

# COUNT ON US

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## YOUR CALORIE GUIDE

**HOT STOP  
FAVOURITES**

# BEST OF BRITISH

ALL FRESH EGGS USED IN  
OUR DISHES ARE BRITISH LION  
EGGS OR FREE RANGE  
FROM FARMS IN THE UK

The amount of energy in the food we eat is measured in calories. Calories are converted into energy which our body uses to fuel our daily activities. Energy requirements will depend on many factors and can differ significantly from one person to another depending on your physical activity level.

Within this document you will notice that calories may also be displayed as KCAL.

Periodically we may produce promotional dishes. The calorie information for these promotional dishes have not been included in this booklet.

Whilst we ensure the calories in this booklet are as accurate as possible, occasionally we will have to substitute ingredients and as a result the calorie content cannot be displayed.

# BREAKFAST

GRILLED PORK SAUSAGE (P)	171KCAL 717KJ	★
GRILLED BACK BACON (P)	56KCAL 234KJ	★
GRILLED BLACK PUDDING	118KCAL 495KJ	
FRIED EGG	173KCAL 726KJ	★
SAUTÉ MUSHROOMS	34KCAL 144KJ	
HASH BROWN	170KCAL 711KJ	
TINNED PLUM TOMATOES	9KCAL 38KJ	★
BAKED BEANS	60KCAL 252KJ	★
POACHED EGG	83KCAL 349KJ	★
SCRAMBLED EGG	219KCAL 917KJ	
SLICED CHEDDAR CHEESE	208KCAL 871KJ	★
BAKED APPLE FRITTATA	168KCAL 704KJ	★
APPLE, RAISIN AND TOASTED OAT PANCAKE	327KCAL 1370KJ	★
BAKED EGG WITH KALE & SPINACH	125KCAL 524KJ	★
BANANA, MANGO OATMEAL & CHIA SEED SMOOTHIE	624KCAL 2608KJ	★
EGG WHITE, CHICKEN & BROCCOLI OMELETTE	341KCAL 1425KJ	★
CORNFLAKES KELLOGG'S	114KCAL 475KJ	★
RICE KRISPIES KELLOGG'S	114KCAL 481KJ	★

WEETABIX	131KCAL 547KJ	★
BRAN FLAKES KELLOGG'S	142KCAL 596KJ	★
LUXURY MUESLI KELLOGG'S	190KCAL 795KJ	★
FRESH SEMI SKIMMED MILK	74KCAL 308KJ	
PORRIDGE	302KCAL 1263KJ	★
GOLDEN SYRUP	65KCAL 272KJ	★
GRANOLA	126KCAL 525KJ	★
STRAWBERRY JAM	53KCAL 220KJ	★
SULTANAS	55KCAL 230KJ	★
BELGIAN WAFFLES	368KCAL 1540KJ	
ASSORTED JAM PORTION	48KCAL 202KJ	
CUP OF TEA	5KCAL 19KJ	
CUP OF COFFEE	13KCAL 55KJ	
GRAPEFRUIT JUICE	44KCAL 183KJ	
GRAPEFRUIT SEGMENTS	34KCAL 143KJ	
NATURAL HARD BOILED EGG PROTEIN POT (2 EGGS)	167KCAL 698KJ	
TOASTED BREAKFAST MUFFIN	176KCAL 738KJ	
WHITE FLOURED BAP	232KCAL 972KJ	

# SOUPS

ASIAN CHICKEN NOODLE BROTH (REG)	87KCAL 366KJ	★
ASPARAGUS SOUP (REG)	176KCAL 738KJ	★
BACON, CHEESE & APPLE SOUP	316KCAL 1322KJ	★
BEEF & MUSHROOM SOUP	153KCAL 639KJ	★
BEEF & VEGETABLE BROTH	118KCAL 493KJ	★
BEETROOT BROTH WITH SUET DUMPLINGS	182KCAL 761KJ	★
BLACK EYED BEAN SOUP (REG)	158KCAL 659KJ	★
BLOOD SOUP (TOMATO, BEETROOT & GARLIC)	83KCAL 347KJ	★
BOSTON FISH CHOWDER (REG)	151KCAL 631KJ	★
BROAD BEAN, PARSLEY & CREAM SOUP (REG)	106KCAL 443KJ	★
BROCCOLI & STILTON SOUP	148KCAL 620KJ	★
BROCCOLI SOUP (REG)	86KCAL 359KJ	★
BUBBLE & SQUEAK SOUP WITH BACON (REG)	164KCAL 687KJ	★
BUTTER BEAN & CHUNKY VEGETABLE SOUP (REG)	142KCAL 593KJ	★

BUTTER BEAN & SPRING ONION SOUP (REG)	172KCAL 720KJ	★
BUTTERNUT SQUASH & SWEET PEPPER SOUP	79KCAL 330KJ	★
BUTTERNUT SQUASH WITH SMOKED HADDOCK	119KCAL 498KJ	★
BUTTERNUT SQUASH, CORIANDER & BACON SOUP	172KCAL 719KJ	★
CARIBBEAN BEAN & GAMMON BROTH	153KCAL 640KJ	★
CARIBBEAN BUTTER BEAN SOUP (REG)	109KCAL 455KJ	★
CARIBBEAN CHICKEN SOUP (REG)	132KCAL 551KJ	★
CARROT & CORIANDER SOUP	92KCAL 384KJ	★
CARROT & PEARL BARLEY SOUP	115KCAL 480KJ	★
CARROT SATAY SOUP	107KCAL 449KJ	★
CARROT, HONEY & GINGER SOUP	122KCAL 510KJ	★
CAULIFLOWER & STILTON SOUP	122KCAL 512KJ	★
CAULIFLOWER CHEESE SOUP	158KCAL 660KJ	★
CAULIFLOWER POLONAISE SOUP (REG)	211KCAL 882KJ	★
CAULIFLOWER SOUP	95KCAL 398KJ	★
CELERIAC, LEEK & POTATO SOUP	95KCAL 399KJ	★
CELERY & APPLE SOUP	148KCAL 621KJ	★
CELERY & DIJON MUSTARD SOUP	140KCAL 586KJ	★
CELERY & STILTON SOUP	198KCAL 830KJ	★

CHEDDAR & SMOKED HADDOCK SOUP	277KCAL 949KJ	★
CHEESE & APPLE SOUP	186KCAL 777KJ	★
CHEESE & APPLE SOUP WITH BACON (REG)	275KCAL 1151KJ	★
CHEESE & LEEK SOUP	184KCAL 768KJ	★
CHEESE & ONION SOUP	180KCAL 755KJ	★
CHICK PEA, YOGHURT & HERBS SOUP	141KCAL 588KJ	★
CHICKEN & SWEETCORN SOUP	218KCAL 914KJ	★
CHICKEN & WATERCRESS SOUP	207KCAL 867KJ	★
CHICKEN, SWEETCORN & NOODLE SOUP	110KCAL 460KJ	★
CHILLI BEEF BROTH	158KCAL 663KJ	★
CHILLI PORK BROTH	159KCAL 664KJ	★
CHILLI, CORIANDER & NOODLE BROTH	71KCAL 298KJ	★
CHINESE STYLE CHICKEN BROTH	118KCAL 493KJ	★
CHINESE STYLE HOT VEGETABLE SOUP	45KCAL 187KJ	★
CHUNKY LEEK & POTATO SOUP	128KCAL 235KJ	★
CHUNKY SMOKED FISH & SWEETCORN CHOWDER	197KCAL 822KJ	★
COCK-A-LEEKIE SOUP	106KCAL 443KJ	★
COURGETTE, CELERIAC & BASIL SOUP	102KCAL 427KJ	★

CREAM DU BARRY SOUP	108KCAL 451KJ	★
CREAM OF BROCCOLI & BLUE CHEESE SOUP	126KCAL 528KJ	★
CREAM OF CABBAGE & BACON SOUP	135KCAL 567KJ	★
CREAM OF BROCCOLI & CAULIFLOWER SOUP	123KCAL 514KJ	★
CREAM OF CELERIAC SOUP	107KCAL 449KJ	★
CREAM OF CHAMP POTATO & BACON SOUP	230KCAL 963KJ	★
CREAM OF CHAMP POTATO SOUP	149KCAL 625KJ	★
CREAM OF CHICKEN & ASPARAGUS SOUP	162KCAL 678KJ	★
CREAM OF CHICKEN & LENTIL SOUP	188KCAL 785KJ	★
CREAM OF CHICKEN SOUP	224KCAL 935KJ	★
CREAM OF CHICORY & BEER SOUP	78KCAL 327KJ	★
CREAM OF CHUNKY TOMATO SOUP	209KCAL 872KJ	★
CREAM OF COLCANNON SOUP	142KCAL 592KJ	★
CREAM OF FENNEL SOUP	120KCAL 501KJ	★
CREAM OF FLAT MUSHROOM SOUP	176KCAL 737KJ	★
CREAM OF GARDEN PEA SOUP	99KCAL 415KJ	★
CREAM OF GREEN PEA & MINT SOUP	100KCAL 417KJ	★
CREAM OF LEEK & POTATO SOUP	132KCAL 554KJ	★
CREAM OF LEEK SOUP	171KCAL 717KJ	★

CREAM OF MUSHROOM & THYME SOUP	216KCAL 904KJ	★
CREAM OF ONION & CHEDDAR SOUP	192KCAL 802KJ	★
CREAM OF ONION SOUP	167KCAL 697KJ	★
CREAM OF POTATO & CHIVE	139KCAL 580KJ	★
CREAM OF PRAWN SOUP	174KCAL 726KJ	★
CREAM OF SAVOY CABBAGE SOUP	92KCAL 386KJ	★
CREAM OF SPICED PARSNIP SOUP	149KCAL 625KJ	★
CREAM OF SPINACH & NUTMEG SOUP	102KCAL 427KJ	★
CREAM OF SWEETCORN SOUP	147KCAL 617KJ	★
CREAM OF TOMATO & BASIL SOUP	104KCAL 434KJ	★
CREAM OF TOMATO SOUP WITH BASIL (ROUX)	191KCAL 799KJ	★
CREAM OF VEGETABLE SOUP	125KCAL 523KJ	★
CREAM OF WINTER VEGETABLE SOUP	121KCAL 507KJ	★
DANISH CARROT SOUP	106KCAL 445KJ	★
DUTCH PEA SOUP	193KCAL 806KJ	★
FENNEL & ALMOND FISH SOUP	148KCAL 619KJ	★
FRAGRANT CHICKEN & LENTIL BROTH	165KCAL 691KJ	★
FRENCH ONION SOUP	129KCAL 541KJ	★
FRENCH STYLE BALSAMIC RED ONION SOUP	131KCAL 546KJ	★

GAMMON, TOMATO & BARLEY BROTH	159KCAL 667KJ	★
HOT & SOUR CHICKEN SOUP	61KCAL 257KJ	★
HOTCH POTCH LAMB BROTH	107KCAL 448KJ	★
HUNGARIAN STYLE BEEF GOULASH SOUP	148KCAL 620KJ	★
INDIAN SPICED LENTIL SOUP	233KCAL 975KJ	★
IRISH LEEK & POTATO SOUP	154KCAL 645KJ	★
IRISH PEA & BACON SOUP	146KCAL 611KJ	★
IRISH PEA SOUP	132KCAL 555KJ	★
IRISH POTATO SOUP	171KCAL 717KJ	★
LAMB, PEARL BARLEY & VEGETABLE BROTH	147KCAL 615KJ	★
LENTIL & BACON SOUP	173KCAL 724KJ	★
LENTIL & TOMATO SOUP	136KCAL 569KJ	★
LENTIL, LIME & CORIANDER SOUP	148KCAL 619KJ	★
MEXICAN HOT BEAN SOUP	118KCAL 492KJ	★
MEXICAN SPICED PORK & BEAN BROTH	144KCAL 601KJ	★
MINESTRONE & CHICKEN BROTH	115KCAL 481KJ	★
MINESTRONE SOUP	95KCAL 400KJ	★
BARLEY BROTH WITH MINT & LAMB SAUSAGE (REG)	249KCAL 1040KJ	★
MOROCCAN VEGETABLE SOUP	94KCAL 395KJ	★

MULLIGATAWNY SOUP	170KCAL 711KJ	★
MUSHROOM & TARRAGON SOUP	160KCAL 668KJ	★
MUSHROOM SOUP	159KCAL 666KJ	★
NEW ENGLAND FISH SOUP	154KCAL 645KJ	★
NORTH ATLANTIC PRAWN BISQUE	159KCAL 667KJ	★
ONE POT BEAN BROTH	94KCAL 395KJ	★
ONION VELVET SOUP	94KCAL 395KJ	★
PARSLEY & CELERY BROTH	133KCAL 557KJ	★
PASTA, BACON & BORLOTT BEAN SOUP	158KCAL 663KJ	★
PEA & HAM SOUP	111KCAL 465KJ	★
PEA & MINT SOUP	101KCAL 422KJ	★
PICADILLO (PHILIPPINE BEEF & VEGETABLE BROTH)	165KCAL 693KJ	★
POLISH POTATO SOUP (KARTOFLANKA)	110KCAL 461KJ	★
POTATO & WATERCRESS SOUP	122KCAL 511KJ	★
POTATO, WATERCRESS & ROCKET SOUP	123KCAL 516KJ	★
RED ONION & SAUSAGE SOUP	154KCAL 644KJ	★
ROAST BUTTERNUT SQUASH & APPLE SOUP	143KCAL 601KJ	★
ROAST ROOT VEGETABLES SOUP	95KCAL 398KJ	★
ROAST SQUASH, PORK & APPLE SOUP	220KCAL 922KJ	★

ROAST SWEET PEPPER & TOMATO SOUP	132KCAL 553KJ	★
ROASTED CARROT SOUP	77KCAL 324KJ	★
ROASTED PARSNIP & CHESTNUT SOUP	352KCAL 1474KJ	★
ROASTED SESAME SEED & CARROT SOUP	89KCAL 374KJ	★
ROOT VEGETABLE & SPICED CREAM SOUP	107KCAL 450KJ	★
ROOT VEGETABLE BROTH	59KCAL 249KJ	★
SAXE-COBURG SOUP	156KCAL 654KJ	★
SMOOTH BUTTERNUT SQUASH SOUP	160KCAL 671KJ	★
SMOOTH CURRIED CHICKEN & ALMOND SOUP	229KCAL 960KJ	★
SMOOTH, CREAM CHEESE & VEGETABLE SOUP	136KCAL 568KJ	★
SOY BEEF & BLACK EYED BEAN SOUP	166KCAL 694KJ	★
SPANISH STYLE THREE BEAN SOUP	106KCAL 445KJ	★
SPICED RED LENTIL SOUP	90KCAL 379KJ	★
SPICY COURGETTE SOUP	100KCAL 417KJ	★
SPICY PORK & TOMATO SOUP	194KCAL 812KJ	★
SPICY RED LENTIL & TOMATO SOUP	142KCAL 593KJ	★
SPRING VEGETABLE BROTH	101KCAL 421KJ	★
SUMMER VEGETABLE BROTH	101KCAL 424KJ	★

SWEET CURRIED LAMB SOUP WITH CRUSHED POPPADOMS	272KCAL 1138KJ	★
SWEET PEPPER, PORK & SQUASH SOUP	142KCAL 595KJ	★
SWEET POTATO & PUMPKIN SEED SOUP	140KCAL 586KJ	★
SWEET POTATO, CHILLIES & COCONUT SOUP	176KCAL 738KJ	★
SWEETCORN & SMOKED HADDOCK CHOWDER	133KCAL 555KJ	★
THAI PRAWN BROTH	80KCAL 334KJ	★
THREE SISTERS CHOWDER	98KCAL 412KJ	★
TOMATO & PESTO SOUP	97KCAL 407KJ	★
TOMATO & SPICY BEEF SOUP	213KCAL 892KJ	★
TOMATO & VEGETABLE SOUP	46KCAL 191KJ	★
TOMATO CHICKPEA & PASTA SOUP	130KCAL 544KJ	★
TOMATO SOUP	95KCAL 397KJ	★
TOMATO, SAUSAGE & BARLEY SOUP	184KCAL 771KJ	★
TUSCAN CHORIZO BROTH	159KCAL 665KJ	★
TUSCAN WHITE BEAN BROTH	113KCAL 471KJ	★
VEGETABLE & BARLEY BROTH	68KCAL 290KJ	★
VEGETABLE & BEAN BROTH WITH BASIL	128KCAL 537KJ	★
VEGETABLE GOULASH SOUP	120KCAL 503KJ	★

VEGETABLE SCOTCH BROTH	68KCAL 283KJ	★
VEGETABLE SOUP	132KCAL 551KJ	★
WELSH RAREBIT SOUP	227KCAL 949KJ	★
WHITE BEAN, TOMATO & PESTO SOUP	122KCAL 511KJ	★
YELLOW SPLIT PEA SOUP	209KCAL 875KJ	★
YOOKAEJANG (SPICY BEEF & ONION BROTH)	108KCAL 451KJ	★
HALF BAGUETTE	195KCAL 816KJ	
WHITE BREAD	84KCAL 350KJ	
BROWN BREAD	85KCAL 357KJ	
BUTTER PORTION	43KCAL 180KJ	
OMEGA SPREAD PORTION	30KCAL 127KJ	

A WARM, HOMEMADE FRESH SOUP

**BUTTERNUT SQUASH WITH  
SMOKED HADDOCK**

**119KCAL 498KCAL**



# MAINS

BAKED PORK CHOP WITH HONEY & CIDER	487KCAL 2039KJ	★
BAKED BRAISED BEEF, BUBBLE & SQUEAK TOP	351KCAL 1468KJ	★
BAKED TANDOORI COD FILLET	178KCAL 744KJ	★
BALTI CHICKEN ZEERA	204KCAL 854KJ	★
BAZELLA	260KCAL 1086KJ	★
BBQ BACON, DOUBLE SWISS, BRIOCHE BUN, CHIPS	1732KCAL 7248KJ	
BEEF & LENTIL LASAGNE	497KCAL 2079KJ	★
BEEF & VEGETABLE CASSEROLE	237KCAL 990KJ	★
BEEF BOURGUIGNON	288KCAL 1207KJ	★
BEEF GOULASH	345KCAL 1445KJ	★
BEEF STEW WITH MARMITE DUMPLINGS	381KCAL 1595KJ	★
BEEF VINDALOO	285KCAL 1193KJ	★
BRAISED BEEF SHIN & MUSHROOM SUET PUDDING	916KCAL 3833KJ	
BRAISED BRISKET OF BEEF, YORKSHIRE PUDDING	579KCAL 2423KJ	★

BRAISED LAMBS LIVER CASSEROLE	489KCAL 2047KJ	
BRAMLEY APPLE PORK BAKE	389KCAL 1627KJ	★
BURMESE BEEF & PEANUT CURRY	293KCAL 1226KJ	★
CAJUN BEEF MEATBALL PITTA POCKET	495KCAL 2069KJ	★
CAJUN SPICED COD GOUJONS	359KCAL 1503KJ	★
CASSOULET OF PORK	409KCAL 1710KJ	★
CHICKEN HOTPOT	266KCAL 1112KJ	★
CHICKEN KIEV, CHIPS, COLESLAW & PEAS	940KCAL 3935KJ	
CHICKEN PROVENÇAL	226KCAL 948KJ	★
CHICKEN SATAY	210KCAL 881KJ	★
CHICKEN, BACON & MUSHROOM CHEDDAR QUICHE	667KCAL 2790KJ	★
DINGLEY DELL PORK & ALE TOAD IN THE HOLE	1275KCAL 5337KJ	
FAJITA CHICKEN, PAPAYA & AVOCADO SALAD	1211KCAL 5069KJ	
F-FACTOR BEEF & BLUE CHEESE CIABATTA	1020KCAL 4270KJ	
FISH PIE TOPPED WITH PARSLEY MASH	462KCAL 1931KJ	★

FRESHLY BATTERED MSC HAKE FILLET	546KCAL 2284KJ	★
FRESHLY BATTERED MSC COD FILLET	555KCAL 2322KJ	★
FRIED CHICKEN COMBO PLATE, FRIES, SLAW & CORN	1505KCAL 6297KJ	
GRILLED MALAY CHICKEN	269KCAL 1123KJ	★
HALF ROAST CHICKEN WITH THYME & LEMON	1086KCAL 4542KJ	
HONEY ROAST GAMMON	360KCAL 1508KJ	★
IRISH LAMB STEW	230KCAL 964KJ	★
ITALIAN CHICKEN	208KCAL 8731KJ	★
JAMAICAN JERK LAMB CURRY	323KCAL 1352KJ	★
KASHMIR LAMB SKEWER	354KCAL 1481KJ	★
LAMB & ROSEMARY CASSEROLE	307KCAL 1285KJ	★
LAMB & SAGE COBBLER	480KCAL 2010KJ	★
LAMB MOUSSAKA	540KCAL 2260KJ	★
MADURA CHICKEN LEG	395KCAL 1654KJ	★
MEGA BURGER, BRIOCHE BUN, SWEET POTATO FRIES	1966KCAL 8225KJ	★
MEXICAN CHICKEN & BEAN STEW	186KCAL 778KJ	★
MOROCCAN CHICKEN IN TAGINE SAUCE	279KCAL 1169KJ	★
MOROCCAN LAMB	273KCAL 1141KJ	★
MOROCCAN SPICED CHICKEN ON A WHITE BEAN MASH	334KCAL 1397KJ	★

NASI GORENG	387KCAL 1620KJ	★
PESTO MACKEREL FILLET, POACHED EGG, ROQUETTE	329KCAL 1378KJ	★
ROAST CHICKEN LEG & THIGH WITH STUFFING	550KCAL 2303KJ	★
ROAST PORK LEG, APPLE SAUCE	372KCAL 1556KJ	★
ROAST PORK SHOULDER, APPLE SAUCE & STUFFING	689KCAL 2884KJ	★
ROAST TURKEY CROWN STUFFING BALLS	278KCAL 1162KJ	★
ROAST WHOLE CHICKEN, SAGE & ONION STUFFING	622KCAL 2601KJ	★
SAVOURY MINCE WITH HERB DUMPLINGS	403KCAL 1688KJ	★
SCAMPI, CHIPS & PEAS	500KCAL 2094KJ	
SHEPHERD'S PIE	507KCAL 2124KJ	★
SOUTHERN FRIED CHICKEN LEG	753KCAL 3152KJ	★
SPICY SPANISH CHICKEN RAGOUT	313KCAL 1311KJ	★
STEAK & CHORIZO CHILLI CON CARNE	300KCAL 1255KJ	★
STEAK & KIDNEY SHORTCRUST PASTRY PIE	582KCAL 2437KJ	★
STICKY MOROCCAN LAMB WITH CHILLI COUS COUS	586KCAL 2451KJ	
SWEET & SOUR CHICKEN	281KCAL 1174KJ	★
SWEET & SOUR PORK	358KCAL 1499KJ	★

TANDOORI LAMB BURGER & CHILLI ONION RELISH	602KCAL 2519KJ	★
TANDOORI MIXED GRILL, SALAD & NAAN	989KCAL 4140KJ	
TEXAS BBQ CHICKEN BREAST, FRIES, SLAW & SALAD	504KCAL 2109KJ	
THAI FISH CAKE WITH COCONUT & CHILLI SAUCE	180KCAL 755KJ	★
THAI STEAMED MACKEREL & POLLACK PILAF	424KCAL 1773KJ	★
TURKEY & MUSHROOM STROGANOFF	320KCAL 1338KJ	★
TURKEY & SWEETCORN PIE	490KCAL 2050KJ	★
TURKEY A LA KING	290KCAL 1214KJ	★
TURKEY CHIMICHANGAS	291KCAL 1216KJ	★
WARM FLAKED SALMON & LIME POTATO SALAD	373KCAL 1561KJ	★

# VEGETARIAN

BEAN & GOATS' CHEESE HOT POT	376KCAL 1572KJ	★
BROCCOLI & CAULIFLOWER MACARONI CHEESE	601KCAL 2517KJ	★
CHILLI BEAN PATTIE & PINEAPPLE CHUTNEY BAP	460KCAL 1925KJ	★
FETA, PEA, MINT & QUORN PAELLA	429KCAL 1797KJ	★
GOATS' CHEESE, SPINACH & QUINOA PILAF	601KCAL 2516KJ	★
MACARONI CHEESE	574KCAL 2403KJ	★
MEDITERRANEAN VEG, QUORN & BARLEY RISOTTO	354KCAL 1483KJ	★
PEARL BARLEY, SPINACH & BLUE CHEESE RISOTTO	394KCAL 1648KJ	★
PEPPER & BEAN CHIMICHANGAS	755KCAL 3160KJ	★
POLENTA & LENTIL CAKES, ROAST ONIONS & SALAD	550KCAL 2303KJ	★
QUORN & LENTIL THAI BROTH	177KCAL 742KJ	★
QUINOA & SQUASH STEW, PRUNES & POMEGRANATE	395KCAL 1655KJ	★
QUORN CHORIZO PAELLA	340KCAL 1423KJ	★
QUORN & SPINACH LASAGNE	500KCAL 2091KJ	★
QUORN BAIGAN CHANA MASALA	174KCAL 729KJ	★

QUORN SAUSAGE TOAD IN THE HOLE	344KCAL 1438KJ	★
QUORN SAUSAGE, WINTER VEG MASH, GRAVY	353KCAL 1479KJ	★
QUORN TEX-MEX CHILLI	193KCAL 809KJ	★
QUORN, CHICKPEA & SPINACH TAGINE	194KCAL 811KJ	★
ROASTED PEPPERS, BELUGA LENTILS BAKED EGGS	358KCAL 1497KJ	★
QUORN , TOMATO & MUSHROOM PASTA BAKE	578KCAL 2418KJ	★
SRI LANKAN EGG CURRY	405KCAL 1693KJ	★
SQUASH, PUMPKIN SEED & BUTTER BEAN RAGU	283KCAL 1183KJ	★
VEGETABLE CHOW MEIN WITH EGG & QUORN	367KCAL 1537KJ	★
VEGETARIAN SAUSAGE WITH BRAISED PUY LENTILS	321KCAL 1343KJ	★
VEGETARIAN SHEPHERD'S PIE	315KCAL 1319KJ	★
WARM BELUGA LENTILS, QUORN CHORIZO & WASABI	315KCAL 1319KJ	★
WARM GRILLED GOATS' CHEESE & PUY LENTIL SALAD	442KCAL 1851KJ	★
WARM HALLOUMI, LENTIL & FENNEL SALAD	421KCAL 1760KJ	★
WARM SALAD OF CURRIED SPELT, HALLOUMI & FETA	455KCAL 1904KJ	★

# SIDES

BAKED BEANS	60KCAL 252KJ
BAKED CAJUN WEDGES	184KCAL 770KJ
BAKED POTATO	164KCAL 686KJ
BASMATI RICE	196KCAL 820KJ
BRAISED RICE	254KCAL 1064KJ
BROWN RICE	286KCAL 1195KJ
CARDAMOM RICE	269KCAL 1125KJ
CHIPS (200G)	322KCAL 1348KJ
CRISPY ROAST POTATOES	202KCAL 844KJ
EGG FRIED RICE	197KCAL 826KJ
GRAVY	25KCAL 104KJ
MASHED POTATO	189KCAL 791KJ
NEW POTATOES	65KCAL 273KJ
PASTA TAGLIATELLE	380KCAL 1590KJ
WHOLEMEAL FUSILLI	343KCAL 1435KJ
WHOLEMEAL ORGANIC COUSCOUS	178KCAL 745KJ

# VEGETABLES

BRAISED LITTLE GEM LETTUCE	17KCAL 72KJ
BRAISED RED CABBAGE	198KCAL 830KJ
BROAD BEANS, PEAS & SOYA BEANS	139KCAL 583KJ
BROCCOLI, CAULIFLOWER & TENDERSTEM BROCCOLI	44KCAL 184KJ
BROCCOLI, GREEN BEANS & TOASTED ALMONDS	75KCAL 315KJ
CAULIFLOWER	14KCAL 58KJ
FRESH BROCCOLI	36KCAL 152KJ
FRESH SLICED CARROTS	25KCAL 105KJ
GARDEN PEAS	90KCAL 377KJ
GARLIC & ROSEMARY ROAST COURGETTES	41KCAL 171KJ
GREEN BEANS SLICED	18KCAL 75KJ
LEMON COURGETTES	38KCAL 160KJ
MINTED CARROTS & PEAS	44KCAL 182KJ
MIXED GREEN VEGETABLES	25KCAL 107KJ
MUSHY PEAS	46KCAL 194KJ
PAN FRIED COURGETTES	40KCAL 168KJ
PEAS & CARROTS	53KCAL 220KJ
PEAS A LA FRANÇAIS	163KCAL 682KJ

PEAS, BROAD BEANS & GREEN BEANS WITH PESTO	93KCAL 389KJ
PEA & SPINACH SAG	68KCAL 283KJ
RATATOUILLE	83KCAL 348KJ
ROASTED CARROTS	97KCAL 407KJ
ROASTED ROOT VEGETABLES	106KCAL 444KJ
ROASTED VEGETABLES	94KCAL 392KJ
SAG ALOO	78KCAL 327KJ
SAUTÉ GREEN LEAVES WITH SOY SAUCE	84KCAL 350KJ
SAUTÉ LEEKS	33KCAL 140KJ
SAUTÉ SPINACH WITH ONION & GARLIC	71KCAL 299KJ
SAUTÉED GREEN CABBAGE WITH CUMIN	87KCAL 362KJ
SAVOY CABBAGE	36KCAL 149KJ
STIR FRY GREENS WITH GINGER & SESAME SEEDS	95KCAL 396KJ
STIR FRY VEGETABLES	66KCAL 276KJ
SWEETCORN	54KCAL 227KJ
TENDERSTEM BROCCOLI	37KCAL 154KJ

# SUGO | PASTA SAUCE SIDE

PULLED PORK & MUSHROOM PASTA RAGOUT	732KCAL 3062KJ
SLOW COOKED SEAFOOD PASTA WITH CHILLI	477KCAL 1996KJ
CARBONARA PASTA SAUCE	302KCAL 1265KJ
CHICKEN & LEEK PASTA SAUCE	188KCAL 786KJ
CHILLI BEEF PASTA BAKE	559KCAL 2338KJ
CREAMY MUSTARD CHICKEN PASTA SAUCE	267KCAL 1116KJ
ITALIAN STYLE BOLOGNAISE SAUCE	353KCAL 1478KJ
MEATBALL PASTA SAUCE	355KCAL 1484KJ
MUSHROOM RAVIOLI, SPINACH & MUSHROOM SAUCE	421KCAL 1763KJ
PEAS & GAMMON PASTA SAUCE	457KCAL 1915KJ
TUNA & SWEETCORN PASTA BAKE	501KCAL 2095KJ
TURKEY, MUSHROOM & TARRAGON PASTA SAUCE	215KCAL 902KJ

PASTA CONCHIGLIE	377KCAL 1578KJ
PASTA FARFALLE	377KCAL 1578KJ
PASTA MACARONI	396KCAL 1657KJ
PASTA PENNE	351KCAL 1469KJ
PASTA SPAGHETTI	377KCAL 1578KJ
PASTA TAGLIATELLE	380KCAL 1590KJ
WHOLEMEAL FUSILLI	343KCAL 1435KJ
GARLIC BREAD 1 SLICE	77KCAL 324KJ
GRATED CHEESE	233KCAL 975KJ

A TASTY HOME COOKED PASTA DISH

**TURKEY, MUSHROOM &  
TARRAGON PASTA SAUCE**

**215KCAL 902KCAL**

OCTOBER 2016

**HOT STOP**  
**FAVOURITES**