

9to5strength - Beefeater Nutrition Tables

Beefeater - Sharers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
SHARING PLATTER + 1/2 RACK OF RIBS	1995	86	159	34	112	29	9.4
BEEFEATER SHARING PLATTER	1588	55	138	15	91	21	7.6
LOADED NACHOS	1256	31	124	18	65	22	4.1
GARLIC FLATBREAD STRIPS	1139	27	136	7	52	15	2.7

Beefeater - Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
SHARER LOADED POTATO DIPPERS w CHEESE & BACON	1150	56	69	4	72	33	5.3
SHARER LOADED POTATO DIPPERS w CHEESE	990	40	69	4	62	29	2.3
HALLOUMI FRIES	587	29	11	7	47	16	3.7
LOADED POTATO DIPPERS w CHEESE & BACON	571	28	35	2	36	16	2.7
STEAK SKEWER w THREE CHEESE FONDUE	559	38	31	4	31	20	2.0
CALAMARI	536	16	26	2	41	4	3.6
BUTTERMILK CHICKEN GOUJONS	494	24	37	11	27	4	3.0
LOADED POTATO DIPPERS w CHEESE	492	20	35	2	30	14	1.1
CRISPY FLAT CAP MUSHROOMS	489	7	43	9	33	3	2.2
8 CHICKEN WINGS w BBQ	463	37	25	8	24	7	2.0
8 CHICKEN WINGS w PIRI PIRI	442	37	19	1	24	7	3.5
SMOKY CHEESE BITES	442	19	28	9	28	9	1.5
CHICKEN & DUCK WINGS	423	40	22	13	20	5	1.6
CLASSIC PRAWN COCKTAIL	340	17	22	10	20	6	2.0
POSH PRAWN & LOBSTER COCKTAIL	318	23	22	4	15	2	2.0
5 CHICKEN WINGS w BBQ	303	23	19	8	15	4	1.4
CRISPY BEEF ASIAN STYLE SALAD	285	15	20	16	16	2	0.4
5 CHICKEN WINGS w PIRI PIRI	282	23	12	1	15	4	2.8
BEEF CRISPS	267	3	27	0	16	1	0.2
SCALLOPS	250	16	16	2	13	6	1.3

Beefeater - Steak & Chips

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
10oz DRY AGED SIRLOIN w CHIPS	1163	60	78	9	67	19	3.0
10oz RIB-EYE w CHIPS	988	73	54	5	52	15	3.0
10oz RUMP w CHIPS	941	67	52	3	51	13	3.4
10oz DRY AGED SIRLOIN w VEG MEDLEY	931	62	41	12	57	21	2.6
10oz DRY AGED SIRLOIN w SALAD	853	57	37	10	53	18	2.4
8oz FILLET w CHIPS	825	58	53	3	42	10	2.9
8oz SIRLOIN w CHIPS	802	57	52	3	40	9	3.1
10oz RIB-EYE w VEG MEDLEY	755	75	17	8	42	17	2.7
10oz RUMP w VEG MEDLEY	709	69	15	6	41	15	3.1
STEAK & FRITES	686	43	49	2	35	9	2.5
10oz RIB-EYE w SALAD	677	70	14	6	38	14	2.4
10oz RUMP w SALAD	631	63	12	4	36	12	2.8
8oz FILLET w VEG MEDLEY	592	60	15	7	32	12	2.6
8oz SIRLOIN w VEG MEDLEY	570	59	15	6	30	11	2.7
8oz FILLET w SALAD	514	54	12	4	27	9	2.3
8oz SIRLOIN w SALAD	492	53	12	4	26	8	2.4

Beefeater - Steak Sauces & Butters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
ADD GARLIC KING PRAWNS	139	12	1	1	10	5	1.0
BEARNAISE SAUCE	122	1	3	2	12	8	0.4
SIGNATURE SAUCE	73	2	6	3	5	2	0.6
SEA SALT & CRACKED BLACK PEPPER BUTTER	72	0	0	0	8	5	0.2
PRAWN & LOBSTER SAUCE	71	1	3	0	6	3	0.5
GARLIC & PARSLEY BUTTER	61	0	0	0	7	4	0.1
BEER & BEEF DRIPPING SAUCE	57	1	6	1	3	2	0.6
TRIPLE PEPPERCORN SAUCE	29	2	4	2	1	0	0.7

Beefeater - Grills

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
BEEFEATER MIXED GRILL WITH RUMP STEAK	1730	153	69	6	92	26	9.7
BEEFEATER MIXED GRILL WITH SIRLOIN STEAK	1591	143	69	6	81	22	9.3
BBQ CHICKEN 'N' WHOLE RACK OF RIBS	1591	111	127	57	68	20	6.8
STICKY BOURBON BBQ RIBS	1426	77	122	49	68	20	5.8
BEEFEATER MIXED GRILL	1413	117	69	6	73	17	9.0
PREMIUM SURF & TURF COMBO	1232	74	75	5	70	17	5.8
BBQ CHICKEN 'N' RIBS	1185	80	105	38	47	12	5.0
LAMB RUMP	577	52	43	12	20	8	3.5

Beefeater - House Favourites

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
DOUBLE SHORT RIB & MAPLE GLAZED BACON BURGER	1679	87	111	25	97	35	6.3
LOBSTER DOUBLE STACK BURGER	1535	72	115	43	87	28	3.4
DOUBLE BACON & CHEESE BEEF STEAK BURGER	1535	72	116	42	87	31	4.5
BEEF & CHEDDAR PIE	1307	32	94	10	86	46	4.5
TANDOORI SPICE BURGER	1168	51	119	47	53	7	3.9
BLACKENED GAMMON STEAK	1007	57	64	16	57	6	7.4
CHARGRILLED GAMMON STEAK	999	57	62	15	57	6	6.9
BEER-BATTERED HADDOCK & CHIPS w MUSHY PEAS	958	46	84	5	48	5	2.7
VEGAN BURGER w BBQ SAUCE	943	36	110	42	38	4	3.8
MOZZARELLA FILLED CHICKEN WRAPPED IN PANCETTA	928	67	53	3	49	19	3.9
SMOTHERED CHICKEN MELT	925	59	82	21	38	11	4.0
BEER-BATTERED HADDOCK & CHIPS w PEAS	920	44	77	6	48	5	1.8
SMOKY PAPRIKA CHICKEN	775	52	75	14	28	5	2.8
PLAIN CHICKEN	743	47	73	13	27	5	2.4
CAULIFLOWER CHEESE TART	690	14	64	10	41	23	1.4
CHICKEN & CHORIZO PIE	528	28	42	11	25	10	1.7
TERIYAKI SALMON	504	45	19	16	26	5	2.6
GRILLED TUNA STEAK	404	39	28	13	14	3	4.1

Beefeater - Tasty Alternatives

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
RAINBOW BOWL w CRISPY BEEF	1453	58	90	13	96	14	3.5
RAINBOW BOWL	1094	21	89	13	69	11	3.4
SWEET POTATO & FETA LASAGNE w CHIPS	975	28	104	15	48	14	3.3
ROAST VEG LINGUINE w SALMON	826	58	77	21	29	5	2.5
SWEET POTATO & FETA LASAGNE w SALAD	697	25	67	21	35	14	2.8
ROAST VEG LINGUINE w CHICKEN	694	52	77	21	17	3	3.3
BUTTERMILK CHICKEN GOUJON CAESAR SALAD	677	31	37	4	44	9	2.8
CRISPY BEEF ASIAN STYLE SALAD	565	29	39	32	32	3	0.8
ROAST VEGETABLE LINGUINE	539	19	77	21	15	3	2.2
GRILLED CHICKEN CAESAR SALAD	463	42	12	4	27	8	2.4
OVEN BAKED COD LOIN	426	37	37	10	13	2	1.7

Beefeater - Mains (Saver Menu)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
DOUBLE BACON & CHEESE BEEF STEAK BURGER	1530	74	108	20	87	31	4.6
CHICKEN & HAM PIE	1114	30	110	8	58	28	3.5
BUTTERMILK CHICKEN GOUJONS SANDWICH	1054	41	116	6	46	6	5.2
CHICKEN MAKHANI CURRY	998	59	115	24	31	12	6.2
OPEN STEAK SANDWICH	986	44	101	5	44	6	3.7
HAND BATTERED HALLOUMI & CHIPS	985	34	61	8	65	14	4.4
MAC 'N' CHEESE	969	38	99	14	46	25	3.5
HALF RACK OF RIBS & FRIES	946	44	92	29	43	11	3.8
SWEET POTATO & FETA LASAGNE w CHIPS	937	26	96	14	48	16	3.2
DOUBLE 5oz GAMMON STEAK	935	82	62	15	39	9	8.1
ULTIMATE HADDOCK & CHIPS	920	44	77	6	48	5	1.8
SAUSAGES & MASH	902	27	68	8	55	23	4.2
BEER-BATTERED FISH & CHIPS	886	40	70	7	48	4	2.2
LASAGNE w CHIPS	872	32	98	17	38	12	3.7
SINGLE BEEF STEAK BURGER	863	30	85	10	44	11	4.1
10oz RUMP w CHIPS & PEAS	844	63	51	5	41	13	2.5
OPEN CHICKEN SANDWICH	839	51	91	5	29	4	4.8
10oz RUMP w CHIPS & SALAD	832	61	49	3	42	13	2.6
5oz GAMMON STEAK	737	49	62	15	31	6	4.4
QUORN SAUSAGES & MASH	729	29	68	8	34	12	3.5
8oz SIRLOIN w CHIPS & PEAS	705	53	51	5	30	8	2.2
8oz SIRLOIN w CHIPS & SALAD	693	51	49	3	31	9	2.3
STEAK & FRITES	686	43	49	2	35	9	2.5
SWEET POTATO & FETA LASAGNE w SALAD	659	23	59	20	36	15	2.8
LASAGNE w SALAD	595	28	61	22	25	11	3.3
GRILLED PAPRIKA CHICKEN	578	45	53	6	19	2	2.3
GRILLED CHICKEN CAESAR SALAD	463	42	12	4	27	8	2.4
SWEET POTATO FRIES UPGRADE	350	2	53	23	15	1	0.6

Beefeater - Mains (Sunday Lunch)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
ROOT VEGETABLE WELLINGTON	1270	24	147	11	65	26	2.7
HALF ROAST CHICKEN	984	63	86	10	43	7	3.2
SLOW-COOKED BEEF	860	53	86	10	34	6	3.1
RUMP OF LAMB	848	54	86	10	32	6	3.0
SUNDAY EXTRA	527	10	76	6	19	2	1.2
CAULIFLOWER CHEESE	283	14	10	4	20	12	1.6

Beefeater - Sides & Add-Ons

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
CHEESY CHIPS & GRAVY	726	20	59	5	44	21	2.3
MAC 'N' CHEESE BITES	591	17	57	7	32	12	2.3
HALLOUMI FRIES	587	29	11	7	47	16	3.7
HALF RACK OF PORK RIBS	407	32	22	19	21	8	1.8
CHEESY JALAPENO PEPPERS	378	7	30	4	25	8	0.7
JACKET POTATO	376	9	68	3	9	5	0.3
SWEET POTATO FRIES	350	2	53	23	15	1	0.6
TRIPLE COOKED CHIPS	345	5	45	1	15	1	0.7
SKINNY FRIES	330	5	47	0	13	1	1.6
EXTRA BURGER, CHEESE & BACON	328	27	0	0	24	12	1.0
CHUNKY SLAW	314	12	36	14	12	4	0.7
CRISPY BEER-BATTERED ONION RINGS	280	4	31	4	15	1	0.7
ONION CLUSTER	275	3	19	4	20	2	0.2
LOBSTER MAC 'N' CHEESE	191	8	16	2	10	6	1.0
TENDERSTEM BROCCOLI	120	6	4	3	8	3	0.2
VEG MEDLEY	112	7	7	4	5	3	0.4
FRIED EGG	108	8	0	0	9	2	0.0
ONION RINGS	105	1	12	2	6	1	0.2
MIXED SALAD	67	2	8	7	3	0	0.2
CRISPY BACON	31	3	0	0	2	1	0.5

Beefeater - Puds

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
STICKY TOFFEE PUDDING w CUSTARD	754	9	94	67	38	17	0.6
CHOCOLATE CHURROS SUNDAE	753	12	98	45	32	13	0.4
STICKY TOFFEE PUDDING w ICE CREAM	720	8	86	63	37	17	0.5
TRIPLE CHOCOLATE BROWNIE	709	8	92	75	33	19	0.4
CHERRY & AMARETTO SUNDAE	700	9	100	69	27	16	0.3
ROCKY ROAD SUNDAE	688	11	101	64	25	13	0.3
CHOCOLATE & CHERRY CROWNIE	670	8	91	60	29	14	0.4
WARM CHOCOLATE BROWNIE	555	7	85	37	20	6	0.1
BAKED CHEESECAKE	548	5	72	48	26	17	0.4
SALTED TOFFEE APPLE CRUMBLE w CUSTARD	536	9	90	52	15	6	1.1
CARAMEL APPLE BETTY w CREAM	531	4	61	27	30	17	0.4
STRAWBERRY & PROSECCO SHIMMER TRIFLE	504	7	57	39	27	15	0.4
SALTED TOFFEE APPLE CRUMBLE w ICE CREAM	502	8	82	48	14	6	1.0
CARAMEL APPLE BETTY w CUSTARD	496	6	75	37	19	10	0.5
PROFITEROLES	465	7	45	29	28	16	0.1
CARAMEL APPLE BETTY w ICE CREAM	462	5	67	33	18	10	0.4
CARAMEL APPLE BETTY w A WHIP OF CREAM	455	4	61	27	21	12	0.4
APPLE CRISP	299	3	47	26	10	4	0.1
CHOCOLATE TORTE	295	3	24	13	20	10	0.1
STRAWBERRY YOGHURT CHEESECAKE	223	4	31	24	9	5	0.2
ICE CREAM	217	5	32	24	7	4	0.1
STRAWBERRY FROZEN YOGHURT	159	5	31	27	1	1	0.2
GIN FIZZ SORBET	140	0	34	30	0	0	0.0