

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BREAKFAST BUFFET								
CONTINENTAL BREAKFAST								
ARTISAN BREADS per roll/slice or 100g								
WHITE BLOOMER BREAD	697	166	2.4	0.3	29.9	1.5	5.4	0.6
MALTED BROWN BLOOMER BREAD	702	168	2.0	0.5	29.6	3.9	6.4	0.6
CIABATTA LOAF	1648	394	1.6	0.5	80.0	2.9	12.6	1.4
LARGE POOLISH LOAF	1122	268	0.9	0.1	53.9	0.7	9.3	1.2
MULTICEREAL BAGUETTE	1147	274	4.6	0.6	46.3	0.8	9.7	1.3
SPREADS & PRESERVES per pot or 10g								
MARMITE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
SUNFLOWER SPREAD	207	50	5.5	1.3	0.0	0.0	0.0	0.1
MIXED JAM CASE	141	34	0	0	8	7	0	0
HONEY PORTION	274	65	0	0	16	15	0	0
ORANGE MARMALADE PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
NUTELLA CHOCOLATE SPREAD PORTIONS	PLEASE REFER TO PACKET FOR INFORMATION							
PEANUT BUTTER	PLEASE REFER TO PACKET FOR INFORMATION							
MAPLE SYRUP PORTIONS	261	62	0	0	16	16	0	0
SALTED BUTTER BLOCK	312	74	8	5	0	0	0	0
PASTRIES per pastry								
RASPBERRY CROISSANT	1353	323	12.8	8.1	44.0	17.0	6.8	0.8
PAIN AU CHOCOLAT	1383	330	18.9	12.1	32.6	9.1	6.5	0.5
CROISSANT	1251	299	17.4	11.5	28.3	6.0	6.6	0.8
HAM N CHEESE CROISSANT	2199	525	29.2	16.4	29.5	3.1	33.8	3.2
FRESH FRUIT								
APPLES GREEN	283	68	0.1	0.0	15.0	15.0	0.4	0.0
RED APPLE	288	69	0.1	0.0	15.3	9.4	0.5	0.0
BANANAS	509	122	0.4	0.1	27.4	24.7	1.4	0.0
ORANGE MEDIUM	360	86	0.2	0.0	17.0	17.0	2.2	0.0
FRUIT SALAD	234	56	0.2	0.1	11.8	11.3	0.9	0.1
CEREALS per 30g or 2 biscuits								
SPECIAL K	471	113	0.5	0.1	23.7	4.5	2.7	0.3
CRUNCHY NUT CORNFLAKES	500	119	1.4	0.3	24.6	10.5	1.8	0.2
CORNFLAKES	475	113	0.3	0.1	25.2	2.4	2.1	0.3
COCO POPS	482	115	0.6	0.3	25.2	5.1	1.9	0.2
WEETABIX	568	136	0.8	0.2	25.9	1.7	4.5	0.1
YOGHURT per pot								
STRAWBERRY YOGHURT	482	115	4.7	3.1	12.7	12.4	5.5	0.2
VANILLA YOGHURT	402	96	0.0	0.0	16.9	16.8	7.0	0.2
YOGHURT & GRANOLA POTS	568	136	1.8	0.2	19.6	10.0	9.2	0.2

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
FULL ENGLISH BREAKFAST (per 100g unless stated)								
BEEF HASH	636	152	8.6	5.8	9.7	1.7	7.3	0.6
SMOKED STREAKY BACON per rasher	132	31	2.0	0.6	0.1	0.0	3.2	0.5
PORK SAUSAGES per sausage	479	114	7.4	2.6	2.9	0.6	8.7	0.5
BEANS	310	74	0.2	0.0	11.9	4.8	4.4	0.5
MIXED MUSHROOMS	205	49	3.2	0.3	1.6	0.2	2.6	0.1
PLUM TOMATOES	50	12	0.1	0.1	2.0	1.8	1.1	0.0
FRIED EGGS per egg	452	108	8.5	1.8	0.1	0.1	7.9	0.0
SCRAMBLED EGGS	1059	253	23.8	13.4	1.7	1.7	8.0	0.2
HASH BROWNS per hash	391	93	4.9	2.1	11.9	0.3	0.9	0.2