

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)
EXPRESS MENU								
STEAK SANDWICH	4202	1004	46.9	8.7	97.4	6.8	44.7	3.5
STEAK & FRITES	2781	664	32.2	11.7	47.6	0.9	44.5	3.7
BUTTERMILK CHICKEN BURGER	4242	1013	47.2	9.4	109.4	9.1	34.6	4.1
CLASSIC 6OZ BEEF BURGER	4662	1113	54.3	15.6	91.1	8.9	60.4	4.4
ASIAN MUSHROOM BURGER	2883	689	18.8	3.6	108.6	18.1	16.7	2.7
OPEN CLUB SANDWICH	4109	981	45.1	7.0	95.0	5.0	44.5	4.4
MUSSELS MARINIERE	1930	461	27.0	17.8	41.8	1.6	11.2	1.8
CHICKEN ESCALOPE SANDWICH	5280	1261	57.2	17.1	135.8	9.4	45.5	4.5