

## 9to5strength - Harvester Nutrition Tables

### Harvester - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken, Bacon & Waffles	1,401	39	152	78	70	28	5.1
Sausage Breakfast Bun	1235	38	97	17	76	28	7.5
Belgian Waffles	1,110	34	112	58	58	27	5
Harvester Recommends Breakfast	1077	35	51	6	81	26	7.4
Veggie Breakfast Bun	996	44	88	16	49	18	5.2
The Hipster Breakfast	974	37	79	9	52	7	4.5
Bacon Breakfast Bun	973	45	78	14	53	22	8.3
Breakfast Bun	963	32	80	16	56	24	5.6
Steak Hash	957	68	70	13	45	17	2
Eggs Mediterranean	868	39	75	12	43	12	4.7
Gammon Hash	844	59	68	13	36	13	5.7
Eggs Deep South	818	41	65	36	43	13	3.1
Eggs Benedict	668	39	38	10	40	13	4.9
Buttermilk Pancakes	623	10	130	92	6	1	1.7
The Boho Breakfast	524	28	42	7	24	7	2.5
Smoked Salmon & Scrambled Eggs	386	24	32	4	18	4	4.7

### Harvester - Tapas-style Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cheesy garlic bread	695	34	41	3	44	25	3
BBQ Pulled pork quesadilla	633	28	50	20	35	18	2.1
Nachos	595	14	55	3	34	11	2
Buttermilk-fried chicken	511	27	41	14	27	5	2.3
Breaded Mushrooms	501	11	42	3	32	3	2
Jalapeño cream cheese poppers **	455	9	40	5	28	13	2.8
Add BBQ pulled pork to Nachos	420	22	45	43	17	6	1.6
Spicy corn & mozzarella bites	410	9	41	17	23	2	1.1
Oven-baked garlic mushrooms	392	17	14	2	29	17	1.5
Potato skins (mozzarella, cheddar and bacon)	389	17	34	1	20	8	1.7
Crackerjack Prawns	369	11	44	10	16	4	2.5
King Prawns	358	18	12	1	26	15	1.8
Grilled Lamb Koftas	351	16	11	2	27	9	1.2
Potato Skins (Without bacon)	332	10	56	1	6	4	0.4
Garlic Bread (without cheese)	331	8	39	3	16	7	1.2
Calamari Strips	322	10	10	1	27	4	1.3
Sticky chicken Wings	306	27	15	13	15	4	1.6
Italian-style Meatballs	235	21	12	6	11	4	1.5
Grilled Chicken Skewers	167	24	12	10	2	1	0.7

### Harvester - Tapas-style Starters (Sharing)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
1/2 Starter – Nachos	986	24	88	6	58	20	3.6
1/2 Starter – Sticky Chicken Wings	760	51	22	16	52	9	3.6
1/2 Starter – Baked Camembert	578	29	31	11	37	26	2.1
1/3 Starter – Nachos	657	16	59	4	38	13	2.4
1/3 Starter – Sticky Chicken Wings	507	34	14	11	35	6	2.4

1/3 Starter – Baked Camembert	385	19	21	7	25	17	1.4
1/4 Starter – Nachos	493	12	44	3	29	10	1.8
1/4 Starter – Sticky Chicken Wings	380	25	11	8	26	4	1.8
1/4 Starter – Baked Camembert	289	15	16	5	19	13	1.1

### Harvester - Mains (Lunch)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken, Bacon & Waffles	1,252	23	133	87	67	36	4.7
Steak Hash	957	68	70	13	45	17	2
Buttermilk-Fried Chicken Wrap	835	34	67	7	46	9	3
Halloumi Wrap	824	26	54	6	54	19	4.9
Steak Bun	758	53	59	17	34	12	1.9
Fish Finger Bun	755	22	61	7	47	7	4.1
Coconut chicken curry	669	33	73	21	26	9	4.2
Grilled Cajun chicken breast Wrap	602	48	43	6	25	5	6.5
Grilled Chicken Breast Wrap	577	47	40	6	24	5	2.1
Feel Good Bowl – Cajun chicken breast	568	52	64	30	10	2	5.7
Feel Good Bowl – 8oz Rump	556	43	61	29	14	6	0.7
Feel Good Bowl – chicken breast	543	52	61	29	9	2	1.3
Feel Good Bowl	347	12	61	29	5	1	0.3

### Harvester - Steaks and Grills

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Ultimate Mixed Grill	1,785	147	58	22	107	32	11.3
Mixed Grill	900	76	27	6	54	15	5.5
16oz RIB-EYE	821	105	12	3	38	20	1.6
10oz SIRLOIN	675	62	14	3	42	19	0.7
8oz RUMP	532	48	12	3	32	14	0.6
7oz Gammon, Fried Egg & Pineapple	482	47	18	9	24	8	4.6
7oz Gammon & Fried Egg	454	47	12	3	24	8	4.6
8oz FILLET	440	55	12	3	18	8	0.7
7oz Gammon & Pineapple	396	39	18	9	18	6	4.3
7oz Gammon	369	39	12	3	18	6	4.3

### Harvester - Grill Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Double up your gammon steak	634	75	12	3	32	12	8.4
Add Half Rack of Ribs	321	33	13	10	15	6	1.2
Add Mac 'N' Cheese	276	13	33	7	10	7	2.2
Add 1/4 Rotisserie Chicken	252	35	1	1	12	3	0.9
Add Scampi	250	9	26	1	12	4	1.7
Add King Prawn Skewer	172	16	1	0	12	7	1.2
Caribbean-style Curry Sauce	165	2	10	6	12	6	0.9
Steak Sauce – Beef Dripping & Thyme	123	1	7	4	10	5	2
Steak Sauce – Blue Cheese & Mushroom	99	2	4	2	9	5	1.2
Steak Sauce - Whisky & Mushroom	86	2	5	2	7	4	0.8
Steak Sauce – Peppercorn	76	2	5	2	5	3	0.7
Steak Sauce - Chasseur	30	2	4	2	1	0	1.2

### Harvester - Vegetarian & Vegan

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Herb-Battered Halloumi & Chips	1,099	29	73	3	76	29	6.7
Aubergine & Red Lentil Tagine	1,077	26	130	29	48	7	5
Sweet Potato Jambalaya	863	21	74	21	51	9	4.2
Stuffed Red Pepper	538	16	92	31	9	1	2.8
Butternut Squash, Spinach & Emmental Roulade	346	13	28	8	19	12	2.4

### Harvester - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
The Ultimate Burger	1,327	115	58	19	69	26	6.4
The BBQ King burger	1,049	56	68	31	60	23	5.1
The Angry Bird burger	1,003	56	57	13	59	13	5.2
The Boho Burger	993	37	98	15	46	11	5.4
The Cowboy Burger	941	54	79	20	45	15	5.9
The Frenchie burger	914	45	67	26	51	22	4.3
The Classic burger	878	50	46	9	54	21	5.6

### Harvester - Burger Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Add a Southern-Fried Chicken Breast	392	32	22	0	19	5	1.4
Add a Bean Burger	333	15	49	5	6	1	1.3
Add a beef burger	329	28	1	1	24	10	1.3
Add a Chicken Breast	196	40	0	0	4	1	1

### Harvester - Ribs (Slow-cooked)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Kilo Ribs	1,574	135	95	68	71	25	5.3
Jerk Ribs	1,201	52	110	43	59	20	3.6
The Big Shorty	1,124	71	31	21	79	33	2
Large Rack Of Ribs	1,122	101	55	43	54	18	4.2
Standard Rack Of Ribs	856	76	39	29	42	14	3.1

### Harvester - Chicken & Combos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
The Triple Combo	1,343	98	103	23	58	15	6.3
Bird, surf & turf	1,016	81	95	21	33	12	6.3
BBQ Chicken Stack	937	78	48	24	48	15	5.5
The '83 Combo	817	98	31	17	33	10	2.6
The Original Combo	636	68	30	17	26	9	2.4
Spicy Chicken Breast & King Prawns	530	60	12	4	25	10	5
Caribbean-style chicken	530	47	23	10	26	9	7.4
Half Rotisserie Chicken	477	65	14	3	17	5	1.3
Simply Grilled Chicken	271	43	12	5	5	1	1.8

### Harvester - Fish

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cod & Chips with Garden Peas	767	38	27	4	56	13	1.3
Cod & Chips with Mushy Peas	708	38	32	3	47	8	1.6
Wholetail British Scampi	647	19	53	2	40	8	3.8
Simply Grilled Salmon	625	45	16	10	43	10	1.3
Spicy Sea Bass & King Prawns	562	54	14	4	32	12	4.2

### Harvester - Global Grill

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Sweet Potato fries	503	3	55	15	30	5	1.4
Sage & Onion Seasoned Fries	400	5	55	1	18	6	1.9
Fries	399	5	54	1	18	6	1.3
Home-baked Jacket Potato with sour cream	355	7	60	4	8	5	0.1
Cheesy Garlic bread	347	17	21	1	22	12	1.5
Onion rings	312	5	39	5	15	3	0.8
Side - Coleslaw	296	2	12	7	26	2	1.8
Mac 'N' Cheese	276	13	33	7	10	7	2.2
Home-baked Jacket Potato	273	6	59	3	0	0	0
Golden Rice & Beans	229	4	42	2	5	1	0.8
Buttered Corn	214	6	26	19	7	2	0.1
Mash	187	4	29	3	5	1	1
Garlic bread	165	4	20	1	8	3	0.6
Roasted Butternut Squash	74	2	14	8	0	0	0
Add Cheese	65	4	0	0	5	3	0.3
Add Beans	64	4	9	2	0	0	0.4
Chargrilled Tenderstem Broccoli	31	4	1	1	1	0	0
Add Gravy	29	1	6	1	0	0	0.8

### Harvester - Early Bird Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chipotle Bean Burger	683	22	93	13	22	3	3.7
Beef Burger	680	35	46	9	39	13	3.6
Meatball bun	646	36	52	12	32	12	3.2
Pulled pork bun	633	27	67	31	28	10	2.5
Breaded plaice	578	33	49	3	26	6	2.1
Penne arrabiata	557	17	88	24	13	2	3
Grilled Chicken Breast Burger	547	46	45	9	20	3	3.4
1/4 rotisserie chicken	413	32	4	2	30	3	0.7
Grilled Cajun chicken	368	44	11	3	15	7	6.2
Half rack of ribs	348	33	18	16	16	6	1.2
Grilled chicken breast	338	44	7	2	14	6	1.1
7oz gammon	336	40	9	4	15	6	4.1

### Harvester - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chocolate Fudge Cake	996	12	128	104	48	11	1.2
Caramel biscuit cheesecake	876	2	101	70	52	27	0.7
Belgian Chocolate Brownie	812	13	106	84	36	22	0.5
The 'Mini-Dessert' Combo	747	10	92	69	38	9	1
Cherry Pie	567	5	90	40	21	8	0.5
Lemon Meringue Pie	532	8	81	65	19	9	0.4
Treacle Sponge	474	3	81	67	15	1	1.4
Coconut & Raspberry Rice Pudding	391	4	38	32	25	13	0.3

### Harvester - Sundae Parlour

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cookie Monster Freakshake	1,173	22	153	124	51	31	1.2
Millionaires Sundae	1,067	13	154	117	44	29	0.6
Sweet Shop freakshake	1,018	18	114	108	55	29	1
Espress Yourself Freakshake	871	19	111	94	37	24	0.9
BAILEYS® Banoffee Profiterole Sundae	828	12	109	92	35	23	0.4
Black Forest Sundae	810	13	110	89	35	22	0.4
Banoffee Profiterole Sundae (No Baileys)	761	12	105	89	33	22	0.4
Toffee Apple Sundae	739	10	89	72	38	24	0.4
Rocky horror sundae	712	12	78	66	38	22	0.7
Strawberry Eton Mess Sundae	682	10	113	94	20	13	1
Peach Melba Sundae	604	10	95	85	20	13	0.5

### Harvester - Sundae Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Sundae best*	274	7	38	32	10	6	0.2
Add - Real Dairy Ice Cream	110	3	14	14	5	3	0.1
Fluffy cream	103	1	3	3	10	7	0
Custard	90	3	15	11	2	1	0.1
Toffee fudge sauce	64	0	13	10	1	1	0
Belgian Chocolate sauce	58	0	13	11	0	0	0
Raspberry sauce	57	0	14	11	0	0	0.5
Strawberry sauce	57	0	14	10	0	0	0.5