

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 |

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|---------------------------------|----|-----|----|----|----|------|-----|
| 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 |

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