

9to5strength - Wetherspoons Nutrition Tables

Wetherspoons - Small Plates

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Topped chips - Loaded	1422	42	140	5	79	30	10	5.1
Chicken wings	1333	106	33	10	85	15	4.5	2.2
Topped chips - Chip shop-style curry	1057	14	145	5	46	7	11.7	3.3
Small nachos	671	20	54	5	41	14	5.6	2.3
Southern-fried chicken strips	653	36	42	2	38	10	0.3	1.4
Lentil & bacon soup	554	23	60	8	24	16	5.7	4.6
Butternut squash soup	544	8	63	18	27	17	6.5	2.8
Grilled halloumi	517	28	24	24	31	21	0	3
Breaded Brie	503	10	58	15	26	13	0.1	2.2
Spicy coated king prawns	484	24	43	18	24	11	2	2.3
Houmous and falafel	450	12	22	4	33	3	9.2	1.6
Haggis bites	439	14	28	3	29	12	3.6	2.8
Chicken breast bites	416	32	50	23	10	4	0.1	2.9
Broccoli & Cheese Soup	401	10	32	1	25	15	7.1	3.8
Tomato & basil soup	323	8	41	3	14	6	4.5	2.4
Tandoori chicken bites	316	37	23	11	9	4	1	2.7
Gyoza	259	6	52	26	3	1	1.4	2.5
Wheaten bread	191	8	31	4	3	1	3.9	0.8

Wetherspoons - Salads and Pastas

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
British beef Lasagne	840	44	80	19	37	10	5.6	3.7
Irish beef lasagne	840	44	80	19	37	10	5.6	3.7
Mediterranean vegetable lasagne	748	25	84	20	34	11	8.3	3.8
Lamb moussaka	729	28	38	16	51	14	6.8	3.2
Chicken, avocado & bacon salad	402	33	17	9	22	6	2.6	1.6
Quinoa salad	395	10	51	11	19	3	0.9	1.5

Wetherspoons - Deli Deals

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grilled halloumi & sweet chilli wrap	753	35	61	20	37	23	4.3	3.9
Cheese & tuna melt panini	701	42	55	4	34	11	3.7	0.8
Southern-fried chicken wrap	618	28	67	4	25	8	3.6	1.8
BBQ chicken, bacon & cheese panini	611	43	63	10	21	12	4.2	1.7
Jacket potato with cheese	600	25	51	9	31	15	9.1	2.2
Chips option	597	8	85	2	24	3	6	1.4
Chicken & avocado wrap	587	49	46	3	22	6	3.8	2.3
Jacket potato with coleslaw	585	8	58	15	34	4	8.7	1.7
Tandoori chicken wrap	572	43	66	13	15	7	4.5	3.7
Wiltshire cured ham & cheese panini	555	33	57	3	21	10	4	2.4
Cheese & tomato panini	546	26	58	4	23	13	4.3	1.2
Jacket potato with tuna mayo	541	27	50	9	24	3	9.1	1.6
Jacket potato with chilli con carne	541	21	69	16	18	4	12.7	1.9
Falafel & houmous wrap	509	14	57	5	23	4	9.2	1.9
Chicken breast wrap	497	48	51	11	10	4	3.7	2.4
Jacket potato with five-bean chilli	415	12	66	14	9	1	13.4	1.9
Smoked salmon, cream cheese & rocket bagel	409	20	47	5	16	5	3.5	0.8
Jacket potato with beans	390	12	63	11	8	1	13.7	1.3
New York-style pastrami bagel	388	17	53	11	12	2	3.8	3.6
Smashed avocado bagel	349	10	53	7	11	2	4	1.2
Side salad option	82	1	5	4	6	1	1.2	0.5

Wetherspoons - Fresh From The Grill

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Large mixed grill	2092	104	137	13	122	34	17.6	7.7
Mixed grill	1496	87	99	7	82	25	13	5.5
14oz Aberdeen Angus rump steak	1440	98	96	6	71	21	12.2	2.1
8oz sirloin steak	1196	65	95	5	60	17	11.5	1.9
BBQ chicken melt	1146	68	110	19	47	16	11.9	4
8oz Aberdeen Angus rump steak	1135	63	95	5	54	14	11.5	1.9
10oz gammon with eggs	898	30	95	5	42	8	11.5	1.9
Skinny Sirloin steak Quinoa salad, dressing	650	54	24	6	38	14	0.3	1.3
Skinny Rump steak Quinoa salad, dressing	641	48	24	6	40	15	0.3	1.3
Surf and Turf	474	21	48	2	22	2	2.8	2.9
Garlic & parsley butter	90	0	1	0	10	6	0.2	0.2
Peppercorn Sauce	82	1	4	0	7	3	0.7	0.6
Fried egg	82	7	0	0	6	2	0	0.2
Honey Glaze	72	0	17	14	0	0	0.6	0.5

Wetherspoons - Pub Classics

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Beef & ale pie – chips & mushy peas	1593	38	177	9	80	26	14.2	5
Chicken, leek & pancetta pie – chips & mushy peas	1572	40	181	8	75	24	14.4	5
British steak & kidney pudding	1344	35	140	8	71	25	11.7	3.5
Battered haddock and chips – mushy peas	1308	61	201	5	28	3	15.7	8.8
Battered cod and chips – mushy peas	1268	65	187	5	28	3	15.2	7.6
Beef & ale pie – mash & mushy peas	1267	34	128	9	67	31	11.6	3.7
Chicken, leek & pancetta pie - mash & mushy peas	1243	36	132	8	62	29	11.7	3.6
Lamb Shank	1217	69	59	17	76	38	4.6	2.3
Whitby breaded scampi	1138	34	141	6	47	5	13.3	4.3
Chicken tikka masala	1085	59	122	21	40	17	5.7	4.1
Wiltshire cured ham, eggs and chips	941	46	85	2	45	9	6	4.3
Bangers and mash	894	29	60	10	57	24	13.5	2.4
Small battered cod and chips – mushy peas	890	42	129	4	21	2	11.8	3.4
Small battered haddock and chips - mushy peas	869	38	129	4	21	2	11.8	5.3
Sweet potato, chickpea & spinach curry	839	26	139	16	23	9	13.6	4.2
Small Whitby breaded scampi	779	22	100	5	31	3	10.3	2.5
5oz gammon, eggs, chips	755	22	85	2	35	6	6	1.7
Fish and Chips	723	16	105	4	25	3	11.7	2.2
Vegetarian sausages & mash	708	36	73	5	27	9	15.1	3.1
British beef chilli con carne	706	37	91	15	20	6	11.6	1.8
Irish beef chilli con carne	706	37	91	15	20	6	11.6	1.8
Five-bean chilli	514	16	98	20	9	2	16.9	2.9
Bread and Butter	458	9	47	1	26	16	3.1	1.7
Teriyaki noodles	421	12	58	17	12	1	7.2	4.1

Wetherspoons - Burgers and Dogs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
NF Gourmet Vegetable Burger	1259	27	154	14	59	10	15.1	3.7
Classic hot dog	1128	31	120	4	57	16	7.6	2.1
NF Vegetable Burger	1127	27	162	16	42	8	15.7	3.5
Vegetable burger	1126	33	165	12	37	9	17.1	3
Fried buttermilk chicken burger	580	37	54	7	23	11	2.7	0.6
Classic Goz burger	574	39	39	9	28	13	4.2	1.4
Skinny chicken burger	446	50	36	8	10	5	3.2	1.6
Chicken breast burger	434	50	34	7	10	5	2.7	1.6

Wetherspoons - Burger Toppings

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grilled halloumi	416	31	3	3	31	19	0	0
Six beer-battered onion rings	338	4	35	5	20	2	3.1	1.4
Blue cheese sauce	212	2	8	3	19	3	0.3	0
Chilli con carne	183	14	18	6	6	2	3.6	1.1
Bacon with Cheese	158	13	4	2	10	5	0.1	0.9
Bacon with American Cheese	158	13	4	2	10	5	0.1	0.9
Caerphilly cheese & leek sauce	144	5	5	1	11	7	1	0.6
Five-bean chilli	107	6	15	5	1	0	4.3	1.1
Coleslaw	95	1	3	2	9	1	0	0.3
American cheese	82	4	3	1	6	3	0	0.8
Cheddar cheese topping	78	5	0	0	6	4	0	0
Maple-cured bacon	77	9	1	1	4	2	0.1	0.1
BBQ sauce	75	1	16	13	1	0	0.8	0.7
Fried Egg	72	7	0	0	5	1	0	0.2
Avocado topping	62	1	3	0	5	1	0.2	0
Crispy onion	61	1	4	2	5	0	0.4	0.1
Peri-peri sauce	19	0	2	0	1	0	0.6	0.7

Wetherspoons - Gourmet Burgers and Dogs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ultimate burger	2015	92	170	24	105	24	14.6	7.3
Empire State burger	2012	94	167	19	105	33	14.9	5.8
Brie & bacon beef burger	1946	68	195	29	99	37	13.7	7
BBQ burger - Buttermilk chicken	1765	64	194	28	80	23	12.9	4.3
BBQ burger - beef	1759	66	179	30	84	25	14.4	5
Brunch burger- Beef	1756	70	178	15	83	24	12.1	3.7
Brunch burger- Beef	1750	72	163	16	88	26	13.6	4.5
Chilli dog	1741	56	172	14	90	25	14.3	4.8
Gourmet Vegetable Burger	1711	42	209	17	77	14	22.9	5.5
Pulled beef burger	1689	59	171	21	83	20	13.7	4.3
Tennessee burger- Buttermilk chicken	1683	59	195	29	72	18	12.7	4
Tennessee burger - beef	1677	61	180	30	77	20	14.2	4.8
Beef burger with Cornish cheese	1649	71	136	19	89	24	12	5.9
New York deli burger	1646	56	165	20	82	19	14.1	6.1
State dog	1645	43	165	12	89	22	11.8	4.3
BBQ burger - Chicken	1619	77	174	28	66	16	12.9	5.2
Brunch burger- grilled chicken	1598	81	158	14	70	17	12.1	4.6
Tennessee burger - chicken	1537	72	175	28	59	12	12.7	5
Original gourmet beef burger- ROI	822	60	44	11	44	22	4.5	1.9
Original gourmet Buttermilk chicken burger	808	58	61	10	37	18	3.5	1.5
Original gourmet chicken burger	662	71	41	9	23	12	3.5	2.4

Wetherspoons - Gourmet Burgers/Sandwiches (No Onion Rings)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ultimate burger	1854	70	164	19	102	35	14.4	6.1
BBQ burger - beef	1836	69	178	31	94	35	14.5	6.7
BBQ burger - Chicken	1696	80	173	29	76	26	13	6.9
Tennessee burger - beef	812	52	57	24	42	26	5	3.6
Tennessee burger - chicken	672	63	53	22	24	17	3.6	3.8

Wetherspoons - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bowl of chips with curry sauce	1057	14	145	5	46	7	11.7	3.3
Bowl of chips	955	13	136	3	39	4	9.7	2.2
Haggis & whisky sauce	691	22	75	18	33	17	13.4	1.9
Twelve beer-battered onion rings	675	8	69	10	40	4	6.2	2.8
Half rack of BBQ pork ribs	586	43	23	23	36	15	0	1.2
Garlic ciabatta bread With Cheese	558	21	57	3	27	15	3.9	0.2
Garlic ciabatta bread Plain	402	11	56	3	14	7	3.9	0.2
Six beer-battered onion rings	338	4	35	5	20	2	3.1	1.4
Slice of Garlic ciabatta bread With Cheese	279	11	28	2	13	8	1.9	0.1
Slice of Garlic ciabatta bread Plain	201	6	28	2	7	4	1.9	0.1
Quinoa side salad	193	5	24	6	10	1	0.3	1
Peas	130	10	16	4	1	0	8.2	0
Coleslaw	95	1	3	2	9	1	0	0.3
Two char-grilled mini corns-on-the-cob	86	3	15	2	2	0	5.5	0
Side salad with dressing	82	1	5	4	6	1	1.2	0.5

Wetherspoons - Chicken and Ribs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BBQ pork ribs.	2201	99	170	55	124	36	9.1	9.2
Chicken & rib combo.	1896	97	162	45	94	22	9.9	7.8
Triple chicken feast	1751	119	138	20	80	15	11.5	3.8
Southern-fried chicken strips	1263	45	145	20	55	13	6.6	3.3
Peri-peri roast half chicken	964	34	98	5	48	7	9.9	3
Buttermilk chicken breast meal	466	29	24	4	29	9	0	0.3

Wetherspoons - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Millionaire sundae	1352	15	170	135	69	40	2.7	1.3
Warm chocolate fudge cake with ice cream	1003	14	116	93	54	28	3.6	1.1
Cookie Dough Sundae	990	11	121	93	52	32	1.3	1
Chocolate ice cream sundae	981	11	119	103	52	29	3.2	0.6
Warm chocolate brownie with ice cream	872	10	103	92	46	21	3.5	0.6
Knickerbocker glory	796	7	120	94	32	21	2	0.5
American-style pancakes with ice cream and syrup	793	15	144	78	18	10	3.3	2.8
Warm cookie dough sandwich with ice cream	756	9	106	74	34	20	1.5	0.8
American-style pancakes with ice cream & fruit	743	15	131	74	18	10	3.4	2.6
British Bramley apple crumble with ice cream	713	7	108	74	27	13	4.1	0.5
Madagascar vanilla cheesecake with fruit	635	9	75	51	33	17	1.6	0.8
Eton mess	604	6	91	76	24	14	2.2	0.3
Madagascar vanilla cheesecake, caramel sauce	544	9	47	31	35	18	0.8	0.9
British Bramley apple crumble with custard	536	6	95	58	14	5	4.3	0.3
Fresh fruit and ice cream	473	6	76	67	17	10	3.5	0.3
Carrot cake	388	4	44	31	22	4	1.2	0.2
Add a scoop of Vanilla ice cream	147	2	17	14	8	5	0.1	0.1

Wetherspoons - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Large breakfast	1612	59	105	8	106	45	15.1	6.8
American breakfast	1510	57	142	53	79	27	8	5.3
Large vegetarian breakfast	1416	59	119	7	76	23	18.4	5.5
Vegetarian breakfast	976	46	77	6	52	14	13.9	3.8
Traditional breakfast	957	38	65	6	61	28	10.5	4.6
Breakfast wrap	776	32	58	4	46	20	5.9	3
Vegetarian breakfast wrap	730	28	73	3	35	9	7.3	2.4
American-style pancakes with syrup and bacon	673	19	111	50	18	10	3.1	2.8
Bacon butty	640	35	47	1	38	29	3.6	4.8
Eggs Benedict	636	41	30	5	39	19	2.5	3.6
Eggs royale	597	29	30	5	39	19	3.1	1.1
Scrambled egg on toast	587	33	49	3	29	10	3.1	1.9
Scrambled egg on wholewheat toast	549	33	48	4	25	8	3.7	2
Breakfast roll with sausage	546	17	32	3	38	14	4	2.1
Children's (small) breakfast	532	27	29	4	34	14	7.5	2.6
Beans on toast	518	21	72	6	15	4	12.3	2.5
American-style pancakes with syrup	508	10	88	34	13	8	2.2	2.6
Gluten-free breakfast	478	36	14	4	32	18	5.9	2.7
Beans on wholewheat toast	475	22	71	6	10	4	12.9	2.3
Toast and preserves	472	9	65	19	19	11	3.4	1.6
MOMA! Porridge with banana and honey	462	15	89	58	5	1	6.8	0.3
Smoked salmon, cream cheese & rocket bagel	409	20	47	5	16	5	3.5	0.8
Smashed avocado bagel with poached egg	406	15	54	7	15	4	4	1.3
Breakfast roll with Quorn sausage	400	20	39	2	17	4	5.2	2
Children's vegetarian breakfast	386	22	34	4	17	3	8.3	1.7
Fresh fruit and Greek-style yoghurt with honey	357	7	60	56	11	6	3.2	0.2
Breakfast roll with bacon	354	17	25	1	23	16	1.2	2.5
Smashed avocado bagel	349	10	53	7	11	2	4	1.2
Bagel with cream cheese	317	10	47	6	11	7	2.8	0.9
MOMA! Porridge with blueberries & brown sugar	310	13	52	23	5	1	5.5	0.2
Fresh fruit	172	2	41	38	1	0	3.2	0

Wetherspoons - Brunch

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
All-day brunch	1356	54	106	7	79	29	14.2	5.3
Steak and eggs - Sirloin	1172	68	85	2	61	18	6	2
Steak and eggs - Rump	1110	65	85	2	56	15	6	1.9
Vegetarian all-day brunch	556	45	35	3	24	4	11.2	2.7

Wetherspoons - Brunch (Scottish)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Large Scottish breakfast	1444	73	108	6	80	41	15.4	7.5
Mac and cheese with chips	1320	39	172	5	53	20	10.7	4.7
Balmoral chicken	1198	75	77	13	65	37	9.8	6.2
Highland burger	1198	75	77	13	65	37	9.8	6.2
Scottish haggis, neeps and tatties	1084	23	101	19	60	27	16.4	4.2
Chips with gravy	984	14	141	3	39	4	9.8	3.1
Mac and cheese with garlic bread	850	35	106	3	33	19	5.6	3.7
Eggs Balmoral	756	28	51	6	48	23	4.9	2.9
Scottish breakfast	703	42	48	5	39	21	9.5	4.1
Breakfast roll with sausage	486	21	30	1	30	12	6.4	2.1
Breakfast roll with black pudding	444	16	44	1	23	6	1.1	2.7
Breakfast roll with haggis	353	10	35	2	19	8	2.2	1.7

Breakfast roll with fried egg	277	11	25	1	15	2	0.9	0.9
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Wetherspoons - Brunch (Irish)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Large Ulster fry with mushroom	1600	55	189	13	69	24	17.6	7.3
Large Ulster vegetarian breakfast	1127	59	104	7	51	17	17.6	4.8
Ulster fry	1123	55	87	9	62	28	10.1	7
Gourmet Beef Burger	822	60	44	11	44	22	4.5	1.9
Vegetarian sausages and champ	774	29	54	14	47	17	15.2	3.1
Roast of the day - beef	723	54	70	16	25	11	7.6	3.7
Breakfast soda	721	36	67	6	36	19	3.7	4.5
Ulster vegetarian breakfast	625	41	50	6	28	6	12.4	2.7
Sausages and champ	557	34	65	10	15	2	16.2	3.5

Wetherspoons - Brunch (Cornish)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cheese & onion pasty	1383	30	168	7	63	24	15	4.5
Crab sandwich	1073	35	134	4	42	5	12.5	3.7
Large Cornish pasty	932	12	127	122	43	27	0.8	1.1
Cornish Ploughman's sandwich	689	36	81	36	25	13	4.1	3.5
Cornish Ploughman's plate	667	43	58	34	29	15	4.8	4.2
Crab salad	243	18	4	3	17	2	3.4	1.2
Cornish chocolate ice cream	225	7	27	26	9	6	0	0.8
Cornish chocolate mint ice cream	213	6	26	26	9	5	0	0.3
Cornish strawberry ice cream	178	4	27	26	6	4	0	0.2

Wetherspoons - Chicken Club

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Triple chicken feast	1751	119	138	20	80	15	11.5	3.8
Chicken wings	1166	105	22	5	72	13	3.9	0.3
Roast half chicken	1040	106	3	2	67	18	2.3	3.4
Chicken quinoa salad	601	51	51	11	23	5	0.9	2.5
Southern-fried chicken strips	595	37	43	4	31	10	0	1.4
Pulled chicken bun	541	51	39	8	20	6	2.3	1.9
Fried buttermilk chicken breast	447	29	23	3	27	9	0	0.3
Chicken breast bites	405	32	29	3	18	5	0	1.6
Grilled chicken breast	301	42	3	3	13	2	0	1.3
Sticky soy sauce	106	1	24	22	1	0	0.1	1.6
BBQ sauce	75	1	16	13	1	0	0.8	0.7
Honey glaze	72	0	17	14	0	0	0.6	0.5
Sriracha sauce	51	0	6	5	3	0	0.4	2.2
Peri-peri sauce	19	0	2	0	1	0	0.6	0.7
Chips option	597	8	85	2	24	3	6	1.4
Mexican-style rice	202	4	44	3	1	1	2.9	0
Side salad with dressing	82	1	5	4	6	1	1.2	0.5

Wetherspoons - Steak Club

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
BBQ pork ribs	2201	99	170	55	124	36	9.1	9.2
Large mixed grill	2092	104	137	13	122	34	17.6	7.7
Chicken & rib combo	1896	97	162	45	94	22	9.9	7.8
Mixed grill	1496	87	99	7	82	25	13	5.5
14oz Aberdeen Angus rump steak	1440	98	96	6	71	21	12.2	2.1
8oz sirloin steak	1196	65	95	5	60	17	11.5	1.9
BBQ chicken melt	1146	68	110	19	47	16	11.9	4
10oz gammon with eggs	898	30	95	5	42	8	11.5	1.9
Skinny Sirloin steak Quinoa salad, dressing	650	54	24	6	38	14	0.3	1.3
Skinny Rump steak Quinoa salad, dressing	641	48	24	6	40	15	0.3	1.3

Wetherspoons - Fish Friday

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Battered haddock and chips with mush peas	1308	61	201	5	28	3	15.7	8.8
Battered cod and chips with mushy peas	1268	65	187	5	28	3	15.2	7.6
Battered haddock and chips with peas	1246	58	189	5	28	3	14.4	7.9
Cod fillet, peas or mushy peas	1205	62	175	5	28	3	13.8	6.7

Wetherspoons - Curry Club

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Beef Madras	1136	44	142	16	45	16	10.3	1.9
Chicken tikka masala	1085	59	122	21	40	17	5.7	4.1
Chicken and Paneer Makhani	1056	29	121	17	51	17	6	7.6
Chicken korma	1040	59	124	22	34	11	6	3.9
Lamb rogan josh	964	40	124	21	35	7	8.2	6.4
Chicken vindaloo	953	59	117	18	27	3	9.7	3.7
Chicken balti	922	48	115	12	32	3	8.4	4.2
Chicken jalfrezi	896	56	114	13	23	4	9.2	1.9
The flaming dragon curry	862	55	113	9	20	2	11.2	4.5
Sweet potato, chickpea & spinach curry	839	26	139	16	23	9	13.6	4.2
Rice, naan and poppadums	499	14	88	2	10	2	3.3	1.6
Poppadums and dips	450	8	42	27	21	10	2.3	1.6
Vegetable samosas (two)	440	4	34	2	33	5	2.9	1.4
Tandoori chicken salad	382	43	23	11	13	7	1.6	2.5
Onion bhajis (two)	371	9	26	8	24	2	7.1	2.2
Bombay potatoes	272	4	35	6	11	1	5.9	1
Garlic & coriander naan	270	7	43	2	8	3	1.9	1.1
Vegetable samosa (one)	220	2	17	1	16	3	1.5	0.7
Onion bhaji (one)	185	5	13	4	12	1	3.6	1.1

Wetherspoons - Pizza

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Spicy meat feast	1231	79	105	9	57	28	5.5	2.7
Pepperoni	1149	51	104	9	61	30	5.2	0.9
BBQ chicken	1100	63	122	24	42	22	6.4	2.1
Ham and pineapple	1050	53	116	21	44	23	5.7	2.2
Ham and mushroom	1028	57	105	9	44	23	6.4	2.2
Classic Margherita	911	41	104	9	39	21	5.3	0.9
Garlic pizza bread with mozzarella (large)	887	29	99	6	44	20	4.9	1
Garlic pizza bread (large)	702	17	98	6	29	10	5.2	0.7
Garlic pizza bread with mozzarella (small)	556	21	54	3	30	15	2.8	0.6
Garlic pizza bread (small)	369	10	52	3	15	5	2.8	0.3