

Flaming Grill Main Menu Nutritional Information Autumn Winter 2018



Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Starters	Garlic Ciabatta	2695	32%	644	32%	30.6	44%	14.2	71%	76.1	29%	5.3	6%	13.5	27%	1.66	28%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Garlic Ciabatta with Cheese	3105	37%	742	37%	38.1	54%	19.0	95%	76.4	29%	5.3	6%	21.3	43%	2.14	36%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Nachos	3620	43%	865	43%	44.5	64%	16.7	83%	90.4	35%	14.5	16%	21.5	43%	3.74	62%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Breaded Garlic Mushrooms	2945	35%	704	35%	47.4	68%	3.3	17%	56.6	22%	7.5	8%	7.3	15%	3.42	57%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Crispy Chicken Strips	2045	24%	489	24%	22.0	31%	3.6	18%	41.1	16%	12.0	13%	23.1	46%	2.45	41%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Topped Waffle Fries - Burger Sauce & Jalapenos	591	7%	674	34%	43.6	62%	17.9	90%	47.8	18%	5.0	6%	5.9	12%	2.63	44%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Topped Waffle Fries - BBQ Pulled Pork & Cheese	1117	13%	800	40%	50.3	72%	22.7	114%	50.9	20%	8.1	9%	19.0	38%	2.55	43%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Topped Waffle Fries - Beef Burnt Ends	984	12%	768	38%	41.0	59%	18.2	91%	64.0	25%	20.1	22%	16.9	34%	2.89	48%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Ultimate Sharer (For two or more people)	11172	133%	2674	134%	155.5	222%	39.3	197%	173.4	67%	21.0	23%	99.3	199%	8.74	146%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Chicken Wings x 8	3194	38%	767	38%	49.8	71%	13.6	68%	0.0	0%	0.0	0%	48.2	96%	1.13	19%
Flaming Grill - AW18 Core Menu (SS18)	Starters	BBQ Sauce with Jack Daniels	367	4%	88	4%	0.0	0%	0.0	0%	19.8	8%	18.0	20%	0.6	1%	0.66	11%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Piri Piri Hot Sauce	120	1%	29	1%	0.6	1%	0.0	0%	3.6	1%	2.4	3%	0.6	1%	1.80	30%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Texan BBQ Sauce	452	5%	108	5%	0.0	0%	0.0	0%	20.4	8%	18.0	20%	1.2	2%	0.54	9%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Chicken Wings x 16	6388	76%	1533	77%	99.5	142%	27.2	136%	0.0	0%	0.0	0%	96.3	193%	2.26	38%
Flaming Grill - AW18 Core Menu (SS18)	Starters	BBQ Sauce with Jack Daniels	733	9%	175	9%	0.0	0%	0.0	0%	39.6	15%	36.0	40%	1.2	2%	1.32	22%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Piri Piri Hot Sauce	241	3%	58	3%	1.2	2%	0.0	0%	7.2	3%	4.8	5%	1.2	2%	3.60	60%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Texan BBQ Sauce	904	11%	216	11%	0.0	0%	0.0	0%	40.8	16%	36.0	40%	2.4	5%	1.08	18%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Bar Snacks - Corn Dogs	2793	33%	668	33%	57.0	81%	18.4	92%	28.0	11%	4.0	4%	10.0	20%	1.76	29%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Starters	Sports Platter	8895	106%	2126	106%	123.1	176%	35.8	179%	160.2	62%	37.0	41%	67.5	135%	6.91	115%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Bar Snacks - Bacon Popcorn with BBQ Dip	1609	19%	385	19%	19.0	27%	7.0	35%	13.6	5%	12.0	13%	10.8	22%	5.36	89%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Topped Chips - Scampi	3001	36%	716	36%	37.1	53%	2.7	14%	87.6	34%	2.5	3%	9.9	20%	1.10	18%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Topped Chips - Beef Burnt Ends	3027	36%	722	36%	32.2	46%	2.7	14%	92.2	35%	20.3	23%	15.6	31%	1.34	22%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Topped Chips - 2 Pork Sausages	3249	39%	775	39%	42.8	61%	7.7	39%	81.2	31%	2.3	3%	18.8	38%	2.05	34%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Maple Flavoured Root Vegetable Soup	858	10%	203	10%	2.3	3%	1.4	7%	40.3	16%	9.7	11%	6.2	12%	2.07	35%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Courgette Rolls	766	9%	183	9%	4.7	7%	0.5	3%	29.3	11%	11.1	12%	5.5	11%	1.31	22%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Nachos Challenge	25138	299%	6008	300%	289.5	414%	87.0	435%	684.5	263%	73.4	82%	130.1	260%	22.19	370%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Tabasco Sauce Wings Challenge	24127	287%	5789	289%	336.1	480%	91.8	459%	117.1	45%	103.0	114%	332.2	664%	13.44	224%
Flaming Grill - AW18 Core Menu (SS18)	Starters	Onion Ring Stackers	7130	85%	1710	85%	105.0	150%	9.2	46%	146.2	56%	72.4	80%	21.2	42%	5.76	96%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Hunter's Pizza Steak	12445	148%	2975	149%	201.5	288%	68.6	343%	147.1	57%	39.7	44%	140.5	281%	7.92	132%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Super Salad	1091	13%	261	13%	5.8	8%	0.7	4%	42.9	17%	7.6	8%	8.6	17%	0.49	8%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Super Salad - 5oz Rump Steak	2310	27%	552	28%	29.6	42%	16.4	82%	42.9	17%	7.6	8%	27.9	56%	0.62	10%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Super Salad - 2 Chicken Fillets	1945	23%	465	23%	9.5	14%	1.7	8%	45.5	17%	8.5	9%	48.5	97%	1.27	21%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Super Salad - Grilled Halloumi	2206	26%	527	26%	25.7	37%	12.8	64%	45.1	17%	9.8	11%	27.7	55%	2.66	44%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Super Salad - Tuna Mayo	1949	23%	466	23%	16.3	23%	2.2	11%	47.4	18%	10.6	12%	29.6	59%	2.14	36%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Beef Lasagne	3284	39%	785	39%	36.5	52%	19.7	98%	57.7	22%	11.4	13%	30.0	60%	4.33	72%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Scampi & Chips	4012	48%	958	48%	52.2	75%	3.8	19%	106.7	41%	5.0	6%	16.2	32%	1.99	33%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mushy Peas	462	5%	110	6%	0.0	0%	0.0	0%	18.4	7%	5.8	6%	6.9	14%	0.58	10%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Fully Loaded Chicken Strips	6303	75%	1504	75%	76.2	109%	13.3	67%	160.1	62%	20.1	22%	42.2	84%	4.66	78%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Chicken Tikka	3214	38%	768	38%	25.9	37%	8.5	42%	88.6	34%	11.4	13%	43.4	87%	3.51	59%
Flaming Grill - AW18 Core Menu (SS18)	Mains	The Codfather - XL	9411	112%	2249	112%	127.5	182%	13.1	66%	216.3	83%	13.1	15%	64.4	129%	5.78	96%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mushy Peas	462	5%	110	6%	0.0	0%	0.0	0%	18.4	7%	5.8	6%	6.9	14%	0.58	10%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Steak & Ale Pie	4509	54%	1076	54%	60.9	87%	24.0	120%	105.6	41%	13.1	15%	30.0	60%	3.92	65%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Chips	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	4.0	8%	0.20	3%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Homestyle Mash	1192	14%	285	14%	6.4	9%	6.4	32%	48.0	18%	6.4	7%	6.4	13%	1.60	27%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Hand-Battered Fish & Chips	6347	76%	1519	76%	89.2	127%	30.9	154%	115.8	45%	7.8	9%	46.0	92%	1.85	31%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mushy Peas	462	5%	110	6%	0.0	0%	0.0	0%	18.4	7%	5.8	6%	6.9	14%	0.58	10%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mac 'N' Cheese	3159	38%	755	38%	32.4	46%	17.8	89%	94.8	36%	9.0	10%	25.3	51%	4.24	71%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame - Grilled 8oz Gammon Skillet	4332	52%	1034	52%	64.6	92%	25.2	126%	84.1	32%	8.3	9%	37.0	74%	4.01	67%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Fried Egg	548	7%	132	7%	10.4	15%	2.2	11%	0.0	0%	0.0	0%	7.5	15%	0.28	5%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Pineapple Slice	276	3%	66	3%	0.0	0%	0.0	0%	17.0	7%	17.0	19%	0.5	1%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	10oz Signature Doubled Dipped Ribeye	6877	82%	2178	109%	129.9	186%	61.2	306%	143.4	55%	52.8	59%	85.9	172%	8.62	144%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	8oz Smothered Rump Steak	6138	73%	1467	73%	103.6	148%	44.3	222%	92.1	35%	13.2	15%	46.0	92%	1.37	23%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	10oz Ribeye Steak	5145	61%	1228	61%	75.0	107%	31.2	156%	86.5	33%	11.6	13%	51.2	102%	0.47	8%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	8oz Sirloin Steak	5556	66%	1326	66%	93.7	134%	38.2	191%	86.5	33%	11.6	13%	38.8	78%	0.41	7%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	8oz Rump Steak	5043	60%	1204	60%	78.5	112%	31.9	159%	86.5	33%	11.6	13%	42.5	85%	0.42	7%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	5oz Rump Steak	4539	54%	1083	54%	70.2	100%	28.3	142%	86.5	33%	11.6	13%	31.0	62%	0.34	6%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame-Grilled Beef Burger	5876	70%	1404	70%	95.4	136%	31.3	156%	101.7	39%	9.9	11%	36.4	73%	2.33	39%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame-Grilled Beef Burger - XL	8273	98%	1977	99%	146.4	209%	55.6	278%	105.6	41%	10.1	11%	61.0	122%	3.44	57%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame-Grilled Cheese Burger	6042	72%	1444	72%	98.6	141%	33.4	167%	102.0	39%	10.3	11%	38.6	77%	2.75	46%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame-Grilled Cheese Burger - XL	8439	100%	2017	101%	149.6	214%	57.7	289%	105.9	41%	10.4	12%	63.3	127%	3.85	64%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Cheesy Chicken Burger	4128	49%	986	49%	51.0	73%	9.7	49%	99.5	38%	10.2	11%	34.0	68%	2.15	36%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Cheesy Chicken Burger - XL	4555	54%	1088	54%	52.9	76%	10.2	51%	100.8	39%	10.7	12%	53.9	108%	2.55	43%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame-Grilled Cheese & Bacon Burger	6592	78%	1575	79%	110.3	158%	37.8	189%	102.0	39%	10.3	11%	45.3	91%	4.05	68%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Flame Grilled Cheese & Bacon Burger - XL	8989	107%	2148	107%	161.3	230%	62.1	311%	105.9	41%	10.4	12%	69.9	140%	5.15	86%
Flaming Grill - AW18 Core Menu (SS18)	Mains	All American Chicken Burger	6398	76%	1528	76%	87.9	126%	18.1	91%	132.1	51%	9.8	11%	46.8	94%	5.64	94%
Flaming Grill - AW18 Core Menu (SS18)	Mains	All American Chicken Burger - XL	8545	102%	2041	102%	114.9	164%	22.6	113%	165.8	64%	9.8	11%	72.9	146%	8.21	137%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Signature Stack Burger	9860	117%	2357	118%	170.7	244%	63.0	315%	129.4	50%	25.9	29%	72.7	145%	5.91	99%
Flaming Grill - AW18 Core Menu (SS18)	Mains	The Veggie One Burger	5490	65%	1312	66%	73.1	104%	20.1	100%	132.4	51%	37.3	41%	33.5	67%	4.51	75%
Flaming Grill - AW18 Core Menu (SS18)	Mains	The Veggie One Burger - XL	6605	79%	1578	79%	93.1	133%	32.1	161%	134.5	52%	39.5	44%	52.6	105%	6.67	111%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Dip It, Drench It Burger	8125	97%	1942	97%	138.0	197%	46.8	234%	114.1	44%	17.3	19%	62.6	125%	4.59	77%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Dip It, Drench It Burger - XL	10522	125%	2514	126%	189.0	270%	71.1	355%	118.0	45%	17.4	19%	87.3	175%	5.69	95%
Flaming Grill - AW18 Core Menu (SS18)	Mains	The Apocalypse Cow Burger	19322	230%	4619	231%	347.4	496%	127.2	636%	215.2	83%	47.5	53%	152.3	305%	11.53	192%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Peppered Mushroom Pie	4020	48%	959	48%	61.5	88%	21.6	108%	81.1	31%	9.0	10%	17.7	35%	3.49	58%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Chips	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	4.0	8%	0.20	3%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Homestyle Mash	1192	14%	285	14%	6.4	9%	6.4	32%	48.0	18%	6.4	7%	6.4	13%	1.60	27%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Pub on a Platter	22527	268%	5389	269%	347.3	496%	85.0	425%	381.3	147%	106.0	118%	148.9	298%	14.25	238%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Hunter's Chicken Skillet	5360	64%	1279	64%	63.4	91%	16.6	83%	104.6	40%	26.0	29%	72.2	144%	4.60	77%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Hunter's Chicken Skillet - XL	7287	87%	1739	87%	89.8	128%	24.5	122%	129.4	50%	27.0	30%	104.1	208%	6.60	110%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Surf & Turf Combo	5677	68%	1355	68%	81.2	116%	29.5	148%	103.3	40%	12.5	14%	56.8	114%	1.63	27%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Surf & Turf Combo - XL	7352	88%	1755	88%	100.5	144%	34.2	171%	128.0	49%	13.6	15%	89.7	179%	2.16	36%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mixed Grill	6829	81%	1632	82%	103.0	147%	36.1	180%	99.1	38%	12.4	14%	80.4	161%	4.24	71%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mixed Grill - XL	9423	112%	2253	113%	137.0	196%	44.4	222%	124.5	48%	13.5	15%	133.4	267%	6.96	116%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Plate no onions	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Skillet with onions	448	5%	107	5%	7.2	10%	0.9	5%	9.9	4%	8.1	9%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Chicken & Bacon Salad	1621	19%	387	19%	16.9	24%	5.5	28%	10.2	4%	6.0	7%	48.6	97%	2.22	37%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Southern Fried Chicken Burger	5682	68%	1357	68%	73.0	104%	11.6	58%	131.7	51%	9.4	10%	37.8	76%	3.92	65%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Mains	Southern Fried Chicken Burger - XL	7829	93%	1870	93%	100.0	143%	16.0	80%	165.5	64%	9.4	10%	64.0	128%	6.49	108%
Flaming Grill - AW18 Core Menu (SS18)	Mains	The Ultimate Hunter's Pizza Steak	19944	237%	4767	238%	327.1	467%	122.4	612%	178.8	69%	66.9	74%	270.7	541%	14.72	245%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Fajita - 2 Chicken Fillets	5453	65%	1303	65%	62.4	89%	29.9	149%	112.9	43%	33.6	37%	75.8	152%	5.87	98%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mexican Bean Burger	3485	41%	833	42%	28.9	41%	15.8	79%	123.2	47%	24.1	27%	18.4	37%	3.60	60%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Chickpea & Sweet Potato Curry Ve	2717	32%	649	32%	17.2	25%	1.7	9%	101.9	39%	9.9	11%	20.4	41%	3.66	61%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Vegan Fish Fillets & Chips	2602	31%	622	31%	29.0	41%	10.8	54%	77.2	30%	8.4	9%	7.3	15%	3.35	56%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mushy Peas	462	5%	110	6%	0.0	0%	0.0	0%	18.4	7%	5.8	6%	6.9	14%	0.58	10%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Campfire Combo	8844	105%	2113	106%	113.2	162%	35.9	179%	182.3	70%	27.4	30%	91.5	183%	2.19	37%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Fajita - 5oz Rump Steak	5442	65%	1301	65%	72.5	104%	34.8	174%	110.3	42%	32.7	36%	55.2	110%	5.22	87%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Fajita - Grilled Salmon	6218	74%	1486	74%	86.8	124%	41.9	209%	110.3	42%	32.7	36%	69.2	138%	5.09	85%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Fajita - Grilled Halloumi	6829	81%	1632	82%	98.6	141%	53.1	265%	114.6	44%	37.1	41%	74.2	148%	9.42	157%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Super Salad - Grilled Salmon	2710	32%	648	32%	33.9	48%	13.6	68%	42.9	17%	7.6	8%	42.0	84%	0.49	8%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Mexican Bean Burger - XL	4326	52%	1034	52%	32.2	46%	16.9	84%	158.1	61%	31.5	35%	24.7	49%	4.88	81%
Flaming Grill - AW18 Core Menu (SS18)	Mains	Half Rack of BBQ Pork Ribs	4656	55%	1112	56%	67.1	96%	16.7	84%	103.4	40%	19.6	22%	25.2	50%	2.06	34%
Flaming Grill - AW18 Core Menu (SS18)	Mains	BBQ Pork Ribs - XL	6498	77%	1552	78%	90.9	130%	23.1	115%	144.2	55%	29.5	33%	41.7	83%	3.50	58%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Chips	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	4.0	8%	0.20	3%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Waffle Fries	247	3%	592	30%	36.8	53%	17.5	88%	43.8	17%	1.8	2%	5.3	11%	1.75	29%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Cheesy Chips	2700	32%	644	32%	35.5	51%	6.8	34%	72.3	28%	2.0	2%	11.8	24%	0.68	11%

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Sides	Mac 'N' Cheese	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Grilled Halloumi	1115	13%	266	13%	20.0	29%	12.1	60%	2.2	1%	2.2	2%	19.2	38%	2.16	36%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Onion Rings	2281	27%	547	27%	37.7	54%	3.4	17%	39.4	15%	13.8	15%	7.7	15%	1.58	26%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Garlic Ciabatta	2695	32%	644	32%	30.6	44%	14.2	71%	76.1	29%	5.3	6%	13.5	27%	1.66	28%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Garlic Ciabatta with Cheese	3105	37%	742	37%	38.1	54%	19.0	95%	76.4	29%	5.3	6%	21.3	43%	2.14	36%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Dressed Side Salad	320	4%	76	4%	6.2	9%	5.1	25%	5.4	2%	3.2	4%	0.9	2%	0.14	2%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Naan Bread	1441	17%	345	17%	6.0	9%	0.5	2%	61.0	23%	3.6	4%	9.2	18%	1.27	21%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Coleslaw	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Corn On The Cob	1281	15%	306	15%	13.5	19%	1.6	8%	36.5	14%	4.3	5%	7.8	16%	0.06	1%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Mushrooms	879	10%	212	11%	22.7	32%	11.0	55%	0.0	0%	0.0	0%	2.3	5%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Sliced Bread	1064	13%	250	13%	1.8	3%	0.3	2%	52.7	20%	3.9	4%	9.7	19%	1.14	19%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Topped Waffle Fries - Burger Sauce and Jalapenos	591	7%	674	34%	43.6	62%	17.9	90%	47.8	18%	5.0	6%	5.9	12%	2.63	44%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Topped Waffle Fries - BBQ Pulled Pork & Cheese	1117	13%	800	40%	50.3	72%	22.7	114%	50.9	20%	8.1	9%	19.0	38%	2.55	43%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Topped Waffle Fries - Beef Burnt Ends	984	12%	768	38%	41.0	59%	18.2	91%	64.0	25%	20.1	22%	16.9	34%	2.89	48%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Sweet Chilli Sauce	412	5%	98	5%	0.0	0%	0.0	0%	24.6	9%	18.6	21%	0.6	1%	0.60	10%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Sour Cream	515	6%	123	6%	12.0	17%	7.8	39%	2.4	1%	2.4	3%	1.8	4%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Sweet Curry Sauce	580	7%	139	7%	0.0	0%	0.0	0%	21.6	8%	18.0	20%	0.6	1%	0.48	8%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Piri Piri Sauce	121	1%	29	1%	0.6	1%	0.0	0%	3.6	1%	2.4	3%	0.6	1%	1.80	30%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Texan BBQ Wings - Steak Topper	1898	23%	455	23%	24.9	36%	6.8	34%	13.6	5%	12.0	13%	24.9	50%	0.92	15%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Sides	Hunter's - Steak Topper	1262	15%	302	15%	19.2	27%	9.2	46%	13.9	5%	12.0	13%	15.3	31%	2.14	36%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Peppered Mushrooms - Steak Topper	1095	13%	264	13%	25.1	36%	12.5	62%	5.6	2%	1.6	2%	3.5	7%	0.95	16%
Flaming Grill - AW18 Core Menu (SS18)	Sides	BBQ Sauce with Jack Daniels - Steak Sauce	367	4%	88	4%	0.0	0%	0.0	0%	19.8	8%	18.0	20%	0.6	1%	0.66	11%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Hot Hot Hot! - Steak Sauce	304	4%	73	4%	5.4	8%	1.2	6%	3.6	1%	2.4	3%	1.2	2%	0.68	11%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Peppercorn - Steak Sauce	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Smoked Streaky Bacon - Extra	550	7%	132	7%	11.7	17%	4.4	22%	0.0	0%	0.0	0%	6.7	13%	1.30	22%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Beef Burger - Extra	2397	29%	573	29%	51.0	73%	24.3	122%	3.9	2%	0.2	0%	24.7	49%	1.11	19%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Southern Fried Chicken Fillet - Extra	2147	26%	513	26%	27.1	39%	4.5	22%	33.8	13%	0.0	0%	26.1	52%	2.57	43%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Cheese Slice - Extra	166	2%	40	2%	3.2	5%	2.2	11%	0.4	0%	0.4	0%	2.3	5%	0.42	7%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Grated Cheese - Extra	821	10%	196	10%	15.0	21%	9.6	48%	0.6	0%	0.0	0%	15.6	31%	0.96	16%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Free Range Fried Egg - Extra	548	7%	132	7%	10.4	15%	2.2	11%	0.0	0%	0.0	0%	7.5	15%	0.28	5%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Pineapple Ring - Extra	276	3%	66	3%	0.0	0%	0.0	0%	17.0	7%	17.0	19%	0.5	1%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Scampi - Extra	711	8%	170	9%	9.1	13%	0.7	4%	15.6	6%	0.5	1%	5.9	12%	0.90	15%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Yorkshire Pudding - Extra	504	6%	121	6%	3.5	5%	0.4	2%	15.4	6%	0.9	1%	6.4	13%	0.29	5%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Beef Dripping Gravy - Extra	624	7%	149	7%	14.0	20%	8.0	40%	5.3	2%	2.0	2%	0.5	1%	0.65	11%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Mash	1192	14%	285	14%	6.4	9%	6.4	32%	48.0	18%	6.4	7%	6.4	13%	1.60	27%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Gravy - Extra	88	1%	21	1%	0.0	0%	0.0	0%	4.3	2%	0.0	0%	0.0	0%	1.19	20%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Chicken Fillet x1 - Extra	427	5%	102	5%	1.9	3%	0.5	2%	1.3	0%	0.4	0%	20.0	40%	0.39	7%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Chicken Fillets x2 - Extra	854	10%	204	10%	3.7	5%	1.0	5%	2.6	1%	0.9	1%	40.0	80%	0.78	13%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Sides	5oz Rump Steak - Extra	1219	15%	291	15%	23.8	34%	15.7	79%	0.0	0%	0.0	0%	19.3	39%	0.13	2%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Sub Roll / Wrap - Small Chips - Extra	1145	14%	273	14%	14.0	20%	1.0	5%	36.0	14%	1.0	1%	2.0	4%	0.10	2%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Garden Peas	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Mushy Peas	462	5%	110	6%	0.0	0%	0.0	0%	18.4	7%	5.8	6%	6.9	14%	0.58	10%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Baked Beans	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.51	9%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Custard	428	5%	102	5%	1.2	2%	1.2	6%	18.4	7%	13.8	15%	3.5	7%	0.23	4%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Ice Cream Scoop																
Flaming Grill - AW18 Core Menu (SS18)	Sides	Vanilla Ice Cream	460	5%	110	5%	5.0	7%	2.5	13%	14.0	5%	14.1	16%	2.0	4%	0.12	2%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Chocolate Ice Cream	469	6%	112	6%	5.0	7%	2.5	13%	14.1	5%	13.9	15%	2.2	4%	0.13	2%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Nacho Cheese	313	4%	75	4%	4.8	7%	2.8	14%	4.7	2%	1.8	2%	3.2	6%	0.59	10%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Chicken Strips	1163	14%	278	14%	14.7	21%	2.4	12%	18.3	7%	0.0	0%	14.9	30%	1.39	23%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Jalapenos	29	0%	7	0%	0.0	0%	0.0	0%	1.2	0%	0.8	1%	0.2	0%	0.48	8%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Onions	224	3%	54	3%	3.6	5%	0.5	2%	5.0	2%	4.1	5%	0.9	2%	0.00	0%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Extra Sausage	479	6%	115	6%	7.4	11%	2.9	14%	4.6	2%	0.2	0%	7.4	15%	0.93	16%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Dirty Topper With Bacon, Nacho Cheese Sauce & Jalapenos	893	11%	213	11%	16.4	23%	7.2	36%	5.9	2%	2.6	3%	10.1	20%	2.37	40%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Dirty Topper With Beef Burnt Ends	737	9%	176	9%	4.2	6%	0.7	4%	20.2	8%	18.3	20%	11.6	23%	1.14	19%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Dirty Topper With BBQ Pulled Pork & Cheese	1076	13%	257	13%	17.3	25%	7.6	38%	7.3	3%	6.3	7%	17.6	35%	1.04	17%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Half Rack of Ribs - Steak Topper	852	10%	204	10%	10.1	14%	3.8	19%	14.2	5%	9.3	10%	13.9	28%	1.31	22%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Seasoned Fries	2286	27%	546	27%	31.5	45%	6.0	30%	61.5	24%	1.5	2%	6.0	12%	0.30	5%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Sides	Seasonal Vegetables	255	3%	60	3%	3.0	4%	0.2	1%	5.9	2%	3.6	4%	5.0	10%	0.02	0%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Grilled Halloumi Extra	1115	13%	266	13%	20.0	29%	12.1	60%	2.2	1%	2.2	2%	19.2	38%	2.16	36%
Flaming Grill - AW18 Core Menu (SS18)	Sides	Bacon - Extra	325	4%	78	4%	5.6	8%	2.2	11%	0.0	0%	0.0	0%	6.8	14%	1.07	18%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Tuna Mayo Melt - Sub / Wrap	1474	18%	352	18%	22.7	32%	4.5	22%	9.3	4%	6.6	7%	25.6	51%	2.20	37%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Sub roll	1243	15%	297	15%	2.6	4%	0.1	1%	57.3	22%	3.2	4%	10.0	20%	0.81	14%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Hunter's Chicken - Sub / Wrap	1895	23%	453	23%	25.7	37%	7.8	39%	19.6	8%	16.0	18%	32.0	64%	2.60	43%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Sub roll	1243	15%	297	15%	2.6	4%	0.1	1%	57.3	22%	3.2	4%	10.0	20%	0.81	14%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	BBQ Pulled Pork - Sub / Wrap	1329	16%	317	16%	23.6	34%	8.2	41%	14.8	6%	12.0	13%	11.0	22%	0.87	15%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Sub roll	1243	15%	297	15%	2.6	4%	0.1	1%	57.3	22%	3.2	4%	10.0	20%	0.81	14%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Grilled Halloumi - Sub / Wrap	2170	26%	518	26%	33.7	48%	17.4	87%	32.3	12%	25.5	28%	21.2	42%	3.47	58%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Tortilla	948	11%	227	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW18 Core Menu (SS18)	Subs & Wraps	Sub roll	1243	15%	297	15%	2.6	4%	0.1	1%	57.3	22%	3.2	4%	10.0	20%	0.81	14%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	The Epic Choctastic Sundae	5946	71%	1421	71%	38.7	55%	21.4	107%	130.4	50%	116.6	130%	12.3	25%	0.66	11%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Sticky Toffee Pudding	3917	47%	936	47%	45.7	65%	20.5	103%	117.9	45%	91.8	102%	11.4	23%	1.16	19%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Chocolate Fudge Cake	2516	30%	601	30%	27.0	39%	9.1	46%	80.4	31%	64.3	71%	7.2	14%	1.05	18%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Vanilla Ice Cream	460	5%	110	5%	5.0	7%	2.5	13%	14.0	5%	14.1	16%	2.0	4%	0.12	2%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Chocolate Ice Cream	469	6%	112	6%	5.0	7%	2.5	13%	14.1	5%	13.9	15%	2.2	4%	0.13	2%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Cookie Dough Cheesecake	4913	58%	1174	59%	57.0	81%	30.5	153%	150.2	58%	66.4	74%	14.1	28%	0.93	16%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Brain Freeze Challenge	14171	169%	3387	169%	135.0	193%	67.1	336%	396.3	152%	358.0	398%	45.1	90%	3.12	52%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Chocolate & Coconut Torte	2004	24%	479	24%	28.9	41%	15.7	78%	44.9	17%	22.0	24%	7.0	14%	0.23	4%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Cherry Bakewell Tart	1686	20%	403	20%	18.5	26%	1.8	9%	53.2	20%	31.1	35%	4.7	9%	0.36	6%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Custard	428	5%	102	5%	1.2	2%	1.2	6%	18.4	7%	13.8	15%	3.5	7%	0.23	4%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Vanilla Ice Cream	460	5%	110	5%	5.0	7%	2.5	13%	14.0	5%	14.1	16%	2.0	4%	0.12	2%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Bramley Apple Pie	1856	22%	444	22%	12.3	18%	4.1	20%	77.3	30%	37.6	42%	4.1	8%	0.39	7%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Custard	428	5%	102	5%	1.2	2%	1.2	6%	18.4	7%	13.8	15%	3.5	7%	0.23	4%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Vanilla Ice Cream	460	5%	110	5%	5.0	7%	2.5	13%	14.0	5%	14.1	16%	2.0	4%	0.12	2%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Vegan Chocolate & Coconut Torte	2036	24%	487	24%	29.7	42%	18.2	91%	41.3	16%	17.7	20%	5.4	11%	0.12	2%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Vegan Cherry Bakewell Tart	2178	26%	521	26%	24.3	35%	6.9	34%	63.5	24%	40.9	45%	5.2	10%	0.37	6%
Flaming Grill - AW18 Core Menu (SS18)	Desserts	Vegan Bramley Apple Pie	2348	28%	561	28%	18.1	26%	9.1	46%	87.7	34%	47.4	53%	4.6	9%	0.40	7%