

Nutrition_Starters_Sides-Oct 2009

Name of Product	Number Pieces/ Slices Per Portion	Energy per 100g (kcal)	Energy per Food Portion (kcal)	Protein (g/100g)	Protein per Food Portion(g)	Carbohydrate (g/100g)	Carbohydrate per Food Portion (g)	Fat (g/100g)	Fat per Food Portion (g)	Saturated Fat per (g/100g)	Saturated Fat per Food Portion (g)	Salt (g/100g)	Salt per Food Portion (g)	Sugar (g/100g)	Sugar Per Food Portion (g)
Mixed Olives	N/A	200	140	1.5	1.1	19.6	13.7	12.8	9.0	10.0	7.0	3.50	2.45	10.00	7
Potato Wedges	N/A	146	380	2.5	6.5	20.3	52.8	6.1	15.9	3.0	7.8	0.70	1.82	1.00	2.60
Bruschetta	N/A	195	351	4.1	7.4	22.7	40.9	9.6	17.4	2.3	4.2	0.47	0.84	4.9	8.9
Mozzarella & Tomato Salad	N/A	206	387	12.3	23.1	2.4	4.5	16.3	30.6	7.9	14.9	0.74	1.39	1.60	3.00
Texan BBQ Chicken Wings	6	223	355	21.4	34.1	3.6	5.7	13.7	21.8	3.5	5.5	0.90	1.43	3.80	6.05
Breaded Chicken Strips	5	181	317	18.9	33.1	5.6	9.8	9.7	17.0	4.1	7.2	1.10	1.93	0.10	0.18
Chicken Caesar Salad	N/A	170	296	11.5	20.0	11.7	20.4	8.5	14.8	3.3	5.7	1.16	2.02	2.09	3.66
Garlic Bread with Cheese	4	304	568	16.0	29.8	19.1	35.6	18.2	34.0	8.9	16.5	1.15	2.15	n/a	n/a
Garlic Bread	4	318	382	6.8	8.2	38.1	45.7	15.4	18.5	4.6	5.5	0.90	1.08	2.20	2.64
Garlic Ciabatta	1	324	410	9.1	11.5	43.4	54.9	12.7	16.1	7.3	9.2	1.00	1.27	1.90	2.40
Garlic Mushrooms	N/A	248	570	7.9	18.2	6.9	16.0	18.9	43.4	11.0	25.3	0.65	1.5	1.21	2.79
3 Cheese Melt	N/A	320	470	16.4	24.1	16.2	23.8	20.7	30.4	4.4	6.5	1.50	2.21	0.40	0.59
Salad Bowl (See Salad Bar Section)	N/A	#	#	#	#	#	#	#	#	#	#	#	#	#	#
Seasonal Salad	N/A	15	N/A	0.7	N/A	1.8	N/A	0.6	N/A	0.1	N/A	<0.1	N/A	n/a	N/A
Sharing Starters															
Nachos	N/A	301	669	7.7	17.1	30.2	67.1	18.1	40.2	6.9	15.3	1.40	3.11	5.50	12.23
Garlic Ciabatta	2	324	820	9.1	23.0	43.4	109.8	12.7	32.1	7.3	18.4	1.00	2.53	1.90	4.81
Tuscani Platter	N/A	287	1166	12.7	51.7	20.1	81.9	17.1	69.4	7.7	31.2	2.50	10.15	2.92	11.8635
Dips															
BBQ Sauce	1	123	34	1.3	0.4	29.3	8.2	0.1	0.0	0.1	0.0	2.80	0.78	23.10	6.47
Sour Cream & Chive	1	294	82	0.9	0.3	4.1	1.1	4.0	1.1	4.0	1.1	0.75	0.21	1.00	0.28
Sweet Chilli Sauce	1	172	48	0.3	0.1	32.9	9.2	0.8	0.2	0.2	0.1	2.50	0.70	n/a	n/a
Mayonnaise Light	N/A	326	163	0.6	0.3	6.0	3.0	33.0	16.5	2.4	1.2	2.29	1.14	1.9	N/A
Tomato Ketchup	1	141	39	1.4	0.4	34.1	9.6	0.1	0.0	TRACES	TRACES	2.00	0.56	29.00	8.12
Garlic & Herb Dip (delivery only)	1	331	93	1.4	0.4	7.6	2.1	32.6	9.1	2.4	0.7	1.50	0.42	3.30	0.92

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Delivery Only

Chilli Onion Rings	8	212	186	3.2	2.8	28.2	24.7	9.6	8.4	0.8	0.7	0.40	0.35	3.00	2.63
BBQ Chicken Wings (Dual Supplier)	6	232	427	31.5	58.0	6.9	12.7	8.6	15.9	2.5	4.6	1.58	2.91	3.84	7.07
BBQ Chicken Wings (Dual Supplier)	6	156	287	14.9	27.4	2.3	4.2	9.8	18.0	2.8	5.2	0.65	1.20	2.30	4.23
Hot n Kicking Chicken Strips	7	197	276	17.0	23.8	12.0	16.8	9.0	12.6	2.7	3.8	1.26	1.76	0.30	0.42
Cheesy Jalapeno Poppers	6	272	408	5.2	7.8	32.8	49.2	13.3	20.0	5.3	8.0	1.60	2.40	3.20	4.80
Chilli Nachos	N/A	289	550	8.8	16.7	27.2	51.7	17.4	33.0	8.0	15.3	1.67	3.18	3.84	7.29
Coleslaw Pots	1	134	268	0.8	1.6	7.4	14.8	11.2	22.4	0.9	1.8	0.60	1.20	7.10	14.20

Express Only

Savoury Seasoned Fries	N/A	165	238	2.4	3.5	20.8	30.0	8.0	11.5	3.9	5.6	1.00	1.44	<1	N/A
Heinz Mayonnaise Sachet	1	731	88	1.3	0.2	1.8	0.2	81.2	9.7	60.0	7.2	1.50	0.18	n/a	n/a
Heinz Tomato Ketchup Sachet	1	119	14	0.5	0.1	28.4	3.4	0.1	0.0	0.0	trace	0.00	0.00	n/a	n/a

Light Lunch

Grated Hard Cheese	N/A	404	N/A	33.0	N/A	<1.0	N/A	30.0	N/A	16.0	N/A	1.8	N/A	<1.0	N/A
Mozzarella & Tomato Salad	N/A	206	387	12.3	23.1	2.4	4.5	16.3	30.6	7.9	14.9	0.74	1.39	1.60	3.00
Bruschetta	N/A	195	351	4.1	7.4	22.7	40.9	9.6	17.4	2.3	4.2	0.47	0.84	4.9	8.9
Small Classic Caesar Salad	N/A	189	183	7.2	7.0	13.0	12.6	11.9	11.5	4.8	4.7	1.25	1.21	3.13	3.035
Small Chicken Caesar Salad	N/A	153	263	14.1	24.2	7.4	12.7	7.4	12.7	2.9	5.0	1.14	1.96	1.81	3.11
Small Prawn Caesar Salad	N/A	133	229	9.6	16.4	7.6	13.1	7.0	12.1	2.8	4.7	1.79	3.09	1.98	3.41
Margherita Tortizza	N/A	243	512	10.3	21.8	20.4	42.9	12.7	26.7	6.3	13.2	0.9	1.80	2.39	5.04
Salmon & Pasta bake	N/A	172	344	7.5	15.0	13.0	26.0	10.0	20.0	5.1	10.2	0.60	1.20	2.40	4.80

Happy Hour Starter

Garlic Bread	2	318	191	6.8	4.1	38.1	22.9	15.4	9.2	4.6	2.8	0.90	0.54	2.20	1.32
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