

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								
STEAK SANDWICH	4015	959	43.3	8.5	97.4	6.7	41.4	3.0
STEAK & FRITES	2717	649	32.6	12.3	48.0	0.7	39.3	3.1
BUTTERMILK CHICKEN BURGER	4239	1012	47.2	9.4	109.1	8.8	34.6	4.1
CLASSIC 6OZ BEEF BURGER	4659	1113	54.3	15.6	90.8	8.5	60.3	4.4
CLASSIC 6OZ CHEESE BURGER	5007	1196	61.3	19.9	90.8	8.6	65.4	4.8
OPEN CLUB SANDWICH	4130	986	45.3	7.1	95.4	5.6	44.6	4.4
SCAMPI & CHIPS	3273	782	38.9	3.1	85.4	3.8	20.3	3.3
FISH FINGER SANDWICH	3946	943	39.9	3.3	110.2	4.6	32.0	4.5
CHEESE & HAM TOASTIE	4550	1087	54.2	25.2	111.0	12.7	35.2	4.6
CHEESE TOASTIE	4410	1053	53.3	24.9	110.8	12.5	29.2	4.1