

# 9to5strength - Hungry Horse Nutrition Tables

## Hungry Horse - Starters & Sharers

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Ultimate BIG Combo	70	224	38	108	26	2519	9.0
Chicken Sharer	86	143	29	69	16	1854	7.0
20 Onion Ring Horseshoe Stacker	22	177	44	103	37	1783	5.2
Muchos Nachos Grande Chilli	30	132	24	63	24	1252	3.4
Breaded Jumbo Prawns	8	66	18	80	10	1105	3.7
Muchos Nachos Grande	18	116	16	55	18	1054	2.7
Chicken Wings	62	14	13	60	20	925	2.9
Garlic Breaded Mushrooms	7	55	10	46	3	686	3.4
Mini Camembert	30	55	22	34	23	650	1.4
Chicken Fingers	31	40	0	32	5	607	1.2
Cheesy Garlic Ciabatta	22	42	4	29	14	521	2.2
Bacon Popcorn	15	19	16	25	12	486	5.8
Garlic Ciabatta	9	42	4	16	6	358	1.4
Roasted Tomato & Thyme Soup	7	42	9	9	5	280	2.0
Texan BBQ Sauce	1	17	15	0	0	90	0.5
Sweet Chilli Sauce	1	21	16	0	0	82	0.5
Hot Hot Hot Sauce	1	4	2	5	1	73	0.7
New Piri Piri Hot Sauce	1	3	2	1	0	24	1.5

## Hungry Horse - Big Plate Specials

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
BPS Topped Chicken & Waffles	70	221	74	178	47	2781	7.0
BPS Big Chicken Korma Banquet	70	250	58	149	35	2654	8.1
BPS Chicken Tikka Masala	67	252	61	141	26	2587	8.1
BPS Topped Halloumi & Waffles	65	186	75	153	49	2402	8.9
BPS Chick Pea and Sweet Potato	44	265	50	119	18	2354	9.3
BPS Porky Platter	109	104	24	149	50	2240	14.2
BPS Steak on a Pie	72	172	30	125	56	2177	6.4
BPS Full Monty Mixed Grill	113	109	18	134	41	2155	7.8
BPS Jumbo Crispy Chicken	62	146	15	120	29	1933	3.4
BPS Jumbo Cod & Chunky Chips	73	104	9	132	47	1902	1.7
BPS Jumbo Scampi	30	144	10	123	25	1839	4.0
BPS Chicken New Yorker	115	140	48	53	23	1805	6.6
BPS Gigantic Gammon	70	97	18	122	36	1788	9.3
BPS Trio of Chicken	84	106	27	107	17	1717	4.5
BPS 8oz Smothered Steak Sizzler	48	96	16	108	36	1645	3.6
BPS 9oz Sirloin Steak	55	93	13	109	35	1642	2.3
BPS All Day Breakfast	51	109	8	84	35	1417	8.1
BPS 12oz Rump	62	93	13	90	26	1247	1.9

### Hungry Horse - Burgers

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Smokin' Jack Burger	159	123	29	241	129	3580	14.6
BPS Quadzilla Burger	123	179	20	168	82	3273	11.0
Double Daddy Burger	97	170	24	178	78	2974	10.3
Double Bacon & Cheese Beef Burger	67	106	11	120	57	2043	5.3
Double Cheese Beef Burger	63	106	11	114	55	1977	4.6
Route 66	54	153	18	93	41	1954	5.9
Double Classic Beef Burger	61	106	10	110	53	1937	4.2
Double Falafel Burger v	35	182	32	22	5	1591	4.1
Bacon & Cheese Beef Burger	42	102	11	69	33	1470	4.2
Double Southern Fried Chicken Burger	55	138	12	43	10	1445	4.8
Cheese Beef Burger	39	102	11	63	30	1404	3.5
Falafel Burger v	24	152	32	19	5	1389	3.7
Classic Beef Burger	36	102	10	59	28	1365	3.1
Southern Fried Chicken Burger	33	118	11	26	7	1118	3.4

### Hungry Horse - Light Bites

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Halloumi	58	7	7	60	36	800	6.5
Chicken Club	52	11	6	39	12	606	3.5
Cheesy Melt	27	22	18	29	17	454	1.8
Southern Fried Chicken & Mayo	30	20	2	22	4	363	1.6
Omega 3 Fish finger Baguette	14	26	3	22	3	361	1.2
Jacket Potato	6	64	4	7	5	337	0.3
Baguette	11	67	4	1	0	330	1.1
Vegan Falafel Burger	11	33	3	7	1	253	0.6
Tortilla	6	36	2	6	2	227	0.7
Roast Chicken Fillets	40	3	1	4	1	204	0.8
Chilli Con Carne	12	16	8	8	6	198	0.7
Beef Rump Steak 5oz	19	0	0	6	3	181	0.2
Mozzarella/White Cheddar Grated	13	1	0	13	8	164	0.8
Pink Star Coleslaw	1	6	5	5	1	75	0.4
Baked Beans	3	10	4	0	0	63	0.5
Classic Salad Bowl	2	5	3	1	0	34	0.1

### Hungry Horse - Pub Favourites

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Veggie Fish & Chips	75	68	23	122	64	1687	9.8
Hand-Battered Fish & Chunky Chips	53	84	8	107	39	1553	1.5
Roast Beef Yorkie Burrito	64	137	17	84	20	1550	2.7
Mini Mixed Grill	87	69	14	88	25	1428	5.7
8oz Rump Steak	44	69	11	77	24	1223	2.0
Chicken New Yorker	64	107	26	27	14	1210	3.7
Breaded Wholetail Scampi †	19	86	6	80	15	1156	2.3

5oz Rump Steak	33	69	11	73	23	1115	1.9
British Beef & Ale Pie	31	106	13	63	25	1094	4.1
5oz Grilled Gammon	33	57	13	70	18	995	3.1
Chicken Tikka Masala	41	101	40	26	9	815	3.7
Full English Breakfast	35	58	5	47	20	802	5.5
Pork Sausages & Mash	35	90	29	31	15	775	5.6
Macaroni Cheese v	33	87	7	32	16	755	4.9
Chickpea and Sweet Potato Curry	18	114	39	18	2	696	3.9
Oven Baked Beef Lasagne	30	49	9	29	13	687	4.5
Quorn Sausages & Mash v	29	92	30	17	7	648	4.4

### Hungry Horse - Dirty Fries Sides

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Mac and Bacon topper	23	94	4	20	11	910	4.1
Popcorn Bacon	18	65	3	22	16	868	4.2
Mac Cheese topper	16	94	4	8	7	778	2.8
Pizza topper	15	65	5	10	8	691	1.9
Trade up - Mac and Bacon topper	17	32	2	20	8	364	3.1
Trade up - Popcorn Bacon	12	4	1	22	13	322	3.2
Trade up - Mac Cheese topper	10	32	2	8	4	232	1.8
Trade up - Pizza topper	9	4	3	10	5	145	0.9

### Hungry Horse - Add-ons

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Beef Burger	25	4	0	51	24	573	1.1
Bhajis	10	39	14	37	3	541	1.6
Roast Potatoes	2	59	2	0	0	362	3.6
Chicken Skewer Southern Fried	27	19	0	16	3	294	1.5
Chicken Burger	17	16	1	0	2	266	0.7
Falafel Burger	11	33	3	7	1	253	0.6
Mash	6	42	6	6	6	249	1.4
Sausage	15	9	0	15	6	229	1.9
Chicken Breast	40	3	1	4	1	204	0.8
1/2 Baguette and Butter	6	34	2	4	2	194	0.6
Poppadom & Chutney	6	42	28	0	0	190	2.6
Chicken Skewer Plain	32	6	3	4	1	189	1.9
Naan	5	31	2	3	0	172	0.6
Oozy Boozy Cheese Sauce	7	4	1	13	9	166	0.7
Grated Cheese	13	1	0	13	8	164	0.8
Pulled Pork	8	8	7	7	2	133	0.5
Mushy Peas	8	20	6	0	0	120	0.6
Fried Egg	6	0	0	9	2	118	0.3
Yorkshire Pudding	4	14	1	3	0	100	0.3
Quorn Sausage	6	5	1	3	0	76	0.5
Streaky Bacon	3	0	0	6	2	66	0.7

Beans	3	10	4	0	0	63	0.5
Peas	6	9	5	1	0	60	0.0
Mushrooms	2	0	0	5	5	41	0.0
Butter	0	0	0	3	2	29	0.1
Gravy	0	6	0	0	0	26	1.5
Tomato	0	0	0	0	0	0	0.0
Bubblegum Ice Cream	2	15	14	7	4	133	0.2
Chocolate Ice Cream	2	14	14	5	3	112	0.1
Vanilla Ice Cream	2	14	14	5	3	110	0.1
Custard	3	16	12	1	1	89	0.2

### Hungry Horse - Extras

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Smothered Chips Cheese	17	43	2	62	20	798	0.8
Chips	4	42	2	49	12	634	0.0
Lunch Chips	4	42	2	49	12	634	0.0
Fries	6	62	2	0	3	546	1.1
5 Onion Rings	5	28	10	27	2	392	1.1
White Bread & Butter	9	48	4	8	5	299	1.3
Macaroni Cheese	14	32	2	12	6	281	2.0
Brown Bread and Butter	10	42	4	8	5	272	1.2
Steak Topper 2 Fried Eggs	13	0	0	19	4	235	0.5
BBQ and Ale Sauce	1	51	49	0	0	213	1.5
Lemon and Garlic Sauce	1	27	15	9	1	193	0.0
Steak Topper New Yorker	9	9	8	13	7	193	1.3
Steak Topper Surf	6	16	1	9	1	172	0.9
The Hot Topper	3	15	6	7	2	147	4.8
Corn on the Cob	4	18	2	5	2	141	0.1
Crispy Battered Jalapeno's	2	8	2	6	2	92	1.3
Coleslaw	1	6	5	5	1	75	0.4
Steak Sauce Peppercorn	1	6	2	3	2	52	1.0
Parmigiana Sauce	1	4	3	1	0	35	0.5
Dressed Side Salad	1	2	1	1	0	17	0.1

### Hungry Horse - Sunday Roasts

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
BPS Sunday Vegetarian	57	244	40	73	30	1834	4.7
BPS Sunday Roast Beef	110	193	32	55	13	1661	3.9
BPS Sunday Roasted Chicken Fillets	101	208	32	41	9	1566	5.4
Sunday Roast Beef	67	108	19	35	8	983	3.6
Sunday Vegetarian	32	129	22	37	15	961	3.0
Sunday Roast Chicken Fillets	65	116	18	22	5	905	3.9

### Hungry Horse - Desserts

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
<b>The Ultimate BIG Candymania</b>	28	248	221	95	50	2203	1.7
<b>Freakshake Cake</b>	7	110	83	33	20	1063	0.4
<b>Jam Roly Poly</b>	15	137	66	48	25	1045	1.6
<b>Candymania Sundae</b>	12	114	100	42	22	1044	0.7
<b>Warm Chocolate Fudge Cake</b>	14	115	100	43	17	918	1.2
<b>Millionaires Cheesecake</b>	6	81	58	38	19	698	0.6
<b>Syrup Sponge Pudding</b>	10	113	85	19	7	665	1.1
<b>Apple Crumble</b>	9	119	77	14	6	653	0.7
<b>Chocolate &amp; black cherry torte</b>	2	59	42	26	16	505	0.1