

Nutrition_Starters_Sides- Sept 2011

Name of Product	Average Weight of Food Portion (g)	Energy per Food Portion (kcal)	Protein per Food Portion(g)	Carbohydrate per Food Portion (g)	Fat per Food Portion (g)	Saturated Fat per Food Portion (g)	Salt per Food Portion (g)	Sugar Per Food Portion (g)
Grated Parmesan Reggiano (added at table according to guest's taste. Average serving 5g.)	5	20	1.7	0.0	1.4	1.0	0.08	0.00
Ultimate Garlic bread (4 Slices)	136	468	8.7	49.9	30.7	8.7	1.22	3.81
Ultimate Garlic Bread with Cheese (4 Slices)	196	688	20.7	52.3	43.2	15.9	2.06	5.01
Breaded Chicken Strips (5 strips)*	175	349	31.5	21.5	15.2	7.2	1.15	0.18
BBQ Chicken Wings (7 wings)	214	400	37.4	3.0	26.9	7.9	4.27	0.15
Potato Wedges*	390	569	9.8	79.2	23.8	11.7	1.95	3.90
Garlic Mushrooms	230	568	19.4	20.6	43.4	18.2	1.41	5.76
Blue Cheese Mushrooms	260	623	26.3	20.9	52.3	24.4	2.55	5.91
Sizzling Garlic King Prawns	189	388	25.5	14.9	26.3	11.8	2.52	1.86

Sharing Starters

Nachos	356	1087	28.2	87.5	76.3	28.8	4.53	4.28
Favourites Platter*	886	1288	63	159	105	37	6	16

*Shown without dips please see below for choice

Dips

BBQ Sauce	28	34	0.4	8.2	0.0	0.0	0.78	6.47
Sour Cream & Chive Sauce	28	83	0.2	1.0	8.7	1.0	0.31	0.17
Sweet Chilli Sauce	28	48	0.1	9.2	0.2	0.1	0.70	n/a
Mayonnaise Light (dippot)	50	163	0.3	3.0	16.5	1.2	1.14	N/A
Tomato Ketchup (dippot)	28	39	0.4	9.6	0.0	TRACES	0.56	8.12

Delivery Only

Classic Sides

Coleslaw Pots	200	268	1.6	14.8	22.4	1.8	1.20	14.20
Garlic bread (4 Slices)	122	376	8.0	46.2	17.7	5.0	1.16	
Potato Wedges	260	380	6.5	52.8	15.9	7.8	1.82	2.60
Nachos	222	669	17.1	67.1	40.2	15.3	3.11	12.23
BBQ Chicken Wings (7 wings)	182	353	42.2	8.4	16.8	4.8	2.03	5.59

Premium Sides

Garlic Bread with Cheese (4 Slices)	184	554	20.1	48.9	30.0	12.0	2.06	
Potato Skins- Cheese & Bacon (6 Skins)	246	408	15.8	49.5	17.8	7.6	0.54	2.04
Potato Skins- Cheese & Onion (6 Skins)	246	406	15.4	48.9	18.1	8.3	0.84	2.56
Breaded Chicken Strips (5 strips)*	175	349	31.5	21.5	15.2	7.2	1.15	0.18
Hot n Spicy Chicken Strips (8 strips)	200	430	42.4	35.4	13.2	5.8	1.00	0.80

Delivery Dips

BBQ Sauce (dippot)	28	46	0.2	11.4	0.0	0.0	0.34	8.76
Sour Cream & Chive (dippot)	28	97	0.2	2.3	9.6	1.2	0.28	1.26
Sweet Chilli Sauce (dippot)	28	58	0.1	14.4	0.0	0.0	0.78	n/a
Garlic & Herb Dip (dippot)	28	140	0.3	0.8	15.1	1.3	0.36	0.67

Express Only

Savoury Seasoned Fries	144	238	3.5	30.0	11.5	5.6	1.44	N/A
Heinz Mayonnaise Sachet	12	88	0.2	0.2	9.7	7.2	0.18	n/a
Heinz Tomato Ketchup Sachet	12	14	0.1	3.4	0.0	trace	0.00	n/a

Happy Hour Starter

Ultimate Garlic bread (2 Slices)	68	277	4.4	25.0	15.4	4.4	0.61	1.90
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