

Flaming Grill - Core & Kids Menu October 2016 Nutritional Data

		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Going Solo	Crispy Chicken Strips	397	17.4	4.5	41.5	16.9	18.7	1.5	1.2
	Breaded Mushrooms	478	29.6	6.5	46.2	2.6	8.4	3.8	2.3
	Garlic Ciabatta	556	26.3	12.0	65.8	5.4	11.6	4.4	1.5
	Garlic Ciabatta & Cheese	685	36.9	18.9	69.1	5.8	18.5	4.4	2.2
	BBQ Wings	531	26.1	6.9	26.8	20.9	47.8	0.6	2.0
	Breaded Calamari	318	2.8	0.8	59.1	14.2	13.3	1.6	2.2
	Corn Dogs	375	18.3	6.1	41.9	14.6	11.1	1.5	2.4
	Hot Links & Dips	469	35.3	12.5	22.8	16.3	14.8	1.5	1.8
	Nachos	789	43.3	13.5	82.4	11.6	13.0	9.6	3.2
	Pulled Pork Nachos	1081	59.7	18.8	101.5	27.6	30.6	10.5	4.2
	Mojito Pulled Pork Taco Rolls	403	19.0	8.2	40.7	13.6	16.7	3.3	1.1
	Baked Camembert	707	46.1	28.7	40.9	9.9	30.6	2.6	3.2
Sharing is Caring	Ultimate Sharer	1902	102.6	26.4	159.8	26.4	84.5	10.4	5.6
	Lord of the Wings	2566	176.6	38.2	83.5	34.7	160.2	4.6	7.3
	Onion Ring Stackers	1232	58.5	16.6	143.9	48.6	26.0	12.5	3.5
Steaks	16oz Ribeye Steak	1599	98.6	38.1	64.8	15.2	112.7	17.1	1.5
	10oz Ribeye Steak	1173	73.9	26.3	54.9	14.0	72.1	12.6	1.0
	8oz Sirloin Steak	940	47.3	15.4	56.6	14.2	71.8	13.5	0.8
	8oz Rump Steak	889	39.8	10.0	56.9	15.0	76.7	13.6	0.9
	5oz Rump Steak	760	36.6	8.9	56.1	14.7	52.2	13.2	0.8
	Surf & Turf Combo	980	43.0	9.9	67.1	15.3	81.1	14.4	2.3
	Surf & Turf Combo Jumbo Portion	1212	47.4	11.3	67.9	15.8	129.1	14.8	3.0
	Mixed Grill	1193	56.0	15.4	70.4	16.7	101.8	14.5	4.3
	Mixed Grill Jumbo Portion	1538	66.5	18.9	71.2	17.1	164.0	14.9	6.7
	Lamb Rump Steaks	1092	65.3	21.8	64.9	23.5	60.4	13.5	1.9

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	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)	
Dirty Burgers	Flame Grilled Beefburger Regular	812	32.9	12.4	83.6	7.0	44.9	8.6	1.7
	Flame Grilled Cheeseburger Regular	853	36.2	14.4	84.2	7.4	47.2	8.6	2.2
	Cheese & Bacon Burger Regular	912	41.2	16.1	84.2	7.2	50.8	8.6	2.9
	Chicken Burger Regular	1056	54.7	8.3	108.2	7.8	32.3	8.5	2.9
	Pit Burger Regular	1366	70.1	26.4	111.3	16.3	71.4	10.7	4.0
	New York Deli Burger Regular	1183	39.7	14.5	95.2	8.0	53.1	10.9	4.7
	Juicy Lucy Veg Burger Regular	836	34.3	8.7	110.6	11.7	20.6	7.9	2.0
	Hillbilly Chilli Burger Regular	948	39.8	17.2	92.6	10.0	52.9	11.9	5.4
	What'sit All About Burger Regular	949	37.2	12.1	114.7	9.0	38.0	9.0	3.5
	All American Chicken Burger Regular	962	33.7	9.8	125.8	22.8	38.4	9.0	4.0
	Flame Grilled Beefburger Large	1136	50.4	19.8	91.7	7.1	78.5	9.2	2.6
	Flame Grilled Cheeseburger Large	1219	56.9	23.8	93.0	7.9	83.1	9.4	3.5
	Cheese & Bacon Burger Large	1423	74.3	29.7	93.0	7.8	95.0	9.3	5.9
	Chicken Burger Large	1355	64.6	9.3	139.7	8.2	52.9	9.2	4.5
	Pit Burger Large	1719	88.4	34.3	123.2	16.6	106.0	11.6	5.1
	New York Deli Burger Large	1507	57.1	21.9	103.3	8.2	86.7	11.6	5.6
	Juicy Lucy Veg Burger Large	1183	53.2	12.3	145.8	16.5	29.9	7.9	3.1
	Hillbilly Chilli Burger Large	1272	57.3	24.6	100.7	10.1	86.4	12.5	6.4
	What'sit All About Burger Large	1247	47.1	13.1	146.2	9.4	58.6	9.6	5.2
All American Chicken Burger Large	1560	62.9	17.5	170.0	23.7	77.5	10.0	8.3	
Signature Steaks	Signature Double Dipped Ribeye	1716	97.1	39.5	113.3	29.6	95.4	12.8	8.5
	Cheese Steak	1146	60.7	30.7	56.9	13.4	96.6	7.0	5.9
	American Platter	2078	116.7	41.0	170.6	47.0	88.4	-	7.7
	Mixed Kebabs	1347	40.0	18.6	143.3	18.5	101.3	11.2	3.4

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		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Steak Toppers	Texan BBQ Wings	265	13.0	3.4	13.2	10.3	23.9	0.3	1.0
	New Yorker	289	16.9	9.3	15.6	10.6	20.4	0.3	3.5
	Pepper Mushrooms	273	26.9	4.3	4.1	1.9	3.7	2.1	0.5
	BBQ Pulled Pork	292	16.4	5.3	19.0	16.0	17.5	0.9	1.0
Classics	Chicken New Yorker	980	41.3	14.6	78.9	31.1	74.7	11.8	5.3
	Chicken New Yorker King Size	1181	49.0	18.4	80.1	31.3	107.0	11.9	7.4
	Grilled 8oz Gammon & Egg	885	45.0	11.7	76.9	33.9	41.5	14.6	4.4
	Grilled 8oz Gammon & Pineapple	1065	44.3	11.6	120.8	73.7	42.1	18.7	4.4
	The Codfather	1663	89.4	28.3	150.1	5.6	61.8	17.0	2.6
	Scampi & Chips	675	32.0	6.9	75.1	7.7	22.0	12.8	2.9
	Scampi & Chips Jumbo Portion	1109	50.7	10.3	122.7	9.6	38.9	16.7	5.5
	Stuffed Aubergine	451	9.2	2.4	83.2	16.5	9.5	7.0	1.5
	Steak & Ale Pie	1277	64.5	26.7	139.6	9.6	32.9	16.5	4.5
	Creamy Cajun Pasta	725	38.9	15.7	77.9	21.4	16.5	8.4	2.4
	Chicken Cajun Pasta	1116	61.1	18.8	78.4	21.5	63.9	8.7	3.7
	Chicken Tikka	710	25.2	4.4	84.9	15.9	37.7	5.3	3.0
	Lasagne	1096	60.0	21.8	102.1	10.4	34.5	11.0	2.4
	Fish & Chips	579	25.8	8.4	54.6	4.5	30.5	9.4	0.9
The Big Breakfast	1094	58.9	18.6	86.9	7.3	49.3	11.1	5.5	
Mac 'n' Cheese	939	35.9	18.1	123.5	8.2	27.4	12.2	4.5	
Sunday Roasts	Half Roast Chicken Reg	1203	59.2	16.0	59.3	9.8	107.3	16.4	4.6
	Roast Beef Topside Reg	640	23.3	5.7	59.0	9.4	47.3	14.6	2.4
	Lamb Rump Steaks Reg	977	51.6	18.4	59.9	9.8	67.2	15.6	2.2
	Half Roast Chicken Large	1675	76.6	19.6	118.3	19.2	125.9	31.0	6.3
	Roast Beef Topside Large	1112	40.7	9.3	117.9	18.9	65.9	29.3	4.1
	Lamb Rump Steaks Large	1449	69.1	22.0	118.9	19.3	85.8	30.2	3.9

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		Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Fibre (g)	Salt (g)
Flaming Challenges	Bulls Head Steak	3129	218.7	86.7	116.0	26.1	173.7	21.4	2.6
	Flaming Challenge Burger	3251	165.0	57.4	237.3	35.4	205.6	18.6	9.7
	Hot Hot Hot!!	2025	97.1	31.6	159.4	15.0	123.8	18.9	5.6
Burritos	Vegetable Burrito	1520	60.4	22.9	206.5	25.9	35.5	16.7	5.0
	Meat Feast Pizzarito	1492	72.6	30.9	166.3	39.1	43.6	13.4	4.8
	Open Pulled Pork Burrito	1325	56.0	24.8	147.4	41.1	49.1	27.9	5.5
Salads & Samies	Super Healthy Salad	452	5.9	1.8	76.4	12.7	14.6	20.8	2.0
	Super Healthy Halloumi Salad	807	35.7	14.9	78.7	14.8	33.6	20.8	4.5
	Super Healthy Chicken Salad	753	18.2	3.7	76.7	12.8	62.0	21.0	3.2
	Super Healthy Steak Salad	758	21.4	4.8	77.8	13.3	55.7	21.5	2.2
	Salad Bowl	102	2.1	0.4	14.0	11.1	6.7	5.5	0.5
	Salad Bowl Chicken	310	4.3	1.1	14.2	11.2	53.5	5.7	1.6
	Salad Bowl Halloumi	480	34.8	14.3	15.1	12.0	25.9	6.5	3.1
	Salad Bowl Steak	317	7.6	2.3	15.3	11.7	47.7	6.1	0.6
	Pastrami Sandwich Fill	625	37.7	6.8	53.6	7.7	17.1	5.2	3.0
	Grilled Halloumi Sandwich Fill	670	35.6	14.2	60.5	13.6	25.3	5.9	3.9
	New York Chicken Sandwich Fill	787	30.0	11.8	77.9	26.5	51.8	5.2	5.5
	Chicken Salad Sandwich Fill	503	16.8	4.8	53.1	7.6	34.1	5.7	2.0
Fish Finger & Tartare Sauce Sandwich Fill	733	39.3	8.9	71.4	8.1	23.8	6.3	2.9	
Lunch Club	Chicken Breast & Yorkshire Pudding	222	4.2	0.8	16.8	3.4	29.1	4.2	1.3
	Creamy Cajun Pasta	1116	61.1	18.8	78.4	21.5	63.9	8.7	3.7
	Scampi & Chips	305	16.3	1.8	26.9	5.6	12.3	5.8	1.9
	Sausage & Mash	295	16.0	5.3	16.1	3.5	22.2	3.9	2.1
	Profiteroles	471	30.2	17.2	41.4	28.1	7.0	3.4	0.1
	Ice Cream Vanilla	111	5.0	1.0	14.5	14.2	2.1	0.2	0.1
	Ice Cream Chocolate	113	5.0	1.1	14.8	14.4	2.2	0.4	0.1
	Ice Cream Strawberry	111	5.0	0.8	14.3	14.1	2.0	0.1	0.1
Treacle Sponge	617	19.5	5.4	100.0	81.2	10.4	2.1	0.5	

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Desserts	Key Lime Pie	575	26.4	13.6	79.0	57.5	5.5	0.8	0.7
	Movie Night Sundae	547	22.6	11.4	78.7	65.5	6.4	1.3	0.6
	Burtsing Berry Sundae	566	20.8	6.5	85.0	64.2	8.6	4.7	0.3
	Chocolate Fudge Cake	712	33.4	10.9	93.2	75.0	9.7	4.0	1.1
	Ice Cream Vanilla	111	5.0	1.0	14.5	14.2	2.1	0.2	0.1
	Ice Cream Chocolate	113	5.0	1.1	14.8	14.4	2.2	0.4	0.1
	Ice Cream Strawberry	111	5.0	0.8	14.3	14.1	2.0	0.1	0.1
	Epic Choc-Tastic Sundae	875	37.6	16.2	124.9	110.9	11.6	1.7	0.7
	Profiteroles	471	30.2	17.2	41.4	28.1	7.0	3.4	0.1
	Treacle Sponge	617	19.5	5.4	100.0	81.2	10.4	2.1	0.5
	Oreo Cheesecake	538	35.0	22.5	47.9	32.5	5.9	3.9	0.7
	Apple Crumble	658	17.4	5.1	117.8	77.3	9.1	5.4	0.1
	Fruit Kebabs & Fondue	909	26.6	13.2	154.3	129.9	11.2	6.5	0.8
	Mountain of Sweet	2626	139.2	61.2	303.5	253.1	37.8	11.8	2.6
Kids Starters	Garlic Ciabatta	195	9.2	4.2	23.1	1.9	4.1	1.6	0.5
	Mini Onion Ring Stack	355	18.8	6.7	38.5	15.4	6.8	2.9	1.2
	Veg Dip Sticks	111	4.4	2.7	16.5	14.3	1.5	1.6	0.3
Kids Mains	Squidgy Pizza	635	22.0	7.9	87.7	6.8	24.4	8.5	1.6
	Tomato & Cheese Pasta	630	19.2	8.5	99.9	11.4	13.6	7.5	1.9
	Crispy Fish Fingers	432	18.4	5.6	51.3	3.9	15.9	5.8	1.4
	Double Beef Burger	612	25.4	10.5	64.1	6.4	31.3	7.2	2.0
	Scrummy Sausages	547	25.8	9.0	50.2	4.5	28.5	5.6	2.5
	Crispy Chicken Strips	550	23.3	6.2	61.3	3.9	23.6	5.7	1.3
	Mini Mixed Grill	706	39.0	13.4	54.0	4.4	46.3	5.8	3.6
	Scampi	397	14.5	3.7	53.0	4.6	12.9	6.6	1.7
	Chicken Curry	223	7.7	2.8	16.6	10.3	18.3	8.4	0.7
	Tasty Tortilla	775	32.7	12.9	93.8	25.0	25.6	4.7	2.0
	Southern Fried Chicken Fillet	527	17.0	3.9	68.4	3.9	24.9	5.8	2.9

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Kids Sides	Mashed Potato	162	5.3	3.0	26.2	0.8	2.7	4.5	1.1
	Criss Cross Chlps	254	15.4	7.5	25.0	0.5	2.7	2.3	1.0
	Yellow Rice	205	0.5	0.2	45.4	0.4	4.0	0.5	0.0
	Chips	174	8.6	3.7	20.5	0.3	2.5	2.2	0.1
	Jacket Potato & Butter	395	6.8	1.7	78.1	3.0	9.6	8.9	0.2
	Roast Potatoes	112	3.2	1.2	17.5	0.7	2.2	2.4	0.0
	Garlic Ciabatta	92	4.4	2.0	10.9	0.9	1.9	0.7	0.2
	Skinny Fries	321	16.7	4.8	41.0	2.3	4.3	3.9	0.1
Kids Veg	Alphabetti Spaghetti	50	0.2	0.0	9.9	3.3	1.6	0.5	0.3
	Corn on the Cob	156	8.9	1.2	16.6	2.0	3.6	2.5	0.1
	Veg Dip Sticks	111	4.4	2.7	16.5	14.3	1.5	1.6	0.3
	Baked Beans	63	0.2	0.0	10.1	4.1	3.7	3.0	0.5
	Side Salad	12	0.5	0.1	1.8	1.3	0.3	0.5	0.1
	Peas	59	0.8	0.2	8.2	2.3	5.1	5.8	0.2
Kids Desserts	Ice Cream Pot Chocolate	102	3.9	2.3	12.8	9.4	3.8	0.3	0.2
	Ice Cream Pot Strawberry	91	3.2	1.6	12.3	12.3	3.3	0.1	0.1
	Ice Cream Pot Vanilla	91	3.2	1.6	12.3	12.2	3.2	0.1	0.1
	Sweet Treat Brownie	441	19.2	9.6	60.2	49.1	4.9	3.8	0.2
	Profiterole Dippers	298	13.5	6.5	38.9	27.7	5.0	2.0	0.1
	Strawberry Jelly Pot	114	5.0	0.9	14.9	14.2	2.1	0.6	0.4
	Bills Mega Sundae	609	25.7	11.3	88.0	74.7	7.9	1.3	0.5
	Ultimate Blast	654	31.4	13.7	84.8	69.2	8.7	1.1	0.6
Kids Sunday Lunch	Sunday Chicken	629	26.7	10.9	43.4	10.9	53.1	9.9	3.1
	Sunday Beef	360	10.5	2.2	34.2	9.4	31.7	8.7	1.3

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Chips	352	17.4	7.5	41.4	0.5	5.0	4.4	0.2
Skinny Fries	321	16.7	4.8	41.0	2.3	4.3	3.9	0.1
Loaded Skinny Fries	501	28.2	10.7	45.7	3.7	18.4	4.4	4.2
Criss Cross Chips	608	36.9	18.1	60.1	1.3	6.5	5.4	2.4
Cheesy Chips	438	24.5	12.1	43.6	0.8	9.5	4.4	0.7
Mac 'n' Cheese	290	9.0	5.8	39.0	2.5	11.5	3.3	2.2
Mash	326	10.5	6.0	52.5	1.5	5.4	9.1	2.4
Mushrooms	134	13.9	1.2	0.3	0.1	2.1	1.7	0.0
Frickles	497	4.6	0.6	15.0	0.2	2.8	2.9	2.9
Onion Rings	372	18.7	6.1	38.9	6.2	9.8	4.1	1.1
Garlic Ciabatta	556	26.3	12.0	65.8	5.4	11.6	4.4	1.5
Dressed Side Salad	59	4.0	2.4	4.5	4.1	1.3	1.7	0.2
Naan Bread	345	6.0	0.5	61.0	3.6	9.2	4.8	1.3
Mixed Vegetables	165	8.7	1.3	14.2	7.8	8.1	10.5	0.6
Corn on the Cob	640	26.1	3.1	89.1	10.9	18.1	10.9	0.1
Coleslaw	174	15.2	3.8	8.4	6.7	0.2	1.5	0.7
Guacamole	54	5.3	1.1	0.9	0.5	0.6	1.4	0.1
Sauce - Smoky Maple BBQ	76	1.0	0.6	15.9	13.2	0.7	0.2	0.1
Sauce - Garlic Mayo	145	14.4	1.0	3.5	1.0	0.6	0.3	0.5
Sauce - Fiery BBQ	61	0.4	0.4	14.3	10.2	0.6	1.2	0.7
Sauce - Curry	82	0.4	0.1	18.5	11.1	0.5	1.4	0.0
Sauce - Sour Cream	86	8.4	5.3	1.6	1.6	1.2	0.0	0.0
Sauce - Sweet Chillli	94	0.1	0.1	22.4	17.7	0.4	0.9	0.5

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