

## 9to5strength - Sizzling Pub & Grill Nutrition Tables

### Sizzling Pub & Grill - Starters

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Corn Nachos for One	17	96	18	40	11	834	6.0
Grilled Lamb Kofta Kebabs	29	54	6	31	12	617	1.8
Mushrooms, Stilton & Bacon on Garlic Bread	21	20	2	36	18	494	2.0
Beer-Battered Mushrooms & sauce	7	41	1	25	7	421	1.4
BBQ Chicken Wings	32	4	3	30	6	412	1.0
Southern-Fried Chicken	20	18	3	22	6	351	2.4
Grilled Prawn Skewer	17	48	36	5	2	310	2.1
Crispy Potato Skins	6	40	2	13	5	300	0.1
Tomato and Herb Soup	8	41	8	8	4	269	2.5

### Sizzling Pub & Grill - Toppings & Sauces

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Cheddar Cheese Large (Nachos)	30	2	0	41	26	497	2.2
BBQ Pulled Pork Large (Nachos)	27	30	25	21	7	419	1.1
Cheese & BBQ Pulled Pork	22	31	25	21	10	398	1.6
American Cheese sauce Large (Nachos)	6	18	14	25	6	323	3.5
Chilli Large (Nachos)	18	28	15	10	2	284	3.0
Cheese & Beef Chilli	16	15	8	15	8	266	2.1
Cheddar Cheese Small (Nachos)	15	1	0	20	13	248	1.1
Cheese & Bacon	15	1	0	15	9	195	2.0
Sauce - Sticky Bourbon made with JD Whisky	0	34	32	0	0	139	0.7
Sauce - BBQ Dip	1	30	25	0	0	129	0.9
Cheese	8	1	0	10	7	124	0.6
Sauce - Cooling minted sour cream	1	2	2	6	4	62	0.1
Sauce - Peri Peri	1	4	3	3	0	42	2.4
Sauce - Hot Peri-Peri	0	2	1	1	0	21	1.2

### Sizzling Pub & Grill - Sharers

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
1/2 House Sharer	36	104	29	51	17	1,030	4.8
1/2 House-Fried Corn Nachos	14	76	16	37	12	703	5.0
1/3 House Sharer	24	69	19	34	11	687	3.2
1/3 House-Fried Corn Nachos	9	51	10	24	8	468	3.3

### Sizzling Pub & Grill - Salads

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Bourbon Glazed Crispy Duck Salad	39	31	29	29	7	554	2.3
Smoked Haddock and Spring Onion Fishcakes	17	56	13	19	5	473	1.6
Superfood Salad	7	25	17	4	0	173	1.0
ADD Grilled Halloumi	29	3	3	30	18	398	3.3
ADD Chicken and Bacon	50	0	0	8	3	269	1.9

ADD Chilli Maple Glazed Prawn Skewer	15	19	18	1	0	148	1.4
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### Sizzling Pub & Grill - Sandwiches

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Sweet Chilli Southern Fried Chicken (white)	36	121	33	31	7	915	4.2
Sweet Chilli Southern Fried Chicken (wholemeal)	39	108	32	31	7	882	4.2
Hand-Battered Fish Goujons (baguette)	42	99	3	34	7	881	1.9
Grilled Halloumi Red Pepper & Salsa (wrap)	41	79	13	43	22	876	5.3
Sweet Chilli Southern Fried Chicken (baguette)	37	115	29	28	5	869	4.4
Grilled Halloumi Red Pepper & Salsa (baguette)	43	76	14	39	20	836	5.3
Grilled Halloumi Red Pepper & Salsa (white)	43	66	12	42	24	833	5.2
Sweet Chilli Southern Fried Chicken (wrap)	33	97	30	28	6	776	3.3
Hand-Battered Fish Goujons (white)	31	100	7	27	7	776	1.6
Hand-Battered Fish Goujons (wholemeal)	33	87	6	27	7	743	1.6
Grilled Halloumi Red Pepper & Salsa (wholemeal)	37	55	10	40	22	741	4.3
Hand-Battered Fish Goujons (wrap)	28	76	4	24	6	637	0.7

### Sizzling Pub & Grill - Jackets

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Cheddar Cheese and Heinz Baked Beans	27	60	10	27	17	619	1.9
Cheddar Cheese	22	50	8	27	17	552	1.5
Beef Chilli with Sour Cream	17	64	17	17	8	503	1.9
Tuna Mayo	29	51	9	15	4	471	1.5

### Sizzling Pub & Grill - Super Subs

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
BBQ Chicken and Bacon Melt	69	95	30	18	9	823	4.3
Tuna Mayo Melt	64	68	6	28	8	791	4.2
Add Fries	4	60	1	23	5	461	0.8

### Sizzling Pub & Grill - All Time Classics

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Pulled Ham, Chicken and Cheddar Cheese Pie	24	101	8	64	25	1,077	1.9
Cod & Chips	42	95	4	49	12	1,001	3.3
Scampi & Chips	25	105	3	45	10	931	4.2
Rack of BBQ Glazed Ribs Sticky Pork Ribs	58	69	43	42	11	887	3.4
Cheddar Mac & Cheese	31	75	6	41	25	809	4.3
Stilton and Mushroom Chicken.	59	49	5	29	15	709	3.1
Beef Chili, plain rice & nachos	26	87	16	19	6	639	3.6
Italian Style Chicken	43	33	8	35	12	620	2.8
Lemon Peri-Peri Chicken & Pepper Skewers	47	49	24	24	4	607	6.0
Sweet Potato Fries	3	55	15	30	5	503	1.4
Add grilled chicken breast	40	2	1	2	1	185	1.0
Add bacon	5	0	0	14	5	143	0.5

### Sizzling Pub & Grill - Mains

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
British Pork Sausages and Mash	32	73	11	89	33	1,244	5.0
Half a Roast Chicken	89	81	6	62	14	1,236	3.7
Ploughmans Pork Pie	29	148	35	49	23	1,164	5.4
Fish & Chips	40	83	3	54	12	987	1.1
Ploughmans Cropwell Bishop Stilton	36	99	30	45	28	959	5.7
Chicken Jambalaya	55	50	18	28	3	690	3.3
Chicken Tikka Masala	34	92	24	12	3	626	4.6
Beef & Red Wine Lasagne	21	49	7	22	9	489	3.3
7oz Gammon Steak	48	11	7	23	8	451	4.3
Minced Beef, Ale, and Vegetable Pie	10	35	6	21	8	379	1.9
Naan Bread, Veg Samosa, Bhaji & Pakora	5	48	16	5	1	256	1.6

### Sizzling Pub & Grill - Vegetarian

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Jerk Bean Burger	24	180	30	34	7	1,144	4.0
Battered Halloumi & Chips	39	80	3	56	24	983	4.9
Roast Vegetables Tart	19	87	18	36	17	768	3.5
Vegetarian Sausage & Mash	34	73	13	32	14	748	4.0
Jerk Bean Burger (no Bun Vegan)	18	124	37	10	4	678	2.7
Sweet Potato, Lentil and Spinach Dhansak	13	94	26	23	4	647	2.9
Grilled Vegetable Jambalaya	13	50	18	24	2	492	2.8

### Sizzling Pub & Grill - From The Grill

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Buttermilk & Herb Boneless Half chicken	91	211	88	99	18	2,116	7.7
Chick -Tastic	137	171	43	73	17	1,917	7.6
All American Platter	89	168	47	93	19	1,881	5.2
Seasoned Pork Chops	83	134	58	82	26	1,614	5.5
Mega Mixed Grill	102	53	6	96	34	1,489	11.6
Bourbon Glazed Crispy Duck	85	124	61	68	18	1,464	4.5
Gammon-Tastic	91	37	16	93	34	1,359	15.4
Marmalade Gammon Hock	69	101	28	73	20	1,342	7.3
Vegetarian All Day Breakfast	54	113	10	60	22	1,239	5.1
Fajitas – Grilled Chicken Fillet	49	76	10	64	33	1,091	7.3
Fajitas – Grilled Halloumi	50	80	15	62	33	1,091	7.0
Chicken and Ribs Combo	76	92	18	45	11	1,062	3.0
BBQ Hunters Chicken	59	103	30	40	11	999	4.1
Sizzling Lamb Kebab Skillet	44	78	14	54	21	993	4.3
Grilled Rump Steak	49	78	12	46	20	930	4.0
Mexican Meltdown	62	80	17	34	13	889	4.9
Surf & Turf	24	87	4	33	7	744	2.0

### Sizzling Pub & Grill - Steak Skillets

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Classic Mixed Grill	93	82	5	90	29	1,514	5.3
Rump Steak Platter 2x9oz Rump	109	87	2	79	26	1,485	1.6
9oz Rump	57	74	2	51	16	982	1.2
8oz Sirloin	54	72	2	52	17	974	1.1
Steak and Chicken Combo	79	72	2	38	10	949	1.5
Surf & Turf	19	116	7	46	10	947	3.3
9oz Rib-eye	64	72	2	42	14	931	1.5
5 oz Rump	38	72	2	35	9	762	1.1

### Sizzling Pub & Grill - Loaded Steaks

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
The New Yorker	78	141	7	105	37	1,833	4.4
The Black and Blue	64	103	5	73	25	1,338	2.9
Upgrade to a Rib eye steak	57	0	0	16	8	375	0.7
Toppings - The Texan	35	27	23	32	14	536	3.5
Toppings - The Boston	24	33	27	20	11	410	4.4
Half rack of BBQ pork ribs	27	17	13	13	5	289	1.0
BBQ chicken wings and onion rings	11	27	14	10	2	244	0.8
Bourbon made with Jack Daniels® whiskey	1	46	43	0	0	186	1.0
BBQ	2	41	34	0	0	172	1.2
Creamy Diane Sauce	2	4	2	6	3	78	1.0
Three Peppercorn	1	4	2	5	3	65	0.8
Peri-Peri	1	5	3	4	0	57	3.2

### Sizzling Pub & Grill - Burgers

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
The Skyscraper	93	140	29	114	40	1,952	9.3
Backyard BBQ	63	159	47	81	29	1,616	5.3
Old Faithful	60	118	20	77	27	1,404	5.1
BBQ Chicken	67	158	46	49	14	1,347	5.6
Black & Blue Burger	50	118	20	69	27	1,295	4.3
Southern Fried Chicken	52	137	20	59	17	1,293	4.4
Mixed Grill Burger	99	63	21	70	26	1,279	5.8
The Triple House	96	78	27	58	18	1,216	5.7
Jerk Bean Burger	24	180	30	34	7	1,144	4.0
Beef Burger	39	118	20	55	17	1,122	3.5
Grilled Chicken Fillet Burger	53	116	19	34	8	991	2.7

### Sizzling Pub & Grill - Make It Yours

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Southern Fried Chicken Fillet	32	22	0	19	5	392	1.4
6oz Beef Burger	28	1	1	24	10	329	1.3
BBQ Pulled Pork	14	30	25	11	4	274	1.0
Chicken Fillet	42	0	0	3	1	198	0.5
Cropwell Bishop Stilton	10	0	0	14	9	164	0.8
American Cheese Sauce	3	9	7	13	3	161	1.8
Fried Free Range Egg	9	0	0	9	3	117	0.3
Streaky bacon	7	0	0	5	2	76	0.5
Back Bacon	8	0	0	5	2	71	1.4
Monterey Jack Cheese	4	0	0	5	3	65	0.3

### Sizzling Pub & Grill - Sides

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Cheesy bacon chips	27	62	1	48	20	780	3.3
Cheesy Chips	19	61	1	43	18	709	1.9
Sweet Potato Fries	3	55	15	30	5	503	1.4
House Seasoned Chips	5	61	1	23	5	466	1.4
Unseasoned Chips	4	60	1	23	5	461	0.8
Bread and Butter (White)	12	70	6	9	5	415	1.3
Bread and Butter (Brown)	14	57	5	9	5	380	1.3
Cheesy Garlic Bread	13	30	2	22	12	372	1.5
Mac & Cheese	14	28	2	17	11	322	1.8
Mash	6	40	2	11	6	299	1.2
Jacket Potato	6	43	3	6	4	261	0.2
Garlic Bread	6	29	2	12	5	248	0.9
Onion Rings	4	30	4	12	3	242	0.6
Grilled Corn Cobbettes	6	26	19	9	4	232	0.1
Basmati rice	6	43	0	2	0	217	0.3
Buttered baby potatoes	3	32	3	6	4	205	0.2
Coleslaw	1	5	3	11	1	123	0.6
Dressed side salad	2	6	6	1	0	42	0.3

### Sizzling Pub & Grill - Desserts

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Chocolate Fudge Cake	17	160	133	57	20	1,237	1.6
A Trio of Desserts	9	103	88	58	22	975	0.8
Salted Caramel Profiteroles	7	92	82	50	12	853	0.8
Cookie Dough Cream Pie	7	97	79	45	25	825	0.0
Sticky Toffee Pudding	11	100	44	34	9	749	0.9
Strawboffee Pie	7	87	66	33	19	692	0.5
Treacle Sponge	9	112	91	22	5	684	1.0
New York Style Baked Cheesecake	7	85	62	33	20	665	0.5
Belgian Chocolate Brownie	7	92	76	28	14	662	0.6
Caramel Apple Crumble	3	64	40	10	5	359	0.4
Lemon Possett	1	26	19	16	10	254	0.1
Vanilla Ice-Cream	2	39	35	7	4	233	0.2
With Custard	6	30	22	4	2	180	0.3
With Cream	1	3	3	11	8	118	0.0
With Ice cream	1	9	9	3	2	68	0.1

### Sizzling Pub & Grill - Sundaes

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
Nestle Mint Aero Sundae	10	124	110	44	28	939	0.5
Rocky Road Sundae	10	109	87	45	26	885	0.8
Strawberries and Cream Sundae	13	95	91	37	25	767	0.5
Cadbury Lovers Sundae	9	94	87	35	23	733	0.3
Honeycomb Explosion Sundae	4	97	89	25	15	626	1.0

### Sizzling Pub & Grill - Breakfast

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
The Ultimate Breakfast	137	200	16	194	78	3112	15.3
Sizzling Breakfast	59	68	10	85	31	1288	5.8
Bap – The Works	41	49	7	68	24	968	5.7
Loaded Omelette & Pork Sausages	37	16	6	74	20	883	3.5
Bap – Grilled Pork Sausages and fried egg	26	48	7	58	20	826	2.8
American Style Steak and Eggs	52	50	0	47	14	823	0.8
Small Breakfast	27	29	5	39	13	585	3.2
Bap – Veggie Sausages and Fried Egg	28	46	6	25	10	538	2.4
Loaded Omelette & Grilled Back Bacon	39	7	4	38	8	529	4.6
Sizzling Vegetarian Breakfast	34	12	4	36	15	520	3.4
Bap - Grilled Back Bacon and a fried Egg	28	39	4	23	8	472	3.9
Small Vegetarian Breakfast	21	38	4	22	7	444	1.6
Loaded Omelette & Mushroom	27	7	4	30	4	405	1.8

### Sizzling Pub & Grill - Breakfast Extras

PRODUCT	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	CALORIES	SALT
British pork sausage	6	5	1	22	8	248	0.9
Brown Toast and Butter	6	34	3	7	4	226	0.7
White Toast and Butter	7	28	2	7	4	215	0.7
Choice Honey	0	35	0	0	0	141	0.0
Veggie Sausage	8	4	1	7	3	115	1.1
Golden Hash brown	1	12	0	5	1	96	0.3
Choice Blackcurrant Jam	0	23	21	0	0	96	0.0
Choice Marmalade	0	24	21	0	0	96	0.0
Choice Strawberry Jam	0	24	21	0	0	96	0.0
Choice Raspberry Jam	0	23	21	0	0	95	0.0
Free range Fried Egg	7	0	0	7	2	92	0.2
Grilled Flat Mushroom	1	10	0	3	1	75	0.0
Heinz Baked Beans	5	11	3	0	0	73	0.4
Grilled Back Bacon	5	0	0	2	1	40	1.0
Grilled Half Tomato	1	3	2	0	0	15	0.0