

Stonehouse Nutrition Guide DN17	Typical nutrition values per average portion							
	Energy (kJ)	Energy (KCal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
Breakfast								
Add Bacon (one rasher)	287	68	4	2	0	0	7	1.4
Add Egg (one)	491	117	9	3	0	0	9	0.3
Add Mushrooms (150g)	554	132	13	4	1	0	3	0.2
Add Sausage (one)	1,118	266	20	7	10	2	11	2.4
Baked Beans (100g)	382	91	1	0	13	7	5	0.7
Chips (100g)	1,126	268	13	3	35	0	3	0.4
Fried Bread (1 slice)	1,361	324	21	2	28	2	6	0.9
Hash Brown (one)	319	76	3	2	10	1	1	0.2
Plum Tomatoes (100g)	76	18	0	0	3	3	1	0.0
Potato Scone (45g)	399	95	2	0	18	4	2	0.8
Scrambled Eggs 100g)	454	108	7	2	2	1	9	2.5
Quorn Sausage (one)	272	65	2	0	5	1	6	1.2
Smaller Starts - American Style Pancakes	857	204	5	1	36	24	4	0.4
Kelloggs Coco Pops (35g)	560	135	1	0	30	12	2	0.3
Kelloggs Coco Pops with 300ml semi skimmed milk	1,185	282	6	3	45	27	12	0.3
Kelloggs Corn Flakes (24g)	381	91	0	0	20	2	2	0.3
Kelloggs Corn Flakes with 300ml semi skimmed milk	997	237	5	3	35	17	12	0.3
Kelloggs Muesli Luxury (50g)	798	190	5	2	30	10	5	0.0

Kelloggs Muesli Luxury with semi skimmed milk	1,414	337	10	5	45	25	15	0.0
Kelloggs Rice Krispies (22g)	352	84	0	0	19	2	1	0.4
Kelloggs Rice Krispies with 300ml semi skimmed milk	968	231	6	3	34	17	12	0.4
Porridge	294	70	1	0	13	5	2	0.1
Sweet Belgian Waffles	1,894	451	20	10	62	35	5	1.1
Wholemeal Toast (1 Slice)	659	157	2	1	27	2	7	0.5
White Toast (1 slice)	731	174	2	1	34	3	6	0.5
Butter (2 x 7g packs)	433	103	11	7	0	0	0	0.3
Marmalade (6g serve)	63	15	0	0	4	4	0	0.0
Raspberry Jam (6g serve)	60	14	0	0	3	3	0	0.0
Strawberry Jam (6g serve)	60	14	0	0	4	3	0	0.0

Pick & Mix Starters/Snacks & Sharers								
BBQ Glazed Chicken Wings	1,919	457	36	5	13	11	21	1.0
Pork Meatballs	981	234	11	4	12	6	21	1.4
Beer Battered Salt & Pepper Mushrooms with sour cream dip.	1,189	283	16	5	28	2	7	2.1
Beer Battered Salt & Pepper Mushrooms with Blue Cheese dip	1,793	427	33	3	27	1	7	2.4
Chicken Tikka	802	191	8	2	7	5	21	0.7
Crispy Onion Rings	1,570	374	21	7	40	6	6	0.8
Crispy Potato Skins	1,710	407	16	6	57	2	8	0.1

<b>Crispy Potato Skins - Add Burnt Ends Chilli, Guacamole, Salsa, Sour Cream &amp; Jalapenos</b>	2,537	604	12	6	101	7	14	1.5
Crispy Potato Skins - Add Bolognese & Cheese Sauce	3,457	823	30	10	113	17	18	3.6
Crispy Potato Skins - Add Cheese & Gammon	3,339	795	42	12	72	14	32	4.8
<b>Breaded Brie Wedges</b>	2,117	504	31	11	35	12	20	1.7
Mini Dough Balls	2,583	615	32	15	67	2	12	1.8
Pigs in Blankets	2,549	607	55	20	7	0	20	2.6
Snacks & Sharers - Garlic Pizza Bread	5,170	1,231	64	31	135	5	25	3.7
Snacks & Sharers - Garlic Pizza Bread - add cheese	6,178	1,471	83	44	136	5	41	4.6
<b>Hummus</b>	2,986	711	36	4	74	3	19	1.9

Snacks & Sharers - House Fried Corn Nachos	3,856	918	46	14	103	21	19	8.3
<b>New Serve - Add Burnt Ends Chilli Beef</b>	4,843	1,153	55	17	127	41	31	9.1
Snacks & Sharers - Garlic Pizza Bread	5,166	1,230	64	31	135	5	25	3.7
Southern Fried Chicken Strips	1,610	383	18	3	34	14	22	1.8
<b>Spicy Crackerjack Prawns</b>	1,700	405	16	4	54	18	11	3.0

Baguettes, Baps & Wraps								
Beef & Horseradish Sauce Baguette	3,079	733	31	11	73	7	38	1.9
Beef & Horseradish Sauce Bap	2,684	639	34	12	49	10	31	1.4
Chicken Tikka Wrap	2,297	547	13	2	72	6	33	1.5
Duck & Hoisin Wrap	2,318	552	10	2	82	15	33	2.3
	2,545	606	17	9	89	21	23	1.6
Gammon & Mustard Baguette	3,046	725	27	8	65	4	55	7.0
Gammon & Mustard Bap	2,651	631	30	9	41	7	48	6.5
Pork & Apple Sauce Baguette	3,805	906	53	18	65	5	41	2.2
Pork & Apple Sauce Bap	3,410	812	56	20	42	7	34	1.8

<b>Southern Fried Chicken Wrap</b>	2,808	669	26	4	80	3	28	2.2
Turkey, Stuffing & Cranberry Sauce Baguette	3,079	733	21	6	91	10	43	2.8
Turkey, Stuffing & Cranberry Sauce Bap	2,684	639	24	7	67	13	36	2.3
<b>Pizzas</b>								
Add Baked Beans	231	55	1	0	8	4	3	0.4
Add BBQ Chicken	475	113	1	0	12	10	15	0.7
Add BBQ Pulled Pork	802	191	11	4	11	9	13	0.4
Add BBQ Sauce	143	34	0	0	8	7	0	0.2
Add Chicken Tikka	328	78	3	0	2	1	10	0.3
Add Goats Cheese	599	143	11	8	0	0	10	0.7
Add Jalapeños	42	10	0		2	0	0	1.5
Add Mozzarella	571	136	11	7	1	0	10	0.5
Add Mushrooms	38	9	0	0	0	0	1	0.0
Add Pepperoni	1,004	239	22	9	0	0	10	2.3
Add Peppers	71	17	0	0	3	3	1	0.0
Add Pineapple	284	68	0	0	16	16	0	0.0
Add Plain Chicken	281	67	1	0	1	1	14	0.3
Add Pork Sausage	1,075	256	23	8	7	2	6	0.7
Add Red Onion Chutney	290	69	0	0	16	13	0	0.1
Add Red Onions	105	25	0	0	5	3	1	0.0
Add Shredded Duck	260	62	2	1	1	1	10	0.4
Add Spinach	38	9	0	0	1	1	1	0.0
Add Streaky Bacon	903	215	21	8	0	0	8	0.8
Add Sweet Chilli Chicken	483	115	1	0	13	11	14	0.8
Add Sweet Chilli Sauce	151	36	0	0	9	7	0	0.4

Add Sweetcorn	319	76	1	0	12	1	3	0.0
Add Wiltshire Ham Stamps	441	105	8	3	0	0	8	1.0
Add Burnt Ends Chilli	315	75	4	1	3	3	6	0.5
Add 'NDuja Sausage	784	187	20	8	0	0	2	1.1
Add Parma Ham	328	78	5	1	1	0	8	1.5
Add Fresh Basil	21	5	0	0	1	0	0	0.0
Add Roquito® Peppers	76	18	0	0	5	4	0	1.1



<u>PIZZA</u>								
Carbonara	5,788	1,378	55	27	150	8	68	5.6
Chicken & Spicy 'NDuja	6,572	1,565	67	32	157	18	79	6.1
Four Seasons	5,881	1,400	55	26	157	15	65	6.1
Goats Cheese, Spinach & Red Onion	5,866	1,397	48	27	174	32	62	4.3
BBQ chicken	5,712	1,360	28	14	208	61	64	4.8
Duck & Hoisin	5,599	1,333	38	17	180	37	65	5.5
Ham & Mushroom Pizza	5,087	1,211	42	20	149	11	56	4.4

Ham & Pineapple	5,483	1,305	41	19	175	37	55	4.3
Margherita	4,520	1,076	32	16	148	10	46	3.2
Meat Feast	6,947	1,654	73	32	156	15	89	7.2
Pepperoni	6,287	1,497	71	32	148	11	63	7.2
Sweet Chilli Chicken	5,867	1,397	32	17	207	59	66	5.6
Veggie Supreme	4,840	1,152	33	17	160	17	49	3.2

<u>SKINNY PIZZAS - Half the size of a normal pizza and at least 30% fewer calories as well, our skinny pizzas are just the job if you're counting the calories</u>								
Skinny Duck & Hoisin	3,478	828	19	8	124	20	37	3.1
Skinny Ham & Mushroom	3,213	765	21	9	108	7	32	2.5
Skinny Ham & Pineapple	3,411	812	21	9	121	20	32	2.5
Skinny Margherita	2,911	693	16	7	108	6	27	1.9
Skinny Veggie Supreme	3,092	736	17	7	114	10	29	1.9
<u>CALZONES</u>								
Mighty Meat Feast Calzone	7,799	1,857	92	43	158	13	94	8.3
BBQ Chicken Calzone	6,401	1,524	44	23	209	62	69	5.7
Pepperoni Calzone	7,001	1,667	87	41	149	12	69	8.2
<u>VEGAN PIZZAS</u>								
Vegan Margherita	4,578	1,090	36	25	165	10	26	3.1

Vegan Veggie Supreme	4,885	1,163	37	25	176	17	30	3.1
<b>BURGERS</b>								
Uk & Irish Sourced Beef Burger	3,097	737	44	16	50	9	33	2.8
Simply Chicken Breast	2,138	509	13	3	47	12	50	2.2
Crispy Fried Buttermilk Chicken	2,587	616	27	6	66	9	26	2.1
Butternut & Chickpea Burger	3,249	773	39	8	93	15	15	3.8
Why not double stack - add another beef burger	1,808	430	34	15	5	0	26	1.7
Why not double stack - add another chicken breast	848	202	2	1	2	2	43	1.0
Why not double stack - add another Buttermilk Chicken Burger	1,298	309	16	4	21	0	19	1.0
Why not double stack - add another veggie burger	1,959	466	29	6	48	6	8	2.6
<b>Top Your Burger</b>								
The Cheesy - American Cheese Sauce	584	139	11	7	0	0	9	0.7
The Cheesy - Cheddar	395	94	7	2	5	4	2	1.0
The Cheesy - Mozzarella	399	95	7	5	1	0	7	0.4
The Cheesy - Vegan Cheese	437	104	0	0	19	0	0	0.2
Mac "n" Cheese Topper	1,624	387	20	12	32	5	19	1.9

Full Monty	1,767	421	23	8	34	15	20	2.0
Billy the Kid	575	137	8	6	9	7	7	0.6
Old Faithful	1,357	323	29	10	6	5	10	2.0
<b>Burnt Ends Chilli Beef Topper (SEASONAL OVERLAY)</b>	567	135	9	5	3	2	11	0.7
The Stetson Burger	6,672	1,589	101	39	89	25	79	6.6
Hen Party Burger	5,203	1,239	52	15	102	27	89	5.1

<b>SALAD</b>								
Stonehouse Caesar Salad	5,213	1,241	71	13	112	6	36	4.1
Stonehouse Chicken Caesar Salad	6,154	1,465	74	15	117	8	79	5.3
<b>VEGGIE CHOICES</b>								
Butternut & Chickpea Burger	3,249	773	39	8	93	15	15	3.8
Mac "N" Cheese	2,759	657	31	18	63	11	31	3.3
Margherita Pizza	4,520	1,076	32	16	148	10	46	3.2
Vegetable Tart	2,284	544	31	11	59	14	7	2.5
Veggie Supreme Pizza	4,840	1,152	33	17	160	17	49	3.2

THE CARVERY								
British Pork Sausages	2,247	535	40	14	21	3	22	4.8
Gammon	2,194	522	22	8	1	0	81	7.7
Add Eggs	771	184	14	4	0	0	14	0.4
Add Pineapple	319	76	0	0	18	18	1	0.0
Hand Battered Fish	2,051	488	32	7	18	0	33	0.4
<b>Individual Steak &amp; Ale Pie</b>	3,036	723	43	18	63	2	21	1.3
Traditional Carvery - Pork	1,130	269	23	8			17	0.2
Traditional Carvery - Beef	1,759	419	26	7	0	0	46	1.2
Traditional Carvery - Gammon	1,414	337	14	5	2	0	52	5.0
Traditional Carvery - Turkey	1,200	286	7	2	0	0	56	0.7

Carvery Veg Deck								
Baked Beans (100g)	382	91	1	0	13	7	5	0.7
Baked Beans (40g)	153	36	1	0	5	3	2	0.3
Carrots (100g)	867	207	21	6	3	3	1	0.4
Carrots (40g)	347	83	8	3	1	1	1	0.1
Cauliflower cheese (100g)	494	118	5	1	8	4	6	0.3
Cauliflower cheese (40g)	198	47	2	0	3	2	2	0.1
Chips (100g)	1,126	268	13	3	35	0	3	0.4
Chips (40g)	450	107	5	1	14	0	1	0.2
Green Beans (100g)	139	33	0	0	7	5	1	0.2
Green Beans (40g)	55	13	0	0	3	2	1	0.1
Leeks (100g)	852	203	21	6	2	1	2	0.4
Leeks (40g)	341	81	8	3	1	0	1	0.1
Mash potato (100g)	950	226	20	7	8	2	2	0.7
Mash potato (40g)	380	90	8	3	3	1	1	0.3
Mushy Peas (100g)	403	96	0	0	16	5	6	0.5
Mushy Peas (40g)	161	38	0	0	6	2	2	0.2
Onions in Gravy (Per 100g)	860	205	1	0	46	31	2	3.2
Onions in Gravy (Per 40g)	344	82	0	0	18	12	1	1.3
Parsnips (100g)	756	180	12	6	15	6	1	0.3
Parsnips (40g)	302	72	5	2	6	2	1	0.1
Peas (100g)	349	83	2	1	8	2	6	0.0
Peas (40g)	140	33	1	0	3	1	2	0.0
Roast potato (100g)	722	172	3	1	33	1	4	1.0
Roast potato (40g)	289	69	1	0	13	1	2	0.4
Romano Beans (100g)	1,230	293	30	10	4	1	1	0.5



Romano Beans (40g)	492	117	12	4	2	0	0	0.2
Savoy Cabbage (100g)	870	207	20	8	11	4	0	6.8
Savoy Cabbage (40g)	348	83	8	3	4	1	0	2.7
Sprouts (100g)	412	98	7	2	7	3	4	0.5
Sprouts (40g)	94.92	23	1	0	3	1	1	0.0
Stuffing (100g)	172	41	1	0	5	5	1	0.0
Stuffing (40g)	69	16	1	0	2	2	0	0.0
Swede (Per 100g)	743	177	20	7	2	2	0	0.3
Swede (Per 40g)	297	71	8	3	1	1	0	0.1
Sweetcorn (100g)	993	236	21	6	8	2	2	0.4
Sweetcorn (40g)	397	95	21	6	8	2	3	0.0
Yorkshire puddings Standad	84	20	17	0	0	2	1	1.3
Yorkshire puddings King size	210	50	41	1	1	5	2	3.1
<b>Salad Station (per 100g)</b>								
Blue Cheese Dressing	2,936	699	76	6	2	2	2	1.2
Coleslaw	546	130	11	1	6	4	1	0.6
Crispy Onions	2,310	550	44	20	40	15	6	1.0
Cucumber	67	16	0	0	3	2	1	0.0
Garlic Croutons	1,894	451	15	7	63	3	12	3.8
Iceberg Lettuce	113	27	0	0	2	2	1	0.0
Low Fat dressing	336	80	3	0	13	12	1	2.5
Red French Dressing	1,042	248	10		39	37	1	1.2
Sliced Red Onion	122	29	0	0	6	4	1	0.0
Thousand Island Dressing	1,487	354	31	2	17	16	1	1.7
Tomatoes	84	20	0	0	3	3	1	0.0

<b>DESSERTS</b>								
Add Custard	286	68	2	1	11	8	2	0.1
Add Ice Cream	320	76	4	2	10	10	1	0.0
Coconut Ice Cream	2,785	663	43	38	63	60	6	0.4
Banana and Chocolate Sweetizza	4,218	1,004	32	8	158	85	18	0.9
Caramel Apple Crumble Tart	2,041	486	13	7	85	54	8	0.6
Chocolate Brownie	3,121	743	32	16	103	84	8	0.7
Chocolate Fudge Cake	5,143	1,224	58	22	155	128	18	1.5
Cherry Cheesecake	2,063	491	38	21	32	23	6	0.6
Chocolate Malt Ball Crunch Pie	2,369	564	32	17	62	46	9	0.4
Home Baked Lemon Sponge	1,907	454	18	3	67	44	7	0.5
Strawberries and Cream Sponge	1,978	471	20	4	64	42	8	0.5

Rocky Road Sundae	3,358	800	43	25	91	68	11	0.6
Strawberry Eton mess	3,459	824	68	45	47	42	4	0.4
Sweet Belgian Waffle	2,449	583	24	13	83	52	7	0.9
Treacle Sponge	2,587	616	19	3	103	82	8	0.9
Mini Sweet Treat - Chocolate Brownie	1,231	293	16	9	33	27	3	0.2
Mini Sweet Treat - Clotted Cream and Strawberry Cheesecake	1,030	245	4	11	16	11	3	0.3
Mini Sweet Treat - Terry's®Chocolate Orange Doughballs	1,861	443	8	3	77	13	13	0.8
Bottomless Ice Cream Sundae	2,604	620	25	16	82	82	16	0.5
Caramel Crunch	231	55	0	0	14	14	0	0.0

Cocoa Pops	227	54	0	0	12	5	1	0.1
Jelly Beans	428	102	0	0	25	20	0	0.0
M&Ms	605	144	6	4	21	21	1	0.0
Skittles	504	120	1	1	27	27	0	0.0
Sugar Strands	256	61	1	0	13	11	0	0.0

KIDS MENU								
Chicken & Pepper Pizza	3,158	752	17	7	110	8	38	2.2
Chicken Burger	1,512	360	9	2	42	7	27	1.5
Chicken Nuggets	941	224	7	3	18	1	22	0.9
Classics - Three Fish Fingers	680	162	7	1	13	2	11	0.3
Mac 'N' Cheese	1,382	329	15	9	32	6	15	1.7
Margherita Pizza	2,906	692	16	7	107	6	27	1.9
Ham & Mushroom Pizza	3,213	765	21	9	108	7	32	2.5
Ham & Pineapple Pizza	3,295	785	21	9	115	13	32	2.5

Meatballs in Tomato sauce	981	234	11	4	12	6	21	1.4
Tomato Penne Pasta	1,016	242	10	1	32	9	6	0.5
Desserts								
Choc Chip Cookie with Ice Cream	1,993	474	21	12	65	49	6	0.5
Custard Face with Choc Buttons	878	209	8	4	31	26	4	0.2
Fruitypot™ Jellysqueeze	315	75	0	0	19	19	0	0.1
Fresh Orange Segments	454	108	0	0	21	21	3	0.0