

9to5strength - Brewers Fayre Nutrition Tables

Brewers Fayre - Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
COMBO FEAST	1987	75	184	22	105	17	7.6
CHICKEN WINGS	539	29	31	9	33	6	2.6
SOUTHERN CHICKEN GOUJONS	491	29	36	8	25	4	1.6
CRISPY POTATO DIPPERS	487	22	34	3	29	13	1.7
CHICKEN LIVER & PORK PATE	417	11	45	16	21	9	1.6
GARLIC & HERB BREADED MUSHROOMS	403	9	57	10	17	2	1.4
TEMPURA PRAWNS	362	9	39	13	19	2	2.4
MELTING BRIE BITES	352	15	29	14	19	7	1
PRAWN COCKTAIL	347	18	30	11	17	4	2.1
SMOKED HADDOCK FISHCAKE	341	21	23	1	24	13	0.8
MATURE CHEDDAR & STICKY ONION TART	281	10	20	7	17	7	0.7
TOMATO SOUP	239	6	35	13	7	3	1.7

Brewers Fayre - A Bit Different

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
SWEET POTATO & FETA LASAGNE	742	24	70	18	39	16	3
BURRITO BOWL WITH CHICKEN	687	49	64	21	24	10	4.2
BEEF & PORK LASAGNE	634	28	64	17	28	12	3.1
SPICY ASIAN STYLE NOODLES WITH CHICKEN	579	45	65	23	15	2	4
THREE CHEESE QUICHE	570	20	42	11	36	18	1.2
BURRITO BOWL SALAD	532	16	64	21	22	10	3
CORONATION CHICKEN SALAD	519	35	11	9	37	3	1.9
CHICKEN & PESTO PIE	485	25	44	10	23	9	1.3
GRILLED CHICKEN & BACON SALAD	431	51	13	11	19	6	4.7
SPICY ASIAN STYLE NOODLES	424	12	64	22	12	2	2.9

Brewers Fayre - Classics

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
ULTIMATE FILLED YORKSHIRE SAUSAGE & MASH	1334	58	126	14	63	23	4
BEEF & DOOM BAR PUDDING	1297	32	96	9	84	46	4.5
CHICKEN GARLIC CHICKEN	1260	45	132	7	64	12	0.8
DOUBLE SMOTHERED CHICKEN	1209	96	104	22	47	16	5.4
VEGETARIAN FILLED YORKSHIRE SAUSAGE & MASH	1061	47	132	14	33	9	4.1
SAUSAGE, EGG & CHIPS	923	38	87	6	49	15	2.3
SMOTHERED CHICKEN	918	55	95	14	37	10	3.5
CHICKEN TIKKA CURRY	863	45	113	26	24	6	3.7
GRILLED GAMMON STEAK WITH EGGS	787	65	75	4	27	7	3.3
VEGETARIAN SAUSAGE, EGG & CHIPS	770	40	88	5	29	4	1.9
GRILLED GAMMON STEAK WITH ONE OF EACH	764	59	85	15	24	6	3.1
GRILLED GAMMON STEAK WITH PINEAPPLE	742	53	94	25	21	5	3
MEXICAN BEEF CHILLI	680	23	83	9	25	10	1.8
SMOKY PAPRIKA CHICKEN	665	44	76	9	23	3	2.1

SLOW-COOKED LAMB SHANK

623	33	40	8	35	19	2.2
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Brewers Fayre - Fish

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
FISH & CHIPS WITH MUSHY PEAS	1212	37	124	5	65	8	2.1
FISH & CHIPS WITH PEAS	1174	35	117	6	65	7	1.2
HAND-BATTERED HADDOCK, CHIPS & MUSHY PEAS	1129	50	113	6	55	12	2.2
HAND-BATTERED HADDOCK, CHIPS & PEAS	1091	48	107	7	55	12	1.3
BREADED WHOLETAIL SCAMPI & MUSHY PEAS	948	26	127	5	40	4	4.5
BREADED WHOLETAIL SCAMPI & PEAS	910	24	120	6	40	4	3.6
FISH PIE	810	42	68	11	38	20	3.5
BAKED SALMON	762	61	41	7	43	22	2.1
SALMON & PRAWN RIGATONI PASTA	681	27	69	6	32	16	3.4
SMOKED HADDOCK FISHCAKES	663	36	48	5	41	19	1.6

Brewers Fayre - Grill

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CHICKEN & FULL RACK RIB COMBO	1632	120	114	40	80	22	5.5
TANDOORI MIXED GRILL WITH CHIPS	1542	89	134	26	76	22	6.9
MIXED GRILL WITH RUMP STEAK	1508	126	97	9	71	23	5.4
MIXED GRILL	1434	99	100	9	66	20	4.9
14OZ RIB-EYE STEAK, HOLLANDAISE SAUCE	1402	109	95	10	73	30	1.4
TANDOORI MIXED GRILL WITH RICE	1371	88	112	26	64	20	7
14OZ RIB-EYE STEAK, PEPPERCORN SAUCE	1296	97	97	13	60	21	1.8
CHICKEN & RIB COMBO	1252	88	98	27	59	15	4
FULL RACK OF RIBS	1240	70	105	32	63	18	3.5
8OZ SIRLOIN	884	55	89	7	36	9	1
8OZ RUMP STEAK	871	59	89	7	34	8	1.2
HALF ROAST CHICKEN & CHIPS	827	56	85	17	32	6	2.4
6OZ RANCH STEAK	414	58	9	7	15	8	0.7

Brewers Fayre - Sauces

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
HOLLANDAISE	136	14	3	0	14	10	0.3
TENNESSEE WHISKEY WITH JACK DANIEL'S	89	1	20	18	1	0	0.7
BLUE CHEESE	64	1	3	0	5	4	0.5
PEPPERCORN	29	2	4	2	1	0	0.7

Brewers Fayre - Favourite Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
THE BLACK & BLUE	1330	62	113	12	72	26	2.6
THE NEW YORKER	1152	48	107	12	60	20	2.1
BEEF, CHEESE & MUSHROOM	1103	45	105	11	57	19	1.5
THE SOUTH WESTERN	931	29	119	11	40	6	2.2
VEGAN BURGER	904	38	124	23	29	4	2.9
EXTRA BEEF BURGER	327	27	0	0	24	11	0.3

EXTRA CHICKEN BURGER	211	17	12	0	11	2	0.8
EXTRA CHEESE & BACON	110	8	0	0	8	5	0.8

Brewers Fayre - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
THE ULTIMATE	1733	72	131	18	104	31	4.9
THE MIGHTY	1604	75	129	14	89	29	5.3
THE CLUCK 'N' ALE	1514	62	148	13	77	12	4.1
THE ULTIMATE NO BUN	1506	66	97	12	97	29	4.4
THE MIGHTY NO BUN	1377	69	95	9	82	27	4.8
THE CHEESY CHICK	1328	43	135	13	69	17	3.8
THE CLUCK 'N' ALE NO BUN	1287	56	114	7	70	10	3.6
THE CHEESY CHICK NO BUN	1101	37	102	7	62	15	3.3
THE BHAJI BURGER	1037	38	131	23	41	6	3.1
THE BHAJI BURGER NO BUN	805	18	120	19	30	5	1.8

Brewers Fayre - Super Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
MAC N CHEESE BITES	393	12	36	1	22	8	1.5
CHEESY JALAPENO POPPERS	378	7	30	4	25	8	0.7

Brewers Fayre - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
EXTRA FEAST	512	10	63	4	24	4	1.5
BATTERED ONION RINGS	442	5	48	5	25	2	1.3
MAC N CHEESE BITES	393	12	36	1	22	8	1.5
CHEESY JALAPENO POPPERS	378	7	30	4	25	8	0.7
BOWL OF CHIPS	369	5	66	0	12	2	0
SWEET POTATO FRIES	350	2	53	23	15	1	0.6
MOZZARELLA STICKS	330	14	23	2	20	5	1.4
GARLIC BREAD WITH CHEESE	317	12	29	1	17	8	1
COLESLAW	138	1	8	6	10	1	0.7
MEDLEY OF GREEN VEGETABLES	112	7	7	4	5	3	0.4
MIXED SIDE SALAD	49	1	6	5	2	0	0.2

Brewers Fayre - Snacks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
FISH GOUJON SANDWICH, BROWN BREAD	728	22	72	4	39	8	1.7
HAM & CHEESE SANDWICH, BROWN BREAD	723	41	59	3	35	17	4
FISH GOUJON SANDWICH, WHITE BREAD	713	21	69	4	39	8	1.7
HAM & CHEESE SANDWICH, WHITE BREAD	708	41	57	3	35	17	3.9
SPICY CHICKEN STRIP SANDWICH, BROWN BREAD	703	26	76	3	31	9	3.5
SPICY CHICKEN STRIP SANDWICH, WHITE BREAD	687	26	74	3	31	9	3.4
PRAWN SANDWICH, BROWN BREAD	603	26	66	8	26	7	2.6
PRAWN SANDWICH, WHITE BREAD	587	25	63	9	26	7	2.6

Brewers Fayre - Puds

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
DIRTY MUD PIE	975	10	101	73	58	31	0.9
1/2 SHARING FONDUE	817	11	128	89	28	14	1
TRIO OF PUDDINGS	762	8	86	60	42	17	1.2
SALTED TOFFEE APPLE CRUMBLE	646	7	100	65	24	10	1.6
BELGIAN WAFFLE & SALTED CARAMEL ICE CREAM	628	9	75	33	32	20	0.8
LEMON MERINGUE PIE	606	6	56	31	39	21	0.4
BELGIAN WAFFLE & CHOC HONEYCOMB ICE CREAM	604	8	79	36	28	17	0.7
WARM CHOCOLATE BROWNIE	555	8	82	65	20	9	0.4
GIN & TONIC TRIFLE	547	7	67	46	28	16	0.5
CARAMEL APPLE BETTY	454	6	78	49	13	7	0.5
SUMMER BERRY CHEESECAKE	446	6	28	20	34	20	0.6
PROFITEROLES	423	5	32	25	31	18	0.3
MINI DIRTY MUD PIE	293	3	29	21	18	10	0.3
MINI CHERRY BAKEWELL	289	4	28	20	18	5	0.4
STRAWBERRY FROZEN YOGHURT	258	8	50	50	3	2	0.3
ICE CREAM WITH CARAMEL SAUCE	255	5	38	35	8	5	0.2
ICE CREAM WITH RASPBERRY SAUCE	251	5	40	33	7	4	0.1
ICE CREAM WITH CHOCOLATE SAUCE	227	5	33	27	7	4	0.1
MINI APPLE CRUMBLE WITH CUSTARD	180	2	29	20	6	3	0.5

Brewers Fayre - Sundaes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BLACK FOREST ICE CREAM SUNDAE	715	12	104	84	26	14	0.4
SALTED CARAMEL, CHOC & POPCORN SUNDAE	690	11	87	74	31	16	0.7
CHOC-A-BLOCK CADBURY SUNDAE	642	11	81	68	28	17	0.4
PINA COLADA SUNDAE	597	5	75	67	31	27	0.3