

## 9to5strength - Brewers Fayre Nutrition Tables

### Brewers Fayre - Starters

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
COMBO FEAST	75	184	22	105	17	1987	7.6
CHICKEN WINGS	29	31	9	33	6	539	2.6
SOUTHERN CHICKEN GOUJONS	29	36	8	25	4	491	1.6
CRISPY POTATO DIPPERS	22	34	3	29	13	487	1.7
CHICKEN LIVER & PORK PATE	11	45	16	21	9	417	1.6
GARLIC & HERB BREADED MUSHROOMS	9	57	10	17	2	403	1.4
TEMPURA PRAWNS	9	39	13	19	2	362	2.4
MELTING BRIE BITES	15	29	14	19	7	352	1
PRAWN COCKTAIL	18	30	11	17	4	347	2.1
SMOKED HADDOCK FISHCAKE	21	23	1	24	13	341	0.8
MATURE CHEDDAR & STICKY ONION TART	10	20	7	17	7	281	0.7
TOMATO SOUP	6	35	13	7	3	239	1.7

### Brewers Fayre - A Bit Different

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
SWEET POTATO & FETA LASAGNE	24	70	18	39	16	742	3
BURRITO BOWL WITH CHICKEN	49	64	21	24	10	687	4.2
BEEF & PORK LASAGNE	28	64	17	28	12	634	3.1
SPICY ASIAN STYLE NOODLES WITH CHICKEN	45	65	23	15	2	579	4
THREE CHEESE QUICHE	20	42	11	36	18	570	1.2
BURRITO BOWL SALAD	16	64	21	22	10	532	3
CORONATION CHICKEN SALAD	35	11	9	37	3	519	1.9
CHICKEN & PESTO PIE	25	44	10	23	9	485	1.3
GRILLED CHICKEN & BACON SALAD	51	13	11	19	6	431	4.7
SPICY ASIAN STYLE NOODLES	12	64	22	12	2	424	2.9

### Brewers Fayre - Classics

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
ULTIMATE FILLED YORKSHIRE SAUSAGE & MASH	58	126	14	63	23	1334	4
BEEF & DOOM BAR PUDDING	32	96	9	84	46	1297	4.5
CHICKEN GARLIC CHICKEN	45	132	7	64	12	1260	0.8
DOUBLE SMOTHERED CHICKEN	96	104	22	47	16	1209	5.4
VEGETARIAN FILLED YORKSHIRE SAUSAGE & MASH	47	132	14	33	9	1061	4.1
SAUSAGE, EGG & CHIPS	38	87	6	49	15	923	2.3
SMOTHERED CHICKEN	55	95	14	37	10	918	3.5
CHICKEN TIKKA CURRY	45	113	26	24	6	863	3.7
GRILLED GAMMON STEAK WITH EGGS	65	75	4	27	7	787	3.3
VEGETARIAN SAUSAGE, EGG & CHIPS	40	88	5	29	4	770	1.9
GRILLED GAMMON STEAK WITH ONE OF EACH	59	85	15	24	6	764	3.1
GRILLED GAMMON STEAK WITH PINEAPPLE	53	94	25	21	5	742	3
MEXICAN BEEF CHILLI	23	83	9	25	10	680	1.8
SMOKY PAPRIKA CHICKEN	44	76	9	23	3	665	2.1

**SLOW-COOKED LAMB SHANK**

33	40	8	35	19	623	2.2
----	----	---	----	----	-----	-----

**Brewers Fayre - Fish**

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
FISH & CHIPS WITH MUSHY PEAS	37	124	5	65	8	1212	2.1
FISH & CHIPS WITH PEAS	35	117	6	65	7	1174	1.2
HAND-BATTERED HADDOCK, CHIPS & MUSHY PEAS	50	113	6	55	12	1129	2.2
HAND-BATTERED HADDOCK, CHIPS & PEAS	48	107	7	55	12	1091	1.3
BREADED WHOLETAIL SCAMPI & MUSHY PEAS	26	127	5	40	4	948	4.5
BREADED WHOLETAIL SCAMPI & PEAS	24	120	6	40	4	910	3.6
FISH PIE	42	68	11	38	20	810	3.5
BAKED SALMON	61	41	7	43	22	762	2.1
SALMON & PRAWN RIGATONI PASTA	27	69	6	32	16	681	3.4
SMOKED HADDOCK FISHCAKES	36	48	5	41	19	663	1.6

**Brewers Fayre - Grill**

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
CHICKEN & FULL RACK RIB COMBO	120	114	40	80	22	1632	5.5
TANDOORI MIXED GRILL WITH CHIPS	89	134	26	76	22	1542	6.9
MIXED GRILL WITH RUMP STEAK	126	97	9	71	23	1508	5.4
MIXED GRILL	99	100	9	66	20	1434	4.9
14OZ RIB-EYE STEAK, HOLLANDAISE SAUCE	109	95	10	73	30	1402	1.4
TANDOORI MIXED GRILL WITH RICE	88	112	26	64	20	1371	7
14OZ RIB-EYE STEAK, PEPPERCORN SAUCE	97	97	13	60	21	1296	1.8
CHICKEN & RIB COMBO	88	98	27	59	15	1252	4
FULL RACK OF RIBS	70	105	32	63	18	1240	3.5
8OZ SIRLOIN	55	89	7	36	9	884	1
8OZ RUMP STEAK	59	89	7	34	8	871	1.2
HALF ROAST CHICKEN & CHIPS	56	85	17	32	6	827	2.4
6OZ RANCH STEAK	58	9	7	15	8	414	0.7

**Brewers Fayre - Sauces**

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
HOLLANDAISE	14	3	0	14	10	136	0.3
TENNESSEE WHISKEY WITH JACK DANIEL'S	1	20	18	1	0	89	0.7
BLUE CHEESE	1	3	0	5	4	64	0.5
PEPPERCORN	2	4	2	1	0	29	0.7

**Brewers Fayre - Favourite Burgers**

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
THE BLACK & BLUE	62	113	12	72	26	1330	2.6
THE NEW YORKER	48	107	12	60	20	1152	2.1
BEEF, CHEESE & MUSHROOM	45	105	11	57	19	1103	1.5
THE SOUTH WESTERN	29	119	11	40	6	931	2.2
VEGAN BURGER	38	124	23	29	4	904	2.9
EXTRA BEEF BURGER	27	0	0	24	11	327	0.3

EXTRA CHICKEN BURGER	17	12	0	11	2	211	0.8
EXTRA CHEESE & BACON	8	0	0	8	5	110	0.8

### Brewers Fayre - Burgers

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
THE ULTIMATE	72	131	18	104	31	1733	4.9
THE MIGHTY	75	129	14	89	29	1604	5.3
THE CLUCK 'N' ALE	62	148	13	77	12	1514	4.1
THE ULTIMATE NO BUN	66	97	12	97	29	1506	4.4
THE MIGHTY NO BUN	69	95	9	82	27	1377	4.8
THE CHEESY CHICK	43	135	13	69	17	1328	3.8
THE CLUCK 'N' ALE NO BUN	56	114	7	70	10	1287	3.6
THE CHEESY CHICK NO BUN	37	102	7	62	15	1101	3.3
THE BHAI BURGER	38	131	23	41	6	1037	3.1
THE BHAI BURGER NO BUN	18	120	19	30	5	805	1.8

### Brewers Fayre - Super Sides

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
MAC N CHEESE BITES	12	36	1	22	8	393	1.5
CHEESY JALAPENO POPPERS	7	30	4	25	8	378	0.7

### Brewers Fayre - Sides

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
EXTRA FEAST	10	63	4	24	4	512	1.5
BATTERED ONION RINGS	5	48	5	25	2	442	1.3
MAC N CHEESE BITES	12	36	1	22	8	393	1.5
CHEESY JALAPENO POPPERS	7	30	4	25	8	378	0.7
BOWL OF CHIPS	5	66	0	12	2	369	0
SWEET POTATO FRIES	2	53	23	15	1	350	0.6
MOZZARELLA STICKS	14	23	2	20	5	330	1.4
GARLIC BREAD WITH CHEESE	12	29	1	17	8	317	1
COLESLAW	1	8	6	10	1	138	0.7
MEDLEY OF GREEN VEGETABLES	7	7	4	5	3	112	0.4
MIXED SIDE SALAD	1	6	5	2	0	49	0.2

### Brewers Fayre - Snacks

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
FISH GOUJON SANDWICH, BROWN BREAD	22	72	4	39	8	728	1.7
HAM & CHEESE SANDWICH, BROWN BREAD	41	59	3	35	17	723	4
FISH GOUJON SANDWICH, WHITE BREAD	21	69	4	39	8	713	1.7
HAM & CHEESE SANDWICH, WHITE BREAD	41	57	3	35	17	708	3.9
SPICY CHICKEN STRIP SANDWICH, BROWN BREAD	26	76	3	31	9	703	3.5
SPICY CHICKEN STRIP SANDWICH, WHITE BREAD	26	74	3	31	9	687	3.4
PRAWN SANDWICH, BROWN BREAD	26	66	8	26	7	603	2.6
PRAWN SANDWICH, WHITE BREAD	25	63	9	26	7	587	2.6

### Brewers Fayre - Puds

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
DIRTY MUD PIE	10	101	73	58	31	975	0.9
1/2 SHARING FONDUE	11	128	89	28	14	817	1
TRIO OF PUDDINGS	8	86	60	42	17	762	1.2
SALTED TOFFEE APPLE CRUMBLE	7	100	65	24	10	646	1.6
BELGIAN WAFFLE & SALTED CARAMEL ICE CREAM	9	75	33	32	20	628	0.8
LEMON MERINGUE PIE	6	56	31	39	21	606	0.4
BELGIAN WAFFLE & CHOC HONEYCOMB ICE CREAM	8	79	36	28	17	604	0.7
WARM CHOCOLATE BROWNIE	8	82	65	20	9	555	0.4
GIN & TONIC TRIFLE	7	67	46	28	16	547	0.5
CARAMEL APPLE BETTY	6	78	49	13	7	454	0.5
SUMMER BERRY CHEESECAKE	6	28	20	34	20	446	0.6
PROFITEROLES	5	32	25	31	18	423	0.3
MINI DIRTY MUD PIE	3	29	21	18	10	293	0.3
MINI CHERRY BAKEWELL	4	28	20	18	5	289	0.4
STRAWBERRY FROZEN YOGHURT	8	50	50	3	2	258	0.3
ICE CREAM WITH CARAMEL SAUCE	5	38	35	8	5	255	0.2
ICE CREAM WITH RASPBERRY SAUCE	5	40	33	7	4	251	0.1
ICE CREAM WITH CHOCOLATE SAUCE	5	33	27	7	4	227	0.1
MINI APPLE CRUMBLE WITH CUSTARD	2	29	20	6	3	180	0.5

### Brewers Fayre - Sundaes

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
BLACK FOREST ICE CREAM SUNDAE	12	104	84	26	14	715	0.4
SALTED CARAMEL, CHOC & POPCORN SUNDAE	11	87	74	31	16	690	0.7
CHOC-A-BLOCK CADBURY SUNDAE	11	81	68	28	17	642	0.4
PINA COLADA SUNDAE	5	75	67	31	27	597	0.3