	21	43%
Mains	39522	Sunday Lunch Mixed	787	39%	36	52%	16	82%	2.02	34%	10	11%	90	33%	15	31%
Mains	40574	Sunday Lunch Minted Lamb Shank	1512	76%	89	127%	41	203%	4.49	75%	23	25%	102	38%	68	136%
Mains	7433	Sunday Lunch Vegetarian (Kids) (v)	448	22%	21	29%	9	43%	1.28	21%	6	7%	52	19%	9	18%
Mains	553441	Sunday Lunch Chicken (Kids)	604	30%	26	38%	11	57%	2.74	46%	6	7%	58	22%	29	57%
Mains	44430	Sunday Lunch Mixed (Kids)	459	23%	21	30%	9	45%	1.46	24%	5	6%	54	20%	9	18%
Mains	551579	Hoi-sin Duck Salad	549	27%	12	17%	4	20%	4.08	68%	44	49%	77	29%	36	72%
Mains	551580	Wensleydale & Sweet Chilli Roasted Pepper Salad (v)	557	28%	30	43%	16	80%	2.48	41%	17	19%	46	17%	9	18%
Mains	7448	Chicken & Bacon Salad	610	31%	25	35%	9	44%	4.36	73%	11	12%	40	15%	57	115%
Lite Bites	7704	Jacket Cheddar Cheese (v)	573	29%	35	51%	22	109%	1.86	31%	3	4%	35	13%	30	60%
Lite Bites	7706	Jacket Tuna Mayonnaise & Red Onion (+)	306	15%	5	8%	0	2%	1.26	21%	5	6%	38	14%	29	57%
Lite Bites	40578	Jacket Beef Chilli	305	15%	5	7%	2	11%	1.60	27%	17	19%	51	19%	17	34%
Lite Bites	40580	Jacket Baked Beans (v)	289	14%	1	1%	0	0%	1.18	20%	10	11%	58	21%	14	29%
Lite Bites	552052	Jacket Wensleydale & Sweet Chilli Roasted Peppers (v)	370	19%	17	24%	8	40%	0.98	16%	8	9%	40	15%	6	12%
Lite Bites	7718	Sandwich Tuna Mayonnaise & Red Onion (+)	326	16%	19	27%	4	19%	1.77	30%	5	6%	20	7%	19	38%
Modifier	11002	Bread - Brown Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	11003	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Modifier	21826	Bread - Baguette	425	21%	2	3%	0	2%	1.50	25%	4	5%	83	31%	15	31%
Modifier	21827	Bread - Wrap	182	9%	5	7%	2	10%	0.68	11%	2	2%	30	11%	5	10%
Lite Bites	7720	Club Sandwich	1238	62%	63	90%	27	136%	9.08	151%	11	12%	100	37%	74	148%
Lite Bites	7723	Sandwich Rump Steak & Onion	334	17%	12	17%	5	25%	0.66	11%	5	6%	19	7%	38	75%
Modifier	11002	Bread - Brown Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	11003	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Modifier	21826	Bread - Baguette	425	21%	2	3%	0	2%	1.50	25%	4	5%	83	31%	15	31%
Modifier	21827	Bread - Wrap	182	9%	5	7%	2	10%	0.68	11%	2	2%	30	11%	5	10%
Lite Bites	40835	Sandwich Hunter's Chicken	561	28%	29	41%	13	65%	5.14	86%	21	23%	36	13%	41	81%
Modifier	11002	Bread - Brown Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	11003	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Modifier	21826	Bread - Baguette	425	21%	2	3%	0	2%	1.50	25%	4	5%	83	31%	15	31%
Modifier	21827	Bread - Wrap	182	9%	5	7%	2	10%	0.68	11%	2	2%	30	11%	5	10%
Lite Bites	551584	Sandwich Duck & Hoi Sin	476	24%	13	19%	5	26%	3.08	51%	26	29%	69	26%	22	43%

Modifier	11002	Bread - Brown Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	11003	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Modifier	21826	Bread - Baguette	425	21%	2	3%	0	2%	1.50	25%	4	5%	83	31%	15	31%
Modifier	21827	Bread - Wrap	182	9%	5	7%	2	10%	0.68	11%	2	2%	30	11%	5	10%
Lite Bites	552053	Sandwich Wensleydale & Sweet Chilli Roasted Peppers (v)	507	25%	26	37%	9	45%	1.92	32%	9	10%	50	18%	8	16%
Modifier	11002	Bread - Brown Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	11003	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Modifier	21826	Bread - Baguette	425	21%	2	3%	0	2%	1.50	25%	4	5%	83	31%	15	31%
Modifier	21827	Bread - Wrap	182	9%	5	7%	2	10%	0.68	11%	2	2%	30	11%	5	10%
Desserts	7453	Caramelita (v)	609	30%	39	55%	23	113%	0.31	5%	44	49%	55	20%	7	13%
Desserts	7464	Bramley Apple Pie (v)	362	18%	16	23%	5	25%	0.45	8%	17	19%	51	19%	4	8%
Modifier	7809	With Cream	191	10%	20	29%	13	63%	0.03	1%	1	2%	1	1%	1	2%
Modifier	7810	With Vanilla Ice Cream	172	9%	8	12%	1	7%	0.18	3%	20	22%	20	7%	4	8%
Modifier	7811	With Custard	100	5%	3	4%	2	8%	0.15	3%	11	13%	16	6%	3	6%
Desserts	9765	Vanilla Baked Cheesecake (v)	592	30%	31	44%	11	57%	0.84	14%	58	64%	68	25%	12	24%
Desserts	35730	Three Mini Hot Puddings (v)	102	5%	3	4%	2	8%	0.15	3%	12	13%	16	6%	3	6%
Modifier	41464	Mini Pud - Sticky Toffee	182	9%	9	13%	6	29%	0.65	11%	17	19%	22	8%	2	4%
Modifier	41465	Mini Pud - Jam Roly Poly	241	12%	12	18%	1	7%	0.26	4%	11	12%	30	11%	3	5%
Modifier	41466	Mini Pud - Treacle Sponge	236	12%	10	14%	1	7%	0.59	10%	22	24%	34	12%	3	6%
Modifier	42822	Mini Pud - Lemon & Ginger	167	8%	6	9%	1	4%	0.93	16%	17	19%	25	9%	2	3%
Modifier	550178	Mini Pud - Apple & B/berry Crumble	239	12%	11	16%	1	7%	0.19	3%	16	18%	32	12%	3	6%
Desserts	40586	One Mini Hot Pudding (v)	52	3%	1	2%	1	4%	0.08	1%	6	7%	8	3%	1	3%
Modifier	41464	Mini Pud - Sticky Toffee	182	9%	9	13%	6	29%	0.65	11%	17	19%	22	8%	2	4%
Modifier	41465	Mini Pud - Jam Roly Poly	241	12%	12	18%	1	7%	0.26	4%	11	12%	30	11%	3	5%
Modifier	41466	Mini Pud - Treacle Sponge	236	12%	10	14%	1	7%	0.59	10%	22	24%	34	12%	3	6%
Modifier	42822	Mini Pud - Lemon & Ginger	167	8%	6	9%	1	4%	0.93	16%	17	19%	25	9%	2	3%
Modifier	550178	Mini Pud - Apple & B/berry Crumble	239	12%	11	16%	1	7%	0.19	3%	16	18%	32	12%	3	6%
Desserts	43570	Chocolate Fudge Cake (v)	647	32%	33	47%	12	61%	1.12	19%	62	69%	80	30%	7	15%
Modifier	7809	With Cream	191	10%	20	29%	13	63%	0.03	1%	1	2%	1	1%	1	2%
Modifier	7810	With Vanilla Ice Cream	172	9%	8	12%	1	7%	0.18	3%	20	22%	20	7%	4	8%
Desserts	550372	The Big Jaffa Cake (v)	566	28%	24	34%	6	29%	1.84	31%	59	66%	79	29%	6	12%
Modifier	7809	With Cream	191	10%	20	29%	13	63%	0.03	1%	1	2%	1	1%	1	2%
Modifier	7810	With Vanilla Ice Cream	172	9%	8	12%	1	7%	0.18	3%	20	22%	20	7%	4	8%
Modifier	7811	With Custard	100	5%	3	4%	2	8%	0.15	3%	11	13%	16	6%	3	6%
Desserts	550613	Chocolate Rocky Road	664	33%	36	52%	9	47%	1.33	22%	55	61%	76	28%	6	13%
Modifier	7809	With Cream	191	10%	20	29%	13	63%	0.03	1%	1	2%	1	1%	1	2%
Modifier	7810	With Vanilla Ice Cream	172	9%	8	12%	1	7%	0.18	3%	20	22%	20	7%	4	8%
Desserts	551586	Citrus Lemon Tart (v)	322	16%	19	27%	9	46%	0.12	2%	22	25%	35	13%	4	8%
Modifier	7809	With Cream	191	10%	20	29%	13	63%	0.03	1%	1	2%	1	1%	1	2%
Modifier	7810	With Vanilla Ice Cream	172	9%	8	12%	1	7%	0.18	3%	20	22%	20	7%	4	8%
Desserts	551587	Rocky Roadshow Sharing Sundae (for two or more persons)	2328	116%	125	178%	42	212%	3.27	54%	219	244%	265	98%	32	65%
Desserts	551585	Blackcurrant & Cream Commotion (v)	481	24%	33	47%	20	98%	0.08	1%	31	34%	38	14%	5	10%
Desserts	38345	Amaretto & Almond Heaven (v)	648	32%	42	60%	22	111%	0.21	4%	40	44%	53	20%	8	17%
Desserts	551589	Donut Dunkers (v)	483	24%	21	30%	5	24%	0.11	2%	24	26%	57	21%	7	14%