

Key & Interpreting Data

The figures given below give the nutrition values for each complete dish as listed on the menu.
 The GDA columns indicates the % of recommended daily amounts (GDA) for an average adult (women, 2000 kcal) for each nutrient.
 Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.
 Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish
 Where it says UNKNOWN, standard data is not yet available

Category	Name	Calories		Fat g		SatFat g		Salt g		Sugars g		Carbohydrates g		Protein g	
		Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA	Per serving	GDA
Starters	King Prawn Cocktail	370	19%	20	29%	7	35%	1.67	28%	4	5%	35	13%	17	33%
Starters	Seasonal Soup of the Day v	367	18%	14	20%	9	45%	2.68	45%	9	10%	43	16%	10	21%
Starters	Handmade Shredded Duck and Hoisin Spring Rolls	379	19%	23	33%	6	32%	2.61	44%	30	34%	34	12%	12	24%
Starters	Home-made Bradon Rost Salmon Pate	265	13%	9	12%	2	8%	2.35	39%	3	4%	28	10%	19	38%
Starters	Croxtan Manor Cheddar and Ruddles Ale Tart	360	18%	25	35%	12	62%	1.82	30%	14	15%	27	10%	7	14%
Starters	Trio of Oven-baked Fishcakes	356	18%	15	22%	2	9%	1.55	26%	16	18%	42	15%	15	30%
Starters	Oven-baked Stuffed Mushrooms v	229	11%	18	26%	8	41%	0.91	15%	5	5%	6	2%	11	21%
Side Orders	Chips v	669	33%	35	50%	3	15%	0.25	4%	5	5%	85	32%	9	18%
Side Orders	Seasonal Vegetables v	78	4%	2	3%	0	1%	0.07	1%	4	5%	8	3%	2	5%
Side Orders	Whole Onion Rings v	595	30%	34	49%	13	64%	2.82	47%	7	8%	63	23%	9	17%
Side Orders	Dressed Side Salad v	78	4%	1	1%	0	1%	0.31	5%	5	5%	16	6%	2	4%
Side Orders	Garlic Ciabatta v	313	16%	13	19%	3	17%	1.27	21%	1	1%	41	15%	9	19%
Side Orders	Garlic Ciabatta with Tickler Devon Cheddar v	430	22%	23	33%	10	48%	1.81	30%	1	1%	41	15%	17	34%
Side Orders	White or Multigrain Bread and Butter v	75	4%	8	12%	5	27%	0.16	3%	UNKNOWN	0%	0	0%	0	0%
Modifier	Bread - Multigrain Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Side Orders	Peppercorn Sauce	67	3%	4	5%	2	8%	0.94	16%	2	2%	5	2%	2	4%
Side Orders	Portobello Mushroom & Colemans Diane	56	3%	3	5%	2	9%	1.31	22%	1	1%	4	1%	2	4%
Side Orders	Ciabatta with Olives, Balsamic and Olive Oil v	612	31%	41	58%	5	27%	2.73	46%	2	3%	51	19%	10	21%
Side Orders	Extra Yorkshire	101	5%	4	6%	0	2%	0.00	0%	1	1%	13	5%	3	6%
Side Orders	Naan Bread v	399	20%	10	15%	1	7%	2.11	35%	4	5%	70	26%	11	22%
Side Orders	Sauce Caramelised Onion and Ale	35	2%	1	2%	0	0%	0.54	9%	3	3%	6	2%	1	1%
Side Orders	Pan-fried Mushrooms v	93	5%	9	13%	5	27%	0.18	3%	0	0%	1	0%	3	5%
Side Orders	Homemade Rustic Potato Wedges v	337	17%	20	29%	3	14%	0.09	1%	3	4%	36	13%	6	11%
Side Orders	Mini Cumberland Sausages	448	22%	29	41%	10	51%	3.10	52%	18	20%	27	10%	22	44%
Side Orders	Cauliflower Cheese Gratin	232	12%	15	22%	4	18%	0.73	12%	6	7%	11	4%	12	24%
Side Orders	Sweet Chili Tempura Battered King Prawns	524	26%	31	44%	6	30%	0.94	16%	27	30%	49	18%	13	26%
Mains	Traditional Beef Lasagne	663	33%	39	55%	16	80%	3.57	59%	12	14%	49	18%	25	50%
Modifier	With Chips	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Modifier	With Garlic Bread	157	8%	7	10%	2	8%	0.64	11%	0	1%	21	8%	5	9%
Mains	Burger - Cheese and Bacon	1692	85%	87	125%	25	124%	4.30	72%	31	35%	125	46%	70	140%
Mains	Hand-battered Haddock and Chips àé	1699	85%	87	125%	17	83%	1.88	31%	9	10%	169	62%	68	135%
Modifier	Mushy Peas	100	5%	1	1%	0	1%	0.94	16%	2	2%	16	6%	7	15%
Modifier	Peas	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Mains	Breaded Scottish Wholetail Scampi àé	1027	51%	61	87%	6	28%	4.07	68%	9	9%	103	38%	22	44%
Modifier	Mushy Peas	100	5%	1	1%	0	1%	0.94	16%	2	2%	16	6%	7	15%
Modifier	Peas	43	2%	1	1%	0	1%	0.00	0%	3	3%	5	2%	4	9%
Mains	British Beef and Ruddles Ale Pie	1068	53%	59	85%	23	116%	4.82	80%	9	10%	97	36%	29	58%
Modifier	Mash Potato	316	16%	15	22%	11	55%	1.61	27%	2	2%	40	15%	4	9%
Modifier	With Chips	502	25%	26	37%	2	12%	0.18	3%	4	4%	64	24%	7	13%
Mains	Sunday Roast - Beef	1093	55%	67	96%	29	147%	3.92	65%	9	9%	86	32%	31	61%
Mains	Grilled 10oz Gammon Steak	1030	52%	58	83%	15	75%	8.92	149%	6	7%	70	26%	61	121%
Modifier	Free Range Eggs	179	9%	14	20%	4	20%	0.40	7%	UNKNOWN	0%	UNKNOWN	0%	14	27%
Modifier	Pineapple & CBP Chutney	75	4%	0	0%	0	0%	0.11	2%	18	20%	19	7%	0	1%
Mains	Rump Steak 8oz	956	48%	50	72%	12	62%	0.52	9%	8	9%	71	26%	59	119%
Modifier	Sauce Caramelised Onion and Ale	35	2%	1	2%	0	0%	0.54	9%	3	3%	6	2%	1	1%
Modifier	Green Peppercorn	67	3%	4	5%	2	8%	0.94	16%	2	2%	5	2%	2	4%
Modifier	Portobello Mustard Sauce	56	3%	3	5%	2	9%	1.31	22%	1	1%	4	1%	2	4%
Mains	Sirloin Steak 8oz	867	43%	37	54%	7	36%	0.60	10%	8	9%	71	26%	66	131%
Modifier	Sauce Caramelised Onion and Ale	35	2%	1	2%	0	0%	0.54	9%	3	3%	6	2%	1	1%
Modifier	Green Peppercorn	67	3%	4	5%	2	8%	0.94	16%	2	2%	5	2%	2	4%
Modifier	Portobello Mustard Sauce	56	3%	3	5%	2	9%	1.31	22%	1	1%	4	1%	2	4%
Mains	Slow-cooked Lamb Shank	1133	57%	70	100%	36	181%	4.99	83%	18	20%	64	24%	62	124%
Mains	Sunday Roast - Pork	1154	58%	63	90%	24	120%	3.10	52%	9	10%	89	33%	53	106%
Mains	Sunday Roast - Turkey	1121	56%	58	84%	25	124%	3.17	53%	9	10%	89	33%	55	111%
Mains	Sunday Roast - Vegetarian v	873	44%	54	77%	22	112%	1.61	27%	8	9%	79	29%	12	25%
Modifier	Wellington Med Veg	390	20%	25	36%	2	8%	1.00	17%	5	5%	35	13%	7	14%
Modifier	Luxury Nut Roast (v)	436	22%	28	41%	7	34%	0.00	0%	9	10%	35	13%	10	20%
Mains	Sunday Roast - Mixed	882	44%	55	79%	23	116%	2.04	34%	8	9%	79	29%	12	24%
Modifier	Sunday Lunch - Beef	106	5%	6	9%	3	15%	0.94	16%	0	0%	4	1%	9	18%
Modifier	Sunday Lunch - Pork Leg	117	6%	4	5%	0	1%	0.32	5%	0	0%	1	0%	20	40%
Modifier	Sunday Lunch - Turkey	100	5%	1	2%	1	3%	0.35	6%	0	0%	1	0%	21	42%
Mains	Salad - Wensleydale and Sweet Chili Roasted Pepper v	541	27%	26	36%	16	79%	1.63	27%	28	31%	56	21%	7	15%
Mains	Burger - Shropshire Blue and Bacon	1681	84%	87	124%	24	119%	4.37	73%	32	36%	126	47%	68	136%
Mains	Suffolk-farmed Pork Sausages	1222	61%	71	102%	34	172%	5.72	95%	27	30%	87	32%	46	93%
Mains	Farm-assured Smothered Chicken Breast	1077	54%	59	84%	9	47%	2.54	42%	9	10%	71	26%	68	136%
Mains	Burger - Surf 'n' Turf	1869	93%	101	144%	27	137%	4.68	78%	31	35%	134	50%	75	151%
Mains	Burger - Glamorgan v	1136	57%	48	68%	9	44%	2.97	49%	30	33%	157	58%	22	45%
Mains	Salad - Loch Fyne Smoked Scottish Salmon and King Prawn	283	14%	12	17%	1	7%	3.26	54%	5	5%	19	7%	26	52%
Mains	Sirloin Steak 8oz - Topped	1165	58%	56	80%	17	83%	1.39	23%	18	20%	81	30%	89	177%
Mains	Rump Steak 8oz - Topped	1254	63%	69	98%	22	109%	1.31	22%	18	20%	81	30%	82	164%
Mains	Rump Steak - Surf 'n' Turf	1252	63%	72	103%	17	83%	1.16	19%	8	9%	86	32%	68	137%
Mains	Sirloin Steak - Surf 'n' Turf	1163	58%	60	85%	11	57%	1.24	21%	8	9%	86	32%	75	150%
Mains	Chicken Tikka Masala	734	37%	23	33%	9	45%	5.26	88%	6	6%	80	30%	48	96%
Mains	Burger - Southern-fried Chicken with Cheese and Bacon	1496	75%	75	106%	16	81%	2.34	39%	29	33%	145	54%	65	130%
Mains	Burger - Southern-fried Chicken	1245	62%	57	81%	7	34%	1.80	30%	29	33%	145	54%	42	85%
Mains	Salad - Farm-assured Chicken and Bacon	688	34%	26	37%	9	46%	1.18	20%	12	14%	41	15%	74	148%
Mains	Sunday Roast - Lamb Shank	1625	81%	108	154%	47	237%	4.52	75%	21	24%	93	35%	65	130%
Mains	Grilled Pork Chop	1280	64%	84	120%	37	186%	3.30	55%	7	8%	68	25%	62	124%
Mains	Fillet Steak 7oz	835	42%	39	56%	8	40%	0.42	7%	8	9%	71	26%	54	108%
Modifier	Sauce Caramelised Onion and Ale	35	2%	1	2%	0	0%	0.54	9%	3	3%	6	2%	1	1%
Modifier	Green Peppercorn	67	3%	4	5%	2	8%	0.94	16%	2	2%	5	2%	2	4%
Modifier	Portobello Mustard Sauce	56	3%	3	5%	2	9%	1.31	22%	1	1%	4	1%	2	4%
Mains	Fillet Steak - Surf 'n' Turf	1131	57%	61	88%	12	62%	1.06	18%	8	9%	86	32%	63	126%
Mains	Fillet Steak 7oz - Topped	1133	57%	58	82%	18	88%	1.21	20%	18	20%	81	30%	77	154%
Mains	Mushroom Rigatoni Pasta v	789	39%	54	78%	22	108%	2.94	49%	6	6%	57	21%	15	30%
Mains	Grilled Sea Bass Fillets	567	28%	26	38%	13	64%	1.61	27%	8	8%	49	18%	35	70%
Mains	Lentil Shepherd's Pie v	738	37%	29	41%	12	62%	6.27	104%	24	26%	90	33%	22	45%
Mains	British Chicken and Roasted Mushroom Pie	1271	64%	70	100%	30	149%	5.45	91%	10	12%	121	45%	35	70%
Mains	Chicken Fajitas	1544	77%	79	113%	24	121%	9.10	152%	32	35%	135	50%	78	157%
Mains	Butternut Squash and Shropshire Blue Risotto v	713	36%	46	66%	27	134%	4.81	80%	10	11%	44	16%	31	63%
Mains	British Beef and Vegetable Red Wine Casserole	569	28%	22	31%	3	17%	5.26	88%	21	23%	69	25%	13	27%
Mains	Takeaway Fish and Chips	1555	78%	74	106%	16	78%	0.63	10%	5	5%	163	60%	67	135%
Lite Bites	Jacket - Tickler Devon Cheddar and Grilled Bacon	557	28%	33	47%	19	95%	1.24	21%	3	3%	35	13%	32	64%
Lite Bites	Jacket - Tuna with Chive Mayonnaise àé	365	18%	15	21%	6	30%	1.34	22%	4	4%	37	14%	24	47%
Lite Bites	Jacket - King Prawns and Loch Fyne® Smoked Scottish Salmon àé	411	21%	21	30%	7	34%	2.17	36%	5	6%	38	14%	20	41%
Lite Bites	Ciabatta - Rosemary-marinated Rump Steak	1011	51%	62	89%	9	43%	2.48	41%	15	17%	66	25%	46	93%
Lite Bites	Sandwich - Hand-carved Honey Roast Ham	336	17%	25	36%	7	35%	4.26	71%	5	6%	7	3%	19	37%
Modifier	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11</	

Modifier	Bread - Multigrain Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Modifier	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Lite Bites	Jacket - Tickler Devon Cheddar and Baked Beans v	489	24%	25	36%	16	79%	1.74	29%	6	7%	46	17%	22	44%
Lite Bites	Oven-baked Garlic and Herb Sharing Bread v	689	34%	26	37%	11	57%	2.33	39%	5	6%	98	36%	15	30%
Lite Bites	Sandwich - Tuna and Chive Mayonnaise a€	148	7%	6	9%	1	3%	1.14	19%	3	3%	3	1%	20	39%
Modifier	Bread - White Bread	327	16%	6	8%	4	20%	1.67	28%	3	4%	61	23%	11	23%
Modifier	Bread - Multigrain Bread	312	16%	5	7%	2	9%	1.33	22%	4	5%	65	24%	11	22%
Lite Bites	Jacket - Cottage Cheese and Pineapple Chutney v	379	19%	14	20%	9	43%	0.68	11%	16	17%	49	18%	18	35%
Lite Bites	House Deli Board - Cheese Option v	946	47%	61	88%	39	197%	4.88	81%	23	26%	57	21%	33	66%
Lite Bites	Sharing Medley	1036	52%	60	85%	17	87%	4.15	69%	45	50%	98	36%	31	63%
Lite Bites	Ciabatta or Wrap - Southern Fried Chicken	471	24%	27	38%	3	17%	0.55	9%	6	6%	29	11%	31	61%
Modifier	Ciabatta	253	13%	2	3%	0	1%	1.22	20%	1	1%	49	18%	10	19%
Modifier	Bread - Wrap	182	9%	5	7%	2	10%	0.68	11%	2	2%	30	11%	5	10%
Lite Bites	Wrap - Wensleydale and Sweet Chilli Roasted Peppers v	472	24%	21	30%	11	53%	1.64	27%	24	27%	54	20%	7	14%
Desserts	Award-winning Cheese platter v	866	43%	55	79%	35	177%	3.30	55%	25	28%	53	19%	30	60%
Desserts	Sticky Dark Chocolate and Walnut Brownie v	898	45%	57	82%	21	104%	1.27	21%	67	74%	84	31%	10	20%
Desserts	Luxury Dairy Ice Cream v	2	0%	0	0%	[UNKNOWN]	0%	0.00	0%	0	1%	1	0%	0	0%
Modifier	Ice Cream Mint Choc	74	4%	5	7%	2	8%	0.02	0%	3	4%	7	2%	1	2%
Modifier	Ice cream swiss dark choc	150	8%	10	14%	3	17%	0.06	1%	7	8%	13	5%	3	5%
Modifier	Ice Cream Amaretto & Almond	117	6%	6	8%	3	14%	0.05	1%	12	13%	13	5%	2	3%
Desserts	Trio of Mini Hot Puddings v	567	28%	21	30%	3	14%	2.67	45%	65	73%	89	33%	5	10%
Modifier	With Cream	372	19%	40	58%	25	125%	0.41	7%	1	1%	1	0%	1	2%
Modifier	With Custard	100	5%	3	4%	2	8%	0.15	3%	11	13%	16	6%	3	6%
Desserts	Oven-baked Crumble v	689	34%	23	32%	1	5%	0.00	0%	73	81%	114	42%	8	16%
Modifier	With Cream	372	19%	40	58%	25	125%	0.41	7%	1	1%	1	0%	1	2%
Modifier	With Custard	100	5%	3	4%	2	8%	0.15	3%	11	13%	16	6%	3	6%
Desserts	Pot au Chocolat v	485	24%	41	58%	25	125%	0.25	4%	26	29%	27	10%	2	4%
Desserts	Mascarpone and Madagascan Vanilla Cheesecake v	400	20%	22	31%	9	46%	0.54	9%	38	42%	45	17%	7	15%
Bar Snacks	Wasabi Nuts v	323	16%	9	13%	[UNKNOWN]	0%	0.00	0%	3	3%	50	18%	10	20%
Bar Snacks	Luxury Cashews v	467	23%	38	55%	8	38%	0.00	0%	7	8%	17	6%	14	29%
Bar Snacks	Pistachios v	451	23%	42	59%	6	28%	0.99	17%	4	5%	6	2%	13	27%
Bar Snacks	Honey and Chilli Peanuts v	372	19%	24	34%	3	17%	1.31	22%	23	26%	33	12%	12	24%
Bar Snacks	Pork Scratchings	545	27%	41	59%	15	75%	2.97	50%	0	0%	0	0%	43	86%
Bar Snacks	Olives v	236	12%	25	36%	3	17%	2.84	47%	0	0%	0	0%	1	2%