

9to5strength - Wetherspoons Nutrition Tables

Wetherspoons - Small Plates

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

Wetherspoons - Salads and Pastas

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

Wetherspoons - Deli Deals

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

Wetherspoons - Fresh From The Grill

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

Wetherspoons - Pub Classics

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

Wetherspoons - Burgers and Dogs

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	FIBRE	SALT
NF Gourmet Vegetable Burger	27	154	14	59	10	1259	15.1	3.7
Classic hot dog	31	120	4	57	16	1128	7.6	2.1
NF Vegetable Burger	27	162	16	42	8	1127	15.7	3.5
Vegetable burger	33	165	12	37	9	1126	17.1	3
Fried buttermilk chicken burger	37	54	7	23	11	580	2.7	0.6
Classic 6oz burger	39	39	9	28	13	574	4.2	1.4
Skinny chicken burger	50	36	8	10	5	446	3.2	1.6
Chicken breast burger	50	34	7	10	5	434	2.7	1.6

Wetherspoons - Burger Toppings

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

Wetherspoons - Gourmet Burgers and Dogs

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

Wetherspoons - Gourmet Burgers/Sandwiches (No Onion Rings)

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

Wetherspoons - Sides

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

Wetherspoons - Chicken and Ribs

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

Wetherspoons - Desserts

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

Wetherspoons - Breakfast

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

Wetherspoons - Brunch

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

Wetherspoons - Brunch (Scottish)

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

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

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

Wetherspoons - Brunch (Cornish)

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

Wetherspoons - Chicken Club

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

Wetherspoons - Steak Club

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

Wetherspoons - Fish Friday

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

Wetherspoons - Curry Club

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

Wetherspoons - Pizza

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