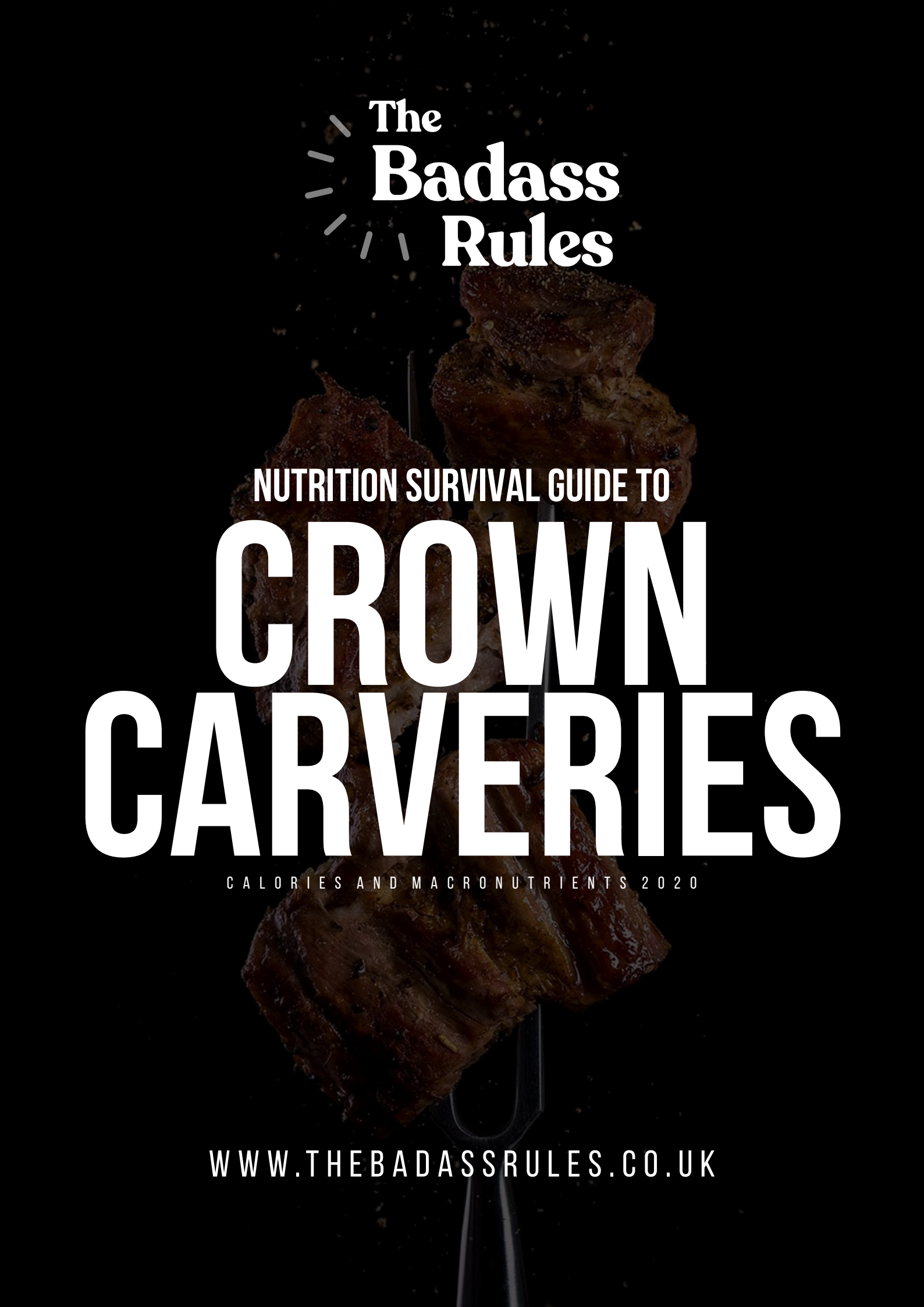
The Badass Rules



NUTRITION SURVIVAL GUIDE TO

# CROWN CARVERIES

CALORIES AND MACRONUTRIENTS 2020

WWW.THEBADASSRULES.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BREAKFAST

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Bacon (One rasher) | 68 | 7.2 | 0.3 | - | 0 | 4.4 | 1.38 |
| Baked Beans (100g) | 91 | 4.5 | 12.8 | - | 6.8 | 1.4 | 0.7 |
| Chips(100g) | 268 | 2.6 | 35 | - | 0.4 | 13.1 | 0.44 |
| HP Sauce(100g) | 119 | 0.9 | 28.3 | - | 23.1 | 0.1 | 1.3 |
| Tomato kethup (100g) | 99 | 1.2 | 23.2 | - | 22.8 | 0.1 | 1.8 |
| Fried bread (1 slice) | 324 | 5.5 | 28.3 | - | 1.9 | 20.6 | 0.9 |
| Fried Egg (1 egg) | 117 | 8.8 | 0 | - | 0 | 9 | 0.26 |
| Scrambled Egg (100g) | 162 | 9.8 | 1.4 | - | 0.3 | 13 | 0.88 |
| Hash Brown (*1) | 76 | 1.1 | 10.2 | - | 0.5 | 3.3 | 0.23 |
| Plum Tomotoes (100g) | 18 | 1 | 3 | - | 3 | 0 | 0 |
| Sausage (*1) | 220 | 9.2 | 8.6 | - | 1.4 | 16.6 | 1.96 |
| Quorn Sausage (*1) | 65 | 6 | 5 | - | 0.5 | 1.9 | 1.15 |

## EXTRAS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Add bacon | 68 | 7.2 | 0.3 | - | 0 | 4.4 | 1.38 |
| Add egg | 117 | 8.8 | 0 | - | 0 | 9 | 0.26 |
| Add sausage | 220 | 9.2 | 8.6 | - | 1.4 | 16.6 | 1.96 |
| Extra mashroom | 131 | 2.7 | 0.7 | - | 0.4 | 12.8 | 0.22 |

## CEREAL

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Kelloggs Coco Pops (35g) | 135 | 1.8 | 29.8 | - | 12.3 | 0.9 | 0.26 |
| Kelloggs Coco Pops with 300ml semi Skimmed Milk | 282 | 12 | 44.8 | - | 27.3 | 6 | 0.26 |
| Kelloggs Corn Flakes (24g) | 91 | 1.7 | 20.2 | - | 1.9 | 0.2 | 0.31 |
| Kelloggs Corn Flakes with 300ml semi Skimmed Milk | 237 | 11.9 | 35.2 | - | 16.9 | 5.3 | 0.31 |
| Kelloggs Muesli Luxury (50g) | 190 | 4.5 | 29.5 | - | 9.5 | 5 | 0 |
| Kelloggs Muesli Luxury with semi skimmed milk | 337 | 14.7 | 44.5 | - | 24.5 | 10.1 | 0 |
| Kelloggs Rice Krispies (22g) | 84 | 1.3 | 19.1 | - | 2.2 | 0.4 | 0.41 |
| Kelloggs Rice Krispies with 300ml semi skimmed milk | 231 | 11.5 | 34.1 | - | 17.2 | 5.5 | 0.41 |
| Porridge | 70 | 2.2 | 12.6 | - | 4.5 | 1 | 0.08 |
| Wholemeal Toast (1 Slice) | 157 | 6.7 | 27.1 | - | 2.3 | 1.6 | 1 |
| White Toast (1 slice) | 174 | 5.6 | 33.5 | - | 2.9 | 1.5 | 1 |
| Butter (2 x 7g packs) | 103 | 0.1 | 0.1 | - | 0.1 | 11.4 | 0 |
| Marmalade (6g serve) | 15 | 0 | 3.7 | - | 3.7 | 0 | 0 |
| Raspberry Jam (6g serve) | 14 | 0 | 3.5 | - | 3.1 | 0 | 0 |
| Strawberry Jam (6g serve) | 14 | 0 | 3.5 | - | 3.1 | 0 | 0 |
| American Style Pancakes | 204 | 4.1 | 35.8 | - | 23.8 | 5 | 0.44 |
| Waffle | 451 | 5.1 | 61.6 | - | 34.6 | 20.1 | 1.05 |

## STARTERS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Bowl of Cheesy Chips | 534 | 11.8 | 54.5 | - | 0.7 | 29.9 | 1.25 |
| Bowl of Chips | 423 | 4.4 | 55.2 | - | 0.8 | 20.5 | 0.78 |
| Bowl of Roasties | 353 | 7.8 | 67 | - | 2.7 | 5.9 | 2.11 |
| Cheesy Garlic Bread | 415 | 16.6 | 29.7 | - | 2 | 25.1 | 1.73 |
| Chips With Curry Sauce | 423 | 4.4 | 55.2 | - | 0.8 | 20.5 | 0.78 |
| Country Vegetable Soup | 247 | 7.4 | 33.2 | - | 6.8 | 8.1 | 2.06 |
| Garlic Bread | 249 | 5.7 | 29.3 | - | 1.9 | 11.6 | 0.93 |
| Hunters Gammon & Cheese Melt | 500 | 28.2 | 35.5 | - | 14.7 | 26.9 | 3.66 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Garlic Bread | 249 | 5.7 | 29.3 | - | 1.9 | 11.6 | 0.93 |
| Hunters Gammon & Cheese Melt | 500 | 28.2 | 35.5 | - | 14.7 | 26.9 | 3.66 |
| Nachos | 720 | 19.8 | 49.6 | - | 4.2 | 48.1 | 3.17 |
| Prawns in Garlic Butter | 358 | 11.9 | 21.5 | - | 1.2 | 24.6 | 1.33 |
| Sharing Nachos | 1,307 | 32.2 | 98.2 | - | 8 | 85.1 | 5.6 |
| Side Salad | 20 | 1 | 2.6 | - | 2.5 | 0.3 | 0.02 |
| Southern Fried Chicken | 420 | 25.5 | 34 | - | 13.5 | 20.2 | 1.98 |
| Spicy Chicken Wings 16 | 610 | 60.7 | 3.9 | - | 2.9 | 39.1 | 1.13 |
| With BBQ(16) | 184 | 1.7 | 43.2 | - | 36 | 0.4 | 1.28 |
| With Piri Piri(16) | 61 | 0.8 | 5.5 | - | 3.5 | 3.9 | 3.42 |
| Spicy Chicken Wings 8 | 304 | 30.3 | 1.9 | - | 1.4 | 19.5 | 0.56 |
| Add BBQ Sauce | 92 | 0.8 | 21.6 | - | 18 | 0.2 | 0.64 |
| Add Piri Piri Sauce | 30 | 0.4 | 2.8 | - | 1.8 | 2 | 1.71 |
| Triple Garlic Bread Sharer | 933 | 39.3 | 73.5 | - | 14.7 | 52.7 | 5.17 |
| BBQ Ribs | 340 | 27.8 | 28.7 | - | 22.9 | 12.6 | 1.35 |
| Beer Battered Mushrooms | 495 | 9.1 | 38.4 | - | 2.3 | 33.7 | 3.39 |
| Beer Battered Onion Bites | 644 | 6.3 | 42.6 | - | 4.9 | 50.6 | 1.13 |
| Mac & Cheese Balls | 864 | 16.6 | 70.8 | - | 7.6 | 56.3 | 3.25 |
| Sharing Platter | 2,269 | 89.1 | 131.7 | - | 18.4 | 154.1 | 7.61 |

## PUB CLASSICS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| British Pork Sausages | 637 | 26.5 | 25 | - | 4.1 | 48.1 | 5.66 |
| Gammon & Eggs | 441 | 53.9 | 0 | - | 0 | 25 | 4.23 |
| Hand Battered Fish | 488 | 33 | 18.5 | - | 0.5 | 31.5 | 0.38 |
| BBQ Glazed Ribs | 512 | 53.5 | 19.1 | - | 13.7 | 24.7 | 1.55 |
| Chicken & Ribs Combo | 757 | 87 | 6.8 | - | 4.6 | 42.4 | 1.74 |
| Half Roast Chicken | 513 | 60.4 | 0 | - | 0 | 30.1 | 1.04 |
| Steak & Ale Pie | 580 | 17.8 | 58.8 | - | 4.3 | 30 | 1.66 |

## CARVERY DECK

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Roast Beef - Adult | 419 | 46.4 | 0 | - | 0 | 25.8 | 1.19 |
| Roast Beef - Kids | 209 | 23.2 | 0 | - | 0 | 12.9 | 0.6 |
| Glazed Gammon - Adult | 337 | 52.4 | 1.7 | - | 0 | 14.1 | 4.99 |
| Glazed Gammon - Kids | 168 | 26.2 | 0.9 | - | 0 | 7.1 | 2.5 |
| Turkey - Adult | 286 | 56.4 | 0.2 | - | 0.2 | 6.6 | 0.68 |
| Turkey - Kids | 143 | 28.2 | 0.1 | - | 0.1 | 3.3 | 0.34 |
| Roast pork - Adult | 451 | 66.1 | 1.7 | - | 0 | 20.7 | 0.17 |
| Roast pork - Kids | 451 | 33.1 | 0.9 | - | 0 | 10.4 | 0.09 |
| Sausages (per sausage) | 210 | 8.7 | 8.2 | - | 1.4 | 15.8 | 1.86 |

## CARVERY ACCOMPANIMENTS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Yorkshire puddings - standard | 50 | 2.3 | 1.2 | - | 4.7 | 41.3 | 3.14 |
| Yorkshire puddings - king size | 20 | 0.9 | 0.5 | - | 1.9 | 16.5 | 1.25 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Roast potato (100g) | 91 | 4.5 | 12.8 | - | 6.8 | 1.4 | 0.7 |
| Roast potato (40g) | 36 | 1.8 | 5.1 | - | 2.7 | 0.6 | 0.28 |
| Mash potato (100g) | 95 | 6.1 | 15.8 | - | 4.5 | 0 | 0.5 |
| Mash potato (40g) | 38 | 2.4 | 6.3 | - | 1.8 | 0 | 0.2 |
| Chips (100g) | 47 | 0.7 | 5.8 | - | 5.4 | 1.7 | 0.02 |
| Chips (40g) | 19 | 0.3 | 2.3 | - | 2.2 | 0.7 | 0.01 |
| Stuffing (100g) | 41 | 0.7 | 4.9 | - | 4.8 | 1.5 | 0.05 |
| Stuffing (40g) | 16 | 0.3 | 2 | - | 1.9 | 0.6 | 0.02 |
| Cauliflower cheese (100g) | 42 | 1.8 | 7.3 | - | 2.1 | 1.3 | 0.02 |
| Cauliflower cheese (40g) | 17 | 0.7 | 2.9 | - | 0.8 | 0.5 | 0.01 |
| Baked beans (100g) | 40 | 1.5 | 3.1 | - | 2.7 | 2 | 0.33 |
| Baked beans (40g) | 16 | 0.6 | 1.2 | - | 1.1 | 0.8 | 0.13 |
| Mushy peas (100g) | 83 | 5.6 | 8.4 | - | 2.5 | 2.1 | 0.02 |
| Mushy peas (40g) | 33 | 2.2 | 3.4 | - | 1 | 0.8 | 0.01 |
| Carrots (100g) | 180 | 1.4 | 14.6 | - | 5.5 | 11.9 | 0.28 |
| Carrots (40g) | 72 | 0.6 | 5.8 | - | 2.2 | 4.8 | 0.11 |
| Swede (100g) | 124 | 4.2 | 20.3 | - | 2.2 | 3.4 | 0.02 |
| Swede (40g) | 50 | 1.7 | 8.1 | - | 0.9 | 1.4 | 0.01 |
| Green beans (100g) | 33 | 1.5 | 7.2 | - | 4.6 | 0.2 | 0.19 |
| Green beans (40g) | 13 | 0.6 | 2.9 | - | 1.8 | 0.1 | 0.08 |
| Cabbage (100g) | 54 | 3.4 | 6.7 | - | 2.4 | 2.5 | 0.02 |
| Cabbage (40g) | 22 | 1.4 | 2.7 | - | 0.9 | 1 | 0.01 |
| Peas (100g) | 83 | 5.6 | 8.4 | - | 2.5 | 2.1 | 0.02 |
| Peas (40g) | 33 | 2.2 | 3.4 | - | 1 | 0.8 | 0.01 |
| Parsnips (baked) (100g) | 180 | 1.4 | 14.6 | - | 5.5 | 11.9 | 0.28 |
| Parsnips (baked) (40g) | 72 | 0.6 | 5.8 | - | 2.2 | 4.8 | 0.11 |
| Sweetcorn (100g) | 124 | 4.2 | 20.3 | - | 2.2 | 3.4 | 0.02 |
| Sweetcorn (40g) | 50 | 1.7 | 8.1 | - | 0.9 | 1.4 | 0.01 |
| Onions with Gravy (100g) | 33 | 1.5 | 7.2 | - | 4.6 | 0.2 | 0.19 |
| Onions with Gravy (40g) | 13 | 0.6 | 2.9 | - | 1.8 | 0.1 | 0.08 |
| Sprouts (100g) | 54 | 3.4 | 6.7 | - | 2.4 | 2.5 | 0.02 |
| Sprouts (40g) | 22 | 1.4 | 2.7 | - | 0.9 | 1 | 0.01 |
| Leeks (100g) | 36 | 1.5 | 2.7 | - | 0.3 | 2 | 0.03 |
| Leeks (40g) | 15 | 0.6 | 1.1 | - | 0.1 | 0.8 | 0.01 |
| Romano Beans (100g) | 44 | 1.8 | 7.2 | - | 2 | 1.6 | 0.03 |
| Romano Beans (40g) | 17 | 0.7 | 2.9 | - | 0.8 | 0.6 | 0.01 |

## GRAVY AND SAUCE DECK

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Apple Sauce 100g | 77 | 0.2 | 19 | - | 14 | 0 | 2.5 |
| Apple Sauce 15g | 12 | 0 | 2.9 | - | 2.1 | 0 | 0.38 |
| Cranberry Sauce 100g | 210 | 0 | 52.5 | - | 51 | 0 | 0.04 |
| Cranberry Sauce 15g | 32 | 0 | 7.9 | - | 7.7 | 0 | 0.01 |
| Curry Sauce 100g | 11 | 0.5 | 1.4 | - | 0.3 | 0.3 | 0.14 |
| English Mustard 100g | 210 | 6.5 | 23.6 | - | 12.3 | 10 | 8.75 |
| English Mustard 15g | 32 | 1 | 3.5 | - | 1.8 | 1.5 | 1.31 |
| 100ml Beef and Onion Gravy | 20 | 0.5 | 4.1 | - | 0.2 | 0.2 | 0.98 |
| 100ml Roasted Onion Veggie Gravy | 22 | 2.4 | 4.9 | - | 1.1 | 0.2 | 0.83 |
| Horseradish Sauce 100g | 175 | 1.3 | 21.6 | - | 17.9 | 9.3 | 1.25 |
| Horseradish Sauce 15g | 26 | 0.2 | 3.2 | - | 2.7 | 1.4 | 0.19 |
| Mint Sauce 100g | 74 | 1.2 | 16.5 | - | 14.1 | 0.2 | 1.75 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Mint Sauce 15g | 11 | 0.2 | 2.5 | - | 2.1 | 0 | 0.26 |
| Wholegrain Mustard 100g | 162 | 8.1 | 12.7 | - | 5.3 | 0 | 3.5 |
| Wholegrain Mustard 15g | 24 | 1.2 | 1.9 | - | 0.8 | 1.3 | 0.53 |

## SANDWICHES

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Beef & Horseradish | | | | | | | |
| Beef & Horseradish on baguette with house roast potatoes | 904 | 40.9 | 114.8 | - | 7.3 | 30.6 | 4.39 |
| Beef & Horseradish on white with house roast potatoes | 936 | 40.1 | 116.1 | - | 11.3 | 33.9 | 3.53 |
| Beef & Horseradish on brown with house roast potatoes | 903 | 42.2 | 103.3 | - | 10.1 | 34 | 3.53 |
| Cheese & Pickle (V) | | | | | | | |
| Cheese & Pickle on baguette with house roast potatoes | 898 | 40.6 | 110.3 | - | 7.1 | 32.3 | 3.69 |
| Cheese & Pickle on white with house roast potatoes | 963 | 32.4 | 120.2 | - | 15 | 38.4 | 5.03 |
| Cheese & Pickle on brown with house roast potatoes | 930 | 34.5 | 107.4 | - | 13.8 | 38.5 | 5.03 |
| Gammon & English Mustard | | | | | | | |
| Gammon & Mustard on baguette with house roasties | 864 | 44.5 | 111.5 | - | 6 | 26.5 | 7.09 |
| Gammon & Mustard on white with house roasties | 902 | 44 | 117.3 | - | 10.2 | 28.1 | 6.93 |
| Gammon & Mustard on brown with house roasties | 869 | 46.1 | 104.5 | - | 9 | 28.2 | 6.93 |
| Pork with Stuffing & Apple Sauce | | | | | | | |
| Pork with Stuffing & Apple Sauce on baguette with house roasties | 926 | 51 | 116.9 | - | 6.6 | 28.1 | 3.74 |
| Pork with Stuffing & Apple Sauce on white with house roasties | 964 | 50.5 | 122.7 | - | 10.8 | 29.7 | 3.58 |
| Pork with Stuffing & Apple Sauce on brown with house roasties | 931 | 52.6 | 109.9 | - | 9.6 | 29.8 | 3.58 |
| Turkey, Cranberry & Stuffing | | | | | | | |
| Turkey, Stuffing & Cranberry on baguette with house roasties | 827 | 46.1 | 112.3 | - | 3.9 | 21 | 3.49 |
| Turkey, Stuffing & Cranberry on white with house roasties | 865 | 45.6 | 118.1 | - | 8.1 | 22.6 | 3.33 |
| Turkey, Stuffing & Cranberry on brown with house roasties | 832 | 47.7 | 105.3 | - | 6.9 | 22.7 | 3.33 |
| Wrap Southern Fried Chicken | 819 | 28 | 92.2 | - | 5.4 | 35.9 | 1.68 |

## SANDWICHES & SALADS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| BBQ Ribs Main & Salad | 672 | 58.4 | 39.5 | - | 19.8 | 30.3 | 1.96 |
| Carvery Meat & Salad (MW) | - | - | - | - | - | - | - |
| Carvery Meat & Salad (SUN) | - | - | - | - | - | - | - |
| Half Roast Chicken & Salad | 673 | 65.2 | 20.5 | - | 6.2 | 35.7 | 1.45 |
| Tomato & Mozzarella Pizza Pie & Salad | 647 | 15 | 53.6 | - | 12.3 | 39.9 | 4.57 |

## VEGETARIAN DISHES

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Macaroni Cheese | 823 | 34.6 | 82.6 | - | 12.1 | 38.6 | 3.93 |
| - With Chocolate Buttons Topping | 913 | 35.9 | 92.2 | - | 21.6 | 43.8 | 3.97 |
| - With Flake Topping | 867 | 35.3 | 87.2 | - | 16.7 | 40.2 | 3.95 |
| - With Hundreds & Thousands Topping | 883 | 34.6 | 97.2 | - | 25.9 | 38.8 | 3.97 |
| - With M&M Chocolate Topping | 968 | 36 | 103.2 | - | 32 | 44.8 | 3.93 |
| - With Mini Marshmallows Topping | 870 | 35.2 | 93.7 | - | 22 | 38.6 | 3.93 |
| - With Mini Oreo Topping | 942 | 35.9 | 99.7 | - | 21.5 | 43.6 | 4.16 |
| - With Mini Rolo Topping | 971 | 36.3 | 102.2 | - | 31.3 | 45.5 | 4.01 |
| - With Caramel Flavour Crunch Topping | 878 | 34.6 | 96.5 | - | 26 | 38.6 | 3.93 |
| - With Apple & Blackberry Pie Pudding | 1195 | 40.9 | 136.9 | - | 37 | 52.4 | 4.3 |
| - With Banana Split | 1789 | 47.2 | 210.8 | - | 130.2 | 81.3 | 4.84 |
| - With Bottomless Ice Cream | 1006 | 39.6 | 106.4 | - | 35.9 | 46.1 | 4.09 |
| - With Bread & Butter Pudding | 1348 | 44.3 | 163.5 | - | 69.6 | 56.3 | 4.66 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## CROWN CHILDRENS MENU - MAIN

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Child Chicken Nuggets | 258 | 29.2 | 10.3 | - | 0.8 | 11.1 | 1.12 |
| Child Mac N Cheese | 329 | 15.4 | 31.5 | - | 5.5 | 15.4 | 1.66 |
| Extra Grated Cheese | 119 | 7.8 | 0.3 | - | 0.1 | 9.6 | 0.57 |
| Hand Battered Fish | 488 | 33 | 18.5 | - | 0.5 | 31.5 | 0.38 |
| Half Roast Chicken | 513 | 60.4 | 0 | - | 0 | 30.1 | 1.04 |

## CHOOSE YOUR POTATO

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Roasties (per 100g) | 172 | 3.8 | 32.7 | - | 1.3 | 2.9 | 1.03 |
| Mash (per 100g) | 90 | 2.2 | 16 | - | 1 | 2 | 0.07 |
| Chips (per 100g) | 268 | 2.6 | 35 | - | 0.4 | 13.1 | 0.44 |

## CHOOSE YOUR VEGETABLE

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cauliflower cheese (100g) | 50 | 2.3 | 1.2 | - | 4.7 | 41.3 | 3.14 |
| Baked beans (100g) | 91 | 4.5 | 12.8 | - | 6.8 | 1.4 | 0.7 |
| Mushy peas (100g) | 95 | 6.1 | 15.8 | - | 4.5 | 0 | 0.5 |
| Carrots (100g) | 47 | 0.7 | 5.8 | - | 5.4 | 1.7 | 0.02 |
| Swede (100g) | 41 | 0.7 | 4.9 | - | 4.8 | 1.5 | 0.05 |
| Green beans (100g) | 42 | 1.8 | 7.3 | - | 2.1 | 1.3 | 0.02 |
| Cabbage (100g) | 40 | 1.5 | 3.1 | - | 2.7 | 2 | 0.33 |
| Peas (100g) | 83 | 5.6 | 8.4 | - | 2.5 | 2.1 | 0.02 |
| Parsnips (baked) (100g) | 180 | 1.4 | 14.6 | - | 5.5 | 11.9 | 0.28 |
| Sweetcorn (100g) | 124 | 4.2 | 20.3 | - | 2.2 | 3.4 | 0.02 |
| Onions with Gravy (100g) | 33 | 1.5 | 7.2 | - | 4.6 | 0.2 | 0.19 |
| Sprouts (100g) | 54 | 3.4 | 6.7 | - | 2.4 | 2.5 | 0.02 |

## CHILDRENS DESSERTS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Bottomless Ice Cream | 336 | 4.1 | 49.9 | - | 45.9 | 13.2 | 0.45 |
| - With Chocolate Buttons Topping | 426 | 5.4 | 59.5 | - | 55.4 | 18.4 | 0.49 |
| - With Flake Topping | 380 | 4.8 | 54.5 | - | 50.5 | 15.8 | 0.47 |
| - With Hundreds & Thousands Topping | 396 | 4.1 | 64.5 | - | 59.7 | 13.4 | 0.49 |
| - With M&M Chocolate Topping | 481 | 5.5 | 70.5 | - | 65.8 | 19.4 | 0.45 |
| - With Mini Marshmallows Topping | 383 | 4.7 | 61 | - | 55.8 | 13.2 | 0.45 |
| - With Mini Oreo Topping | 455 | 5.4 | 67 | - | 55.3 | 18.2 | 0.68 |
| - With Mini Rolo Topping | 484 | 5.8 | 69.5 | - | 65.1 | 20.1 | 0.53 |
| - With Caramel Flavour Crunch Topping | 391 | 4.1 | 63.8 | - | 59.8 | 13.2 | 0.45 |
| Child Pineapple Pieces in Juice | 62 | 0.5 | 14.6 | - | 13.8 | 0 | 0 |
| - With Chocolate Buttons Topping | 152 | 1.8 | 24.2 | - | 23.3 | 5.2 | 0.04 |
| - With Flake Topping | 106 | 1.2 | 19.2 | - | 18.4 | 2.6 | 0.02 |
| - With Hundreds & Thousands Topping | 122 | 0.5 | 29.2 | - | 27.6 | 0.2 | 0.04 |
| - With M&M Chocolate Topping | 207 | 1.9 | 35.2 | - | 33.7 | 6.2 | 0 |
| - With Mini Marshmallows Topping | 109 | 1.1 | 25.7 | - | 23.7 | 0 | 0 |
| - With Mini Oreo Topping | 181 | 1.8 | 31.7 | - | 23.2 | 5 | 0.23 |
| - With Mini Rolo Topping | 210 | 2.2 | 34.2 | - | 33 | 6.9 | 0 |
| - With Caramel Flavour Crunch Topping | 117 | 0.5 | 28.5 | - | 27.7 | 0 | 0 |
| Strawberry Jelly & Ice Cream | 370 | 5.7 | 52.3 | - | 42.5 | 14.8 | 0.3 |
| - With Chocolate Buttons Topping | 460 | 7 | 61.9 | - | 52 | 20 | 0.34 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| - With Flake Topping | 414 | 6.4 | 56.9 | - | 47.1 | 17.4 | 0.32 |
| - With Hundreds & Thousands Topping | 430 | 5.7 | 66.9 | - | 56.3 | 15 | 0.34 |
| - With M&M Chocolate Topping | 515 | 7.1 | 72.9 | - | 62.4 | 21 | 0.3 |
| - With Mini Marshmallows Topping | 417 | 6.3 | 63.4 | - | 52.4 | 14.8 | 0.3 |
| - With Mini Oreo Topping | 489 | 7 | 69.4 | - | 51.9 | 19.8 | 0.53 |
| - With Mini Rolo Topping | 518 | 7.4 | 71.9 | - | 61.7 | 21.7 | 0.38 |
| - With Caramel Flavour Crunch Topping | 425 | 5.7 | 66.2 | - | 56.4 | 14.8 | 0.3 |
| Orson Owl - Chocolate Ice Cream | 76 | 1.4 | 8.2 | - | 6.9 | 4.2 | 0.04 |
| - With Chocolate Buttons Topping | 166 | 2.7 | 17.8 | - | 16.4 | 9.4 | 0.08 |
| - With Flake Topping | 120 | 2.1 | 12.8 | - | 11.5 | 6.8 | 0.06 |
| - With Hundreds & Thousands Topping | 136 | 1.4 | 22.8 | - | 20.7 | 4.4 | 0.08 |
| - With M&M Chocolate Topping | 221 | 2.8 | 28.8 | - | 26.8 | 10.4 | 0.04 |
| - With Mini Marshmallows Topping | 123 | 2 | 19.3 | - | 16.8 | 4.2 | 0.04 |
| - With Mini Oreo Topping | 195 | 2.7 | 25.3 | - | 16.3 | 9.2 | 0.27 |
| - With Mini Rolo Topping | 224 | 3.1 | 27.8 | - | 26.1 | 11.1 | 0.12 |
| - With Caramel Flavour Crunch Topping | 131 | 1.4 | 22.1 | - | 20.8 | 4.2 | 0.04 |
| Hector Hippo - Strawberry Ice Cream | 56 | 0.5 | 11 | - | 10.1 | 1.1 | 0.02 |
| - With Chocolate Buttons Topping | 146 | 1.8 | 20.6 | - | 19.6 | 6.3 | 0.06 |
| - With Flake Topping | 100 | 1.2 | 15.6 | - | 14.7 | 3.7 | 0.04 |
| - With Hundreds & Thousands Topping | 116 | 0.5 | 25.6 | - | 23.9 | 1.3 | 0.06 |
| - With M&M Chocolate Topping | 201 | 1.9 | 31.6 | - | 30 | 7.3 | 0.02 |
| - With Mini Marshmallows Topping | 103 | 1.1 | 22.1 | - | 20 | 1.1 | 0.02 |
| - With Mini Oreo Topping | 175 | 1.8 | 28.1 | - | 19.5 | 6.1 | 0.25 |
| - With Mini Rolo Topping | 204 | 2.2 | 30.6 | - | 29.3 | 8 | 0.1 |
| - With Caramel Flavour Crunch Topping | 111 | 0.5 | 24.9 | - | 24 | 1.1 | 0.02 |
| Poppy Panda - Vanilla Ice Cream | 75 | 1.2 | 9.9 | - | 8.9 | 3.4 | 0.04 |
| - With Chocolate Buttons Topping | 165 | 2.5 | 19.5 | - | 18.4 | 8.6 | 0.08 |
| - With Flake Topping | 119 | 1.9 | 14.5 | - | 13.5 | 6 | 0.06 |
| - With Hundreds & Thousands Topping | 135 | 1.2 | 24.5 | - | 22.7 | 3.6 | 0.08 |
| - With M&M Chocolate Topping | 220 | 2.6 | 30.5 | - | 28.8 | 9.6 | 0.04 |
| - With Mini Marshmallows Topping | 122 | 1.8 | 21 | - | 18.8 | 3.4 | 0.04 |
| - With Mini Oreo Topping | 194 | 2.5 | 27 | - | 18.3 | 8.4 | 0.27 |
| - With Mini Rolo Topping | 223 | 2.9 | 29.5 | - | 28.1 | 10.3 | 0.12 |
| - With Caramel Flavour Crunch Topping | 130 | 1.2 | 23.8 | - | 22.8 | 3.4 | 0.04 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| - With Chocolate Fudge Cake | 1976 | 50.1 | 219.7 | - | 121.8 | 97.1 | 5.39 |
| - With Chocolate Fudge Sensation | 1915 | 50.8 | 195.4 | - | 101.8 | 99.5 | 4.69 |
| - With Custard Bowl | 1093 | 43.6 | 127.6 | - | 45.1 | 44.6 | 4.23 |
| - With Extra Ice Cream | 891 | 35.6 | 91.2 | - | 20.7 | 41.8 | 4.04 |
| - With Rocky Road Sundae | 1898 | 48.4 | 206.7 | - | 112.3 | 96 | 5.3 |
| - With Strawberry Jelly & Ice Cream | 1164 | 39.3 | 144.5 | - | 70.3 | 46.4 | 4.25 |
| - With Strawberry Trifle | 1193 | 40.3 | 134.9 | - | 54.6 | 53.4 | 4.23 |
| - With Treacle Sponge | 1394 | 40.8 | 178.1 | - | 88.6 | 56.7 | 4.71 |
| - With Baileys Sundae | 2220 | 49.5 | 260.9 | - | 154.9 | 106 | 5.85 |
| - With Butterscotch Angel Delight | 939 | 36.1 | 92.2 | - | 19.7 | 46.4 | 4.05 |
| - with Chocolate Brownie | 1546 | 44.2 | 179.7 | - | 86.5 | 69.9 | 4.39 |
| - With Crossido | 1198 | 38.5 | 138.9 | - | 45.9 | 53 | 4.42 |
| - With Key Lime Pie | 1466 | 37.4 | 137.9 | - | 51.9 | 83.9 | 4.22 |
| - With Lemon Curd Sponge | 1390 | 41.2 | 159.3 | - | 59.5 | 64.4 | 4.51 |
| - With Salted Caramel Cheesecake | 1419 | 41 | 127.4 | - | 46.6 | 82 | 4.51 |
| Lentil Cottage Pie | 376 | 12.7 | 48.4 | - | 11.6 | 12.3 | 3.15 |
| - With Chocolate Buttons Topping | 466 | 14 | 58 | - | 21.1 | 15.4 | 3.19 |
| - With Flake Topping | 420 | 13.4 | 53 | - | 16.2 | 13.9 | 3.17 |
| - With Hundreds & Thousands Topping | 436 | 12.7 | 63 | - | 25.4 | 12.5 | 3.19 |
| - With M&M Chocolate Topping | 521 | 14.1 | 69 | - | 31.5 | 18.5 | 3.15 |
| - With Mini Marshmallows Topping | 423 | 13.3 | 59.5 | - | 21.5 | 12.3 | 3.15 |
| - With Mini Oreo Topping | 495 | 14 | 65.5 | - | 21 | 17.3 | 3.38 |
| - With Mini Rolo Topping | 524 | 14.4 | 68 | - | 30.8 | 19.2 | 3.23 |
| - With Caramel Flavour Crunch Topping | 431 | 12.7 | 62.3 | - | 25.5 | 12.3 | 3.15 |
| - With Apple & Blackberry Pie Pudding | 748 | 19 | 102.7 | - | 36.5 | 26.1 | 3.52 |
| - With Banana Split | 1342 | 25.3 | 176.6 | - | 129.7 | 55 | 4.06 |
| - With Bottomless Ice Cream | 559 | 17.7 | 72.2 | - | 35.4 | 19.8 | 3.31 |
| - With Bread & Butter Pudding | 901 | 22.4 | 129.3 | - | 69.1 | 30 | 3.88 |
| - With Chocolate Fudge Cake | 1529 | 28.2 | 185.5 | - | 121.3 | 70.8 | 4.61 |
| - With Chocolate Fudge Sensation | 1464 | 28.9 | 161.2 | - | 101.3 | 73.2 | 3.91 |
| - With Custard Bowl | 646 | 21.7 | 93.4 | - | 44.6 | 18.3 | 3.45 |
| - With Extra Ice Cream | 444 | 13.7 | 57 | - | 20.2 | 15.5 | 3.26 |
| - With Rocky Road Sundae | 1451 | 26.5 | 172.5 | - | 111.8 | 69.7 | 4.52 |
| - With Strawberry Jelly & Ice Cream | 717 | 17.4 | 110.3 | - | 69.8 | 20.1 | 3.47 |
| - With Strawberry Trifle | 746 | 18.4 | 100.7 | - | 54.1 | 27.1 | 3.45 |
| - With Treacle Sponge | 947 | 18.9 | 143.9 | - | 88.1 | 30.4 | 3.93 |
| - With Baileys Sundae | 1,773 | 27.6 | 226.7 | - | 154.4 | 79.7 | 5.07 |
| - With Butterscotch Angel Delight | 492 | 14.2 | 58 | - | 19.2 | 20.1 | 3.27 |
| - with Chocolate Brownie | 1099 | 22.3 | 145.5 | - | 86 | 43.6 | 3.61 |
| - With Crossido | 751 | 16.6 | 104.7 | - | 45.4 | 26.7 | 3.64 |
| - With Key Lime Pie | 1019 | 15.5 | 103.7 | - | 51.4 | 57.6 | 3.44 |
| - With Lemon Curd Sponge | 943 | 19.3 | 125.1 | - | 59 | 38.1 | 3.73 |
| - With Salted Caramel Cheesecake | 972 | 19.1 | 93.2 | - | 46.1 | 55.7 | 3.73 |
| Quorn Lasagne | 210 | 11.7 | 29.3 | - | 5.6 | 4.4 | 1.95 |
| - With Chocolate Buttons Topping | 300 | 13 | 38.9 | - | 15.1 | 7.5 | 1.99 |
| - With Flake Topping | 254 | 12.4 | 33.9 | - | 10.2 | 6 | 1.97 |
| - With Hundreds & Thousands Topping | 270 | 11.7 | 43.9 | - | 19.4 | 4.6 | 1.99 |
| - With M&M Chocolate Topping | 355 | 13.1 | 49.9 | - | 25.5 | 10.6 | 1.95 |
| - With Mini Marshmallows Topping | 257 | 12.3 | 40.4 | - | 15.5 | 4.4 | 1.95 |
| - With Mini Oreo Topping | 329 | 13 | 46.4 | - | 15 | 9.4 | 2.18 |

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| - With Mini Rolo Topping | 358 | 13.4 | 48.9 | - | 24.8 | 11.3 | 2.03 |
| - With Caramel Flavour Crunch Topping | 265 | 11.7 | 43.2 | - | 19.5 | 4.4 | 1.95 |
| - With Apple & Blackberry Pie Pudding | 582 | 18 | 83.6 | - | 30.5 | 18.2 | 2.32 |
| - With Banana Split | 1176 | 24.3 | 157.5 | - | 123.7 | 47.1 | 2.86 |
| - With Bottomless Ice Cream | 393 | 16.7 | 53.1 | - | 29.4 | 11.9 | 2.11 |
| - With Bread & Butter Pudding | 735 | 21.4 | 110.2 | - | 63.1 | 22.1 | 2.68 |
| - With Chocolate Fudge Cake | 1363 | 27.2 | 166.4 | - | 115.3 | 62.9 | 3.41 |
| - With Chocolate Fudge Sensation | 1302 | 27.9 | 142.1 | - | 95.3 | 65.3 | 2.71 |
| - With Custard Bowl | 480 | 20.7 | 74.3 | - | 38.6 | 10.4 | 2.25 |
| - With Extra Ice Cream | 278 | 12.7 | 37.9 | - | 14.2 | 7.6 | 2.06 |
| - With Rocky Road Sundae | 1285 | 25.5 | 153.4 | - | 105.8 | 61.8 | 3.32 |
| - With Strawberry Jelly & Ice Cream | 551 | 16.4 | 91.2 | - | 63.8 | 12.2 | 2.27 |
| - With Strawberry Trifle | 580 | 17.4 | 81.6 | - | 48.1 | 19.2 | 2.25 |
| - With Treacle Sponge | 781 | 17.9 | 124.8 | - | 82.1 | 22.5 | 2.73 |
| - With Baileys Sundae | 1607 | 26.6 | 207.6 | - | 148.4 | 71.8 | 3.87 |
| - With Butterscotch Angel Delight | 326 | 13.2 | 38.9 | - | 13.2 | 12.2 | 2.07 |
| - with Chocolate Brownie | 933 | 21.3 | 126.4 | - | 80 | 35.7 | 2.41 |
| - With Crossido | 585 | 15.6 | 85.6 | - | 39.4 | 18.8 | 2.44 |
| - With Key Lime Pie | 853 | 14.5 | 84.6 | - | 45.4 | 49.7 | 2.24 |
| - With Lemon Curd Sponge | 777 | 18.3 | 106 | - | 53 | 30.2 | 2.53 |
| - With Salted Caramel Cheesecake | 806 | 18.1 | 7401 | - | 40.1 | 47.8 | 2.53 |

## CROWN ADD ONS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cheesey Bites | 405 | 10.6 | 36.8 | - | 4.9 | 24.3 | 1.59 |
| Cookie Ice Cream Sandwich | 705 | 7 | 95.6 | - | 66.2 | 32.2 | 0.93 |
| Crispy Prawns | 410 | 11.5 | 54.2 | - | 18.8 | 16 | 3.01 |
| Crunchy Mushrooms | 534 | 7.5 | 43.9 | - | 2 | 36.3 | 2.06 |
| Lemon Meringue Pie | 413 | 4.6 | 54.4 | - | 40 | 19.5 | 0.22 |
| Mega Chocolate Cookie Tower | 762 | 8 | 94.2 | - | 60.6 | 38.1 | 0.12 |
| Sticky Toffee Pudding | 272 | 2.9 | 44.5 | - | 29.1 | 8.6 | 0.28 |
| Strawberry Angel Delight | 123 | 1.5 | 9.6 | - | 7.7 | 8.6 | 0.13 |
| - With Honeycomb Sprinkle Topping | 178 | 1.5 | 23.3 | - | 19.8 | 8.6 | 0.41 |
| - With Mint Aero Balls Topping | 189 | 2.2 | 19.1 | - | 16.7 | 11.3 | 0.15 |
| Tunnocks Caramel Wafer | 136 | 1.1 | 20.8 | - | 10.4 | 5.2 | 0.19 |
| Tunnocks Snowball | 131 | 1.3 | 17 | - | 12.6 | 6.2 | 0.15 |
| Tunnocks Teacake | 107 | 1.2 | 14.9 | - | 8.6 | 4.6 | 0.12 |
| Vanilla Cheesecake & Oreo Cookies | 797 | 9.8 | 79.5 | - | 25.4 | 48.5 | 0.7 |
| Vegan Squash & Red Pepper Kiev | 425 | 11.7 | 70.1 | - | 11.7 | 9.4 | 2.92 |
| GF Lemon & Lime Crumble Tart | 525 | 5.3 | 62.7 | - | 39.9 | 27.9 | 0.37 |
| Profiteroles With Chocolate Sauce | 504 | 5.1 | 53.8 | - | 39.2 | 29.5 | 0.15 |
| ST Chocolate Yule Log | 504 | 5.4 | 69.9 | - | 53.4 | 21.8 | 0.42 |
| ST Praline Profiteroles | 655 | 7.5 | 57.1 | - | 44.5 | 43.7 | 0.12 |
| - With Mini Smartie Topping | 721 | 8.2 | 66.6 | - | 53.5 | 46.4 | 0.14 |
| - Add BBQ Sauce | 747 | 8.3 | 78.7 | - | 62.5 | 43.9 | 0.76 |
| - Add Piri Piri Sauce | 685 | 7.9 | 59.9 | - | 46.3 | 45.7 | 1.83 |
| Brown Bread & Butter | 418 | 13.5 | 54.4 | - | 4.7 | 14.6 | 1.35 |
| White Bread & Butter | 451 | 11.3 | 67.2 | - | 5.9 | 14.5 | 1.35 |
| - Add On BBQ Ribs | 695 | 37.9 | 74 | - | 10.5 | 26.8 | 2.05 |