

## 9to5strength - Beefeater Nutrition Tables

### Beefeater - Sharers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
SHARING PLATTER WITH RIBS	1830	82	147	29	103	24	8.0
THE BEEFEATER SHARING PLATTER	1423	51	126	10	81	16	6.3
SHARING POTATO DIPPERS	1286	43	102	22	78	28	8.0
GARLIC FLATBREAD STRIPS	1013	23	124	3	50	15	3.0
GARLIC FLATBREAD STRIPS WITH TRIO OF DIPS	912	27	131	6	33	7	3.0

### Beefeater - Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BUTTERMILK CHICKEN GOUJONS	697	36	46	12	40	7	3.6
LOADED POTATO DIPPERS WITH CHEESE & BACON	574	28	34	2	36	16	2.6
LOADED POTATO DIPPERS WITH CHEESE	494	20	34	2	31	14	1.1
CRISPY FLAT CAP MUSHROOMS	481	8	40	6	33	3	2.2
8 CRISPY CHICKEN WINGS WITH BBQ SAUCE	452	37	22	5	24	7	2.1
8 CRISPY CHICKEN WINGS WITH PIRI PIRI SAUCE	444	37	19	1	24	7	3.4
GRILLED PORK & BEEF KOFTAS	444	20	32	6	26	9	1.6
DUCK PATE	430	12	44	16	22	11	1.3
CLASSIC PRAWN COCKTAIL	423	20	36	10	22	7	2.3
GARLIC PRAWN PAN	371	27	29	1	16	3	1.5
TOMATO SOUP	368	8	39	11	19	10	1.7
ARRABIATA MEATBALLS	336	23	36	5	11	3	1.9
5 CRISPY CHICKEN WINGS WITH BBQ SAUCE	292	23	16	5	15	4	1.5
5 CRISPY CHICKEN WINGS WITH PIRI PIRI SAUCE	284	23	13	1	15	4	2.7
MATURE CHEDDAR & STICKY ONION TART	268	12	21	5	15	7	0.6
GARLIC BREAD	218	5	28	1	9	3	0.6

### Beefeater - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
JACKET POTATO	504	11	87	4	14	6	1.3
TRIPLE COOKED CHIPS	420	5	53	0	19	1	1.3
HALF RACK OF PORK RIBS	407	32	22	19	21	8	1.8
SWEET POTATO FRIES	350	2	53	23	15	1	0.6
CRUSHED GARLIC POTATOES	344	4	32	1	21	9	0.5
SKINNY FRIES	329	5	46	0	13	1	1.6
GARLIC PRAWNS	230	21	4	1	14	3	1.1
CRISPY BEER-BATTERED ONION RINGS	221	3	24	3	12	1	0.7
3 SPICY CHICKEN WINGS WITH BBQ SAUCE	179	14	11	4	9	3	1.0
3 SPICY CHICKEN WINGS WITH PIRI PIRI SAUCE	172	14	8	1	9	3	2.0
CHUNKY SLAW	149	2	10	7	11	1	0.8
CREAMED SPINACH	114	3	3	1	10	6	0.7
VEG MEDLEY	112	7	7	4	5	3	0.4
LOBSTER IN WARM SEAFOOD SAUCE	109	11	3	0	6	3	1.1
LARGE MIXED SALAD	68	1	8	7	3	0	0.3
MINI CORN ON THE COB	61	2	10	6	1	0	0.2

### Beefeater - Steak & Chips

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
18OZ PORTERHOUSE WITH CHIPS	1503	93	57	2	98	35	3.9
18OZ PORTERHOUSE WITH VEG MEDLEY ONLY	1195	95	11	6	84	37	3.0
SURF & TURF WITH CHIPS	1042	65	59	4	59	17	4.7
10OZ RIB-EYE WITH CHIPS	975	68	59	4	50	15	3.3
10OZ RUMP WITH CHIPS	929	62	57	2	48	13	3.7
8OZ FILLET WITH CHIPS	813	53	57	3	39	10	3.2
8OZ SIRLOIN WITH CHIPS	789	52	57	2	37	9	3.3
6OZ FLAT IRON WITH CHIPS	747	42	57	2	37	8	3.2
SURF & TURF WITH VEG MEDLEY ONLY	735	67	13	7	45	19	3.8
10OZ RIB-EYE WITH VEG MEDLEY ONLY	668	70	13	8	36	17	2.4
10OZ RUMP WITH VEG MEDLEY ONLY	621	64	11	6	34	15	2.8
8OZ FILLET WITH VEG MEDLEY ONLY	506	55	11	6	25	12	2.3
8OZ SIRLOIN WITH VEG MEDLEY ONLY	482	54	11	6	23	11	2.4
6OZ FLAT IRON WITH VEG MEDLEY ONLY	439	44	11	6	23	9	2.3

### Beefeater - Steak Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
SWEET POTATO FRIES	350	2	53	23	15	1	0.6
BEARNAISE	135	1	2	1	14	9	0.5
LOBSTER IN SEAFOOD SAUCE	109	11	3	0	6	3	1.1
CHEDDAR, PULLED HAM & MUSHROOM	98	4	1	1	8	5	0.6
PRAWN LOBSTER	71	1	3	0	6	3	0.5
RICH BEEF SAUCE	42	1	5	2	2	1	0.1
TRIPLE PEPPERCORN	41	1	4	0	2	1	0.6

### Beefeater - Grills

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BEEFEATER MIXED GRILL WITH RUMP STEAK	1722	137	74	5	94	23	9.5
STEAK, RIBS & KING PRAWN COMBO	1687	110	73	16	103	27	7.8
BEEFEATER MIXED GRILL WITH SIRLOIN STEAK	1583	128	74	5	84	19	9.2
LOBSTER DOUBLE STACKED BURGER	1518	71	109	12	87	27	4.3
BEEFEATER MIXED GRILL	1498	104	77	5	77	15	9.0
BUTTERMILK CHICKEN & BLUE CHEESE BURGER	1497	50	139	12	81	17	5.8
RODEO STEAK BURGER	1425	59	115	19	79	23	5.0
STICKY BOURBON BBQ RIBS	1319	70	105	44	68	17	5.8
LOBSTER DOUBLE STACKED BURGER NO BUN	1319	64	72	11	84	25	3.7
BUTTERMILK CHIC & BLUE CHS BGR NO BUN	1299	42	101	11	77	16	5.2
RODEO STEAK BURGER NO BUN	1226	51	78	18	76	22	4.4
JERK CHICKEN BURGER	1180	45	115	15	59	9	4.5
BBQ CHICKEN N RIBS	1024	71	80	28	45	10	5.0
JERK CHICKEN BURGER NO BUN	981	38	78	14	55	8	3.9
VEGAN BURGER WITH BBQ SOYA	941	38	110	22	35	4	4.4
MINTED RUMP OF LAMB	708	49	26	10	44	27	4.4
VEGAN BURGER WITH BBQ SOYA NO BUN	701	30	73	18	29	3	4.0
MAC & CHEESE BITES	506	17	61	9	21	12	2.7
BEEF BURNT ENDS	448	33	27	16	23	6	4.1
PADRON PEPPERS	20	3	1	1	1	0	0.5

### Beefeater - House Favourites

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
TRIPLE BACON & CHEESE BEEF STEAK BURGER	1696	95	93	15	103	39	7.1
DOUBLE BACON & CHEESE BEEF STEAK BURGER	1372	67	93	15	80	27	6.1
CHICKEN ESCALOPE	1309	55	109	3	71	15	3.6
BEEF & CHEDDAR PIE	1305	32	93	12	86	47	4.6
BEER-BATTERED HADDOCK & CHIPS, MUSHY PEAS	1061	47	99	5	52	5	3.3
BLACKENED GAMMON STEAK	1031	56	70	13	56	5	8.1
BEER-BATTERED HADDOCK & CHIPS, PEAS	1023	45	92	6	51	5	2.4
CHARGRILLED GAMMON STEAK	1022	56	69	12	56	5	7.6
GRILLED SALMON	974	55	39	5	65	23	1.5
ASIAN-STYLE VEGETABLE BURGER	943	21	136	21	36	5	4.0
SMOTHERED CHICKEN MELT	857	51	67	12	41	8	4.7
SMOKY PAPRIKA CHICKEN	723	44	63	9	31	3	3.4
PLAIN CHICKEN	692	39	61	7	30	3	3.0
CHICKEN & CHORIZO PIE	512	27	40	10	25	9	1.7
OVEN BAKED SEABASS	473	39	16	7	27	10	2.9

### Beefeater - Tasty Alternatives

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BBQ BLACKENED SALMON CAESAR SALAD	1076	63	27	8	78	15	3.5
BUTTERMILK CHICKEN GOUJON CAESAR SALAD	986	47	53	4	63	14	3.0
ROAST VEGETABLE LINGUINE WITH SALMON	943	67	76	20	40	6	3.6
CHARGRILLED CHICKEN & MUSHROOM RISOTTO	833	50	102	3	25	13	5.6
ARRABIATA MEATBALL LINGUINE	755	44	85	22	25	6	4.5
SEAFOOD RIGATONI PASTA	685	27	69	7	33	16	3.4
WOODLAND MUSHROOM RISOTTO	678	17	102	3	22	12	4.5
ROAST VEGETABLE LINGUINE WITH CHICKEN	651	51	76	20	14	3	4.3
MIXED BEAN SALAD	559	24	55	9	24	8	1.2
ROAST VEGETABLE LINGUINE	496	18	75	20	12	2	3.2

### Beefeater - Mains (Saver Menu)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BEER-BATTERED FISH & CHIPS	1247	36	101	6	75	8	2.6
DOUBLE BEEF STEAK BURGER	1152	51	92	15	63	18	4.4
OPEN STEAK SANDWICH	1066	56	104	4	45	8	3.4
LASAGNE WITH CHIPS	1001	32	125	13	40	10	4.2
CHICKEN MAKHANI CURRY	963	51	109	28	34	13	4.5
1/4LB BEEF STEAK BURGER	939	32	92	15	48	11	4.2
OPEN CHICKEN SANDWICH	925	56	102	4	31	4	5.0
SAUSAGE & MASH	832	31	60	9	50	22	4.2
6OZ CHARGRILLED GAMMON STEAK, EGG	772	54	62	5	32	6	6.2
STEAK & TRIPLE COOKED CHIPS	755	43	61	6	35	7	2.7
6OZ CHARGRILLED GAMMON STEAK, PINEAPPLE	746	48	68	13	29	5	6.0
GRILLED PAPRIKA CHICKEN	653	45	61	6	23	2	2.8
LASAGNE WITH SALAD	648	29	79	20	24	9	3.3
ROAST VEGETABLE LINGUINE	496	18	75	20	12	2	3.2
UPGRADE TO SWEET POTATO FRIES	350	2	53	23	15	1	0.6
BLT SALAD	322	19	14	5	21	6	2.1

### Beefeater - Mains (Sunday Lunch)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
VEGETABLE WELLINGTON	1160	21	120	26	66	15	2.3
HALF ROAST CHICKEN	998	60	63	7	57	9	3.2
SLOW-COOKED BEEF	883	50	62	7	48	8	3.0
RUMP OF LAMB	862	52	63	7	46	7	2.9
SUNDAY EXTRA	586	7	52	3	38	3	1.2
DAUPHINOISE POTATOES	320	4	14	3	27	18	1.7
CAULIFLOWER CHEESE	282	14	10	4	20	12	1.6

### Beefeater - Puds

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MISSISSIPPI MUD PIE	1130	10	112	81	62	34	0.6
ROCKY ROAD SUNDAE	967	14	110	87	28	16	0.4
COOKIE DOUGH SUNDAE	721	12	85	66	29	17	0.4
TRIO OF SPONGES	695	10	90	53	33	14	0.6
BLACK FOREST TRIFLE WITH CHERRIES	682	9	89	65	32	17	0.4
BAKED CHEESECAKE	675	7	81	62	35	20	0.6
WARM CHOCOLATE BROWNIE	626	8	84	63	20	8	0.4
SALTED TOFFEE APPLE CRUMBLE	581	7	85	52	23	9	1.1
PROFITEROLES	560	8	49	33	29	16	0.2
CARAMEL APPLE BETTY WITH ICE CREAM	515	6	74	49	14	7	0.5
CARAMEL APPLE BETTY WITH CREAM	488	4	63	39	24	14	0.4
CARAMEL APPLE BETTY WITH CUSTARD	454	6	78	49	13	7	0.5
ICE CREAM WITH CHOCOLATE	415	7	40	32	9	6	0.1
CARAMEL APPLE BETTY WITH A WHIP OF CREAM	413	4	64	39	16	9	0.4
ICE CREAM WITH BERRY COMPOTE	382	7	36	28	8	5	0.1
ICE CREAM WITH FRUIT	382	7	36	28	8	5	0.1
CHOCOLATE TORTE	295	3	24	13	20	10	0.1
CHERRY BAKEWELL	290	4	28	20	18	5	0.4
PASSION FRUIT CHEESECAKE	284	6	43	30	10	6	0.4
STRAWBERRY FROZEN YOGHURT	257	8	50	50	3	2	0.3
LEMON CURD SORBET	226	0	55	47	1	1	0.3