

9to5strength - Harvester Nutrition Tables

Harvester - Cooked Breakfasts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken, Bacon & Waffles	1,352	44	153	78	62	29	5.9
The Vegan Breakfast	938	37	73	8	52	7	4.5
The Classic Breakfast	867	39	48	6	56	19	6
Buttermilk Pancakes & Bacon	795	34	115	78	22	7	6
Eggs Benedict	696	42	39	10	41	13	5
Buttermilk Pancakes & Fruit	623	10	130	92	6	1	1.7
Spicy Sweetcorn Fritters	614	28	30	20	42	6	1.9
Eggs Mediterranean	599	31	35	5	37	12	2.8
The Veggie Breakfast	347	20	38	5	11	3	3.2
Scrambled Eggs	108	9	2	1	7	2	2.5

Harvester - Build Your Own Breakfast (per portion)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Houmous (website error?)	844	18	21	2	74	7	2.6
Houmous (example 250g store bought)	409	19	35	2	24	4	2.4
Triple-cooked Chunky Chips	436	17	49	1	19	4	0.3
Add Belgian Waffle	390	5	19	46	20	10	0.9
Smashed Avocado	349	5	5	2	35	5	0.7
Potato & Spinach Hash	334	7	54	3	9	5	0.8
Pork Sausage	217	7	6	1	18	7	0.9
Add 4oz Rump Steak	190	22	1	0	11	5	0.2
Add Smoked Cheddar Sweetcorn Fritter	135	5	5	3	11	1	0.4
Add Fried Egg	130	8	0	0	11	2	0.3
Add Buttermilk Pancake	106	3	19	7	2	0	0.4
Hash Brown	91	1	12	0	4	0	0.5
Add Poached Egg	86	8	0	0	6	2	0.3
Back Bacon	83	9	0	0	5	2	1.4
Black Pudding	81	5	8	0	3	1	0.7
Vegan Sausage	80	9	4	1	3	1	2.6
Baked Beans	63	4	9	2	0	0	0.4

Harvester - Tapas-style Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cheesy garlic bread	633	28	40	3	40	22	2.6
Nachos	580	13	55	4	33	11	1.9
Pork, Cheddar & Jalapeno Sausage	542	18	35	22	37	14	2.1
Sticky Chicken Wings	530	54	18	14	27	7	2.8
Vegan Nachos	523	8	56	3	28	3	1.8
Breaded Mushrooms	501	11	42	3	32	3	2
Halloumi Fries	444	21	37	13	24	13	2.5
Mac & Cheese Bites	428	9	30	11	30	4	1.1

Potato skins (cheese and bacon)	396	18	41	3	12	6	1.8
Buttermilk-fried chicken	395	23	42	14	15	6	1.5
Garlic & Chilli Prawns	358	18	12	1	26	15	1.8
Garlic Bread (without cheese)	331	8	39	3	16	7	1.2
Potato Skins (without bacon)	313	9	41	3	6	4	0.4
Crackerjack Prawns	310	14	51	19	3	0	3
Calamari Strips	278	9	21	1	17	1	1.3
Oven-Baked Mushrooms	272	14	15	2	17	10	1.6
Add BBQ pulled pork to Nachos	239	14	23	22	11	4	0.8
Tomato & Basil Soup	193	6	35	7	3	1	2

Harvester - Mains

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chicken, Bacon & Waffles	1,352	44	153	78	62	29	5.9
Lamb Shank	1197	80	75	19	63	21	3.7
Steak Hash	884	67	56	3	43	17	1.7
Steak Bun	648	52	44	10	29	11	1.5
Camembert & Cherry Tomato Tart	643	12	42	8	47	22	1.9
Melting Middle Fishcakes	638	27	78	28	21	11	2.6
BBQ Pulled Pork Quesadilla	615	28	52	21	32	15	2.3
Spicy Sweetcorn Fritters	614	28	30	20	42	6	1.9
Halloumi Wrap	540	26	37	7	31	15	2.9
Buttermilk-Fried Chicken Wrap	533	24	57	6	23	8	1.6
Cajun Chicken Breast Wrap	451	39	40	6	14	4	5.9
Fish Pie	440	25	27	6	25	11	2.5
Chicken Breast Wrap	426	39	36	5	14	3	1.6
Pulled Beef Chilli	328	18	27	10	15	4	1.9

Harvester - "Feel Good" Range

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Bowl - Halloumi	698	40	34	16	43	17	4.7
Bowl - 8oz Rump Steak	686	67	32	12	36	11	1.8
Bowl - Salmon	685	52	31	12	38	6	1.8
Bowl - Peri-peri Tofu Skewers	662	29	49	23	37	4	2.6
Salad - Halloumi (S)	568	31	33	14	34	13	3.6
Bowl - 8oz Rump	556	43	61	29	14	6	0.7
Salad - Peri-peri Tofu Skewers (S)	544	23	43	19	29	3	2.2
Bowl - Cajun Chicken Breast	479	45	35	13	16	2	6.6
Bowl - Chicken Breast	453	44	32	13	16	2	2.2
Salad - Cajun Chicken Breast (S)	393	28	33	13	15	2	4
Salad - Chicken Breast (S)	380	28	31	12	15	2	1.8
Salads	307	12	30	12	14	1	1.4

Harvester - Grill

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Ultimate Mixed Grill	2516	222	65	22	153	49	15
Mixed Grill	1560	152	34	6	92	27	8.4
The Pitmaster	2031	99	143	49	116	47	6.8
Bourbon Glazed Pork Belly	1764	77	114	31	109	45	4.1
16oz RIB-EYE	821	105	12	3	38	20	1.6
10oz SIRLOIN	666	62	18	3	39	15	0.7
8oz RUMP	524	48	16	3	29	10	0.7
7oz Gammon, Fried Egg & Pineapple	723	39	22	9	49	17	7.6
7oz Gammon & Fried Egg	696	39	16	3	49	17	7.6
8oz FILLET	432	55	16	3	15	4	0.7
7oz Gammon & Pineapple	638	0	22	9	43	15	7.3
7oz Gammon	611	39	16	3	43	15	7.3

Harvester - Grill Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Double up your gammon steak	1076	64	16	3	79	29	14.3
Add Half Rack of Ribs	321	33	13	10	15	6	1.2
Add Mac 'n' Cheese	279	13	33	7	10	7	2.2
Caribbean-style Curry Sauce	250	3	14	10	20	10	1.5
Add 1/4 Rotisserie Chicken	199	28	1	1	10	3	0.7
Add Garlic & Chili Prawns	172	16	1	0	12	7	1.2
Add Stilton & Bacon Topper	165	13	0	0	12	7	1.8
Add Scampi	143	10	21	2	2	1	1.1
Steak Sauce – Beef Dripping & Thyme	123	1	7	4	10	5	2
Steak Sauce - Whisky & Mushroom	86	2	5	2	7	4	0.8
Steak Sauce – Craft Ale, Bacon & Mushroom	67	2	8	6	3	2	0.7
Steak Sauce – Peppercorn	46	1	4	2	3	2	1.1
Steak Sauce - Chasseur	30	2	4	2	1	0	1.2

Harvester - Ribs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Kilo Ribs	1,574	135	95	68	71	25	5.3
Jerk Ribs	1,201	52	110	43	59	20	3.6
The Big Shorty	1,124	71	31	21	79	33	2
Large Rack Of Ribs	1,122	101	55	43	54	18	4.2
Full Rack of Ribs	829	76	39	29	40	14	2.9

Harvester - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
The Big One Burger	1977	148	58	21	127	53	14.3
The BBQ King burger	1,072	58	68	33	62	26	6.9
The Cowboy Burger	960	57	81	23	45	17	5.2
The True Blue Burger	944	58	56	20	53	24	8.4
The Classic burger	913	52	46	11	57	25	7.5
The Louisiana Burger	769	46	67	17	34	5	7.2
The Purist Burger	718	23	54	12	44	27	3.5
The Beyond Bean Burger	668	16	89	16	26	7	3.4

Harvester - Burger Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Add a Southern-Fried Chicken Breast	438	34	26	1	22	6	1.7
Add a beef burger	391	29	3	1	29	14	4
Add Plant-based Burger	302	16	6	1	23	20	1.4
Add Vegan Bean Burger	241	8	40	5	5	1	1.3
Add a Chicken Breast	146	32	1	0	2	1	0.8
Add Long Clawson Stilton	82	5	0	0	7	5	0.4
Add Violife Slice	57	0	4	0	5	4	0.5

Harvester - Chicken & Combos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
The Triple Combo	1,343	98	103	23	58	15	6.3
Bird, surf & turf	1,016	81	95	21	33	12	6.3
BBQ Chicken Stack	937	78	48	24	48	15	5.5
The '83 Combo	850	92	32	19	39	12	3.6
Peri-peri Chicken	685	65	26	14	34	7	2.8
Churrasco Chicken Skewers	955	50	50	23	59	14	4.4
The Original Combo	650	64	31	18	30	10	2.9
Spicy Chicken Breast & King Prawns	530	60	12	4	25	10	5
Caribbean-style chicken	469	38	32	19	19	7	7.2
Half Rotisserie Chicken	510	59	15	4	24	7	2.3
Simply Grilled Chicken	253	37	18	7	3	1	1.7

Harvester - Fish

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cod & Chips with Mushy Peas	688	55	72	3	18	2	2.2
Cod & Chips with Garden Peas	685	55	68	4	19	2	1.7
Spiced Sticky Salmon	667	46	34	22	38	10	2
Simply Sea Bass	518	49	20	9	27	11	2
Wholetail British Scampi	433	21	44	5	18	2	2.7

Harvester - Vegetarian & Vegan

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Aubergine & Red Lentil Tagine	1,077	26	130	29	48	7	5
Sweet Potato Jambalaya	863	21	74	21	51	9	4.2
Sweet Potato Katsu Curry	839	16	87	14	45	19	4
Spinach & Ricotta Pasta	831	24	68	15	50	18	4.5
Herb-Battered Halloumi & Chips	822	36	64	6	46	19	4.3
Peri-peri Tofu Skewers	641	26	41	24	38	4	2.6
Stuffed Red Pepper	538	16	92	31	9	1	2.8
Butternut Squash, Spinach & Emmental Roulade	346	13	28	8	19	12	2.4

Harvester - Swap, Upgrade & On the side

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Sweet Potato Fries	503	3	55	15	30	5	1.4
Onion Rings	487	8	56	5	25	2	1.1
Triple-cooked Chunky Chips	436	17	49	1	19	4	0.3
Add Belgian Waffle	390	5	19	46	20	10	0.9
Jacket Potato & Sour Cream	354	7	60	4	8	5	0
Cheesy Garlic Bread	354	17	20	1	23	13	1.5
Mac 'n' Cheese	279	13	33	7	10	7	2.2
Slaw	277	2	18	12	21	2	1.4
Home-baked Jacket Potato	273	6	59	3	0	0	0
Add BBQ Pulled Pork	239	14	23	22	11	4	0.8
Golden Rice & Beans	229	4	42	2	5	1	0.8
Add Sausage	217	7	6	1	18	7	0.9
Mash	212	4	27	4	9	6	1.1
Buttered Corn	207	8	19	5	8	3	0.1
Garlic Bread	165	4	20	1	8	3	0.6
Add Halloumi	131	9	1	1	10	6	1.1
Add Fried Egg	130	8	0	0	11	2	0.3
Chilli & Garlic Kickin' Peas	124	8	16	8	1	0	0.8
Add Buttermilk Pancake	106	3	19	7	2	0	0.4
Add Bacon	83	9	0	0	5	2	1.4
Steamed Vegetables	77	4	11	6	1	0	0.1
Add Monterrey Jack Cheese	65	4	0	0	5	3	0.3
Add Beans	63	4	9	2	0	0	0.4
Tenderstem Broccoli	37	2	5	1	0	0	0
Add Chicken Gravy	29	1	6	1	0	0	0.8

Harvester - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Chocolate Fudge Cake	944	12	121	97	46	9	1.1
Caramel biscuit cheesecake	876	2	101	70	52	27	0.7
The 'Mini-Dessert' Combo	752	8	98	69	37	20	0.5
Belgian Chocolate Brownie	684	10	93	67	30	16	0.3
Baked Vanilla Cheesecake	623	7	56	43	41	25	0.6
Cherry Pie	563	5	89	39	21	8	0.5
Lemon Meringue Pie	532	8	81	65	19	9	0.4
Lemon Sponge	493	4	80	61	17	2	1.5
Treacle Sponge	474	3	81	67	15	1	1.4
Coconut & Raspberry Rice Pudding	391	4	38	32	25	13	0.3
Chocolate Orange Slice	329	4	39	28	17	9	0.2
Blackcurrant Mousse	295	1	45	32	12	7	0.6
Mini Cheesecake	291	3	27	20	16	9	0.3
Mini Belgian Chocolate Brownie	287	3	40	26	13	6	0.1
MIni Blackcurrant Mousse	164	1	27	19	6	3	0.4

Harvester - Sundae Parlour

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cookie Monster Freakshake	1,173	22	153	124	51	31	1.2
Millionaires Sundae	1,067	13	154	117	44	29	0.6
Sweet Shop freakshake	1,018	18	114	108	55	29	1
Espress Yourself Freakshake	871	19	111	94	37	24	0.9
BAILEYS® Banoffee Profiterole Sundae	828	12	109	92	35	23	0.4
Black Forest Sundae	810	13	110	89	35	22	0.4
Salted Caramel Rocky Road Sundae	803	12	110	84	35	20	0.8
Banoffee Profiterole Sundae (No Baileys)	761	12	105	89	33	22	0.4
Toffee Apple Sundae	739	10	89	72	38	24	0.4
Rocky horror sundae	705	13	80	62	37	22	0.4
Passion Fruit & White Choc Sundae	699	11	80	73	38	24	0.5
Vegan Sundae Best	671	8	76	69	36	13	0.8
Strawberry Cheesecake Sundae	619	12	76	62	29	18	0.4
Blueberry Eton Mess Sundae	530	10	77	70	20	14	1.1

Harvester - Sundae Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Sundae Best	277	7	38	32	11	7	0.2
Add Vanilla non-dairy ice dessert	223	3	25	23	12	4	0.3
Add - Real Dairy Ice Cream	112	3	14	14	5	3	0.1
Custard	90	3	15	11	2	1	0.1
Add Munchies	144	2	19	17	7	4	0.1
Add Oreo Biscuit Crumb	145	2	21	11	6	3	0
Fluffy cream	103	1	3	3	10	7	0
Add Oreo Cookie	93	1	13	7	4	2	0
Toffee fudge sauce	64	0	13	10	1	1	0
Belgian Chocolate sauce	58	0	13	11	0	0	0
Raspberry sauce	57	0	14	11	0	0	0.5
Salted Caramel sauce	51	0	11	11	1	0	0.3
Strawberry sauce	57	0	14	10	0	0	0.5