

Flaming Grill Main Menu Nutritional Information - Autumn/Winter 2017

Key & Interpreting Data

The figures given below give 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.

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

All nutritional values shown are for the complete dish as listed on the menu, figures are typical for each dish and may vary slightly, as a result of manufacturing tolerances and cooking assembly.

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 - AW17 Core Menu	Starters	The Ultimate Sharer	9785	116%	2340	117%	133.8	191%	34.4	172%	174.2	67%	21.2	24%	93.0	186%	8.85	148%
Flaming Grill - AW17 Core Menu	Starters	Onion Ring Stackers v	7130	85%	1710	85%	105.0	150%	9.2	46%	150.2	58%	74.8	83%	21.2	42%	5.76	96%
Flaming Grill - AW17 Core Menu	Starters	Flame-Grilled Chicken Wings x 5	2259	27%	540	27%	35.1	50%	10.9	55%	0.9	0%	0.3	0%	54.9	110%	1.55	26%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	Starters	Texan BBQ Sauce	452	5%	108	5%	0.0	0%	0.0	0%	26.4	10%	21.6	24%	1.2	2%	0.54	9%
Flaming Grill - AW17 Core Menu	Starters	Crispy Chicken Strips	2045	24%	489	24%	22.0	31%	3.6	18%	45.1	17%	14.4	16%	21.1	42%	2.45	41%
Flaming Grill - AW17 Core Menu	Starters	Garlic Ciabatta v	2695	32%	644	32%	30.6	44%	14.2	71%	76.1	29%	5.3	6%	13.5	27%	1.66	28%
Flaming Grill - AW17 Core Menu	Starters	Garlic Ciabatta with Cheese v	3105	37%	742	37%	38.1	54%	19.0	95%	76.4	29%	5.3	6%	21.3	43%	2.14	36%
Flaming Grill - AW17 Core Menu	Starters	Nachos v	3650	43%	872	44%	44.6	64%	16.7	84%	90.6	35%	14.8	16%	22.4	45%	3.74	62%
Flaming Grill - AW17 Core Menu	Starters	Breaded Garlic Mushrooms v	2945	35%	704	35%	47.4	68%	3.3	17%	56.6	22%	7.5	8%	7.3	15%	3.42	57%
Flaming Grill - AW17 Core Menu	Starters	Topped Waffle Fries - BBQ Pulled Pork	1117	13%	800	40%	50.3	72%	22.7	114%	53.0	20%	9.5	11%	19.0	38%	2.55	43%
Flaming Grill - AW17 Core Menu	Starters	Flame-Grilled Chicken Wings x 15	6776	81%	1620	81%	105.3	150%	32.7	164%	2.7	1%	0.9	1%	164.6	329%	4.65	78%
Flaming Grill - AW17 Core Menu	Starters	BBQ Sauce with Jack Daniels	1100	13%	263	13%	0.0	0%	0.0	0%	59.4	23%	54.0	60%	1.8	4%	1.98	33%
Flaming Grill - AW17 Core Menu	Starters	Piri Piri Hot Sauce	361	4%	86	4%	1.8	3%	0.0	0%	10.8	4%	7.2	8%	1.8	4%	5.40	90%
Flaming Grill - AW17 Core Menu	Starters	Texan BBQ Sauce	1356	16%	324	16%	0.0	0%	0.0	0%	79.2	30%	64.8	72%	3.6	7%	1.62	27%
Flaming Grill - AW17 Core Menu	Starters	Topped Waffle Fries v	669	8%	693	35%	45.3	65%	18.0	90%	48.5	19%	5.6	6%	6.0	12%	2.73	46%

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 - AW17 Core Menu	Starters	Topped Waffle Fries - Beef Burnt Ends in BBQ Sauce with Jack Daniels	984	12%	768	38%	41.0	59%	18.2	91%	64.0	25%	20.1	22%	16.9	34%	2.89	48%
Flaming Grill - AW17 Core Menu	Lunch Club	Chicken & Yorkshire Pudding Dinner - Lunch Club	1328	16%	316	16%	5.9	8%	3.7	18%	37.1	14%	8.7	10%	29.1	58%	1.89	32%
Flaming Grill - AW17 Core Menu	Lunch Club	Sausages & Mash - Lunch Club	2293	27%	549	27%	29.3	42%	12.3	62%	47.0	18%	10.0	11%	25.7	51%	4.58	76%
Flaming Grill - AW17 Core Menu	Lunch Club	Scampi & Chips † - Lunch Club	2511	30%	600	30%	33.7	48%	2.5	12%	62.9	24%	3.7	4%	12.0	24%	1.44	24%
Flaming Grill - AW17 Core Menu	Lunch Club	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 - AW17 Core Menu	Lunch Club	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 - AW17 Core Menu	Lunch Club	Mac 'N' Cheese v - Lunch Club	2865	34%	685	34%	26.6	38%	12.8	64%	90.0	35%	5.9	7%	24.6	49%	4.15	69%
Flaming Grill - AW17 Core Menu	Lunch Club	Ice Cream v - Lunch Club	71	1%	17	1%	0.0	0%	0.0	0%	0.8	0%	0.4	0%	0.1	0%	0.01	0%
Flaming Grill - AW17 Core Menu	Lunch Club	Strawberry	1722	21%	412	21%	20.2	29%	12.2	61%	51.9	20%	44.9	50%	5.7	11%	0.40	7%
Flaming Grill - AW17 Core Menu	Lunch Club	Chocolate	1406	17%	336	17%	15.1	22%	7.6	38%	42.4	16%	41.8	46%	6.5	13%	0.40	7%
Flaming Grill - AW17 Core Menu	Lunch Club	Vanilla	1379	16%	330	16%	15.1	22%	7.6	38%	42.0	16%	42.2	47%	6.1	12%	0.36	6%
Flaming Grill - AW17 Core Menu	Lunch Club	Profiteroles v - Lunch Club	5772	69%	1380	69%	29.1	42%	17.7	89%	39.3	15%	28.6	32%	5.9	12%	0.02	0%
Flaming Grill - AW17 Core Menu	Lunch Club	Chocolate Fudge Cake v - Lunch Club	2516	30%	601	30%	27.0	39%	9.1	46%	80.4	31%	64.3	71%	7.2	14%	1.05	18%
Flaming Grill - AW17 Core Menu	Lunch Club	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 - AW17 Core Menu	Lunch Club	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 - AW17 Core Menu	Mains	The Codfather †	9411	112%	2249	112%	127.5	182%	13.1	66%	216.3	83%	13.1	15%	64.4	129%	5.78	96%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	Mains	Surf & Turf Combo	6021	72%	1438	72%	87.6	125%	30.3	151%	109.3	42%	17.4	19%	58.9	118%	1.63	27%
Flaming Grill - AW17 Core Menu	Mains	Surf & Turf Combo - XL	7696	92%	1838	92%	106.8	153%	35.0	175%	134.0	52%	18.4	20%	91.8	184%	2.16	36%

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 - AW17 Core Menu	Mains	Chicken New Yorker - XL	7287	87%	1739	87%	89.8	128%	24.5	122%	135.4	52%	30.6	34%	104.1	208%	6.60	110%
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Beef Burger	5880	70%	1404	70%	91.9	131%	27.3	136%	112.2	43%	10.4	12%	34.4	69%	2.23	37%
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Beef Burger - XL	8277	99%	1977	99%	142.9	204%	51.6	258%	116.1	45%	10.6	12%	59.0	118%	3.34	56%
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Cheese & Bacon Burger	6596	79%	1575	79%	106.8	153%	33.8	169%	112.5	43%	10.8	12%	43.3	87%	3.95	66%
Flaming Grill - AW17 Core Menu	Mains	6oz Flame Grilled Cheese & Bacon Burger - XL	8993	107%	2148	107%	157.8	225%	58.1	291%	116.4	45%	10.9	12%	67.9	136%	5.05	84%
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Cheese Burger	6046	72%	1444	72%	95.1	136%	29.4	147%	112.5	43%	10.8	12%	36.6	73%	2.65	44%
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Cheese Burger - XL	8443	101%	2017	101%	146.1	209%	53.7	269%	116.4	45%	10.9	12%	61.3	123%	3.75	63%
Flaming Grill - AW17 Core Menu	Mains	Dip it Drench it Burger	8129	97%	1942	97%	134.5	192%	42.8	214%	124.6	48%	17.8	20%	60.6	121%	4.49	75%
Flaming Grill - AW17 Core Menu	Mains	Dip it Drench it Burger - XL	10526	125%	2514	126%	185.5	265%	67.1	335%	128.5	49%	17.9	20%	85.3	171%	5.59	93%
Flaming Grill - AW17 Core Menu	Mains	All American Chicken Burger	6402	76%	1528	76%	84.4	121%	14.1	71%	142.6	55%	10.3	11%	44.8	90%	5.54	92%
Flaming Grill - AW17 Core Menu	Mains	All American Chicken Burger - XL	8549	102%	2041	102%	111.4	159%	18.6	93%	176.3	68%	10.3	11%	70.9	142%	8.11	135%
Flaming Grill - AW17 Core Menu	Mains	Scampi & Chips †	4012	48%	958	48%	52.2	75%	3.8	19%	106.7	41%	5.0	6%	17.1	34%	1.99	33%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	Mains	Beef Lasagne	3295	39%	787	39%	36.5	52%	19.7	98%	57.6	22%	11.4	13%	30.5	61%	4.33	72%
Flaming Grill - AW17 Core Menu	Mains	Chicken Tikka	3169	38%	757	38%	27.7	40%	8.5	42%	29.2	11%	11.4	13%	38.0	76%	3.51	59%
Flaming Grill - AW17 Core Menu	Mains	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 - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	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%

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 - AW17 Core Menu	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 - AW17 Core Menu	Mains	Mashed Potato	1192	14%	285	14%	6.4	9%	6.4	32%	48.0	18%	6.4	7%	6.4	13%	1.60	27%
Flaming Grill - AW17 Core Menu	Mains	Chicken New Yorker	5360	64%	1279	64%	63.4	91%	16.6	83%	110.6	43%	29.6	33%	72.2	144%	4.60	77%
Flaming Grill - AW17 Core Menu	Mains	Grilled 8oz Gammon	4332	52%	1034	52%	64.6	92%	25.2	126%	84.1	32%	8.3	9%	37.0	74%	4.01	67%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	Mains	Pineapple	276	3%	66	3%	0.0	0%	0.0	0%	17.0	7%	17.0	19%	0.5	1%	0.00	0%
Flaming Grill - AW17 Core Menu	Mains	Mac 'N' Cheese v	3170	38%	757	38%	32.4	46%	17.8	89%	94.6	36%	9.0	10%	25.8	52%	4.24	71%
Flaming Grill - AW17 Core Menu	Mains	Fully Loaded Chicken Strips	6333	75%	1512	76%	76.3	109%	13.4	67%	160.2	62%	20.4	23%	40.4	81%	4.67	78%
Flaming Grill - AW17 Core Menu	Mains	Bangers & Mash	3621	43%	868	43%	45.1	64%	20.1	100%	78.4	30%	14.1	16%	37.2	74%	7.41	124%
Flaming Grill - AW17 Core Menu	Mains	Creamy Cajun Pasta - Chicken Fillets	4589	55%	1096	55%	62.6	89%	36.2	181%	80.0	31%	20.6	23%	54.8	110%	3.03	51%
Flaming Grill - AW17 Core Menu	Mains	Creamy Cajun Pasta v	3735	44%	892	45%	58.9	84%	35.2	176%	77.5	30%	19.7	22%	14.9	30%	2.25	38%
Flaming Grill - AW17 Core Menu	Mains	Mother Clucker	19009	226%	4540	227%	241.1	344%	76.5	383%	424.7	163%	72.8	81%	146.2	292%	17.71	295%
Flaming Grill - AW17 Core Menu	Mains	Defeat The Meat	11426	136%	2731	137%	190.2	272%	72.8	364%	147.1	57%	33.6	37%	114.0	228%	2.16	36%
Flaming Grill - AW17 Core Menu	Mains	10oz Rib Eye Steak	5490	65%	1310	66%	81.3	116%	31.9	160%	92.5	36%	16.4	18%	52.8	106%	0.47	8%
Flaming Grill - AW17 Core Menu	Mains	8oz Rump Steak	5387	64%	1286	64%	84.9	121%	32.6	163%	92.5	36%	16.4	18%	44.2	88%	0.42	7%
Flaming Grill - AW17 Core Menu	Mains	8oz Sirloin Steak	5900	70%	1409	70%	100.1	143%	39.0	195%	92.5	36%	16.4	18%	40.4	81%	0.41	7%
Flaming Grill - AW17 Core Menu	Mains	Signature Doubled Dipped Rib Eye	7221	86%	2260	113%	136.2	195%	61.9	310%	153.4	59%	60.0	67%	87.5	175%	8.62	144%
Flaming Grill - AW17 Core Menu	Mains	5oz Rump Steak	4883	58%	1165	58%	76.6	109%	29.1	145%	92.5	36%	16.4	18%	32.6	65%	0.34	6%
Flaming Grill - AW17 Core Menu	Mains	Mixed Grill	6946	83%	1660	83%	105.0	150%	36.5	182%	110.0	42%	21.2	24%	75.5	151%	4.57	76%
Flaming Grill - AW17 Core Menu	Mains	Mixed Grill XL	8991	107%	2149	107%	128.7	184%	42.6	213%	135.4	52%	22.3	25%	121.1	242%	7.00	117%

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 - AW17 Core Menu	Mains	The Veggie One Burger v	5494	65%	1312	66%	69.6	99%	16.1	80%	142.9	55%	37.8	42%	31.5	63%	4.41	74%
Flaming Grill - AW17 Core Menu	Mains	The Oozy Boozy One	8073	96%	1928	96%	125.0	179%	38.4	192%	147.1	57%	38.8	43%	56.1	112%	5.18	86%
Flaming Grill - AW17 Core Menu	Mains	The Oozy Boozy One - XL	10470	125%	2501	125%	176.0	251%	62.7	313%	151.0	58%	38.9	43%	80.8	162%	6.29	105%
Flaming Grill - AW17 Core Menu	Mains	The Veggie One Burger v - XL	6609	79%	1578	79%	89.6	128%	28.1	141%	145.0	56%	40.0	44%	50.6	101%	6.57	110%
Flaming Grill - AW17 Core Menu	Mains	Apocalypse Cowl	24948	297%	5961	298%	412.0	589%	162.2	811%	378.8	146%	81.7	91%	186.7	373%	14.84	247%
Flaming Grill - AW17 Core Menu	Mains	The After-Burner	9681	115%	2312	116%	115.1	164%	25.2	126%	131.7	51%	14.3	16%	122.1	244%	7.72	129%
Flaming Grill - AW17 Core Menu	Mains	Signature 10oz Rib Eye Steak With Beef Dripping Gravy	6280	75%	2033	102%	151.4	216%	66.5	333%	88.9	34%	21.6	24%	61.9	124%	4.59	77%
Flaming Grill - AW17 Core Menu	Mains	Smothered 8oz Rump Steak	6483	77%	1550	77%	110.0	157%	45.1	225%	98.1	38%	18.0	20%	47.7	95%	1.37	23%
Flaming Grill - AW17 Core Menu	Mains	Cheesy Chicken Burger	4132	49%	986	49%	47.5	68%	5.7	29%	110.0	42%	10.7	12%	32.0	64%	2.05	34%
Flaming Grill - AW17 Core Menu	Mains	Cheesy Chicken Burger - XL	4559	54%	1088	54%	49.4	71%	6.2	31%	111.3	43%	11.2	12%	51.9	104%	2.45	41%
Flaming Grill - AW17 Core Menu	Mains	Signature Stack Beef	9864	117%	2357	118%	167.2	239%	59.0	295%	143.9	55%	28.8	32%	70.7	141%	5.81	97%
Flaming Grill - AW17 Core Menu	Mains	Signature Stack Chicken	5980	71%	1429	71%	70.4	101%	11.5	57%	138.8	53%	29.0	32%	61.3	123%	4.50	75%
Flaming Grill - AW17 Core Menu	Sides	Cheese Slice - Extra v	166	2%	40	2%	3.2	5%	2.2	11%	0.4	0%	0.4	0%	2.3	5%	0.42	7%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	Sides	Dirty Topper With Beef Burnt Ends in BBQ Sauce with Jack Daniels	737	9%	176	9%	4.2	6%	0.7	4%	20.2	8%	18.3	20%	11.6	23%	1.14	19%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	Sides	Corn Dogs	2793	33%	668	33%	57.0	81%	18.4	92%	28.0	11%	4.0	4%	10.0	20%	1.76	29%
Flaming Grill - AW17 Core Menu	Sides	Chips v	2290	27%	546	27%	28.0	40%	2.0	10%	72.0	28%	2.0	2%	4.0	8%	0.20	3%
Flaming Grill - AW17 Core Menu	Sides	Criss-Cross Chips v	247	3%	592	30%	36.8	53%	17.5	88%	43.8	17%	1.8	2%	5.3	11%	1.75	29%
Flaming Grill - AW17 Core Menu	Sides	Cheesy Chips v	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 - AW17 Core Menu	Sides	Mac 'N' Cheese v	971	12%	232	12%	8.0	11%	4.0	20%	32.0	12%	2.0	2%	10.0	20%	1.77	30%
Flaming Grill - AW17 Core Menu	Sides	Onion Rings v	2281	27%	547	27%	37.7	54%	3.4	17%	39.4	15%	13.8	15%	7.7	15%	1.58	26%
Flaming Grill - AW17 Core Menu	Sides	Garlic Ciabatta v	2695	32%	644	32%	30.6	44%	14.2	71%	76.1	29%	5.3	6%	13.5	27%	1.66	28%
Flaming Grill - AW17 Core Menu	Sides	Naan Bread v	1441	17%	345	17%	6.0	9%	0.5	2%	61.0	23%	3.6	4%	9.2	18%	1.27	21%
Flaming Grill - AW17 Core Menu	Sides	Dressed Side Salad v	331	4%	79	4%	6.2	9%	5.1	25%	5.3	2%	3.2	4%	1.3	3%	0.14	2%
Flaming Grill - AW17 Core Menu	Sides	Coleslaw v	770	9%	184	9%	16.0	23%	1.0	5%	8.0	3%	7.0	8%	1.0	2%	0.50	8%
Flaming Grill - AW17 Core Menu	Sides	Corn On The Cob v	943	11%	223	11%	13.2	19%	1.8	9%	20.2	8%	5.4	6%	15.1	30%	0.06	1%
Flaming Grill - AW17 Core Menu	Sides	Garlic Ciabatta with Cheese v	3105	37%	742	37%	38.1	54%	19.0	95%	76.4	29%	5.3	6%	21.3	43%	2.14	36%
Flaming Grill - AW17 Core Menu	Sides	Mushrooms v	879	10%	212	11%	22.7	32%	11.0	55%	0.0	0%	0.0	0%	2.3	5%	0.00	0%
Flaming Grill - AW17 Core Menu	Sides	Bread & Spread v	1064	13%	250	13%	1.8	3%	0.3	2%	52.7	20%	3.9	4%	9.7	19%	1.14	19%
Flaming Grill - AW17 Core Menu	Sides	Sweet Curry Sauce v	580	7%	139	7%	0.0	0%	0.0	0%	21.6	8%	18.0	20%	0.6	1%	0.48	8%
Flaming Grill - AW17 Core Menu	Sides	Sour Cream v	515	6%	123	6%	12.0	17%	7.8	39%	2.4	1%	2.4	3%	1.8	4%	0.00	0%
Flaming Grill - AW17 Core Menu	Sides	Sweet Chilli Sauce v	412	5%	98	5%	0.0	0%	0.0	0%	24.6	9%	18.6	21%	0.6	1%	0.60	10%
Flaming Grill - AW17 Core Menu	Sides	Piri Piri Sauce v	121	1%	29	1%	0.6	1%	0.0	0%	3.6	1%	2.4	3%	0.6	1%	1.80	30%
Flaming Grill - AW17 Core Menu	Sides	Texan BBQ Wings - Steak Topper	1205	14%	288	14%	14.0	20%	4.4	22%	18.0	7%	14.5	16%	22.7	45%	0.98	16%
Flaming Grill - AW17 Core Menu	Sides	New Yorker - Steak Topper	1262	15%	302	15%	19.2	27%	9.2	46%	17.9	7%	14.4	16%	15.3	31%	2.14	36%
Flaming Grill - AW17 Core Menu	Sides	Pepper 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 - AW17 Core Menu	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 - AW17 Core Menu	Sides	Hot Hot Hot! Chilli - 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 - AW17 Core Menu	Sides	Cracked Black Peppercom - Steak Sauce	217	3%	52	3%	2.5	4%	1.5	8%	5.6	2%	1.6	2%	1.2	2%	0.95	16%

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 - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	Sides	Grated Cheese - Extra v	821	10%	196	10%	15.0	21%	9.6	48%	0.6	0%	0.0	0%	15.6	31%	0.96	16%
Flaming Grill - AW17 Core Menu	Sides	Free Range Fried Egg - Extra v	548	7%	132	7%	10.4	15%	2.2	11%	0.0	0%	0.0	0%	7.5	15%	0.28	5%
Flaming Grill - AW17 Core Menu	Sides	Pineapple Ring - Extra v	276	3%	66	3%	0.0	0%	0.0	0%	17.0	7%	17.0	19%	0.5	1%	0.00	0%
Flaming Grill - AW17 Core Menu	Sides	Scampi † - Extra	711	8%	170	9%	9.1	13%	0.7	4%	15.6	6%	0.5	1%	6.3	13%	0.90	15%
Flaming Grill - AW17 Core Menu	Sides	Yorkshire Pudding - Extra v	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW17 Core Menu	Sides	Gravy - Extra v	88	1%	21	1%	0.0	0%	0.0	0%	4.3	2%	0.0	0%	0.0	0%	1.19	20%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	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%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	Sides	Wing Wednesday BBQ Chicken Wings - Extra	1205	14%	288	14%	14.0	20%	4.4	22%	18.0	7%	14.5	16%	22.7	45%	0.98	16%
Flaming Grill - AW17 Core Menu	Sides	Sub Roll / Wrap - Small Chips v - 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 - AW17 Core Menu	Sides	Extra Garden Peas v	254	3%	60	3%	0.9	1%	0.0	0%	9.4	4%	5.1	6%	6.0	12%	0.00	0%
Flaming Grill - AW17 Core Menu	Sides	Extra Mushy Peas v	462	5%	110	6%	0.0	0%	0.0	0%	18.4	7%	5.8	6%	6.9	14%	0.58	10%
Flaming Grill - AW17 Core Menu	Sides	Extra Baked Beans v	263	3%	63	3%	0.0	0%	0.0	0%	10.2	4%	4.3	5%	3.4	7%	0.51	9%
Flaming Grill - AW17 Core Menu	Sides	Extra Custard v	428	5%	102	5%	1.2	2%	1.2	6%	18.4	7%	13.8	15%	3.5	7%	0.23	4%
Flaming Grill - AW17 Core Menu	Sides	Extra Ice Cream Scoop v	0	0%	0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.0	0%	0.00	0%
Flaming Grill - AW17 Core Menu	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%

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 - AW17 Core Menu	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 - AW17 Core Menu	Sides	Extra Nacho Cheese v	313	4%	75	4%	4.8	7%	2.8	14%	4.7	2%	1.8	2%	3.2	6%	0.59	10%
Flaming Grill - AW17 Core Menu	Sides	Extra Chicken Strips	1163	14%	278	14%	14.7	21%	2.4	12%	18.3	7%	0.0	0%	13.5	27%	1.39	23%
Flaming Grill - AW17 Core Menu	Sides	Extra Jalapenos v	29	0%	7	0%	0.0	0%	0.0	0%	1.2	0%	0.8	1%	0.2	0%	0.48	8%
Flaming Grill - AW17 Core Menu	Sides	Extra Onions v	224	3%	54	3%	3.6	5%	0.5	2%	5.0	2%	4.1	5%	0.9	2%	0.00	0%
Flaming Grill - AW17 Core Menu	Sides	Extra Sausage	696	8%	168	8%	12.6	18%	4.6	23%	5.6	2%	0.9	1%	8.3	17%	1.54	26%
Flaming Grill - AW17 Core Menu	Sides	Dirty Topper With Bacon	893	11%	213	11%	16.4	23%	7.2	36%	5.9	2%	2.6	3%	10.1	20%	2.37	40%
Flaming Grill - AW17 Core Menu	Sides	Dirty Topper With BBQ Pulled Pork	1076	13%	257	13%	17.3	25%	7.6	38%	9.4	4%	7.7	9%	17.6	35%	1.04	17%
Flaming Grill - AW17 Core Menu	Sides	Upgrade Chips to Criss-Cross Chips	-2043	-24%	46	2%	8.8	13%	15.5	78%	-28.3	-11%	-0.3	0%	1.3	3%	1.55	26%
Flaming Grill - AW17 Core Menu	Sides	Topped Waffle Fries - Burger Sauce and Jalapenos v	669	8%	693	35%	45.3	65%	18.0	90%	48.5	19%	5.6	6%	6.0	12%	2.73	46%
Flaming Grill - AW17 Core Menu	Sides	Topped Waffle Fries - BBQ Pulled Pork	1117	13%	800	40%	50.3	72%	22.7	114%	53.0	20%	9.5	11%	19.0	38%	2.55	43%
Flaming Grill - AW17 Core Menu	Sides	Topped Waffle Fries - Beef Burnt Ends In BBQ Sauce with Jack Daniels	984	12%	768	38%	41.0	59%	18.2	91%	64.0	25%	20.1	22%	16.9	34%	2.89	48%
Flaming Grill - AW17 Core Menu	Sides	Grilled Halloumi v	1115	13%	266	13%	20.0	29%	12.1	60%	2.2	1%	2.2	2%	19.2	38%	2.16	36%
Flaming Grill - AW17 Core Menu	Subs & Salads	Chicken New Yorker - Sub / Wrap	1895	23%	453	23%	25.7	37%	7.8	39%	23.6	9%	18.4	20%	32.0	64%	2.60	43%
Flaming Grill - AW17 Core Menu	Subs & Salads	Tortilla	960	11%	230	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW17 Core Menu	Subs & Salads	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 - AW17 Core Menu	Subs & Salads	Grilled Halloumi with Peppers & Onions v - 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 - AW17 Core Menu	Subs & Salads	Tortilla	960	11%	230	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW17 Core Menu	Subs & Salads	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 - AW17 Core Menu	Subs & Salads	BBQ Pulled Pork - Sub / Wrap	1329	16%	317	16%	23.6	34%	8.2	41%	16.9	6%	13.4	15%	11.0	22%	0.87	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 - AW17 Core Menu	Subs & Salads	Tortilla	960	11%	230	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW17 Core Menu	Subs & Salads	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 - AW17 Core Menu	Subs & Salads	Super Salad v	1091	13%	261	13%	5.8	8%	0.7	4%	42.9	17%	7.6	8%	8.6	17%	0.49	8%
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - Chicken Fillets	2034	24%	485	24%	26.1	37%	20.9	104%	20.4	8%	13.1	15%	44.5	89%	0.96	16%
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - Grilled Halloumi v	2295	27%	547	27%	42.4	61%	32.0	160%	20.0	8%	14.4	16%	23.7	47%	2.34	39%
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - 5oz Rump Steak	2399	29%	572	29%	46.2	66%	35.6	178%	17.8	7%	12.2	14%	23.8	48%	0.31	5%
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad v	1180	14%	281	14%	22.4	32%	19.9	100%	17.8	7%	12.2	14%	4.5	9%	0.18	3%
Flaming Grill - AW17 Core Menu	Subs & Salads	Super Salad - 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 - AW17 Core Menu	Subs & Salads	Super Salad - Grilled Halloumi v	2206	26%	527	26%	25.7	37%	12.8	64%	45.1	17%	9.8	11%	27.7	55%	2.66	44%
Flaming Grill - AW17 Core Menu	Subs & Salads	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 - AW17 Core Menu	Subs & Salads	Super Salad - Tuna Mayonnaise †	1949	23%	466	23%	16.3	23%	2.2	11%	47.4	18%	10.6	12%	29.6	59%	2.14	36%
Flaming Grill - AW17 Core Menu	Subs & Salads	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 - AW17 Core Menu	Subs & Salads	Tortilla	960	11%	230	11%	6.2	9%	2.3	12%	36.4	14%	2.1	2%	6.4	13%	0.71	12%
Flaming Grill - AW17 Core Menu	Subs & Salads	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 - AW17 Core Menu	Subs & Salads	Garden Salad - Tuna Mayonnaise †	2038	24%	486	24%	32.9	47%	21.4	107%	22.3	9%	15.2	17%	25.6	51%	1.83	31%
Flaming Grill - AW17 Core Menu	Sunday Roasts	8oz Sirloin Steak - Sunday Roast	3917	47%	934	47%	65.1	93%	28.0	140%	49.5	19%	12.2	14%	41.7	83%	1.54	26%
Flaming Grill - AW17 Core Menu	Sunday Roasts	8oz Sirloin Steak XL - Sunday Roast	5546	66%	1320	66%	82.9	118%	30.4	152%	96.4	37%	24.4	27%	56.2	112%	2.17	36%
Flaming Grill - AW17 Core Menu	Sunday Roasts	Chicken Fillets - Sunday Roast	2534	30%	603	30%	21.5	31%	3.3	17%	52.0	20%	13.1	15%	54.5	109%	2.12	35%
Flaming Grill - AW17 Core Menu	Sunday Roasts	Chicken Fillets XL - Sunday Roast	4164	50%	990	49%	39.3	56%	5.7	28%	99.0	38%	25.3	28%	69.0	138%	2.75	46%
Flaming Grill - AW17 Core Menu	Sunday Roasts	Lamb Shoulder - Sunday Roast	3741	45%	891	45%	42.3	60%	16.0	80%	49.5	19%	12.2	14%	82.5	165%	3.29	55%

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 - AW17 Core Menu	Sunday Roasts	Lamb Shoulder XL - Sunday Roast	5370	64%	1278	64%	60.1	86%	18.3	92%	96.4	37%	24.4	27%	97.0	194%	3.92	65%
Flaming Grill - AW17 Core Menu	Desserts	Apple Crumble v	2612	31%	624	31%	13.8	20%	5.5	28%	114.0	44%	72.8	81%	7.7	15%	0.66	11%
Flaming Grill - AW17 Core Menu	Desserts	Chocolate Fudge Cake v	2516	30%	601	30%	27.0	39%	9.1	46%	80.4	31%	64.3	71%	7.2	14%	1.05	18%
Flaming Grill - AW17 Core Menu	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 - AW17 Core Menu	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 - AW17 Core Menu	Desserts	The Epic Choc-Tastic Sundae v	5946	71%	1421	71%	38.7	55%	21.4	107%	130.4	50%	116.6	130%	12.3	25%	0.66	11%
Flaming Grill - AW17 Core Menu	Desserts	Profiteroles v	5772	69%	1380	69%	29.1	42%	17.7	89%	39.3	15%	28.6	32%	5.9	12%	0.02	0%
Flaming Grill - AW17 Core Menu	Desserts	Cookie Dough Cheesecake v	4913	58%	1174	59%	57.0	81%	30.5	153%	150.2	58%	66.4	74%	14.1	28%	0.93	16%
Flaming Grill - AW17 Core Menu	Desserts	Strawberry Meringue Pie v	3109	37%	743	37%	6.2	9%	2.7	13%	161.7	62%	104.8	116%	7.8	16%	0.18	3%
Flaming Grill - AW17 Core Menu	Desserts	Brain Freeze Challenge v	14627	174%	3496	175%	127.3	182%	60.7	303%	356.7	137%	297.9	331%	49.3	99%	2.68	45%
Flaming Grill - AW17 Core Menu	Desserts	Chocolate Fudge Cake and Black Cherry Waffle v	3066	36%	733	37%	28.7	41%	10.1	50%	106.8	41%	86.8	96%	10.3	21%	0.95	16%
Flaming Grill - AW17 Core Menu	Desserts	Sticky Toffee Pudding v	3917	47%	936	47%	45.7	65%	20.5	103%	117.9	45%	91.8	102%	11.4	23%	1.16	19%