

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)
KIDS MENU								
TO START								
VEGGIE STICKS	197	47	1.7	0.7	5.6	5.3	1.5	0.1
MAINS								
MINI STEAK & FRITES	1640	392	12.8	2.2	33.0	3.7	33.7	2.5
GRILLED CHICKEN & SALAD	1222	292	9.5	1.5	27.8	5.9	22.3	1.2
TEN VEG TOMATO PASTA	2002	478	16.8	5.9	68.4	9.1	12.3	1.2
BEEF BURGER	3196	763	38.9	10.1	59.9	10.8	40.2	3.2
MINI COD & CHIPS	1912	457	20.6	3.5	47.5	5.2	17.3	1.2
SALAD INSTEAD OF CHIPS	225	54	3.1	0.3	4.9	4.0	1.0	0.2
DESSERTS								
ICE CREAM	687	164	6.6	3.6	20.2	17.8	3.6	0.1
FRUIT SALAD	228	55	0.1	0.1	11.9	11.9	0.6	0.1
PANCAKE WITH FRUIT	756	181	3.3	0.4	33.1	18.3	4.0	0.3